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MONTHLY NEWSLETTER

APRIL 2011

813.969.3878

SUCCESS STORIES



"As a mother who was at the end of her tether, I say from the bottom of my heart THANK YOU.

I feel such a sense of relief having someone as brilliant as yourself help us figure all this 'stuff' out."

- Mother of a 15 year old

Greetings!

Welcome to the April Newsletter from Rice Psychology Group!

We had an excellent turnout for our screening of the critically-acclaimed film, *Race to Nowhere* earlier this month, and are planning a follow-up conversation Thursday, May 5th at 6:30pm at the Avila Golf and Country Club. There is no charge to participate in the discussion, however a reservation is required. Please click [here](#) to confirm your attendance.

This month we're pleased to introduce our newly redesigned and updated website. Click on the link to the right to check it out!



Summer break is coming up - Are you still looking for a unique summer camp? Rice Psychology Group is conducting a one-of-a-kind *Summer Camp for Your Brain* and it's not just for students with an ADHD, ADD or LD diagnosis. *Summer Camp for Your Brain* also benefits a broad range of young people including gifted students as well as high school students prepping for college entrance exams such as the SAT and ACT. Many of these students need to learn to either speed up to complete work within time limits, or slow down to avoid making careless errors. Call us for enrollment information!

CONNECT WITH US



IN THE NEWS



CarrollwoodPatch



CONTACT US

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3802 Ehrlich Road
Suite 310
Tampa, FL 33624

Hours:
Monday: 8:30am - 8:00pm
Tuesday: 8:30am - 8:00pm
Wednesday: 8:30am -

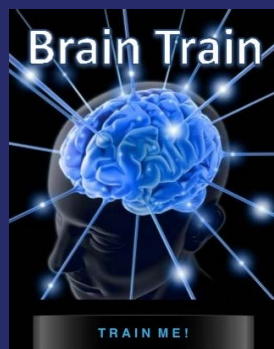
Also, are your children on media overload? Scroll down to view some easy ways to control the media consumption norm in your household and set your child up for success.

Please let us know if you have any questions or if you have any suggestions for topics in future newsletters!

Wendy B. Rice, Psy.D.
President and Founder of Rice Psychology Group

SUMMER CAMP FOR YOUR BRAIN Enrolling Now

Students with a diagnosis, or those exhibiting signs of ADHD or ADD, often struggle to retain and apply information where needed.



"Our Summer Camp for Your Brain utilizes Brain Train software, which is a computer-based cognitive training program," explains Dr. Rice. "It's ideal for kids who show signs of ADHD, ADD or other learning differences because it helps to improve attention, self-control and listening skills, as well as tolerating frustration."

Another benefit of the training is that it helps to build processing speed which can help children to complete homework more quickly. It also improves their reasoning ability and memory (especially working memory); exactly the tools you need to succeed in school and in life."

A Cognitive Training program is a non-medication-based approach to treating ADHD that can be used alone, or in conjunction with medication and/or therapy. Rice Psychology Group recently analyzed pre- and post-training skill levels of clients who completed 20 hours or more of the program. More than 76% showed clinically significant improvement in one or more foundational skills.



8:00pm
Thursday: 8:30am - 8:00pm
Friday: 9:00am - 5:00pm
Saturday: Call for
Availability
Sunday: Call for Availability

HELPFUL LINKS

[Home Page](#)

[Our Services](#)

[Meet Our Team](#)

The summer's first session of Summer Camp for Your Brain begins **June 20th and runs through July 14th**. The second session runs from **July 18th through August 11th**. Classes run Monday through Thursday and both morning and afternoon times are available. For more information, or to enroll, please contact Rice Psychology Group at 813-969-3878 or online at www.RicePsychology.com.

MEDIA DIET FOR CHILDREN

How much is too much?

According to the Kaiser Family Foundation, children spend more than 7.5 hours a day with media. What are they being exposed to? Everything! Children are becoming too savvy and this can have detrimental affects later in life.



In a study conducted in 2009 by the University of Minnesota, children who watch more TV than their peers during middle and high school years have less healthy diets five years later.

Media exposure is not limited to the television. It encompasses all media outlets; cell phones, computers, game boys, iPods, iPads, websites and much more. Not only can too much media hinder your child's health but their self-esteem and self-worth, too.

But don't worry; it's not too late to help your children from media overload. A media diet may be just what the doctor ordered.

Here are a few tips:

1. Don't be afraid to talk to you children about what they are seeing in the media. Have an open dialogue on what is being shown and what they are learning from it.
2. Set a healthy media dosage example. Show your children 'proper' media usage. For example, don't use your cell phone while driving or at the dinner table. Children learn what the norm is through watching you.
3. Stick to time limits. Time limits are key to avoiding media overload.

For more helpful hints and info on media dieting, visit this [website](#).

Rice Psychology Group

About Us

Rice Psychology Group is a Tampa-based private practice offering evaluations and a range of treatment options for children and adults with attention, learning, emotional, behavioral and relationship difficulties. The group was founded by Dr. Wendy Rice who first opened her private practice in Tampa in 2001. With five therapists on staff, including three licensed psychologists, Rice Psychology Group is dedicated to providing highly personalized and compassionate care in an environment that is both professional and relaxed.

Rice Psychology Group's services include diagnostic interviews, psychoeducational and gifted-eligibility testing as well as neuropsychological assessment. Treatment options include a variety of psychotherapy approaches for individuals and families to address depression, anxiety, ADD/ADHD and many other mental health concerns.

The practice also specializes in computer-based cognitive training for attention, memory and learning challenges. Using proven programs, Rice Psychology Group works with clients to improve their brain fitness and mental functioning (the foundations for learning) enabling them to think more effectively, focus better and remember more. In the fall of 2011, Rice Psychology Group will also offer specialized assistance to children and adults struggling with organization, planning and time management.

Rice Psychology Group works with clients of all ages - children, adolescents, adults and seniors. Enrollment is now open for 2011's Summer Camp for Your Brain. They can be reached via email at info@RicePsychology.com, by phone at 813-969-3878, or online at www.RicePsychology.com.