



# FROM A CHILD'S PERSPECTIVE

Perspectives Counseling Centers  
Child and Adolescent Newsletter

Perspectives 2018 Spring Open House  
*presents:*

## **UNDER PRESSURE: OUR KIDS AND ANXIETY**

Friday April 27, 2018

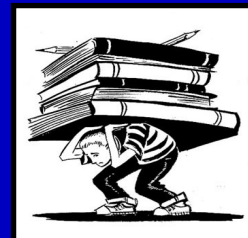
9:00 AM-12:00 PM

Perspectives Counseling Centers-Troy Location

Presenters:

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

**Michael Joy, MA, LPC**  
*Psychotherapist*



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!

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### Seminar Highlights:

- ♦ How do we know what is normal anxiety and what is a disorder?
- ♦ How do we handle anxiety issues at school?
- ♦ How do we define success?

# RESEARCH RAINBOW

## HOW DO I GET THIS CHILD TO TALK TO ME?

BY DIANA JENNINGS, MS, LLP

**W**hether we are teachers, counselors or parents, we all want our children to open up to us. We want them to talk more. We know that if they would just share more of their thoughts and feelings it would be easier for us to help them. How do we do this?

Part of a child's natural developmental process, as they enter preteen and teenage years, is to move away from the connection they have with adults in their lives and move closer to their peer group. Developmentally, this allows them to increase their independence and eventually be able to move on into adulthood. How do we ask them to do something that is opposite from what they are developmentally inclined to do?

The key is to develop a "listening environment". We do this by adopting the goal of listening and furthering the connection between us and the child. We set aside goals of needing to fix a problem or to lecture. The goal now becomes just listening, supporting and encouraging rather than fixing. We must also work at being present and showing that we are present, approachable and available. We must begin by creating times where we are not occupied by other tasks, people or devices or be prepared to set aside any and all of these if asked. Utilizing reflective listening skills will enhance the supportive and encouraging environment and will allow us to better understand the information that is being presented. The next step is recognizing whether the child is looking for feedback, solutions, problem-solving, or encouragement and recognizing that those require different responses from us.

If this is a dynamic that is new to the child and adult, it may take some time to develop the trust that is needed for this relationship to work or for the child to open up. Creating a listening environment can take time because it is about building trust and sometimes about rebuilding trust. We may have to undo negative interaction patterns that have occurred in the past. We may be faced with a child that has learned that adults don't really listen and therefore don't seem to understand them. They may be expecting the negative outcomes that occurred previously and are afraid of encountering them again. Perhaps there has been negativity or problem-solving when they were looking for simply support and encouragement.

By being that one adult that is willing to just listen, to be present, approachable, and available, to learn what the child is wanting and needing from us, we can change our connection with them and finally be able to help them open up!

Diana Jennings, MS, LLP is the Director of Children's Services at Perspectives Counseling Centers and editor of the Child and Adolescent Newsletter. Diana sees children, adolescents and adults in her practice, specializing in anxiety disorders, behavioral disorders, depression and family conflict.

# PERSPECTIVES GROUPS AND WORKSHOPS

## FOR CHILDREN AND ADOLESCENTS

### *8 Week Groups-*

- ♦ Social Skills Group (ages 8-12)
  - ♦ Social Skills Group (teens)
- ♦ Self-Control Group (ages 8-12)
  - ♦ Self-Control Group (teens)
- ♦ Cutting EDGE/Teen EDGE Group

### *1 Day Workshops-*

- ♦ Stress Busters Workshop
- ♦ Academic Motivation Workshop for Middle Schoolers
- ♦ Academic Motivation Workshop for High Schoolers
  - ♦ Self-Esteem Workshop

## FOR PARENTS

### *Evening Workshops-*

- ♦ Parenting the Out-of-Control Child/Teen
  - ♦ Building Your Student's Confidence, Motivation & Initiative
- ♦ Parenting the Self-Injurious Teen

Psychological Testing  
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Groups coming soon to our  
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## FOR ADULTS

### *8 Week Groups-*

- ♦ Men's Anger Management Group

### *1 Day Workshops-*

- ♦ Codependency Workshop for Men and Women
  - ♦ Navigating the College Experience



## Perspectives Counseling Centers

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