

Perspectives Counseling Centers

From a Child's Perspective
From a Child's Perspective

Please join us for our
Professional Spring Open House

PLUGGED IN OR DISCONNECTED?

The Controversy of Technology Today

Presented by:

Leslie Johnsen, MA, LLP

Clinical Director

&

Malissa Wood MA, LLP/LPC

Director of Children's Services

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Friday, April 20, 2012

9am-12pm

Perspectives Counseling Centers

Troy Location

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This seminar will focus on:

- The implications of technology on the social skills of our youth
- The emotional impact of technological immersion
- The benefits and repercussions of technology on academic achievement

**This event is complimentary! Seats will fill up fast!
Please call (248) 244-8644 to make your reservation!**

A Healthy Media Diet for Children

By

Kim Birmingham, LMSW

Statistics show that kids spend more than 7 hours a day using some type of technology (Greg Toppo, USA Today 2010). In addition, 75% of teens ages 12-17 now own cell phones- up from the 45% of teens in 2004. Things are changing and they are changing rapidly. It has also been recently found that more “face-to-face communication” was associated with “greater social success, greater feelings of normalcy, more sleep and fewer friends whom parents judged to be bad influences” (CNN, January 25, 2012). Susan Greenfield, a professor of neuroscience, is fearful that all of the electronic devices that fill our everyday world could “reshape how we interact with each other, alter what makes us happy, and modify our capacity for reaching our full potential as individuals.” So what is a parent, educator, counselor, or youth pastor to do with all of the information about the effects of technology on children? Technology in itself is neutral—it has both good and bad uses. It is only when it is overused or misused that it can lead to potentially dangerous self-destructive life patterns. Some simple parameters laid out below can help to set healthy limits for children in respect to technology use:

1. The American Academy of Pediatrics recommends that technology use should not exceed 2 hours per day.
2. Have family dinner as much as possible and ban all media from the table.
4. Encourage kids to turn off the TV and put away iPods and cell phones during homework.
5. “Kidnap” kids regularly and take them to a place where they can “unplug”.
6. Spend time daily in face-to-face communication with children.
7. Ban all electronic devices from bedrooms.
8. Encourage social interactions with friends free from technology.
9. Encourage teamwork— sports, clubs, or church youth group.
10. Ask your child to complete social challenges when out in public (i.e. ordering their own food, asking a question at a store, etc.).

Kim Birmingham has a wealth of experience and knowledge in the field. Kim specializes with children, adolescents and adults in outpatient treatment. She focuses her work on anxiety and depression as well as grief and loss.

A Letter from the Director of Children's Services

Dear Professional,

This past year has brought many exciting changes and additions to Perspectives Counseling Centers. The one I am most proud of and excited to share is the addition of our Play Therapy Room. This space was



carefully crafted with the assistance of our Child Therapists. They took into consideration the best therapeutic practices and supplies which would enhance a child's experience. I have provided pictures of our play therapy area for all to see. At Perspectives, we have over 35 therapists. More than half of those clinicians specialize with children and have access to this space. You can be assured that when you make a referral to our agency, the children you entrust us with will continue to receive the best, most advanced care. Thank you for your continued support.

Sincerely,
Malissa Wood, MA, LLP/LPC
Director of Children's Services

*"You can
discover more
about a person in
an hour of play
than in a year of
Conversation"
-Plato*



Upcoming Groups

OUR NETWORK OF GROUPS

TEEN EDGE
With
Leslie Johnsen



Teens work through issues related to anxiety and depression.

SOCIAL EDGE
With
Malissa Wood



A group offered to all ages focusing on appropriate social skill development.

AIR COMMAND:
Soaring Above Your
Problems
With
Dannette Henley



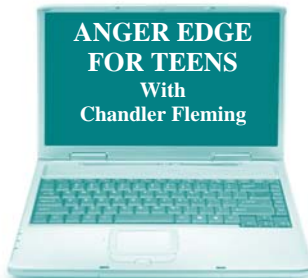
A group designed for 7-12 year olds & focuses on taking personal responsibility for behaviors.

**SELF-ESTEEM
EDGE**
With
Mary Johnson-Palazzolo



An all girls group that assists in the development of self confidence.

**ANGER EDGE
FOR TEENS**
With
Chandler Fleming



A program for teens to explore positive ways to express themselves.

HEROIC EDGE
With
Geraldine Reyes



A group offered to teen girls who are survivors of sexual abuse or assault.

CUTTING EDGE
With
Leslie Johnsen

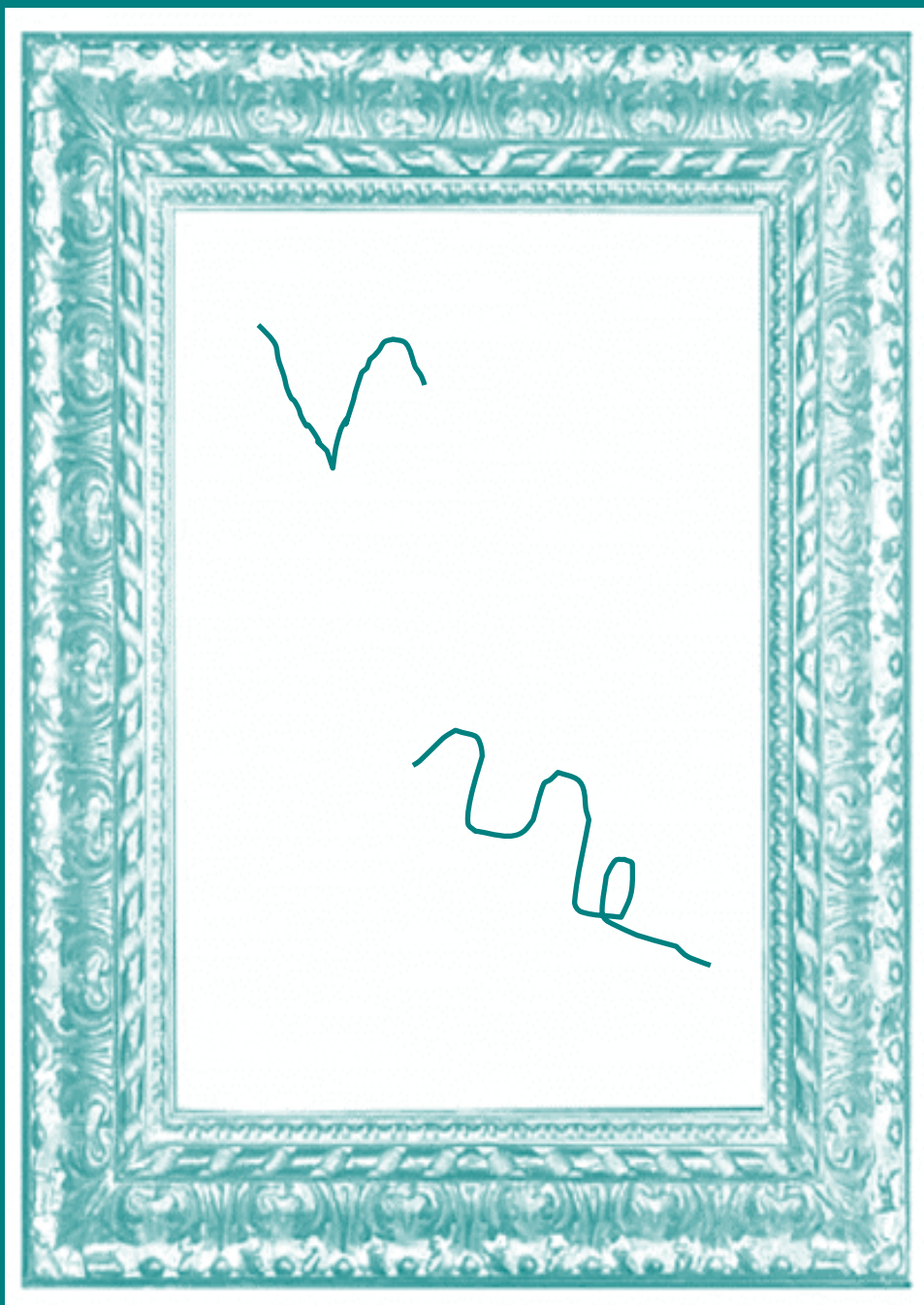


A recovery group for teens who struggle with self injury.

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

Below are a series of scribbles. Your challenge is to create a work of art by adding to them.

Creativity Corner



*Don't forget Perspectives Counseling Centers
also provides Adult Services...*



**Breaking FREE from
Codependency**
With Elaine Booth, LMSW

**April 20-21, 2012
Friday, 7-9 pm &
Saturday, 9am-4pm
@ our Troy Location**

**Just \$149 for over 8 hours of
skill building tools!**

The HEART of Marriage
With Les Morrison, MA, LPC

**May 18-19th, 2012
Friday, 7-9pm &
Saturday, 9am-4pm
@ our Troy location**

**Only \$150 per couple:
8 hours of therapy for the
cost of 1 hour!**

Please Call Today to Register! 248-244-8644

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