

New Perspectives on Self-Control

Summer 2018

From the Department of Anger and Behavioral Management

Happy Summer 2018! It has been a very interesting and exciting year here at Perspectives Counseling Centers, including the blessing and fortune of expansion in May. Perspectives has extended its reach and ability to pursue its mission of providing quality services and enhancing the lives of the individuals and families in the community. Now open in Clarkston and Plymouth as well as Novi, Sterling Heights, and Troy, Perspectives is seeing through its mission throughout the Metro Detroit community and beyond. Equally exciting, expansion has presented Perspectives with the ability to offer many of our group services at the Plymouth location. It is our goal and our desire to expand the group services available at the Plymouth location. So be on the look out for new group opportunities in the future. Lastly, I would like to take this opportunity to thank you for your continued support of Perspectives Counseling Centers and the individuals and families we serve. It is through this connection our growth and success is possible. As always it is our hope that you will benefit not only from this newsletter, but from the partnership we continue to utilize in changing the lives of those who are most in need. Looking forward to our continued collaboration.

Sincerely,

*Joe Lilly, LMSW
Director of Anger and Behavioral Management*



Perspectives Counseling Centers

Troy
Sterling Heights
Novi
Plymouth
Clarkston

You Need Not Walk Alone



(248)244-8644



Inside this issue

**In The
Spotlight**

2

**Groups and
Workshops**

3

**Anger
Triggers**

4

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In the **Spotlight**

Perspectives Counseling Centers



**Clarkston
&
Sterling
Heights**

Christopher D. LePage, PsyD, LMSW has been a member of the Perspectives clinical staff since July 2014. A seasoned clinician, Dr. LePage received his clinical training from Grand Valley State University and Wheaton College. He received his undergraduate degree from Michigan State University in Business. Dr. LePage works primarily with males 15 years-old and older at both the Sterling Heights and Clarkston locations. He has extensive experience working with a variety of diagnosis which include (but are not limited to) Asperger's/Autism (Autism Spectrum Disorders), Depression, Anxiety, Longstanding Depression (Dysthymic Disorder), Sexual Identity and Gender Identity Disorder, Adjustment Issues, Substance and Behavioral Addictions, Men's Issues, Male Empowerment, Divorce Issues, Anger, Communication Problems and Couples Counseling. Dr. LePage also has an interest in clinician mentorship and supervision. Dr. LePage also works with female clients on a per-case basis.

Clarkston
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Village of Clarkston, MI
48348
(248) 688-9021

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

Plymouth
705 S Main St
Plymouth, MI 48170
(248) 688-9071

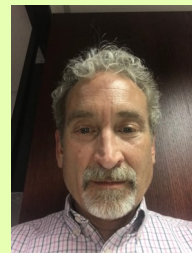
Sterling Heights
4151 17 Mile Rd.
Suite D
Sterling Heights, MI
48310
(586) 268-6712

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

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Charles Vermeulen, MS, LLP graduated from Eastern Michigan University and has 20 years experience in inpatient and outpatient settings, providing treatment for a wide range of client populations and psychological/behavioral issues. He is committed to quality and effective service to his clients. Charles has expertise in Individual and Group Therapy, Psychological/Behavioral Assessment and Crisis Intervention. Charles works with Children, Adolescents and Adults with Anger, Anxiety and Depression issues. Charles is supportive of family involvement, and achieving people's independent/effective living. Charles also provides services for issues of Trauma, Substance Abuse, and Obsessive/Compulsive disorder. Charles values confidentiality, respect for clients, professionalism and treatment effectiveness. He develops a very positive rapport with his clients. He helps his clients cope with life changing events, poor family dynamics, depression and anger issues.

His clients often report an improvement in their mood and an increase in motivation to heal.



**Plymouth
&
Troy**



**Novi
&
Plymouth**

Andrew Schaad, M.A., LLPC obtained a Master's in Counseling Psychology from Moody Theological Seminary and is trained in Biblical Counseling and Integrative Christian Psychotherapy. He has experience helping adults and adolescents dealing with severe mental health issues and a range of life stressors. He is passionate about helping bring biblical wisdom to bear on the messy and sometimes chaotic realities of life, relationships, work, school, addiction, and pain. Andrew specializes in helping young men and women develop the skills to not only cope, but thrive in whatever they endeavor to do, personally and vocationally. Andrew works with Abuse and Neglect, Depression, Grief and Loss, Anger, Adjustment Issues, Anxiety/Panic/Phobia, Substance Abuse/Behavioral Addiction, Bi-Polar Disorder, Career Counseling, Communication and Relationships, Marriage Counseling, Divorce Recovery, Family Issues, Life Transitions, Men's Issues, Military Veteran's Issues, Post-Traumatic Stress Disorder, Prisoner Re-entry, Obsessive Compulsive Disorder, Self-esteem, Sexual problems, Social Difficulties, Stress Management.

UPCOMING GROUPS AND WORKSHOPS!!!

Navigating the College Experience
 Ages 17+
 Dr. LaTanya Carter, PhD, LP
 Troy

Social Skills Group
 For Kids 10-14
 Mary Costa, LMSW
 Troy

Women and Anger Management
 Ages 18+
 Karolyn Thompson, PhD, LPC
 Starting 9/19/2018
 Troy

Anger Management Group
 For men ages 18+
 Joe Lilly, LMSW
 Starting 9/27/18
 Troy

Self-Control Group
 For Teens 13-17
 Joe Lilly, LMSW
 Troy

#SELFIESTEEM
 Girls ages 10-14
 Georgiana DesRosiers, MA, LPC, NBCC
 9/22/2018
 Troy

Troy &
 Plymouth
 Locations

The Teen E.D.G.E
 Ages 13-18
 John Notoaware, LMSW
 Starting 8/28/18
 Troy

Stress Busters Workshop
 Ages 8-12
 Michael Joy, MA, LPC
 8/18/18
 Troy

Social Skills Group
 For ages 8-12 & 13-17
 Diana Jennings, MS, LLP
 Plymouth

Changing Strong Emotions
 A DBT Skills Group
 Ages 13-17
 Aleksandra Nedelkoski, MA, LPC
 Starting 9/13/2018
 Troy

Parenting the Out of Control Child Seminar
 For parents of children ages 3-15
 Joe Lilly, LMSW
 Troy

Codependency Workshop
 Men and Women ages 18+
 Karolyn Thompson, PhD, LPC
 Troy

Call
 248-244-8644
 For the current schedule and group locations

1 GREAT RESOURCE
5 GREAT LOCATIONS

**Perspectives
Counseling Centers**

Clarkston
(248) 688-9021

Novi
(248) 946-4664

Plymouth
(248) 688-9071

Sterling Heights
(586) 268-6712

Troy
(248) 244-8644

**You Need Not Walk
Alone**

Anger Triggers

Any thing can truly trigger anger, it is a matter of perception really. However, if you look into the meaning of anger, it's likely you will find one if not all of these 4 themes:

1. **Injustice/Unfairness**—Any situation where a person experiences the event and circumstances as lacking in equality and justice.
2. **Insult/Injury**—Any situation where a person experiences the event and circumstances as having resulted in pain, harm, or damage of any kind including but not limited to social, financial, physical, and emotional.
3. **Invasion/Inconvenience**—Any situation where a person experiences the event as an unwelcome intrusion that causes trouble or difficulty as well as a disturbance in the person's comfort.
4. **Intent**—Any situation where a person experiences the actions of others as having some form of negative or malicious intent; that the person acted of their own free will in creating an injustice/unfairness, insult/injury, or invasion/inconvenience.

Communication and problem solving are always the best strategies to resolve anger, but must be done in validation of the identified triggers.