

From a Child's Perspective

Spring
2013

Perspectives Counseling Centers
Invites YOU to our Spring Open House

***The Complicated
Worlds of Guys &
Girls***

Presented by:
Douglas W. Carpenter, PsyD, LP
&
Beth Atwell, MA, LPC

Friday, March 22

9am-12pm

**Perspectives Counseling Centers
Troy Location**

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

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

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**Open House
Points of
Interest:**

- The New Gender Gap.
- Is Society Failing the Guys??
- The Effects of Sensory Intensity Syndrome on the Male Mind.
- The Role of Sexual Competition in the World of Girls.

CAUTION:
This seminar may
contain mature
material!



Research Rainbow

The Boy Code

By Joe Lilly, LMSW

When asked the question “what is it like to be a boy in today’s world”, I thought about all the technological influences, the violence on TV and in videogames, the sexualized material, the “me” centered entitlement of professional athletes, and the overexposure to it all provided by the media. I thought how different this world is than the one I grew up in myself. However, that’s not entirely true. Males, children and adults alike, still operate on the “Boy Code”, the unspoken rules of what is acceptable behavior of a boy.

The “Boy Code” sends a mixed message to young males. Boys should get good grades, be leaders, and become gentlemen, however not all are being taught how. Boys are expected to be masculine and macho, to hide their emotions, and to play sports (and be the star). It is seen as acceptable to fight, to curse, and to bully because, “boys will be boys” and must prove their physical prowess. This results in a society of boys who are confused, afraid, and disconnected.

It’s disturbing to think that males account for less than 50% of population yet they account for the majority of the violence. Studies show that, by age two, children begin identifying specific traits and behaviors in gender stereotyped ways. The “Boy Code” creates gender “role models” that reinforce that anger is power and that sadness, vulnerability, anxiety, etc. are weaknesses. Boys are molding themselves and obtaining encouragement from what they have seen on Facebook, Family Guy, Call of Duty, and the World Wrestling Entertainment (WWE), just to name a few.

Boys want to feel loved, nurtured, safe, and secure. Boys want to have the freedom to express themselves; be it anger, sadness, or vulnerability without the consequential bullying, ridicule, and shame that’s involved from parents, peers, and society. Boys want what everyone else wants: to be accepted for who they are and to have the opportunity to be who and what they want to be. The stereotyped gender roles outlined in the “Boy Code” prevent this from happening.

As parents, teachers, and professionals, are we reinforcing the “Boy Code” or are we providing safe, secure, and nurturing environments? Boys need to know it’s OK to cry, to be sad, and to feel hurt. Boys need to know that when you die you don’t reset from the most recent save point, like John Cena (a character of the WWE). We must break the stereotypes and listen to the voices of the children as they express themselves and allow them to be who they are without judgment. Allow them the opportunities to master their vulnerabilities without shame in order to grow into the well connected, secure, and confident individuals they are expected to be. Teach the difference between real and fantasy. Boys will be boys; but they need to be taught how to become the leaders and gentlemen we expect them to be.

Joe Lilly is a therapist at Perspectives’ Troy location. Joe works with children, adolescents, and families in problem areas pertaining to Attention Deficit Hyperactivity Disorder (ADHD), Oppositional Defiant Disorder (ODD), Post Traumatic Stress Disorder (PTSD), Adjustment Disorder, Mood Disorders, Grief and Loss, Anxiety, Anger, Self-esteem, and Divorce.

Check out our groups!

STRESS BUSTERS

Conquering anxiety
for kids & teens

Kim Birmingham, LMSW

YOUNG WOMEN'S EDGE

Leah Ethier, MA, LPC

For ages 18-25 who struggle
with depression, anxiety
& self-destructive behaviors

THE SOCIAL SKILLS EDGE

Diana Jennings, MS, LLP

Groups for children & adolescents who struggle
with navigating their social environment

THE TEEN EDGE

Leslie Johnsen, MA, LLP

For adolescents who struggle with depression, anxiety &
self-destructive behaviors

**PERSPECTIVES IS ALWAYS THERE
HELPING YOU FOLLOW THE RIGHT PATH...**

Groups Make A Difference!!

Call us to register or to get more information at (248) 244-8644

Upcoming Events at Perspectives

Self-Esteem, Just for Girls! with Mary Johnson-Palazzolo, LMSW

March 23, 2013

Saturday

10 am-3pm

\$75 per person

- Learn strategies to build confidence.
- Challenge the many negative influences.
- Build a better body image.
- Goal setting.



The HEART of a Family with Beth Atwell, MA, LPC

April 13, 2013

Saturday

9am-2pm

\$89 per person
\$129 per couple



- Techniques for resolving conflict among adults, kids, teens, even step-families!
- Learn positive ways to communicate.
- Establish healthy coping skills.

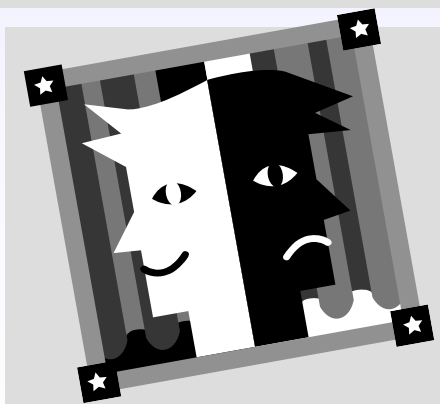
Parenting the Difficult Child with Chandler Fleming, LMSW

May 4, 2013

Saturday,

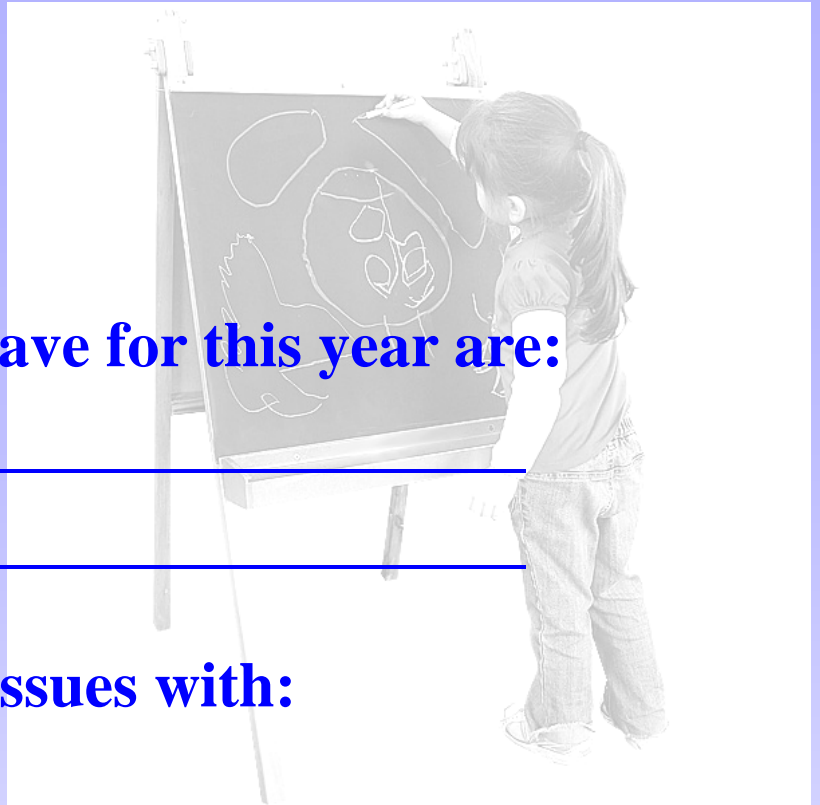
9:30 am-12:30 pm

\$69 per person
\$89 per couple



- Restore peace to your home!
- How to talk to your teenager & be heard.
- Effective discipline techniques.
- Tips to reward positive behaviors.

*New Year
New You!*



2

New goals I have for this year are:

0

Incidents of/Issues with:

1

Thing I'd like to try is:

3

Things I like to do are:

Greetings from the Children's Department!

Perspectives' mission is to treat each child with compassion and respect while providing a safe and nurturing environment. In our offices, children can explore and learn about themselves. Your proactive involvement can help to provide children with the coping skills needed for emotional wellness in adulthood. We are here to assist those that you entrust to us. We look forward to continued collaboration with your referrals. We are committed to the improvement of children's mental health and well-being on an ongoing basis. Questions and suggestions regarding the Children's Department can be directed to ***Diana R. Jennings, MS, LLP @ (248) 244-8644.***

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