



Lakeview Beacon

Helping People Find Solutions
Winter 2008 Edition

Lakeview Counseling
1844 Oak Hollow Drive, Suite B

Phone: 231.929.0300
Traverse City, MI 49686

Please Join Us!

Winter Educational Workshops

Saturdays 10 –11:30am

Lakeview Counseling is dedicated to exploring new ways to reach out to the community to address various issues necessary for positive mental health.

The topics we have chosen to address in this series have much to do with each therapists' specialized training but also represent concerns that we have heard from members of our community. If there are other issues of interest to you, please share your ideas with us by contacting Barb Cain at 929-0300, ext 102 or at info@lakeviewtc.com

Raising Emotionally Healthy Adolescents With Barb Cain, ACSW on 3/15/08

*This workshop will focus on a variety of topics pertinent to parenting 21st century teens. Raising healthy teens has always been challenging and seems even more so in our current culture. This session will offer time to discuss the topics below as well as time for questions and answers and group conversation. Often, the most helpful piece in parenting teens is knowing that you are not the only one struggling to get it right!

*Brain development and understanding how this affects emotions, decision making and the need for drama.

*The pressures of being a 21st century teen.

*Why communication continues to be the most important skill to promote with your teen. It's hard not to walk away but a key is to keep letting your adolescent know that you are open for conversations, no matter the subject.

*Teens and their sense of entitlement. How to keep a sense of balance with regard to what is expected of your teen both in emotional and physical energy.

*How to manage the onslaught of sexuality and inappropriate behavior your teen is exposed to that is now considered "normal".

*Signs of depression and anxiety that are important to be aware of. In today's culture the discussion about these two mental health issues is wide open. Understanding your teen's level of awareness of stress versus anxiety and depression can help you teach tools for managing.

*Social dynamics and how your teen is managing the positive and negative aspects of friendships. Is your teen constantly changing friends? Does he/she want to be gone all the time or have they been staying home more? Understanding some of the dynamics of friendships can be helpful in better assessing the health of these relationships.

*Technology: Rights vs. privilege when it comes to privacy and access to computers, cell phones etc. What limits are appropriate when it comes to your teen and his/her screens? Developing an understanding of your personal comfort level with technology

Elements of a Couple Healthy Relationship With Carol Murray, ACSW on 1/19/08



Most people hope to be in a fulfilling and committed relationship with another adult. Some people struggle with how to be “smart” about choosing a partner or ignore the “red flags” while getting to know someone. Many of us believe that “being in love” is enough and are not prepared for the changes, frustrations and disappointments we may experience over the lifetime of a relationship. Others struggle with what to do when significant problems arise, whether it is about communication, intimacy, finances, or parenting.

This workshop will address the elements of a healthy relationship and is appropriate for couples as well as individuals, whether in a relationship or single. If we are willing to spend time and energy preparing to make a decision about buying a car, purchasing a home or making a job change, it makes sense that we also be willing to spend time and energy learning everything we can about relationships!

Topics that will be covered include: things to consider when choosing a partner, the chemistry of the three types of love, understanding the differences between the male and female brain, and how to enhance and sustain a loving relationship over time. Handouts and resource materials will be provided.

If you would like to know more about this workshop or have specific questions about yourself or your relationship, please contact: Carol Murray at 929-0300, Ext. 101

How To Talk To Kids About Sex With Jill Kimball, ACSW on 3/01/08

At every age and stage of your child’s development there are different sex education topics that need to be addressed. From a very young age children want to know where babies come from and how babies are made. In later years, children are exposed to all sorts of information and misinformation regarding their sexuality. It is vital to their health and well being that they have access to a positive source of information and support. Ideally their information source is their parent or caregiver, the education for many starts at school but should continue at home.

Please join our discussion as we explore age appropriate information to share with your children regarding sexual development, reproduction and health, relationships and values. Bring your questions and your open mind! Handouts will be provided.

***Saturday
Drop-in
sessions:***

***\$5 per
person.***

***Registration
is
encouraged
but not
required.***

***Please
contact
us
at
929-0300,
extension
100
to
register.***

The therapists at Lakeview Counseling are available to present on a variety of mental health topics. Please call our office for more information. We can offer an educational workshop for your small or large group.

**Understanding Eating Disordered Thinking:
With Laura Slaughter, LMSW, ACSW on 2/23/08**

Although many of us can be preoccupied with issues of food and weight, for some, the struggle can become a dangerous obsession. Anorexia, bulimia, compulsive eating and compulsive exercise can have serious physical, emotional and spiritual consequences. Recovery involves understanding the meaning of the eating disorder in one's life, as well as normalizing eating behaviors, improving self esteem and managing emotions. Perfectionism must be replaced by self acceptance, of our bodies and of who we are internally.

The behavior and thinking process of an eating disordered individual can be confusing and frustrating for friends and loved ones who want to be supportive. If you or someone you care about is struggling with a preoccupation with food and negative body image, please attend this morning session to learn about warning signs, causes, and paths to recovery.

**Coping skills for living with a depressed partner:
With Laura Slaughter, LMSW, ACSW on 3/08/08**

Depression is a painful and complicated disorder for both the sufferer and those in relationship with the depressed person. While depression can deplete an individual of energy and motivation, it can also be draining and frustrating for loved ones who are sympathetic, but may be unsure of how to be supportive. The non-depressed partner often feels the burden of responsibility, both to be emotionally supportive, and to carry the load of daily obligations which can be difficult for a depressed person to fulfill. Many people feel helpless and overwhelmed by the power that depression can have in their loved one's life and need to attend to their own needs for self-care in order to maintain their own health and well being.

Please attend this morning workshop to explore the impact that depression can have on relationships, and learn to take care of yourself while supporting your loved one.

**Parenting The Child With Special Needs
With Beth Boshoven, LMSW on 2/02/08**

When a child receives a diagnosis, the life of the entire family changes. Parents and children enter into a world with a new language, financial stress, medical and professional teams, community opinion, and educational concerns. Whether the diagnosis is relating to a physiological or psychological condition, families must work to develop a system to support their children and to obtain whatever services and support are necessary to maintain the child and family's quality of life.

The term "special needs" often relates to what a child cannot do, or where a child is limited. As parents and caregivers, it is our job to focus on what a child can do and where they are most successful. Often, our own issues, fears, and feelings can make this task seem impossible. When parents have the opportunity to meet others who can truly understand what they are feeling, it can make the day to day dilemmas easier to manage. Families must take the time to process feelings of loss associated with diagnosis, as well as areas of opportunity as they become available. It is normal for caregivers to feel overwhelmed by this process, and to care for themselves last.

So, how do parents maintain a healthy balance of caring for a child with a high level of need within the family? What are the best ways to work with medical professionals, school teams, and communities trying to understand what is best for your child? What strategies do you have that would help other parents? This will be a time to learn more about the psychological process of parenting a child who has special needs, the strategies that are helpful, and the support needed to walk this path successfully.

Lakeview Counseling

TO REACH US:

PHONE:
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231.933.6378

ON THE WEB!
WWW.LAKEVIEWTC.COM



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LAKEVIEW COUNSELING WINTER EDUCATION SERIES 2008

Drop-in sessions: \$5 per person. Registration is encouraged but not required.
Please contact us at 929-0300, extension 100 to register.

Saturday, January 19:
Going solo and developing healthy relationships
Carol Murray, LMSW, ACSW

Saturday, February 2: Parenting the child with special needs
Beth Boshoven, LMSW

Saturday, February 23: Understanding eating disordered thinking
Laura Slaughter, LMSW, ACSW

Saturday, March 1: How to talk to children about sex
Jill Kimball, LMSW, ACSW

Saturday, March 8: Coping skills for living with a depressed partner
Laura Slaughter, LMSW, ACSW

Saturday, March 15: Raising emotionally healthy adolescents
Barb Cain, LMSW, ACSW

***All sessions run from 10:00 to 11:30am on Saturdays.**

****If you have questions or comments regarding our newsletter please contact our editor,
Jill Kimball, ACSW at 929-0300, ext. 105***

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Director

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