



## January 2013

### ***RPG in the News***

What has Dr. Rice and her team been up to lately?

### **New Look for our Online Home**



There is something in the air...could it be the new look of our website? If you have not strolled through, [www.RicePsychology.com](http://www.RicePsychology.com), you might want to peruse through our cleaner, leaner layout.

Not only have we made it easy breezy to find content, we have added an amazing resource for visitors, the [RPG Blog](#). Get the latest and greatest information from our blogs with insightful information, loads of tips, a better understanding of what we do and the services we offer.

### **Breaking News**



This past month, Dr. Rice was featured several times on FOX 13 News where she spoke about how to cope with the [Sandy Hook Elementary](#) tragedy and spoke with Anne Dwyer about getting kids in a [back to school routine](#) after the holidays. In addition, Dr. Rice was featured on [Attention Talk Radio](#) and spoke on How to Help Kids Who Do Not Think with host Jeff Copper.

Where else will Dr. Rice be featured? Let's just say keep your eyes peeled for several mentions in various [online news](#) sources and radio.

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## ***Introductions Are In Order***

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The RPG family is growing and growing! We are excited to announce new additions to our team...

### **Emily Hudkins, Ph.D.**



Dr. Hudkins received her master's and doctorate degrees from the University of South Florida. She enjoys working with young children through adolescents for therapy and assessment to address social/emotional, behavioral, and learning concerns.

Critical to her work is an emphasis on collaboration and empowerment of children and families to generalize success to each aspect of their lives. [Read more about Dr. Hudkins...](#)

### **Andrea Mason, AD/HD & Montessori Life Coach**

With over 30 years of experience in Montessori education, Andrea feels the Montessori's philosophy of respect, trust and "helping children help themselves" has provided her with the perfect foundation for coaching clients to find their own answers and creative solutions.

Her teaching experience, with its emphasis on organization, sequencing, responsibility and attention to detail serves her well when working with AD/HD clients. [Read more about Andrea...](#)



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## ***From the RPG Blog***

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### **From Uneasy to Unflustered**



No matter your age, race, IQ, or income, we all have worries. For some people, mental health problems such as anxiety may improve when treated with Cognitive Behavioral Therapy (CBT). Research has shown CBT to be effective in the treatment of all anxiety disorders in addition to mood, eating disorders, and substance abuse.

For anxious children, the [Coping Cat program](#) is an evidence-based CBT that helps them recognize and analyze anxious feelings and helps them identify and label those feelings. Find out what the four components of the Coping Cat program and how RPG helps treat children with anxiety.

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## ***Victory Quotes***

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### **From a Mother of three...ages 9, 6 and 5--**

*Thank you so much for your enlightening presentation on tantrums. The information and strategies you provided helped me not only to find better ways to handle tantrums when they occur but more importantly to better recognize the situations and circumstances that may cause them. Your presentation has helped me do a better job meeting my child where she is at, recognizing the situations that are going to set her off and heading the tantrum off at the pass. Anybody can stand up and give a presentation on the do's and don'ts of how to avoid a tantrum but you provided hands on practical experience with the*



*heart of a teacher.*

*Parenting a strong willed child can be exhausting and your presentation gave me just the boost I need!*

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## About Us

Rice Psychology Group is a Tampa-based private practice that provides comprehensive psychological services for children, adults and families. RPG offers consultations and diagnostic interviews, testing and assessment, psychotherapy, cognitive and working memory training and organization coaching. The psychologists at RPG utilize a variety of approaches to address depression, anxiety, ADD/ADHD, disruptive behavior, relationship, learning and many other mental health issues. The group was founded by Dr. Wendy Rice who opened her private practice in Tampa in 2001.



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