

**Perspectives of Troy
Counseling
Centers**



On the E.D.G.E.

TROY

248-244-8644

STERLING HEIGHTS

586-268-6712

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Dear Colleagues,

OUR *DEPARTMENT FOR TRAUMA AND GRIEF* has expanded. Under the direction of Patricia Mroch, MA, LPC, this department is offering individual and family services, groups, seminars and ongoing information blogs on our website. Patricia Mroch has been providing therapeutic trauma and grief services for over 20 years and has a vast array of experience in helping teenagers. Perspectives also has therapists on staff that are **Certified Trauma Specialists**. We now have a **Critical Incident Response Team** that can assist you onsite.

Visit our website perspectivesoftroy.com to learn further about the unique offerings Perspectives provides for the difficult struggles grief and trauma can bring.

Sincerely,

Leslie R. Johnsen, MA, LLP—Clinical Director



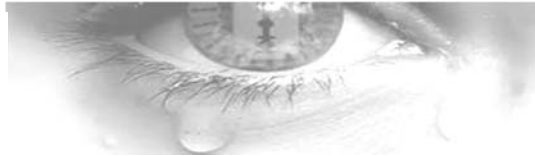
You are invited to...

HEALING INVISIBLE WOUNDS

WHAT EVERY PROFESSIONAL NEEDS TO KNOW ABOUT TRAUMA AND GRIEF

Friday, October 23rd

9:00 am—12:00 pm



Presented by:

PATRICIA MROCH, MA, LPC

DIRECTOR OF

TRAUMA AND GRIEF SERVICES

Highlights:

- ☒ Understanding traumatic stress in Children/Teens
- ☒ Recognizing the impact of sudden loss on the family
- ☒ Acquiring strategies for working with the hidden face of PTSD
- ☒ Learn about ages/stages/phases of grief
- ☒ Gain insight into how grief counseling can help

- ☒ **FREE WORKSHOP TO THANK YOU FOR
YOUR REFERRALS!**

- ☒ Continental breakfast provided

- ☒ Workbook included

- ☒ Tour of our Troy facility

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

PERSPECTIVES FOR PARENTS

PARENTING THE OUT OF CONTROL CHILD

With Joe Lilly, LMSW

Helping Parents with Hyperactive, Impulsive, and Angry Children

Thursday, November 5, 2015

6:30 pm - 8:00 pm

- Learn what it means to lose self-control
- How to identify the emotions behind the behavior
- Strategies for parents to help children be successful
- Skills to teach your children



PARENTING TEENS WITH SELF-INJURIOUS BEHAVIORS

With Leslie R. Johnsen, MA, LLP

A MUST for PARENTS who have a child, teen, or adult child who has/is self-injuring in any way

Tuesday January 26, 2016

7:30 - 9:00 pm

- The Truth about Self-Injurious Behavior
- Causes, Triggers, Risk factors
- Common Mistakes Parents Make
- Real Ways to Help your Teen



SPACE is LIMITED! RESERVE YOUR SPOT NOW at 248-244-8644!

Kid's

Our Children's Department provides comprehensive services!

- ☺ INDIVIDUAL AND FAMILY COUNSELING
- ☺ CHILD PSYCHIATRIST
- ☺ PSYCHOLOGICAL TESTING
- ☺ 2 CHILDREN'S GROUPS offered this fall::

***** The SELF-CONTROL EDGE *****

***** The SOCIAL SKILLS EDGE *****

Please contact Diana Jennings at 248-244-8644 for further information about any of these children's services AND visit perspectivesoftroy.com

Stress Busters

Workshop

Helping kids ages 8-12 conquer anxiety, stress, and fears!

JANUARY 30, 2016

10AM—3PM



TEEN GROUPS and WORKSHOPS

OPPORTUNITIES ONLY AT PERSPECTIVES!

Perspectives of Troy Counseling Centers is the only outpatient mental health organization in the tri-county area offering the wide variety of children and adolescent groups AND WORKSHOPS! In addition to working with our own clients, we are able to work in collaboration with many community organizations in providing adjunctive group services for their clients. Research proves multi-disciplinary care coupled with teamwork provide the optimal outcome!



The TEEN E.D.G.E.

8-week group for male and female teens struggling with depression, anxiety and self-destructive behaviors. This group focuses on helping teens to learn positive thinking/response patterns and valuable coping skills.

Tuesday evenings—Contact Leslie R. Johnsen, 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, LLP

NEW

The MOTIVATION E.D.G.E.

8-week group focusing on increasing all aspects of motivation and academic achievement. Psychoeducational approach used to teach valuable skills to maximize potential!

Tuesday evenings—Contact LaTanya Carter, PhD, LP

The CUTTING E.D.G.E.

This group is for all individuals who have self-injured in any way.

The focus is “what drives the behavior” and how to stop.

Parent education is included in this 8-week program.

Tuesday evenings—Contact Leslie R. Johnsen, LLP

The SELF-CONTROL E.D.G.E.

8-week group focusing on increasing all aspects of self-control.

Participants learn how to build skills to gain control of their actions when emotions take over.

Thursday evenings—Contact Joe Lilly, LMSW



GROUPS ARE POWERFUL

Refer Now at 248-244-8644

PERSPECTIVES TALKS * WORKSHOPS FOR ADULTS**

Later In Life Transitions

Saturday, November 21, 2015

10 AM-11:30 AM

Motivating Your Student

Saturday, January 16, 2016

10 AM-11:30 AM

Perspectives Talks is just one avenue that we offer to the community for adult psychoeducation.

Please visit our website for further information about the workshops and services we provide at perspectivesoftroy.com

SELF-ESTEEM

Kristin Bronson is a Licensed Professional Counselor with Perspectives of Troy who specializes in treating children and adolescent issues including bullying, self-esteem, depression, anxiety, and behavioral problems. Kristin works in our Sterling Heights office.

In my office, I have dealt with many teenagers that say they wish they were prettier, popular, more athletic and skinnier. The fact is, the number of teenagers having these same self-defeating thoughts is continuing to grow.

Self-esteem involves our confidence with a variety of different aspects of life such as relationships, academics, occupation and social status to name a few. Self-esteem is generally affected by how we view ourselves (our whole self) in relation to others in the world. The thoughts we have about ourselves, or how we define ourselves, contribute to our self-image. The feelings we have about these thoughts, whether these feelings are positive or negative, are the building blocks of our self-esteem. Self-esteem can be molded by our parents, family, friends, physical or intellectual abilities, education, jobs, technology and social media. Self-esteem can also provide the ability to resist peer pressure, deal with uncertainty and changes, tackle new challenges and handle disappointments.

"Our self concept must not depend on our successes, failure or what people think about us. It depends only upon what we think about ourselves." - unknown

The teenage years are the most challenging for parents and teens. It is also the time where self identity starts to form as they attempt to find their place in the world. Our world today is much different than it was 20-30 years ago. Technology has come a long way and offered more opportunities than ever imagined. Today's youth are often 'living their lives out loud' and in full view of an online audience. Community acceptance has grown in importance and also has the ability to contribute to self-esteem, both positively and negatively. Teenagers with low self-esteem can find it very hard to cope with pressures from school, peers

and society. They are at higher risk of developing depression, anxiety, self-destructive behaviors and other mental health problems.

If you think your teen suffers from low self-esteem, there are ways parents and/or caregivers can help:

- Model a positive attitude when faced with challenges.
- Encourage them to try new challenges and give praise. Phrases like "Well done, that was hard" or "You managed it!" are helpful.
- Give praise and encouragement for their successes, and place emphasis on their efforts.
- Restore their confidence by letting them know that it's OK to make mistakes.
- Avoid being too critical.
- Recognize and acknowledge their feelings and help encourage them to communicate their feelings in words. For example, "I'm sad because..." or "I feel angry when..."
- Encourage your teen to develop and improve their talents, through clubs, sports and activities.
- Have frequent and open conversations.

Healthy self-esteem creates a feel-good factor which makes us respect and like ourselves. It also allows others to respect and like us. No matter how we perform or what we achieve in life, positive self-esteem may be the invaluable factor that keeps us mentally healthy and thriving.

Perspectives can help...call 248-244-8644.
See the next page for a valuable workshop.
perspectivesoftroy.com

"Reach for the stars, take a risk, be courageous and act. Your self-esteem will rise in direct proportion to the personal risks you are prepared to take." – Lynda Field

For TEEN GIRLS, Perspectives presents:

#GIRLPOWER

Presented by Kristin Bronson, MA, LPC



***** A one day self-esteem workshop to inspire, empower and encourage teen girls ages 13-17 to build confidence, character, courage and combat bullying *****

Perspectives of Troy Counseling Centers

Troy Location

Saturday, February 6, 2016, 10am - 3pm

**\$79, pizza lunch included
Games & Activities!!!**

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

IN NEED OF A SPEAKER FOR YOUR EVENT???

SPEAKER'S BUREAU: In addition to providing therapeutic services, the clinicians of Perspectives of Troy Counseling Centers have a heart for educating the community about their areas of specialty. Many travel to schools, churches and professional organizations to share their knowledge and continue to work together to better our community. Please contact **Leslie Johnsen** at **248-244-8644** if you are in need of a speaker for your event.



PERSPECTIVES OF TROY

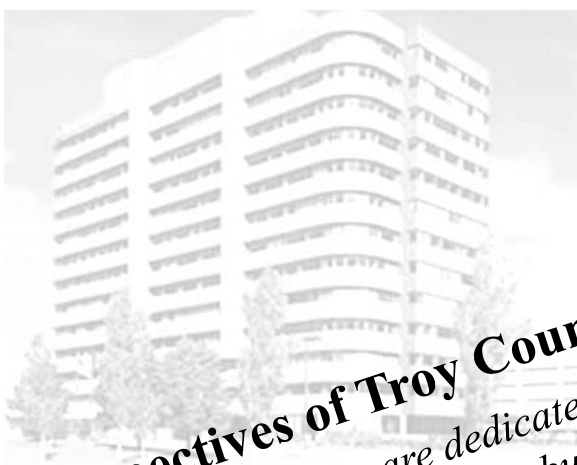
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perspectivesoftroy.com

***EXPLORING
DISCOVERING
GOAL-SETTING
EXCELLING***



Perspectives of Troy Counseling Centers Mission Statement

We, at Perspectives, are dedicated professionals committed to providing quality mental health and substance abuse services. It is our overall goal to enhance the Quality of Life for individuals and families. Our belief is that all people are valuable and unique and should be treated with dignity and respect. While recognizing the potential for change, an assessment of the client's emotional, physical, spiritual and life experience is provided in a caring environment. The growth of the individual is promoted through a course of treatment developed and executed in a timely and cost effective manner.

