



New Perspectives on Self-Control

From the Department of Anger and Behavioral Management

Perspectives of Troy Counseling Centers

Summer/Fall 2017



*Under the Direction of Joe Lilly, LMSW
Director of Anger and Behavioral Management*

Joe Lilly is the Director of Anger and Behavioral Management and a therapist at Perspectives' Troy Location. He has over 10 years of experience in the field. Joe works with children, adolescents, and families. His specialty areas include anger, self-control, ADHD, Oppositional Defiant Disorder, as well as other behavior related concerns.

Inside this issue:

What is Self-Control?

2

Overview of Services

3

Groups & Workshops

3

Timeless Parenting Tips

4

New Adult Groups



Call us at (248)244-8644



Visit our website at
PerspectivesofTroy.com

What is Self-Control? by Joe Lilly, LMSW

There are two concerns that are commonly reported. The first, “My child (son, daughter, husband, wife, loved one, etc.) has an anger problem.” The second, “My child (son, daughter, husband, wife, loved one, etc.) has a behavior problem.” In a lot of ways these reports are misleading or misinformed. I prefer the description of a “self-control” problem to be more accurate.

Let’s start with some definitions:

Anger: A strong feeling of displeasure and usually of antagonism.

(<https://www.merriam-webster.com/dictionary/anger>)

Behavior: *a:* the manner of conducting oneself; *b:* anything that an organism does involving action and response to stimulation; *c:* the response of an individual, group, or species to its environment. (<https://www.merriam-webster.com/dictionary/behavior>)

Self-control: Restraint exercised over one's own impulses, emotions, or desires.

(<https://www.merriam-webster.com/dictionary/self-control>)

More simply stated, anger is an emotion, behavior is an action, and self-control is the management of emotion and actions. Self-control also allows for a much broader understanding of the many ways a person may struggle managing their emotions and their behavior.

The goal when assisting someone who struggles with self-control is to help them control and express themselves in positive, helpful, productive, and effective ways.

It is not to eliminate or remove negative or unwanted circumstances from their lives (e.g. suspensions, detentions, bad grades, job losses, etc.). It is not to eliminate or “stop them from being angry.” There is a full range of emotions that every person must experience to truly be able to manage them. There is a full range of circumstances both positive and negative that a person must experience to experience the full range of emotions. If never given the opportunity, then they will never learn. Think “practice makes perfect.” That isn’t to say we want them to struggle, but we do want them to learn. When a child is learning to walk there are a few bumps and bruises along the way. It’s the same idea.

So how do we help a person who struggles with self-control? First, we must understand what is behind the behavior. Are the causes emotional (e.g. depression, anxiety)? Are the causes physical (e.g. hungry or tired)? Are the causes developmental (e.g. a skill deficit that is or isn’t age appropriate)? Are the behaviors learned (e.g. they are just repeating something mom and dad taught them)? Once we know where the behavior is coming from we have a better idea of how to help. Regardless of the origin of the behavior, the next step is to validate emotions. Everyone appreciates a person who actively listens and offers empathy. When we feel listened to and feel understood, we’re more likely to engage in social give and take, including controlling our behavior. The third step is teaching problem solving skills. For a child this is easy, talk them through the problem. Ask them what they need help with and if you can help. Help them identify and test possible workable solutions until they find the right one. For an adult, ask what they may want or need help with. Talk it through. Brainstorm with them. Remember, you’re listening more than talking. The fourth step is reinforcement. Continue to promote and encourage the desired behaviors utilizing positive interactions and possibly incentives. If that’s not working, it’s time to talk to a professional. For the person that is struggling, beyond what is age or developmentally appropriate, or beyond what is appropriate for a given situation then additional help and strategies may be necessary.

Joe Lilly is a therapist with over 10 years experience working with children, adolescents and families.

Anger and Behavioral Management Services Offered at Perspectives of Troy Counseling Centers



Education

Parenting Workshops Professional Seminars
Radio Programming Speakers' Bureau
Newsletter "A New Perspective on Self-Control"

Treatment

Individual & Family Counseling Group Therapy
Child, Adolescent & Adult Psychiatry Consultations
Psychological/Intelligence Assessments Collaboration with Other Professional Disciplines



At Perspectives, it is our belief that all people are valuable and unique and should be treated with dignity and respect. With that in mind, the mission of the Anger and Behavioral Management Department is to provide a directed focus toward the treatment and education of anger and behavioral issues. We remain committed to Perspectives' mission to provide quality services while enhancing the quality of life for individuals and families. Some concerns related to anger and behavior that are treated by Perspectives include ADHD, Anger & Aggression, Autism Spectrum Disorders, Conduct Disorder, Homework Problems, Mood Disorders, and Oppositional Defiant Disorder.

NEW THIS YEAR!!!

MEN'S ANGER MANAGEMENT GROUP

8 week group for males 18+ struggling with anger

Call for current schedule
248-244-8644
Or visit our website
perspectivesofTroy.com



SELF-CONTROL GROUP FOR TEENS/CHILDREN

8 week group for teens 13-17 or children 8-12 struggling with anger, impulsivity & hyperactivity

PARENTING THE OUT-OF-CONTROL CHILD

An evening workshop for parents with difficult-to-manage children and teens

You can now follow us on Facebook at Perspectives of Troy, like us on Twitter @Perspectives1985, follow us on Google Plus at Perspectives of Troy, and follow us on Pinterest at Perspectives of Troy Counseling Centers!

Listen weekdays to "Family Life Perspectives" from 10:45 AM—11:00 AM on WMUZ Radio 103.5 FM in Metro Detroit.

PERSPECTIVES OF TROY COUNSELING CENTERS

TROY OFFICE

888 W. Big Beaver Rd. Ste 1450
Troy, MI 48084
(248) 244-8644

EAST OFFICE

4151 17 Mile Rd. Ste D
Sterling Heights, MI 48310
(586) 268-6712

WEST OFFICE

23965 Novi Rd. Ste. 130
Novi, MI 48375
(248) 946-4664

1 GREAT RESOURCE
3 LOCATIONS

Timeless Parenting Tips



1. **Set limits** on the electronics - an hour to two hours a day is more than enough.
2. **Don't over commit** yourself or your kids to activities - down time and boredom is good for innovation and creativity.
3. **Share in the responsibilities** at home so that everyone feels a part of the family community.
4. **Spend time having fun** together as a family - time together sets the stage for the tough times later.
5. **Set realistic expectations** - enjoy the good days and bad days; don't sweat the small stuff.

Visit Perspectives of Troy Counseling Centers' website at
PerspectivesofTroy.com