

LET & ABLE Newsletter

Issue 72 .. January 2021

With as much boldness that can be mustered up, I proclaim that “The year 2021 can be the best year of my life and your life.” As surely as I’m sitting here, I believe that this year can be the best year ever for those of us who believe, have faith and step out of our comfort zone.

It is in times like these, newness of life and opportunity avails to people like you and I who have been pondering and waiting for the right time and right place to launch. In case you need more prodding and specifics, here it is. Right now there is a power shift happening in the world and in America. The shift is happening in the lives of individuals and families.

What was held up and a solid no answer three months ago, is now loosed and a yes answer. My goodness, what a feeling of excitement, confidence and relief there is in knowing that change has come and we all can rejoice and walk in our purpose.

Because of my gifting, talents, callings and training, I’m going to go ahead and give you the green light to move forward and to not look back. You and I have all the help, skills, know how, grace and strength needed to capture that which has alluded us emotionally, socially, financially and spiritually for far too long. It is ours for the taking and we deserve and need it.

Are you ready and willing to have the best year of your life ever? I’m ready and willing! Can you believe and embrace all the good and success that is available? I can and I will! Let’s set ourselves to do and to have in 2021.

Recco

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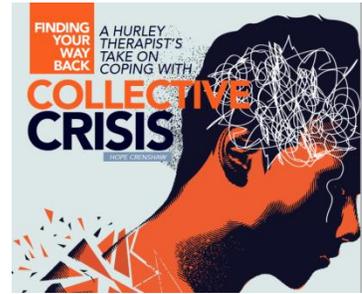
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Flint, MI

Dr. Recco In The Media (2020)



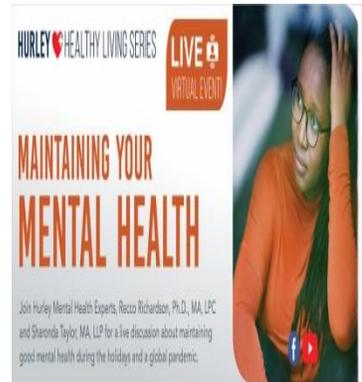
**Portraits of Excellence,
ABC 12 (January, 2020)**



**Coping With Collective
Crisis; Kudos Magazine
(October, 2020)**



**Talking With Children About
COVID-19, ABC 12 (August, 2020)**



**Mental Health During A
Pandemic, HMC Live
Stream (December, 2020)**



**Talking With Children about
COVID-19 Part II, ABC 12 Facebook Live (August, 2020)**



**Protecting Our Mental
Well Being, TCT Times
(December, 2020)**

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Effectively Parenting Your Child's Anger
By Recco Santee Richardson, Ph.D., LPC
 (Excerpts Taken From The Book "Parenting Your Child's Anger")

Introduction

Your child has anger and so do millions of other children in America. Anger has many definitions and is a normal emotion that everyone has (see chart #1). However, it is one of the few emotions that are negative and that can disrupt lives beyond repair.

We as humans utilize anger in response to negative happenings that are encountered. Although anger is a normal emotion it is often a result of being offended.

In today's society, children can have problems controlling their anger. We see it in their everyday interactions with their teachers, peers, parents and other people that play a significant anger is good and healthy.

When expressed appropriately it can result in positive outcomes. When not expressed properly or bottled up, anger can be dangerous.

Chart #1 Definitions of Anger

When you get mad or upset about something	A disoriented way to express feelings
Emotions that lead to aggressiveness	Furious emotions that get to you
When someone pushes your buttons	When you want to fight
When someone ticks you off	Feelings that make you upset
When something upsets you	Expressing emotions in a wrong way
Feelings that can lead to destruction	Turning red due to not being happy

This Feature Article Discusses

Childhood Anger

Expressing Anger

Anger Overload

Managing

Addressing Anger

Parental Tips

Anger Explored

It is believed that anger accounts for nearly 30 to 40 percent of school related negative incidents. The incidents possibly could have been prevented if those involved had been taught to control their anger.

As well, anger (and aggression) accounts for more than 40 percent of referrals to outpatient children's mental health services. Of this number, nearly 16 percent of the children actually received specialized services to address their issues. The remaining percent of the children referred to mental health services remained untreated and in the community.

In the recent past, anger was viewed from many angles and philosophies. When dissected, its internal workings and concepts are basic. There are three components of anger.

1). The Emotional State of Anger: This stage is the emotion itself, which is also known as the arousal state. It arises when there is conflict over possessions or the invading of personal space. It also arises when there is physical assault, a verbal conflict, the feeling of being rejected and issues of non-compliance.

2). Expression of Anger: This stage features the act of expressing anger. Often children express their anger through facial expressions, slouching, crying, going to sleep and talking, but little effort is made to solve the problem. In other cases children will express their anger through revenge, avoidance and averting conflict with the provocateur.

3). Understanding Anger: In this stage, the interpreting and evaluating of emotions takes place. Children are able to reflect on their anger on a limited basis. This stage features the need for children to be "guided through the process" of understanding and managing their anger so as to get their anger out. (*cont. p. 6*)

"Children need to be guided through their anger." Dr. Recco

Children Get Angry When

By Dr. Recco

They Are Tired

Life Is Not Fair

Failure Comes

Ignored By Others

Feel Like Don't Fit In

They Are Disappointed

Can Not Figure It Out

Sense Being Stuck

Blamed For Things

When Yelled At

Truth Is Not Enough

Make Poor Decisions

Do Not Understand

Life Moves On

Parents Argue

Counseling

**Individual .. Family
Marriage .. Dating**

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Getting the Anger Out

There are several ways for children to get their anger out in a positive way.

- 1). Recognize their anger triggers.
- 2). Identify the true causes of their anger.
- 3). Utilize pro-social behavior skills to prevent escalation.
- 4). Take part in mental health counseling.
- 5). Seek out friends and family members to talk to.

Anger Overload

It is believed that there is “anger” and then there is “anger overload.” An overload of anger is at work when a child’s anger regularly erupts from 0 to 10 in a matter of seconds and lingers for upwards of an hour (see chart #2). When a child’s anger is viewed as an overload, a different approach to managing and assisting should take place.

Chart #2 Features of Anger Overload

Erupts rather quickly	Is in response to feeling rejected
Features yelling and disrespect	Initiated by insignificant events
Not associated with ADHD	Difficult to anticipate episodes
Features intense reactions	Not associated with Bipolar
Feelings are consumed	Child is risk taker
Not associated with ODD	Child is typically mild

Children Get Angry When (cont.)

They Are Bullied

Change Schools Again

No One Cares

Hope Is Deferred

Have No Opportunity

Questioned Too Often

Trust Is Broken

Feel Unsupported

Embarrassed/Shamed

Caught In A Lie

Needs Not Met

Want To Be Heard

Life Deals A Blow

Can Not Control Things

Lose Motivation

What Works

Most anger overload and general anger solutions fail because a holistic approach is required. Holistic approaches include the following:

- 1). Engages the entire school system.
- 2). Has partners from the community.
- 3). Emphasis is on strengthening the family unit.
- 4). Has a clear-cut definition of what anger entails.
- 5). Addresses the environmental.
- 6). Seeks solutions for choices and consequences.
- 7). Offers anger management, conflict resolution, peer mediation training and support groups.

General Semantics

There are several effective treatments and preventive measures that teach children how to express their anger in socially acceptable ways. For example, general semantics (GS) can assist children in their effort to avoid anger.

General semantics is defined as an approach to life and events that encourages:

- 1). Delayed reactions.
- 2). Logical thinking.
- 3). Respect for relationship.
- 4). Processing and consciousness of decision making.
- 5). Self-actualization and critical thinking.
- 6). Awareness of physical body changes.

How Anger Can Help **By Dr. Recco**

Empower To Perform

Stir Positive Passion

Help Feel Alive

Make Things Plain

Initiate Change

Speed Up Processes

Underpin Arguments

Promote Unity

Get The Point Across

Speak To Problems

Encourages Truth

Exposes Wrong

Gets Back On Track

Releases Stress

Finally Listened To

Anger Management Class

Anger management classes have a long history of effectively teaching children how to manage their anger. The goal of anger management is to teach children techniques, that when utilized, decrease levels of anger and promote appropriate responses. Childhood anger management skills provide a building block for the future and decrease disruptive behaviors in the home and school settings. In addition, the skills counter delinquent behaviors and aggressiveness.

Chart #3 Anger Management Tools

The Tools	Why They Work
Coping Skills	The skills provide children with alternatives and internal resources that allows them to make the best decision possible, manage their thoughts and exercise personal restraint.
Physical Activities	The activities can release frustrations and pains in a positive manner and in a safe supervised/unsupervised environment.
Self-monitoring	Child gains confidence from recognizing and responding positively to the environment, others and stimulation. Successful self-monitoring builds confidence and esteem.
Avoiding Confrontation	The fewer the number of potential incidents, the better for the child. Avoidance takes the pressure off having to respond properly and unnecessary processing.
Counting to 10	This act gives children additional time to consider their options, process their feelings and consider positive or negative consequences.

Photos Of Happy Children/Teens



Parents, What To Do/What Not To Do:

When a child is having an anger episode or reverts to anger, there are certain things that adults should do and should not do. The list (see chart #4) is not that long. The suggestions are often utilized by adults. The key is to use the suggestions intentionally and with purpose.

Chart #4 What To Do/What Not To Do

What To Do	What Not To Do
Wait until later to talk to child	Make a child talk when angry
Make good eye contact with the child	Stare or look them up and down
Keep your voice as calm as possible	Yell or change the pitch of voice
Repeat back to the child their concerns	Minimize their concerns and responses
Validate their feelings and experiences	Ignore their feelings and experiences
Assure them that it's safe	Avoid discussing consequences early
Help them identify their feelings fears	Discount their feelings and fears
Let them lead the conversation	Take over the conversation/discussion
Keep the focus on the child	Make your feelings the focus
Remind them that problems happen	Share a story with a happy ending
Help them discuss disappointment	Remind them that you told them so
Share the truth	Change things so as to protect others
Remind them that things will be okay	Give threats and worst case scenarios

Photos Of Happy Children/Teens (cont)



Childhood Ideas That Must Be Addressed By Parents

Like most subjects, there are traditional and non-traditional ideas held by children that gives rise to anger. The “studious and insightful” parent prepares themselves to offset counter-productive ideas that lead to childhood anger that is based on irrational beliefs.

Irrational beliefs are rarely discussed when seeking to address anger issues. There are five irrational beliefs that lead to childhood anger.

1). Things should be quick and easy: Not many children enjoy waiting. Waiting can be viewed as annoying, a waste of time and a form of disrespect. As a result, when events and requests take additional “time” and additional “work” it can be tempting to make demands and become angry.

To overcome this area, it is necessary to teach children that things are the way they are for a reason and making demands and having tantrums probably will not be beneficial.

2). People should love and approve of me: It is typical and a natural desire to be loved and approved by others. When being loved and approved is viewed by a child as not being sufficient, anger can arise. To avoid this trap, it is important to teach children how to handle rejection. Rejection is best managed by acquiring a strong sense of self-acceptance. Children and adults who accept themselves (regardless of how others view them) are much more likely to avoid unhealthy levels of anger.

3). Other people make me angry: The blaming of others for our anger is not a good idea. No one can make us angry. Why? Because we have power over our emotions. The irrational belief that other people have the ability to make us angry gives them too much control over our emotions.

The fact is that we choose to become angry. We make the choice to become angry. No one forces anger upon us. To avoid blaming others for an anger episode, it is best to accept personal responsibility, ask for support, seek professional help, etc.

Successful Parenting Features By Dr. Recco

Doing & Trying

Setting Boundaries

Are Not A Friend

Following The Rules

Making Good Decisions

Being Fair

Spreading The Praise

Recognizing Changes

Wanting The Best

Loving Unconditionally

Forgiving Often

Discretion With Words

Knowing Their Child

Making Time & Space

Having Balance

4). I must have certainty in my life: The world as we know it is fast paced and ever-changing. As a result, certainty is a fleeing idea. For the most part it is impossible for things to always turn out the way a child wants. Demanding that things should “work out right” and as a child “dreams things to be” is a good recipe for anger.

“The world as we know it is fast paced and ever-changing.”

To avoid falling into the trap of needing certainty, children must learn to explore all their options, become more flexible emotionally, think out of the box and develop resiliency.

5). I must do well in everything: The irrational demand that is placed on children to “do well in everything” can result in anger. Regardless of how many skills a child has, failure to reach goals in a stated area should not create “space for anger.”

Regular successes and victories do not make children worthy or exceptional and failure does not make them “less than” the next child.

6). I must seek revenge for past harms: For children, revenge can be a positive or negative motivator. It has the ability to help children stay focused and determined. Likewise, revenge can lead children down the road of replaying embarrassment and humiliation that can result in anger.

To avoid the need for revenge, it is good for children to let others know how they feel. It is also good for children to be assertive.

“We should not accept anger influencing our children.”

Successful Parenting Features (cont.)

Parenting Creatively

Being At Peace

Embracing Wisdom

Using Resources

Expecting The Best

Asking For Help

Being Happy With Life

Having Hobbies

Taking The High Road

Listening To Others

Valuing Integrity

Being Mindful

Avoiding Anxiety

Acceptance Of Your Ex

Owning Your Mistakes

Licensure Educational Training Program (LET)

Offered by Recco S. Richardson Consulting, Inc., the Licensure Educational Training (LET) Program is an effective supervisory program that targets Limited Licensed Professional Counselors (LLPCs) who need supervision.

LET Services

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Individual Supervision: As requested, informal one-on-one sessions that provide personal attention and insightful strategies.

Communication: Unlimited monthly communication via phone, email and text.

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Treatment Planning	Personal Confidence
Clinical Diagnosis	Managing Difficult Clients
Career Planning	Grant/Proposal Writing
Ethical Dilemmas	Professional Disclosure

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