

**Perspectives
Counseling
Centers**



On the E.D.G.E.

TROY
248-244-8644
STERLING HEIGHTS
586-268-6712

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Dear Colleagues,

We trust you had a refreshing summer and your school year is off to a great start! I have heard from many of you already this year, and welcome an opportunity to speak with you in person, by phone or via email. We continue to expand our clinical services based on the needs of the community. We specialize in cutting edge issues such as self-injury, anger management, social media issues, bullying and many more. Please continue to help us help you, by allowing us to know your needs. Call me at 248-244-8644 with programming ideas that may be of interest to you. If email is more efficient, you can reach me at lesliae9@yahoo.com. Visit our website for the most recent list of services offered at www.perspectivesoftroy.com. As a thank you for your continued trust in Perspectives, we invite you to attend our complimentary workshop.

Sincerely,
Leslie R. Johnsen, MA, LLP
Clinical Director

Do Not Miss This Event...

THE EPIDEMIC OF ENTITLEMENT

7 KEYS TO UNDERSTANDING AND DEALING WITH THE MILLENNIAL GENERATION

- Understanding Entitlement issues with children and teens**
- Addressing the controversy**
- Learning effective tools to help these children, adolescents and their parents**

Presented by:

LESLIE JOHNSEN, MA, LLP

CLINICAL DIRECTOR AND DIRECTOR OF ADOLESCENT SERVICES

DIANA JENNINGS, MS, LLP

DIRECTOR OF CHILDREN'S SERVICES

BETH ATWELL, MA, LPC

CLINICAL THERAPIST

**FRIDAY,
OCTOBER 18, 2013
9:00 A.M. – NOON**

- COMPLIMENTARY WORKSHOP**
- Continental breakfast provided**
- Tour of our beautiful Troy facility**

**CALL NOW TO RESERVE YOUR SEAT
SPACE IS LIMITED!**

248-244-8644



*By: LaTanya Carter, PhD, LP
Clinical Psychologist at
Perspectives Counseling Centers*

Adolescent Suicide

No parent wants to think that their child may want to end his or her life. However, the fact is some adolescents reach a point in their lives when the burdens they carry become more than they can manage and they feel the only way of escape is death.

Suicide is the third-leading cause of death for individuals aged 10-24 years old. In 2003, 8% (approximately 1 million) adolescents attempted suicide, of whom 1,700 died. More than 1 in 10 high school students have attempted suicide, and almost 20% of high school students have seriously considered suicide. Adolescent girls are four times more likely to attempt suicide than boys, but boys account for 81% of completed suicide. Boys tend to use more fatal methods of suicide such as firearms, while girls' suicide attempts usually involve drug overdose.

Unfortunately, there is no one warning sign that parents can look for to indicate with certainty that their child is suicidal or is about to make an attempt. Some signs parents may notice include hearing their teen excessively talking about committing suicide, dying, or disappearing. This would include writing such comments on homework assignments, in journals, or on social media formats like Facebook or Instagram. Suicidal adolescents may also express hopelessness and withdraw from family and friends, end close relationships, and give away personal possessions. Parents of suicidal teens may notice a drastic change in their child's appearance, behavior, and personality characteristics, including not only becoming more depressed but also more erratic.

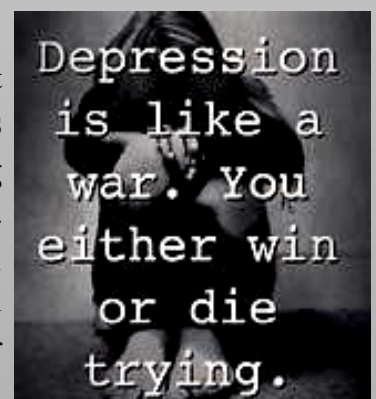
In recent years, parents have become increasingly concerned that if the media covers the suicide of an adolescent in the news, other adolescents would be more likely to end their lives. This phenomenon is known as

the "copycat effect." Limited research indicates that adolescent suicide does appear to increase due to media coverage; however, this is most likely to occur only with adolescents who are already at higher risk for suicide. Explanations for this phenomenon include over-identification with the victim in the media story; a desire for the same type of public recognition and sympathy; or a sense of validation of their preexisting thoughts about attempting suicide.

If parents notice any of these warning signs or are concerned about their children's behaviors, they should not wait to seek help. Parents should take every suicidal threat or warning sign seriously. If the threat is imminent, parents should seek immediate psychiatric care by taking their child to the emergency room or calling a crisis hotline such as the National Suicide Prevention Lifeline (1-800-273-8255). They should also seek outpatient therapy such as that offered at Perspectives.

Parents should not be afraid to talk to their children about suicide. They should be supportive of their teens and not belittle their feelings or treat them in a dismissive or degrading manner because of their suicidal thoughts. Listen closely to them, assure them that suicide is not their only option, and then take the proper steps to get them the help they need.

We can help here at **Perspectives Counseling Centers** with specialists in this area. Please call **248-244-8644** for further guidance.



The TEEN E.D.G.E.

12-week group for male and female teens struggling with any type of depression and anxiety. This group focuses on helping teens in a group setting learn positive thinking patterns and valuable coping skills.

Contact Leslie Johnsen, MA, LLP

The CUTTING E.D.G.E.

This group is for all individuals who have self-injured in any way. The focus is on what drives the behavior and how to stop.

Parent education is included in this 10-week program.

Contact Leslie Johnsen, MA, LLP

**FOR
TEENS**

The SELF-ESTEEM E.D.G.E.

Girls only Saturday workshop focusing on increasing all aspects of self-esteem. Psycho-educational approach used to teach girls self worth and optimism.

Contact Mary Johnson-Palazzolo, LMSW

The SOCIAL SKILLS E.D.G.E.

Hands-on learning for males and females as they practice valuable social skills needed to function in society. 8-week group is a must for those with social deficits.

Contact Diana Jennings, MS, LLP

NEW Group & Workshop Opportunities...ONLY AT PERSPECTIVES!

The SELF-CONTROL E.D.G.E.

8 weeks of hands on learning for males as they practice valuable anger management and self-control skills needed to function in society.

Contact Joe Lilly, LMSW

**FOR
CHILDREN**

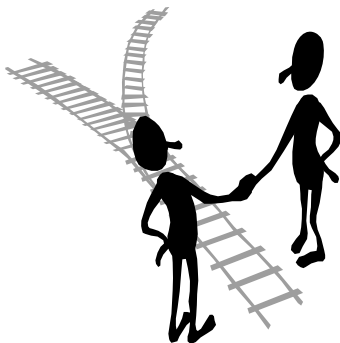
The STRESS BUSTERS E.D.G.E.

A one day workshop for girls and boys ages 8-12 to learn techniques to deal with anxiety and stress-related issues.

Contact Kim Birmingham, LMSW

RESERVE YOUR SPOT NOW BY CALLING 248-244-8644

See the next page for opportunities for Parents, Families and Couples at Perspectives!!!



**FOR
ADULTS**

The YOUNG WOMAN'S E.D.G.E.

8-week group for young women who are struggling with depression, anxiety, and other mood issues including eating disorders and relationship issues.

Contact Leah Ethier, MA, LPC

Parenting Teens with Serious Issues

perspectives specializes in REAL ISSUES

SELF-INJURY continues to be an alarming and increasing epidemic in our adolescent population! Recent studies show that up to 1 in 5 females and 1 in 7 males engaged in SELF-INJURY in 2013! These stats have increased by 100% in just the last 5 years! Professionals and parents alike need to educate themselves on how to handle this in the school environment, as well as at home. The response of others is often the most effective factor in recovery from this serious behavioral struggle. Perspectives specializes in treating SELF-INJURY. We offer Adolescent Group Therapy, Individual Therapy, Parenting Groups and Workshops, and Professional Seminars. Seminars may be held at YOUR SCHOOL or organization. TO OBTAIN THE MOST UPDATED INFORMATION on how to help these teens, please contact Leslie Johnsen, MA, LLP for further information on how we can work together in tackling this serious issue!

"I never knew there were other kids like me. This group has changed my life."

-15 year old girl from Rochester



"I was so scared and helpless in dealing with my son. I now feel I have tools to actually help him."

-Parent of 14 year old boy from Utica

Must-Do Workshops For Parents of Struggling Teens!!!!

PARENTING THE DIFFICULT CHILD

Saturday, October 19

9:00 a.m. to 12:30 p.m.

Presented by:

Chandler Fleming, LMSW
FAMILY AND RELATIONSHIP Specialist

Highlights:

- ✓ Getting your teen to mind without losing yours
- ✓ Regain control of your family
- ✓ Creative discipline techniques
- ✓ Building mutual respect
- ✓ "Hands On" Role Playing Activities

PARENTING TEENS WHO STRUGGLE WITH SELF-INJURY

Thursday, November 7

7:00 p.m. to 8:30 p.m.

Presented by:

Leslie R. Johnsen, MA, LLP
CLINICAL DIRECTOR
DIRECTOR OF ADOLESCENT SERVICES

Highlights:

- ✓ Understanding the why, when and how teens engage in this risky behavior
- ✓ Learn the common risk factors and triggers
- ✓ Gaining vital tools to use to help your teens

Please contact 248-244-8644 to secure your seat!

**PERSPECTIVES ALSO SPECIALIZES
IN GETTING TO THE HEART OF THE MATTER...**



For COUPLES, Perspectives Counseling Centers presents:
THE HEART OF MARRIAGE

Friday, November 8, 2013

7:00—9:00 p.m.

Saturday, November 9, 2013

9:00 a.m.—4:00 p.m.

Presented by:

LES MORRISON, MA, LPC
Director of Marriage and Family Services

- ✓ Are you adequately meeting your partner's needs?
- ✓ Can you resolve your conflicts?
- ✓ Are you fighting fair?
- ✓ Do you have a positive attitude towards your spouse?

If you answered NO to any of these questions, this workshop is for you!

EXPERIENCE THE JOY AND FULFILLMENT YOU DESERVE!

\$180 per couple - AN INVESTMENT THAT WILL LAST A LIFETIME!

**Learn from Family and Relationship Specialists
Call 248-244-8644 to reserve your spot!**



For FAMILIES, Perspectives Counseling Centers presents:

THE HEART OF FAMILY

Saturday, November 23, 2013

9:00 a.m.—2:00 p.m.

Presented by:

BETH ATWELL, MA, LPC
Clinical Therapist and Family Specialist

- ✓ Establishing family connectedness
- ✓ Managing complicated family dynamics
- ✓ Learning ways to effectively communicate and resolve conflict
- ✓ Great for controversy in parenting and/or blended families!!!!

If you could use help with building the heart of your family, this workshop is for you!

EXPERIENCE THE PEACE AND CONTENTMENT YOU AND YOUR CHILDREN DESERVE!

Only \$99 per family - AN INVESTMENT THAT WILL LAST A LIFETIME!

Perspectives Counseling Centers

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www.perspectivesoftroy.com

EXPLORING
DISCOVERING
GOAL-SETTING
EXCELLING



PERSPECTIVES COUNSELING CENTERS

You Need Not Walk Alone

248-244-8644

Did you know...

- *Depression and irritability increases in all ages during the fall months of October and November?*
- *Risky behaviors such as self-injury and substance abuse also increase during fall months?*
- *Conflicts in relationships and families increase during the fall months?*
- *Stress is at its all time high as kids return to school and year-end tasks begin for many jobs?*
- *Perspectives has over 35 child/adolescent therapists, marriage and family therapists - as well as child and adult psychiatrists - to provide an effective team approach to help with those in need!!!*



"I dread October. It brings me stress and anxiety like no other. I am so thankful that my therapist at Perspectives is able to help me target my triggers and prepare myself with coping strategies to use when I need them. It has been a long road but I finally feel in control of my emotional struggles, especially during the change of seasons!"

Thank you Perspectives!!!!

-Female, Birmingham, MI