

**DIVINE MERCY RADIO, INC.  
ISSUES AND PROGRAMS FIRST QUARTER 2016**

**ISSUE Health**

**01 04 2016 at 1200 The Dr. Is In 60 minutes** Host Dr. Ray Guarendi is a clinical psychologist hosting a live call in show where listeners ask questions regarding family problems or behavioral issues. Today is Monday and Dr. Ray will answer emails that have compiled over the last few months. Kim from Michigan wrote in about tension building between her and her mother which has gotten worse since her remarriage. Her mother still tries to parent her despite that she is 44 years old. She now avoids interaction with her mother and has tried to respectfully tell her to mind her own business. Dr. Ray first reminds Kim that she cannot pick her family. Second, Kim will have to be around her family at certain times. He suggests her mother is not going to stop being the way she is, and Kim should not give her any reason to insult her any more. He also said Kim needs to stop taking offense by things her mother says. Dr. Ray suggests Kim does honor her mother, but she should not confuse not feeling pleasure when being around her as not honoring her. Kim may decide to limit her interaction to remain civil. For example Kim may have to have most of Christmas with her immediate family in order to have an enjoyable day. Allison wrote in about when and how parents tell their kids about Santa Claus. She told a funny story about a child who was told by her classmates that Santa was her mom. She did not believe them because there is no way her single mother could fly all over the world in one night. Dr. Ray laughed saying the little girl would probably have it figured out within the following year. Dr. Ray answered emails the remainder of the hour.

**01 25 2016 at 1200 The Dr. Is In 60 minutes** Host Dr. Ray Guarendi is a clinical psychologist hosting a live call in show where listeners ask questions regarding family problems or behavioral issues. Today is Monday and Dr. Ray will answer emails that have compiled over the last few months. He opens the show discussing an article about when people are ready to get married. Most people are not *ready* until they actually *do* get married. Bridget from Michigan wrote in about a family member who has been scammed for a number of years. She will not accept the reality of the situation and continues to give money to an individual who tells her that she has won a large prize. Bridget wants to know how to make the relative see the scam. Dr. Ray tells Bridget to ask the relative how much money she has spent, how much she wants to lose, and how much more she would like to lose before she will stop being pulled in. Try to figure out what is driving the individual. Dr. Ray says this relative may go to her death trying to win this prize, and the odds are against Bridget, but this is worth a shot. Oscar wrote in to say he was at Mass when two young boys, who were unattended, were making a racket. He politely told the boys that they should be more respectful in the house of the Lord. He wants to know if he overstepped his boundaries as they were not his kids. Dr. Ray responds saying that Oscar was well within his boundaries in politely telling the kids to be more respectful. He says that if he sees the boys again, maybe he should say hi or sit with the kids, be an adult figure that welcomes the boys into the church and be a role model in the faith. This could make a large impact in the boys lives further down the road. Dr. Ray answered emails the remainder of the hour.

**01 27 2016 at 1200 The Dr. Is In 60 minutes** Host Dr. Ray Guarendi is a clinical psychologist hosting a live call in show where listeners ask questions regarding family problems or behavioral issues. Dr. Ray Guarendi opens the show discussing the differences between boys and girls. Allison from New Jersey called in about her 6 year old son who cries a lot about everything. Dr. Ray responds saying that her sons sensitivity shows very easily in frustrating situations. Dr. Ray said that at the age of six, he does not see this as a huge problem. Eventually the tears will probably stop, though he said that Allisons son may have poor coping skills when it comes to frustrating situations which may continue. Dr. Ray overall believes it is nothing to worry about. Anne from Maryland called in about her 17 year old son who has a problem pulling on his hair and creating bald spots. She does not know how to make him stop as her son likes the sensation it gives him. Dr. Ray suggests that she talk to her son about if he would like to stop and some ways to go about it. First, he could keep on a ball cap or stocking cap to keep his hair covered. Second, he may want to talk with somebody about what he finds stressful. If he does not want to change then there may be nothing to do about it. Dr. Ray said that this is a nervous habit that is breakable. For counseling, he said that public agencies would be just as good as private and they are cheaper. Dr. Ray took calls for the remainder of the hour.

**02 01 2016 at 1200 The Dr. Is In 60 minutes** Host Dr. Ray Guarendi is a clinical psychologist hosting a live call in show where listeners ask questions regarding family problems or behavioral issues. Today is Monday and Dr. Ray will answer emails that have compiled over the last few months. Dave from Ohio wrote in about his 8 year

old son who misreads social situations with the kids he plays with. He reacts in ways that aggravate the situation which leads his kid to be a bully or be left out of activities. Dave wants to know how to help his son cope with situations in a better way. Dr. Ray suggests Dave will have to react after his son reacts wrongly. Focus first on what the other children did that aggravated him, and how he then reacted. Focus on his reaction and why he does what he does. Talk with him about his reactions and more appropriate ways to respond despite what the other children have done to him. Norah wrote in about her critical daughter who points out others errors and she cannot stand to be around her anymore. She sees this as a deadly trait to her daughter as people will not want to be around her and wants to know how to handle this situation. Dr. Ray suggests if Norah were to speak to her daughter, she would have to say something soft, in a perplexed way, not an insulting or accusing way. Chances are the daughter will then correct her mom about this statement. Dr. Ray said that overall, this is just who her daughter is and that may never change, so Norah needs to recognize and learn to not take her daughters corrections to heart. Norah needs to make sure to not lose her relationship with her daughter. Dr. Ray answered emails for the remainder of the hour.

**02 05 2016 at 1200 The Dr. Is In 60 minutes** Host Dr. Ray Guarendi is a clinical psychologist hosting a live call in show where listeners ask questions regarding family problems or behavioral issues. Today is look back Friday where Dr. Ray reviews calls that he previously answered and expands on his advice. Mike from Ohio called in about his wife and him attended Retrouvaille. They left feeling worse than they felt going in. His wife wants to separate while they figure out what to do. Dr. Ray said Mike should not agree to separate if he does not want to. Mike needs to explain to his wife that whether or not she changes, he will and that separating will do nothing but harm them. Do not defend or blame, just simply listen and commit to changing himself to be better for his wife. Mike said there is nothing that his wife cannot think of that he needs to change and that the feelings of love and affection are simply not there. Dr. Ray said he needs to respond in asking his wife if this is good enough reason to break up the home. Dr. Ray goes over their Retrouvaille experience and how it only effected the one who wanted to be there. He states that Mikes wife holds all the cards. If she does not want to be there, there may be a reason behind it. Things will not change or get better until they discover what the underlying factors are on the wifes end and assess what they may be able to do to fix things on both ends. Dr. Ray answers emails for the remainder of the hour.

**02 10 2016 at 1200 The Dr. Is In 60 minutes** Host Dr. Ray Guarendi is a clinical psychologist hosting a live call in show where listeners ask questions regarding family problems or behavioral issues. Dr. Ray Guarendi opens the show discussing Lent and the attitudes and motives people have behind their sacrifices. Kathleen from New Jersey called in about her son who has fallen away from the church. He has a daughter with Down syndrome who they refuse to baptize. Kathleen baptized the child and wants to know if that was okay. Dr. Ray responded saying that first, Kathleen should not tell her son that she did this. Second, he says that the baptism may not be valid and she should check. Third, a baptism says that faithful parents will raise their kids in the faith and that is not what her parents will be doing. Also, because of her disability, she may go straight to heaven anyway. To sin, we must willingly turn away from God, which the child may not ever reach a level to understand that. Rebecca from Texas called in about her daughter who is filing for a divorce. The husband has a substance abuse problem and her daughter feels unsure whether to stay in what may be a harmful situation down the road. She wants the divorce no matter what, but she hopes that it will straighten him out too. Dr. Ray suggests Rebecca cannot stop her daughter from divorcing but she should advise her to get spiritual guidance and start the process of an annulment. If the son in law tries to straighten up, tell the daughter she needs to make him show her the progress. Dr. Ray took calls the remainder of the hour.

**02 17 2016 at 1200 The Dr. Is In 60 minutes** Host Dr. Ray Guarendi is a clinical psychologist hosting a live call in show where listeners ask questions regarding family problems or behavioral issues. Dr. Ray Guarendi opens the show discussing and explaining shell shock second child syndrome, a diagnosis he has named himself, and how children in larger families act. Taylor, a teen from Portland, Maine called in because he claims to see and hear spirits. He said they began around age 3, and he sees a woman from the war era most often. His parents do not do anything about it. They talk to him when he is alone, but they are always visible to him. Dr. Ray responds that Taylor needs to relay everything about this to his parents and that he needs to see a psychologist. He believes Taylors brain may be playing tricks on him and that talking to a doctor may help, or certain medications may help to stop these possible brain misfirings that cause the voices and images. Adam from Canton, OH, called in about his 10 year old son who has Leukemia. He wants to know how to handle and discipline a child like this when he does things wrong. Dr. Ray responds saying that parents often believe that a child who already has a hard life deserves extra slack. He said that Adams son will definitely need extra love, hugs, and kisses, but he does not need so much leeway that will allow him to be disrespectful, mean, etc. He said that as a parent, Adam must understand why he

may be harder to handle during this time of sickness, but that does not mean he should lower standards. His son will still need discipline or else he will begin to run the show. Dr. Ray took calls the remainder of the hour.

**02 24 2016 at 1200 The Dr. Is In 60 minutes** Host Dr. Ray Guarendi is a clinical psychologist hosting a live call in show where listeners ask questions regarding family problems or behavioral issues. Dr. Ray Guarendi opens the show discussing Bible studies, knowing more about Christ, and our relationship with Christ. Helen from Biloxi, Mississippi, called in to ask if there is some neurological process going on that has changed her husband from being involved to now being introverted and extra quiet as he gets older. Dr. Ray said that as people age, there are certain characteristics that will become stronger or slightly change, like his introvertedness, but that does not mean there is a pathological process going on. Without the kids around and high activity levels, her husband just may simply be slowing down in life and may be content with that. Robin called in about her 2 year old daughter who has suddenly become unable to sleep through the night, crying throughout the night several times. She wants to let her cry it out and she will be fine, but her husband is worried that this may cause some psychological problems. She wants to know what to do. Dr. Ray responds saying the easy approach is to just let her cry it out because she is only up to wake them up. The more difficult approach is to tell her husband that if he is concerned, then he needs to get up and rock her to sleep himself. Dr. Ray said not to allow the young daughter to sleep with the parents. Dr. Ray said the husband will eventually get sick of this and realize the better solution is to let the child work it out herself and begin to sleep through the night again. Dr. Ray takes calls for the remainder of the hour.

**03 07 2016 at 1200 The Dr. Is In 60 minutes** Host Dr. Ray Guarendi is a clinical psychologist hosting a live call in show where listeners ask questions regarding family problems or behavioral issues. Today is Monday and Dr. Ray will answer emails that have compiled over the last few months. An anonymous woman wrote in about her Catholic roommate who is constantly picking at what she does and does not do. She exhausts herself trying to meet her roommates expectations. She now works more to avoid her roommate. Dr. Ray said the roommate is being rude and bossy and wants to know why the writer is giving in to her demands. He suggests she move out if her living experience is this terrible. He said that she does not have to respond to her roommates demands. Dr. Ray said the writer has clearly taken some of this personally and she needs to understand that the problem is with her roommate, not herself. Nicole wrote in saying 6 years ago her husband invited her mother in law to live with them as she was sick and her father in law had passed away. Recently, they were reiterating a rule to their child when her mother in law forcefully objected to the rule. The mother in law accused the oldest child of being lazy like her father. Nicole got in a physical fight with her and now her husband wants to ask her to leave. She wants advice. Dr. Ray responded first asking if her mother in law has changed in character as she ages, maybe losing control. Overall, her husband has the final say as it is his mother. Asking her to leave is not disrespecting her as they have cared for her for six years and can no longer manage it. Dr. Ray answered emails for the remainder of the hour.

**03/18/16 at 12:00...The Dr. Is In...60 minutes...** Host Dr. Ray Guarendi is a clinical psychologist hosting a live call in show where listeners ask questions regarding family problems or behavioral issues. Today is look back Friday where Dr. Ray reviews calls that he previously answered and expands on his advice. On todays show, we look back on an anonymous female from Iowa, Danielle from Texas, and Joe from Arkansas. Dr. Ray expended on his original advice.

Certified by Donetta M Robben March 31, 2016