



**SAFE HARBOR
COUNSELING**

**Dr. Beth
Speaks**



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WSPY, *Your Life Matters* , Safe Harbor Counseling

Mike Williams

And it's time now for our weekly feature, *Your Life Matters* with Clinical Social Worker, Beth Placketka from Safe Harbor Counseling and Dr. Beth Speaks.

Mike Williams

Dr. Placketka, Thanks, as always for coming in. How are you?

Mike Williams

Yes. Good to have you. We are focusing on bullying. This month of October is National Bullying Awareness Month. It is a big problem, and we want to let folks know there is some help. There are some means to get some counseling or some advice. Whatever the case may be. If unfortunately they are in a situation where they are getting bullied. We want to let folks know some of the warning signs and some of the things to look for from the bully. To kind of know, because you mentioned on a previous show that sometimes the target doesn't realize that they are being bullied if it is a kind of a subtle thing or whatever the case may be. We have some tips today to kind of look out for.

Dr. Beth Placketka

Absolutely. You know in bullying, there are three categories, roles that people take: the target, the witness and the bully. We know that a bully is the one who is doing the negative behaviors, but the target is often someone who has good social skills, expects other people to behave along the same lines. They cut people some slack. They give them the benefit of the doubt until the bully has built up a repertoire of negative things against them. The witness can see it but they do not want to get involved.

Dr. Beth Placketka

So it so important because the tension and the misery spreads. When I did my research, there are people that get divorced during these times. They lose their jobs. They quit their jobs without another one. They get physically ill. They go on disability. In some cases it is even considerably worse.

Dr. Beth Placketka

What I really think it is important to know is what the behaviors look like, because they are kind of subtle. It is not just they ignored me in the hall one time, or someone did not like your idea or they are just being quiet. It is any kind of interaction: written, verbal, physical – could be body language, electronic, that carries a negative message. It happens a lot. It is not once every now and then. It is sometimes several times a day and for a long time, over a period of months. Some of the things people see are: finger pointing when someone talks to you, they yell or raise their voice especially in front of someone else where your reputation could be harmed, tense or dirty looks, verbal tones where they sound angry, false accusations, sharing personal information. Those kinds of things are really inappropriate and build up.

Mike Williams

And it could be these actions are targeted one person or several could be a part of it. It is more along the lines of just that one target and that is probably why they don't expect it or realize it because they have the personality traits that you mentioned. Maybe they are a little more forgiving or a little bit more happy go lucky and nonchalant about things and that is what makes them a target in some cases because they are an easy mark as they say.

Dr. Beth Placketka

I agree. I am glad that you pointed out one person or a group of people. It is very difficult unless the group is united to go after a group but what they often do is they pick someone like a leader within a group and if they can knock down that person, they feel like they have the whole group.

Mike Williams

Alright. So what happens afterwards, I mean, there comes a point in time when the target realizes, wow, this is just too much dealing with these problems, and it is starting to mount, and it is becoming obvious at least to the target that there is a problem here. What can they do? What are some of the suggestions that you have.

Dr. Beth Placketka Well, I think one of the first things is to make sure that you check yourself because usually what people are doing is looking for something that they did wrong. If you look for something that you did wrong, you can find a million little things that were never wrong but feel like they were wrong. Instead, say, ok, is it really me, and you want to check with people that you know you well and can be honest. It is never good to check with people that will always tell you yes or always tells you no. Someone that knows you well. Am I doing these things? What do I need to change? If you feel sick when you think about the person who is doing it. If you can't sleep. If you are constantly confused because people are treating you different. You really want to be checking out what is going on in the workplace and being validated from someone else.

Mike Williams If you feel you need some support, some counseling, Safe Harbor is here to help.

Dr. Beth Placketka Absolutely.

Mike Williams How do they find out more information?

Dr. Beth Placketka They can call us at 630-466-8657 or send an email.

Mike Williams Yes. Keep in mind too listeners you can send an email about this or if you have a specific question that you would like Dr. Beth to answer on a future show, send those email and put in the subject line, WSPY. Then we will know it is an actual question for this segment and we will try to get it answered on an upcoming show.

Dr. Beth Placketka Dr. Beth Plachetka, thanks again and we will see you next week.

Dr. Beth Placketka Thanks for having me.

Mike Williams That is all the time that we have for today's show It is **Your Life Matters**, with Clinical Social Worker, Dr. Beth Plachetka from Safe Harbor Counseling and Dr. Beth Speaks. Again find out more online at safeharboril.com and don't forget to submit your questions. We can hopefully answer one on a future show.