

# BUSINESS PULSE

Rutherford  county  
chamber of commerce

The Heart of Tennessee



**Giving people  
the ability to make  
positive changes  
in their lives**

**Elysse Beasley**  
**Licensed Professional Counselor**

## FEATURE MEMBER OF THE MONTH

**E**lysse Beasley, M. A. is a nationally certified licensed professional counselor and Senior Psychological Examiner with more than 13 years of professional experience and 23 years as a teacher of students with learning disabilities. She graduated from Tulane University with a Bachelor of Science degree with

honors in Psychology in 1974. She holds both a Master of Arts degree in Special Education from Peabody College and a Master of Arts degree in Clinical Psychology from Middle Tennessee State University.

Ms. Beasley's areas of expertise include helping people with anxiety disorders, adjustment disorders, bipolar disorders, obsessive-compulsive disorders, major

depression, and children and adults with learning disabilities (ADD & ADHD). Ms. Beasley conducts seminars that teach other professionals how to properly identify learning disabilities in children and adults and therapeutic approaches to counseling them. She also conducts group workshops for parents of teenagers.

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# Elysse Beasley, M.A., L.P.C., provides counseling for individuals, couples, children and families

■ By Menda Holmes



Ms. Beasley conducts seminars and group workshops to benefit both professionals and parents.

**M**s. Beasley is seriously committed to the needs of children with ADD/ADHD. "If your child is impulsive and disorganized it may be something that can be treated," Ms. Beasley says. "Usually these children are called lazy because of variability of performance. Parents say 'He's just lazy, he can do it if he wants to,' but variability of performance is actually a very key symptom of ADHD."

It's very important to treat ADHD children early because ADHD is associated with increased risk of substance abuse, according to the National Center on Addictions and Substance Abuse. However, children with ADHD who have been treated with medication and therapy are much less likely

to abuse substances. Approximately 85% of ADHD kids respond well to medication.

Another problem seriously affecting children today is parental alienation and it's growing at an alarming rate. Dr. Douglas Darnell, author of *Divorce Casualties*, defines parental alienation as "any constellation of behaviors whether conscious or unconscious that could evoke a disturbance in the relationship between a child and the other parent."

**Another problem seriously affecting children today is parental alienation and it's growing at an alarming rate.**

"It's sad that children and the alienated parent are victimized this way," Ms. Beasley says. "If they do that enough, they're essentially brainwashing these children against the other parent. If you suspect parental alienation is going on, the best thing to do is to get the child to therapy as soon as possible."

The type of custody arrangement is an important element in getting help for the child. If the parents have joint custody, either parent can take the child to a therapist, unless it's specified otherwise in their divorce agreement. If a parent doesn't have custody and suspects parental alienation, the next step is to document the alienating behavior and contact an attorney. It's important to remember that healthy interactions between divorced partners lead to a healthy adjustment to the divorce for the children.

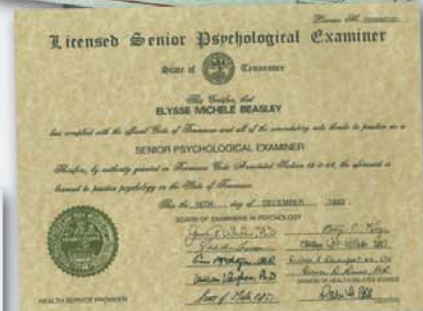
Ms. Beasley also implements employee assistance programs for Middle Tennessee Medical Center, Stonecrest Medical Center, Nissan, BellSouth, Ingram industries, and MTSU.

## Services Available:

- Parenting of teen-agers training
- Psychological Testing
- Bereavement Counseling
- Career Counseling
- Hypnotherapy

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"You see a lot of co-dependency, particularly in care giving fields, such as hospital workers, nurses, counselors, and teachers," Ms. Beasley says. "People with co-dependent tendencies have to learn to trust their instincts and build their contentment level. Children are never born with low self esteem; it's taught to them in all sorts of subtle ways. If you think that you're worthless, stupid and unlovable, why would you trust the decisions you make? Change is hard work. There is no magic that takes place in this office. Clients develop an ability to look at something in a different way than they have before and then they take these new skills into their world and apply them. Co-dependent people can make tremendous turnarounds."



*Seeing Elysse has been a retraining process for me. My parents missed a few important points in my upbringing. Elysse has helped me to set those things straight. I'm a worthy investment.*

—Business Owner

*Not only did Elysse diagnose my son's learning disability, but she guided me through the special ed process at his school. Her help was invaluable to us.*

—Parent

Feature Member of the Month