



# From a Child's Perspective

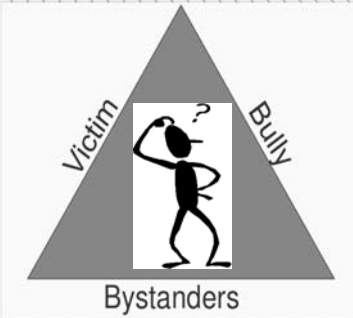
Volume 7, Issue 13

Winter/Spring 2015

Perspectives Of Troy Counseling Centers

Presents

Our Spring Open House



## The Bullying Triad: Navigating the Complex Angles

**March 20, 2015**

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

**Leslie R. Johnsen, MA, LLP**

*Clinical Director & Director of Adolescent Services*

**Diana R. Jennings, MS, LLP**

*Director of Children's Services*

**Kristin Bronson, MA, LPC**

*Psychotherapist*

Join us for this complimentary seminar at our Troy location!  
Continental breakfast served!

**Call us at (248) 244-8644**

To reserve your spot!

**Space is limited!**

**Perspectives  
of Troy**  
*Trusted and  
Confidential  
Counseling in  
Metro Detroit*

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**Newly Expanded  
Testing Services**

**are now  
available!**

Perspectives offers a full range of *psychological testing and assessment services* for children, adolescents and adults—including IQ testing, diagnostic testing for mood disorders, ADHD, personality disorders, learning disabilities and much more.

# Groups! Workshops! Seminars!

## *We have just what you need!*

### **SOCIAL SKILLS GROUP**

*Teens and children  
with social anxieties or deficits*

*Wednesdays 7:00-8:30 p.m.*

*Leader: Diana Jennings, MS, LLP*

### **SELF CONTROL GROUP**

*Teens and children who struggle with anger,  
impulsivity and hyperactivity*

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

*Leader: Joe Lilly, LMSW*

*Next group starts April 2!*

### **THE TEEN EDGE GROUP**

*Teens who struggle  
with depression and anxiety &  
self-injurious behaviors*

*Tuesdays 7:30-9:00 p.m.*

*Leader: Leslie Johnsen, MA, LLP*

*Next group starts April 14!*

### **STRESS BUSTERS**

*A one day workshop for children 8-12  
struggling with stress, anxiety or fears*

*Saturdays 10:00 am-3:00 p.m.*

*Leader: Diana Jennings, MS, LLP*

*Next workshop is March 7!*

**CALL NOW TO SIGN UP  
(248) 244-8644**

### **FREEDOM FROM ADDICTION GROUP**

*Learning about the addiction cycle and how  
to break free*

*Thursdays 7:30-9:00 p.m.*

*Leader: Andy Jones, MS, LPC*

*Join at any time!*

### **ADULT GRIEF GROUP**

*Develop skills to overcome barriers during  
the grief process*

*Tuesdays 7:30-9:00 p.m.*

*Leader: LaTanya Carter, PhD, LP*

### **PERSPECTIVES TALKS**

*Our new monthly seminar series  
3rd Saturday of the month 10:00-11:30 a.m.*

*March 21, 2015 - "Grandparents Raising Grandchildren"*

*April 18, 2015 - "When a Loved One is Struggling with Addiction"*

*May 16, 2015 - "Motivating your College Student"*

**Self-Esteem Workshop**  
May 2, 2015  
For girls of all ages  
Leader: Kristin Bronson, MA, LPC  
**Visit our website for  
more details**  
[perspectivesoftroy.com](http://perspectivesoftroy.com)

# CREATIVITY CORNER

Write your first name down the first column; placing a letter in each square.  
Using each of the letters in your name, fill in the other columns!

<i>Sample</i>	Write your name top to bottom in this column	ANIMAL	PLACE TO VISIT	FOOD	GAME	MOVIE
<i>B</i>		<i>Bird</i>	<i>Boston</i>	<i>Broccoli</i>	<i>Blocks</i>	<i>Big Hero 6</i>
<i>R</i>						
<i>O</i>						
<i>D</i>						
<i>Y</i>						

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## Perspectives of Troy

*Trusted and Confidential Counseling  
in Metro Detroit*

*[perspectivesoftroy.com](http://perspectivesoftroy.com)*

888 W. Big Beaver, Suite 1450  
Troy, MI 48084  
Phone: **248-244-8644**

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



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### A Word from the Director of Children's Services

Welcome to Perspectives! Whether this is your first introduction to us or whether you are well acquainted with our organization, I appreciate you taking time to read the Children's Newsletter. We have so many opportunities at Perspectives for children.

We have both male and female clinicians who specialize in treating children. We know that counseling children can be very different than counseling adults. Different approaches, tools and techniques are used with children. Our children's clinicians at Perspectives are well trained in individualizing each child's treatment to fit their unique needs. Group therapy is often an adjunct

service that can benefit children. Perspectives offers a number of groups and workshops to address particular needs such as anxiety, social skills and self-control. Adding group therapy to a child's treatment regime has been shown to speed up the treatment process and improve the skills that are learned. It also improves the child's ability to generalize the skills to the real world. Play therapy, art therapy and sand play therapy are just some of the techniques that children can encounter during their treatment at Perspectives. These are evidence based techniques that assist children in being able to express their thoughts and feelings, uncover and

work through trauma, grief and conflict and develop positive coping strategies.



If you know a child that is struggling, please contact me at Perspectives of Troy Counseling Centers.

***Diana R. Jennings, MS, LLP***  
**Director of Children's Services**

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