



## October 2012 Newsletter

### Do Something

The month of October is National Bullying Prevention Month (NBPM). The first anti-bullying awareness campaign was initiated in 2006 by PACER (Parent Advocacy Coalition for Educational Rights) with the urgent and weighty goal of changing society's perception about bullying - that it will not be tolerated! Bullying must be addressed with education, understanding and a cultural shift in schools, families, on sports teams and in the media. Given that bullying is such a significant problem for bullies, victims and even bystanders, the Florida Psychological Association encourages parents to talk to a psychologist if their child has been involved in bullying and has suffered emotional consequences as a result.

This month's national campaign features new initiatives such as PACER's release of several new toolkits and PSAs. In addition, other organizations are joining in the movement, such as National Education Association's Do Something, the Bully Project's Stomp Out Bullying and Hey U.G.L.Y. (Unique, Gifted, Loveable, You), as well as the Be More than a Bystander campaign by the Ad Council.

The Rice Psychology Group has presented to faculty, parents and students on the latest research and programs to target bullying at various schools in the Tampa Bay area. What are you doing to bring awareness?

The next time you witness bullying in action, will you rise to the occasion for what you believe is immoral or will you stand by? Do something as a community. Do something as a teacher. Do something as a parent. Just do something to bring awareness to bullying and help initiate a safer environment for all children.

---

### RPG in the News

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



### Open for Business

The Rice Psychology Group has officially opened its doors in South Tampa (S.W. Corner of Neptune and S. Dale Mabry). Please give us a call at 813-251-3878 and let us know if you would like to stop by for a tour. We would love to meet you, show you around and introduce you to our loyal Canine Assistants, Lily and Milo.



### Reaching the Top

In the September issue of Tampa Bay Parenting, Dr. Rice wrote an article on how parents can improve their children's time management, organization and planning skills. [Read the article.](#)



### Debunking Theory



Only Crazy People See Psychologists, Right? NOT! That is an unfortunate misconception. Most people who see psychologists are on the "normal" spectrum. In her first of new a series of videos on the RPG YouTube channel, Dr. Rice is on a mission to set the record straight, demystify what therapy is really all about and explain mental health problems that impact children, adolescents and adults.

[Watch the video](#) to be enlightened, educated and learn why you should stop being judgmental and start being supportive.



### Training Your Brain

#### All Aboard

RPG now offers expanded services for those who struggle with Attention, Learning Challenges, Processing Speed and Memory Difficulties: Brain Train and TOPS Coaching (Time management, Organization, Planning Skills). These programs are especially helpful for people who have difficulty with [Executive Functioning](#).



Executive Functioning is a set of brain functions that help us manage behavior and enable us to plan, organize, strategize, pay attention and remember. Want more information? Please visit our [website](#) or call us to find out how you can get your brain back on track.

---

### Victory Quotes

Thank you! You are the first person who really gets it. We have had several other

evaluations and you really got to the root of the problem. You were able to describe exactly the problems we have at home and explain why they are happening. Now I understand. Finally! - *Mother of a 3rd grader*

## 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.



**CONTACT US TODAY**



### Carrollwood

3802 Ehrlich Road, Suite 310 | Tampa, FL 33624 | 813-969-3878

### South Tampa

1501 South Dale Mabry Highway, Suite A-6 | Tampa, FL 33629 | 813-251-3878

[www.RicePsychology.com](http://www.RicePsychology.com)

