

ALL lectures are FREE

ALL lectures are open to the public

ALL lectures are 7:00-8:30PM

ALL lectures take place in convenient locations



Institute for Human Adjustment
UNIVERSITY OF MICHIGAN

Adjustment Matters

community forum series

2011

Wednesday – January 12

Dyslexia Help, Dyslexia Hope

Dyslexia is a language-based learning disability that affects somewhere between 5-10% of the population. Given that the disability affects reading, spelling, and writing, the school years can be extremely challenging for both the student and parents. But there is hope – many dyslexics have persevered and succeeded! Dr. Joanne Marttila Pierson will walk you through UCLL's new web-based curriculum and resource center (www.dyslexiahelp.umich.edu) and discuss strategies to help you navigate the school years and build a strong foundation for success.

Presented by Joanne Marttila Pierson, Ph.D.
at Ann Arbor Downtown Library on 5th Ave

Wednesday – February 9

“Born to be Wild or Mild” Understanding Your Child’s Temperament

Temperament is a consistent style of reaction that a child demonstrates across a variety of situations. Children are born with their own unique temperaments which are “hard-wired” and endure over time. One child is shy and cautious while another seeks out stimulation. This session will identify nine characteristics of temperament and give suggestions for dealing with children who are both wild and mild. There will be ample opportunity for questions and discussion.

Presented by Eileen Bond, L.M.S.W.
at Ann Arbor Downtown Library on 5th Ave

Tuesday – March 15

Stress, Fears, and Phobias: Anxiety Disorders and Their Treatments

While some anxiety is a normal biological reaction to stress and part of life, anxiety that is excessive, persistent, irrational, uncontrollable, or overwhelming may constitute an anxiety disorder. About 20% of the population will experience a significant anxiety problem during their lifetime. Anxiety can interfere with daily activities, academics, work, and relationships, and can lead to depression. Fortunately, there is hope, as anxiety disorders are treatable. This talk will cover the commonalities as well as the main distinguishing features across the most common anxiety conditions. Effective treatment options will also be introduced, and questions welcomed.

Presented by Shelly Van Etten Lee, Ph.D.
at Washtenaw Community College
– Morris J. Lawrence Building

This series of free lectures are sponsored by the Institute for Human Adjustment at the University of Michigan.

We serve the community with quality programs to assist families, couples and individuals with difficulties in adjustment, learning and communication.

You can contact us at 734.615.7853

www.umiha.org

Regents of the University of Michigan: Julia Donovan Darlow, Laurence B. Deitch, Denise Ilitch, Olivia P. Maynard, Andrea Fischer Newman, Andrew C. Richner, S. Martin Taylor, Katherine E. White, Mary Sue Coleman ex officio.

The Institute for Human Adjustment (IHA) serves the community with interventions of the highest quality to assist individuals, couples and families with difficulties in adjustment, learning and communication.



You can find us on FACEBOOK

The IHA is comprised of these three units:

The **Psychological Clinic** offers flexible therapy approaches for many difficulties including depression, anxiety, procrastination and relationships. Couples treatment and group therapy for social and performance anxiety are also offered. Services are for adults 18 and older. A deaf therapist who is fluent in both spoken English and American Sign Language is available for appointments until August 2011. For more information call 734-764-3471 or visit www.psychclinic.org

The **University Center for the Child and the Family (UCCF)** provides mental health services for children, teens, and families. Groups are also offered for children with social skill difficulties and for children with ADHD and learning disorders. UCCF is a Blue Care Network provider and offers a generous sliding scale fee structure based on income and circumstances. Contact us at umucf@umich.edu or by calling 734-764-9466. Please visit www.umucf.org

The **University Center for the Development of Language and Literacy (UCLL)** offers speech, language and literacy evaluation and therapy to adults with aphasia and children and teens with language disorders and language-based learning disabilities, including dyslexia. Programs include the University of Michigan Aphasia Program (UMAP) for adults, the Preschool and Communication Therapy program (PACT), and Six Steps to Academic Success (SSAS). Contact us at 734.764.8440 or visit www.languageexperts.org



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Joanne Marttila Pierson, Ph.D.

Dr. Joanne Marttila Pierson practiced as a public school speech-language pathologist for 14 years prior to receiving her Ph.D. in Education with an emphasis in Literacy, Language, and Learning Disabilities from the University of Michigan. She is the Associate Director of the University Center for the Development of Language and Literacy (UCLL) where she provides leadership in the area of clinical diagnosis and treatment of language disorders and language-based learning disabilities, including dyslexia.



Eileen Bond, L.M.S.W.



Eileen Bond, L.M.S.W., Supervising Faculty with the University Center for the Child and the Family (www.umucf.org) and a Clinical Social Worker with over 30 years experience working with children, adolescents, families, and adults. She has expertise in Mind/body approaches to behavioral health including hypnosis, EMDR, relaxation training, and neurobiological approaches to psychotherapy. She is also interested in parent management training, the utilization of spirituality in psychotherapy, and helping families through life transitions.

Shelly Van Etten Lee, Ph.D.



Shelly Van Etten Lee, Ph.D. is a clinical psychologist with over 15 years of expertise in cognitive behavioral interventions for adult anxiety disorders, including social anxiety, specific phobias, panic disorder, obsessive-compulsive disorder, posttraumatic stress disorder, generalized anxiety and worry, and other stress related conditions. She has spent her career in various research, clinical, and teaching roles within academic settings. She is currently the Director of Psychology Training for the IHA, as well as Adjunct Assistant Research Scientist in the Depts. of Psychology and Psychiatry at the University of Michigan.

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