

**Perspectives
Counseling
Centers**



On the E.D.G.E.

TRÖY

248-244-8644

STERLING HEIGHTS

586-268-6712

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Dear Colleagues,

*Another school year is upon us and Perspectives Counseling Centers continues to provide premier mental health and substance abuse services to all ages. We strive to provide the most innovative and up to date information within these newsletters by way of informative articles, complimentary seminars, and referral opportunities for groups and workshops. If you have not done so already, be sure to view our website and enroll your email address so that we may provide you with **The Pulse of Perspectives** monthly ensuring you have our recent informative news.*

Leslie (Ayers) Johnsen, MA, LLP, Clinical Director

You are invited to...

DIARY OF A BULLIED KID...

Presented by:

LESLIE JOHNSEN, MA, LLP

MALISSA WOOD, MA, LLP/LPC



Friday, October 15th

9:00 am—Noon

You will learn:

- What is the profile of a bullied victim?
- What are possible symptoms that could result from being bullied?
- How can we as professionals assist in the prevention of bullying?

- ☑ *FREE WORKSHOP TO THANK YOU FOR YOUR REFERRALS!*
- ☑ *Continental breakfast provided*
- ☑ *Workbook included*
- ☑ *Tour of our Troy facility*

Call now to reserve your spot at 248-244-8644!

Opportunities you don't want to miss!!!

DIVORCE CAMP

With Geraldine Reyes, LMSW & Beth Atwell, MA, LPC

For children and adolescents who have experienced the divorce of their parents

Saturday, November 6, 2010

10:00 a.m.—Noon

Only \$40 per person



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

CODEPENDENCY WORKSHOP

With Elaine Booth, LMSW

For men & women who are in need of regaining control and ownership of their lives

October 15 from 7-9 pm and

October 16 from 9am-4pm

Only \$149 per person for over 8 hrs of training

- Guiltlessly say NO
- Assertively communicate
- Responsibly rebel against negative thoughts
- Skillfully manage conflict



SPACED LIMITED -RESERVE YOUR SPOT NOW 248-244-8644!

Kid's Our Children's Department is now offering Group Therapy...

2010

- ☺ **BEGINNING THE SCHOOL YEAR OFF RIGHT**—Seminar on victims of bullying open to all professionals working with children and adolescents...Friday, October 15th from 9:00 am—Noon.
- ☺ **3 CHILDREN'S GROUPS** offered this fall:
 - *** The **ANGER EDGE** for children ***
 - *** The **ADHD EDGE** ***
 - ***The **SOCIAL SKILLS EDGE*****

Please contact Malissa Wood at 248-244-8644 for further information about any of these children's services.

Now 7 TEEN GROUPS

OPENINGS NOW ONLY AT PERSPECTIVES!

Taking the E.D.G.E. off DEPRESSION

8-week group for male and female teens struggling with any type of depression. This group focuses on helping teens to learn positive thinking patterns and valuable coping skills.

Thursdays -Contact Leslie Johnsen, MA, LLP

The CUTTING E.D.G.E.

This groups 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.

Tuesdays-Contact Leslie Johnsen, MA, 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.

Wednesdays -Contact Malissa Wood, MA, LPC/LLP

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

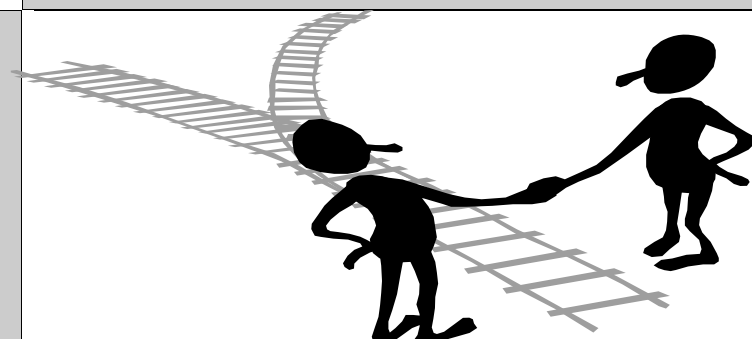
Vital 8 week-group for males and females diagnosed with ADHD. Education included for the family, focusing on organization skills, medication issues, and behavioral based therapy.

Thursdays-Contact Beth Atwell, MA, 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.

Tuesdays-Contact Mary Johnson-Palazzolo, LMSW



The Teen E.D.G.E.

Teen group for those individuals who struggle with self-destructive behaviors as it relates to mood issues, decision making, and relationships.

Tuesdays-Contact Leslie Johnsen, MA, LLP

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.

Mondays-Contact Chandler Fleming, LMSW



GROUPS ARE POWERFUL

Refer Now at 248-244-8644

Bullying may affect Masculine Development and Sexual Orientation

Bullying has become a significant problem in our society. However, so much of the focus is on the treatment of the bully. This newsletter is focused on the person, or victim, of bullying. Can bullying affect a person's sexuality or sexual attraction? There is strong support suggesting it can. This article will focus on the effects of male bullies on the sexual development of boys or adolescents who are being bullied.

How does one's masculine identity develop? Is it inherent? Does it happen naturally? Is it learned? The age-old argument of nature versus nurture still exists. For the sake of this article, let's examine masculine identity development from a social learning model. This theory would suggest that a male's masculine identity is a learning process. The male is socialized into a masculine role by his environment and other male role models such as a father, uncle, older brother or some other significant male. Another important group is the male's peer group.

Children can be cruel to one another! Bullying lowers the self-esteem of the person being bullied. Let's take a look at the development of a boy named Devin. Devin came from an intact family. His father was a business man, traveled a lot and didn't have much time to spend with Devin. His mother was a part-time secretary for a lawyer's office. His older brother was a star basketball player in middle school and high school.

During Devin's early years of grade school, the males quickly learned that Devin did not possess the same skill and hand-eye coordination of his older brother. In fact, Devin was quite clumsy, could not throw a ball in a

straight direction, could not run fast, and was not very athletically built. He was always last to be picked for team physical activities in physical education and on the playground. Instead, Devin gravitated toward the arts. He was exceptional at drawing. His notebook was full of drawings of imaginary superheroes and comic strips.

Devin began being ridiculed by the other boys. Faggot, sissy, wuss, girl, fairy, queer, and homo became all too familiar descriptions of Devin by his classmates. Naturally, this took a toll on Devin's social life and self-

Bullying lowers the self-esteem of the person being bullied.

esteem. Who could he have as friends? It was clear he did not fit in with the boys; so, that left the girls. However, Devin didn't really fit in with the girls either. He couldn't have sleepovers with girls, couldn't go to the bathroom with girls, and didn't even really like the same things girls liked.

As Devin grew into early adolescence, he started puberty a little later than most of his classmates. He began to feel even more ostracized by the boys. His relationships with girls continued to grow and flourish, but was still limited. He began to listen to the girl's conversations about boys and the characteristics they were finding attractive in the boys they once thought were disgusting. Devin clearly realized he was not the kind of boy a girl would like to have for a boyfriend. At the same time, his craving for male attention and acceptance

grew. Inside he felt very alone, scared and abandoned. He began to question the remarks that had been made about him, and the names he had been called throughout the years. Maybe he was gay? "Girls won't like me, boys don't accept me", was a common thought. Soon he began questioning his sexuality. He began fantasizing about being accepted by a male, held by a male, and finally loved by a male.

In an article by Richard Fitzgibbons, M.D. (2010), *The Origins of Homosexuality*, he writes: "As the betrayal pain by peers continues year after year, these males feel increasingly inadequate, confused, isolated, lonely, and weak. This harsh treatment by peers results in these youngsters having a very poor body image and a poor sense of their masculinity." The author goes on to write, "At school these children are victimized particularly during gym class. They often report feeling tortured by their peers. This anguish can be so damaging to masculine identity that it can even override the psychological benefits of having a positive father relationship. For many of these youngsters the same sex attractions and temptations begin in the sixth or seventh grade. The appeal is usually toward strong and athletic teenagers."

An adolescent male who begins questioning his sexuality as a result of a long process of ridicule now faces an even a greater problem. The craving of positive male attention may lead to sexual acting-out with other males. The individual then sexualizes his hurt and pain by

becoming sexual with other males. This provides him with some degree of acceptance and attention he has so desperately desired. He now feels the need to conceal his feelings and behaviors for fear that he will let others in his life down, such as his father, brother, or a trusted close male friend. He begins to live a life of secrecy, shame, and despair.

We live in a sports crazed culture where athletes are worshipped for their abilities and physique. A male quickly learns that boys are supposed to like sports and be athletic. However, those who work with children and adolescents need to recognize the fact that kids who are bullied, and/or do not follow the stereotypes of their gender, need to be supported as individuals. They should be encouraged to express themselves in ways that feel comfortable and positive to them. We need to teach other children and adolescents to accept others and the gifts they possess. The fact that a male has very little athletic ability does not have any true correlation with his sexuality. However, adults must realize that bullying a male about non-stereotypic behavior may generate or contribute to sexual confusion.

It is important that educators, counselors, and those in positions of authority encourage individuality and the expression of characteristics, gifts, and talents of a person. Children and adolescents deserve the right to be free from bullies and bullying behavior. The affects of bullying on male identity of masculinity and sexuality is an important area of continued research and study.

➤ *Written by: Douglas W. Carpenter, Psy.D., LP - Dr. Carpenter is a Licensed Psychologist and the Director of Addiction Services at Perspectives Counseling Centers. He has many years of clinical experience working with the adolescent population.*

For PARENTS, Perspectives Counseling Centers presents:

INTERPRETING OUR CHILDREN'S LOVE LANGUAGES

You will learn:

- ✓ What your primary love language is
- ✓ How to translate your child's love language
- ✓ How to become multilingual in all love languages



Workshop Details:

- ✓ Informative parenting help
- ✓ Workshop Booklet included
- ✓ \$35 per person/\$50 per couple
- ✓ Held in our Troy location

7:00 p.m. to 9:00 p.m.

Presented by:

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

Call (248) 244-8644 for reservations today!

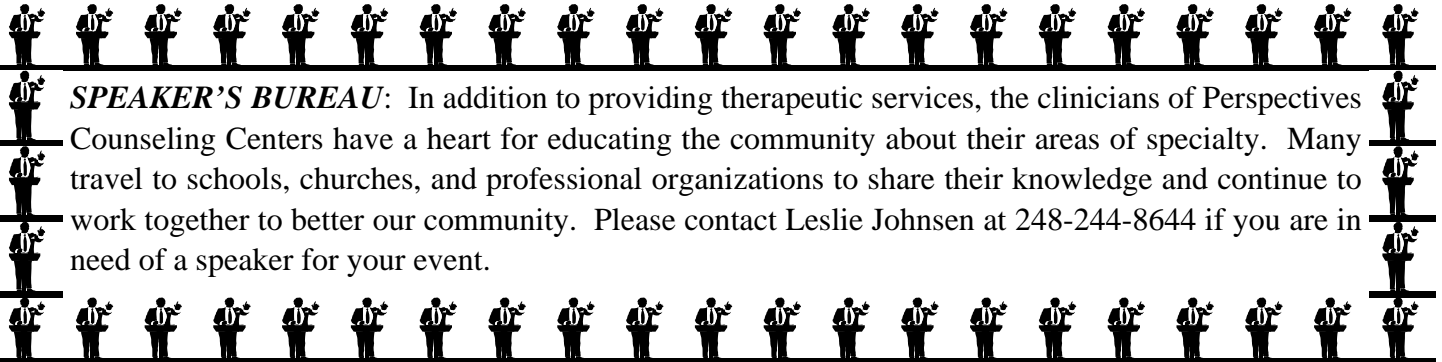
PERSPECTIVES COUNSELING CENTERS

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Sterling Heights, MI 48310

www.perspectivesoftroy.com

**EXPLORING
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SPEAKER'S BUREAU: In addition to providing therapeutic services, the clinicians of Perspectives Counseling Centers have a heart for educating the community about their areas of specialty. Many travel to schools, churches, and professional organizations to share their knowledge and continue to work together to better our community. Please contact Leslie Johnsen at 248-244-8644 if you are in need of a speaker for your event.

PERSPECTIVES serves ALL AGES at 2 locations...

With over 35 licensed professionals on staff, we also excel in the services we provide in areas of:

- ◆ *Individual, Family, and Group Therapy*
- ◆ *Children dealing with Attention deficit difficulties, Oppositional behavior, Social issues, Self-esteem issues, Adjustment reactions, Mood issues, etc.*
- ◆ *Adult therapy in areas of Depression, Anxiety, Grief/Loss, Addictions, Bipolar Disorder, etc.*
- ◆ *Marital and Relationship therapy*
- ◆ *Addiction Services including Drivers License Evaluations and Alcohol Awareness Classes*
- ◆ *Psychiatric services...* Most insurances accepted...**Call 248-244-8644**