



Dr. Dawn-Elise Snipes

Dr. Dawn-Elise Snipes has a Bachelor's Degree in Psychology with a specialty in Behavior Modification, a Master's Degree in Rehabilitation Counseling, and a Doctoral Degree in Counselor Education with a specialty in wellness in law enforcement and the emergency services. Dr. Snipes holds licenses and certifications as a Mental Health Counselor, Rehabilitation Counselor and Fitness Practitioner and belongs to the American Counseling Association and Chi Sigma Iota, the National Counseling Honor Society.

Currently Dr. Snipes serves as the Chief Executive Officer and Clinical Director for Dawn-Elise Enterprises, Inc. which has grown over the past few years to include three companies: Affordable Wellness, The Addictions Counseling Alliance and Police-Counseling.com. In addition to her private practice, she has worked for two years as the Clinical Director of a large multi-level substance abuse and mental health treatment facility in Gainesville, Florida.

You may contact Dr. Snipes by email at:

Dr_Snipes@police-counseling.com

or mail her at
P.O. Box 1688,

Alachua, Florida 32616-1688

PBA wishes to express appreciation to Dr. Snipes for contributing this helpful column for the benefit of our members.

A Public Service Column for Members: A Look At Wellness

Laughter Is The Best Medicine!

It occurred to me that in today's world, people are just too darn serious. You have to have fun and enjoy the time you have on this earth. Working in an addictions facility for several years, I came to realize that my clients often looked to the counselors to try to learn how to live "clean and sober." After taking a look around at my staff, I wanted a drink! They were all far too serious, scurrying around and kvetching about the current edicts issued by senior management. Why should we expect our clients to want to get sober if *this* is what they have to look forward to? So, like a good addictions counselor, I reminded them of the serenity prayer...ya know, "God, grant me the serenity to accept the things I cannot change..." That went over like a lead balloon. Then I realized, I was just as guilty of being too serious. I had forgotten how to have fun. Lead by example I always say. Thankfully, I had a sweet little boy at home to remind me how to be goofy (or as shrinks would say, get in touch with my inner child). It is extremely liberating not only to be able to be silly, but also to not care if other people think you are a dork! Heck, laugh at me. Laugh with me. I don't really care. Just laugh! But how...

Kids. Watch them. Laugh with them. They find the most inane things amusing. My son learned much of his alphabet by associating letters with disgusting words. B is for butt. C is for cat poopoo. D is for diarrhea. F is for fart...Okay, you get the idea. Although his kindergarten teacher did not appreciate it, we sure had fun. Kid songs can also either bring out that kid in you, or drive you crazy. Some of the most obnoxious (and I mean that in the nicest way) are Goober Peas, Skunk in My Trunk, Honker Ducky Dinger Jamboree (Sesame Street), and the theme song to the Smurfs. For those of you who have young kids, "Dads, Toddlers and the Chicken Dance" is a must-read—even if it is bathroom reading. About now you might be groaning, but think about it. How much happier are those people who act like juvenile delinquents—playing practical jokes, putting whoopee cushions on people's chairs, whatever.

Okay, if you don't have kids, there is always the computer. Yes, while you are waiting for a deposition, trying to get sleepy or just taking a break, logon and laugh. Some of the better sites are www.cleanjoke.com, www.inspireliving.com/humor/humor.htm, www.cybersalt.org/cleanlaugh/, and of course there are a lot of not so clean sites I will let you find on your own. Hint: Google "The top things not to _____"



Top 10 Things Not To Say To A Cop:

1. I can't reach my license unless you hold my beer.
2. Sorry, Officer, I didn't realize my radar detector wasn't plugged in.
3. Aren't you the guy from the Village People?
4. Hey, you must've been doin' about 125 mph to keep up with me. Good job!
5. Are you Andy or Barney?
6. I thought you had to be in relatively good physical condition to be a police officer.
7. You're not gonna check the trunk are you?
8. Gee, Officer! That's terrific. The last officer only gave me a warning too!
9. Do you know why you pulled me over? Okay, just so one of us does.
10. I was trying to keep up with traffic. Yes, I know there are no other cars around. That's how far ahead of me they are.

Things To Do at the Mall

1. As the cashier runs your purchase over the scanner, look mesmerized and say, "Wow, magic!"
2. Ask other customers if they have any Grey Poupon.
3. Challenge other customers to duels with tubes of gift wrap.
4. Dart around suspiciously while humming the theme from Mission Impossible.
5. Drag a lounge chair over to the magazines and relax.
6. Drape a blanket around your shoulders and run around saying, "I'm Batman. Come Robin, to the Batcave."
7. Follow people through the aisles, staying about 5 feet behind them. Do this until they leave the store.
8. Get 24 boxes of condoms and randomly put them in people's carts when they aren't looking.
9. Go into a fitting room, shut the door and wait a while and then yell loudly "There's no toilet paper in here!"
10. Go to the Service Desk and ask to put a bag of M&M's on lay away.
11. Hide in a clothing rack and when people browse through, say "PICK ME! PICK ME!"
12. Hold indoor shopping cart races.
13. In the auto department, practice your "Madonna look" using different size funnels.
14. Make up nonsense products and ask employees if there are any in stock. (i.e.: Shnerples)
15. Play soccer with a group of friends, using the entire store as your playing field.
16. Play with the calculators so that they all spell "hello" upside down.
17. Play Marco Polo
18. Randomly throw things over into neighboring aisles.
19. Re-dress the mannequins as you see fit.
20. Ride a display bicycle through the store; claim you are taking it for a test drive.
21. Say things like, "Would you be so kind as to direct me to your Twinkies."
22. Set all the alarm clocks to go off at ten-minute intervals throughout the day.
23. Set up a "Valet Parking" sign in front of the store.
24. Set up a tent in the camping department and tell other shoppers you'll invite them in if they bring pillows from the bed department.
25. Take up an entire aisle in toys by setting up a full-scale battle with G.I. Joe vs. X-men.
26. Test the fishing rods and see what you can catch from other aisles.
27. Tune all the radios to polka stations; then turn them off and turn the volume up to full blast.
28. Walk up to an employee and tell him/her in an official tone, 'Code 3' in Housewares and see what happens.
29. Walk up to complete strangers and say, "Hi. I haven't seen you in so long." etc. See if they play along.
30. When 2 or 3 people are walking ahead of you, run between them yelling "Red Rover."
31. When a clerk asks if they can help you, begin to cry and ask, "Why can't you people just leave me alone?"
32. When an announcement comes over the loud speaker, assume the fetal position and scream "NO! NO! It's those voices again!!!"

I hope this has brought a little smile to your day. 🍓



Counseling Services

Anonymous, Confidential, Affordable, Convenient
Online and Phone Counseling

Dr. Dawn-Elise Snipes Ph.D. LMHC (#MH6287)

Specialties

Addictions, Anxiety, Depression, Eating Disorders,
Relationship Issues, Child Behavior Problems,
Parenting, Grief/Loss, Weight Management

Email: Dr.Snipes@dr-is-in.com

Schedule your appointment: <http://www.Dr-Is-In.com>

