



Newsletter June 2002

Featured Article by Eric Rutberg, LCPC

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Explosive-Non-compliant...Children and Adolescents

"Children and Adolescents will do well, if they can." This was the main theme at a recent seminar offered by Dr. Greene, author of "The Explosive Child."

Over the past six months, I have been working closely with parents and children, guidance counselors and colleagues, to address the ever rising need to treat children diagnosed with ADHD, ODD and mood disorders, such as depression and anxiety.

Time and again, Dr. Greene emphasized assessment. "What is this kid's deal? is a question that needs to be answered on a variety of levels." Your child may be delayed in the development of the skills of flexibility/adaptability and frustration tolerance, or has a significant difficulty applying these skills when they are most needed. Dr. Greene, Harvard graduate and Behavioral Psychologist at Mass. General Hospital explains that when dealing with high risk, explosive children and teens, it's reasonable to begin to prioritize behaviors into three categories or "baskets," as he calls them.

Basket A: These are Non-negotiable. The child's safety is an example of what might go into this basket. The only behaviors that belong in this basket are those over which we are willing to endure a "melt-down," and those, which the child is ABLE to accomplish.

Basket B: These ARE negotiable. Ideally, most behaviors fall into this category. These behaviors warrant flexibility on the part of adults. Flexibility and frustration tolerance must be modeled and can be learned.

Basket C: The behaviors that we are willing to let go, at least until the child is better able to regulate his or her emotions.

Remember, "Reward and punishment make the possible MORE possible. They don't make the impossible possible."

Featured Therapist: Thomas C. Fiel D.O.

I began my health care experience as a Respiratory Therapist; from there I became a Registered Nurse. After spending much of my time around physicians and the medical field, I decided that was what I wanted to achieve. I graduated from Osteopathic Medical School as a doctor in 1989 and on to a Family Practice Residency, which I completed in 1992. I then elected to spend a fellowship in Sports Medicine at the Center for Sports Medicine in Phoenix, Arizona, which I completed in 1993. Since that time I have been in Tempe, Arizona where I now am a physician practicing Family and Sports Medicine. My emphasis is in the medical care of athletes from the weekend warrior to the professional, as well as industrial medical injuries. I also do general family medicine from pediatrics to geriatrics. In addition, I volunteer my services as a clinical instructor at the Arizona College of Osteopathic Medicine in Glendale, Arizona. I enjoy teaching and feel it keeps my skills sharp and up to date. **At the present time, Dr. Fiel is only accepting e-mail questions and the price is \$50.00 per question.**

Upcoming Events

Our second **free** online forum will be held as usual on the first Sunday of the month. June 2, 2002 from 5PM-6:30PM Arizona time. Dr. Tom Fiel will be hosting this event. Tom will be happy to field any medical issues that you care to share with him. He is also quite well versed on a variety of psychiatric and emotional conditions, which is rare for a family doctor.

June Contest Winner

Congratulations to Allison T. She is our June winner. Enjoy your hypnotic tape.

Featured Mental Health Videotape

Dysfunctional Families / Shame Cycle Video

Did you come from a dysfunctional family? What is a dysfunctional family, how do the family members interact, and what kind of damage is the result? This video gives you a blueprint of a dysfunctional family, the dynamics involved, how shame develops and how to solve it. It is a map to greater self-esteem and wellness. By Jef Gazley, M.S.

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Price: \$49.99 ea.

http://www.asktheinternettherapist.com/dysfunctional_families_videotape.asp

Special Note

At the present time the only way that a client can e-mail a therapist for a session is to click on any available appointment time and choose e-mail session. This is the same procedure as for audiovisual, chat, and telephone sessions. We are now developing a quicker and easier way to access e-mail questions from the home page to any staff member without clicking on an available appointment time. This function should be fully operational in early July of 2002.

Be sure to utilize our **free** discussion boards. These chat rooms are formatted by the following special topics- Hypnosis, Chemical Dependence, Co-Dependence, Parenting, Post-Traumatic-Stress-Disorder, Medical Issues, Dysfunctional Families, Attention Deficit Disorder, Relationships, Veterinary Concerns, and Depression. As you are probably aware asktheinternettherapist offers online individual paid appointment times for in depth assistance with any of our professionals. Our discussion groups however are visited from time to time by our staff and their comments to discussions or questions are provided free of charge. This is an added benefit in addition to client self-help that makes up the bulk of the discussion group traffic. Visit soon.

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*We believe better health
begins with better Mental Health.*

Jef Gazley M.S.

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