

# ***LET & ABLE Newsletter***

***Issue 84 ... January 2022***

A thirst for task completion is the calling card for happiness in 2022. I'm finding that to be the best that I can be, requires that "I thirst and want it" no matter the cost. There is a cost and sacrifice required of us if we desire to expand our territory, embrace our callings, execute at higher levels, and procure various promises. Each and every day, the cost of doing business like we desire, increases drastically. As a result, we have to up our game and set ourselves to manage our eventual victory.

We as a people, if the price and cost are paid, have the ability to win and win again. There is no limit to the level of success and joy that we can experience here on earth. The limitations that exist are only as strong and real, as we allow them to be. When utilized consistently and with care, we have the power and authority to get the job done and experience victory after victory.

Here is what I want you to do. I want you to gird yourself and settle your heart on what is most important to you. Then, I want you to count up the cost and determine if you are really willing to pay the price. Next, I want you to set goals and deadlines that help monitor your progress. Lastly, I want you to stand the test of time and not let anything disrupt your intentions. By doing and living the stated, you will quench your thirst, accomplish goals, and enter places of task completion and regular success.

I'm ready to increase my thirst. Are you ready? I want to finish my tasks and the race set before me. Do you want the same things? I want to be happier and blessed in 2022. Is this your goal too? Today and tomorrow are a good time to focus on getting things done and entering into the joys of what life has to offer. This is our time, and it is our season.

***Dr. Recco***

## **Inside This Issue**

**Dr. Recco's Corner**  
**(p. 1)**

**Article: Securing Joy**  
**(p. 2)**

**Flyer: Counseling Office**  
**(p. 3)**

**Tips: Why Joy Matters**  
**(p. 4)**

**Info: LET Program**  
**(p. 6)**

**Published By**

**RSRC**

**Recco S. Richardson Consulting, Inc.**  
**Flint, MI**

## **Securing Joy In Your Life** *By Recco Santee Richardson, Ph.D., LPC*

The start of 2022 is an excellent time to discuss joy. For most of us, now is a good time to secure more joy that carries us through difficult and depressing times. Upon closer examination, joy is a somewhat complex concept that can easily elude the best of us. Below is a set of definitions of joy.

**Hebrew Definition:** (Simchah): To be glad and possess. To experience delight and to be festive. It is to experience happiness, pleasure, and to be gleeful.

**Greek Definition:** (Chara): To have, be given to charm and calm delight. It is to fare-well, be glad, God speed, and rejoice. It implies to be well as in farewell. By extension from xará, it means to extend favor or lean towards. Lastly, it means grace recognized.

**English Definition:** The state of mind and an orientation of the heart. It is a state of contentment, confidence, and hope. In essence it is something or someone that provides a source of happiness, feelings of great delight, and pleasure. It is an emotion that is evoked by well-being, success, or good fortune. By extension it is the state or quality of being lighthearted or to have intense happiness.

On many levels, joy is the response to something happening to us. It is our way of acknowledging or knowing that goodness still exists in the earth. The mature and wise person has learned to consider and count all things that happen to them with joy. They have learned that complaining, making excuses, ignoring, and becoming angry does not help their situations and only highlights their situational inability to withstand life occurrences. *(cont. page 4)*

### **This Article Discusses**

**Definitions Of Joy**

**Gladness & Cheer**

**Why Joy Matters**

**The 5 A's Of Joy**

*“On some levels, joy is a  
decision that we make.”*

*Dr. Recco*

# COUNSELING

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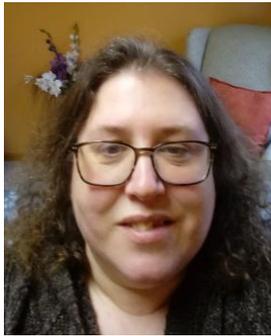
## Our Clinical Counselors



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## **We Help & Serve**

### Children/Adolescents

**Anxiety/Panic**  
**Sexual Concerns**  
**Suicide/Cutting**  
**ADHD**  
**Poor Behaviors**  
**Depression**  
**Defiance**  
**Panic**  
**Moodiness**  
**School Problems**  
**Autism Spectrum**

### Adults/Young Adults

**Anxiety**  
**Bipolar**  
**Depression**  
**PTSD**  
**Suicidal**  
**Chronic Stress**  
**Relationships**  
**Moodiness**  
**Fatigue**

### Dating/Marriage

**Communication**  
**Challenges**  
**Expectations**  
**Legal Problems**  
**Commitment**  
**Forgiveness**

On a personal and professional life, I'm finding that we all tend to fail to pay the price to have joy. We will work hard to give and receive love and we will toil and persevere with the most difficult people in the world. Yet, we tend to skip over the importance and need to have joy in our lives. Of all the fruits of the spirit, joy is the one that we tend to not talk about much. This should not be the case. Each and every day, our goal should be to have joy and to experience the fullness of what life has to offer us. When barriers arise that hinder our joy, efforts should be made to confront and destroy the hinderances. This is something we have to do. No one else will do it for us.

The below five A's can help us secure more joy.

**Acknowledge & Hear:** To experience on-going joy, we have to acknowledge, hear, and take advantage of opportunities that have the potential to release joy in our lives. The opportunities often are disguised and present themselves as common day occurrences. If nothing else, we must learn to hear and perceive the joy that can be presented to us. This can be accomplished by making up our minds to rejoice in all things, break forth in purposeful affirmations and seek to be comforted by our efforts. This we should do because there is a redeeming quality associated with joy.

**Avoid Being Angry:** I have found that a serious enemy of joy is anger. Anger is not our friend, yet we call upon it rather often. The mature soul has learned that life situations that come to anger us, are not permanent. They are only a test and a chance to show that we have conquered the subject and can now experience relief and joy.

## **Why Joy Matters**

**By Dr. Recco**

**Helps Us Believe**

**Gives Strength**

**Aligns With Hope**

**Comes At Right Time**

**Promotes Victory**

**Helps Us Understand**

**Is A Change Agent**

**Instills Confidence**

**Settles Our Mind**

**Encourages Risk Taking**

**Attached To Promises**

**Levels The Playing Field**

**Address Our Trauma**

*“We can not wait for others to complete our joy.” Dr. Recco*

**Accept Your Joy:** There is nothing wrong with being joyful. For some reason, we often limit or reject opportunities to be happy and joyful. It is as if we are afraid to express and enjoy the good things that happen in our lives. We can not let the opinions and misfortunes of others, drive us to the point of minimizing and rejecting our own joy. This is not fair to us at all. The people in our lives that are annoyed by our joy and success probably should no longer be a part of our circles.

**Appreciate Others:** While some people in our lives are annoying, there are others that are wonderful and a blessing. These individuals should be embraced and valued far above rubies. With no doubt, it takes others to help us reach our full joy and potential in life. Their roles can be small or great and set us on a path of good success all the days of our lives. As result, it is important that we appreciate and esteem those that add strength and accountability to our lives. We need them and the resulting joy, just as much as we need water and food.

**Accountability:** The refusal to be accountable for our actions and beliefs is at odds with our joy. For various reasons, we tend to avoid being held to standards and practices that govern our morals, decisions, desires, and interactions. The poor execution in the stated areas that can chase away opportunities for us to increase our level of joy.

All of us must recognize the critical and intentional relationship between having joy and being accountable. Loose cannons that exist due to side-stepping accountability, have the ability to destroy hopeful gains and joyful living.

## **Why Joy (cont.)**

**Carries Thru Troubles**

**Helps Us Celebrate**

**Instills Endurance**

**Offers Solutions**

**Makes Life Easier**

**Brings Glad Tidings**

**Helps Us Move On**

**Comes At Right Time**

**Can Instill Vision**

**It's Point Of Reference**

**Can Be A Weapon**

**Sets The Tone**

*“Having joy is worth the effort and sacrifice.”*

*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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