

LET & ABLE Newsletter

Issue 85 ... February 2022

At the end of the day, it is our responsibility to feel good about the efforts that we put forth. We have to be able to look at ourselves in the mirror and report feeling good about various outcomes.

When we consider our needs and wants, somewhere in the equation, the onus must also be placed on us. It's our life, and ours to live by grace that is bestowed us. In other words, "If it is to be, it is up to me." I'm not convinced that most adults subscribe to this belief, and to be honest, I'm not sure if the next generation does either. This is not good and may cause the next 25 years to be interesting and tumultuous. Someone (and a lot of them) has to stand forth and encourage self-accountability, self-sufficiency, and all the other, "Self," concepts that can be thought of. This is not a liberal or conservative issue. Rather, it is a call for the betterment of families and society, one person at a time.

Caring parents and working professionals have a responsibility and personal mandate to promote self-actualization and maximum life experiences. We have to move towards additional critical discussions and debates regarding the overall welfare of individuals, families, and the world. This is no easy task but a necessary one all the same.

The under-estimating of our individual and collective abilities should not take place. This is not the conversation for this hour. Like a reed blowing in the wind, our message and guidance have the ability to be carried to, and impact, every city and village. There is no limit to what we can do and achieve. Are you willing to make it a point to push micro and macro change at every level? I'm willing. Will you push for benefits that help the masses? I will push. Our push and effort would be well worth the effort.

Dr. Recco

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How Being Raised In Poverty Helped Me

Recco Santee Richardson, Ph.D., LPC

The current pursuit of our research team to investigate and find solutions regarding poverty leads me to my own experience of having been raised poor. While I have verbalized without hesitation my experiences, to openly write about the impact in a personal manner, is something that doesn't happen often and can be considered uncharted waters. The negative outcomes associated with poverty are well documented and easy to talk about. Yet, there are positives that can be gained from impoverished experiences.

“There are positives that can be gained from impoverished experiences.” Dr. Recco

Now is a good time to discuss poverty and how it has helped me.

Importance of Family: If nothing else, poverty has taught and helped me to value my nuclear, and extended family. While my family may not have had much in terms of material things, what we did have in abundance was each other. Memories from my childhood keep me grounded and appreciative of the good and bad times.

Unconditional Regard for Others: Like most people, I have had to overcome personal isms regarding other people. There is no doubt that I have had my share of shady, ill-intended, malicious and manipulative people in my life.

However, my history of poverty propels me to accept and value others regardless of their lack of kindness towards me, race, creed, color, religious beliefs, life views, social status, and personal orientations. In a nutshell, being the son of poverty helps me to forgive, embrace, and be open-hearted towards all people.

This Article Discusses

Poverty Experiences

Benefits Of Poverty

Personal Forgiveness

Chance & Hope

Work Ethic: Let's face it, I like to work and get meaningful things done. While poverty may have intended to steal and produce within me inadequate motivation, laziness, and the search for short-cuts, it ended up depositing a desire to work and achieve.

I'm not sure how or when it happened, but a quality work ethic was developed in me. And yes, I'm glad about it. For me, joyful and complete living happens when I work and honestly earn money.

Optimism & Hope: My share of past and current difficult times and victimization mirrors that of most people. It is my strong belief that when life deals me blows and challenges, my close acquaintance with poverty helps me to call upon inner strength, trust in spiritual principles/teachings, and hold on to faith with resilience.

The ability to hope and hold on when poverty tried to hold me back was no easy task. However, the inner resolve to be free and to have means, was available and I took advantage of it.

Chance & Opportunity: I'm finding that windows of chance and opportunity that provide an escape from poverty often come unannounced. The key for me was ceasing the opportunity to make things happen.

I had to be ready for the major breaks and chances in life that could help balance out capitalism and a series of unfortunate events that promoted poverty.

“Windows of chance and opportunity that provide an escape from poverty often come unannounced.” Dr. Recco

Hindsight Truths: For me, what I know about poverty is becoming clearer. I now know that it is not invincible. I also now know that to overcome the perils of poverty, systems of oppression must be addressed. Lastly, I now know that good decision-making and solid character helped me break the cycle of poverty in my life.

Thoughts About Poverty By Dr. Recco

Should not be tolerated

Is a daily lifestyle

Becomes a mind-set

Depends of fear

Promotes self-doubt

Can be addressed

Encourages complacency

Is not our friend

Exist because of systems

Features pain and hurt

Impacts too many people

Can be generational

Is intentional

Over-rides our will

COUNSELING

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**Immediate Appointments Available
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We Accept Most Major Insurances

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Children/Adolescents

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School Problems
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Bipolar
Depression
PTSD
Suicidal
Chronic Stress
Relationships
Moodiness
Fatigue**

Dating/Marriage

**Communication
Challenges
Expectations
Legal Problems
Commitment
Forgiveness**

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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