



# FROM A CHILD'S PERSPECTIVE

Perspectives of Troy Counseling Centers  
Invites You to Our  
Spring Open House 2017

PERSPECTIVES  
OF TROY  
COUNSELING  
CENTERS  
Spring 2017

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- Seminar Highlights:
- ♦ What Lies Beneath Problematic Behavior?
  - ♦ How Can We Better Understand Behavioral Challenges?
  - ♦ What Strategies Should We Use at School and at Home?

## Behavior...The Tip of the Iceberg



*~ Exploring the Underlying Triggers to Behavioral Challenges & Recognizing 10 Strategies that are Proven Effective ~*

**April 28, 2017**

**9:00am-12:00pm**

Presenter:

**Joe Lilly, LMSW**

**Director of Anger & Behavioral Management**

*Join us for this complimentary seminar  
Call (248) 244-8644 to reserve your spot!  
Continental breakfast served  
Space is limited so call now!*

# Perspectives Groups and Workshops

Call (248) 244-8644 for the current schedule or visit us at  
*PerspectivesofTroy.com*

## Social Skills Group

*Teens and children with social anxieties or deficits*

Leader: Diana Jennings, MS, LLP

## The Teen Edge

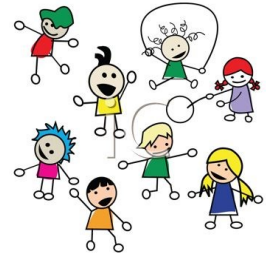
*Teens who struggle with depression and anxiety*

Leader: Leslie Johnsen, MA, LLP

## Motivation Group

*Building Motivation, Confidence & Initiative in Academically Struggling High School Students*

Leader: LaTanya Carter, PhD., LP



## Stress Busters Workshop

*1 day workshop on Saturdays*

*For children who struggle with anxiety, worries and fears*

Leader: Diana Jennings, MS, LLP

## Self-Control Group

*Teens and children who struggle with anger, impulsivity and hyperactivity*

Leader: Joe Lilly, LMSW

## Parenting Workshops

*~ Parenting the Out-of-Control Child or Teen*

*~ Parenting Teens with Self-Injurious Behaviors*

*~ Building Your Students Confidence, Motivation and Initiative*



# RESEARCH RAINBOW

## The Grieving Child

By Patricia Mroch, MA, LPC, CAADC

We are born with the ability to grieve. Surprising to some, but long known by researchers, infants display grief from their very first moments of life. If a primary caretaker, typically a parent, is removed from the infant's life-the infant will show signs of grief. These signs present themselves as agitation, sleep disturbances and appetite disturbances.

As children begin to grow, a young child may not respond to news that a death has occurred. During this concrete stage of development (up to age 12), the concept of death is based on the child's five senses. An individual is gone and then an individual is here. If an individual is gone and continues to be gone a young child may grieve the smell, touch or sound of the person. The young child may grieve each time one of these senses formerly provided for by the missing individual is deprived from them.

Being in a concrete stage of development, young children (up to age 12) tend to generalize from the specific to the general. For example, if an individual died in their sleep, a young child may believe that they themselves will also die when they go to sleep. Therefore, adults play an important part in the young child's understanding of grief. Helping children to feel more comfortable in the midst of grief can be the most rewarding job we have as adults. Answer children's questions about death concretely. Honesty and simplistically are the most effective approaches. Avoid euphemisms, e.g. "went to sleep", and avoid too much detail. Children will ask what they want to know.

*Patricia Mroch is the Director of Trauma and Grief Services. Her specialties include Trauma and Abuse, Women's Issues, Depression, Anxiety, Marital Counseling and Anger.*

Children are repetitive in their grief. Children ask questions over and over again as a means to understand. Therefore, adults need to answer repetitively!

Children are physical in their grief. It's impossible to separate young children (up to age 12) from their grief. Movement is their communication. Reflect their play verbally as a means to emotionally lend support.

Children grieve cyclically. The work of grief cycles through childhood. As children pass through different developmental stages, they will revisit their grief. This is considered normal!

Children grieve as a part of a family. Children don't live in vacuums. What affects us affects them!

**PERSPECTIVES OF TROY  
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[PerspectivesofTroy.com](http://PerspectivesofTroy.com)

Call (248) 244-8644 to  
make an appointment



Perspectives of Troy Counseling Centers  
**Our Novi Location is now open!!**

We are located just south of 10 mile Road  
23965 Novi Road, Suite 130  
Novi, Michigan 48375

Visit us at [PerspectivesofTroy.com](http://PerspectivesofTroy.com) for updated  
information about groups, workshops and current events!