

LET & ABLE Newsletter

Issue 83 ... December 2021

Personal boundaries! These are familiar words that can make or break our happiness. For some reason, regularly there are people in our lives that violate boundaries and get too emmeshed in our lives. While we love and appreciate them, we do not need or want them having too much access to our personage and goals.

The question becomes why do we allow people to tie their own dreams and negative issues into our lives and what we are attempting to do? For some of us, we do not have the fortitude, emotional skills, wherewithal, or strength to keep such intruders out of our soulish realm and away from our meaningful daily living. You and I can not enter the year 2022 carrying the burden of everyone else's problems, lacks, struggles, insecurities, failures, and fears. This we absolutely can not do. We must get beyond caring about others to the point of harming ourselves.

Right now, I'm giving all of us permission to say "no" to all future request that are not healthy for us. We are released from trying and needing to be something for them that we are not and that we do not desire to be. The power of the grave, what momma said, and the expectations of the world are not the law of the land. We do not have to acquiesce to the demands placed on us by other people or any idea that is counter-productive to our moving forward,

It is time for us to breath and live a happier life. The breathing and happiness can not take place so long as "you know who and you know what" continues to violate our boundaries and wreak havoc in our lives. I'm so ready to re-establish healthy boundaries in my life. Are you ready? I'm at the point of looking out for myself and my family first. Are you at this point yet?

Dr. Recco

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Published By

RSRC

Recco S. Richardson Consulting, Inc.
Flint, MI

Getting Real Answers For Your Life

By Recco Santee Richardson, Ph.D., LPC

Several truths ring loud and clear regarding our lives and the world that we live in. One truth is the fact that we need answers for our lives. Most of us have experienced success after success in meaningful areas, yet can find ourselves needing answers in another area. The need for good and quality answers for life will never end.

It takes very little for the questions in our minds to be confronted with discouragement, mountains, and vanity. This along with the absence of peace can lead us down a road of unanswered prayers and lingering questions that could set us free. The climb towards getting real answers is a journey that has no short cuts. The sky is truly the limit, and we still have the potential to secure answers if we follow principles such as the ones found below.

1). The Extra Step: Most of the answers that we need in life are right before us. I believe that every day, exactly what we need to have and know passes right by us. One way to snag what we need is to go the extra step. It is amazing how many people give up and quit when they are so close to securing what they asked for. The wise person figures out a way to know how much more to do and when to do it. From here, they find the right time and day to pursue what is desired. The wise cradle in their hearts the mission at hand and allows it to motivate them towards great outcomes.

2). Keep Believing: It is rather easy to believe and be pumped up when things are going right, and the winds of adversity are miles away. It is during the dry seasons and just before the breaking of day that we must keep believing. We have to hold fast to what we hope for and have set our passion to have. Believing requires that we have a fixed heart and made-up mind regarding what is important to us. *(cont. pg 4)*

This Article Discusses

Securing Answers

The Right Steps

Keep Believing

Thankfulness

Using Our Voice

COUNSELING

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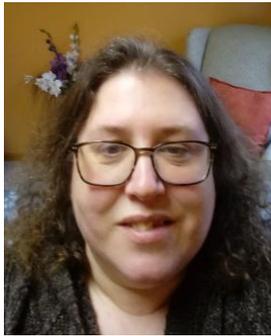
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Relationships
Moodiness
Fatigue

Dating/Marriage

Communication
Challenges
Expectations
Legal Problems
Commitment
Forgiveness
Finances
Trust

We can no longer afford for external things like our children, self-doubt, fake friends, and hostile work environments, to keep us from believing. It is during trouble and things going wrong that we should not be distressed, perplexed, or bothered by the resistance and persecution. Rather, it is in times like these that there is a need to gird ourselves, re-focus, and keep believing that the answer is on the way. At the end of the day, everything comes down to if we believe and really want answers that resolve the competing realities in our lives.

3). Be Thankful: The state and condition of our heart and mind can have a tremendous bearing on securing answers. An angry heart and soul that is filled with detest, unforgiveness, greed, blame, debauchery, selfishness, narrow mindedness, and arrogance can flat out chase answers and good things away from us. A life and a fountain should not bring forth sweetness and bitterness simultaneously. The calling for this hour is to be at a place where we are thankful for the good and the bad, the pretty and the ugly, the wins and the loses, and the right and the wrong.

It does us no good to pick up a contrite and messed up spirit when we do not get what we want. For the mature soul, when things go absent without official leave and what was planned fails to happen, the act and decision to be thankful makes all the difference in the world. It makes a difference because it has the ability to bring the idea back into our lives. That's right! Being thankful can bring about a second chance for us to have our questions answered.

4). Use Your Voice: At critical times, we must be willing to use our voice. The depending on others to speak for us, advocate on our behalf, intervene and stand in the gap is not always the best way to secure answers. Our story and our voices carries weight. What we have to say can only be said by us. For this and many other reasons, it is of utmost important that we lift our voices and gather up enough strength to proclaim the experiences and answers that we need.

How To Ask For Something *By Dr. Recco*

Be Appreciative

Sincerely Ask

Avoid Lying

Have A Good Heart

Know Your Limits

Expect An Answer

Plan Accordingly

Have Faith

Be Sure

Address The Fear

Wait Patiently

Have A Back Up Plan

Recognize Your Worth

Be Thankful

Don't Rush

Do What Is Right

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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