

LET & ABLE Newsletter

Issue 86 ... March 2022

Right before our eyes, a changing of the guards is taking place. The old is being ushered out and newness is springing forth. For many of us who have stood firm and held up the fort for years, our prayers have been answered. We now must accept the required change and someone taking our place.

Thanksgiving 2021, my wife and our two adult daughters waited for the perfect moment to talk with me about my work schedule. For years they lamented about how much I worked and how the long hours appeared to be catching up with me physically. In my typical mode and fashion, I minimized their concerns and said I will do better soon.

On January 6, 2022, right before my eyes, I saw a flash of what could happen if I did not change my work schedule and allow whatever was new, to come to the fore-front. Effective February 2022, I made a quality decision and changed my work schedule.

Needless to say, now my life and workload are lighter, more fruitful, and healthier. The new that I allowed in is wonderful and opened the door for me to experience another dimension of living and self-care. It also opened a pathway for talented people to take over.

I can say with surety that a changing of the guards took place in my life. Are you willing to allow a change to take place in your guards? I didn't have to keep the pace that I was moving and working at. Are you willing to change your moves and pace? My time as the point man for everything was over. Are you willing to come to the same conclusion and get out of the way of the person that should be doing what you refuse to stop doing?

Dr. Recco

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Flint, MI

The "Family Living Video" Series With Dr. Recco



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Every Month Regarding
Children & Adults**

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Your Toxic Relationships
Boys & The Absent Father
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I Want To Trust Others
Getting Unstuck In Life
A Way Called Mindfulness
Stress Tolerance Works
No More Anxiety For Me
Kicking ADHD & ODD
Learning To Love Again
Emotional Intelligence
Finding Me For Myself



Recco Richardson, Ph.D., LPC
Author, Trainer, Educator
& Clinical Therapist

**Emotional Intelligence, Trauma & Children
From Single Parent Homes
By Recco Santee Richardson, Ph.D., LPC**

Statistics

By the age 15, it is possible that 50 percent of all children in the United States will have lived in a single-parent home. It is theorized that perhaps 27 percent of all United States children live in single-parent families (at a minimum 53 percent of African American children live in a single-parent family). It is believed that women head the majority of single-parent families. About 7 percent of single-parent families are headed by men.

Father Absent Homes

The impact of absent fathers is real and far reaching. The scope of reach includes academic outcomes of children. As a result, for years there have been studies, research, and outreach efforts to quantify the experience and promote solutions. The research and authorship regarding differences between children raised in father-absent (FA) and father-present (FP) homes paints a rather gloom picture. Research has shown that FA children graduate from high school and attend college at a lower rate, perform worse on standardized tests, and are more likely to use drugs than children from FP homes.

“The impact of absent fathers is real and far reaching.” Dr. Recco

However, regardless of the absence of fathers in the home, there is a growing number of mother-headed single-parent home children who are performing well. They are achieving at life outcome levels that close the gap and are near that of two-parents’ home children. This article will offer solutions and strategies for closing the fore-mentioned life outcomes gap.

**This Article
Discusses**

Emotional Intelligence
The Impact Of Trauma
Absent Fathers
Negotiating Life
Consistency’s Role

Closing The Gap

A cited and examined area of children is their intelligence and propensity to learn. For all children, critical to their life outcomes is the relationship between their emotions, intelligence, and academic learning. When discussing and comparing children from two-parents' homes and single-parent homes, the role that emotions play in intelligence and learning are often overlooked.

An under-discussed concept that impacts the life outcomes of children is emotional intelligence. Emotional intelligence is the ability and the capacity to be aware of, control, express one's emotions, and handle interpersonal relationships judiciously and empathetically.

“The number one enemy of self-esteem and emotional intelligence is traumatic experiences.”

Dr. Recco

It is possible that children from single-parent homes are just as intelligent as children reared in two-parents' homes. However, for some children reared in single-parent homes, the lack of resources, inconsistent parenting, the presence of several siblings and other concepts can lead to on-going traumatic experiences. The number one enemy of self-esteem and emotional intelligence is traumatic experiences. Repeated exposure to trauma has the ability to interfere with intelligence, emotions, and learning outcomes. Traumatic experiences can find their way into two-parents and single-parent homes.

Solutions & Answers

Below are several solutions and answers that lessen the impact of being raised in a single-parent home.

1). Address The Trauma: Efforts to close the door on the impact of trauma on a child is necessary. Once the trauma is closed off and addressed, a child can

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How Children Can Cope With Absent Fathers By Dr. Recco

Improve Esteem Level

Stay Busy

Healthy Friend Groups

Practice Acceptance

Strive To Achieve

Believe In Yourself

Pursue Knowledge

Process Things Fully

Fear Nothing

Always Be Grateful

Focus On The Positives

Set Good Boundaries

Learn To Trust

Let Go Of The Pain

Be Led By Passion

COUNSELING

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Relationships
Moodiness
Fatigue

Dating/Marriage

Communication
Challenges
Expectations
Legal Problems
Commitment
Forgiveness

and have healthier memories. Being free from the pains of not seeing their birth father

experience stability trust that liberates them to dream big, learn better, have more joy, display appropriate emotions, and have more gratitude.

2). Enhanced Self-Esteem: Children need adequate self-esteem. Increased self-esteem can lead to additional confidence that promotes self-mastery, academic stamina, bravery, and motivation to excel.

The stated ideas can propel a child to overcome the sting of not having their birth father in their life.

3). Emotional Intelligence: It is held that emotional intelligence is likely to underlie social competence and mediate the contribution of achievement to self-esteem.

As well, emotional intelligence has the ability to be a strong determinant of self-esteem. Once quality self-esteem is in place, the absence of the birth father is not as annoying.

“Emotional Intelligence has the ability to be a strong determinant of self-esteem.” Dr. Recco

4). Negotiating Life: The ability to properly negotiate circumstances can help all children cope and adjust to life issues. When able to be flexible mentally, friendly towards change, willing to bend, and agile socially, children are better able to manage life. They are also better able to deal with not having their birth father in the home.

5). Consistency: As a solution, consistency is the calling card for helping all children, including single-parent home children, address and overcome the trauma and stressors in their lives.

Being consistent helps children overcome the ills associated with being raised in a single parent home and not seeing their birth father/mother regularly.

Cope With Absent Fathers (cont.)

Secure Good Mentors

Travel & Explore

Read, Read, Read

Accept Change

Be Willing To Grow

Be Genuine & Honest

Work Hard Daily

Pursue Challenges

Give It Your All

Practice Self Love

Explore The World

Take Responsibility

The Best

Be An Example

Know Your Worth

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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