

# **LET & ABLE Newsletter**

**Issue 79 .. August 2021**

This might sound strange and a stretch. Right now, we are living in some exciting and exceptional times. In the midst of perceived chaos, upheaval, uncertainty and illness, there remains a silver lining that is growing day by day.

The keen and wise understand that something big is already at play and is setting in place, ideas and abundance that will far exceed and succeed the troubles of the day.

What I see and what I know is that help is not only here, but it is digging in deeper and pulling out the bare essentials that can carry the next generation into places of dominion. To reap the eventual benefits of today's troubles, we cannot get caught up in the politics, wars, cancel culture and various movements that have their rightful place in society.

I dare to say that between now and the end of this year, a total over-haul and unspoken excellence will be ours for the taking. This is exciting news and something to write home about. This is the coming of the long overdue and misappropriated things coming back to our lives.

If nothing else, I'm hanging my hat on the exciting things that are befalling us all. Are you ready to hang your hat? I'm girding myself and my hopes on what is becoming more apparent. Are you girding and hoping? The window is open, and the wind is blowing. Let's both meet at the destined place and celebrate with each other the exciting and exceptional.

**Recco**

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**Published By**

**RSRC**

Recco S. Richardson Consulting, Inc.  
Flint, MI

Grace Cathedral Community Church of Flint, MI  
Kelly Richards, Senior Pastor

## **“Yes, You Can Be Healed”**

Human Development & Biblical Instructions & Prayers

*Luke 9:2 And he sent them to preach the kingdom of God, and to heal the sick.*

### **The Healing Workshop Series**

Every Thursday In October & November  
(7 pm - 8 pm ... Except Thanksgiving)

Location: Grace Cathedral Church Facebook Live  
& Virtually Via Zoom (Code 932123083)

#### **October 2021: Physical & Spiritual Healing**



Deaconess Jacqueline Ann Ferguson, is an author and trained medical administrative assistant. She is called to teach and help people experience healing.

#### **November 2021: Emotional Healing**



Dr. Recco Richardson, Ph.D., LPC, is an in-demand clinical therapist and trainer. He helps people experience personal growth and healthy emotions.

**No Cost .. Life Changing .. Powerful**

#### **There Is Healing!**

##### **Physical Sicknesses**

Cancers/Heart Problems

Diabetes/Kidneys

Arthritis/Pain Mgt

Dementia/Alzheimer's

Blood /Lung Issues

Stomach Conditions

Eyesight/Hearing

##### **Emotions & The Soul**

Depression

Anxiety

Schizophrenia

PTSD

Phobias

Bipolar

Addictions

Soul Ties

#### **RSVP Today**

gracecathedral@comcast.net  
reccorichardsonphd@gmail.com

Jacqueline: (810) 339-7896  
Dr. Recco: (810) 394-7815

## **Getting To Know Yourself Again** **By Recco Santee Richardson, PhD., LPC**

No one knows us better than we know ourselves. We are our own biggest cheerleader, worst critic, and most feared foe. Let's be honest, it has been a while since most of us "have known ourselves like we should."

Somewhere along the line, we lost ourselves. We got away from our balance. We took a detour from our destined pathway and core values. We did this and now it is time to get back to knowing ourselves again.

*"We took a detour from our destined pathway and core values." Dr. Recco*

It is of utmost importance that we connect with ourselves again and on a deeper level. Because there is not a magic wand, a concerted effort is needed to accomplish the fore-mentioned. As humans, when it's time to pursue and do what is most important, we often seek the path of less resistance and the easy way.

One of the most difficult things to do in life is find ourselves and protect who we are. The call for this hour is to get our bearings back as a result of knowing ourselves again. This call is true and needed because:

**1). Our Purpose:** There are things and ideas that we have been called to do. Our high calling and the associated goals and dreams must be fulfilled in order for others to have a chance at success. For this reason alone, it is imperative that we dig deep and find the depths of our existence and purpose for being on the earth.

The world and other people need what we are to bring forth in brightness and truth. Thus, we must get to know ourselves again.

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### ***This Article Discusses***

**Finding Ourselves**

**Fulfilling Purpose**

**Hidden Things**

**Mind & Body**

**Soul & Spirit**

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**2). Hidden Things:** Within each of us is a reservoir and wealth of goodness and great things that have the potential to turn the world upside down. We have concepts and connections in us that could very well propel society into the next great movement. We just might have within us the next discovery that changes the complexion of the world for the next 200 years. By knowing ourselves again, we can open the door of hidden things and experience breaking developments that reach nations.

**3). Becoming One:** As we become one with ourselves and within ourselves, the depths are broken up and the clouds drop down dew. It is in and at the place of oneness, that peace begins to rule in our lives and a sense of favor overtakes us. It is an amazing feeling when our mind, body, soul, and spirit are at one with each other and function at full capacity at our command. To reach such a lofty place, we must know ourselves like never before and trust the us that is revealed.

**4). We Are Unique:** In all of the world there is only one you and one me. We are unique and wonderfully made. No one can take our place no matter what. Years from now, the annals of time will report that there was never another person like us. Thus, there are responsibilities and tasks that we are to do because other people do not have the same calling, burden, desire and wherewith all to do the job like we can.

It is in our DNA to do what only we can. There is no need to copy what others do. We do not need to wish we were someone else. We are sufficient and complete. We have what it take to get the job done. We are unique and special. We cannot allow anyone to tell us otherwise. When we find ourselves again, the associated conviction and determination will help us finally accept how unique and special we are. *(continued pg. 6)*

***Why You're  
Important  
by Dr. Recco***

**We need you**

**You make a difference**

**You are insightful**

**Its not the same  
without you**

**Your smile brings life**

**You are creative**

**Problem solving is easy  
for you**

**You have a way with  
words**

**Everything is better  
when you are around**

**You make us feel safe**

**We all learn from you**

**You are trustworthy**

**Life has not made you  
bitter**

**You understand us**

**Your words heal**

# 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](http://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

**5). The Narrative:** The story of our lives is still yet being written. Regardless of the pitfalls, mountains, forged valleys, and onslaught of evil, we still yet have the pen and paper before us to write a more perfect narrative. Our goal should be to write, describe, annotate, fore-shadow, orate, scribe and document what the re-claimed version of ourselves has to offer and is willing to make happen. What the world so desperately needs is original and authentic individuals who have come to know themselves and the power that resides in them.

**6). Hear & See:** When we connect with ourselves again, what we hear and see will be much clearer and profound. The static and distractions will have to bow and let the fullness of what is to be revealed radiate in our hearts. This is what happens and is needed in our community. The world needs people like us to hear and see with razor sharp accuracy. It is time to stop making excuses and playing around. Now is the time to hear and see what is before us so that all of mankind can have a better chance to excel.

**7). Established:** The longer I live, the more I realize that it takes hard work and skills to be established. Being established is also known as being grounded, settled, blessed and in position. Once we find ourselves again, the gates and authority that govern high level decision making, wealth and physical healthiness, will submit themselves to our desires and then serve as fuel to aid us. This my friend is a way of living that is rarely experienced by people in our circles.

There is another circle of influence, ways and means, and functioning that is waiting for us. It is waiting for our renewed faith, discovery of ourselves, and the releasing of our purpose.

## ***You're Important (cont.)***

**You are determined**

**Success follows you**

**Life is easier when you  
are near**

**You are awesome**

**Favor follows you**

**Dependable describes  
you perfectly**

**Your words are loving**

**You inspire others**

**We can look up to you**

**We smile because of  
you**

**You're a breath of  
fresh air**

**Knowledge respects  
you**

**Your dreams come true**

**You are so graceful**

# 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](http://reccorichardson.com)

## *Our Clinical Counselors*



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## **Nellie Brown "Pens It Again"**

### **Delivering Customer Service With Love**

As a customer experience professional, I meet thousands of people from every walk of life. Personalities run the gamut from comical to contrary, humble to arrogant, joyful to depressed, mean, cruel and everything in between. While most of my encounters are pleasant, some are very difficult. As painful as it is to acknowledge, it seems that some individuals are determined to make us miserable.

Since customer satisfaction ranks high among corporate goals, my employer dedicates substantial time, resources, and thousands of training hours, to ensure that we as employees, are well equipped to handle difficult encounters. We are to remain poised and pleasant, offer solutions, advocate, show care, empathize, relate, and so on. There are several model statements and positive words we are encouraged to use when dealing with the irate, insulting, and belligerent.

Here is the key point. All of the technical and soft skills listed above could be programmed and delivered by a robot. Many of us in customer service roles do just that. We perform our duties robotically or with feigned emotion. One does not have to genuinely care about the customer to provide what on the surface appears to be good customer service. Surface care at the end of the day often is good enough for my employer and to the satisfied customer.

I suggest that it is better for the good of the customer and for the well-being of professional employees like myself, to be truly caring and dare I say, loving in all interactions.

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***This Article  
Discusses***

**Customer Service**

**Frustration**

**Soft Skills**

**Remaining Calm**

**Let Love Win**

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I have offered the example and being loving as a solution because I have had customer service responsibilities in various roles from entry level to executive. It can be the most rewarding or the most exhausting, disappointing, and painful aspect of the job. Hopefully many of you can relate to the experience and are thinking of difficult encounters you have had, whether on the job, with friends, family, or everyday life.

Since I am naturally non-confrontational and truly care about others, I wanted to develop a way to interact with unpleasant individuals in a way that resulted in the best emotional outcomes for all concerned parties. The way that I found that works for me is love.

*“Love is a superpower. It is a shield in the face of insult and even injury. Love is prevention and forgiving is a cure.”*  
*Nellie Brown*

In our society, where stand your ground laws and death sentences are applauded, and the ability to clap back is celebrated, it is hard to be taken seriously when speaking of loving your neighbor or loving your rude customers. Yet this is what I propose. Because when all else fails, love does not.

When you approach situations with love you cannot lose. Love is a superpower. It is a shield in the face of insult and even injury. Love is prevention and forgiving is a cure.

It can really hurt when someone is insulting and cruel towards us. Even if we try to ignore it, people can cause us great physical and emotional harm. When the damage is done, forgiveness is often argued as the first step on the road to recovery. It is the cure that allows us to move past negative emotions such fear, hatred, and vengeance.

## ***Why The Customer Is Always Right*** ***By Dr. Recco***

**They don't have to buy from you**

**They usually have a good point**

**Business policies are not a law**

**The customer/provider relationship isn't equal**

**They have expectations**

**The law tends to be on their side**

**They can use social media to taint you**

**Without them, you will go out of business**

**They can improve your service delivery**

**Agreement is better than disagreement**



When we approach life with love, the force of it is impenetrable. When we are determined to love our neighbor, we cannot be hurt. This is true because we have made up our minds that come what may, I am going to love the offender in the instant of the offense.

I am going to recognize that it is up to me to determine if I will focus my efforts and energy on being defensive or focus on the preemptive power of love.

To be clear, I am not suggesting that anything goes, or that we are to subject ourselves to all manner of abuse. I am simply saying that it is better to build a shield of love rather than a wall of apathy. Love serves as a framework for interactions, much like a built-in guidance signal.

When an interaction starts to go sideways and when people and circumstances appear to attack from every angle, love is our centerline.

*“We do not have to be moved to anger and other negative emotions that become our burdens.” Nellie Brown*

We do not have to be moved to anger and other negative emotions that become our burdens. When difficult individuals invite us to respond in kind to them, love declines the invitation. Love corrects, instructs, disciplines and when necessary, reports to appropriate authorities. Love does a lot of things, but it never seeks to harm.

The love approach is not easy, and it doesn't always come naturally. However, it is worth the effort. So, every morning, I wake up and commit to love myself and my neighbor. When I pull off the stated, at the end of the day, I am better, the people I encounter are better and I am at peace.

## ***Why The Customer Is Not Always Right***

**By Dr. Recco**

**It's not their place of business**

**Their sense of entitlement is at play**

**Being the victim doesn't make them right**

**No one is perfect, not even customers**

**Their motives can be corrupt**

**Two wrongs don't make a right**

**They struggle with being wrong and needy**

**Sometimes they simply are not happy with life**

**Their needs can't always be met by the business**



# 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:  
[reccorichardsonconsulting.com](http://reccorichardsonconsulting.com)  
Email:  
[reccorichardsonphd@gmail.com](mailto:reccorichardsonphd@gmail.com)

