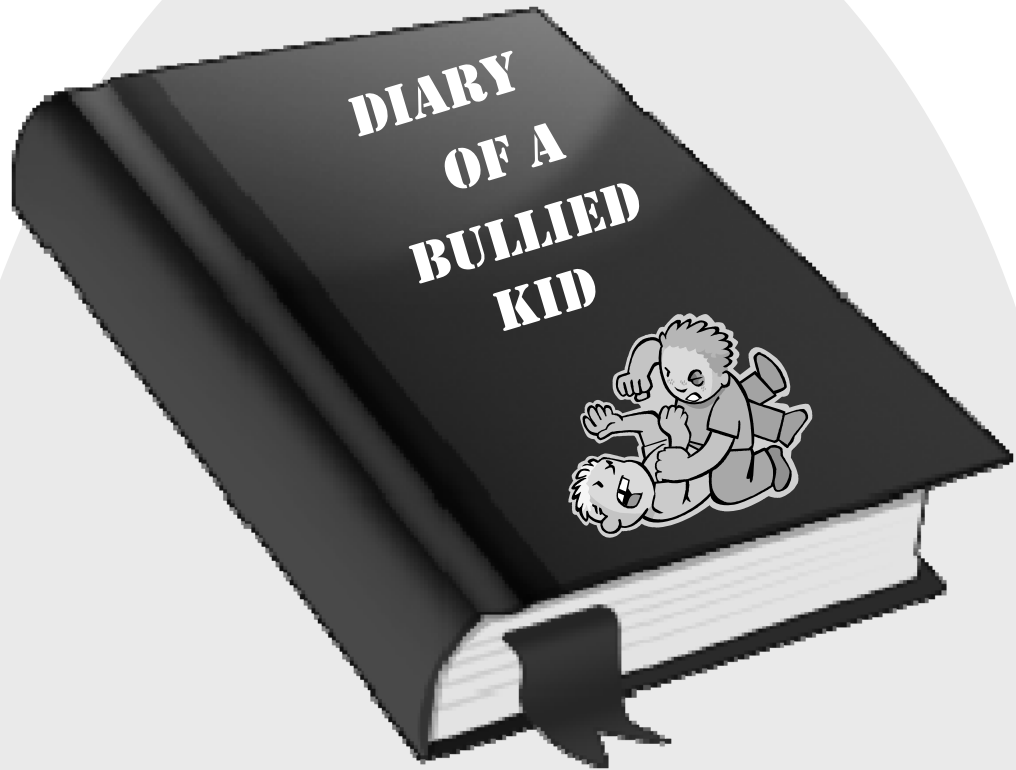


Perspectives Counseling Center Invites You to our Fall Open House Entitled...

FALL 2010

PERSPECTIVES COUNSELING CENTERS

From a Child's Perspective



DIARY OF A BULLIED KID

Presented by:

Leslie Johnsen, MA, LLP & Malissa Wood MA, LLP/LPC

Friday October 15th

9am-12pm

Perspectives of Troy

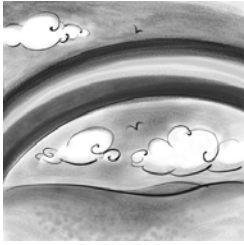
Points of Interest...

- *What is the profile of a bullied child?**
- *What are the mental health symptoms that result from being bullied?**
- *How can we as professionals assist in the prevention of bullying?**

This event is a THANK YOU and provides you with complimentary breakfast, workbook and 3 hour seminar.

Please call (248) 244-8644 to reserve your spot!!!

Space is limited!



Research Rainbow

Bullying

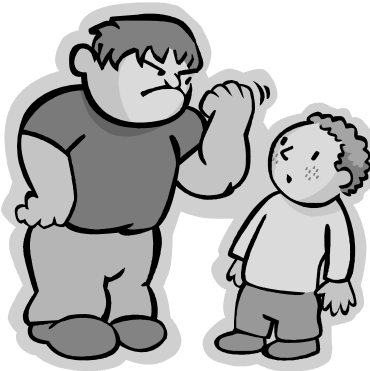
Written by: Linda Carver, LMSW

A bully is someone who tries to control the actions of others. The bully's goal is to gain power, popularity, attention, revenge or take something of value. A bully will often try to make another person, the victim, do what they want with the full knowledge that the victim is opposed. Often picking on someone weaker than themselves, a bully will use threats, name calling, blaming, teasing, violence and/or rumors to get what he or she wants. It is likely that each of us can remember the pain of being bullied by someone in our lives.

Students should learn to distinguish between verbal and physical bullying and their appropriate responses. In the case of verbal bullying (such as teasing, gossip, or laughing at others) students can handle it on their own by ignoring and walking away. If the bullying escalates, they can respond in a firm voice, "Please stop," or "I don't like that." If these attempts fail the student can get help from a teacher. When a student handles the situation on their own, it empowers them and builds self-confidence. However, if a bully threatens their safety, displays physical aggression, or takes things belonging to the victim, they are to get help from an adult.

Every student has a right to feel safe at school. The person watching a bully pick on a victim, the bystander, also has a very important role. Students need to look out for each other. Bullies have learned to make sure a teacher is distracted before victimizing someone. Bystanders often see what a teacher misses and therefore, they are the ones who can make a difference. If they understand the importance of standing up for one another when they see a bully, they can take away the bully's power while showing support for the victim. They should say things to the bully like, "stop it" or "leave him/her alone."

They should be aware of the importance of not laughing when a bully makes fun of someone and showing kindness to the victim by asking if they are all right. They can report what happened to school officials. The victim feels supported when the bystander helps him/her out, and the bully loses the support of the crowd. If students are educated in how to recognize a bully, they can handle it whether they are the victim or a bystander. Very little damage will result, and bullies will stop picking on others.



Bystanders often see what a teacher misses and therefore, they are the ones who can make a difference.

Linda Carver works with adults and children struggling with anxiety, depression, low self-esteem and divorce. She graduated from Wayne State University with a Master's Degree in Social Work with a focus in children and families. Linda has had years of experience working with pre-school to high school students in numerous counseling settings.

Save the Date...Upcoming Events at Perspectives...



Interpreting our Children's Love Languages

(based on the work of Gary Chapman, PhD & Ross Campbell, PhD)

Presented by: Malissa Wood MA, LLP/LPC

Director of Children's Services

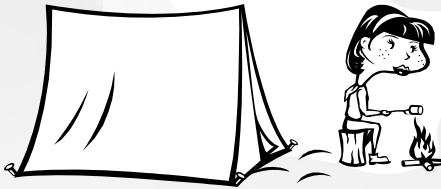
Learn...

- *What's your Primary Love Language
- *How to Translate your children's Love Languages
- *How to become Multilingual in all Love Languages

Tuesday November 16th, 2010

7-9pm

Perspectives Counseling Center/Troy Location



DIVORCE CAMP

*For Children and Adolescents Experiencing the
Divorce of their Parents*

Presented by:

Beth Atwell, MA, LPC (working with adolescents ages 13-17)

&

Geraldine Reyes, LMSW (working with children ages 7-12)

Saturday November 6th

10am-12pm

Perspectives Counseling Center

Troy Location

Cost: \$40/person

This Workshop will...

- *Normalize emotional reactions to divorce
- *Teach coping skills to assist with transitions
- *Provide literature and resource packet for parents

SPACE IS LIMITED...CALL NOW!

(248) 244-8644



Cost \$35 per person/ \$50 couple
THIS WILL FILL UP FAST!
Call (248) 244-8644 to Register!

**PERSPECTIVES HELPS YOU
PUT THE PUZZLE TOGETHER**

All Groups Starting This Fall!

**Call us to register or to get more information
on the groups offered below.**

(248) 244-8644

SOCIAL SKILLS EDGE

With Malissa Wood
Co-ed Ages 8-12 & 13-17

THE TEEN ANGER EDGE

With Chandler Fleming
Co-ed Ages 12-18

ADHD EDGE

With Beth Atwell

Co-ed

CHILDREN'S ANGER EDGE

With Dannette Henley

Co-ed

Ages 6-12

THE CUTTING EDGE

(self injury)

&

**THE
TEEN
EDGE**

(depression & anxiety)

With Leslie Johnsen

Co-ed

Ages
12-18

Child or

Adolescent

SELF ESTEEM EDGE

With Mary Johnson-Palazzolo

Girls Ages 12-18

E.(exploring) D.(discovering) G.(goal setting) E.(excelling)



**CREATIVITY
CORNER**

Self Advocacy

~Steps to Conflict Resolution~

Step 1: Ignore the Bully and Walk Away

Step 2: Ask the Bully to “Please Stop” (self-advocacy)

Step 3: Report (do not tattle) and Ask for Help

(Reporting is when you explain the situation in a calm voice, explain what you have already tried to remedy the situation and then ask for help from the adult)

~Using “I” Statements~

A simple formula

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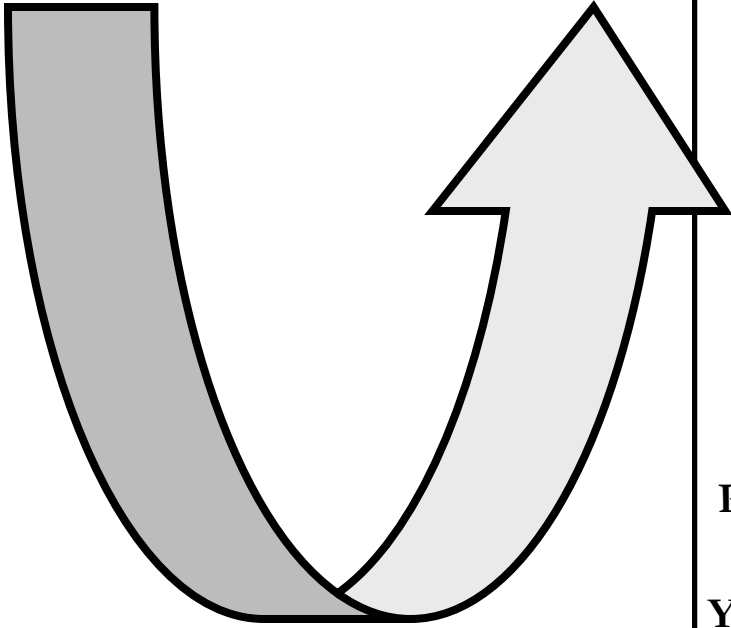
**I feel \_\_\_\_\_ when \_\_\_\_\_.**

*Explain your feelings here*

*explain what happened without using the word “you”*

**& I would like it if \_\_\_\_\_!**

*Here is where you explain your needs and wants*

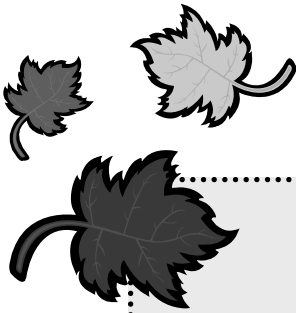


**Open this Newsletter back up  
and Mark Your Calendars...**

**Inside there are so many great  
opportunities for learning and  
helping the children we  
work and care for.**

**Please remember with  
Perspectives Counseling Centers...**

**YOU NEED NOT WALK ALONE!**



**www.perspectivesoftrroy.com**

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Troy Michigan 48084  
Phone: 248-244-8644  
Fax: 248-244-1330**

**4151 17 Mile Rd, Suite D  
Sterling Heights Michigan 48310  
Phone: 586-286-6712  
Fax: 586-268-6908**