

THE GENESIS THERAPY CENTER

Spring 2012

HAPPY 25th ANNIVERSARY!

May 1st marks the 25th Anniversary of The Genesis Therapy Center! As we mark this significant milestone in our life as an organization it is important to acknowledge our past as well as prepare for our future. When Mike Ideran and I envisioned Genesis with the help of Dr. Bruce Bonecutter 25 years ago, we did not anticipate that we would grow to an organization with seven sites, 15 therapists and a training program of 6-8 externs every year. We were committed to providing quality therapy for clients regardless of their ability to pay with a particular commitment to persons recovering from various kinds of abuse. Along the way we have become passionate about training future clinicians to be compassionate and skillful therapists. We have become passionate about working with youth in school settings in order to impart skill sets that enable them to navigate difficulties in life more effectively.

We have become passionate about advocating for services for the chronically mentally ill. We have become passionate about modeling an organizational style that encourages clinicians to take leadership roles, to take risks and to grow both personally and professionally.

As we prepare for the future, we recognize the challenges before us—to embrace electronic communication more fully, to fundraise more effectively, and to prepare new leadership for the next 25 years. We thank all of you for your support, encouragement and participation in our mission. Join us as we CELEBRATE!

Cathy Fairfield M.A., D.Min., LCPC
Executive Director, Genesis Therapy Center



Tips for Spiritual Growth

About.com suggests several ways to grow spiritually.

Embrace Your Talents

Recognize and further develop your intelligence and special gifts. Follow your passion and you will soon discover where you fit in this world.

Tie Up Loose Ends

Unresolved issues eat away at us emotionally and mentally. Dealing with difficulties as they arise rather than hiding from them is the best route.

Be Responsible in Your Relationships

Turn away from the "blame game" when it comes to addressing problems in your relationships. Be honest about the things that you have said or done that harmed the relationship. Focus on changing your defeating patterns rather than expecting changes from the other person.

The Genesis Therapy Center's
9th Annual

KidPower Benefit

Sunday October 21, 2012

Check website for further
information

*The Genesis Therapy Center is a 501c3 non-profit organization. *Tax ID#: 363508233

AD/HD

Daniel Parker

Genesis Therapy Center practicum student

On April 13, 2012, Genesis sponsored a CEU event presented by two prominent speakers, a psychologist, Dr. Fran Parker, and a psychiatrist, Dr. Phil Parker. Both have been treating AD/HD impacting individuals of various ages and backgrounds over the last twenty years. In addition, they are married, and yes, they just so happen to be my parents. Dr. Fran Parker has been teaching parenting classes for those with AD/HD and serving as an advocate for students that require services or accommodations in the classroom. She received the National CHADD teacher award for 2010 for teaching the National Parenting Program and contributing to it. She taught a webinar with 27 families from all over the world including Tokyo. Dr. Phil Parker also serves as an assistant professor of Psychiatry at Wayne State University. He wrote "What We Know Sheet #10: *Managing Medication for Adults with AD/HD*" which appears on the website for the National Resource Center on AD/HD.

The first presentation involved the biological and neurodevelopmental aspects of AD/HD. The second presentation compared and contrasted AD/HD over the lifespan. The third lecture focused more on parenting the AD/HD child. In the fourth lecture, medications for AD/HD were described, including how to treat AD/HD with existing comorbid disorders.

AD/HD impacts a person in different ways at different times in one's life. For example, AD/HD may impact one's development, schooling, workplace, and social plans. In addition, AD/HD can impact a person socially, emotionally, cognitively, or organizationally. It was my parents who first told me that studies of AD/HD have revealed actual brain differences and that research has demonstrated deficits in executive functioning. According to The National Center for Learning Disabilities (NCLD.org), deficits in executive functioning can impact one's ability to plan, pay attention, manage time, and recall details. This can present a barrier to completing projects or papers in work and school.

In addition, it may affect one's ability to recall information for exams, or recall events or social plans. Treating one with AD/HD can be difficult, especially if comorbid disorders exist, such as anxiety or depression. It may be challenging to identify which symptoms are related to AD/HD and which are related to other comorbid conditions. Unmanageable AD/HD can impair one's life academically, socially and in the workplace.

In working with those with AD/HD, it is imperative to learn compensatory strategies and routines to help with time management and organization, such as making lists and using a planner or calendar to manage tasks, events, and social plans. Those with AD/HD need to learn to self-regulate with self-imposed rules to be consistent and productive. Medication and individual and family therapy can be important tools in managing AD/HD.

Upcoming events:

May 1st will be the 25th anniversary of Genesis Therapy Center!

CEU Trainings

May 11, 2012: Crisis Intervention and Suicide Assessment

Presenter: Georgia Jones

Fall trainings dates

Friday, October 12

Friday, November 16th

Save the dates- programs will be announced

We offer ongoing support groups for parents and ongoing social skills groups for children.

Please call 708-535-7320 to get more information on locations and times.

The Genesis Therapy Center

Administrative Office
6006 W. 159th Street
Oak Forest, IL 60452

Phone: (708) 535-7320
Fax: (708) 535-7571

We're on the Web!

Visit us at: <http://www.genesistherapy.org>
E-Mail: info@genesistherapy.org

Other Locations:
Chicago, IL
Hyde Park
5600 S Woodlawn

Schaumburg, IL
930 W. Higgins Rd.

LaGrange, IL
14 W. Burlington Ave

Oak Park, IL
1010 Lake Street

Oak Lawn, IL
9411 S 51st Ave.

Oak Lawn, IL
5210 W. 95th Street