Places for Struggling Teens™

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"It is more important to get it right, than to get it first."

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We don't focus as much in schools on educational knowledge which requires thinking and application, as we do on acquiring facts.

~ William Glasser

Parent Choices - October Review



Hosted by:
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Parent Choices For Struggling Teens airs Mondays at 12 pm, Pacific Time on LA Talk Radio, Channel One.

Staying Sane While Parenting Teens: With the lack of communication between parents and their teens in homes today, C. Lynn Williams shared some "time tested tips" and strategies for parents to "stay sane" while raising their tweens and teens. In order for parents to stay sane, to keep their cool and not lose their temper, the first thing parents need to do is take care of themselves! With the life changes parents are also going through, it is important to take care of yourself, get out and get some exercise and get more sleep (rather than getting by on less.) In addition, having healthy meals together as a family is a must. There are great discussions and conversations that can come up, plus you get a visual on how your teen is doing- both physically and emotionally. 224-357-6315

What is a Real Intervention?: Despite the myths and drama associated with interventions, Arden O'Connor and Diana Clark who are professional interventionists, shared with Lon what a powerful tool a real intervention can be. An intervention is a tool to get somebody (IP- identified person) to change their (sometimes) lethal behaviors and to accept help while they are struggling. Diana defines it as a force of love, when the people who love you are coming together to ask the IP to get help. 617-910-3940 x 301

The Psychology of Clothes Why Kids Dress That Way: Delving into a new subject Lon Woodbury and his Co-Host, Elizabeth McGhee, talked with Betty Kreisel Shubert, a costume designer, fashion historian and author of her new book: Out of Style: A Modern Perspective of How, Why and When Vintage Fashions Evolved. Equipped with enough information and social history relating to clothing trends and fashions from the 1800's to the present day, Betty was ready to tackle the subject of today's show by answering Lon's question as to "what do your clothes say about you?" "They say you are happy, sad, feel left out, protesting against your parents and making them embarrassed by what you wear; put together, or dressed in the dark or how you used to be or want to be." bettyshubert@cox.net

Buddhism Meets Western Psychotherapy: Professor Paul Bialek, the program lead for the Contemplative Psychotherapy program at Naropa University in Boulder Colorado was a featured guest with Lon Woodbury and his co-host, Liz McGhee. Having obtained his own Master's degree in this subject and now applying and integrating the wisdom of the contemplative tradition of Buddhism into the practice of counseling and psychotherapy, Paul explained that the basic ideas of Buddhism is "we become what we put our mental energy into in our lives (meditation). Western psychotherapy usually consists of a rich variety of tradition, be it talk therapy, experiential therapy or even equine therapies, with the main goal of easing the suffering of self." 303-941-9577