

# The Genesis Therapy Center

AUTUMN 2020

## Talking About Race and Racism with Kids

Sara Allen, LPC, NCC

The uprisings set in motion by George Floyd's death in May left many families having conversations about race, racism, and violence. For kids, prior experience of police violence differs vastly between homes, school, and communities. Some kids will experience learning about police in school, and some kids learn about police at home and in their own lives.

Teaching all kids about police violence requires an understanding of structural racism. Just like a bicycle "system," we recognize that there are parts that make a bike move. In a system embedded in racism, there are many parts in our culture that work together but sometimes they are harder to see. Pulling apart the system can help kids understand the ways that beliefs, policies, and practices further injustices.

Unfortunately, there is no shortage of opportunities to teach children about racism. Having anti-racism talks is just like talks about sex, money, religion, etc. — adults can be open and honest about race and social injustices. Begin in simple terms, and topics can become more complex to include power and privilege as kids mature. Be proactive. If your child experiences injustices first-hand, talk with your child about ways to cope. For parents of color, kids may also need coping skills for dealing with the racism and discrimination they encounter.

Racism is not a problem that will go away if it is ignored. Also, and as always, seek a therapist for support in addressing these distressing events.

## Success Factors to E-Learning

Diana J. Raimondo

Greetings! The critical success factors required to ensure e-learning is a success differ depending on the child's grade level and abilities. However, according to recent research findings, the following are full proof prerequisites to success.

- 1) The Resiliency Factor
- 2) Dealing with Ambiguity
- 3) Manage Cognitive Errors (Distortions)

Parents need to model hard work, optimism, healthy eating habits, daily exercise regimens, and persistence. It is also helpful if the parent adopts a solution-focused mindset versus just focusing on the problem (s) at hand. If possible, make the effort to actually get acquainted with the child's learning platform. "Get in it with them" so to speak in order to reduce feelings of anxiety, isolation and loneliness.

When I asked my 12- year old what he finds most helpful, he reported parental involvement. For example, helping him keep track of the assignment deliverables and due dates is beneficial. Furthermore, he mentioned that it is helpful to have a designated workspace with a standing desk if possible and a stability ball chair.

As a clinician, parent, and PTO member, I suggest making sure you place a spotlight on their successes. After all, navigating all the e-learning related changes and challenges on an hourly basis is not easy!

*Online Source: The Effectiveness of E-Learning: An Explorative and Integrative Review of the Definitions, Methodologies and Factors that Promote e-Learning Effectiveness by S. Noesgaard and the Kate Foundation.*

<file:///C:/Users/17734/Downloads/ejel-volume13-issue4-article438.pdf> (October, 2020).

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## Pandemic Work Life!!

Naomi Effort, MA, LCPC

Prior to Covid-19 pandemic, our daily routines were structured to separate both our work life and home life. Commuting to and from work by either train, bus or car helped with the transitions of our day. We would go to an office building and do our daily work responsibilities. Taking care of household responsibilities occurred when we would return home from our "normal" workday. However, the current pandemic has found a way to disrupt our "daily" routines.

To reduce the spread of the virus, many companies made the decision for most of their employees to work from home. The transition to work from home has been easier for others while it has been incredibly overwhelming for others. People have experienced issues with privacy, e-learning with children, a designated workspace, access to work resources along with experiencing depression and anxiety symptoms. Since it is uncertain when we will return to our "daily" routines, here are a few tips to manage some of the challenges of working from home.

1. Create a designated workspace that you only work in. The workspace can be a room or a sign that has your regularly scheduled work hours posted. At the end of your workday, close the door to the room or put your sign away.
2. At the end of your workday, organize your workspace to be prepared for the next day. It will help with not feeling disorganized or overwhelmed.
3. Be mindful of doing household chores during your "work" hours. It reduces being distracted from your work responsibilities.

- 4 While it may be comfortable to work in T-Shirts and Sweats, wearing your "normal" work clothes can help you have a better mood as well as remind yourself you are "at" work.
- 5 Take a scheduled lunch to break up your workday. If possible, take drive to grab food or eat in a non-work area or backyard/patio.
- 6 If possible, open windows, curtains, blinds and/or doors to help with inviting light into space. It will help with feeling less claustrophobic or confined.
- 7 Take time to care for yourself. Go for a walk/run, exercise, try a new recipe, read a good book or start a new hobby or interest.
- 8 Find healthy ways to engage your mind to help your brain function more efficiently.

I hope these tips can be useful to help you work from home during this difficult time. If you are experiencing an increase in depression and anxiety, please reach out and contact a licensed counselor/social worker.

Anyone interested in supporting our testing services may make a designated donation to The Genesis Therapy Center and make clear that the amount donated is to go towards providing an assessment service for a child or adolescent. For further information, please contact our Executive Director, Catherine Fairfield, at 708-535-7320, ext. 11.

### The Genesis Therapy Center

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