

WSPY, Your Life Matters

Episode 1: Safe Harbor Counseling Intro, What and Why

- Mike Williams And its time now for our weekly feature, *Your Life Matters* with Clinical Social Worker, Dr. Beth Placketka from Safe Harbor Counseling and Dr. Beth Speaks.
- Mike Williams And Dr. Beth, How are we doing this morning?
- Dr. Beth Placketka Fine! Thanks Mike. Good to be here.
- Mike Williams Yeah. Welcome in. This is our debut program, so we are excited to have you on board. And eager to get to some important topics today and over the course of the next several weeks and months. There is a lot of important information for our listeners to know about, but before we get into any specific topics, we would like to get a little background on yourself, Safe Harbor Counseling and what all is involved with what you do and the services that you provide.
- Dr. Beth Placketka Ok, Thank you! Safe Harbor Counseling is in Sugar Grove. There are 3 other therapists and myself, and we serve people preschool age and on up, (there is no age limit) to address areas related to depression, anxiety, relationships, parenting, anything that could affect our lives and disrupt them and make it difficult to live.
- Mike Williams And how long have you guys been around?
- Dr. Beth Placketka I've started in 2007 at Safe Harbor Counseling. I started it. I have worked at other places in private practice but the other associates have been coming on gradually. We have all been there about 10 to 12 years.
- Mike Williams So this is our first program. You mentioned some of the things that Safe Harbor Counseling does and some of the things that you are involved in. What else do we want our listeners know about on this opening show?
- Dr. Beth Placketka Not only do we serve the mental health needs, the behavioral health needs in Sugar Grove, but as Dr. Beth Speaks, I go out and do presentations because prevention and education is an excellent way to have people improve their lives.

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- Mike Williams Lives are so busy, and there are so many different things going on, especially these days for youngsters too that are on social media, all the different things that weren't around when we were in school. It just kind of amplifies all the different noises coming in and different things that are affecting them on the day to day basis. I am sure.
- Dr. Beth Placketka Absolutely there has been a tremendous rise in the diagnosis of anxiety especially in our kids. Schools see it. It is a rampant thing, trying to predict their future and plan when they can't even begin to guess what that would be. And then of course, parents are busy; teachers are busy; there is work. Everything is calling for attention equally.
- Mike Williams So what are things you are hoping to accomplish with these programs and some different things you want our listeners to know about and get them aware of?
- Dr. Beth Placketka I would like listeners to just know that they are not alone, that their lives really do matter, the lives of their children and the people important to them, and there are things that they can do on their own or with a therapist, or through educational means to make their lives better.
- Mike Williams And the name of the show is, ***Your Life Matters*** . When you are struggling with self-esteem and some of the different problems, maybe you see it more with teenagers because of what they are going through with school and just trying to adjust to life, there could be that feeling that they don't feel like their life matters. Right? And that's obviously something we want make sure that they know that it certainly does.
- Dr. Beth Placketka Right and I think in all circumstances you can get to a point where you are so overwhelmed that it seems like nothing matters, your life does not matter. And those schedules that distract us or in relationships if somebody breakups with you or whatever and it feels like you are unimportant.
- Mike Williams So what is the first step in a process to try to get folks some help?

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- Dr. Beth Placketka I would say the first step is just to become aware that you are feeling a certain way, that there is something going on, and that you want to take a look at it. Which really means you are going to have to put a little break in your schedule, whether it's an hour or longer to find out what is going on, to talk to someone, see if it makes sense, and then after that apply some strategies because we get into habits that are not affective.
- Mike Williams So if they want to find out more and see how Safe Harbor Counseling can assist them, what is the first thing they should do, a phone call?
- Dr. Beth Placketka Absolutely! A phone call to **(630) 466-8657**, leave a message, and I will call you back. 20 minute consultation is free, and if for some reason someone needs more immediate assistance, my cell phone is on there, and they are welcome to use it.
- Mike Williams I am sure that probably one of the toughest things is to get people confident enough to take that first step and admit, alright, I might need a little help, because that's probably something you deal with a lot that people either feel like, oh, it will pass, or oh, I can handle it, but some help is right around the corner, basically.
- Dr. Beth Placketka Absolutely! What most people find out is that when they get into the office, they recognize that they are not alone. That it is a very normal situation. Actually, it is a survival technique that they have been using that has just become worn out and ineffective. So it means that they are strong. They just need a new update on their technique.
- Mike Williams One thing too we want to encourage listeners if they would like get some questions answered on this show that is something that you are offering to our audience.
- Dr. Beth Placketka I would love to hear what is on people's minds. They can do that by going to our website, **www.safeharboril.com** and the contact link, send an email, and put WSPY in the subject area so that I know that you are asking a question.
- Mike Williams It would be a nice feature each week to go over some things that our audience wants to know and hopefully get their question answered. A little more incentive to tune in and see if their question does get responded to on our segment.

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- Mike Williams Any other final things on this opening show, Dr. Beth?
- Dr. Beth Placketka Not today but I really do look forward to hearing from people and letting them know that their lives matter.
- Mike Williams Excellent! Well we are excited to have you on board, and we will be talking again next week. Thanks so much for your time and that is all the time we have left for today. But remember as we mentioned, submit your questions at safeharboril.com and tune in next Monday morning for, **Your Life Matters** and maybe we will get your question answered on the air here on **WSPY, Your Life Matters** with Clinical Social Worker, Dr. Beth Placketka