

ATS COUNSELING - FOCUS INSTITUTE

1625 W. Owen K. Garriott Rd.
Enid, OK 73703

Enid 580.242.4673
Stillwater 405.372.7555
Ponca City 580.762.1511

www.atscounseling.com
www.focusinstitute.com

COUNSELING AGENCY



Health Matters

A Publication of ATS Counseling Focus Institute

Gateway to a Healthier You

APRIL 2011

From the Director's Desk

Focus Institute, Inc. and Associated Therapeutic Services, PC have merged! Rebecca Livesay, owner of ATS Counseling and her staff of licensed counselors along with current Focus Institute counselors, will continue to provide counseling services for all issues including individual, marriage and family, specialized children's services as well as addiction services and counseling, ADSAC assessments, 10 & 24 hour ADSAC classes, etc. There will be no changes whatsoever for clients currently utilizing the services of either company. Companies and organizations using the Focus Institute Employee Assistance Program will also see no changes except additional and improved services in counseling and financial services available to their employees through existing contracts and terms.

New clients seeking counseling or addiction services will call 580-242-2829 or 580-242-4673 and will receive those services at Focus Institute now located at 1625 W. Garriott, Suite F. Those seeking help with personal finances will call 242-1161 and will receive this help from Focus on Finances at 1021 W. Cherry.

The owners and staff of both companies are excited about working together to offer our community new and improved assistance through this merger of services. We thank all of our past and current clients for the confidence you have shown us and we promise even better things in the future.



DEPARTMENT OF MENTAL HEALTH CERTIFIED
www.atscounseling.com
www.focusinstitute.com

Take Time for Play Time



Raising children in today's busy world is no easy feat. Job demands, house work, volunteering and activities help us to live full lives, but also can put strains on our families. A proven effective way to enrich our parents-child relationship is through play.

Play is a child's work. It is his natural way of communicating and the primary way children learn. Play is a critical part of a child's development. During play, children often work through stressors and solve problems in their lives. Play is a safe place in which children can express their feelings, and an outlet to regulate both positive and negative feelings.

When children are playing, they have a place in which they can be in control. When we consider how little control children have over their lives, it becomes evident how important this is. Some basic guidelines when playing with your child:

- Allow the child to express himself in his way. This means allowing the child to direct the play and choose what he wants to play with. For example, allow the child to tell you which character/toy he wants you to play with. This is important so the parent does not take away the child's power in his own play environment.
- Parents should not apply adult rules to play time. By correcting the child with the "right" way to play with toys, he will lose confidence and interest in playing.
- Play time also can be used by parents to model appropriate behaviors such as sharing, being kind and respect others.
- Parents can make statements to the child during play to show involvement. By using reflections you are showing your child he has your full attention. An example of this would be, "That truck is moving a lot of blocks." The child then has the choice to respond to your comment or to continue with his play. Without the use of direct questions, your child maintains some control.

Children need parental involvement. By spending just a few minutes with your child each day, parents can enrich their relationship and build a stronger bond.

COUNSELING AGENCY



ATS COUNSELING - FOCUS INSTITUTE

1625 W. Owen K. Garriott Rd.

Enid, OK 73703

www.atscounseling.com

Also Serving:

Stillwater

Ponca City

Hennessey

Medford