

# Art Psychotherapy Counselling Services™



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## The Effective Tip Corner

### Summer-time Ending

By now, your kids are probably in the midst of heading back to school. As nice as summer was there is still time to enjoy what is left, as fall is soon to arrive. Before summer comes down to an end set aside a few days to check out some fun, local attractions. We've compiled a list of places that can usually be found in nearly every neighborhood or a day trip away.

- 1. Swing into a new 'hood.** The local playground is a great place to hang out, but after awhile, everyone can use a change of scenery. Why not try another park a few towns away? Even if it's smaller or doesn't seem as exciting to you, kids always look at "new" things with fresh eyes and excitement.
- 2. How does your garden grow?** Choose a small plot of land in the backyard or even a few large pots and plant a vegetable garden! It's a little too late to start most seeds, but you can buy small plants (relatively inexpensively) from a nursery and get a jump start for next year. Have the kids help you plant.
- 3. Water, Water...not everywhere?** If you don't have access to a pool, ocean, lake or pond, but are dying to take the kids for a few last dips, check out your local hotel. Believe it or not, some local hotels with pools allow area residents to use their pools (for a nominal fee, usually around \$5-\$10). It's the perfect opportunity to go for a dip without having to pay the big fees that come with joining a local pool or private swim club. And, there's always a lifeguard on duty!
- 4. Day Trippin'.** Some of our most memorable childhood trips have been the simple day trips to the beach, nearby lake or into the city for a trip to the zoo, aquarium, or even up to the country to check out a farm or horseback ride!

*"It helps you to become self-aware and deal with emotional and psychological issues through a collaborative process."*



*"Art Therapy is effective for people of any age."*



## Art Therapy Update

### SHARE YOUR WORLD

DIFFERENCE AND OTHERNESS IN A POSTMODERN WORLD; CREATIVE PERSPECTIVES

**WAYNE DUNKLEY, Artist**  
[www.sharemyworld.net](http://www.sharemyworld.net)

Sponsored by the Harry A. & Rose Getz Foundation and the Toronto Art Therapy Institute.

#### Groups Available

Children New into Foster Care

Empowering Teens

Child Victims of Sexual Abuse

Children of Addicted Parents

In this workshop for artists, helping professionals, and anyone else interested in the subjects of *difference and otherness* participants will experience a day of examining these subjects through art, discourse, reflection and experiential activities. Don't miss what promises to be a day of finding greater awareness and wisdom about *difference and otherness*.

FRIDAY SEPTEMBER 25, 2009  
East York Civic Centre - Council Chambers

TO REGISTER  
**Register by September 21, 2009**

TORONTO ART THERAPY INSTITUTE

## In the News

### The Psychology of Adolescence

Adolescent psychology is associated with notable changes in mood sometimes known as Mood swings. Cognitive, emotional and attitudinal changes which are characteristic of adolescence, often take place during this period, and this can be a cause of conflict on one hand and positive personality development on the other.

Because the adolescents are experiencing various strong cognitive and physical changes, for the first time in their lives they may start to view their friends, their peer group, as more important and influential than their parents/guardians. Because of peer pressure, they may sometimes indulge in activities not deemed socially acceptable, although this may be more of a social phenomenon than a psychological one.

The home is an important aspect of adolescent psychology: home environment and family have a substantial impact on the developing minds of teenagers, and these developments may reach a climax during adolescence. If the concepts and theory behind of right or wrong were not established early on in a child's life, the lack of this knowledge may impair a teenager's ability to make beneficial decisions as well as allowing his impulses to control his decisions.



#### Treatment Offered

Individual Art Psychotherapy  
Couples Art Psychotherapy  
Family Art Psychotherapy  
Group Art Psychotherapy  
Trauma Assessments  
Structured Sibling Visitation Sessions  
Parent Therapeutic Access Sessions  
School Support Services  
Psycho-educational Sessions  
Victim Service of York Region

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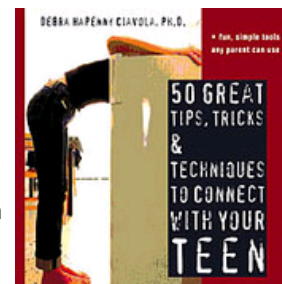
*"Art Therapy uses  
imagery, colour, and  
shape as part of this  
creative therapeutic  
process."*

## Recommended Therapeutic Resource

### '50 Great Tips, Tricks & Techniques to connect with your Teen'

Author - Debra Hapenny Ciavola

Warm and heartfelt advice from a practicing psychologist and fellow parent, this book offers fifty ways to connect with your teen. Through humorous anecdotes and endearing stories, find insight into the heart and mind of your adolescent child.



Transform misunderstanding into constructive relationship-building action and learn to assist your teen to resolve conflict, manage emotions, and remain an active member of the family.

## Interesting Monthly Feature

### 10 ways to send a clear message to your Teenager

1. Use your active listening skills and watch out for those door slammers.
2. Talk often with your teen to bring out positive opinions, ideas, and behaviors by using an affirmative tone and body language.
3. Treat your teenager with the same respect you would have them treat you. Say 'hi', 'I love you', 'how was your day', etc.
4. Your tone of voice is extremely important. Yelling simply doesn't work. The loud noise will shut down the listener (your teen) and you will not get through. If you feel the need to yell, 'time out' of the conversation until you have better control.
5. Be precise and detailed about what you expect. Write it down and use an Action Plan if you feel there is a need.
6. If you're giving your teenager instructions, write them down. It's a fail-safe for teens and adults. This way they will remember what they are expected to do and you can feel sure that you 'told' them correctly. Remember, to-do lists will keep you stress free.
7. Do things together one-on-one and with the whole family. Good times often bring about great conversations, and wonderful memories.
8. 'Do as I say, not as I do' doesn't work. Modeling is the best way of learning. You are your teenager's model and they will emulate your behaviors.
9. Never shut your teen out to show that you disapprove of their behavior. If you need time before you can talk to them about something that has upset you, tell them that you need time. Don't walk away silent.
10. "Because I said so" actually works when you are being pulled into a power struggle in discipline situations. You are the parent, and because of this, you do have the final say. Teenagers know this and trust you because of it. But do try to explain your reasoning whenever possible.