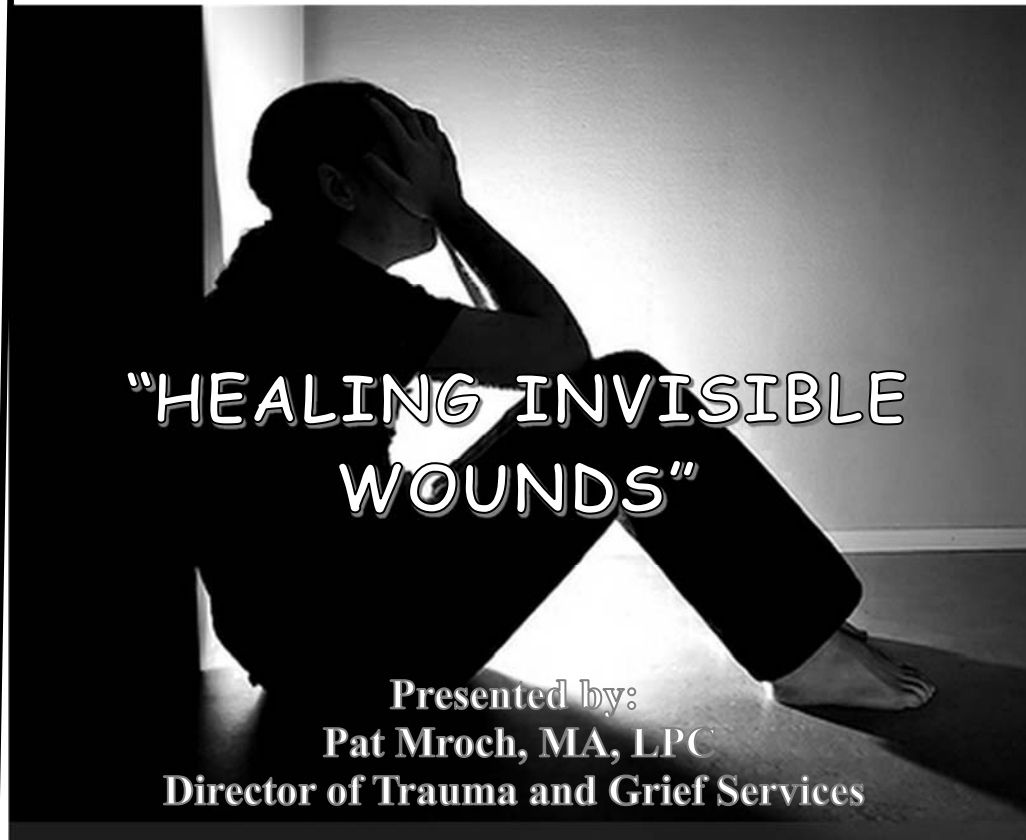


From a Child's Perspective

Fall 2015

Perspectives of Troy Counseling Centers
Invites YOU to our Fall Open House



"HEALING INVISIBLE WOUNDS"

Presented by:
Pat Mroch, MA, LPC
Director of Trauma and Grief Services

Friday, October 23, 2015

9:00 am - 12:00 pm

**Perspectives of Troy Counseling Centers
Troy Location**

*This seminar is offered
as a thank you to all our referral sources!*

Continental Breakfast included.

**Please call (248) 244-8644 to reserve your spot!!!
Space is limited!**

Visit us at perspectivesoftroy.com

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Parents* 4

Seminar

Highlights:

- Understand traumatic stress in teens and children
- Recognize the impact of sudden loss on the family
- Acquire strategies for treating the hidden face of PTSD
- Learn the ages, stages and phases of grief
- Gain insight into how grief counseling can really help



~ Research Rainbow ~

TRUSTWORTHY TIPS FOR TANTRUMS

By definition, a temper tantrum is a sudden outburst and display of emotion. In children, it often involves screaming, yelling, hitting, kicking and melting to the floor. Temper tantrums can be very frustrating and patience-consuming to parents. Temper tantrums are common in younger children who often lack words to communicate their frustrations and anger.

Although children often outgrow temper tantrums, the behavior may continue into the teen years. It is important to communicate with your child and look beyond the tantrum to determine the source of the outburst. Common reasons for temper tantrums are frustration, anger, or disappointment about not getting their way. Temper tantrums can often be an attention seeking behavior. If a child does not receive enough attention from their parents, they may act out to gain attention. Children seek attention through positive or negative actions.

Believe it or not, children like rules and structure. Having a structured environment and set routine eliminates surprise and choice in a child's life. The child knows what is expected of them and what to expect next. As children get older, rules create a source of comfort and communicate to the child "I care about you and your safety." Children may fuss and whine about rules, but in reality they do enjoy and respect them (they may never admit that). Children thrive in a set routine and predictable environment which will reduce tantrums.

Knowing your child and the signs of an oncoming tantrum is helpful. When you notice the onset of a melt down, redirection may deter your child from having a tantrum. By redirecting or encouraging your child to focus on something different instead of the source of the tantrum may eliminate the need for a tantrum. Spending quality time with children and expressing expectations may also reduce the need and onset of temper tantrums. Children will learn they can receive attention from their parents for positive behavior instead of acting out. Always utilize positive praise when your child makes a good decision and listens to your directives.

If a temper tantrum does occur:

- 1) Remain calm.
- 2) Attempt redirection.
- 3) Calmly talk to your child and explain what behavior is expected.
- 4) Encourage your child to calm down.
- 5) Put your child in a time out until they are calm or the tantrum has ended.
- 6) Explain to your child that the behavior is unacceptable and give them appropriate ways to express their frustrations and anger.
- 7) Thank your child for calming down and utilize positive praise for acting appropriately.
- 8) If the tantrum continues, allow your child time to release his frustrations and re-attempt steps 3-6.

Lisa Papiez, MA, LPC is a counselor at Perspectives of Troy who specializes in children, adolescents and young adults. Lisa has a passion for working with adjustment disorders, anxiety, behavior concerns, bullying, depression, OCD, self-esteem.

CREATIVITY CORNER

Are you more like a waterfall or a river? Why?





GROUPS AND SEMINARS
for Children, Teens & Adults
We have just what you are looking for!

FALL 2015

Social Skills EDGE
For Children or Teens
Wednesdays 7:00-8:30 pm
Leader: Diana Jennings, MS, LLP

Self-Control EDGE
For Children or Teens
Thursdays 6:30-8:00 pm
Leader: Joe Lilly, LMSW

Perspectives Talks
"Building Unmotivated Students' Confidence, Motivation and Initiative"
January 16, 2016 10:00-11:30 am
Leader: LaTanya Carter, PhD, LP

The Achievement EDGE
For High School Students
Tuesdays 6:00-7:30 pm
Leader: LaTanya Carter, PhD, LP

Teen EDGE Group
Depression, Anxiety, Self-Injury
Tuesdays 7:30-9:00 pm
Leader: Leslie Johnsen, MA, LLP

Perspectives Talks
"Later in Life Transitions"
November 21, 2015 10:00-11:30 am
Leader: Alan Briscoe, MA, LPC

PERSPECTIVES HAS GROUPS AND WORKSHOPS FOR PARENTS AND YOUNG ADULTS AS WELL AS FOR CHILDREN AND TEENAGERS. CALL (248) 244-8644 FOR THE CURRENT SCHEDULE AND START DATES OR VISIT US AT perspectivesoftroy.com.



Perspectives of Troy
Counseling Centers
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Troy, MI 48084
Phone: **248-244-8644**

4151 17 Mile Road, Suite D
Sterling Heights, MI 48310
Phone: **586-268-6712**

WORKSHOPS FOR KIDS

#Girl Power

*Self-Esteem and Bullying
for girls ages 12-17*

February 6, 2016

10:00 am - 3:00 pm

\$79 includes lunch

Leader: Kristin Bronson, MA, LPC

Stress Busters

*For children ages 8-12 dealing with
stress, worry or fears*

January 30, 2016

10:00 am - 3:00 pm

\$79 includes lunch

Leader: Diana Jennings, MS, LLP

WORKSHOPS FOR PARENTS

**Parenting the Out-of-Control
Child/Teen**

November 5, 2015

6:30 - 8:00 pm

\$30 per person/\$50 per couple

Leader: Joe Lilly, LMSW

**Parenting Teens with Self-
Injurious Behaviors**

January 26, 2016

7:30 - 9:00 pm

\$30 per person/\$50 per couple

Leader: Leslie Johnsen, MA, LLP

Call (248) 244-8644 to reserve your spot. Visit us at *perspectivesoftroy.com* for more information.