

# THE GENESIS THERAPY CENTER

Summer 2012

## Building Resiliency

Joleen Hartland MS, LCPC

**Resiliency** is the ability to spring back from and successfully adapt to adversity. Resiliency allows us to not just survive a difficult time, but to flourish and grow. The strain and struggle inherent in stress or adversity can be the very tool that builds resiliency. If a butterfly is taken out of the cocoon and not allowed to push its way out, it will die, because the struggle of emerging from the cocoon builds the strength the butterfly needs to survive and flourish. So often we try to avoid these struggles and try to protect our children from them. If they are getting a D in a class, we talk to their teachers, ask teachers to change the grade, or do the work for the child. Failure is seen as bad and to be avoided at all costs. Since the recession, more and more people have lost their jobs and homes and have more difficulty living the life that is seen as successful in the United States.

Jonathan Haidt, a psychologist from The University of Virginia, argues that adversity and hardship may actually be necessary for people to be happy, successful, and fulfilled. Many very successful people credit their accomplishments to earlier failures and struggles. Apple founder Steve Jobs describes three failures that were the building blocks of his success; dropping out of school, being fired from Apple, and being diagnosed with cancer. Being fired from Apple opened his life to the creative energy that led to the powerful success of Apple when he returned. There are certain skills that seem to buffer a person when in crisis and allow them to utilize the experience to develop and grow rather than to give up or to withdraw from life. These skills are resiliency.

Building resiliency, then involves building the skills we need to rebound from setbacks. If you are not as resilient as you would like to be, you can develop skills to become more resilient. Make connections. Accept help and support from those whom you are close to. Being involved in support groups or church groups can be very helpful.

Take action in any way you can even if it is small. This gives you a sense of control. The loss of control can be the most difficult part of a trauma. Take care of yourself. Eat well. Get good sleep. Pay attention to your emotional and physical feelings and needs.

Accept that change is part of life and that difficult situations change your circumstances. Look ahead where possible so you can see how best to face your new circumstances.

Be kind and empathic to yourself. Recognize that failure and mistakes are a part of life. Be confident you can learn and grow. Many people who have experienced stressors and hardship report better relationships, greater sense of purpose and a more developed spirituality. (Psychcenter.com 2007)

## From Sunshine to Class-time: How to Transition into the School Year

Maura Maloney, L.P.C.

Three words kids dread: Back to School. The anxiety that begins in the start of August is all too familiar for most families, as they anticipate the difficult transition from summertime to school. One theory suggests that it takes 21 days to create a habit, but it's never too early to get your kids feeling prepared to make the shift back to school. While we can never be fully prepared for everything, here are some helpful ways to make a smooth transition:

1. Keep a consistent sleep schedule throughout summer, setting an alarm for the same time each morning on most days, with the exception of weekends or special occasions.
2. Plan play dates with your child and a classmate so they stay connected with school friends and feel less anxious about making new friends in the fall.
3. Visit the classroom before the first day if your child is starting a new school.
4. Recognize your child's stress and talk with them about it. Explain that it is normal to feel nervous about starting a new school year. Anticipate your child may act out of sorts for several weeks when school begins.
5. Don't forget to have fun! Be sure to schedule some fun summertime activities within the last few weeks before school starts. When your child feels they were able to experience something exciting, going back to school won't be such a tragedy.

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

## Cyberbullying: Are Sticks and Stones Really Worse?

Lauren Oganovich  
Genesis Therapy Center practicum student

Within the last decade, cyberbullying has become a rising problem and its impact is felt worldwide. *Cyberbullying* is defined as “an aggressive, intentional act carried out by a group or individual, using electronic forms of contact, repeatedly and over time against a victim who cannot easily defend him or herself” (Dooley, 2009, p. 182). Recent psychological and educational studies have found that: 90% of middle school students polled had their feelings hurt online and 65% of students between the ages of 8-14 have been involved directly or indirectly in a cyberbullying incident as the cyber bully, victim or friend (WiredSafety.org).

In response to several highly-publicized suicides of American teens (e.g. Megan Meier and Tyler Clementi), the concept of cyberbullying was added into many anti-bullying campaigns. All across the world, preventative programs have emerged in order to inform young people of the psychological, emotional, and behavioral impact of cyberbullying (e.g. STOP Cyberbullying and CyberTraining). However, despite their essential role in their children's lives, parents are often forgotten within this educational outreach.

Limited programs focus on informing and educating parents on this new phenomenon. Unlike traditional bullying, many parents never personally experienced cyberbullying as children or teens, because the technology did not exist at the time. Cyberbullying research found that only 15% of parents polled knew what cyberbullying was and over 50% of kids had not told their parents or an adult about something mean or hurtful that happened to them online (i-SAFE Survey, 2004). Lacking the required knowledge of technology and the intricacies of cyberbullying may leave some parents ill-equipped and under-qualified to properly intervene and assist their children.

Oak Lawn Family Services/ Genesis Therapy Center is offering a **FREE** one-hour cyberbullying workshop for parents of children and adolescents between the ages of 9 and 18. A wide range of information regarding cyberbullying will be offered including an in-depth discussion of warning signs and prevention and intervention tips.

Date: Sunday July 29, 2012

Time: 1:00 p.m.

Place: Oak Lawn Family Services  
5210 W. 95<sup>th</sup> Street, Ste. 201  
Oak Lawn, IL 60453

RSVP: Lauren Oganovich

lauren.oganovich@gmail.com  
773-519-5193

The bend in the road is not  
the end of the road unless  
you refuse to take the turn.  
Unknown

### Upcoming events:

#### CEU Trainings

##### **Fall trainings dates**

Friday, October 12 - Cyberbullying

Friday, November 16<sup>th</sup>

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  
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We're on the Web!

Visit us at: <http://www.genesistherapy.org>  
E-Mail: [info@genesistherapy.org](mailto: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 51<sup>st</sup> Ave.

Oak Lawn, IL  
5210 W. 95<sup>th</sup> Street