



FROM A CHILD'S PERSPECTIVE

PERSPECTIVES COUNSELING CENTERS CHILD AND ADOLESCENT NEWSLETTER

Perspectives of Troy Counseling Centers
Invites You to Our
Spring Open House 2021

**PERSPECTIVES
OF TROY
COUNSELING
CENTERS**


Spring 2021

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- Open House Highlights:**
- ♦ **Impact of Isolation and Social Tensions on Youth**
 - ♦ **The Need to Set Reasonable and Healthy Expectations**
 - ♦ **The Role of Self-Renewal in Coping with the "New Normal"**

Great Expectations



*~Exploring
the mental health impacts of a year of
challenges and how our students' expectations
can guide them into the future~*

May 14, 2021
10:00am-12:00pm
Via ZOOM
Presenter:
Diana R. Jennings, MS, LLP
Associate Clinical Director
Perspectives Counseling Centers
Join us for this complimentary seminar

RESEARCH RAINBOW

Have You Ever Wondered What Teenagers Really Need From Their Parents?

By Kevin Kuczynski, MA, SCL

Let's face it, it's tough growing up today. The challenges faces by parents are immense and those obstacles are only compounded when considering the difficulties faced by teenagers. The conversation here isn't about who has it harder, it is about understanding what teenagers need from their parents in order to be more successful in life. We must examine what teenagers want parents to know now in order to raise them to be the young adults we desire to see years down the road.

Over my twenty plus years of working with teenagers and their parents as a high school counselor I have reflected on stories, jotted down notes, remembered key ideas, wrote down new insights, listened to thousands of teenagers, and observed the challenges countless parents faced raising teenagers. These interactions have taught me valuable lessons and have helped me parent my own teenagers more successfully. My experiences have called me to share key concepts about parenting teenagers with you. The culmination of those experiences is my new book *Real Life Conversations: What Teenagers Want Parents to Know*. This book is not intended to be an all-inclusive parenting book on how to parent your teenager; instead, the book is written to be a reflective piece that brings awareness to what teenagers deal with and how the choices of parents impact them. You will likely take away countless nuggets of truth that you can integrate as you raise your teenager, but also notice the profound impact on the life of a teenager when a parent is absent.

The pulling back of the curtain to reveal the challenges faced by teenagers and the choices of parents in the book is not about pointing the finger at flaws of the parents, but it is about being direct with the purpose of exposing parents to how they are viewed by their teenagers and to challenge them to make changes in their own lives to better their relationships with their teenagers. After all, it is this change on the part of parents that teenagers are asking for. Despite being parents of teenagers, we all have a breaking point, a short fuse, or simply the need to get away for some alone time. I have often told the students that I work with that they always should seek to learn from the choices of others, both good and bad. When this is done, teenagers gain wisdom and mature through the growing pains of others, without having to make the same mistakes themselves. Parenting is no different. The truth is, all teenagers are different and we are all learning as we parent our teenage children. The most is gained when we go through these years with our teenagers – together.

You will learn from countless teenagers and their life experiences that will hopefully reframe how you look at teenagers and more importantly how you look at and interact with your own teenagers. You will learn of teenagers like eighteen-year-old Devon who would be deemed by most parents to be the dream teenager to raise. He is the guy you would want your daughter to bring home. He was an outstanding athlete, smart, and responsible; but to everyone's surprise word got out that his girlfriend had missed her period for several weeks. You'll learn of pregnancy rumors and the demise of his relationship with his girlfriend and both sets of parents. There is also fifteen-year-old Justin who thought it was a great idea to buy his fourteen-year-old girlfriend lingerie to celebrate their two-month relationship. There is also Trevor who manages living with parents who yell at each other constantly and even talk about divorce, but stay together for the kids. You learn of Haley who simply wanted to be a teenager despite working to help overcome her parents' financial difficulties. These stories and so many more like them allow parents to learn from the real experiences of teenagers.

I encourage you to hear from fifty-eight teenagers who expose their inner-most thoughts and feelings. Engage with stories of family turmoil, divorce, feeling unloved, and how teens perceive their parents as they struggle with homework, the choices to have sex, vape, use drugs or alcohol, and so much more. Listen to what teenagers need from their parents but are often too afraid to communicate for fear of consequences for their honesty. Order a copy of *Real Life Conversations: What Teenagers Want Parents to Know* at kevinkuczynski.com. I assure you, you will find their comments moving, thought provoking, and eye opening.

Kevin Kuczynski is a high school counselor and life coach who has been working with teenagers and their parents for over twenty-five years. He brings a wealth of private practice experience, specializing in adolescent, family, and marital therapy.

UPCOMING GROUP

It's Time to Spill the T.E.A.!!

Introducing our Newest Group for Teens:
Teens Experiencing Anxiety (T.E.A.)
For Teens 13-18, co-ed



- ~Effectively track anxiety symptoms and identify triggers
- ~Develop coping skills through games, activities and group sharing
- ~Reduce social anxiety and social avoidance behaviors
- ~Improve ability to handle stressful situations with confidence

Tuesday evenings 7:00pm-8:30pm
8 week group starting May 11, 2021

Perspectives Counseling Centers

Troy Location

Group Leader: Helen Paulsen, LMSW

Call (248) 244-8644 to register!

Space is limited so call now!

WE ARE NOW IN ROCHESTER!!!

**Perspectives Counseling Centers
Newest Location Just Opened!**

**We are located at
1000 W. University Dr., Suite 302
Rochester, MI 48307
Call us at (248) 269-9760**

**Visit us at
perspectivesoftroy.com**



Perspectives Counseling Centers Services Include:

- ◆ Psychological Testing
- ◆ Expanded Psychiatric Services
- ◆ Individual, Group and Family Counseling
- ◆ Speakers Bureau to service the community
- ◆ Treatment for the full scope of mental health issues including Anxiety, Depression, OCD, ADHD, ODD, Bipolar, Marital Issues, Substance Abuse, Eating Disorders
- ◆ 6 locations in Southeast Michigan
- ◆ Over 40 masters and doctorate-level clinicians

