

# 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**

~ ~ ~ ~ ~

**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.*

# **P**erspectives . **P**rofessional. **D**evelopment. **I**nstitute.

## **2009 Calendar of Events**

<b>DATE</b>	<b>INSTRUCTOR</b>	<b>TITLE OF PRESENTATION</b>
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



**Amazing  
Presentations...  
Very  
Educational!**

**These seminars  
are only \$129... I  
usually pay \$189!!**

**I learned  
so much!!!**

**CEU's are  
offered for  
each of the  
workshops!**

**Let's sign up for the next one...I  
hear they fill up very fast! Just  
call (248) 244-8644.**

# GROUP THERAPY

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



## 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!!!

# Perspectives Counseling Centers

888 W. Big Beaver, Suite 1450  
Troy Michigan 48084  
Phone: 248-244-8644  
Fax: 248-244-1330

4151 17 Mile Rd, Suite D  
Sterling Heights Michigan 48310  
Phone: 586-286-6712  
Fax: 586-268-6908

[www.perspectivesoftroy.com](http://www.perspectivesoftroy.com)

*You Need Not Walk Alone!*

*Think Green*

TO ...  
IF YOU WOULD LIKE TO CONTINUE TO RECEIVE OUR NEWSLETTER, PLEASE  
LOG ONTO OUR WEBSITE AND BE SURE TO LEAVE YOUR EMAIL ADDRESS.  
THANK YOU IN ADVANCE FOR HELPING US WITH OUR CONTINUED EFFORT

Presorted Standard  
U.S. Postage Paid  
Troy, MI  
Permit No. 123