

From a Child's Perspective

PERSPECTIVES COUNSELING CENTERS

FALL 2013



**INTRODUCING
OUR NEWEST
CHILDREN'S
GROUP**

THE SELF-CONTROL EDGE GROUP

For Boys



Thursdays, 6:30 p.m. - 8:00 p.m.

8-week group starting October 10

Group leader: Joe Lilly, LMSW

- ~ Individual & Common Triggers to Anger, Hyperactivity, Impulsivity
- ~ Anger Management & Self-Control Strategies: Relaxation, Assertiveness & Conflict Resolution
- ~ Psycho-education about Anger, Hyperactivity & Impulsivity for Parents and Children

A child that experiences hyperactivity, impulsivity and anger may struggle at home and at school. It is not uncommon for many of these children to also experience poor grades, defiance, increased frustration, getting into frequent trouble and increased conflict. Research shows that this can contribute to depression, anxiety and low self-esteem. If left untreated, teenagers and adults may suffer from alcohol or drug abuse and possibly trouble with the law.

Call Now to Register @ 248.244.8644

We offer Groups
& Workshops for
Children, Teens
& Adults

Join us for our Fall Groups and Workshops

Call to Register: 248-244-8644



PARENTING THE DIFFICULT CHILD
October 19, 2013, 9:00 a.m. - 12:30 p.m.
Effective Discipline Techniques to
Restore Peace to Your Home
with Chandler Fleming, LMSW

STRESS BUSTERS
November 16, 2013
10:00 a.m. - 3:00 p.m.
Help Kids Conquer Anxiety
with Kim Birmingham, LMSW



SELF-ESTEEM WORKSHOP
(just for girls!)
November 2, 2013
10:00 a.m. - 3:00 p.m.
Strategies to Build Confidence
Challenge Negative Thinking
For Ages 12-18
with Mary Johnson-Palazzolo, LMSW

YOUNG WOMEN'S EDGE
Thursdays
7:45 p.m. - 9:15 p.m.
Goal Setting, Support, &
Healthy Relationships
with Leah Ethier, MA, LPC



SOCIAL SKILLS
Wednesdays
7:00 p.m. - 8:30 p.m.
8-Week Groups for
Children & Adolescents
Education & Role Play Included
with Diana Jennings, MS, LLP



TEEN EDGE
Tuesdays
7:30 p.m. - 9:00 p.m.
For Teens Who Struggle With
Self-Destructive Behaviors
with Leslie Johnsen, MA, LLP



THE HEART OF MARRIAGE
November 8, 7:00 p.m. - 9:00 p.m.
& November 9, 9:00 a.m. - 4:00 p.m.
Have a Stronger, Healthier,
More Satisfying & Fulfilled Marriage
with Les Morrison, MA, LPC



THE HEART OF FAMILY
November 23, 2013
9:00 a.m. - 2:00 p.m.
Work Through Complicated Family Issues
Learn Techniques for Resolving Conflict
& Much More
with Beth Atwell, MA, LPC



What Entitlement Does Not Provide

By Kimberly Scott, MEd, MA, LLP

I had the notable, if not glamorous, privilege of attending one of the lowest rated high schools in my state in terms of academics and I can still remember when the reports of our ranking came out. People were understandably upset and blame was handed out like hot chocolate at a fall festival. The school was under great pressure to respond to the public and to change.

In today's entitlement culture, schools are also under great pressure. The entitlement culture is all around us and by no means are schools immune to its impact. Added to a long list of challenges such as bullying, high-stakes testing and limited funding, schools now face the need to respond to the growing attitude of educational consumerism and academic entitlement that could impact our children, not only educationally, but relationally, physically, occupationally, and emotionally for years to come.

Education was once thought of as a privilege. Now, the attitude of educational consumerism says education is simply a product. As a product, one simply selects his or her educational venue and pays for it (whether through taxes or private funds). At first, it sounds like a pretty good idea, and the notion does have its virtues. The problem occurs when personal responsibility for learning diminishes in favor of placing the primary responsibility for learning (as opposed to educating) on the school. It is an attitude that can be quite costly for our children, creating potential character deficits that may follow them well into adulthood. Academic entitlement is very much the same.

Academic entitlement is the notion that high grades and/or preferential treatment should be granted regardless of work ethic, time investment or personal sacrifice. Academic entitlement says, "I'd enjoy a good grade, therefore I want a good grade." "I want a good grade," quickly morphs into, "I need a good grade and if I need a good grade I should have it." While this may seem like an oversimplification of the situation, the pressure to give in to this form of entitlement is very real. Even an unintentional yielding to this kind of attitude denies our children the privilege of learning important lessons in accountability, self-control, commitment, delayed gratification, initiative and contentment that work together to build a healthy self-esteem and sense of personal responsibility that are so vital to emotional health and successful living.

There was plenty of blaming and negative talk when those negative reports were released about my high school, but not in my home. I was told in no uncertain terms that my education was my personal responsibility and that I would get out of it exactly what I put into it. My parents told me I could be as successful as I wanted to be. They believed that hard work built character. In their eyes, school provided an excellent venue for learning commitment, organization, cause and effect, contentment, gratitude, respect and cooperation. It was what they thought I was entitled to.

Kimberly Scott is a therapist at Perspectives' Troy location and formerly worked in the school system. Kimberly specializes in helping children, adolescents, and adults in the areas of depression, anxiety, self-injury, substance abuse, behavioral addictions, adjustment issues, pain and sickness, eating disorders and grief and loss.



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*YOU NEED NOT
WALK ALONE*

Join us for our
Fall Open House

"The Epidemic of Entitlement"

*7 Keys to Understanding & Dealing with the
Millennial Generation*

Understanding Entitlement Issues

Addressing the Controversy

Learning Effective Tools



October 18, 2013

9:00 a.m. - 12:00 p.m.

Presented by:

Leslie Johnsen, MA, LLP

Diana Jennings, MS, LLP

Beth Atwell, MA, LPC

**COMPLIMENTARY!
SPACE IS LIMITED!
CALL NOW TO
RESERVE YOUR SEAT!
248-244-8644**

**CONTINENTAL BREAKFAST
INCLUDED!!**