



Meet our staff!

Kathy Ecklund, LPC
Pathways Program Therapist

Kathy has counseled children for many years. She got her master's degree in guidance and counselor education and her bachelor's degree in psychology at Central Michigan University. She worked as a licensed professional counselor with certification in secondary education, at a community mental health clinic, in private practice and as a school counselor before joining Wyoming Behavioral Institute's Pathways unit staff in 2009.

TRAUMA INFORMED CARE FEATURED TOPIC

Each week on the Pathways unit, a different trauma topic is addressed, with goals. One of 10 topics is sexual and emotional abuse. The goals are to:

- Recognize what behaviors/actions constitute physical and emotional abuse.
- Recognize the impact of physical/emotional abuse on one's life.
- Be able to verbalize how sexual abuse has impacted one's life with regard to self-defeating thoughts and behaviors.
- Begin to develop an awareness of the right to a healthy self-concept.

Mark Your Calendars!

All Pathways parents are invited to attend the upcoming

Family Workshop
Saturday, Sept. 12!
10 a.m. – 3 p.m.

Includes snacks, lunch and much, much more to help families grow

Topics will include depression, ADHD, medications, trauma informed care and community resources

PATHWAYS PARENTING TOPIC OF THE MONTH

Negative communication patterns were meant to be broken, and Pathways Program Therapist Jennifer Greenup recommends 3 key changes for success:

- 1) Reduce Triangulation, or talking about feelings, opinions or personal issues regarding some person or group with a third party instead of with the person or group actually concerned.
- 2) Eliminate pass through communication, by remembering there is no substitute for a direct message! Some of the message may get lost in translation, if one person is asked to carry the word to another.
- 3) Reject anonymous feedback, because anonymity prevents people from being accountable for the content of the message they sent.

PATHWAYS PARENT TELLS STORY FROM THE ROAD TO SUCCESS

If only kids came with operator's manuals! A counselor once told us that our child had "been driving this bus for so long and we as parents were in the very back seat, hanging on to dear life."

Now, after four suicide attempts, two admissions for WBI, intense therapy and serious soul searching, we realized it took all three of us to get to where we are and it will take all three of us working together to get to where we need to be.

Having someone that I loved so very much be in so much pain and come to learn that I had a big part in causing that pain has been an eye-opener of immense proportions. We learned that communication is the key to survival. We have to talk to each other and spend time together.

Turn off the TV, the computer, the phones, all of the outside distractions and get to what matters and that's quality family time. Time you spend talking about day-to-day situations and events. What each other is thinking. What each other is feeling.

It takes the entire family working together to make a family. It would be ungrateful of me if I didn't thank the entire staff at WBI for the help and guidance they have given our family.

For the rest of the story, visit www.wbihelp.com, Pathways unit tab