



### Plainfield

14953 S. Van Dyke Rd.  
Plainfield, IL 60544

Phone Number  
(815) 609-1544  
Fax Number  
(815) 609-1670

### Bucktown/ Wickerpark

1448 N. Milwaukee Ave.  
Suite 201  
Chicago, IL 60622

Phone Number  
(773) 486-4617  
Fax Number  
(773) 486-4936

### New Lenox

1890 Silver Cross Blvd.  
Suite 315  
New Lenox, IL 60451

Phone Number  
(815) 717-8694  
Fax Number  
(815) 717-8696

# BHES Update

Volume 2, Issue 2

January 2013

Website: [www.bhes.us](http://www.bhes.us)

E-Mail: [Info@BHES.us](mailto:Info@BHES.us)

## President's Message



I want to start by wishing everybody a happy New Year and a fresh and prosperous start to 2013.

BHES relocated its Plainfield office to its new home and is happily up and running in the new location. I sincerely thank everybody involved in coordinating, organizing and assisting in the move. It went very smoothly and efficiently thanks to your efforts.

### 2012 Year In Reflection

As I reflect upon the last year at BHES, it is obvious to me that we are very fortunate to have so many dedicated, hard working and caring people associated with this prac-

tice. Without the efforts of every single person involved with BHES, the practice would not be where it is today. A lot of effort and diligence has gone into making BHES a success and I wanted to take this opportunity to express my gratitude and appreciation to all of our administrative staff and providers for what you do.

Thank you!!!



Everybody at BHES wants to wish Dr. Maieritsch good luck in his new position. After working with BHES since November 2011, he has decided to accept a full-time position with a Veteran's Affairs hospital in the Chicago area. Thank you for the work you have done with BHES. Please make sure you say goodbye to him before he completes his time with BHES in mid-January 2013.

## Helping Your Children Master Their Homework

If you want your children to succeed in school, parents need to be actively involved in their education.



Homework is a word most students dread, as do some parents. It is often difficult to motivate your children to do their homework as required. Here are some helpful hints to make your experience helping your children with their homework productive and rewarding.

### 1. **Make it real**

Create learning activities that are based on topics which are relevant to your children's lives. Strategies include using current events and pop culture technology (iPods, cell phones, YouTube videos) to connect to the homework assignment.

### 2. **Provide choices**

Children often have more motivation when they are part of the learning process. Give your children the option to choose the assignment they want to do first.

### 3. **Balance the challenge**

When starting an assignment, have your children pick a skill or task they have previously mastered. After the initial task, introduce the current homework. Start with easier problems and work towards the more difficult ones. Be aware that difficult tasks may create anxiety in your children. Change

to a new assignment if your children become overwhelmed and stressed.

### 4. **Be supportive**

Children tend to respond best to praise, support by those they trust and to success. Supportive parenting behaviors include listening, praising, giving hints and encouragement, being responsive to questions and being patient and understanding when they are frustrated or struggling. Allow your children to complete their homework their own way. After successfully completing a difficult task, say "Good job!" If they get stuck on a problem, encourage them to keep trying and say, "You can do it."

### 5. **Use your own experiences**

If your children are struggling with poor academic performance, low self-esteem or low motivation, one strategy to help them succeed is to show them multiple ways to solve the same problems. This can include offering them hints on how to do the task easier or teaching them the tricks you have learned to solving the problems. Try to be creative in these situations and to minimize their frustration with the task.



## April 13, 2013 ACT Test

In Illinois, all juniors will take the ACT test in late April, 2013. As with last year, students will not be given the writing portion of the ACT test in school. Students who are applying to colleges for fall 2013 that require the writing section will have to take it to be admitted to those colleges. Students can take the ACT test multiple times and colleges will consider the student's highest scores across all tests taken.



### BHES' ACT Preparation (Small Group or Individual Study)

- Small Group courses meet once weekly for eight weeks
- Small Group courses are limited to 12 students
- Small Group tuition is \$500 **50% Discount if registered by February 4th, 2013**
- If you register three or more students at the same time, each registrant receives an additional **\$25 Discount**
- Individual Study tuition is \$600
- For additional information, check out our ACT page on our website

### Plainfield Courses

Class	Day	Time	Start Date
2013S-01	Saturday	10:00-12:30 pm	February 9, 2013
2013S-02	Tuesday	6:30-9:00 pm	February 12, 2013

Additional sections will be added as needed; likely on Wednesday and/or Thursday, call to inquire about this possibility.

### Chicago and New Lenox Courses

For information on Small Group or Individual Study ACT courses at our Chicago and New Lenox offices, please contact Liz Brucker at [bhes-liz@sbcglobal.net](mailto:bhes-liz@sbcglobal.net).



## Assertiveness Techniques



**"The way we communicate with others and with ourselves ultimately determines the quality of our lives." - Anthony Robbins**

People often communicate in one of the following three ways: Passively, Assertively and Aggressively. Healthy communication consists of assertive communication.

### Passive

Passive people are often taken advantage of, feel helpless, take on other people's problems, say yes to demands and requests and allow others to choose for them. Individuals who are passive often feel hurt, anxious, and possibly angry about their actions.

### Signs of passive people:

- Lack of eye contact; looking down or away.
- Shifting of weight from one foot to the other.
- Hesitancy when speaking.

### Assertiveness

Assertive people are ones who express their thoughts and feelings honestly. They are emotionally honest and expressive, direct and confident. They feel confident, self-respecting at the time of their actions as well as later.

### Signs of assertive people:

- Stand straight, steady, and directly face the people to whom they are speaking while maintaining eye contact.
- Speak in a clear, steady voice loud enough for people to hear you.
- Speak fluently, without hesitation, and with an assured and confident tone.

### Aggressive

Aggressive people are those who win by using power (physical or emotional), hurt others, are intimidating, control their environment to suit their needs, and demand they get their way. They are inappropriately expressive, rudely honest, direct, and self-enhancing at the expense of others. Aggressive people usually feel righteous and superior at the time of their actions and they sometimes feel guilty later.

### Signs of aggressive people:

- Leaning forward with glaring eyes
- Pointing a finger at the person while speaking
- Shouting/yelling

## BHES' New Providers and Expanded Roles

### Behavioral Health Providers

**Jeffrey Clausen, M.S.**, a Licensed Clinical Professional Counselor who has worked with BHES since May 2009 is expanding his hours and service locations. He is now working full-time with BHES and he will work in the Chicago, New Lenox and Plainfield offices.

**Pamela Murphy, Psy.D.**, a Licensed Clinical Psychologist will be joining BHES in January 2013. She provides psychological testing and psychotherapy for children, adolescents and adults and she will be working in the Chicago and New Lenox office initially.



## Assertiveness Techniques Continued

**"We are injured and hurt emotionally, not so much by other people or what they say and don't say, but by our own attitude and our own response." - Maxwell Maltz**

- Clenching fists
- Verbal or physical threats
- Name calling

### Steps to being more Assertiveness

1. State how you feel
2. State why you feel that way
3. State what you would like to see changed

Being assertive is most effective when you are concise and when you include specific information. Try using "When you, I feel" statements: When you \_\_\_\_\_, I feel \_\_\_\_\_. I appreciate it if you would \_\_\_\_\_ in the future.

It is best to avoid using the following words when having a disagreement: Absolutes (i.e., Always, Never), Why and You. Absolutes are seldom accurate and "Why" and "You" often provoke the other person to be defensive and negatively impacts the communication.

### Saying "No" Assertively:

- Ask yourself, "Is my request reasonable?"
- Assert your right to ask for more information and clarification before you respond

- Once you understand the request and decide you do not want to do it, firmly and calmly say "No."
- Begin your answer with the word "No" so it is not ambiguous.
- Make your answer short, honest, direct and firm
- Avoid apologizing



If being assertive is an area of concern for you, individual or group psychotherapy may be beneficial in your assertiveness skills and in learning how to apply them in life situations.

**For more information please contact BHES at (815) 609-1544.**



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