



813.969.3878

JANUARY 2012

SUCCESS STORIES



Greetings!

Welcome to the Rice Psychology Group's January 2012 newsletter! In this month's issue we are sending news about:

- New Year's Resolutions...
- Exciting new research about how psychotherapy can lead to changes in the brain and is considered as effective as medication in treating mental health disorders
- Fun and effective groups for children and teens
- Tips from the National CHADD conference to help with ADHD and ADD

""My son got 'off track' last year in 8th grade. When speaking directly to him, he had a confused, vacant look of not registering what was being asked of him. Consequently, his grades plummeted. Wendy worked with him in therapy and he also did Brain Train. He is currently in 9th grade, and has all A's in his honors and AP courses!"

-Mother of a current 9th grade boy



New Year's Resolutions

First of all, Happy New Year and Welcome to 2012! May this be a year of peace and good health all around. Second, let's think about those New Year's Resolutions. If you have made one or some, how is it going? Research suggests that success in keeping those resolutions depends on setting numerous, specific and realistic goals (within reason) and having a strong belief that change is possible. What that means is that it is critical to believe that will power and self-control are, in fact, largely within your control! Finally, while we often take stock of our lives and set new goals as we begin each new year, keep in mind that we have 365 days to make positive changes in our lives!

Therapy Can Change the Brain

Can psychotherapy change the brain? According to recent research, there are a number of scientific studies using brain imaging techniques that suggest that this is indeed true. Brain changes have been seen following a variety of psychotherapy approaches (all of which we use at Rice Psychology Group) in individuals with depression and anxiety disorders as well as obsessive-compulsive disorder (OCD), panic



CONNECT WITH US





disorder, social anxiety disorder, specific phobias and post-traumatic stress disorder (PTSD).

Studies have revealed similar and different alterations in brain functioning after psychotherapy and medication. These results are an advancement in the psychiatric and mental health fields and confirm that psychotherapy and medication are each effective in treating mental health problems and both lead to changes in brain functioning. Using the two together with a good therapeutic alliance is often considered the most effective therapeutic approach.

For more information, please visit:

<http://www.cmellc.com/Home/TreatingtheWholePatient/articleType/ArticleView/articleID/4833/Psychotherapy-and-the-Brain/>.

IN THE NEWS



Groups

We are thrilled to announce that our fall groups for children, tweens and teens were such a success that we have expanded our group offerings for Winter-Spring 2012. Rice Psychology Group is now offering opportunities to "Grow through Groups." Group therapy is a wonderful way to learn and practice social-emotional skills, engage in social interactions and build friendships, and promote positive self-esteem.

Groups will focus on a variety of topics and are being offered for a range of ages, including preschool and kindergarten children.



All groups meet weekly with at least one of our Licensed Psychologists. As we know, a well developed EQ (Emotion Quotient) is just as important to success in life as a well developed IQ. [Click here](#) for descriptions of all of the groups being offered at Rice Psychology Group. Groups will start within the next two weeks and some offer open enrollment. Call us today to register.

Useful Tips for Attention and Learning Differences

1. **Break small tasks into smaller parts** and make a checklist for each part. Even seemingly small assignments and chores can be overwhelming for some kids. This works for every day assignments, studying and even helps with the overwhelming task of cleaning your room!
2. **Make a time line** to help with planning and to visualize how to complete tasks within a time frame.
3. **Make planning even more visual** by making visual maps by hand or by using cool software such as Inspiration's Kidspiration or MindJet's MindManager.
4. **Unplug!** Turn off your connection to the web if the internet is not needed! A computer that is not connected to the internet is far less distracting than one with YouTube and Facebook popping up and luring folks away from their work. Remember that while kids (and adults, too) think they are multi-tasking when they are doing homework and on facebook simultaneously, they are actually switching back and forth, which makes for much less efficient and attentive focus on what really needs to get done.
5. **Be sure to have all needed supplies** before sitting down to work. This may include having a spill-

HELPFUL LINKS

[Home Page](#)

[Our Services](#)

[Meet Our Team](#)



Phone: 813-969-3878

Fax: 813-969-3887

[For Directions](#)

3802 Ehrlich Road
Suite 309
Tampa, FL 33624

Hours:

Monday through Thursday:
8:30am - 8:00pm

Friday:
9:00am - 5:00pm

Weekends:
Call for Availability

proof cup nearby along with pens, pencils, ruler, computer...

6. Turn off the TV!!!

[Note from Wendy](#)

We are available to speak at your school, temple, church or community organization. We present on a range of topics and will gladly customize a presentation.

Dr. Budash and I recently had the privilege to present to the 8th graders at St. Lawrence Catholic School. We received the following note from the Director of Ministry and the Guidance Counselor.

"What a pleasure to have you and Dr. Budash meet with our 8th graders. Your presentation was engaging as well as on target for teaching our students about Conflict Resolution and Problem Solving. We look forward to working with you in the future."

Please call us or check out our [website](#). We would be glad to talk with you to see if we have a program or a service that would be right for you or a loved one.

Warmly,

A handwritten signature in black ink that reads "Wendy".

Wendy B. Rice, Psy.D.

Rice Psychology Group

[About Us](#)

Rice Psychology Group is a Tampa-based private practice founded by Dr. Wendy Rice, Licensed Psychologist, who 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.

Rice Psychology Group offers consultations and 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. Brain Train is an ALTERNATIVE TO MEDICATION with NO SIDE EFFECTS!

Rice Psychology Group sees clients of all ages, including children, adolescents, adults and seniors. They can be reached via email at info@RicePsychology.com, by phone at 813-969-3878, or online at www.RicePsychology.com.



Try it FREE today.