



News/Current Happenings

- Our website (www.kellycounselingandconsulting.com) is changing! Over the next month, new changes to the website will be up and running. We are adding forms, providing more information about our services, and eventually hope to add some videos pertaining to common psychological issues. If you have any suggestions for website changes, feel free to contact Ostin Warren at owarren@kellycounseling.com
- We are pleased to welcome Cathy Ricketti as our newest staff member. In her role as Office Coordinator, you will see her behind the lobby desk helping clients Monday-Friday.

Staff Focus—Elizabeth Musewicz

Elizabeth has been a therapist at KCC for four years. She earned two Master's degrees in clinical psychology from Loyola College and the Philadelphia College of Osteopathic Medicine. Elizabeth focuses her work at KCC on helping children and adolescents, as well as their families, cope with anxiety, depression, trauma, and various transitions. The excellent quotes in the lobby are the work of Elizabeth as well! She most likes working in a "cozy little house" at KCC. Outside of KCC, Elizabeth and her husband spend considerable time in the adventure of homeschooling their son. She loves to travel and has set a goal of seeing 50 states with her son before he turns 18. She loves seafood and dancing and is especially proud of her unmatched skill in making chicken piccata.

Family Wellness Vignette Each month we introduce a fictional family with various commonly experienced difficulties and provide positive examples of how the family worked through these problems to lead more fulfilling lives as individuals and as a family unit. This month, we feature the story of *Jane's Poor Performance*.

Jane was a star-student who was in the honor society and an active member in many school activities. During her senior year of high school, her grades dropped substantially and she started to become more withdrawn at home. Neither her parents nor her teachers could explain these changes and Jane would only tell them "I don't know" or "I don't want to talk about it" when she was asked about why things changed. Her parents were desperate to get her help and did not know what to do because Jane categorically refused to seek counseling. Jane's parents came in for a session to discuss their concerns about Jane with a family therapist. The therapist taught the parents communication techniques to help them interact better with their daughter and in doing a history, the therapist noted that Jane's grandmother passed away just before Jane began her behavioral changes and academic difficulty. The parents had decided after Jane's grandmother died that they should not talk about the issue as a family because her parents thought it would be too hard for Jane. Jane's parents took their newly learned communication techniques skills home and simply told Jane that they were there for her. On the advice of the therapist, her parents did not push Jane to talk about bereavement as they wanted Jane to be able to do that on her own timeline, but they did bring up their own grieving process in a more open manner. By doing this, Jane was provided a model for letting her own grief come out and was soon able to discuss these issues with her parents. She did see a counselor at school a couple of times to discuss her feelings about the loss of her grandmother, what she missed most about her, and before long the family shared stories—some funny, some sad of life with Grandmom. The family ultimately learned that much of psychology is about wellness and listening and creating safe spaces to tell our stories.

If you like this newsletter, feel free to have us pass it on to a friend or family member. Just send us their e-mail to the address below and we will add them to the list.

To subscribe or unsubscribe from this newsletter: E-mail newsletter@kellycounseling.com



Mental Health Focus—Attention Deficit and Hyperactivity

Attention Deficit-Hyperactivity Disorder (ADHD) is one of the more common behavioral disorders. Approximately 8% of children and 10% of adolescents can be diagnosed with this disorder. ADHD can affect adults and 5% of adults are diagnosed with this problem.

ADHD can severely affect people's lives. Symptoms include: being easily distracted, lacking concentration, impulsivity, not listening, inability to organize thoughts and actions, inability to follow-through on tasks, trouble sitting still, fidgeting, inability to be quiet, and talking excessively. Those with ADHD often have difficulty in school and in work settings. People with ADHD are much more likely to use substances like alcohol or illegal drugs and to have depression and anxiety.

Treatment options include medications and therapy focusing on reducing symptoms, increasing self-esteem, and helping family and teachers cope with challenges of ADHD.

Information from Nat. Institutes of Mental Health <http://www.nimh.nih.gov/topics/topic-page-adhd.shtml>