



SHARED VISION
PSYCHOLOGICAL SERVICES
Building Healthy Connections

Building Healthy Connections Newsletter December 2019

Top 10 Blog Posts of 2019:



#1. Rewarding Good Behavior: The Dangers of Incentive-Based Parenting

Have you ever offered your child a reward so they would behave, bribed them so they would finish their vegetables at dinner, or maybe even promised an extra hour of screen-time if they would just go to their doctor's appointment without having a complete meltdown? If you have engaged in any of these negotiating tactics with your children, you are not alone...

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#2. Understanding Autism: Common Symptoms & Supportive Interventions

As a clinician who specializes in the diagnosis and treatment of Autism Spectrum Disorder, I often meet with parents who begin their first session with me by asking, "What is Autism?" In order to answer this question, I first acknowledge that Autism is not really a single condition; rather, it is a spectrum of difficulties that can surface in a variety of ways over time...

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#3. Postpartum Sadness and Anxiety: New Parents Have Scary Thoughts

Parenting can be challenging at any stage of your child's life, and this is especially true early on. Being a new mom or dad is incredibly stressful at times, and it's hard to let others know when you're struggling. It may be even harder to ask for help. If you have ever felt nervous about taking care of your newborn, ashamed for getting angry when your little one has trouble sleeping, or maybe just feeling paralyzed by the stresses of every day parent life, then this blog may be helpful for you. You are not alone...

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#4. 5 Ways Our Furry Friends Offer a Range of Therapeutic Benefits

Have you ever wondered why so many individuals and families choose to adopt and care for a pet of some sort? Let's face it, being a pet owner is a lot of work! They are a huge responsibility, they make messes and often destroy our valuables at some point in their lives. They can cost a lot of money and require a lot of attention and care, in some cases as much attention and care as a child can require. Yet, where ever we turn, we see people walking their dogs, driving cars with bumper stickers of their pets, and dog's heads with mouth wide open hanging out the car window...

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#5. How Food Impacts Mood

“You are what you eat!” The age old phrase is one that reminds us to be mindful of what we’re consuming, though it is often connected to our physical health. We’ve heard plenty of times that a healthy diet can help reduce the risk of disease, but did you know that research is now finding a link between food and our mood?

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#6. An Introduction to How Music Affects Your Brain

As a psychologist and a musician, I remember my mother telling me to practice my violin when I was young. When I complained – which I did, often- she would shout up the stairs that it was good for me. As it turns out, she was right. Although she was likely unaware of exactly how or why it was good for me, research now shows us that listening to, and especially playing music, exercises almost every part of the brain...

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#7. Let Go of Fighting Fair and Learn to Repair: 3 Ways Healthy Couples Heal After an Argument

The idea of “fighting fair” has long been a topic that comes up with those wanting more peace or closeness in their relationships. This idea, along with recommendations and advice, surrounds us in pop culture – from magazine articles, how-to books, and even in the business world, we hear of tricks and tools to both use in conflict and avoid conflict all together. The truth is that happy couples fight, and fairness is far from their awareness as they do...

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#8. Love the Skin You're In: Tips for Cultivating Healthy Body Image in Our Kids

In today's culture, the media, magazines, and movies depict body images of unattainable perfection. How do we cultivate healthy body image in ourselves and our children when we live in a world bombarded by portrayals of body ideals that are impossible to achieve?

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#9. 7 Warning Signs of Bullying at School

Bullying – both in-person and online – presents potentially serious consequences for all involved: the targeted child, children who vicariously witness the aggression, and the child bullying others. According to the National Center for Educational Statistics, one in every five students reported being bullied in 2016, and 64 percent of bullied children don't report these experiences to adults...

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#10. 6 Takeaways for Parents: Encouraging Confidence and Self-Compassion with Teenage Daughters

The teenage years can be tough; for the teenagers navigating this time of life and the parents doing their best to stay steady amidst the choppy waters. One of the major obstacles that teens face during this time is the development of confidence and an overall strong sense of self. Not only are teens dealing with biological and social changes, but they're also doing their best to try and figure out how to like and be kind to themselves through it all...

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Featured Clinician:
Sari Rosenberg, Psy.D.

Director of Clinical Training, Licensed Clinical Psychologist

With over 10 years of experience in the field, Dr. Sari Rosenberg provides treatment services for children, adolescents, adults, couples, and families, as well as coordinates and supervises the Doctoral Clinical Training Program at SVPS. Her areas of clinical interest and expertise include: relationship difficulties, trauma & loss, adjustment problems, women's issues, adolescent identity development, parenting concerns, mood & anxiety disorders, play & sandtray therapy, process-oriented group therapy, and clinical training & supervision. Dr. Rosenberg is also trained in the Circle of Security[®] Parenting Model.

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