



In this issue...

[What am I going to do with my life?!!](#)

[Adventure Based Counseling](#)

[Grieving Children](#)

TLC Seminars

A Life of Purpose, Jennifer Bennett, MACE, LPC, LPF, Canterbury Retreat Center in Oviedo, FL Sept 21-22, 2007

ADHD in the Classroom (3 Hours) James L West, MA, LMHC, NCC @ [FACCS Annual Conference](#)- October 18, 2007 @ Orange County Convention Center, Orlando FL.

Diffusing Parents in the Private School (1 Hour) James L West, MA, LMHC, NCC @ [FACCS Annual Conference](#)- October 19, 2007 @ Orange County Convention Center, Orlando FL.

The No No's of Oppositional Defiance Disorder in the Classroom (1 Hour) James L West, MA, LMHC, NCC @ [FACCS Annual Conference](#)- October 19, 2007 @ Orange County Convention Center, Orlando FL.

How Teachers Can Help Students Discover Their Purpose (1 Hour) Jennifer Bennett, LPC, LPF @ [FACCS Annual Conference](#)- October 18-19, 2007 @

Total Life Counseling Center Resources

Everyone Needs a Little TLC

August 2007

Dear James,

Channel 13 did a story on our [Social Skills programs](#) and [the video segment includes a testimonial](#) from one of our students. [Check it out! Watch the video by clicking here](#) or [click here to read the story.](#)



Sheww this busy Summer has flown leaving us with just a few weeks to get ready for school and creating questions like: Are you dreading fighting your student with homework every afternoon? Do you need a plan to start and finish strong? Does the stress cause your student to act out or engage in cutting? Are you concerned about preparing your student or school for teasing or bullying? I have included in this newsletter [Seminars for Schools, Churches, Parents](#), as well as, [Retreats](#) to deal with Bullying issues that also improve school retention, self confidence, character, and decreases discipline problems. If your student's would benefit from these services please forward to your school and/or PTA.

Here's a quote I received from a private school in Ft Lauderdale,

"We had such a good experience with your "leadership training" last year that we would like to schedule it again! The students still talk about that day (one year later)!"

Finally you will read about our [Leadership Saturday Camps](#). This is a powerful tool to teach students how to roll with conflict or build their confidence to deal with teasing or bullying. Read about it below!



James West

What am I going to do with my life???

Teaching Students how to find their Purpose & Career Path

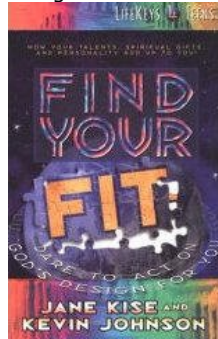
Are you Frustrated that your student does not know what to do with their life? Are you looking for someone to guide your student to utilize their past experiences, their talents, passions and interests to find their purpose and college major? College students change their majors on average 4 times before they finish college.



Orange County
Convention Center,
Orlando FL.

**How Teachers Can
Help Students Discover
Their Purpose** (1 Hour)
Jennifer Bennett, LPC,
LPF @ [ACSI](#)
[AnnualConference-](#)
November 19-20, 2007 @
Orange County
Convention Center,
Orlando FL.

Jennifer Bennett, MA, (Doctoral Candidate in Education & Curriculum Development) is a certified Life Purpose Coach and she utilizes [Pathway to Purpose, Discover who You Are, Finding your Fit, & StrengthQuest](#) to help students along in this path. Just think if we had this resource when we were facing the transition of a teenager to a college student.



Imagine the "Synergy" of combining your purpose with your past experiences, talents, passions and academia to determine your career path. Can you visualize the impact and influence that student will have one day? How much time and financial resources could be saved if a student knows before they go into school what their purpose and career path will be?

If you would like to set up a consultation with [Jennifer Bennett, MACE, LPC, LPF](#) or if you would like Jennifer to present at your school, church or organization please call us at Total Life Counseling Center at 407-248-0030.

Are You Up For An Adventure? Adventure Based Counseling



10 year-old Ryan climbed into his harness, asking the entire time what would happen if he fell. You see, Ryan was about to climb the 40-foot rock wall aptly named Goliath. This feat was definitely not for the faint of heart, but even more intimidating for Ryan as he was challenged with high anxiety. Once Ryan had his

harness securely tightened and he was hooked into his belay, he gingerly made his way to face of the wall, looking back to see if I had any last words of comfort. I then told him "the only way to overcome your fears is to face them." Ryan didn't seem to take much consolation in this fact, but he began to climb... [Read More](#)

Article written by [Alan Davidson, MA, RMHI](#) and Alan is available for counseling or if you would like Alan to present at your school, church or organization on [various topics](#) please call us at [Total Life Counseling Center](#) at 407-248-0030.

For more information on our Adventure Based Counseling programs like our [Saturday Leadership Camps](#) [click here](#).

The Downward Spiral of Hope: Complex Grieving in Children

Hurricane Katrina taught us alot about the grieving process in children. Unless the situation was a dramatic event, such as discovering



the body of a parent who committed suicide or being a war refugee child, children's symptoms are often overlooked. But unexpected deaths by natural causes, accidents, or motor vehicle accidents can cause acting out, depression, insomnia, and anxiety. Children may be sad one moment and then seem fine an hour later. This is because children experience grief differently than adults and we expect them to respond to trauma in the same manner. Unlike adults, children do not sit and emote how the trauma has impacted their life. [Read More](#)

Article written by [Evelyn Wenzel, LCSW, CAP](#) and Evelyn is available for counseling or if you would like Evelyn to present at your school, church or organization on [various topics](#) please call us at [Total Life Counseling Center](#) at 407-248-0030.

[FREE Pre-planning Seminars from TLC](#)

Need help with Pre-planning or church development. Seminars are available on ADHD, Diffusing Parents in the Private School, Conflict Resolution, Team Building, School Retention, School Improvement, Stress or Anger Management, Parenting, Oppositional Defiance and [more](#). If you are within 30 minutes of our Orlando, Winter Park or Clermont office we will provide up to 1.5 hours free of charge. This offer is available for trainings during August 15-September 15 2007. [READ MORE](#)

[Groups offered at TLC](#)

TLC has offered [Social Skills Groups](#) also referred to as Leadership Groups for many years in Metro West & Winter Park. We just started another group in Winter Park on Tuesdays at 6pm for students ages 10-15 starting September 4th. Our groups are open to students at anytime as our [groups](#) are ongoing. For a Leadership Skills group Flyer or other groups click the link below that applies to your interest.

[Child or Adolescent Leadership/Social Skills Groups](#)

[Anxiety Groups for 3rd-5th Grade](#)

[Test Anxiety Group](#)

[Women's Metro West Addictions & Alcohol Group](#)

[Adolescent Cutters or Self Harm Group](#)

Follow up Links

[Total Life Counseling Center](#)

Thank you for taking the time to look over this information. If you feel a friend, church or school might benefit from this information please feel free to forward this email using the link

[TLC Blogs](#)

[Life Purpose Coaching](#)

[Executive Coaching](#)

[TLC Services](#)

[TLC Groups](#)

[Cutters](#)

[TLC Retreats](#)

[TLC Anger Management](#)

[TLC Saturday](#)

[Leadership Camps](#)

included. Enjoy the rest of your Summer!

We do offer so many wonderful services which you can review at www.totallifecounseling.com/services.htm .

Sincerely,



James West
Total Life Counseling Center

Forward email to a friend

 **SafeUnsubscribe®**

This email was sent to jim@totallifecounseling.com, by jim@totallifecounseling.com
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Total Life Counseling Center | 1507 S. Hiawassee Road #101 | Orlando | FL | 32835