



MONTHLY NEWSLETTER

AUGUST 2011

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### SUCCESS STORIES



"[Our daughter] has loved coming to Brain Train. It has made her feel good about herself that she has been working hard and earning lots of points.

She has actually been saving her points instead of spending them all at once! She has already asked me if she can come back next summer."

- Mother of a 2nd grader

### CONNECT WITH US

Greetings!

Welcome to the Rice Psychology Group's August newsletter!

With back to school just around the corner, it is the right time to start thinking about whether your child's attention and memory are tuned up and ready for learning. Well-developed working memory and the ability to effectively focus in school are good predictors of academic success. Cognitive Training may be just the key to a smooth 2011-2012 school year. Scroll down to check out the benefits of Brain Train offered at Rice Psychology Group.

New at Rice Psychology Group this year - Groups!!!! Group therapy can be beneficial in lieu of or in addition to individual therapy, and is a therapeutic approach that allows for more social communication and social skill building. Dr. Danielle Budash will be offering small groups to help elementary and middle school students with various social-emotional-behavioral concerns while promoting socialization.

We are pleased to announce Rice Psychology Group is now verified by *Psychology Today*. Scroll down to check it out.

[Click here](#) to check out pictures from last month's 'End the Race' meet up. Stay tuned for the next date.

A handwritten signature in cursive script that reads "Wendy".

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



## IN THE NEWS



## BRAIN TRAINING IS BENEFICIAL TO KIDS

### Back to School: 2011 - 2012

According to the [study](#) in the Proceedings of the National Academy of Sciences, improving working memory through playing "brain-training" games has been linked to improvements in abstract thinking and problem solving. In another study from Ohio State University, researchers showed that cognitive training may be effective in improving the core deficits (problems with inattention, motivation, impulsivity) that are hallmarks of ADHD. They showed that ADHD symptoms as well as Executive Functions, such as attention, organization and working memory, improved with cognitive training.

Cognitive training is a clinically proven approach, and we are seeing the benefits of [Brain Train](#) firsthand. Rice Psychology Group is wrapping up "Summer Camp for your Brain 2011", our intensive summer program, and our participants and their parents are reporting significant improvements. At Rice Psychology Group, more than 75% of our participants show improvements in attention, memory, self-control and/or processing speed, and parents have reported improvement in their child's school performance, overall maturity and sense of responsibility.



We have a few openings for students who would like to begin Brain Train before school starts, and we will have after-school Brain Train beginning in September. Just send us an email at [info@RicePsychology.com](mailto:info@RicePsychology.com) or call us at (813) 969-3878 for more information about how to get started.

## GROUPS FOR SOCIAL AND EMOTIONAL SKILLS

### Coming in September

As part of Summer Camp for your Brain 2011, Dr. Danielle Budash offered "Tool Time" to participants.

## HELPFUL LINKS

[Home Page](#)

[Our Services](#)

[Meet Our Team](#)

## CONTACT US

Carrollwood: 813-969-3878  
3802 Ehrlich Road  
Suite 309  
Tampa, FL 33624

### Hours:

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

"Tool Time" is a small group experience to help children fill their social-emotional toolboxes with tools/skills such as emotional and behavioral control, relaxation, self-esteem, and kindness.

Due to the overwhelming positive response from the children and families, Dr. Budash will be offering small group therapy experiences for youngsters with varying social-emotional concerns and difficulties. Contact us for details about specific groups being offered during Fall 2011.

## VERIFIED BY PSYCHOLOGY TODAY

### Rice Psychology Group



Rice Psychology Group is now verified by Psychology Today! Have you seen our latest posting? Click on the Psychology Today magazine cover and check us out.

At Rice Psychology Group we are dedicated to offering a highly personalized and compassionate experience in an atmosphere that is professional and welcoming. Our therapists offer up-to-date and effective help for children, adolescents and adults.

We specialize in treating: ADHD - both with and without hyperactivity, Depression and Bipolar Disorder, Anxiety, Fears, Phobias, Social Skills and Friendship Issues, Learning Differences and Specific Learning Disabilities, Organization and Time Management Difficulties, Relationship Problems, Anger Management and Adolescent Girls Issues.

## Rice Psychology Group About Us

*Rice Psychology Group is a Tampa-based private practice that offers diagnostic interviews, testing and assessment, psychotherapy, cognitive training and services to enable better attention, memory and organization. The group was founded by Dr. Wendy Rice who first opened her private practice in Tampa in 2001. With five psychologists and therapists on staff, Rice Psychology Group is dedicated to providing highly personalized and compassionate care in an environment that is both professional and relaxed.*

*From its office in Carrollwood, Rice Psychology Group offers diagnostic interviews that serve as the first step in examining your concerns, determining a diagnosis, and forming a plan of action. We also offer testing and assessments that evaluate a client's neuropsychological functioning, identify strengths and weaknesses, and guide treatment recommendations. Based on the outcome of the diagnostic interviews and/or testing and assessments, we provide individual therapy and counseling for families utilizing a variety of therapeutic approaches to address depression, anxiety, ADD/ADHD and many other diagnoses and mental health issues.*

*The practice also specializes in Cognitive Training and improving Attention, Memory and Organization. Using Brain Train software and counseling, Rice Psychology Group works with clients to improve their brain fitness and mental functioning (the foundations for learning), enabling them to think effectively, focus better and remember more.*

*Rice Psychology Group sees clients of all ages, including children, adolescents, adults and seniors. Reservations for the Group's "Summer Camp for Your Brain" are available now. They can be reached via email at [info@RicePsychology.com](mailto:info@RicePsychology.com), by phone at 813-969-3878, or online at [www.RicePsychology.com](http://www.RicePsychology.com).*

