

## PROFESSIONAL DEVELOPMENT AND PUBLIC PRESENTATIONS

Judy is an experienced facilitator who works with both lay and professional audiences. She is available to share her expertise on these topics in small workshops or large group presentations:

### *“There Are No Lazy Students”*

Students (and adults) who have been labeled lazy or unmotivated often lack the basic skills needed to succeed. This presentation offers effective practices for working with underachieving students in the areas of Organization and Time Management, Reading and Writing Strategies, Anxiety Management and Homework and Study Skills.

### *Understanding Students on the Autism Spectrum (ASD)*

This presentation focuses on the social, sensory and academic challenges related to working with these students. Among the areas of discussion are academic function, tactile sensitivity and maximizing inherent gifts.

### *Social Empowerment in Challenging Situations*

Bullying – and being bullied – once was accepted as a “normal” part of childhood. Now it is recognized as harmful, and often dangerous, to both victim and aggressor. This workshop is designed for students and the adults charged with their well-being.

### *Anxiety Management and Stress Reduction*

This workshop provides information about the symptoms and causes of anxiety and stress; ways to release, reduce and avoid its symptoms; relaxation and cognitive reframing techniques and the importance of exercise and nutrition.



## THE CLIENT EXPERIENCE

*“My son showed me a printout of all A’s and B’s for his report card!!! I was moved to tears...how wonderful. Dare I say that things have finally fallen into place for him. Thank you for your efforts and for helping him stay on the right path. I don’t know what we would have done without you!”*

– Nancy S., MI

*“You have helped me advance into a more complete person. You have expanded my knowledge of so many things spiritually, alternative medicines, health and well-being of the whole person, meditation and the after-life. The list can go on and on.”*

– JoAnn M., MI

*“We received the CD and listened to it with our son the other night. It was a really nice tape. You have an approach that is ... Not even sure which words to use. It is like your writing. Easy to understand, to the point, easily taken in. Afterwards, we talked and he said he didn’t want to leave his garden. We look forward to listening to it some more.”*

– Charlene B., AZ

Additional descriptions and services (including other presentations, meditation CDs and guided imagery for healing body, mind and spirit can be found at: [www.spiralwisdom.net](http://www.spiralwisdom.net)

For more information or to make an appointment, contact:

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EMPOWERMENT – MOTIVATION – PURPOSE  
ORGANIZATION – TIME MANAGEMENT  
CAREER AWARENESS – GUIDED IMAGERY  
SENSITIVITY – INNER WISDOM – BALANCE  
HEALTH AND HEALING – INNER CHILD  
INHERENT GIFTS – RELAXATION – VISION  
POTENTIAL – PEACE – THIS IS YOUR TIME



# SPIRAL WISDOM<sup>LLC</sup>

Educational Support Services and Psychotherapy

**Judith E. Lipson, M.A., LPC**

Licensed Professional Counselor/Trainer/Facilitator

## ABOUT JUDY LIPSON, M.A., LPC AND SPIRAL WISDOM<sup>LLC</sup>



Judy Lipson, M.A., LPC is a licensed professional counselor with more than 30 years of experiences. She is the owner of Spiral Wisdom LLC. As a teacher consultant and student services counselor in a highly regarded,

culturally diverse suburban school district, Judy worked with students and their families to help students reach their full academic potential. As a private counselor and educational strategist, she works with public and private schools, with students and their families, and with adults. She is a popular speaker at in-service workshops, conferences and parent forums and has appeared on cable television.

Judy holds a Masters Degree in Counseling from Oakland University and a Bachelor's Degree in Special Education from Marygrove College. She is certified by the state of Michigan both as a Teacher Consultant and a Licensed Professional Counselor. To remain current in her field, Judy frequently attends professional workshops and conferences. She has also been provided with an excellent education by her now-adult children and her many students.

While Spiral Wisdom LLC does not participate with medical insurance plans, Judy is dedicated to working with her clients to find affordable fee and payment options.

## EDUCATIONAL SUPPORT SERVICES

*Judy strongly believes that **there are no lazy students**, only young people and adults who have not fully realized their potential. As an independent consultant and licensed counselor, she works with families and schools to help students of all ages achieve academic, career and – ultimately – personal success. She is skilled at helping individuals with:*

- **Learning Disabilities**
- **Attention Deficit Disorder**
- **Autism Spectrum Disorders**
- **Aspergers Syndrome**
- **Work or School-Related Anxiety**
- **Gifted Learning Challenges**
- **Unconventional Learning Styles**

*Using an individualized approach for each student, she:*

- **Recommends accommodations for IEP's and 504 Plans**
- **Provides short-term counseling for self-esteem and motivation**
- **Helps students understand their learning styles**
- **Serves as an advocate to encourage students, parents and school personnel to recognize and maximize the inherent gifts of children who may be viewed as difficult or challenging.**

## PRIVATE COUNSELING AND PSYCHOTHERAPY

In addition to consulting with schools, Judy works as a licensed counselor practicing psychotherapy with adolescents and adults. She takes a goal-oriented, outcome-driven approach to help clients:

- **Relieve stress, anxiety and depression**
- **Recognize and change counter-productive behaviors**
- **Improve life management and relationship building skills**
- **Recognize and maximize personal, academic and/or career potential**
- **Access inner wisdom in order to lead a more peaceful, balanced life**

*Judy also offers private services to students and families, which include results-oriented counseling for:*

- **Parents wanting to better understand their children and help them achieve academic and personal success**
- **Parents seeking to understand the school and social services systems in order to advocate for their children in a knowledgeable, reasonable manner**
- **Families needing professional advocate/liaison assistance between school and home**
- **Students experiencing exam or academic performance-related anxiety**
- **Students, and/or their families, with issues and concerns related to Aspergers Syndrome and autism**
- **Students, and/or their families, with issues and concerns related to sexual orientation**
- **Children with social challenges who need help setting boundaries and advocating for themselves**
- **Children who are creative, sensitive, abstract thinkers and are searching for their own identities**

