

LET & ABLE Newsletter

Issue 78 .. July 2021

Lately, I have been asking people on a scale of 1 (poor) to 10 (great), how they would rate their lives and why. To my surprise, most of them gave a rating of 8.0 to 8.5 and shared eye-opening beliefs and views. With no level of hesitation, they proclaimed that the results they see now, are due to their putting forth hard work and effort for the last 12 to 15 months. They also said that they finally “figured” out a few things and will never look back. I recall some of them suggesting that their current day fulfillment in life is because of it being their “time to shine.”

Time to shine is a good phrase to discuss. It seems like after devastation, unprecedented struggles, world-wide calamity, and an abundance of uncertainty, the powers to be have determined that it is time. Time for what? I am glad you asked.

It is a time to shine and revenge for those of us who for the last “forever” have kept the faith, endured like a good soldier, fought the fight of faith, and hoped against hope. Right now, you can rise and have dominion, be blessed, and capture the glory of living your best life ever.

We have been waiting for an opening, a chance, and a break. Well, it’s here! It is time for things to be fulfilled according to the laws of life and words of truth. The current season of life is that which was spoken of by our ancestors and fallen heroes/heroines.

Have you decided to rise and shine? I have decided. Have you purposed in your heart that everything you need is available? I have purposed.

Recco

Inside This Issue

Dr. Recco’s Corner
(p. 1)

Flyer: Welcome Samantha
(p. 2)

Article: Our Fate/Destiny
(p. 3)

Tips: Decision-Making
(p. 5)

Flyer: Counseling Office
(p. 6)

Article: Being Successful
(p. 7)

LET Program
(p. 9)

Published By

RSRC

Recco S. Richardson Consulting, Inc.
Flint, MI

Welcome To Our Counseling Team!

Samantha Cole, MS, LLPC



Samantha Cole, MS, LLPC has a passion for assisting children, teens, and adults with their presenting concerns. She has a natural ability to develop strong therapeutic rapport and ensures a welcoming environment to individuals who desire help with defiance, impatience, anxiety, anger episodes, depression, poor concentration, moodiness, stress, and much more. Samantha's

approach to counseling is primarily cognitive behavioral therapy. As well, she also utilizes person centered and choice theory approaches. Her past work experience includes serving as a Treatment Specialist at a nearby juvenile detention center and working as a Psychiatric Care Specialist at an area hospital's in-patient treatment program. She successfully completed her practicum and internship training at a counseling center in Oakland County, MI.

For her academic training, Samantha graduated from Mott Community College (Associates in Applied Sciences), The University of Michigan-Flint (Bachelor's in Psychology) and Capella University (Master's in Clinical Mental Health Counseling).

Most Major Insurances Accepted

Recco S. Richardson Consulting, Inc.
3456 Pierson Pl., Suite C., Flushing, MI 48433
(810) 394-7815 .. reccorichardson.com

Our Clinical Counselors



Recco S. Richardson Ph.D., LPC



Rene M. Richardson, MSW, LLMSW



Tanya Y. Jefferson, MA, LLPC



Tamera Huntley, LPC, CAADC-DP

Nellie Brown "Pens It Again" 
It Was Meant To Be And The Myth Of Fate

When I was 24 years old, I made one of the most important decisions of my life. I accepted a marriage proposal from my first love. I could not have been happier! All our friends agreed that we were destined to be together and as it turned out, belief in destiny or fate was a major factor in my decision to marry.

At the time of the proposal, both I and my husband to be, whom I will call Paul, had experienced a little bit of independent adult life. I went away to college, and he traveled the world in the service industry. He also picked up additional work as a professional model and roles in commercial advertisements.

After my freshman year, I rarely returned home for visits. I was caught up in a desire to finish my degree, so I opted to remain in school year-round instead of returning home for summer breaks. As rare as it was for either of us to be in our hometown, somehow, we always managed to be at home at the same time. And since we had such a long relational history, we would spend the day together like we had never parted.

On the strength of our childhood love and one chance encounter every year for five years, we were both ready to make a lifetime commitment. We did this because, you guessed it, "it was meant to be."

*"We did this because, you guessed it,
"it was meant to be." Nellie Brown*

A common definition of fate is the development of events beyond a person's control that is determined by a supernatural power. In Greek mythology, three fates

***This Article
Discusses***

Human Agency

Our Destiny

Decision Making

What Is Fate

Human Agency

Chance



oversee every aspect of mortal life. The fates, the daughters of Zeus, Clotho, Lachesis, and Atropos, dictate the circumstance of birth, the path one's life takes and the hour of death. In essence, these fates are every aspect of predetermined and immutable.

“Destiny is defined as the events that will necessarily happen to a particular person or thing in the future.”

Nellie Brown

Similarly, destiny is defined as the events that will necessarily happen to a particular person or thing in the future. It is the hidden power believed to control what will happen in the future, fate. Indeed, I have come to know many individuals who live their lives as though this were true. As though there is little if any human agency, and that our lives are directed by forces beyond our control. These individuals wait for fate to act upon them; often using passive or uncertain language that implies an intense sense of vulnerability.

When forced to make a decision, especially one of considerable consequence, these individuals look to fate to show them a sign. However, when pressed, these same individuals will admit that they believe in free will and that they have never experienced a controlling force driving their decisions. The key word here is controlling.

A person of faith may ask for divine guidance when making decisions, but this is not to be confused with a controlling or imposing power. Seeking guidance, divine or otherwise, requires agency/action and can be essential to the decision-making process.

So, why do so many of us live our lives content to let fate or some ill-conceived notion of destiny supplant our free will?

Fate & Destiny Similar Words By Dr. Recco

Providence

Purpose

Will of God

Predestination

Fortunate

Karma

Season

Serendipity

Future

Happen

Luck

Opportunity

Potential

Ordained

Conceived



My guess is that this abdication of our decision-making power is in some cases an expression of fear. We fear making difficult, consequential decisions because if we own the decision-making process, we are accountable for the outcomes. If we are simply riding the fate train, we cannot be held accountable when life runs off track.

In other cases, we are simply ill equipped to make good decisions due to underdeveloped skills, a general lack of experience and wisdom or a combination thereof. So, it is just easier to let fate decide.

I submit to the reader that it is well worth the effort to commit to the development of sound decision-making processes. Consider the last few major decisions you have had to make. Were you confident about your decision and are you satisfied with the outcome? Upon review, what if anything would change? If you are not completely satisfied, you may have some work to do. If you are both confident in your process and satisfied with the outcome, you have a gift to share. Please find a way to pass on the gift.

So, what happened between me and Paul? Fortunately, that worked out okay. But looking back, I recognize the absurdity of relying on a simplistic view of destiny/fate when faced with a life changing decision. In a moment of thirst, fate may bring us to a stream of cool clear water or a stagnant cesspool. It is our choice, it is our decision, if we should drink.

It is my hope that this article will encourage an examination of the decision-making processes that we use every day. Why? Because the quality of our decisions can determine the quality of our lives and every now and then, a reminder about decision-making, fate and destiny are needed and in order.

Proof Of Good Decision-Making By Dr. Recco

Peace

Unity

Calmness

Clarity

Vision

Growth

Praise

Energy

Contentment

Happiness

Liberation

Creativity

Sincerity

Patience

Success



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

For More Information

Recco S. Richardson Consulting, Inc.
3456 Pierson Pl., Suite C ... Flushing, MI 48433
Dr. Recco: (810) 394-7815 ... Rene: (810) 394-4529
reccorichardson.com/counseling

Our Clinical Counselors



Recco S. Richardson Ph.D., LPC



Rene M. Richardson, MSW, LLMSW



Tamera Huntley, LPC, CAADC-DP



Tanya Y. Jefferson, MA, LLPC

Securing More Success In Life

By Recco Santee Richardson, Ph.D., LPC

Along with water, food, and love, success is something that we all need and desire. There is nothing wrong with wanting to be successful. The typical ills and problems associated with reaching success are rooted in how a person goes about achieving it. There is a right way and a wrong way to achieve success. Not only should the goal be to reach success the correct way, but a focus should be placed on having success in every area of our lives. It does us no good to be successful financially only to have unsuccessful marriages and exceptionally poor health. I personally believe that we can achieve levels of success across the spectrum of our lives.

The goal of this writing is to share tips and strategies that I (and my close friends) use to attain various levels of sustained success in life. I am not perfect, and I surely have a long way to go to reach optimum success in my deeds, words, relationships, and career path. Yet, I can speak on success with conviction and some level of authority. I will tell you right now that there are no short cuts or miracles associated with being successful. Rather, the path of success requires the below.

1). A Plan/Vision: The world in which we live is enormous. Our pursuit of success is small when compared to the vastness of what is out there in the galaxy. With this in mind, it would be foolish to not have a plan to achieve the success that we desire. A written down plan is the starting point that everything else launches from.

It is from the strength of planning and preparation, that life is given to our vision, mission statement, goals, desired outcomes, productivity, program components, assessments, and eventual success.

This Article Discusses

Success

Planning

Vision

Passion

Timing

Truth

Change

2). Passion: Success at any level requires passion. There must be a passion for the thing that is being pursued. Passion does not fizzle out. It keeps us up late at night and maintains the flame to achieve. I have found that passion is something that somewhat imprisons us and captivates our imagination and energy.

3). The Right Place: To be successful, we must know where we are and where we are going. It does not matter where we start or where we end, so long as we end up in the right place at the right time. There is a place called “there.” We will know within ourselves when we are “there” and in the “right place.”

4). Stay Positive: Setbacks, negativity, failure, and soothsayers are all part of the road to success. We must take them in stride and keep moving towards the desired goals and success. One way to do this is to stay positive, focus on the good, proclaim what is still possible, be convinced and sure of ourselves, follow our convictions, set our will to endure, and face adversity with an eternal hope.

5). Change: Success often requires us to change aspects of our nature, beliefs, and personage. When change calls our name, just accept it, make the necessary adjustments, create new processes, and move full steam ahead. When change is absent, refused or viewed as an enemy, success is driven away. Success feeds off change and change feeds off success.

6). Embrace Truth: The presence of on-going success features a love for and the embracing of truth. It is difficult to be successful when lying, cheating and manipulation are depended on. Truth is a sure foundation that can prompt sustainable growth and success. It is pure unadulterated truth that stands the test of time and rises from the dust with success in its palm.

Being Successful Requires By Dr. Recco

Motivation

A Plan

Endurance

Help

Understanding

Systems

Creativity

Trust

Leadership

Opportunity

Skill

Insight

Energy

Bravery

Learning

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



Recco Santee Richardson,
Ph.D., LPC
Author, Trainer, Educator &
Clinical Therapist

Contact Us

Recco S. Richardson
Consulting, Inc.
3456 Pierson Pl., Suite C,
Flushing, MI 48433
(810) 394-7815 (Office)
(810) 732-6657 (Fax)

Website:
reccorichardson.com

Email:
reccorichardsonphd@gmail.com

