



Perspectives of Troy Counseling Centers
 Invites You to Our
 Fall Open House

"The Many Faces of Anger"

~Tackling the Most Misunderstood Emotion~

October 21, 2016
9:00 am - 12:00 pm

Presenter:

Joe Lilly, LMSW
Anger Management Specialist

At our Troy location: 888 W. Big Beaver Rd. #1450, Troy, MI 48084
Join us for this complimentary seminar!
Continental breakfast served!

Call (248) 244-8644 to reserve your spot!
Space is limited, so call now!

FROM A CHILD'S PERSPECTIVE
Fall 2016

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Open House Highlights:

- Understand Anger From a New Perspective
- Remove the Stigma of Anger
- Discover New Tools to Manage the Complexities of Anger

Visit our website: perspectivesoftroy.com

The Do's and Don'ts of Anger
By Joe Lilly, LMSW

We've all been there: the store, the school, in church, at grandma's house. What seems routine turns into chaos when your child doesn't get their way. You know it's coming - whether they are 3, 8, or 12 - you know you're in for the dreaded temper tantrum or outburst. Sure it looks different depending on their age, but for the adult, it feels the same. You're angry, they're angry, and no one is feeling good about it. Let's talk a little bit about anger.

What exactly is anger? Anger is a strong feeling of displeasure (Merriam-Webster, Online). Anger goes deeper than that. Anger is a signal that we feel something is wrong. It may be that we feel wronged or someone we care about has been wronged, or something we care about has been wronged. Anger is such a strong and powerful emotion. It is filled with so many other emotions (i.e. sadness, frustration, embarrassment, hurt, disappointment, anxiety). Regardless, anger is nature's way of helping ourselves and our perceived vulnerabilities. Anger is a natural and normal emotion. It is also a very powerful emotion. As a result, our behavior (both children and adults) anger may get out of control and become problematic.

When does anger become a problem? Anger comes with what I like to refer to as the *Incredible Hulk Complex*. We don't turn green and quadruple in size but we feel like we have. This is when the anger takes over. We feel bigger, stronger, faster, and we have more courage. We will say things and do things that we just wouldn't do without that anger running through us. At this point, we've lost control and are willing to say and do almost anything to (1) satisfy the anger and (2) defend ourselves from any real or perceived wrong doings. Children lack the coping skills necessary to resist tantrums and parents/adults often forget use them.

What to do about anger? Here are some strategies that both you and your child can utilize:

- ***Disengage physically.*** Walk away, take a walk, go to your room.
- ***Disengage mentally.*** Take deep breaths, recall a pleasant scene, listen to music.
- ***Lighten the situation.*** Change the subject, use humor [as appropriate], gather information, offer acceptable solutions.
- ***Empower yourself.*** Utilize positive affirmations "I can do this", plan ahead to prevent the problem, learn from the experience, respond, don't react.
- ***Join the other person.*** Understand their perspective, actively listen, use positive body language, acknowledge your role in the situation, validate.
- ***DON'T give unwanted advice.*** Don't interrupt, defend yourself, react blindly, and/or jump to conclusions.

These strategies can help us to remain calm and in control so we can manage difficult situations. They can be utilized independently or can be combined. Find the strategy that is appropriate and works best in each situation. Remember, no matter how hard we try, some tantrums and outbursts are just going to happen. When they do, be present, validate, and provide consequences when necessary.

Joe Lilly, LMSW is a therapist at Perspectives' Troy Location. He leads the Self-Control/Anger group for children and teenagers. Joe works with children, adolescents, and families in problem areas associated with adjustment disorders, anger, anxiety, Attention Deficit Hyperactivity Disorder (ADHD), divorce, grief and loss, mood disorders, Oppositional Defiant Disorder (ODD), Posttraumatic Stress Disorder (PTSD), and self-esteem.

Call 248-244-8644 or visit our website at perspectivesoftroy.com for more information!

**Fall Groups and Workshops! For Children, Teens and Adults
Perspectives has the group to fit your needs!**

Stress Busters Workshop

A one day workshop for boys & girls 8-12 with stress, fears, worries or anxiety

Learn to identify your triggers & create coping strategies in a fun-filled day!

Saturday, October 29, 2016
10:00 am - 3:00 pm

Leader: *Diana Jennings, MS, LLP*



Social Skills Groups

Groups for teens & children who struggle with social challenges and social anxieties

Leader: *Diana Jennings, MS, LLP*

Self-Esteem Workshop

A one day workshop for girls 8-12 who struggle with self-esteem and body image issues

Saturday, November 5, 2016
10:00 am - 3:00 pm

Leader: *Kristin Bronson, MA, LPC*

**Call for Current Schedule
(248) 244-8644
~ ~ ~
Visit our website
perspectivesoftroy.com**

Teen Achievement Workshop

A one day workshop to increase confidence, motivation & initiative for 13-18 year olds

Saturday, November 12, 2016
10:00 am - 3:00 pm

Leader: *LaTanya Carter, Ph.D., LP*

**Parenting the Out-of-Control
Child/Teen**

An evening workshop for parents with difficult to manage children or teens

Leader: *Joe Lilly, LMSW*

Self-Control Groups

Groups for teens & children who struggle with anger, impulsivity & hyperactivity

Leader: *Joe Lilly, LMSW*

The Teen EDGE

An 8 week group for males & females who struggle with depression, anxiety or self-harm in a safe group setting

Leader: *Leslie Johnsen, MA, LLP*

Parenting the Self-Destructive Teen

An evening workshop for parents of teens with self-injurious behaviors; learning how to help & what can hurt your teen

Leader: *Leslie Johnsen, MA, LLP*

PERSPECTIVES OF TROY COUNSELING CENTERS

perspectivesoftroy.com

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Phone: **586-268-6712**

23965 Novi Road
Suite 130
Novi, MI 48375

**We are excited to
announce our
Novi Location
Grand Opening in
January 2017!**

CREATIVITY CORNER



Prepare for school by using **MINDFULNESS** exercises:

- ⇒ Close your eyes and count how many **SOUNDS** you can hear.
- ⇒ Breathe deeply. Count how many different **SMELLS** you notice.
- ⇒ Open your eyes and count how many colors you **SEE**.
- ⇒ Relax your arms and legs and notice how they **FEEL**.
- ⇒ Place a yummy snack in your mouth and enjoy the **TASTE**.

Now you have used all 5 of your senses and prepared your mind and body
for a wonderful day!

Visit Perspectives of Troy Counseling Centers' website at *perspectivesoftroy.com*!