

**Perspectives
Counseling
Centers**

On the E.D.G.E.

TROY
248-244-8644
STERLING HEIGHTS
586-268-6712

INTRODUCING...*PERSPECTIVES TALKS*!!!!

*Welcome from the desk of Leslie Johnsen, MA, LLP
Clinical Director and Director of Adolescent Services*

*Dear Colleagues,
Welcome back to another exciting school year! I am sure you are in the swing of things at this point within your organization! I trust you have had a relaxing and refreshing summer. Perspectives has spent the summer enhancing our clinical staff and programming in order to best serve the tri-county community! We have expanded our staffing at both the Troy and Sterling Heights sites in order to provide prompt service and have expanded specialized services that could benefit you and those you entrust to our care.*

***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 significant issues they may benefit from psychoeducation provided by professional experts. These Talks will occur monthly on the third Monday of the month from 7:30-9:00 pm. It is not necessary for attendees to be clients of Perspectives, anyone may attend.*

*We continue to provide our Speakers Bureau. We have a number of specialists ready to train your staff, parents, or students in the topic that would best suit the needs of your organization/community. I welcome the opportunity to visit your school/organizational staff meeting to answer questions about our wonderful new services and review the individual and family services we have provided to your community for close to 30 years. Please don't hesitate to contact me directly at **248-244-8644** with questions or suggestions as Perspectives continues to desire to meet the needs of the tri-county area as the premier counseling center.*

-Leslie

*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 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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These Saturday Workshops Are Back by Popular Demand...

FOR TEEN GIRLS ONLY!!!!

A SELF-ESTEEM WORKSHOP

With Mary Johnson-Palazzolo, LMSW

Highlights of this workshop for female teens:

- Learn strategies to build your self-confidence.
- Challenge negative influences on your self-esteem.
- Develop coping skills to be the best you can be!!!

Saturday, November 8, 2014

10:00 a.m.—3:00 p.m.

Mary has been with Perspectives for almost 15 years specializing in adolescent female struggles including self-esteem, depression, anxiety, and relational issues. Mary is a recognized educator and therapist in the area of building self-esteem and helping teens incorporate positive thinking in their daily lifestyles.

A STRESS BUSTERS WORKSHOP

For children and preteens struggling with the anxiety and stress of daily life

With Kimberly Birmingham, LMSW

Highlights of this workshop:

- Education about what stress is and what causes stress
- Gain a greater understanding of anxiety and feeling more in control of symptoms and setbacks
- Develop coping skills to combat this difficult issue!!!

Saturday, November 15, 2014

10:00 a.m.—3:00 p.m.

Kim has been with Perspectives for over 6 years specializing with children and adolescents particularly dealing with anxiety and depression related disorders. She also does an exceptional job working with those struggling with grief and loss complications.

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

Visit www.perspectivesoftroy.com to learn more about our programming!!

Kid's

30303

FALL CHILDREN'S GROUPS:



Social Skills EDGE

Children's Group teaching social skills needed to function in the world.

Contact Diana Jennings, MS, LLP



Self-Control EDGE

Children's Group teaching skills needed to regain self-control.

Contact Joe Lilly, LMSW

Our Children's Department offers comprehensive services:

- ***Psychological Testing***
- ***Psychiatric Care***
- ***Group Therapy***
- ***Individual and Family Therapy!!***

Teen Groups: As Powerful As Ever!!!

The TEEN E.D.G.E.

8-week group for males and female teens struggling with any type of depression, anxiety, or self-destructive behaviors. This group focuses on helping teens to learn positive thinking patterns and valuable coping skills.

**Tuesday evenings-Contact
Leslie Johnsen, MA, LLP**

The CUTTING E.D.G.E.

This group is for all teens who have self-injured in any way. The focus discusses what drives the behavior and how to stop.

Parent education is included in this 8-week program.

**Tuesday evenings—Contact
Leslie Johnsen, MA, LLP**

The SOCIAL SKILLS E.D.G.E.

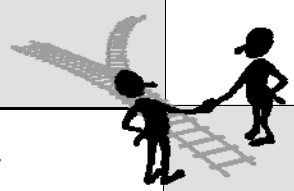
Hands-on learning for males and females as they practice valuable social skills needed to function in society. 8 week group is a must for those with social deficits.

Wednesday evenings-Contact Diana Jennings, MS, LLP

SELF-CONTROL E.D.G.E.

Co-ed group for teens struggling with impulsivity, hyperactivity, oppositional behavior. This 8-week group will aid in learning valuable skills to gain control over these behaviors.

Thursday evenings-Contact Joe Lilly, LMSW



Adult Groups Are Powerful, Too!!!



Complicated Grief Group

Adult group to aid individuals dealing with significant loss. This 8-week group will help develop skills to overcome barriers encountered during the grief process.

Contact LaTanya Carter, PhD, LP

Freedom from Addiction Group



Adult group to educate and provide support to individuals dealing with addiction.

This 8-week group will help overcome urges, discuss the addiction cycle, and develop relapse prevention plans to break free from this cycle.

Contact Andrew Jones, MS, LPC



GROUPS ARE POWERFUL
Refer Now at 248-244-8644

Hope for Self-Injury

Written by *Kimberly Scott, MEd, MA, LLP*

When I met Lydia she was already beginning to struggle. Pretty, extremely bright, and from a stable, loving home, Lydia still felt very unsure about many things, including herself. There were things on her mind. Hurts. Insecurities. Questions. But, before she sought help from others she tried to manage it all on her own as best as she could. And, that's when the cutting began.

Unfortunately Lydia's story is not an uncommon one. Research indicates that 15 to 20 percent of adolescents will self-injure at some point in time, and 10 percent of those that do will continue the behavior well into young adulthood. As educators, it is hard to watch. We want to see our students grow and flourish, not suffer in silent pain accumulating scars they'll continue to carry with them into adulthood. Self-injury appears in many forms and happens for a variety of reasons.

We commonly think of self-injury as "cutting" of the wrists or forearms. It may be the most well known form of self-injury today. Self-injury may also include burning, carving, hitting, piercing, biting, or picking at oneself, and it's not limited to wrists and forearms. Individuals that self-injure often do so in "hidden" places such as the inside of their upper arms, the top of their thighs, or their stomach. They self-injure for any number of reasons.

Teens that self-injure are not necessarily suicidal. In fact, while they may be, many are not. Suicide is an indicator that an individual no longer wants to cope with life, but end it. Self-injury is often an attempt to find a way to cope with life's emotional stressors. Some teens use it as a release for pent up emotional pain. Others use self-injury to create pain to relieve emotional numbness. Still others may use self-injury to communicate feelings or initiate change in others. Teens that use self-injury to manage emotions can learn other ways to handle emotional stress.

As professionals committed to helping students grow and flourish, we have the opportunity to come alongside teens that self-injure and lead them toward more healthy ways of coping. But, we can't do it alone. We have to work together as a community. Lydia's mother and I had many conversations together. My office was used as a safe place for Lydia to come if she needed to regroup during the school day. Lydia began working with her doctor and a caring mental health professional to address the things she was facing. There was hope. There's always hope.

Many months later Lydia casually walked up me as she left an assembly. "Can you throw these away for me?" she asked, holding out her hand and depositing something very lightweight into mine. In my hand now lay five tiny razors blades from a disposable razor. I looked at Lydia as she looked at me. "Are you okay?" I asked. "Yeah," she said. "I just don't think I need these anymore." Nodding, I smiled as I looked at her again, and off to class she went. I don't know if Lydia self-injured again after that day, but I know she changed, and today she is a lovely young adult with healthy coping skills and pursuing a bright future. Lydia found hope.



Kimberly Scott is a Master's Level Psychologist with a passion for helping teens and their families work through struggles such as anxiety, depression, and self-destructive behaviors. Kimberly is a former school counselor at a local high school. She is now one of our many adolescent specialists at Perspectives Counseling Centers.

Help for Self-Injury and Other Self-Destructive Behaviors

Perspectives Counseling Centers is the only mental health organization in the tri-county area offering the comprehensive services needed to treat these critical issues!

**INDIVIDUAL THERAPY
ADOLESCENT SPECIALISTS IN
THE AREAS OF SELF-INJURY,
DEPRESSION, ANXIETY AND
TRAUMA RELATED ISSUES**

**COMPLETE
PSYCHOLOGICAL
TESTING**

**CHILD AND
ADULT
PSYCHIATRISTS**

**THE CUTTING EDGE
and
THE TEEN EDGE**
*Groups specifically designed to aid
teens in the recovery from
self-injurious behaviors. These
groups run on an ongoing basis
and have proven to enhance
therapeutic outcome for nearly
20 years!*

**PARENTING TEENS WITH
SELF-DESTRUCTIVE BEHAVIORS
WORKSHOP**

This workshop runs quarterly and provides parents with education and tools to help their children.

There are very specific responses that can be helpful and some that can be harmful when dealing with self-injury. Parents leave this workshop feeling equipped to help their family members.

NEXT WORKSHOP...

OCTOBER 27th

7:30-9:00 pm

**SPEAKER'S
BUREAU
Available for
your event**

PERSPECTIVES COUNSELING CENTERS
YOU NEED NOT WALK ALONE...248-244-8644

PERSPECTIVES

Counseling Centers

Perspectives Counseling Centers

888 West Big Beaver, Suite 1450
Troy, MI 48084

4151 17 Mile, Suite D
Sterling Heights, MI 48310
www.perspectivesoftroy.com

THE ADOLESCENT E.D.G.E. PROGRAM

FREE SEMINAR for Professionals

TRENDING... #CRITICAL ISSUES IN YOUTH

SELF-INJURIOUS BEHAVIORS AND SUICIDE IDEATION

WITH LESLIE JOHNSEN, MA, LLP

CLINICAL DIRECTOR AND DIRECTOR OF ADOLESCENT SERVICES

Highlights include:

- 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

Friday, October 24th
9:00 am—noon

- Continental Breakfast included
- Tour of Troy facility

RESERVATIONS REQUIRED
Limited space...248-244-8644!

Leslie Johnsen, MA, LLP is a leading expert in the area of self-injurious behavior and other critical issues in youth. She has trained hundreds of therapists, school professionals, health professionals, parents, clients and many other community organizations.