

**Perspectives
Adolescent E.D.G.E.
Program**



On the E.D.G.E.

TROY

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

Dear Colleagues,

Wow! Where is the year going? As the adolescents that we serve grow and evolve, Perspectives continues to expand and sharpen the focus of the services we offer. Many of you have attended our seminars, referred to our many programs, and expressed appreciation for our newsletters. Thank you for your referrals and recommendations. Based on your response, the theme of this newsletter and upcoming workshops will focus on the danger that currently face us: how technology is impacting the lives of teens. Please review this issue and we hope you will benefit from the wealth of clinical experience our 35 therapists are able to provide. Attend our seminars, as they have been tailored to fit your needs and help you in your work. Let's continue to work together to provide our children and adolescents with the best possible care!

Sincerely,

*Leslie Johnsen, MA, LLP
Clinical Director*



YOU ARE INVITED

Plugged In or Disconnected?

THE CONTROVERSY OF TECHNOLOGY TODAY

FRIDAY, APRIL 20, 2012

9:00 AM – NOON



- Complimentary Workshop!*
- Continental breakfast provided!*
- Workbook included!*

Is technology helping
or hurting social
skills?
Are there benefits
to academic
performance?

Presented by:

LESLIE R. JOHNSEN, MA, LLP—CLINICAL DIRECTOR
MALISSA WOOD, MA, LLP/LPC—DIRECTOR OF CHILDREN SERVICES

CALL NOW TO RESERVE YOUR SPOT

248-244-8644

What are the
emotional
implications of
technological
immersion?

What can we do to
help teens?

Workshops you don't want to miss...

CODEPENDENCY 2-DAY WORKSHOP



**SKILLS AND PRACTICAL KNOWLEDGE FOR
SETTING LIMITS AND PLACING VALUE ON
YOURSELF**

*With Elaine Booth, LMSW
Specialist in Codependency Issues*

Highlights of this workshop:

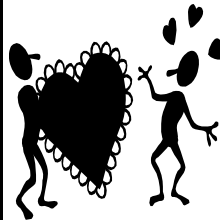
- ~ Stop compulsively over-functioning for others
- ~ Guiltlessly say NO; skillfully manage conflict
- ~ Assertively communicate wants, needs, thoughts & feelings
- ~ Responsibly rebel against depressed & anxious feelings

**Friday, April 20th, 7 - 9 pm &
Saturday, April 21st, 9 am - 4 pm**

Perspectives - Troy Location

Only \$149 for over 8 hours of therapy!

THE HEART OF MARRIAGE



**SKILLS NEEDED TO IMPROVE ANY
MARRIAGE!**

*With Les Morrison, MA, LPC
Marriage and Family Specialist*

Highlights of this workshop:

- ~ Restore the priority of marriage
- ~ Learn to value & accept each other
- ~ Identify core wounds & become allies in healing & growth
- ~ Discover the rewards of a persistent pursuit of intimacy

**Friday, May 18th, 7 - 9 pm &
Saturday, May 19th, 9 am - 4 pm**

Perspectives - Troy Location

Only \$150 per couple to renew your relationship!

EARLY REGISTRATION SPECIALS—RESERVE YOUR SPOT NOW 248.244.8644!

Kid's 305705

**Our Children's Department is offering
specialized groups designed just for children.**

SOCIAL EDGE

***Communicating with
ease and skill!***

*A group designed for children and
adolescents focusing on appropriate
social skill development.*

Contact Malissa Wood, MA, LLP/LPC

AIR COMMAND

***Soaring Above
Your Problems!***

*A group designed for 7-12 year olds
focuses on taking personal
responsibility for behaviors.*

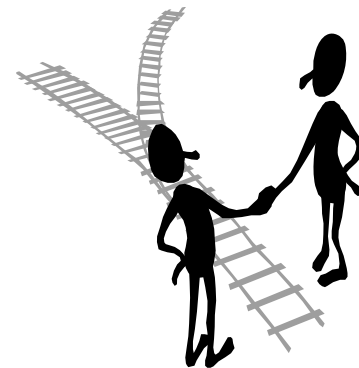
Contact Dannette Henley, MA, LPC



TEEN GROUPS

OPPORTUNITIES ONLY AT PERSPECTIVES!

Perspectives Counseling Centers is the only outpatient mental health organization in the tri-county area offering the wide variety of children and adolescent groups! 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 TEENE.D.G.E.

8-week group for males 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.

Contact Leslie R. Johnsen, MA, LLP

The CUTTING E.D.G.E.

This groups 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.

Contact Leslie R. 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.

Contact Malissa Wood, MA, LLP/LPC

The HEROIC E.D.G.E.

A group offered to teen girls who are survivors of any kind of sexual abuse or assault. The focus is to gain support while working through past trauma.

Contact Geraldine Reyes, LMSW

The SELF-ESTEEM E.D.G.E.

Girls only 8 week group focusing on increasing all aspects of self-esteem. Psycho educational approach used to teach girls self-worth and optimism.

Contact Mary Johnson-Palazzolo, LMSW

The ANGER E.D.G.E.

8-week anger management program where teens will learn about their anger style, ways to decrease anger outbursts and manage emotions effectively.

Contact Chandler Fleming, LMSW



On the E.D.G.E.

GROUPS ARE POWERFUL
Refer Now at 248-244-8644

Technology - Friend or Foe?

Written by Kim Birmingham, LMSW

Ms. Birmingham is a seasoned therapist and specializes in mental health treatment for adolescents. She works at Perspectives-Troy location.

Peer through the walls of any high school cafeteria, shopping mall, coffee shop, living room or hang-out where teenagers are today, and you will find nearly all of them with their head down, tapping on an electronic device. In fact, statistics show that teens spend more than 7 hours a day using some type of technology (Greg Toppo, USA Today 2010). In addition, a 2010 Pew Internet study revealed that 75% of teens ages 12-17 now own cell phones up from just 45% of teens in 2004. It is undeniable that technology has transformed the way that teens in this generation communicate and socialize with one another. What is less clear is the ultimate effect that its use will have on their social and emotional development.

The question hits home when you are the parent of a teenager. A teen who is otherwise confident and can perform in front of a large audience, is afraid of entering a local sandwich shop and ordering lunch, or calling her grandparents, whom she loves dearly. I was shocked to learn how many of my teen's friends shared the same fears. As a therapist, I am seeing an increasing number of adolescents in my office who have difficulty identifying their emotions, making and maintaining eye contact, and carrying on a conversation without a tremendous amount of anxiety.

While there is plenty of literature exploring the theoretical effects of technology use on the social/emotional skills of youth, until the beginning of this year virtually no research had been done on the topic. At the end of January, however, two professors at Stanford University, Roy Pea and Clifford Nass, published the results of their recent survey of 3,461 girls ages 8-12. The study inquired about their electronic use, plus their social and emotional lives. When interviewed by the Stanford University News, Nass referred to his findings as "upsetting, disturbing, scary". The bottom line is: tween girls who spend most of their time multi-tasking between various digital devices are the least likely to develop normal social tendencies. (Stanford University News, January 25th, 2012)



Luckily, those same researchers found that the cure for the problem of technology overload was pretty simple. Good old-fashioned face time, literally. The study found that more "face-to-face communication" was associated with "greater social success, greater feelings of normalcy, more sleep and fewer friends whom parents judged to be bad influences." In other words, when teens are multi-tasking and not paying attention to the faces that are talking to them, they are missing out on the opportunity to read all of the rich social cues the facial expressions provide. The researchers also found that video face contact was not a substitute for a real one-on-one encounter. (CNN, Jan. 25, 2012)

These researchers are not alone in their concern. Currently scientists at the National Institute of Health are currently examining whether the overuse of teen technology is re-wiring the brains of today's adolescents differently than those of previous generations. (www.pbs.org/newshour/extra/videoblog/2011) One professor of neuroscience, Susan Greenfield, is fearful that all of the electronic devices that fill our everyday world could "reshape how we interact with each other, alter what makes us happy and modify our capacity for reaching our full potential as individuals." Since we have recently learned that the brain is adaptable not just in childhood but well into early adulthood and even beyond, Dr. Greenfield is concerned that "the screen-based, two dimensional world that so many teenagers ... choose to inhabit is producing changes in behavior. Attention spans are shorter, personal communication skills are reduced and there's a marked reduction in the ability to think abstractly." (Greenfield, sciencetech/article 565207)

Certainly not all the experts are in agreement that teen technology use has an adverse effect on social skills. Some psychologists and anthropologists studying internet behavior say that teens sharpen important social skills online, like community participation and choosing leaders based on values. David Huffaker, a doctoral student at Northwestern University believes that online blogs, like more traditional diaries, enhance teen communication skills and improve a teen's ability to create a narrative. In addition, teens on blogs often make a big effort to both reach out to and support one another. (NewsScientist.com/article/dn8748)

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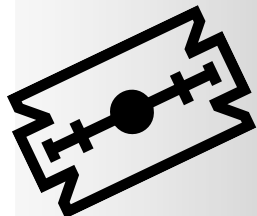
For PARENTS and LOVED ONES
Perspectives Counseling Centers presents:

***PARENTING THE SELF-DESTRUCTIVE
CHILD/ADOLESCENT***

Monday, May 7, 2012
7:00 pm - 9:00 pm

Presented by:

Leslie R. Johnsen, MA, LLP
Clinical Director &
Director of Adolescent Services



You will learn:

- ✓ The truth about self-injurious behavior
- ✓ Common mistakes parents make
- ✓ How to help your teen during this difficult time

Cost is only \$30 per person or \$50 a couple

Call 248.244.8644 for reservations today!



So what is a parent, educator, counselor, or youth pastor to do with all of the conflicting information about the effects of technology that can be confusing at best and sometimes downright overwhelming? First, it is helpful to remember that technology itself is neutral – it has both good and bad uses. It is only when it is overused or misused that it can lead to potentially dangerous self-destructive life patterns. Second, some of the simple parameters laid out below can help to set healthy limits for teens with respect to technology use:

1. The American Academy of Pediatrics recommends that technology use should not exceed two hours a day.
2. Have family dinner as much as possible and ban all technology from the table.
3. Encourage teens to turn off the TV and put away iPods and cell phones while doing homework.
4. “Kidnap” your kids regularly and take them to a place where they can be “unplugged” – have a family game night, drive to a local park, go up north as a family for a weekend.
5. Spend time every day in face-to-face communication with your child free of technology. Ban all electronic devices from their bedroom.
6. Encourage your child to have face-to-face contact with their friends regularly.
7. Make sure your child is part of a team, club or church youth group.
8. When out to dinner or at a store give your child the assignment of ordering for the family or making purchases from the cashier.

If your child shows signs of overwhelming anxiety, irritability or excessive isolation, seek professional help as soon as possible. We can help here at Perspectives Counseling Centers. You may reach us at **248-244-8644**.

Perspectives Adolescent E.D.G.E. Program

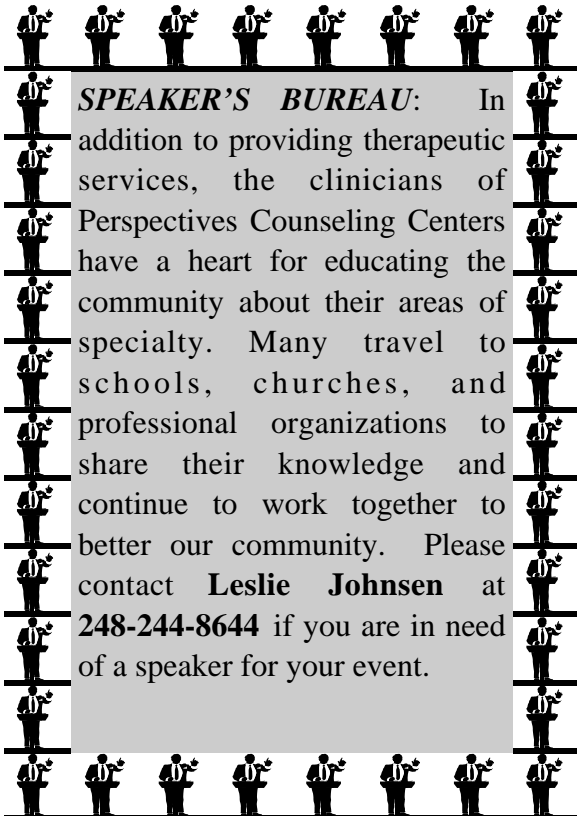
Perspectives Counseling Centers

888 West Big Beaver, Suite 1450
Troy, MI 48084

4151 17 Mile, Suite D
Sterling Heights, MI 48310

EXPLORING
DISCOVERING
GOAL-SETTING
EXCELLING

Visit us online at perspectivesoftroy.com!



SPEAKER'S BUREAU: In addition to providing therapeutic services, the clinicians of Perspectives 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.

Interesting facts about Perspectives...

- ☺ *Perspectives has been servicing clients for over 25 years; expanded to 2 locations in the last decade; and **plans to expand further within the next year**—with over 35 masters' and doctoral trained specialists.*
- ☺ *The Perspectives **EDGE** Program has been servicing adolescents since 1997; offering groups for teens; seminars for professionals; workshops for parents...**and much more!***
- ☺ *Perspectives stays current on the **hot topics**; educating professionals; parents; and the community.*

