

**Perspectives
Counseling
Centers**



On the E.D.G.E.

TROY

248-244-8644

STERLING HEIGHTS

586-268-6712

GROUPS FOR TEENS:

- * ADHD * Anger * Depression/Anxiety *
- * Self-Injury * Self-Esteem * Substance Abuse *
- * Sexual Abuse * Social Skills *

Check out what's happening at Perspectives

CEU Seminars:

- Feb. 27—Treating Sexual Addiction
- Mar. 20—Essentials of Substance Abuse Treatment
- Mar. 27—Uncovering the Myths and Truths of ADHD
- April 3—Aspergers Syndrome-Putting the Puzzle Together
- April 20—Innovative Tools and Techniques for Marital Counseling
- May 1—New Trends in Self Injurious Behavior
- May 15—Healing the Trauma Survivor
- June 19—Identifying and Treating Crisis and Trauma

Interesting facts about Perspectives...

- ☺ *Perspectives has been servicing clients of all ages for almost 25 years, with over 40 graduate level and medical professionals.*
- ☺ *The Perspectives **EDGE** Program has been servicing adolescents for over a decade offering groups for teens, seminars for professionals, and workshops for parents.*
- ☺ ***PERSPECTIVES PROFESSIONAL DEVELOPMENT INSTITUTE** has trained hundreds both at our facility and throughout the tri-county area!*

Our website has the most current opportunities

www.perspectivesoftroy.com

ADULT GROUPS

Are also offered at Perspectives

Codependency Group for Women

The Woman's EDGE
(depression/anxiety/eating issues)

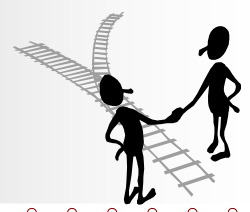
Adult Substance Abuse Recovery Group

Call for details...

248-244-8644

ADOLESCENT GROUPS

Join Now!



Taking the E.D.G.E. off

DEPRESSION and ANXIETY

8-week group for males and female teens struggling with any type of depression and anxiety. Learn valuable skills for recovery.

Thursday evenings-Contact Leslie Johnsen, LLP

The CUTTING E.D.G.E.

This group is for all individuals who have self-injured in any way.

The focus is what drives the behavior and how to stop.

Parent education is included in this 8-week program.

Tuesday evenings—Contact Leslie Johnsen, LLP

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.

Monday evenings-Contact Malissa Wood, LPC, LLP

Gaining an E.D.G.E. on ADHD

Vital 8-week group for males and females diagnosed with ADHD. Education included for the family, focusing on organization skills, medication issues, and behavioral based therapy.

Saturdays-Contact Beth Atwell, LPC

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

Girls only 8-week group focusing on increasing all aspects of self-esteem. Psychoeducational approach used to teach girls self worth and optimism.

Monday evenings—Contact Mary Palazzolo, LMSW

The STRAIGHT E.D.G.E.

Co-ed 8-week group for teens experimenting, using, or abusing alcohol and/or drugs. Teens will gain insight into family dynamics, learn harmful effects of drugs and how to stop.

TBD-Contact Cindy Parks, LPC, LLP, CAAC

The Surviving E.D.G.E.

Teen 8-week group for females who have been sexually abused.

Teens will gain support in a safe environment as they work through their trauma.

Monday evenings-Contact Geraldine Reyes, LMSW

The ANGER E.D.G.E.

8-week anger management program where teens will learn about their anger style, ways to decrease anger outbursts and manage emotions effectively.

Monday evenings-Contact Chandler Fleming, LMSW



GROUPS ARE POWERFUL

Refer Now at 248-244-8644

On the E.D.G.E.

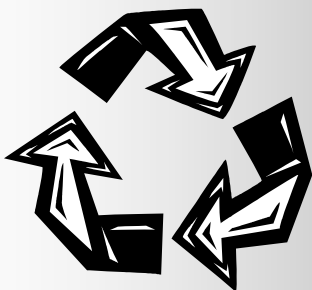
Attention Deficit Disorder in Adolescents

Many of us working with the adolescent population have come across an individual who struggles to focus, has a hard time sitting still, is easily distracted, can be poorly organized, and seems to have difficulty concentrating on one topic at a time. Working with this type of adolescent can be frustrating and at times as professionals we can feel overwhelmed or exhausted. Therefore it is important that we learn effective strategies and interventions to utilize in order to minimize our frustrations and keep the individual as our focus.

Before we can know what interventions to use with an adolescent struggling with Attention Deficit Disorder we must first get to know the situation and what they are struggling with. What are their symptoms? What areas of their life are being affected by their symptoms? What else is going on in the individual's life? What is it that they need from us as professionals? It is important to learn the adolescent's unique behaviors and get to know their strengths and weaknesses. As professionals we can build our interventions around the adolescent's strengths to make fun, obtainable goals. We can then help them to understand what is expected of them and assist them in achieving their own success. Whether the environment is at school or at home, creating a positive, reinforcing environment is an essential piece in helping the adolescent work on accomplishing their goals.

An adolescent with Attention Deficit Disorder needs structure to assist them in completing tasks and assignments. As professionals we must take the role of coaching them along and teaching them ways to effectively perform and complete tasks. Evaluate your standard of success for the adolescent you are working with and acknowledge that any progress is good progress. Don't expect perfection and set realistic goals for yourself as a professional. Be sure that the individual is aware of your expectations and guide them along their path to success.

Beth Atwell is a Licensed Professional Counselor who specializes with children and adolescents struggling with ADHD. She will be presenting at our complimentary seminar held on March 6th and will be offering continuing education units for her seminar held on March 27th. Two opportunities you don't want to miss!



To continue receiving our mailings....

To get the latest updates in the world of therapy....

To learn about the amazing opportunities offered....

HELP US GO GREEN....

PLEASE SUBMIT YOUR EMAIL ADDRESS ONLINE AT:

www.perspectivesoftroy.com

Multiple opportunities this year to further your education and earn CEU's at the same time...from the RECOGNIZED EXPERTS in the tri-county area!

ESSENTIALS OF SUBSTANCE ABUSE TREATMENT

With Cindy Parks, MA, LLP, LPC, CAAC & Doug Carpenter, PsyD, LP

6 CEU's

Friday, March 20, 2009 9:00 a.m. until 4:30 p.m.

- ◆ Identify drugs of abuse, how they are used, what they do, short & long term effects.
- ◆ Learn how to diagnosis Substance Abuse problems.
- ◆ Learn how to conduct a thorough Substance Abuse assessment.
- ◆ Identify Substance Abuse models and integrate Substance Abuse treatment techniques.

UNCOVERING THE MYTHS & TRUTHS OF ADHD

With Beth Atwell, MA, LPC

3 CEU's

Friday, March 27, 2009 9:00 a.m. until 12:15 p.m.

- ◆ Learn causes and symptoms of ADD/ADHD.
- ◆ Learn how to appropriately diagnose and integrate interventions to effectively treat ADD/ADHD.
- ◆ Learn physical, emotional, social, and academic affects of ADD/ADHD on the child.
- ◆ Learn effective discipline strategies for children with ADD/ADHD.

ASPERGER'S SYNDROME: PUTTING THE PUZZLE TOGETHER

With Malissa Wood, MA, LLP, LPC

6 CEU's

Friday, April 3, 2009 9:00 a.m. until 4:30 p.m.

- ◆ Learn the Etiology and Epidemiology of Asperger's Syndrome.
- ◆ Assessment and Diagnosis of the Asperger's Child.
- ◆ The CREATES system of working with an Asperger's Student.

INNOVATIVE TOOLS & TECHNIQUES FOR MARITAL COUNSELING

With Harry Broomfield, PhD, LPC & Cristina Broomfield, MA,LLP

6 CEU's

Monday, April 20, 2009 9:00 a.m. until 4:30 p.m.

- ◆ Learn and understand the ways that couples speak and demonstrate emotional love.
- ◆ Gain innovative techniques to ensure clear concise communication develops within the relationship.
- ◆ Acquire tools for teaching couples how to resolve the most difficult conflict in their relationship.
- ◆ Identification of the essential components necessary for a successful lifelong relationship.

THE CONFIDENCE CONNECTION: Building a Client's Self-Esteem to create Positive Change

With Mary Johnson-Palazzolo, LMSW

6 CEU's

Friday, April 24, 2009 9:00 a.m. until 4:30 p.m.

- ◆ Defining self-esteem.
- ◆ Learn effective self-esteem assessment tools.
- ◆ Learn how low self-esteem relates to depression and anxiety.
- ◆ Gain useful interventions for building self-esteem in clients of all ages.

NEW TRENDS IN SELF-INJURIOUS BEHAVIOR: Understanding and Treating with Tools that Work With Leslie Ayers Johnsen, MA, LLP

6 CEU's

Friday, May 1, 2009 9:00 a.m. until 4:30 p.m.

- ◆ Learn the what, where, when, and why's of self-injurious behavior in the year 2009.
- ◆ Identify how to read the behavior and interpret clients thoughts and feelings.
- ◆ Learn assessment techniques, treatment protocols, and vital tools for success.
- ◆ Learn how to help loved ones deal with self-injurious behavior.

HEALING THE TRAUMA SURVIVOR

With Elaine Booth, LMSW, CRT and Geraldine Reyes, LMSW

6 CEU's

Friday, May 15, 2009 9:00 a.m. until 4:30 p.m.

- ◆ Acquire a greater knowledge of trauma and trauma-specific reactions.
- ◆ Distinguish between Post-traumatic Stress Disorder and Post-traumatic stress.
- ◆ Gain a strong understanding of how trauma impacts the brain in both children and adults.
- ◆ Learn structured sensory interventions to utilize with clients "stuck" in traumas.
- ◆ Integrate creative Cognitive-Behavioral Interventions that will transform negative/distorted thinking.

IDENTIFYING & TREATING CRISIS & TRAUMA

With Elaine Booth, LMSW, CRT

6 CEU's

Friday, June 19, 2009 9:00 a.m. until 4:30 p.m.

- ◆ Define and differentiate between a crisis and a trauma.
- ◆ Recognize signs of crisis, trauma, and post-traumatic response.
- ◆ Understand how the brain is affected by trauma.
- ◆ Learn the ABCD model of crisis intervention and developing hands on skills.
- ◆ Understand the critical difference between crisis intervention and psychotherapy and when to use each.

Detach and Register at least 2 weeks prior to seminar by submitting fee of \$129.00 for each 6 C.E.U. seminar and \$79.00 for each 3 C.E.U. seminar. Checks are payable to:

Perspectives of Troy, PC
888 W. Big Beaver, Ste 1450
Troy, MI 48084

Name: _____

Address: _____

Phone Number: _____

Payment by: Check/Money Order enclosed : # _____

Visa/Mastercard # _____

Expiration date: _____

Signature _____

Credit Card payments accepted by phone also at 248-244-8644.

(10% off total bill for 4 or more people for same seminar or 4 or more different seminars!)

Name of Seminar: _____ Date of Seminar: _____ Quantity: _____

Name of Seminar: _____ Date of Seminar: _____ Quantity: _____

No refunds—if an emergency arises, PPDI will apply monies to another seminar.

The more you sign up for...the more you save!

Group Discounts!

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4151 17 Mile, Suite D
Sterling Heights, MI 48310

Check us out on the web—www.perspectivesoftroy.com

***EXPLORING
DISCOVERING
GOAL-SETTING
EXCELLING***

You are invited to a Complimentary Seminar...

**CARING FOR
THE SPECIAL NEEDS CHILD**

Presented by:

***PERSPECTIVES COUNSELING CENTER CHILD SPECIALISTS
MALISSA WOOD, MA, LLP, LPC AND BETH ATWELL, MA, LPC***

FRIDAY, MARCH 6, 2009

9:00 A.M. – NOON

Highlights of this seminar:

- Learning how to positively influence children and adolescents struggling with developmental disabilities, learning difficulties and medical issues
- Understanding the needs of those with special needs
- Acquiring strategies for working through your own compassion fatigue
- Helping to build an exceptional child's self-esteem in a difficult world

- Continental breakfast provided***
- Workbook included***
- Tour of our beautiful facility***

\$79 value

NO COST TO YOU!

CALL NOW TO RESERVE YOUR SPOT—SPACE IS LIMITED! 248-244-8644