



FROM A CHILD'S PERSPECTIVE

Volume 6, Issue 12

Fall 2014

PERSPECTIVES COUNSELING CENTERS

Perspectives Counseling Centers
Invites You to Our
Fall Open House 2014

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TRENDING... #CRITICAL ISSUES IN YOUTH SELF-INJURIOUS BEHAVIOR AND SUICIDAL IDEATION

- ⇒ *Educating on the latest statistics and alarming trends in the area of self-injurious behaviors*
- ⇒ *Empowering the community with a deeper understanding of the contagion effect and its complexities*
- ⇒ *Equipping professionals with the latest tools to deal with this adolescent crisis*

October 24, 2014

9:00 a.m. - 12:00 p.m.

Presenter:

Leslie Johnsen, MA, LLP

Clinical Director and Director of Adolescent Services

Join us for this complimentary seminar.

Continental breakfast will be served.

Call (248) 244-8644 to reserve your spot!

Space is limited, so call NOW!

Bullying Awareness and Prevention By Kristin Bronson, MA, LPC, NCC

For many, the beginning of the school year brings happiness and excitement. In order for these positive feelings to continue throughout the year, education and awareness are necessary to protect and prevent our youth from bullying. Children and teens need to feel safe in their school environment. It has been found that one in four teens in middle and high school report being bullied and an estimated 160,000 children stay out of school on any given day because they are afraid of being targeted by bullying. It is important to note that bullying can begin as early as preschool. Awareness and prevention are important pieces in creating and establishing a safe school experience. October is National Bullying Prevention Awareness month and the goal is to encourage communities to work together to stop bullying and cyber-bullying by increasing awareness of the prevalence and impact of bullying on children of all ages.

Bullying consists of 4 basic types of abuse: emotional, verbal, physical and cyber (electronic technology). These types involve subtle or obvious methods of coercion such as intimidation. Also, bullying typically includes 3 people: the target (victim), the bully (aggressor) and the witness (bystander).

Today, research shows that bullying has significant short and long term effects that impact education, health (physical and mental), and safety. These include school avoidance, decrease in grades, increase in dropout rates, inability to concentrate, somatic complaints (headaches, stomachaches), sleeping problems, low self-esteem, increased fear or anxiety, depression, self isolation, increased aggression, self-harm and suicidal ideations, and retaliation.

Kids of all ages need to know ways to safely stand up to bullying and how to get help. Research shows that adults are only notified in about a third of bullying cases. Kids do not tell adults for many reasons including; feeling

helpless, fear of being judged or punished for being weak, or fear of backlash from the kid who is bullying them. Parents, caregivers and educators can help by:

- **Encouraging** kids to speak to a trusted adult if they are bullied or see others being bullied. Encourage the child to report bullying if it happens.
- **Talking** about how to stand up to kids who bully. Give tips, like saying "STOP NOW" directly and confidently. Talk about what to do if those actions do not work, like walking away.
- **Discussing** and encouraging strategies for staying safe, such as staying near adults or groups of other kids.
- **Urging** them to help and support kids who are bullied by showing kindness or getting help.

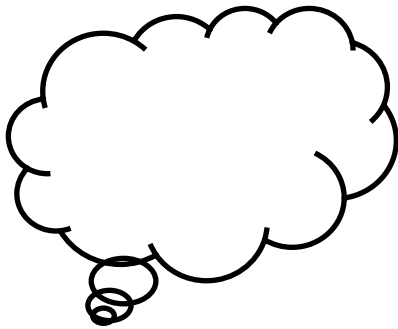


Lastly, talking about bullying directly is an important step in understanding how the issue might be affecting our children and teens. Our youth also learn from adults' actions. By treating others with kindness and respect, adults show the youth in their lives that there is no place for bullying. Even if it seems like they are not paying attention, kids are watching how adults manage stress and conflict, as well as how they treat their friends, colleagues, and families.

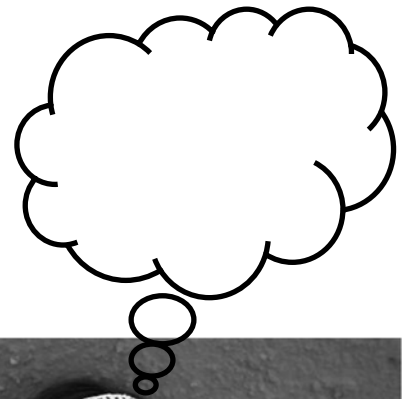
For more information and ways to help prevent bullying and spread awareness go to www.preventingbullying.promoteprevent.org

Watch your thoughts, they become words. Watch your words, they become actions. Watch your actions, they become habits. Watch your habits, they become character. Watch your character for it becomes your destiny. – Frank Outlaw

Kristin Bronson, MA, LPC is a therapist at Perspectives Counseling Centers. Kristin specializes in children, adolescents and young adult issues including bullying, anxiety, depression, self-esteem, ADHD, behavioral issues, eating disorders, anger and stress management.



WHAT
ARE
THESE
KIDS
THINKING?
FILL
IN
THEIR
THOUGHT
BUBBLE
FOR
THEM!!



GROUPS ARE POWERFUL!! JOIN US THIS FALL!

Social Skills Group

*Teaching teens & children
with social anxieties or deficits to communicate effectively*

Leader: Diana Jennings, MS, LLP



NEW

Adult Grief Group

*Develop skills to overcome
barriers encountered during the
complicated grief process*

Leader: LaTanya Carter, PhD, LP

**Call 248-244-8644
for current schedule**

NEW

**Freedom From
Addiction Group**

*Learning about the adult addiction
cycle and how to break free*

Leader: Andy Jones, MS, LPC

Self-Control Group

*Equipping teens & children who struggle
with anger, impulsivity & hyperactivity
with self-control tools*

Leader: Joe Lilly, LMSW

The Teen EDGE Group

*Guiding teens who struggle with
depression and anxiety with positive,
healthy coping skills*

Leader: Leslie Johnsen, MA, LLP

The Cutting EDGE Group

*Helping teens who struggle with
self-injurious behavior identify
their emotions and develop healthy
responses*

Leader: Leslie Johnsen, MA, LLP

UPCOMING WORKSHOPS!

"For Girls Only": A Self-Esteem Workshop

Spend the day learning strategies to build your confidence and challenge the negative influences on your self-esteem

November 8, 2014

10:00 a.m. - 3:00 p.m.

For girls ages 13-18

Leader: Mary Johnson-Palazzolo, LMSW

\$75, includes lunch!

Topics will include:

- ~ Challenging Negative Thinking
- ~ Creating Healthier Relationships
- ~ Building Better Body Image
- ~ Recognizing Media's Influence
- ~ Goal Setting for Future Growth



**CALL PERSPECTIVES
@ 248-244-8644
TO RESERVE YOUR
SPOT!!!**



Stress Busters Workshop

*Gain a greater understanding of anxiety & feel more in control of your symptoms;
develop coping skills to reduce anxiety*

November 15, 2014

10:00 a.m. - 3:00 p.m.

For children ages 8-12

Leader: Kim Birmingham, LMSW

\$75, includes lunch!

Includes a take-home pamphlet that will educate and empower parents as they guide their children through the learning process.

INTRODUCING...PERSPECTIVES TALKS!!!

PERSPECTIVES TALKS is just one of the new programs that *Perspectives* is offering that provides education to the community, our clients, and/or client's family members/loved ones. We will be focusing on a range of significant issues provided by a Masters' or Doctorate level professional. These Talks will occur monthly on the third Monday of the month from 7:30-9:00 p.m. **It is not required for attendees to be clients of Perspectives. All are welcome.* The following provides an overview of **PERSPECTIVES TALKS** for the remainder of 2014.

October 20th:

DRUGS & OTHER SCARY THINGS

A comprehensive overview of the difference between substance use and a potential problem. This workshop includes tools to help yourself or loved ones in dealing with a possible addiction.

November 17th:

TAMING THE OUT-OF-CONTROL CHILD

Identifying key factors and emotions that may underline a child's out-of-control behavior. Aiding parents and caregivers with support and tools to tame and alleviate these behaviors.

December 15th:

GRIEF & LOSS AT THE HOLIDAYS

Identify the difference between grief and a complicated grief response. Equipping individuals with tools to endure this potentially painful time.

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