



# From a Child's Perspective

Perspectives' 2016 Spring Open House *presents:*

## The **INVASION** of TECHNOLOGY

*How Technology is Shaping our Teens and their Relationships*

Friday March 18, 2016

9:00 am-12:00 pm

Perspectives of Troy - Troy Location

Presenters:

**John Noteware, LMSW**

Clinical Social Worker

**Diana Jennings, MS, LLP**

Director of Children's Services

**Leslie Johnsen, MA, LLP**

Clinical Director

Join us for this complimentary seminar!

Continental breakfast and seminar materials included!

Call Perspectives at **(248) 244-8644** to reserve your spot!

Space is limited-call now!

### A Note From the Children's Director-

Spring is coming and so are some wonderful opportunities for your children at Perspectives of Troy Counseling Centers! We have several groups and workshops at Perspectives to address all of your children's mental health needs. By attending a group or workshop, children are able to build vital skills and learn valuable coping strategies. They can then take these skills and strategies to help them deal with life's challenges. Perspectives has a team of clinicians that specialize in children and children's issues. We offer individual counseling and psychological testing along with the various group options. Please contact us at (248) 244-8644 for assistance and information on any of our programs.

Perspectives of Troy  
Counseling Centers  
Spring 2016

### Open House Highlights

- ⇒ Addictive patterns within technology use
- ⇒ Understanding how technology is shaping our teens
- ⇒ How we can help parents set boundaries
- ⇒ Interactive panel discussion

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Visit our website:  
[perspectivesoftroy.com](http://perspectivesoftroy.com)

Diana Jennings, MS, LLP  
Director of Children's Services

# Play Therapy 101

**E**verybody enjoys playing in some form, at some time. It is relaxing. It's fun. It allows us to take a break from work, school, and stress. Have you ever seen an adult in a setting that is typically for children, like a playground or bouncy house? Have you seen the coloring books that are made now with adults in mind? The power and importance of play is being acknowledged and accepted in many ways and the benefits are universal. Play relieves feelings of stress and boredom, connects us to people in a positive way, stimulates creative thinking and exploration, regulates our emotions, and boosts our ego (Landreth, 2002).

**W**hen you get down on the floor with a child and begin to play, you are speaking their language. Play is something they understand. Some parents are surprised, when they bring their child in for therapy, that the child is not going to be expected to sit on the couch and "talk about their problems". That format is an expectation when adults come in for therapy but not so much for a child. Most adults are comfortable with talking, have experience sharing their feelings and engaging in lengthy conversations. Most children would rather play.

**F**ortunately, Play Therapy is an evidence-based therapeutic intervention that utilizes play as the foundation for communication and interaction within the therapeutic setting. Play Therapy allows a child to use play as their language and toys as their words. The developmental ability to use abstract thinking does not occur until the age of 12. To ask a child to "process" or further understand their feelings and actions using words alone is something they are simply not developmentally equipped to do. Play Therapy allows them to process, understand and learn using a mode that they understand, enjoy, and are "good" at. This intervention can assist children in better understanding their world, developing problem solving strategies, recognizing the consequences of the choices they make and building valuable social skills.

**W**ithin Play Therapy, there are a number of different modes that can be utilized. Sandtray or Sandplay Therapy uses miniatures placed in the sand to facilitate emotional expression and nonverbal communication. Art, clay, puppets, music, movement and drama are other forms of Play Therapy. Across gender, age and presenting problem, Play Therapy is a technique that is effective, beneficial and fun!

Diana Jennings, MS, LLP specializes in clinical behavioral psychology and works with children, adolescents and adults. She specializes in anxiety disorders, eating disorders, explosive/non-compliant behaviors, parent and family conflict and depression. Diana is the Director of Children's Services at Perspectives of Troy Counseling Centers.

## Spring Workshops

### *Stress Busters Workshop*

Saturday April 30, 2016

10:00 am-3:00 pm

Girls and Boys ages 8-12

Build skills and develop coping tools to help deal with stress, anxiety, worry and fears

With Diana Jennings, MS, LLP

### *Self-Esteem Workshop*

For girls! Ages 12-18

Saturday 10:00 am-3:00 pm

Learn how to build confidence, combat bullying, address body image issues and increase self-esteem

With Kristin Bronson, MA, LPC

### *Spring Cleaning: Rid Yourself of Emotional Clutter*

Saturday, March 19, 2016

10:00 am-11:30 am

For Adults

With:

Patricia Mroch, MA, LPC, NCC

Susan Bakker, LMSW

Kristin Bronson, MA, LPC

Chris LePage, PsyD, DLLP, LMSW



For additional details on groups and workshops, please call Perspectives at (248) 244-8644!

### *Parenting Workshops*

♦ April 7- Parenting the Out-of-Control Child/Teen

♦ May TBD- Parenting the Self-Destructive Teen

## Spring Groups



Sign up now! Call Perspectives at (248) 244-8644!

### *Social Skills for Teens*

8-week group for boys and girls ages 13-18 to learn and practice social skills

Wednesdays 7:00-8:30 pm

Starts April 20, 2016

With: Diana Jennings, MS, LLP

### *Self-Control Group*

8-week group for boys ages 8-12 with anger, hyperactivity and poor impulse control

Thursdays 6:30-8:00 pm

With: Joe Lilly, LMSW

### *Teen EDGE Group*

8 week group for boys and girls ages 13-18 addressing anxiety, depression and self-injury

Tuesdays 7:30-9:00 pm

Starts March 22, 2016

With: Leslie Johnsen, MA, LLP

### *Academic Achievement Group*

8-week group for boys and girls ages 13-18 to increase motivation, initiative and confidence with school performance

Tuesdays 6:00-7:30 pm

With: LaTanya Carter, PhD, LP

## Perspectives of Troy Counseling Centers

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Sterling Hts., Michigan 48310  
Phone: **586-268-6712**



Most Insurances Accepted

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## Creativity Corner

### Plant your own Self-Esteem Garden!

- Put your name in the center of the flower
- Fill 4 of the petals with 4 things you like about yourself



- Fill 2 of the petals with 2 people who care about you
- Fill the stem with something you do well
- Fill the pot with places you like to be and things you like to do

For more information about any of our services, contact Perspectives of Troy Counseling Centers at (248) 244-8644 or visit us at [perspectivesoftroy.com](http://perspectivesoftroy.com).

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