Ronald Mah, M.A., Ph.D.



Licensed Marriage & Family Therapist, MFC32136

Psychotherapy, Parent Education, Consulting & Staff Development 433 Estudillo Ave., #305, San Leandro, CA 94577-4915

(510) 614-5641 Office - (510) 889-6553 fax - E-mail: Ronald@RonaldMah.com - Web: www.RonaldMah.com

STEP UP

	. 11	1 .		1	1 .	1	. 1	1	•
Α	talk	ahout	stenning	un and	speaking u	in when	the	need	arices
1 A	tuin	aoout	Stopping !	up ana	speaking u	ip wiicii	uic	nccu	arroco

But stepping up means more than speaking up.

Some people only complain, but aren't involved in the problem solving. Stepping up also means **ACTING UP!** Because...

Silence gives _____

- 1. My daughters scare the heck out of me!
- 2. The Big Four Fears of Parents
- 3. The Middle-School In-Group... and the Out
- 4. $\mathbf{1} + \mathbf{1} + 28$ versus One Substitute Teacher = ?
- 5. Ideal Self vs. the Real Self
- 6. Culture: Attitudes, Values, Beliefs, and Behavior
- 7. Something Off w/ this Child
- 8. Why adults must nurture babies- Soothing and Self-soothing
- 9. Definitions of abuse
 The cry of the Abused
- 10. Good Chinese Boy vs. Good American Boy
- 11. Pre-Prejudice to Racism
- 12. Mrs. Gordon
- 13. The Emperor's New Clothes
- 14. History, legacy, and responsibility: owing it to my parents, MLK, Susan B. Anthony, Hugh Thompson, Iqbal Masih
- 15. Why are you still trying?
- 16. And Linda said, "Hi Ronald."
- 17. Being a Professional: The Four E's