

From a Child's Perspective

P E R S P E C T I V E S C O U N S E L I N G C E N T E R S



**You are cordially invited to Perspectives
Winter Open House entitled...**

Caring for the Special Needs Child

How to be a positive influence to children and adolescents struggling with developmental disabilities, learning difficulties (including ADHD), and medical issues.

SEMINAR HIGHLIGHTS..

- *Understanding the needs of those with special needs**
- *Strategies for Working through your own compassion fatigue**
- *Helping to build an exceptional child's self esteem in a difficult world**

Presented by

Malissa Wood MA LLP/LPC & Beth Atwell MA, LPC

Friday March 6th, 2009

9am-12pm

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**This event is complimentary and includes a continental
breakfast and workbook!**



reserve your spot at this informative workshop...

Call now (248) 244-8644

RESEARCH RAINBOW

Awareness of Compassion Fatigue when Working with Exceptional Clients

by

Geraldine Reyes, LMSW

All of us have encountered the exceptional student: the child who may have a developmental delay, learning disability or medical issue. The child we want to help so much that is also the child that presents such a challenge to us. Think of that child right now... Picture him or her and feel the anxiety it evokes in you. We strive to be ever-nurturing professionals, but we are born to be human. This juxtaposition challenges us to be honest with our own limitations. Compassion fatigue is real and helpers working with exceptional people are especially vulnerable.

Without attending to this fatigue, the children we work with ultimately suffer. Exceptional kids tend to be highly sensitive, which means they are more likely to pick up on non-deliberate displays of discomfort. In other words, compassion fatigue can manifest as impatience or intolerance. Our own unresolved exhaustion could then contribute to the very hurts they are seeking help to alleviate. We must always be aware of any negativity we may harbor that could harm the children we assist, especially the ones labeled "different" in society.

On the contrary, we may sometimes find ourselves more likely to overextend for the exceptional child. We may even feel a sense of pity. These children need compassion but sometimes are crippled by pity, disempowered to potentially perpetuate their disabilities. Bear in mind, we must spend that energy empowering children, rather than reinforcing feelings of helplessness or debility.

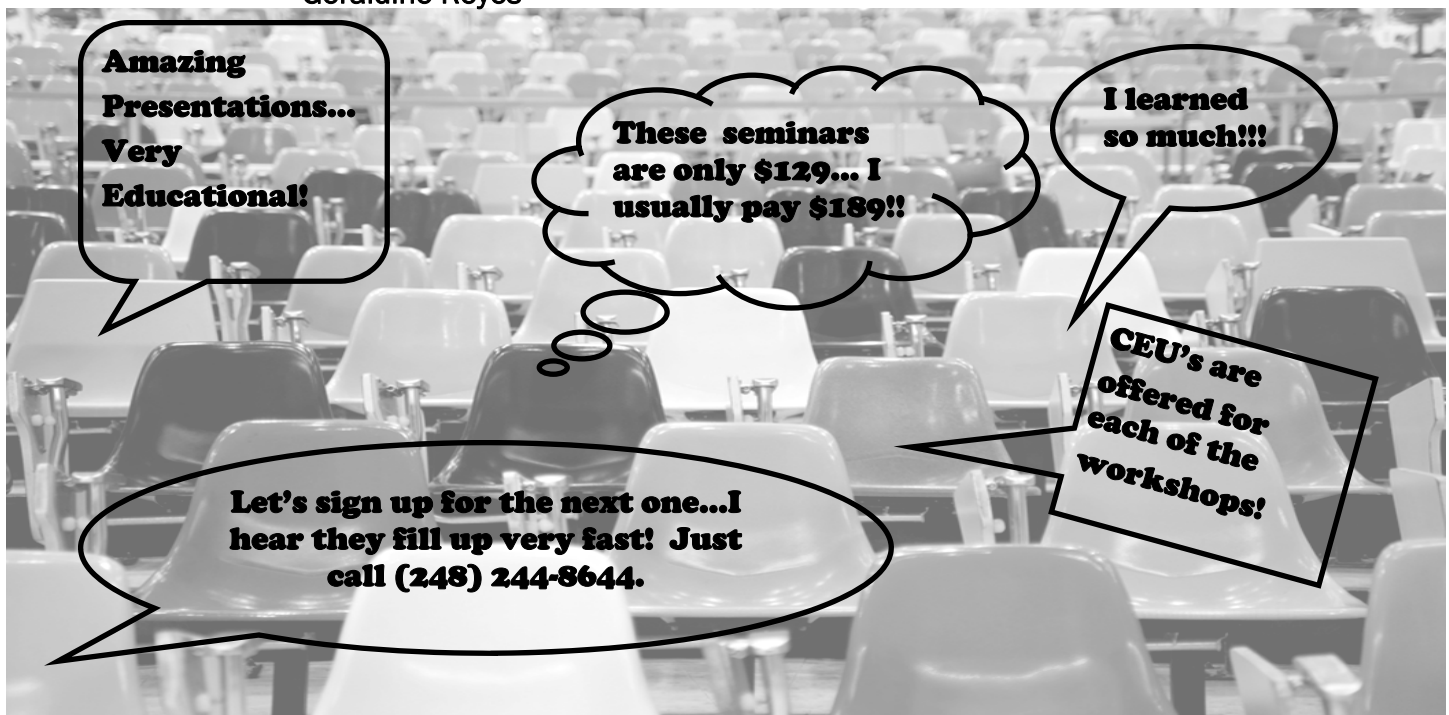
Awareness is one of our most powerful tools to combat compassion fatigue, and, therefore, properly assist the exceptional child. Being cognizant and honest of our own feelings leads us to a new opportunity for advancement. Education is another key that leads us to greater competency. With competency comes comfort and with comfort comes a more relaxed, effective treatment approach. Finally, be sure to cultivate a strong support network. All helpers need helpers. Evaluate your own needs, whether that means an exercise routine or a weekly dinner with a friend. Find positive supports so that you can continue to be an effective, empathic force in the lives of the people you choose to serve.

Geraldine Reyes is a therapist at Perspectives Counseling Centers and has specialized training in trauma with children and adolescents. Her expertise also extends to treating youth struggling with mood disorders, grief/loss, and ADHD.

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2009 Calendar of Events

DATE	INSTRUCTOR	TITLE OF PRESENTATION
February 20th	Leslie Johnsen	Mood Matters
February 27th	Doug Carpenter	Understanding and Treating Sexual Addiction
March 20th	Cindy Parks	The Essentials of Substance Abuse Treatment
March 27th	Beth Atwell	Uncovering the Myths and Truths of ADHD
April 3rd	Malissa Wood	Asperger's Syndrome-Putting the Puzzle Together
April 20th	Harry Broomfield Cristina Broomfield	Innovative Tools and Techniques for Marital Counseling
April 24th	Mary Johnson- Palazzolo	The Confidence Connection How building a client's self esteem creates positive change
May 1st	Leslie Johnsen	New Trends in Self Injurious Behavior Understanding and Treating Self Injurious Behavior
May 15th	Elaine Booth Geraldine Reyes	Healing the Trauma Survivor



GROUP THERAPY

<u>Group Name</u>	<u>Leader</u>	<u>Weekday</u>
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Social Skills	Malissa Wood MA, LLP/LPC	Monday
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Surviving Edge (sexual assault)	Geraldine Reyes, LMSW	Monday
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Anger Edge	Chandler Fleming, LMSW	Monday
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Gaining the Edge on Self Esteem	Mary Johnson-Palazzolo, LMSW	Tuesday
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Teen Edge (depression and anxiety)	Leslie Johnsen, MA, LLP	Thursday
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ADHD	Beth Atwell, MA, LPC	Saturday
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Cutting Edge	Leslie Johnsen, MA, LLP	TBA
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The Woman's Edge (eating disorders, substance abuse and self injury)	Leslie Johnsen, MA, LLP	TBA
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Creativity Corner

With another year past, it is interesting to reflect upon our lives and what we have accomplished. Use the below timeline to write or draw things that you have learned during your life. Start with putting a ☆ star on the year you were born. Ask a parent or teacher to also help you with this project.



1999- 2001- 2003- 2005- 2007-

2000- 2002- 2004- 2006- 2008-

YOUR FUTURE!!!

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