

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Education For Our Troubled Times

By Dr. Dorree Lynn

Education For Our Troubled Times by Dr. Dorree Lynn

The events of September 11th and the aftermath of anthrax scares and security warnings shattered our illusions and morphed our once familiar world into a new and unfamiliar one. As a result, all of us are learning to live with a newly developing normalcy. Metaphorically speaking, we are only at the first stage of this education—taking our preliminary prerequisite classes: Living with Terrorism 101. Living with Anxiety 102. Getting out of Bed and Handling Depression 103. Sleeplessness and Nightmares 104. Intimacy and Caring under Stress 105. Staying sane in an insane world is an extremely difficult task.

Not all our professors and teachers know what they are doing. Not all are easy to understand. And many are neither very likable nor very good educators. The homework is hard and takes time. Making sense out of the often-contradictory news bombardment can seem an overwhelming task. Those of us who pay attention to daily news events are on overload. Every time we think we have the hang of what is going on, something new and unexpected develops and with increased confusion, we return to ground zero and have to start our education process all over again.

The government isn't helping us with our feelings very much. On one hand, they tell us to go on with life as usual—to be cowboys and cowgirls, pull ourselves up by our boot straps and ride on—overcoming any obstacles in our path until, at the end of the day, at our proverbial campfires, we lay our weary heads to rest.

On the other hand, using terse abstract terms, officials are issuing dire warnings while providing minimal information that can quell our concerns. In general, these information givers are not yet very good at the psychological aspects of their job and most can barely teach the introductory courses they have taken on. Psychologists know that in order to ease fear, when you give a warning you also give instructions about how to handle the warning. Psychologists also know that a very good way to increase anxiety and erratic behavior, even with rats, is to use intermittent reinforcement schedules. The ambiguity helps to drive the poor animals crazy.

What our government "professors" haven't yet learned is to introduce warnings and to then introduce the second part, which is to give people something to do, to explain terms such as terrorism, give out information, facts and numbers, create "containers" for people to contain irrational feelings and to suggest activities for people to do. Sometimes people confuse activity with productivity. But, action can also be used as a mechanism to stop thinking only about one's self. Our government officials and newscasters need to be educated to do their jobs even better and teach advanced courses.

It's just common sense, or as one of my client's always reminds me, common sense is not really common at all. Mothers know that if they tell their young child to "watch out" the child will expect the boogie man, become terrified, not let go of her leg, nor go to school. The child will not want to leave the house and in the most non-jargoned term, will become a mess. Whereas, if a mom says to her young one, "Watch out when crossing the street. Cross at the green light, look both ways before crossing, and hold your partner's hand, the child will, understand what is expected of him or her, feel empowered and

continue living using appropriate caution and care. The young boy or girl does not need a lexicon and diatribe of the differences between cars, trucks and buses. All the child needs to know is how to cross at the green light.

If we use the analogy that elected officials are akin to parents or professors and we, the general public, though not children, look to them for guidance, then it is incumbent for them to become better teachers. Officials and media disseminators need to take a common sense lesson from mothers with common sense. National security secrets do not need to be revealed. But, if those in charge of disseminating information learn how to not drop verbal bombs we will all be able to move up one grade and to start taking the next level of courses we need for a saner future.

Life is too hard to do alone,

Dr. D.

Dorree Lynn, PH.D.

Dr. Dorree Lynn is co-founder of the Institute for the Advanced Study of Psychotherapy and a practicing clinician in New York and Washington, DC. Dr. Lynn served on the executive board of the American Academy of Psychotherapists and she is on the editorial board of their publication, Voices. She is also a regular columnist for the Washington, DC newspaper, The Georgetown. Dr. Lynn is a noted speaker and well known on the lecture circuit.

When Your Teenager Is Out Of Control: Troubled Teen Programs

By Paolo Basauri

Introduction to Troubled Teen Programs

More than ever, teens today are facing an uncertain future. With political instability across the globe

and unrest in local communities, it's no wonder that our teens are confused and scared about their place in the world. Just as they are trying to find their own adult identity, the teenage body is hit with an influx of hormones and unsettling emotions that they don't know how to control. Because of this, teenagers are particularly susceptible to conditions such as depression, oppositional defiant disorder (rebelliousness) and numerous personality disorders. Adolescent frustration can easily lead to behavioral problems, if the teen doesn't receive appropriate counseling. Troubled teen programs exist to provide such counseling, and intervene before troubled teens can damage their future irrevocably.

Who Can Benefit from Troubled Teen Programs

Many teenagers can benefit from the variety of troubled teen programs that are available. Whether you're teen is overtly rebellious, experimenting with drug use or promiscuous behavior, or has had trouble with the law, troubled teen programs can provide the tools to set your teenager on the right path. Troubled teen programs can reach your troubled teenager by teaching them to respect themselves and others, offering relatable testimonials and providing an objective outlook on how your teen functions. Whatever problems your teen may be facing, such as alcoholism, insecurity, or apathy, troubled teen programs can renew a positive outlook on life. These programs will help your teen, and your entire family, by bringing you all together.

Types of Troubled Teen Programs

There are many diverse troubled teen programs to address the many problems facing teens. Finding the program that best suits your teenager's needs is key to helping them out of their problems. Some typical troubled teen programs include:

- * Residential programs - Similar to boarding schools, residential teen programs require the teen to live at the program facility. Residential troubled teen programs are especially helpful for teens that have been expelled from public schools or need a great deal of supervision. Residential programs can be general or cater to specific problems such as drug abuse.

- * Wilderness programs - Wilderness troubled teen programs take the problem teenager out of the confusing modern world and bring them back to the basics. Removing the teenager from the influences of bad company, computers, cell phones and modern conveniences, allows wilderness programs to access the root cause of the teen's issues.

- * Boot Camp/Military School (

-) - There are a number of troubled

teen programs that utilize the military approach to treating problem teens. Focusing on discipline and respect, boot camp style programs can build the character of a troubled teen while allowing him to gain much-needed self respect.

Where to Look for Help in Finding Troubled Teen Programs

Because each program is unique, it's important to carefully investigate your options before deciding on the program that is right for your troubled teen. Many programs can be investigated via the internet. Once you locate a program or programs that may be right for your teen, contact each organization to discuss your specific issues.

Paolo Basauri is an expert author who writes for



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!