

Spring 2007

Samaritan

Center of Puget Sound

formerly Presbyterian Counseling Service

Providing counseling and other services since 1960 for individuals and families, church congregations, organizations and businesses throughout the Puget Sound area

Focus on Youth and Families Reflects Growing Need for Affordable, High Quality Services

As everyday life becomes more complicated, the stress on families inevitably increases. Parents stretch to meet wide-ranging responsibilities while children and adolescents try to figure out the thorny problems that arise for them at school, with peers and within the family. Where do they turn when the problems get too big to handle?

Since its beginning in 1960, Samaritan Center (formerly Presbyterian Counseling Service) has been there for families. We've trained literally hundreds of marriage and family therapists over the years, and provided thousands of hours of family counseling in communities throughout Puget Sound. As times change, our Board and staff keep asking the crucial questions: What are the current needs? How can we be most effective?



Colleen King, a licensed mental health counselor and chemical dependency specialist, coordinates Samaritan's Youth and Family Services. In addition to working with youth and their families and fielding the calls that come into the program to see that families receive the appropriate help, she arranges for trainings and consultations that keep all staff members up to speed on adolescent and family issues. Currently these include monthly consultations with Jim States, MD, who is an expert on the use of psychotropic medications and with Paul Bestock, MSW, a well-known child and adolescent therapist in the area. In May, Dr. Dave Hall, an experienced child, adolescent and family psychiatrist, will join with the Samaritan Center clinical staff, providing additional services for families. (see page 5)

Colleen also coordinates Samaritan's involvement with other mental health agencies caring for at-risk youth. "For example, there is a coalition of organizations providing services for homeless youth in the University District," she said. "Our role is providing mental health services in cooperation with University Presbyterian Church and the University District Youth Alliance." Samaritan also has an ongoing relationship with Eastside Academy, located in Bellevue First Presbyterian Church, and Seattle Urban Academy. (continued on page 4)

The Samaritan Community

Clinical Staff

Kay Abramson, MS
Marti Aitken, PhD
Mark Amundsen, DMin
James Aultman, MSW
William Collins, PhD, MS
Mary Denny, Ph.D
Robert S. Erickson, MS
Steve L. Franks, MA
Sue Freeborn, JD, MA
Beth Geense, MSW
March Gunderson, MDiv, MEd
Dave Hall, MD
Margaret (Peggy) Hansen, MS
Marty Hawkins, MEd
Beth Hess, MS, MSW
Mark Houglum, PhD, MDiv
Douglas Johnson, MSW
Colleen King, MC
Ron Kirstein, PhD, MDiv
Joan Krakowiak, MSW
Natividad E. Lamug, MA
Douglas K. LeRoy, MSW
Pat Pedegana, MA
Anne Perry, EdD, MA
Michael E. Rogers, MDiv, MA
Gary O. Steeves, MEd
Beverly Shrumm, MC
Neal Teng, PhD
Lisa Thocher, MS
Lori Vanderbilt, MS
David Wells, MDiv, MS
Jinah Yoon, MDiv, MSW

Clinic Providers

Robin Allen, Daniela Costea,
Jodene Glad, Kathy Heffernan,
Bil Kareta, MaryHelen Lewis,
Ada Mak, Michael Samsel,
Karen Smith, Allison Spiceland,
Jennifer Tapley, Dominique Walmsley,
Natasha White Marsh

Locations

Seattle

Main Office (Greenlake)
Beacon Hill Presbyterian
First Presbyterian
Woodland Park Presbyterian

South

Family of Grace Lutheran (Auburn)
Wabash Presbyterian (Auburn)
Lake Burien Presbyterian
Steel Lake Presbyterian (Federal Way)
Washington Baptist Convention (Kent)
Renton First Presbyterian
First Presbyterian (Puyallup)
Immanuel Presbyterian (Tacoma)

North (Shoreline)

Trinity Presbyterian
St. Luke Parish

West

Rolling Bay Presbyterian
(Bainbridge Island)

East

First Presbyterian of Bellevue
Trinity Lutheran College (Issaquah)
Congregational Church (Mercer Island)
St. Andrews Lutheran (Bellevue)
Overlake Park Presbyterian (Bellevue)
Redmond Presbyterian (Redmond)

Administrative Staff

Beverly Shrumm, President/CEO
Bill Collins, VP/Training and Operations
Michael Rogers, Clinical Director
Donna DiFiore, Chief Financial Officer
Linus Tumbleson, VP/Development/PR
Donna Bellinger, Office Administrator
Gale Kennedy, Receptionist
Louise Witt, Bookkeeper
Jesse Dobner, A/R & Billing
Heather Christensen, A/R & Billing

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Rev. Leland (Lee) Seese
John Shrader
Rev. Bob Vaughn
Dr. Meridale Vaught

Director Emeritus

Rev. Dr. Neal A. Kuyper

Christian Communities

Providing Ongoing Financial Support

Evergreen Baptist Association
First Presbyterian of Bellevue
First Presbyterian of Kent
Lake Burien Presbyterian
Lake Washington Methodist Women
Maple Valley Presbyterian
Maplewood Presbyterian
Mt. Baker Park Presbyterian
Newport Presbyterian
Northminster Presbyterian
Overlake Park Presbyterian
Presbytery of Seattle
Rolling Bay Presbyterian
Southminster Presbyterian
University Presbyterian
Wedgwood Presbyterian
Woodland Park Presbyterian

The main office of Samaritan Center of Puget Sound is located at 564 NE Ravenna Blvd, Seattle WA 98115. We can be reached by phone at (206) 527-2266. For more information about Samaritan therapists or programs, please go to our website: www.samaritanps.org.

President/CEO's Message Beverley Schrumm, MC, LMHC

Samaritan Center of Puget Sound is accredited by the Samaritan Institute of Denver, Colorado. Rev. Nancy Gieseler Devor, PhD, a vice president with the Institute, served as our recent accreditation site visitor. She offered her reflections about us to our board of directors and administration leaders. I would like to share them with all of you because her words moved me.



Nancy reflected on three story lines that held her understanding of our center. She observed that *our story is one of faith and is infused with grace*. Although there are many moments when we experience God's grace in our work with clients and in service opportunities, the Presbytery's gift of the Ravenna facility to ensure the continuation of this ministry is held in our hearts with enormous gratitude.

Secondly, *Nancy spoke of us as relational*. The services we offer are about relationship: with self, family, community and God. As a staff we value community and spend time every Tuesday morning together in consultation, worship, learning or attending to the administrative specifics of life together. We are dependent on relationships with partner churches, community supporters and foundations to minister to those with insufficient financial resources.

Finally, Nancy spoke of *the high quality of services we provide*. Our staff is a very well educated collection of folk who offer experience deep and wide for the healing and transformation of all who come for help. We are a collection of sorts...different training backgrounds, contrasting life stories, various skill sets. And yet I often think of our shared ministry as being present as our clients experience a kind of psychological, emotional and spiritual crucifixion, then Holy Saturday. It is ours to have faith in resurrection for our clients, even when God appears untrustworthy to them.

Thank you for your prayers for our clients, staff and board of directors.

Resource for Ministry

Serving Clergy and Congregations in Changing Times

By Rev. Mark D. Houglum, Ph.D., Coordinator, Resource Center for Ministry



On February 3, Samaritan Center of Puget Sound again co-sponsored with the Seattle Presbytery a workshop with Dr. Peter Steinke, nationally known speaker and author, at Newport Covenant Church. This is the third consecutive year that we have invited Dr. Steinke into conversation with local pastoral and lay leaders.

This year's topic, "Congregational Leadership in Anxious Times," was based on his most recent book. More than 150 leaders from churches in the Greater Seattle area attended the workshop and, as in previous years, the feedback we received was very positive.

As a follow-up to this year's workshop, we offered a free one-and-a-half hour presentation by one of Samaritan's Resource for Ministry consultants to the first six congregations inquiring about one of the following topics: "Thinking Systemically in a Faith Community," "Steinke Seminar Review," or "Conflict and Communications."

We continue to find new ways to live into our vision, one which is rooted in a deep commitment to serving clergy and congregations in the area, strengthening and encouraging clergy, lay leaders and churches as they engage in the challenges of ministry in a changing and diverse context.

Please visit our website at www.samaritanps.org and let your pastor and church leaders know about the services we offer. I also invite your support of this work through a donation to the Resource for Ministry. If you have questions or suggestions for this program, please contact me at 206-527-2266.

Expanding Youth and Family Services (continued from page 1)

“When I get a call from someone in crisis, my first thought is how to connect them with the best help we have,” said Colleen. “That means figuring out which ‘fire’ is actively burning right this minute in the family and, also, where the smoldering coals are.” While there are 31 therapists on our clinical staff and another 13 interns providing services through “The Clinic” for low-income families, there is a core group who specialize in children and youth. These include Jinah Yoon, David Wells, Rob Erickson, March Gunderson, Jim Aultman, Joan Krakowiak, Steve Franks, Lisa Thocher, Doug LeRoy and Sue Freeborn.



We work with families on all kinds of issues and in a variety of ways,” Colleen said. “The presenting problem may be depression or anxiety, school problems, an eating disorder, or drug and alcohol use. “Depending on their needs, therapy may be one-on-one or involve the whole family. Our goal is to support and strengthen the family, guiding them through the crisis and toward an appropriate family interdependence.”

Beverley Shrumm, President/CEO of Samaritan Center said, “Many times over the years, people have said to me, ‘We want counseling within a faith framework where our spiritual values are taken seriously and are an integral part of the solution’. That’s exactly what we are able to provide for the families who come to us: a respectful approach to what is troubling them, an acceptance of their beliefs and values, and the skills to help them make positive changes. That works, not just for families of faith, of course, but for all families seeking healing.”

To make a counseling appointment or for more information about Samaritan’s Youth and Family Services, call the main office at 206-527-2266.

Grants providing support for Samaritan’s Youth & Family Services have come from Stewardship Foundation, Dupar Foundation, Glaser Foundation and the Deacons Finance Committee of University Presbyterian Church. We are grateful for the dedication of these donors, and welcome all inquiries about how contributions may be made to expand our services.

Jinah “Feels Blessed” to Work With Adolescents

“When I think of how it is to do words that come up for me are recently.

As Jinah reflected on her work think the adolescent years are young people have a lot of development.



therapy with adolescents and young adults, the ‘real, raw, or gritty and honest’,” Jinah Yoon said

with youth and families at Samaritan, she said, “I possibly the most challenging times; many of our trauma in their lives. It interferes with normal

“For some of them, simply surviving is an achievement. I feel that my role is to be a witness, someone who acknowledges that the suffering exists, and that we can go through it and make it.”

Before coming to Samaritan Center in 2003, Jinah worked for two and a half years in the Crisis Respite Program of the Seattle’s Downtown Emergency Service Center, an intensive transitional program, where she worked with the homeless-in-crisis population.

Like all therapists at Samaritan, Jinah brings a spiritual as well as a psychological perspective to her work. While her expertise is in helping people of all ages cope with anxiety and life’s stressors, she is drawn to working with teens and young adults.

Jinah, who has an MDiv from Princeton Theological Seminary and a Masters in Social Work from Rutgers University, sees Samaritan clients in the Ravenna office and in Burien.

Dr. Dave Hall Joins the Samaritan Community

Child, adolescent and family psychiatrist Dave Hall will begin seeing clients at Samaritan Center's Ravenna office in May, leaving his previous location in Montlake. Beverley Shrumm, Samaritan's CEO/President, said, "We feel very fortunate that Dave is coming to work with us. His experience in empowering families who are in emotional distress is an excellent fit with our mission to provide high quality, affordable services to families."

In private practice in Seattle since 1983, Dr. Hall has developed a special expertise in helping families overburdened by medical and emotional problems, including mood disorders, substance abuse, attentional difficulties and complex school and family problems.

His medical and psychiatric training was done at the University of Washington. His book, *Stop Arguing and Start Understanding: Eight Steps to Solving Family Conflicts*, won the Ben Franklin Gold Medal in 2002. He served as national president of Physicians for Social Responsibility in 1997 and continues to serve on national and local boards of directors of that organization. He and his wife, Anne Hall, have been married for 36 years and have two married sons and two grandchildren. Anne is the associate minister for children, youth and families at University Lutheran Church.



"I'm excited about sharing my skills and experience with the Samaritan Center community," Dr. Hall said. "My belief is that parents who are committed to bringing an atmosphere of love and understanding to the family can create the necessary change when their goals are clear and their strategies consistent with those goals."

Forgiveness Program Offered Through Samaritan

"Lord, if my brother or sister sins against me, how often should I forgive? As many as seven times?" Peter asked Jesus. Jesus said to him, "Not seven times but, I tell you, seventy times seven times." Matthew 18:21-22



"Seventy-Seven Times: The Gift of Forgiveness" is being presented locally by Mary Denny, a licensed clinical psychologist and spiritual director at Samaritan Center. This is a program, presented in the context of Gospel teachings about forgiveness, that helps adults become better informed about the forgiveness process and more skilled in engaging in it, so that they can more readily move from burdens of distress and anger to greater emotional freedom, hope and understanding.

"While forgiveness is a fundamental value and practice across religious traditions, the freedom to forgive both attracts us and overwhelms us," Denny observes. "One difficulty is that forgiveness is often confused with excusing, forgetting, pardoning, reconciling or evening the score. Additionally, many people recognize that past grievances often leave them with longstanding emotional burdens that interfere with their desire to forgive and heal."

The "Seventy-Seven Times" program is based on decades of research by psychologists from the University of Wisconsin and Stanford University, among others, which have led to new understandings about the process of forgiveness and the work that is needed to forgive and be forgiven in an authentic and self-respectful manner. Books that Denny recommends include *Forgiveness is a Choice* by Robert Enright; *Forgiving the Unforgivable* by Beverley Flanigan; *Forgive for Good* by Fred Luskin; and *Forgive and Forget* (Second Edition) by Lewis Smedes.

For more information about the forgiveness program, which can be presented in a number of ways in church and community settings, contact Mary Denny at 206-527-2266, x 328.

Therapist's Perspective

Quieting the Expectations

by James Aultman, MSW



Contemplative practice is a tradition in the Christian faith that we often exercise in the Lenten season but one that is useful throughout the year. It provides us with an opportunity for practicing stillness, contemplation, reflection and prayer. It can be a time to step back from the onslaught of one's life – the demands, logistics and the clutter of fractured attention. To sit with one's self while quieting the inner din—the running commentary in our heads. Quieting the expectations of “making something happen.” Or fixing things. In this quiet, one can simply “be.” One can begin to “see.”

It can be a time for examination, a time to shift focus to the bigger picture of one's life and the family. To examine or see one's self and family members where they are physically, emotionally, spiritually and become more aware of their strivings. Being aware of how the ongoing dilemma of belonging to the group and yet managing still to be ourselves gets played out in the families and the groups we are part of.

The everyday challenge is to be aware of the love that enhances the flow of life and supports our development though the life cycle. Being seen and feeling the love that keeps life going is a gift and truly a blessing when it happens in families.

Bert Hellinger, a family therapist well known for his Family Constellations work, in a seminar introduced to me the use of “stillness” and “seeing” others. He would start sessions with clients by sitting with them for seven to ten minutes in silence. At that time in my career, this was very unusual and at first felt uncomfortable. It is interesting what comes up for oneself in that time of silence. Hellinger never explained this practice beyond its being his way of connecting with the clients and their situation. What was clear was that the results and insights were most interesting. Hellinger was very much interested in the specifics and observing what was right in front of him, believing this was more relevant and informing than relying just on theory.

May this be a time for us all, in stillness, to observe and be informed by what is in front of us.

Jim Aultman is a social worker who joined the Samaritan clinical staff in 2006 when he moved with his family from Virginia. He has worked with children and families since 1978. He sees clients both in Seattle and Redmond.

New Administrative/Support Staff

In February, two new staff members joined Samaritan Center, filling important roles that support the work of the agency.



Louise Witt is our new Bookkeeper. Before coming to Samaritan she served six years as Assistant Executive Director at Avanta, the Virginia Satir Network. Before that, she was the Administrative Manager/Accountant at Muzak for several years. She holds Bachelors degrees in Education and Administrative Accounting. The experience she brings, along with her calm and confident manner, is a gift to this ministry.

Heather Christensen is an Accounts Receivable/Billing Specialist. She recently relocated to Seattle after graduating from Colorado State University with a degree in History. Her professional experience includes Accounts Receivable, Customer Service, Lab Assistant/Field Technician and an impressive list of volunteer credentials. Even in the face of what has seemed like endless grey, rain-soaking days, she's held onto that cheerful smile.



Louise and Heather join three other administrative staff: Gale Kennedy, Receptionist, Donna Bellinger, Office Administrator, and Jesse Dobner, A/R and Billing Specialist. We are immensely grateful for their work and that of Donna DiFiore, Samaritan's Chief Financial Officer, who supervises this area.

Resource Development

As Individuals Heal, Communities Are Transformed

By Linus Tumbleson, Vice President for Development and Public Relations

According to a national survey commissioned by the Samaritan Institute, 75% of those responding said it is important to see a professional counselor who integrates the clients' faith, values and beliefs in the counseling process.



This is why Samaritan Center of Puget Sound exists. While our tradition and roots are in the Christian community, our inclusive approach enables us to reach people from all walks of life. Our staff never imposes faith upon the counseling process but listens for the ways in which clients' beliefs are part of their healing process. We are here to help people cope, rebound and heal from the unexpected difficulties life can bring, with the purpose of healing the whole person – mind, body, spirit and soul.

From the beginning, we have sought to bring counseling to the people who need it. Our founder Dr. Neal Kuyper has often told the story of how this began. In 1960, he was the only counselor at then-Presbyterian Counseling Service and he saw clients at University Presbyterian Church. When a woman called and wanted to see him but was afraid to drive across the floating bridge, Neal solved the problem by driving across the bridge himself and meeting with her at Bellevue First Presbyterian Church.

At the present time, there are Samaritan counseling offices in 21 communities, stretching from Tacoma to Shoreline and from Issaquah to Bainbridge Island. Our intent is to "reach in" to communities, in the belief that as individuals and families are healed, communities are transformed. Care and compassion begin in small ways, between persons, and then the circle grows. Samaritan Center chooses to be part of that widening circle of healing and transformation. We are grateful for the many persons who join us in this endeavor.

A donation to the Samaritan Center is an opportunity embraced, a sign of trust, and a move to action. It says that together we can make a difference in the health of our communities. As individuals heal, families and communities are transformed.

Samaritan Can Come To You...

Are you are part of a group that periodically considers fund requests? Would you like a representative of Samaritan Center to meet with your group to talk about our programs and opportunities to support the ministry of the agency? If so, please contact either Linus Tumbleson at linus@samaritanps.org or 206-957-4693 or Beverley Shrumm, at bev@samaritanps.org or 206-957-4692.

Celebrating the Life of Dr. Warren Taylor

Dr. Warren Taylor, a Bellevue resident and long-time friend and supporter of Presbyterian Counseling Service and Samaritan Center of Puget Sound, passed away on December 31, 2006. His wife, Beverly Taylor, is one of our past board members. Dr. Taylor's family designated Samaritan Center as one of the opportunities for donations to be given in memory of his life. We have also received notification that Samaritan Center of Puget Sound is included in Dr. Taylor's estate planning, making the agency a beneficiary in his will. We offer a heart-felt "thank you" to Dr. Taylor and his family and to all those who have given gifts to Samaritan Center in his memory.

Staff Recommends

Surviving and Thriving With Children and Teens

Get Out Of My Life, But First Could You Drive Me and Cheryl to the Mall? Anthony E. Wolf, PhD Farrar Strauss Giroux 1991

Love and Anger: The Parental Dilemma Nancy Samalin with Catherine Whitney Penguin 1991

Loving Each One Best Nancy Samalin with Catherine Whitney Bantam 1996

Reviving Ophelia: Saving the Selves of Adolescent Girls Mary Pipher, PhD Ballentine 1994

Real Boys: Rescuing Our Sons from the Myths of Boyhood William Pollack, PhD Henry Holt & Co 1998

Giving the Love that Heals: A Guide for Parents Harville Hendrix, PhD, and Helen Hunt, MA Pocket Books 1997

Parenting by Heart Dr. Ron Taffel with Melinda Blau Addison-Wesley Publishing 1991

Parenting with Love and Logic Foster Cline, MD, and Jim Fay Pinon Press 1990

Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder Edward M Hallowell MD and John J.

Ratey MD Simon & Schuster 1995

Chicken Soup for the Teenage Soul I and II Stories of Life, Love and Learning Jack Canfield, Mark Victor Hansen, Kimberly Kirberger Health Communications Inc. 1998

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