

LET & ABLE Newsletter

Issue 76 .. May 2021

Here we stand with yet another chance to proclaim and make things known to the people. My heart remains heavy and burdened for women and their overall well-being in America. If it were not for some “rotten egg” men, most women would be flourishing, and society would be at its strongest point.

Way too often, I hear story after story about how life was good for an aspiring woman until Mr. Wrong came into her life. He was once Mr. Right but for various reasons, he used his liberties and status in society to become a full-fledged thorn in the flesh for her and her purpose. This my friend needs to come to an end.

A good way for the foolery and games played by men at the expense of women is for men like me, to speak up and speak out. A real man cannot stand by passively and allow disgrace and treachery to be loosed on wholesome women. We as caring and informed men can enhance and change the trajectory of women throughout the world if we set ourselves to be the voice of authority. As men, we should not perpetuate or tolerate the abuse that is spewed at women. We must do better.

I’m sending out a hearkening, all hands-on deck, and battle cry for the men in every community to come forth and address the evilness of our brothers, uncles, buddies, nephews, and cousins that restricts women. This day and this hour, I’m rolling up my sleeves and setting myself to confront my brethren.

All in with full force is where I’m at with this subject. Are you with me? I’m convinced that this is what I’m to be doing right now. Are you convinced enough to help me? Are you convinced enough to help our mothers, sisters, wives, aunts, nieces, and daughters? Men, we need to do something and today is a good day to start.

Recco

Inside This Issue

Dr. Recco’s Corner
(p. 1)

Flyer: Counseling Office
(p. 2)

Article: What Men Need To Know About Women
(p. 3)

Women, It’s Time To
(p. 4)

LET Program
(p. 6)

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Marriage .. Dating**

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What Men Need To Know About Women **By Recco Santee Richardson, Ph.D., LPC**

Years ago, Dr. James Dobson wrote a tremendous book titled “What wives wish their husbands knew about women. “At the time that I read the book, I was 25 years old and single. I desired to be married and was in search of knowledge and guidance regarding marriage and family living. It was his words and wisdom that helped me better prepare for marriage. After 30 years of marriage to the same woman, the words found in his book continue to be one of several foundations that I stand on.

As it would be, I’m now taking time to share with those that will listen, critical relationship, family and manhood/womanhood truths that seem to regularly become the topic of my private practice counseling sessions. I’m not any sort of ally, feminist, thrill seeker, angry writer, or any other label. If anything, I’m a social scientist seeking to help men, women, families, and society move forward. Here we go! Please buckle your seat belt.

1). Know Her: To my surprise, most men do not really know much about the key women in their lives. After knowing her name, birth date and likes, there is a major gap in knowing. As men, we must take the time to know what she is all about. Our job and goal should be to know what tends to make or break her day. The quality husband/boyfriend knows her purpose and the desires of her heart. Not only that, but he sets himself to aid and assist her in whatever manner and way needed.

2). Bear Her Pains: In this world, we all will have great tribulations, let downs, and pains. However, for some reason, the pains experienced by women tend to be more detrimental to their well-being than the pains experienced by men. I have thought about this for years and can only

“Being a male is a responsibility places demands” Dr. Recco

This Article Discusses

Relationships

Family Living

True Manhood

Dwelling With Women

Destiny & Purpose

Helping Women

“As men, we have to side with what is right and expedient” Dr. Recco

conclude that the current male dominated workplace, government policies, religious belief, and social expectations, place many women in the pathway of pain and at a disadvantage from the cradle to the grave. I could be wrong about this, but I do not think so. I may not be politically correct with this but I'm surely on to something.

True manhood and husbandry require us to help carry the burdens, pains, disappointments, fears, doubts, anger, and uncertainty that women face daily. I would say that 80 percent of well-meaning men fail to help women resolve their pains, carry their cross or experience victory in key areas. Some males fail to do so because we do not believe her, somehow blame her for her current dilemma and struggles, refuse to put forth the emotional effort to help her and the list goes on. Shame on such men. Shame, shame, shame. Men, we can and should do better.

3). Support Her Relationships: Of all the things concerning women that men have trouble understanding and supporting, is her relationships. For women, the relationship with their birth father, birth mother, biological children and other women can be the tipping point of despair for clueless men. I could say so many things about this but will button it up nicely by saying as few words as possible.

Men, if the relationship is important to her, the best thing we can do is get on board or at a minimum support it as much as we can. It is not our job as men to change, approve, question, get involved with or manage the relationships of the women that we say we love. Many times, what we as men call love is flat out a need for control and jealousy ridden motives that are rooted in our own insecurities and unresolved childhood issues.

Women, It's Time To By Dr. Recco

Be True To Yourself

Live A Quality Life

Be Yourself

Protect Your Peace

Use What You Have

Know Your Value

Soar Often

Make Things Happen

Fear No One

Pay Attention

Follow Your Heart

Keep Trying

Help Yourself First

Believe What You See

Stay Safe

Avoid Doubting

Recognize Patterns

“Womanhood is an experience that must be fully expressed” Dr. Recco

4). Help & Protect Her Dreams: Everyone has a dream and goals. This includes the women that we know and have some sort of commitment to. So many times, as men and society, we expect our women to bury or put on hold their personal dreams so that they can help us reach our goals. This never has really worked out for most women.

Sometimes I want to shout to all men, “This is the 21st century Jack, so get with the new move and ways of life that requires respect and reckoning for women to be liberated and in charge of their life and dreams.”

The successful husband or boyfriend has learned to help and not hinder They have come to a place of knowing and doing what is right by women and their supporting cast. Personally, I have found it to be much easier and less stressful, to work in conjunction with my wife and daughters, female co-workers, and other women regarding their dreams and how to navigate them.

I try not to live in a fantasy world or la-la land. There is no doubt in my mind that many men that women love and cherish, will struggle forever to come into the light. They just do not have it within them or do not want to do better.

For this reason, there are several things’ women should and can do to keep on moving in life with or without the support of love relationship with a man. You can call it self-care, personal empowerment, liberation, or fearless living. In the margins (starting on page 4) are concepts that I encourage women to do every day.

Women, It’s Time To (cont.)

Live A Full Life

Process Change

**Embrace Meaningful
Things**

**Give Yourself
Permission**

Control Your Destiny

Forgive Others Often

**Make Critical
Connections**

Use Time Wisely

**Tolerate When
Necessary**

Seek Challenges

**Focus On What You
Can Do**

Fear Nothing

Find Strength

Make Things Happen

Talk To Your Children

Establish Boundaries

Lead With Conviction

Be Involved

Love Yourself

Licensing 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

Group Supervision: Monthly gatherings that review caseloads and discuss trends.

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.

Internships: Placement in a counseling center for practicum and internship duties.

Other: NCE workshops, counseling residencies, business services support, book club and scholarly writing/research.

Typical Supervision Topics

Case Conceptualization	Private Practice Insight
Treatment Planning	Personal Confidence
Clinical Diagnosis	Managing Difficult Clients
Career Planning	Grant/Proposal Writing
Ethical Dilemmas	Professional Disclosure



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