

**Perspectives
Counseling
Centers**



On the E.D.G.E.

TROY

248-244-8644

STERLING HEIGHTS

586-268-6712

GROUPS FOR TEENS:

- * Anger * Depression/Anxiety *
- * Self-Injury * Self-Esteem *
- * Social Skills *
- * Stress *

Check out what's happening at Perspectives

Workshops:

March 9—Stress Busters for Kids Workshop

March 23— Self-Esteem for Girls Workshop

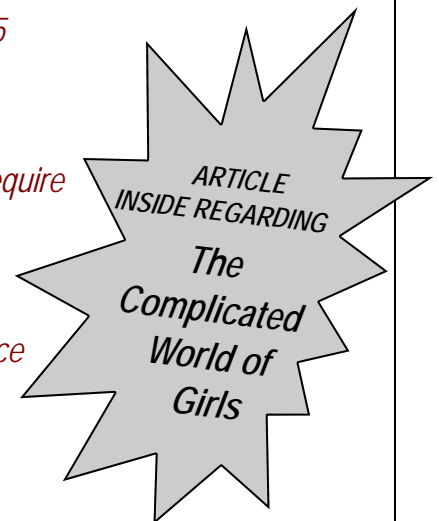
March 22—The Complicated Worlds of Guys & Girls Open House

April 13—The HEART of a Family Workshop

May 4—Parenting the Difficult Child Workshop

Interesting facts about Perspectives...

- ☺ *Perspectives is opening additional locations this year!*
- ☺ *Perspectives has been servicing clients for over 25 years, with over 35 masters' and doctoral trained psychologists, counselors, and social workers.*
- ☺ *Perspectives has interagency psychiatrists ready to treat those who require medicine therapy.*
- ☺ *Perspectives accepts MOST insurances!*
- ☺ *The Perspectives EDGE Program has been servicing adolescents since 1997 ~ offering groups for teens, seminars for professionals, and workshops for parents...and much more!*
- ☺ *Perspectives stays current on the hot topics; educating professionals, parents, and the community.*



Complicated World of Girls

The Trouble with Being a Girl...Friend! by Mary Johnson-Palazzolo, LMSW

All you have to do is turn on the TV to one of the many popular reality shows to see the growing trend of the glorification of females in conflicted relationships. Whether it's one of the Real Housewives series, Dance Moms, Bad Girls Club or any of the other "non-scripted" shows, you can witness grown women fighting over some of the most ridiculous things. I know that for many people these series are considered "guilty pleasures" but I have decided to make it a point to turn off these shows and encourage others to do the same. You might wonder why this is such a big deal to me. Well, the simplest way to explain it is that I work with teenage girls and I believe they should have as many women in their lives as possible who encourage them to have healthy relationships with other girls.

One of the reasons I am so passionate about this issue is the growing trend I have witnessed in my office. Girls are telling me that they have no close relationships with other girls. They tell me that girls are "too catty" and too difficult to have friendships with, especially in groups. I have heard of girls not joining a club or not trying out for an all girl team sport because they don't want to deal with "the drama" that can come with too many girls spending time together. I have even had a client who graduated from cosmetology school and then decided not to pursue a job in a salon because she believed that working with all women would be too stressful. These girls have chosen to only have boys as close friends because they believe it will keep their social life drama-free. Although girls having difficult relationships with each other is nothing new, this new generation of teen girls seem to have a

more negative view of each other than in previous generations. It seems that the "mean girl" effect has created a new group of girls who think all other girls are out to get them in some way or another.

The other reason that I am so concerned about this issue is that avoiding healthy, close relationships with other girls could have a negative effect on their ability to truly emotionally connect with others in the future. I am not saying that girls and boys can't have significant friendships with each other, but I don't believe that a fifteen year old boy can truly relate to a fifteen year old girl. Part of what helps us feel connected to others is the idea of feeling validated; that someone understands where we are coming from. Yes, girls can be complicated and dramatic but they are also often more aware of their emotions and better able to communicate them than teen boys. I believe that is where the true power of female friendships lies; we can talk about how we feel to each other and feel understood through the process.

I believe that our job, as those who work with teen girls, is to encourage girls to recognize the value of having friendships with other girls. I believe we should share with them that while some women carry on the drama of their teen lives into adulthood, many women do not. And I also think we should take a look at our own friendships and how we relate to other women to make sure that we are good role models of the power of positive female relationships. I know that my girlfriends have been my saving grace through difficult times in my life and I make sure that my clients know that.

Mary Johnson-Palazzolo, LMSW specializes in adults, young women, adolescent and children's issues including self-esteem, anxiety, depression, and self-injury.

UNIQUE OPPORTUNITIES FOR FAMILIES



Self Esteem Workshop

with Mary Johnson-Palazzolo, LMSW

Saturday, March 23, 2013

10 am—3 pm

\$75 per person

Build Confidence!
Challenge negative influences!
Build a better body image!

The HEART of a Family

with Beth Atwell, MA, LPC

Saturday, April 13, 2013

9 am—2 pm

\$89 per person, \$129 per couple

Resolve conflict among family members!
Learn positive ways to communicate!
Establish healthy coping skills!

Parenting the Difficult Child

with Chandler Fleming, LMSW

Saturday, May 4, 2013

9:30 am—12:30 pm

\$69 per person, \$89 per couple

Restore peace to your home!
Talk to your teen & be heard!
Effective discipline techniques!

DON'T MISS OUT...CALL 248-244-8644 NOW



Perspectives Counseling
Centers

2 locations to serve you!

888 West Big Beaver, Suite 1450
Troy, MI 48084
248-244-8644

4151 17 Mile, Suite D
Sterling Heights, MI 48310
586-268-6712

Check us out on the web—www.perspectivesoftroy.com

EXPLORING
DISCOVERING
GOAL-SETTING
EXCELLING

You are invited to a Complimentary Seminar...

The Complicated Worlds of Guys and Girls

Presented by:

PERSPECTIVES COUNSELING CENTERS, TROY LOCATION
DOUGLAS CARPENTER, PSYD, LP & BETH ATWELL, MA, LPC



FRIDAY, MARCH 22, 2013
9:00 A.M. – NOON

GENDERS NAVIGATING THROUGH A COMPLICATED SOCIETY

Is Society failing the Male Race?

The New Gender Gap.

The Effects of Sensory Intensity Syndrome on the Male Mind!

The Role of Sexual Competition in the World of Girls!

CALL NOW TO RESERVE YOUR SPOT—SPACE IS LIMITED!

248-244-8644