

Dear Ms. Nettie:

I have a co-worker who likes to linger around at the end of the day. I am ready to hit the door when the clock strikes 5 and be on my way to pick up kids, do errands, etc. I recognize the importance of camaraderie, but not at the expense of my family. Any suggestions for walking the fine line?

~ Family Oriented Multi-Tasker



Dear Family Oriented:

Great Question! We all have a life outside of work, whether we have a family or just other activities that we are interested in getting to. Camaraderie at the office is important; it promotes a team environment and improves overall working conditions. Ms. Nettie suggests that if you find yourself in situations like this, it's best to just be honest.

Try saying something like, "I'd love to catch up with you but I have got to hustle and pick up my (insert what you are doing) let's catch up tomorrow over lunch or coffee." Chances are your co-worker will understand and follow up with you the next day. Remember, good manners are so important in the workforce. Your colleagues will remember you for it.



~Until Next Month
Ms. Nettie



Ms. Nettie is now in syndication... email Ms. Nettie today at nettie@wrighttechnologies.com for information on how she can appear in your next company newsletter or publication.



Do you have a question for Ms. Nettie? Something bothering you in your work environment? Email Ms. Nettie today at nettie@wrighttechnologies.com if we publish your question we will send you a Starbucks gift card.

In "PSYCH"

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JL BILLING SERVICES

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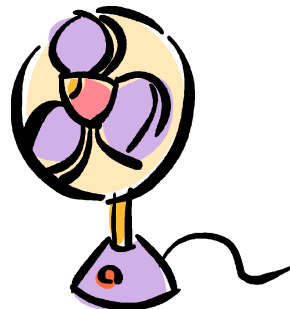


All of us at JL Billing Services hope you are trying to stay cool this summer. Before you know it, winter will be here so get out and enjoy it while you can. Please keep us in mind if you are interested in switching your billing service. We would love to hear from you.

Thank you all for your emailed thoughts and comments to JL Billing. We do take our time to read each and everyone of them so keep them coming!

"In Psych" Tip of the Month:

This past weekend on our girls getaway we met Teresa, a therapist who now owns an Art/ Home Furnishing store in Galena, IL. During our visit she gave us a tip which may be helpful to our readers. Instead of therapy in an "office setting" she would see her clients and chat while they were walking in the park or met at a coffee shop, thereby avoiding the next scheduled client or possible neighbor. Thank you Teresa for your tip!



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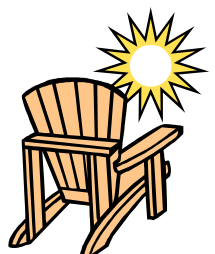
Helpful Information from Clinic Director, Paul Hamilton, PhD at Clinical Psychology Associates



As mental health professionals, we are often asked if we recommend any self-help books. There are thousands of self-help books published each year, but more than 95% of those books lack any scientific evidence as to their effectiveness. In a report from the National Register of Health Service Providers in Psychology, they have identified the Top 50 (we are only listing top 30) as rated by over 5,000 psychologists nationwide. Here is a list of the Top 30 self-help books as rated throughout the years in national studies.

What are the Best Self-Help Books?

1. For Yourself by Barbach (sexuality)
2. Skills Training Manual for Treating Borderline Personality Disorder by Linchan (borderline & narcissistic personality disorders)
3. Becoming Orgasmic by Heiman & LoPiccolo (sexuality)
4. For Each Other by Barbach (sexuality)
5. Taking Charge of Adult ADHD by Barkley (ADHD)
6. Why Marriages Succeed or Fail by Gottman & Silver (marriage)
7. The Anxiety and Phobia Workbook by Bourne (anxiety)
8. What to Expect When You're Expecting by Eisenberg et al (pregnancy)
9. The 36-Hour Day by Mace & Rabins (dementia/ Alzheimer's)
10. Your Defiant Child by Barkley & Benton (child development and parenting)
11. The New Our Bodies, Ourselves by Boston Women's Collective (women's issues)
12. Mastery of Your Anxiety and Panic III by Craske and Barlow (anxiety)
13. The Courage to Heal by Bass & Davis (abuse)
14. Managing Pain before It Manages You by Caudill & Benson (chronic pain)
15. The Relaxation and Stress Reduction Workbook by Davis (stress management)
16. Feeling Good by Burns (depression)
17. The Seven Principles for Making Marriages Work by Gottman & Silver (marriage)
18. The Explosive Child by Greene (violent youth)
19. What to Expect: The Toddler Years by Eisenbert et al (infant development and parenting)
20. Infants and Mothers by Brazelton (infant development and parenting)
21. The Grief Recovery Handbook by James & Cherry (death and grieving)
22. Mastering Your Fears and phobias Workbook by Antony et al (anxiety)
23. Wherever You Go, There You Are by Kabat-Zinn (stress management and relaxation)
24. What to Expect: The First Year by Eisenbert et al (infant development and parenting)
25. Dr. Spock's Baby and Child Care by Spock & Parker (infant development and parenting)
26. Mind Over Mood by Greenberger & Padesky (depression)
27. Dinosaurs Divorce by Brown & Brown (divorce)
28. Trauma and Recovery by Herman (Post Traumatic Stress Disorder)
29. Reviving Ophelia by Pipher (teenagers and parenting)
30. The Anger Control Workbook by McKay & Rogers (anger)



Featured Clinic of the Quarter



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Gary is a Licensed Professional Counselor who recently moved his private practice to Brookfield, WI. He has been in private practice for six years and has worked as a counselor/ therapist for 12 years. He works with children (ages 6+), adolescents and adults. He is a Certified Employee Assistance Professional, having worked for several years for an employee assistance program, and is also trained as a school counselor.

Gary is trained in EMDR, a form of therapy designed to help persons who have experienced trauma, and is now used to treat a variety of clinical issues. He enjoys incorporating mindfulness-based interventions into his work with clients. Gary earned his masters degree in counseling from Marquette University. Gary can be reached at (262) 784-2631 or at gbreuer1@wi.rr.com



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