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BHES Update

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Website: www.bhes.us

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President's Message



After just over two years, Dr. Diane Washington will be leaving BHES to pursue other professional endeavors. During her time with BHES, patients and staff have enjoyed working with Dr. Washington and have grown from being associated with her. Everybody at BHES would like to thank her for her service and we wish her the best in her future.



BHES would like to welcome its newest Administrative Assistants to the practice: Sarah Swarzman in the Chicago office; Taylor Malecki

in the New Lenox office and Dipal Shukla in the Plainfield office.

Please give each of them a warm welcome as you meet them. We look forward to developing a rich and lasting professional relationship with all of them.



In August and September 2013, Drs. Johnny Williamson and Fazal Ahmed, respectively, will have been a part of BHES for 5 years. We want to thank and acknowledge their outstanding psychiatric skills as well as their dedication to their patients. We often receive positive comments regarding both of these skilled psychiatrists and we value their contributions to making BHES the practice that it is. Thank you very much for being a part of BHES and we look forward to many more rewarding years together.

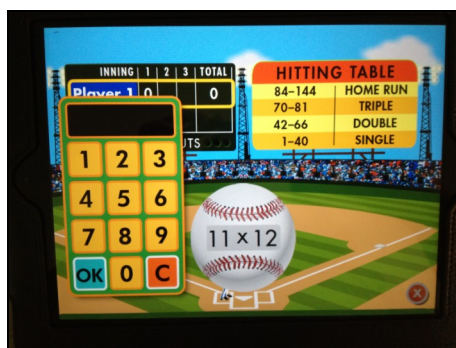
Summer Learning Activities

*Tell me and
I forget.
Teach me
and I
remember.
Involve me
and I learn.*

*-Benjamin
Franklin*

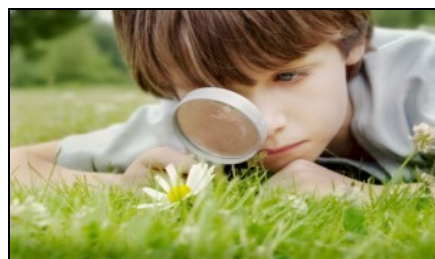
Even though school is out, the learning must continue. Why? Because during the summer a child can be set back academically by as many as two months. Here are some tips to keep your children learning throughout the summer.

1. To improve reading skills, start a word of the day contest. Agree on a prize for the contest and set a goal. Use note cards and place the words on the fridge each day.
2. For math skills, review multiplication tables and math facts using flash cards and make a game out of it. Create activities around summer sports like baseball and soccer. Have your children review the statistics of the games or have them follow players throughout the entire season.



3. For creative children, create a play or plan a family member's birthday party. Creating plays, allows them to use their writing skills and improve their grammar and spelling. A family party can give them the opportunity to perform the play for all.
4. Science is around us all. In the summer time, we are more likely to spend time outdoors. Collect samples of flowers or insects around your neighbor-

hood. Take a trip to your local forest preserve and explore nature. Use a magnifying glass to examine the details of each specimen. Have your children make a scrapbook. Look up facts on the internet about each sample. If there is an interest in space, make a night trip to an open field and gaze at the stars.



5. Children often go on field trips during the school year, but that doesn't mean your family shouldn't visit the same museums or parks for further exploration. Many museums run specials during the summer on specific days.
6. As a family, plan a day to do something special that the whole family can look forward to. Have a picnic and explore a local park. Bring the bikes and ride around. Play board games like Scrabble or Trivial Pursuit. Sometimes, just relaxing with your family is all that is needed for family fun and a good time.



ACT Test

In Illinois, all juniors took the ACT test in late April, 2013. As with last year, students were not given the writing portion of the ACT test in school. Students who are applying to colleges that require the writing section of the test 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 twice a week for four weeks (for a total of 20 classroom hours)
- Small Group courses are limited to 12 students
- Small Group tuition is \$500 **50% Discount if registered by August 20, 2013**
- If you register three or more students at the same time, each registrant receives an additional **\$25.00 Discount**
- Individual ACT Study tuition is \$600 (for a total of 20 one-on-one hours)
- For additional information, check out our ACT page on our website at www.bhes.us

Plainfield Course

Class	Day	Time	Start Date
2013F-01	Tuesday-Thursday	6:30-9:00 pm	Tuesday, Aug 27th

Chicago and New Lenox Courses

For information on Small Group ACT courses at our Chicago and New Lenox offices or Individual ACT Study any of our offices, please contact Liz Brucker at bhes-liz@sbcglobal.net.

BHES' Parenting Skills Seminar Series Presents

A Parent's Tool Kit: Parenting with Intention

Presented by Gwen Ginski, M.Ed., L.C.S.W.

- ◆ **Do your children refuse to listen to you?**
- ◆ **Do your children throw temper tantrums, whine or cry when you tell them "No"?**
- ◆ **Do your children have Attention-Deficit/Hyperactivity Disorder or another behavioral disorder which results in them not responding to your parenting attempts?**

If you answered "Yes" to any or all of the aforementioned questions, then this seminar will benefit you. Parenting is one of the most difficult tasks most people will encounter in their lifetime and with difficult children that task often becomes even harder. This seminar will teach you behaviorally-based parenting tools aimed at improving your children's willingness to pick up after themselves, to go to bed on-time, to complete their school work and to accept "No" for an answer.

◆ **Date: Saturday, July 27, 2013** ◆ **Location: BHES' Plainfield Office**

◆ **Time: 9:00am to 11:00am**

◆ **Cost:**

**Prior to the day of the seminar- \$20.00 for individuals and \$35.00 for couples
On the day of the seminar- \$30.00 for individuals and \$50.00 for couples**

◆ **Registration: Call 815-609-1544 to register for the class; payment can be taken over the phone or made by mail.**

Don't delay, space is limited!!!

Becoming a Better Listener

Wisdom is the reward for a lifetime of listening... when you'd have preferred to have talked.

Are you often told you don't hear what you're being told? Do you find yourself misunderstanding what others are telling you? Has your difficulty with listening caused problems in your relationships? If so, you're not alone.



Many people struggle to actively and intently attend to the various aspects of communication during a conversation and this can lead to serious problems both personally and professionally. The following article introduces you to the basic elements of Active Listening Skills with the hope of helping you improve your listening skills and get more out of conversations.

The three main components of Active Listening are: 1) **Hearing the Non-Verbal Communication**; 2) **Summarizing and Paraphras-**

ing and 3) Reflecting and Validating Feelings



1) Hearing the Non-Verbal Communication:

There is much more to being an Active Listener than simply hearing the spoken words. To be an effective Active Listener, it is critical that you pay attention to and understand the meaning behind the volume, tone and pace of the speech being used, the body movement being used, the distance between you and the other person, the amount of eye contact being given, the facial expressions being used and any other non-verbal aspect of the communication. By not paying proper attention to these non-verbal communications, you're likely missing out on a whole lot of the discussion which is likely to result in misunderstandings and incorrect perceptions.

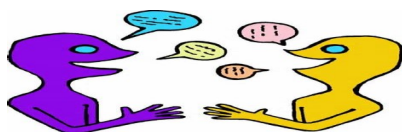
BHES' New Providers

Scott Feldman M.D., a Board Certified Child and Adolescent psychiatrist, will be joining BHES in late July or August 2013. He will treat children, adolescents and young adults at our Chicago office. He has extensive experience in both outpatient and inpatient psychiatric settings. Please welcome him to BHES.

Jeni Alonzo, B.A., a special education elementary school teacher for the Kendall County Special Education Cooperative, will provide tutoring services for children in Kindergarten through 8th grade, with and without special learning needs, at our Plainfield office. She specializes in Language Arts. Please welcome her to BHES.



Becoming a Better Listener Cont.



2) Summarizing and Paraphrasing:

Another important component of Active Listening is to both demonstrate and confirm you accurately heard and understood what the other person told you. Summarizing and Paraphrasing are two ways to accomplish that task.

When you Summarize, you give a general recap of the information shared to you in which you specify key points of what you were told to show you understood the message. When you Paraphrase, you repeat back, in your own words, what you were just told. By implementing these two skills, you will let the other person know what you heard, and you will give the other person the opportunity to correct you if you did not hear what he/she was meaning or trying to communicate.

3) Reflecting and Validating Feelings:

Another critical part of Active Listening is hearing and understanding the emotional

message of the communication and letting the other person know you understood and related to their emotional experiences. Reflecting and Validating feelings are two ways to show you are receiving the emotional message along with the verbal message.

By making statements such as, "That sounds frustrating", "You look disappointed" and "I'd feel the same way if I was treated like that", you let the other person know you have received their emotional message and that their emotions are valid.



As you can see, there's a lot more to Active Listening than what someone says. Not only are their words critical, but people's body language, body movement/location and emotional messages are equally important. By effectively utilizing all three Active Listening skills, you should gain more from your conversations and you might just end up saving a valuable relationship.



You can receive updates on BHES' services by
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www.bhes.us

Just click on the like button on BHES' website

