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Need help with iPhone connection to iTunes (soco)

Location **Missouri**
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I recently updated my phone to the new iOS system and now iTunes no longer identifies my phone. I spent hours trying to figure out why my iTunes was working perfectly fine before the update.
I have already:
- uninstalled all Apple programs and reinstalled
- turned off my computer and phone and tried to connect again
- have tried numerous times to "start device" but it will stop and a pop up says that "some services stop automatically if not in use by other services or programs"...whatever the fuck that means

So, if anyone can help me out that would be

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