

Fall 2011

Perspectives
Counseling
Centers



On the E.D.G.E.

TROY

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JOIN US FOR A MUST-SEE FREE SEMINAR!!!!

SEX-ESTEEM

NAVIGATING SOCIETY'S CONTRIBUTION TO THE BLURRING OF SEXUAL BOUNDARIES AND THE PSYCHOLOGICAL IMPACT ON OUR CHILDREN AND ADOLESCENTS

HIGHLIGHTS:

- * **LEARN ABOUT THE NEW CRAZES: "FWB'S AND ORAL SEX PARTIES**
- * **INVESTIGATE THE CHANGES IN MARKETING TO CHILDREN**
- * **DISCOVER THE EMOTIONAL OUTCOMES OF EARLY SEXUALIZATION**
- * **DEFINE OUR ROLES AS PROFESSIONALS IN OUR MEDIA-DRIVEN SOCIETY**



**PRESENTED BY
LESLIE R. JOHNSEN, MA, LLP
&
MALISSA WOOD, MA, LLP, LPC**

**FRIDAY, OCTOBER 7TH, 2011
9AM-12PM**

PERSPECTIVES COUNSELING CENTERS—TROY

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FALL 2011 Events

Finding solutions for all ages!

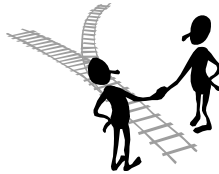
CHILD 8 week GROUPS

Sign Up NOW

The Social Skills EDGE

The ADHD EDGE

The Anger EDGE



ADHD CLINIC

Saturday, October 22
10 am—3 pm

**Learn skills to
manage ADHD for
Ages 10-15!**

TEEN 8 week GROUPS

Sign Up NOW



The Cutting EDGE

The Self-Esteem EDGE

The Anger EDGE

The Social Skills EDGE

The ADHD EDGE

The Survivors EDGE

**Parenting the Self-
destructive Child**

Monday, October 17
7:30 pm—9:00 pm

**Learn what to do and
what NOT to do**

ADULT Weekend WORKSHOP

Setting Limits in Relationships

Friday, October 7th

7-9 pm

Saturday, October 8th

9 am -4 pm

*For males and females who could
use help setting boundaries*



**Parenting the
Difficult Teen**

Saturday, November 5
9:00 a.m.—Noon

**Learn beneficial skills
in raising difficult teens**

Refer Now to 248-244-8644

Perspectives Counseling Centers



**Details regarding these amazing opportunities found at
www.perspectivesoftroy.com**

FRIENDS WITH BENEFITS, NO STRINGS ATTACHED...

Friends with Benefits, No Strings Attached, and Hooking Up are not only on the big screen but a part of a very real and everyday experience for many of our adolescents. Understanding the terminology and effects of these recent trends is important in reaching and helping this population.

The term “Friends with Benefits”, commonly referred to as “FWB”, describes a non-exclusive recurring sexual or near-sexual experience with another person. This pseudo-relationship is based on the premise of “no strings attached”, which means no commitment or additional conditions are expected. “Hooking up” generally refers to sexual activity apart from the context of a romantic relationship. Being a vague term, “hooking up” can refer to low level intimate acts such as kissing or making out, yet more commonly refers to deeper acts of intimacy like oral sex or intercourse. Some adolescents will go to a party and “hook up” with multiple partners in one night. These are all acts to engage in physical closeness while attempting to bypass emotional intimacy and the commitment of a relationship. The disregard for health, safety, and emotional well being is disheartening.

The casualness of these “hook ups” is alarming. According to Sabrina Weill, author of *The Real Truth About Teens & Sex*, “casual teen attitudes toward sex, particularly oral sex, reflect their confusion about what is normal behavior.” She also stated, “When teenagers fool around before they’re ready or have a very casual attitude toward sex, they proceed toward adulthood with a lack of understanding about intimacy.” This lack of understanding about intimacy can negatively affect their future relationships. Adolescents engaging in such behavior are often not developing the necessary communication skills and emotional connections that healthy relationships require. While the trend in the past was “who was going out with who,” the adolescents of today are referring to “who is ‘hooking up’ with who.” This shift in phrasing is a great example of the shift from the relational to the casual among our adolescents.

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Being aware of this new trend among our adolescents is of great importance. Besides the physical risks involved in “hooking up”, there are potential long term emotional concerns. According to psychologist and author Paul Coleman, “oral sex might affect teenagers’ self-esteem most of all.” In an article for USA Today he goes on to say, “Somebody is going to feel hurt or abused or manipulated. Not all encounters will turn out favorably...teenagers are not mature enough to know all the ramifications of what they’re doing.”

As the trend of “hooking up” continues to grow and develop, the effects of these casual encounters may be just as vague as the term itself. We can’t be afraid to ask questions while talking about this topic. The key may be awareness when it comes to understanding just how deep the consequences run.

Christy Schmidt, MA, LPC is a skilled clinician who specializes in working with children and adolescents at Perspectives Counseling Centers. She has had specialized training with adolescents who have experienced trauma and has a wealth of knowledge in working with those who struggle with anxiety and depression.



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
www.perspectivesoftroy.com

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➤ **Perspectives Counseling Centers—Providing service to hundreds of individuals and families weekly!**

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