

LET & ABLE Newsletter

Issue 107 ... December 2023

There comes a time in our lives that we must sit back and assess what we have come to learn. For many of us, regardless of the number of successes and triumphs, there is a tendency to focus on the negative experiences that we learned from. No matter what precipitated our learning, at this stage of life, we must learn and move on. Moving on is a wonderful idea, especially when it is planned for and desired. However, some individuals struggle with moving on. At the root of their struggle is fear. Fear can paralyze the strongest and most gifted of us all.

As we prepare to enter the year 2024, let's do so with the intent and goal of moving on from and move on towards. I can personally think of four or five areas in my life that I simply need to decide to move on. If I were to move on successfully, the flood gates would open, my dreams would be realized faster, and others would benefit.

You and I are one "move on" from having it all in 2024. This is not hype. It is truth and speaks to the potential that is available. Let's fire up our engines, set our minds, focus on what is ahead, make a statement, trust the process, and put forth a concerted effort to move on in critical areas of our lives.

We deserve the best of the best. There is no reason for us to settle for less and crumbs. I fully believe that our toiling and sacrifice have need to and can be paid in full in 2024. How we look at and approach things matters. Next year is the year to go for it all and leave nothing on the table.

I'm ready to move on. Are you? I have needs that must be met in 2024. Can you say the same thing? I'm more than willing and able to make good things happen next year. Are you willing and able?

Dr. Recco

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Published By



Child & Teen Psychopathology

Lifelines for Parents & Teachers

Recco Santee Richardson, PhD., LPC

The focus of this article is the examining of childhood and teen years psychopathology. Specifically, the goal is to provide a framework for understanding child and teen mental health symptoms that are presented in the home and classroom. It is hoped that guidance on responding better to a child's and teen's emotional needs is offered and parents and teachers are better equipped.

Psychopathology Definition

Childhood and teen years psychopathology are the scientific study of mental disorders in children and teens. The typical disorders are below (*chart #1*).

Chart #1 Typical Childhood/Teen Years Disorders

Adjustment Disorder: Difficulty adjusting to recent life changes that feature sadness, grief, anger, and inner conflict.
Attention Deficit Hyperactivity Disorder: A persistent pattern of inattention and/or hyperactivity-impulsivity, forgetfulness, poor focus, and excessive talking that interferes with functioning or development.
Autism Spectrum Disorder: Persistent deficits in social communication and social interaction across multiple contexts.
Bipolar Disorder: Presence of depression, mania/manic, fatigue, agitation, moodiness and poor control of emotions and behaviors. This diagnosis is typically reserved for older teens and adults who have attempted suicide, are prescribed a psychotropic medication, and have been psychiatrically hospitalized.
Disruptive Mood Dysregulation: Severe recurrent depression, moodiness, irritability, and anger/temper outbursts that are grossly out of proportion in intensity or duration to the situation or provocation.
Conduct Disorder: Features participation in illegal activities, destruction of property, cruelty to animals, non-compliance, and anger.
Intermittent Explosive Disorder: The presence of explosive episodes of anger, frustration, tantrums, acting out, moodiness, and detachment.
Oppositional Defiant Disorder: A pattern of anger, irritability, moodiness, argumentative, stubbornness, defiant behavior, and vindictiveness exhibited during interaction with others.
Persistent Depressive Disorder: The presence of sadness, fatigue, poor concentration, irritability, low tolerance, and loss of interests.
Separation Anxiety/Generalized Anxiety: The presence of excessive worrying, dread, agitation, panic, shortness of breath, dizzy sensation, public discomfort, and feeling uneasy.

This Article Discusses

>What Is Psychopathology

>Typical Child/Teen Disorders

>Causes & Effects

>Shaping Emotions & Behaviors

>The Role Of Counseling

Psychopathology Causes & Facts

It is held that the cause of psychopathology in children and teens is trauma at birth, environment, emotional stress, life trauma, genetics, and temperament. The understanding and the treatment of psychopathology can be best understood by acknowledging that psychopathology can impact anyone regardless of social class or country, and ethnicity.

The presence of psychopathology can impact children and teens across the board and in a myriad of ways. If untreated, it can easily follow them into adulthood. With proper understanding, medication, mental health treatment, support, guidance, and personal resolve, children and teens can successfully overcome their struggles and achieve at elevated levels.

“Psychopathology is no longer viewed as unacceptable” Dr. Recco

The stated is true because psychopathology is no longer viewed as unacceptable, and the stigma is decreasing. In fact, it is a common discussion topic among children and teens. They, along with adults, are coming to realize that positive life experiences and holistic living is available regardless of the psychopathology found in their lives.

Shaping Emotions & Behaviors

Children and teens act out in the home, school, and community for several reasons. The positive and negative behaviors that they display are learned, rooted in social cues, reinforced by society, a product of their parents' abilities, the result of modeling and environment, and reflective of structure, exposure, expectations, and attainment. There are a variety of reasons why children and teens misbehave (*see chart #2 on page 5*).



***“We can successfully shape the behaviors of children & teens”
Dr. Recco***

Recent RSRC Flyers/Initiatives

Personal Mental Health
COUNSELING
May Help You
Get Back Into The Swing of Things



Call Today!
810-394-7815
or
810-394-4529

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"Here To Help, Here To Serve"

200 Immediate
In-Person & Tele-Health
Appointments **Available**
Mornings, Afternoons,
Evenings, Weekends
We Accept Most Major
Insurances

7 Ways Counseling Can Help You

- > Promotes clear thinking
- > Encourages the healing process
- > Provides support and guidance
- > Is a safe place & space to be yourself
- > The focus is on you and your needs
- > Gives understanding and insight
- > Offers possible solutions

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Chart #2 Reasons for Home & Classroom Misbehaviors

Attention Seeking	Misguided Power	Revenge
Inadequate Skills	Peer Pressure	Fatigue
Family Stress	Health Problems	Emotionalism
Poor Nutrition	Poor Attachment	Poor Sleep
Cognitive Delays	Skill Deficits	Deprivation
Social Delays	Poor Expectations	Poverty

To address the misbehaviors and ills of children and teens, parents and teachers can do the following (*see chart #3*). Adults who consistently utilize the provided ideas can have better success when interacting with minors.

Chart #3 Addressing Misbehaviors

Praise/Adoration	Selective Ignoring	Be Consistent
Motivators	Reminders	Negotiation
Humor	Be Wise	No Nattering
Family Meetings	Structured Day	Firm Rules
Brain Exercise	Explain Rewards	Discipline
Role Models	Involvement	Avoid Blaming
Adult Consistency	Use Influence	Give Challenges
Seek Their Strengths	Provide Opportunities	Promote Stability
Be Respectful	Forgive Them Often	Give Examples
Anticipate Needs	Engaged Them	Promote Skills



*“Adults & children can
live together in peace”
Dr. Recco*

Overcoming Psychopathology

The current research literature is rather clear regarding pathways for children and teens to successfully overcome and manage their psychopathology. It is reported that victory in the stated area is achieved with the help of natural systematic psychological changes that occur in human beings over the course of their lifetime, the development of motor skills, improved cognition, quality problem solving, a commitment to moral understanding, and quality conceptualization skills. As well, success is experienced when innate mental structures, learning through experience, enhanced personal characteristics, and stable environments are in place.

The Role of Mental Health Counseling

Mental health counseling treatment can aid children and teens in their efforts to gain understanding, insight, support and acceptance of their consciousness and unconsciousness and life experiences (*Psychoanalytic Theory, Freud & Erickson*). It provides a place and space for learning how environment and social interactions impact their behaviors (*Learning Theory, Pavlov, Skinner, Bandura*). Consistent and proper counseling activities can help them grasp their mental processing, skills, and abilities (*Cognitive Theory, Piaget*). Lastly, insight gained about biological systems and survival impulses can play a role in helping them secure an upper hand in life (*Attachment Theory, Bowlby*).

Mental Health Counseling Teaches & Helps With

How mental health counseling helps children, teens, and adults cope better with their psychopathology can be quantified and examined (*see chart #4*). Effective counselors utilize tools, worksheets, games, challenges, perspective, relationship, and trust that helps clients move forward emotionally, socially, and academically.



Chart #4 Counseling Teaches/Helps

Exploring The World	Thoughts & Language
The Social World	Rites of Passage
Identity Crisis	Interacting with Others
Death & Bereavement	Intrinsic Reinforcements
Bonding & Attachment	Development & Conflict
Addictions & Fixation	Isolation & Comfort
Moral Development	Dependency & Independence
Hierarchy of Needs	Cognitive Responses
Mindfulness	Meditation & Peace
Positive Affirmations	Solution Orientation
Acceptance & Commitment	

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