

LET & ABLE Newsletter

Issue 77 .. June 2021

We are halfway through the year 2021 and boy have I learned a lot about myself, other people, life, and business entrepreneurship. One of the main lessons and truths I have learned is the need to be prepared. Like so many others, I can spend hours being busy and fail to be prepared.

Just because we are busy, grinding, or tired, does not mean we are prepared. As I talk with various friends who are excelling and moving forward in their dreams and hopes, I consistently hear a theme of “I was prepared, and I leaped on the opportunity when it was presented to me.” They do not say they were busy, trying, or wishing. Rather, they were prepared.

To be better prepared, I have made several adjustments in my thinking and daily routine. For example, I now prepare my food instead of just cooking it. I prepare to play a round of golf, instead of merely going out and playing. I prepare for each day of the week instead of jumping into the day without a plan.

It is the little things and adjustments in life that can lead to bigger returns for us. Perhaps, just perhaps, being better prepared is what we all need right now to have more success. The break in life we have been waiting for might be wrapped in our being prepared.

We should get it in our minds, hearts, souls, and desires a goal to be prepared. I feel like shouting from the roof top “Prepare Ye, Prepare Ye, Prepare Ye.” I earnestly believe that now is the time to prepare. Will you prepare for the outpouring that is coming? I will! Will you be prepared and ready to excel and dominate? I will! Will you be ready and prepared when chance, opportunity, destiny, and purpose call your name? I will!

Recco

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A New Standing Column

Starting July 2021 Edition

Nellie Brown



"Pens It Again"

"Come experience practical, yet piercing thoughts from the heart, that enhances dreams, improves relationships, heals the heart and promotes success"

Topics

Family .. Faith

Success .. Stress

Humility .. Hope

Love .. Wisdom

Finances .. Goals

Honesty .. Emotions

Trauma .. Planning

And More!



Patience, A Pathway To Happiness & Mental Health Wellness

By Recco Santee Richardson, Ph.D., LPC

Introduction

The exploring of words has always been interesting to me. I can spend hours reading, reviewing, defining, and playing with the root meaning and importance of a word. Over the last few weeks, the word patience has come up several times during my counseling sessions with clients. It also came up a few weeks ago during our weekly bible study.

Definitions

The Webster's Revised Unabridged Dictionary records that patience is the state or quality of being patient. It is the ability and power to suffer with fortitude. Patience implies uncomplaining endurance of evils, wrongs, toil, pain, poverty, insult, oppression, and calamity. It is the act of contentedly waiting for something due or hoped for. As well, it is the act of forbearing, persevering and constancy in labor or application.

One of the Hebrew words for patience is savlanu. It means to literally bear or suffer. Derived from the root word sevel (which means pain, suffering, agony), patience is the ability to wait quietly in the face of rejection or delay. It is the ability to exercise self-control when dealing with frustrating and upsetting situations. One of the Greek words for patience is makrothumia. It means long suffering and forbearing.

The International Standard Bible Encyclopedia reports that patience is the determination of our will to suffer, endure, or wait because we should (not because we must).

This Article Discusses

Patience

Mental Wellness

Hope & Healing

Waiting Patiently

Expecting & Rewards

Clinical Therapy Definition of Patience

Psychologists, clinical therapists, and others in the field of health and human services often serve clients who must improve their level of patience. In clients' diagnoses and treatment plans, patience presents itself as impatience and other derivatives. For clients, impatience takes on the form and becomes known as intolerance, irritability, agitation, isolation, lose interest, anger, and fatigue. The below mental health words feature a reference to patience (the presence of impatience).

"In clients' diagnosis and treatment plan, patience presents itself as impatience and other derivatives."

Dr. Recco

>**ADHD:** At the root of an ADHD diagnosis is the inability to wait. This diagnosis also features struggling with impulsiveness due to believing that things are taking too long to happen.

>**Oppositional Defiance:** This diagnosis features our patience eroding and being replaced by intolerance, blame, testing the limits, stubbornness, frustration, and poor self-control.

>**Depression:** Poor life experiences can move us to levels of depression due to our patience being worn down. Once worn down, a door opens for the arrival of fatigue, irritability, frustration, and moodiness.

>**Bipolar:** One of the more popular mental health disorders, bipolar features our being unable to be patient, remain calm, and self-regulate when plans do not work out. Like an erupting volcano, this diagnosis moves us to experience emotional highs and lows, anger, and an inability to endure. (*cont. p. 6*)

"Bipolar features our being unable to be calm and self-regulate." Dr. Recco

How Patience Helps Us All

By Dr. Recco

Pushes to be aware

Helps take responsibility

Encourages to trust

Promotes being calm

Settles our soul

Reduces stress

Instills true realities

Promotes excellence

Improves energy level

Helps figure things out

Resolves problems

Improves memory

Protects boundaries

Slow down speech

Reveals options

"Be patient, or be out of sync" Dr. Recco

Counseling

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

Here To Help, Here To Serve!

Children/Adolescents: Adjustment, Anxiety, Sexual Concerns, Suicide/Cutting, ADHD, Bipolar, Poor Behaviors, Depression, Defiance, Panic, Moodiness, Defiance, Poor Academics, Moodiness, Anger & Trauma

Adults: Chang, Anxiety/Panic, Bipolar, Brief Psychosis, Depression, PTSD, Suicidal Thoughts, Co-Dependency, Chronic Stress, Relationship Problems, Employment Struggles. Moodiness, Fatigue & Decision Making

Dating/Marriage: Communication, Blended Families, Challenges, Expectations, Legal Problems, Boundaries, Adjustment, Commitment, Forgiveness, Stress, Frustration, Trust, Transition, Relationship Problems & Problem Solving

**Immediate Appointments Available
Mornings..Afternoons..Evenings..Weekends**

Major Insurances We Accept Most

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Steps & Pathways To Better Emotions

The following steps, coping skills, solutions, and pathways can help us move forward emotionally, socially, spiritually, and financially.

1). Keep Hoping: Hope is a powerful concept that helps us remain patient during tough times. It helps us to continue and believe for better outcomes regardless of the current circumstances. When there is a slimmer of hope, our emotions have a chance to endure longer and not wear down.

2). Get Quality Rest: Things in our lives can turn ugly quickly when we are not well rested. It is imperative that we get quality night-time sleep, rest through-out the day, and take part in activities that revive us. The fastest way to stay impatient is to be tired and fatigued all the time.

3). Active Waiting: While waiting on answers, people, and opportunities, it is important that we be active. Active means to engage in something that helps the wait time past. When waiting, it is good to meditate, manage things, release emotions, ground ourselves, reflect, listen, focus, think, ponder, process, and identify our values.

4). Be Consistent: When seeking better emotional outcomes, it is quite easy to trip, give up or try the wrong thing and the wrong time. The successful person has learned to be consistent day in and day out and steadfast in their convictions. When we are consistent, our emotional life becomes more stable, and we can validate our experiences properly.

5). Seek Support & Comfort: Life as we know it can be difficult. As a result, we must be willing to reach out for support and comfort at critical times. It is in the bowels of support and comfort that our emotions and mental well-being can be nourished, protected, cared for, managed, treated, and healed.

Patience Helps (cont.)

Promotes clarity

Can bring peace

Attracts success

Minimizes distractions

Solidifies dreams

Instills confidence

Helps process things

Strengthens

Manage disappointment

Explores the heart

Reveals truths

Promotes endurance

Improves our beliefs

Helps consider things

Regulates our mind

*“Patience is a virtue that
makes a difference.”*

Dr. Recco

6). Forgive: The forgiving of ourselves and others can be a difficult thing to do. In the short term and long run, unforgiveness does not help us. As it runs its course, it only hurts us and our emotional life. For this and other reasons, it is best to forgive and move on. People that walk in unforgiveness in too many areas often find themselves given to impatience, anger, despise, physical pain, addictions, drama, employment struggles, relationship problems and the list goes on.

7). Be Gentle: One of the best ways to experience better mental health is to embrace being gentle. Gentleness is the decision to extend mercy and goodness to others instead of using our words and power to oppress them. With the help of being gentle, we should endure, love, suffer, and tolerate the frailties and inabilities of those that annoy and frustrate us. Why should we be gentle? Because we too annoy, frustrate, and grieve someone.

“It is good to endure, love, suffer, and tolerate the frailties and inabilities of those that annoy and frustrate us.” Dr. Recco

8). Expected A Reward: We often forget that acts of kindness and patience often lead to our receiving a recompense or reward. While we would love to name and claim the expected reward, it is best to let God, fortune, time, the law of sowing/reaping, and karma do the selecting. So long as the earth remains, there will always be seed time, harvest time, fruitfulness, and rewards for those of us who are patient and who deliberately do what is right.

9). Be Sure To Mature: There are several ways for humans to mature. One way is via patience. Patience works things in us and works things out of us. The completed work of patience helps us mature beyond our years and experiences. It also to some degree, perfects our desire system, encourages hope, helps keep things in perspective, relieves stress, promotes acceptance, and eases our troubled minds.

Patience Helps (cont.)

Enhances planning

Builds tolerance

Promotes happiness

Soothes the soul

Liberates the mind

Empowers our will

Addresses trauma

Helps bear burdens

Stabilizes thoughts

Offers support

Mitigates frustration

Escape oppression

Improves focus

Cancels out anger

Makes things plain

“Impatience is good at attracting lack.” Dr. Recco

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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