

Vista Psychological & Counseling Centre

What a difference five years makes!

We here at Vista Psychological & Counseling Centre have been providing mental health care since May 1, 2008. In five years time, we have grown to include twelve practitioners and an office staff of seven. Physically, we have expanded our space to approximately 4200 square feet encompassing nearly the entire ground floor of our 1201 S. Main St. location. Across thirty days, we watched our office renovations develop and evolve into a facility to better meet the needs of those in our care. As we put the finishing touches on our expansion and renovations during the next few months, please join with us in celebrating. From all of us here, we thank you for your continued support in providing quality mental health care.

Children and Their Privacy

Concerned, loving parents who have the best interests of their children at heart are often confused about where to draw the line when it comes their kids' privacy. Though 99% of the parents in a recent national survey said they trusted their kids, more than one-third of them admitted to snooping in their rooms or listening in on phone calls. **Is it ever acceptable to snoop in my children's rooms?** If your children haven't given you reason to suspect problems that could affect their health or well-being, leave their diaries, drawers, and personal effects alone. By the time most children are 10 years old, they feel strongly about the sanctity of their rooms. Kids need to have a private space where they can play, create and daydream without fear of invasion. Generally, parents appreciate their children's need for a private space. But sometimes the urge to snoop can be

irresistible. Invading a child's privacy out of curiosity is likely to be "unhealthy prying," even though the temptation may be great to take a peek inside your child's mind and life, acting on such temptation demonstrates a lack of fundamental respect for your child's autonomy. **Are there circumstances when young people lose their right to privacy?** Most parents would like to nip serious problems in the bud before it becomes necessary to launch an all-out privacy invasion. But children also must do their part to earn parents' trust. This often becomes an issue with preteens and teens. Trust is a two-way street. If children want you to respect their privacy, they owe it to you not to lie when you ask them direct questions about important health or safety matters. When you take a stand on an issue like smoking, be prepared to be unpopular

with your children. Kids are rarely appreciative when parents set limits. **How can I be sure my child is not using drugs?** Parents know that drugs are out there and that even children from loving families can fall into their snare. Some parents who aren't sure about their children's habits buy home drug-testing kits, just to be on the safe side. While it's important to be alert to the dangers to which children may be exposed, parents do more harm than good by insisting the kids be tested if there is no reason to believe they are taking drugs. Trust is the glue that holds families together, and children might legitimately feel alienated and angry when parents assume they aren't trustworthy. A more positive alternative is to talk with your children about drugs Listen to your instincts, and watch for signs that kids might be experimenting with drugs. (Continued on page 2)

Fall 2013

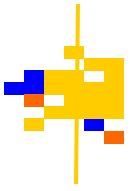


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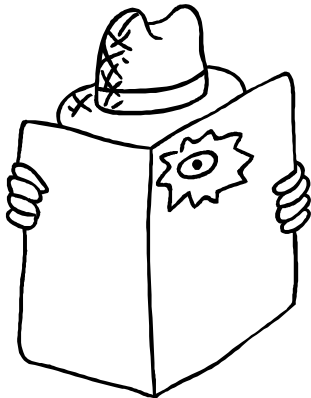
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Children and Their Privacy (continued)



It is necessary to be vigilant and not naïve. You know your child, so you need to be alert. Watch for signs of change in personality, grades, energy and attitude.

How can I get my child to tell me what's going on so I don't have to pry? Most parents would prefer not to invade their children's space. What they want is for their kids to level with them. Many parents hope to be their child's best friend and confidant—*especially* during their teenage years. This is an unrealistic goal since it is a natural part of adolescence to learn to separate from parents and create an individual identity apart

from them. Most kids feel far more comfortable confiding in their peers. As soon as you suspect a problem, talk to your children and listen to them. Be sure to wait until you are calm and in control. Stress that your concern is for their well-being. Let them know you're on their side and that you're available to be a sounding board when they have to make important decisions. Emphasize that you trust them to do what's right and you have faith they will make choices based on their needs and feelings, not to satisfy someone else. The best way to avoid privacy conflicts altogether is to establish an en-

vironment of trust and open communication early in a child's life. When children learn to see you as their ally and advocate, not as their enemy, they will be more likely to come to you with big problems, instead of hiding them from you.

Source: Bottom Line/ Personal interviewed Nancy Samalin, founder and director of Parent Guidance Workshops in New York. She is also the author of several books on parenting including *Loving Each One Best: A Caring A Practical Approach to Raising Siblings*.

A region in the brain known as the anterior insula is important for assessing trust.

Why Older Adults Are Too Trusting

The older people get, the more trusting they become—a tendency that can be dangerous because it puts elders at risk for exploitation and abuse. But why does it happen? A new study suggests that older people have trouble identifying untrustworthy faces because of an age-related drop in activity in the anterior insula, a brain region that may play a role in assessing trust and risk. Researchers at the University of California, Los Angeles, asked 119 adults who were at least 55 years old and 24 younger adults to look at pictures of faces that exhibited either trustworthy, neutral or untrustworthy qualities (according to previous analysis). Compared with younger subjects, the older participants were much

more likely to label the suspicious faces as credible and approachable. When the researchers asked a subset of the subjects to perform a similar task while undergoing a functional MRI scan, the older subjects exhibited lower activity in the anterior insula, a small region inside the cerebral cortex, than did the younger ones. Although the difference in activity was most pronounced when the groups looked at the untrustworthy faces, the younger subjects exhibited higher activity in the anterior insula than did their older counterparts when they looked at the untrustworthy faces, too. The findings suggest that the "anterior insula is important for assessing trust, period," explains U.C.L.A. doctoral student Elizabeth Castle,

lead author of the study published last December in the *Proceedings of the National Academy of Sciences USA*. The region may be responsible for the positive and negative "vibes" we get about people when we meet them, which may unfortunately, dissipate with age.

Source: Melinda Wenner Moyer, *Scientific American Mind*, May/June 2013



Can Two Bedrooms Make One Happy Marriage?

It's now officially a substantial trend: a study by the National Sleep Foundation found that 25 percent of couples sleep in separate rooms. That's one in four couples! Many who choose to sleep separately are reluctant to discuss it, but for most people, the decision to sleep is elusive when you bed down with a partner who snores, tosses relentlessly, visits the restroom repeatedly, hogs the covers or is drenched in sweat each night. One partner often retreats to a guest room, kid's bed or the family room sofa while hoping that people won't assume the worst about their relationship. By 2015, the National Association of Home Builders says that it expects 60 percent of custom-built homes to include dual master bedrooms for this exact reason. "It's important for couples facing these issues to try their best to avoid being influenced by negative social stigma and others' judgment around sleeping apart and be as creative and innovative in finding solutions that work for them," says Manhattan psychologist Dr. Joseph Cilona. And while sleeping in separate beds may solve some issues, it's not always a perfect solution. Sleeping separately may mean you're both getting better rest, but will it chip away at the romance or take a toll on overall intimacy? Some folks think that sleeping apart robs a marriage of its special connection. Here's how couples can combat living as roomies and keep close, cozy and

connected even if they sleep in different beds:

1. Stay touchy-feely with each other. Even when couples don't hold each other all night long, a lot of touching goes on while you're falling asleep. Touch enhances the sense of intimacy and it also has a measurable biological effect: it stimulates the production of oxytocin, the hormone that deepens human bonds. **Separate bed solution:** "make a real effort to stay touchy-feely during the day. Don't just walk by each other; stop for a casual kiss or a loving pat. Hold hands on the couch and cuddle while you watch TV in the evening before bed," suggests Beverly Hills psychiatrist Dr. Carole Lieberman, author of *Bad Girls: Why Men Love Them & How Good Girls Can Learn Their Secrets* (Cogito Media Group, 2010). "Couples need to make an extra effort if they sleep apart to consciously make up the loss of loving touch. It's not only important for holding onto the romance—touch is vital to emotional and physical health."

2. Engage in pillow talk. You may have lots of focused conversations about kids, the car, work, and the dog, but there's also intimacy in the kind of pillow talk couples engage in as they relax before falling asleep. Good marriages thrive on these private, unplanned conversations that may vanish when you start sleeping separately. **Separate-bed solution:** Try to

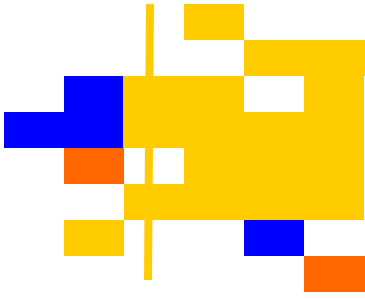
fall asleep together in the same bed with the understanding that if one partner disrupts the other's sleep, that person will slip off to a different room during the night. The one who wakes up first can join the other for pillow chat in the morning. Lieberman suggests taking your pillow talk "to go"—while snuggling on a porch, in front of a fire, in the garden or in any cozy corner of the home—with candles, soft music, strawberries and whipped cream before retreating to separate sleeping arrangements.

3. Plan your romps between the sheets together. If you're not snoozing together, you might end up having less sex. But psychologists say that many couples' sex lives are enhanced by sleeping in separate rooms—in fact, it can even lead to greater desire for a partner or more frequent sexual encounters. **Separate-bed solution:** "Instead of the familiarity breeds contempt" effect that sleeping together can bring—along with morning breath and bed head—you can present yourself at your most appetizing best," says Lieberman. Women should forego their flannel pajamas for sexy lingerie instead. Light candles, take a bath or shower together, and invite your partner "over" to the bed he or she doesn't usually sleep in. Create a "love nest" atmosphere and be spontaneous about where you will make love that night before

you go to sleep.

4. Find other ways to sustain your emotional connection. It's easy for any couple to get caught up in the daily grind and take each day for granted. If you're not sharing a bed nightly, it may be even easier to miss each other's cues for connecting emotionally. **Separate-bed solution:** "Look for ways to be able to lie down together, even if it's not sleeping with each other every night. Just some quiet time spent holding each other can help deepen your relationship," says Dr. Elizabeth Lombardo, psychologist and author of *A Happy You: Your Ultimate Prescription for Happiness* (Morgan James, 2009). Look for other ways to connect outside the bedroom, such as having a least one date night each week, engaging in a hobby or fun activity together—not just paying bills and doing household chores. Make breakfast dates (and keep them fresh by planning a picnic on the floor, for example; other ideas could include eating on the porch or enjoying breakfast in bed together. "You shouldn't sleep *and* eat separately—or it's a recipe for disaster and divorce," says Lieberman.

Source: Jennifer Nelson (www.byjennifernelson.com) is a Florida-based freelance writer whose work appears in *Self*, *O-The Oprah Magazine*, *Redbook*, *Family Circle*, *Women's Health* and many others. She also regularly writes about health, lifestyle and relationships for *Parade*, *Glamour*, *MSNBC.com* and *WebMD*.



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Welcome to Vista!

Our FOCUS is on you.

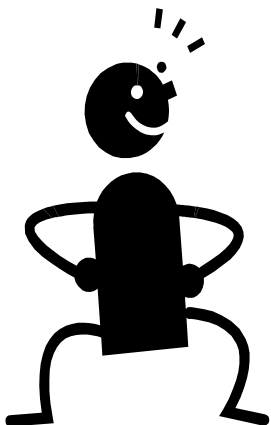
*We offer the very best in psychological and
counseling services.*

Established in 2008,

*our staff is committed to helping you achieve
greater emotional wellness and adjustment through
individual, child and adolescent, couples, family,
and group therapy.*

*We are available to you Monday thru Saturday
with day and evening hours for your convenience.*

It's a Man. It's a Child. It's a Kindness Ninja!



Kindness Ninjas are taking over the planet. Yes, anyone can be a Kindness Ninja, even you. Especially you! Being a Kindness Ninja is secretive, fun, and guaranteed to make everyone smile. Want to get started? (It's really easy.) All you do is some sort of kindness (on the sly) for someone else—like a family member, neighbor, friend, or even a stranger. It might be a surprise coffee for a co-worker, a payment for the lunch behind you at the drive-thru, or even vacuuming when no one asked

you to. It's an act that's unexpected, thoughtful...human. And very contagious. You can watch the acts of kindness grow at kindnessninjas.com. This effort was originally encouraged at Canvas On Demand and started with Operation Hi Mom and Operation Hi Honey, two Canvas On Demand services that benefit our military service men and women and their families. To read some very moving letters go to CanvasOnDemand.com and look for Operation Hi Honey. You can also print off cards that inform oth-

ers that they've been "ninja'd" by you. Be a Ninja for goodness sake! And remember, the whole part about being a Ninja is being undetectable. So go ahead, spread the kindness...secretly. Leave your Kindness Ninja card, and smiles in the path behind you. Then read about ripple effect at kindnessninjas.com.

Kindness Ninjas is a program sponsored by **Canvas On Demand**

www.CanvasOnDemand.com