

LET & ABLE Newsletter

Issue 80 ... September 2021

The older I get, the more I realize that life is interesting and something to behold all by itself. Like so many people, I can now clearly see how life is what you make it, one adventure after another. The making of life, and the associated adventures, should be valued, held dear, and never forgotten. Through the good and troubled times, at the end of the day, all we have is life and the responses we render to it. The good thing about life is the reset button. We can reset things when the desired outcomes and experiences are not sufficient or worth the effort.

Contrary to belief, because of the reset button, no one is really stuck or doomed. No, not even close. Courage to click the reset button is all that is needed to get things moving in the right direction. Right now, new opportunities, new families, new finances, new health, new vision, and newness of life are available to everyone. There is no need to wait or delay. We do not need anyone's permission to reset our lives. It is our life, and we need to live the best life that we can.

If there was time and space, I could tell you story after story of people like you and I who hit the reset button and now are living a better life. They stood up and made the quality decision to not settle for what was becoming a normal life that was filled with frustration, lack, disappointment, boredom, and isolation.

Everything you and I need in order to reset our lives, and dreams, is available and accessible. Trust me, it is there for the taking and edification of our lives. It is my personal hope that the balance of this year will prove to be fruitful and bountiful to those who dare to hit the reset button and strike out to make things happen daily. Why not hit the reset button? You have nothing to lose and everything to gain.

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

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The Importance Of Pursing Knowledge

By Recco Santee Richardson, Ph.D., LPC

I have always been enamored with the word knowledge. My father always told me to seek to know everything that you can about everything. Back in the early 1980's during my undergraduate studies at Ferris State University, the buzz word on campus was "Knowledge is Power." Now is a suitable time to discuss a good working definition of knowledge. As it is my custom, I tend to rely on the Hebrew and Greek dictionary when seeking to find out what a word means.

One of the Hebrew words for knowledge is daath. It means concern, to know, premeditation, creative skill, truth, perception, knowledge possessed by discernment, to understand, and wisdom. As well, one of the Greek words for knowledge is epignósis. It means recognition, discernment, knowledge of a particular point (directed towards a particular object), perception, discernment, and intuition. It also means to cognate, which is knowledge gained through firsthand relationship that is fitting and appropriate. Lastly, knowledge means real, acknowledge, precise, correct knowledge of things ethical, and absolute.

The abundance of information regarding knowledge can be overwhelming. One of the best ways to tackle the stated is to place knowledge in various categories of understanding. The placing of concepts in categories was introduced to me in 1995 by Dr. Anne Rawls, who at the time was a graduate school sociology professor at Wayne State University. We were studying social theories written by Durkheim, Weber, and Kant. The categorizing of in-depth concepts is probably called something else now, but I will stick with calling it categories of understanding.

People Who Pursue Knowledge ...

Will eventually be in charge

Have a better chance of being successful

Tend to view life from a broader perspective

Are known to solve problems faster

Typically focus on outcomes

Usually live on the edge

Use incidental learning

Are curious by nature

Possess innate confidence

Avoid fear of failure

Read, read, read

See what others don't see

Recognize the importance of things

Require less supervision

Tend to soar and not fly

Appear to multi-task better

Are not afraid of risk

My brief personal research efforts reveals that there are main categories of understanding regarding knowledge. The highly effective parent, mental health therapist, and leader can impart and share the below aspects of knowledge with others.

Knowledge of Ourselves: Over the last few weeks, during individual counseling sessions with clients, I challenged several of them to provide 10 answers to the question “What I need to tell myself.” Boy, did this activity help the clients accept themselves and know themselves. I was shocked by the level of honesty and personal insight that they were able to tap into.



We must place an expectation on ourselves to “Know thyself.” Dr. Recco

We must place an expectation on ourselves to “Know thyself.” Know thyself and knowledge of ourselves is not a new concept. The Ancient Greek aphorism, "Know thyself", is one of the Delphic maxims and was inscribed in the pronaos of the Temple of Apollo at Delphi. Socrates later expounded upon this phrase, when he taught that, "The unexamined life is not worth living."

What I have found is that when we set ourselves to know ourselves, other important things like success, insight, happiness, healing, and self-worth follow. *(cont. pg. 6)*

“When we set ourselves to know ourselves, other important things like success, insight, happiness, healing, and self-worth follow.” Dr. Recco

When People Abuse Knowledge ...

Lives are devastated

Arrogance prevails

The law is compromised

Additional oppression takes place

Chaos becomes the norm

Darkness appears to be light

Truth is twisted

Restraints are removed

Lewd language arises

Hearts faint daily

Hope is deferred

Correction becomes evil

Simplicity becomes complicated

Accountability vanishes

Regard for life wavers

The law becomes divisive

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

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Recco S. Richardson Ph.D., LPC



Rene M. Richardson, MSW, LLMSW



Tamera Huntley, LPC, CAADC-DP



Tanya Y. Jefferson, MA, LLPC

Knowledge of What To Do: It is hard pressed to do something when there is no frame of reference for doing it. This is where children, co-workers, and clients find themselves. They know they need to do something to improve their lives, but they are not sure of what to do.

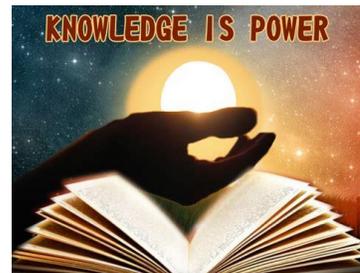
Many times, they fear trying something and failing, thus they opt to try nothing. As caring adults, it is our job to help others determine a path to take before they act. I'm often reminded that today's culture, and world, features no time for people to continue fumbling their plans and heart's desire. Because of this, it is extremely critical that individuals be given information that steers them in the right direction.

Knowledge To Lead People: A quick glance reveals that most of our knowledge is needed when dealing with people and situations that may or may not directly involve us. Because of this, there is a need to know how to lead others. We sorely need the ability to judge situations and actions to ascertain the best possible outcomes for all involved.

Good judgment and understanding is available because of having knowledge and a sense of how to interact, associate with, and process our relationships with others.

Knowledge Produces Stability & Strength: Of all the aspects of knowledge, what I love and appreciate the most is its ability to produce stability and strength in our lives and in the lives of those that we service. We are only as strong as the knowledge that we stand firm on, comprehend, and release in our daily lives.

Knowledge Reminders Gallery



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

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Our Clinical Counselors



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Nellie Brown "Pens It Again" 
Delivering Customer Service With Love

Moving On From Childhood Sexual Abuse

Introduction

Child Sexual Abuse (CSA) is a particularly sinister act of violence in part because it often results in a villainization of the victim that is subsequently, internalized. This tragedy is made worse by the alarming prevalence rate of CSA throughout and across societies.

Findings from a recent study conducted by Darkness to Light, a child advocacy organization, reveals that: 1 in 7 girls, 1 in 25 boys and up to 12 percent of children in the United States will experience contact sexual abuse (i.e., rape, sexual touching) before the age of 18. For example, in 2018 nearly four million babies were born in the U.S. and of them, at least 400,000 will suffer contact sexual abuse during their childhood. These children will represent every race, culture, and socioeconomic status in the United States. Sadly, the average rate of incidence is similar throughout the world. Each of these statistics have faces, lives, and families attached.

"Each of these statistics have faces, lives, and families attached." Nellie Brown

The study cited above limits its focus to contact child sexual abuse as it is deemed more accurate and objective because of clearer definitions (contact abuse requires touching). This article will detail the equally devastating outcomes and fallout that attends both contact and non-contact child sexual abuse (i.e., sexual harassment or exposure to sexual activity either firsthand or via print and electronic media).

This Article Discusses
Child Sexual Abuse
Psychology of Abuse
Character
Support



This writing is not an attempt to contribute to the body of scholarly literature on the subject, but to guide the reader through a journey of reflection and realization.

Reflection on the traumas currently inherent in the human experience and the realization all of us, especially Christians, have the power to prevent and/or prevail against all forms of human suffering. The task before us is to eliminate and mitigate against human trauma such that our journey does not end in tears, but triumph!

“There is a way to prevent and/or prevail against all forms of human suffering.” Nellie Brown

The Psychology of Abuse

The science of psychology, has for a long time, studied the impact of abuse experienced in childhood. The result of this study and others reveal the multiple adverse effects of child sexual abuse on the psychological wellbeing of the victim:

Adverse Effect Of Child Sexual Abuse

Post-traumatic stress disorder	Depression
Low Self-esteem	Anxiety/Panic
Guilt and Shame	Anger/Apathy
Body Image Concerns	Eating Disorders
Substance Abuse	Suicide
Hopelessness	Slow Development

“Psychology, has for a long time, studied the impact of abuse experienced in childhood.” Nellie Brown

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It is common to struggle with negative emotions and behaviors associated with sexual abuse, including feeling ashamed. A common definition of shame is - a condition of humiliating disgrace or disrepute. The two key components of shame are disgrace and disrepute. Disgrace meaning a reversal of favor and disrepute a reversal of good and favorable reputation.

Positive Outcomes & Concluding Thoughts

The trauma of any type of abuse can shape character. To experience the stated, we must determine to live a life that reflects compassion, honesty, integrity, reliability, trustworthiness, authenticity, resilience, perseverance, respectfulness, forgiveness, willingness to make tough decisions, never give up spirit, advocacy, and of course humility.

Never let pride prevent you from seeking natural and spiritual help. The development of the stated characteristics can be the foundation of achievement in life.

“Good quality support can help avoid becoming depressed, anxious, and a target of addictions.”

Nellie Brown

A decision to share experiences of abuse is important. With the help of loving parents, close friends, being active, pursuing opportunities, relieving stressors, the impact of the abuse can be addressed better. There is community support in place to help those in need. Excellent quality support can help avoid becoming depressed, anxious, and a target of addictions.

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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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