

Spring 2010



formerly Presbyterian Counseling Service

Providing high quality, faith-integrative, affordable counseling for individuals, couples and families throughout Puget Sound since 1960, as well as consultation, mediation and educational services for churches and organizations.

50th Year Celebration Begins with Samaritan Fundraising Luncheon May 5

Samaritan Center is entering into a year of reflection and celebration -- looking backward and looking forward. Imagine a time line that begins in 1960 when Presbyterian Counseling Service was created. Founder Neal Kuyper wouldn't have said "created" -- his words were that this counseling ministry was "born in the heart of God."

Bring that time line up to the present, to 2010 where we have grown in many ways. To 21 locations in the Puget Sound area where 34 therapists see the more than 700 people who come through our doors each week. In addition to counseling for individuals, couples and families, we offer consultation, mediation and educational services to churches, organizations and businesses.

Then extend that time line into a future which all of us know will be full of challenges. As Neal identified and moved to meet the needs in his time, we are committed to positioning Samaritan so that we can respond actively and compassionately to what is needed in the months and years ahead.

In this 50th year, there will be a number of events, large and small, in which we will explore how healing at the individual level informs the family system, the wider community and our world. The first of these will be our annual fundraising event for the Samaritan Fund. For 13 years, friends of this agency have gathered to raise money for counseling for those whose incomes are significantly limited.

This year's luncheon will feature as keynote speaker David Domke, Professor and Chair of the Department of Communication at the University of Washington and author of *The God Strategy: How Religion Became a Political Weapon in America*.



The theme of his talk will be "The Hope Covenant." About that, David says: "One of the most profoundly human sentiments is a yearning for hope. To have hope is to believe that good things are coming and that one's trajectory in life is leading toward positive outcomes. The importance of such an outlook has been recognized and emphasized by transformative leaders for time immemorial, including some of the United States' most inspiring presidents.

"It is hope that stirs people to do things they never imagined. It is hope that gets people out of bed on difficult mornings. And it is hope that compels people to cross dividing lines and overcome fears and prejudices. So, what have we done today to offer a sense of hope – to both ourselves and others? It is time to reflect upon and renew our commitments, to take steps anew to do the 'somethings' we can do."

To learn more about our May 5 luncheon fundraising event, please go to page 5 and to the invitation on the back page. We hope you will want to join us as we reflect on how hope can be transformed into faith-enlivened, compassionate action.

The Samaritan Community

Clinical Staff

Kay Abramson, MS
Marti Aitken, PhD
James Aultman, MSW
William Collins, PhD, MS
Daniela Costea, PsyD
Mary Denny, Ph.D
Robert S. Erickson, MS
Sue Freeborn, JD, MA
Beth Geense, MSW
March Gunderson, MDiv, MEd
Margaret A. (Peggy) Hansen, MS
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Beth Hess, MS, MSW
Mark Houglum, PhD, MDiv
Douglas Johnson, MSW
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Gary O. Steeves, MEd
Beverley Shrumm, MC
Neal Teng, PhD
Lisa Thocher, MS
Lori VanderBilt, MS
David Wells, MDiv, MS
Jinah Yoon, MDiv, MSW
Liza Ziliak, MA
Dave Hall, MD

Mediation Team

Sue Freeborn, Marty Hawkins,
Michael Rogers, Gary Steeves

Clinic Providers

Elizabeth Dean Covey,
Will Dowd, Bil Kareta, Mark Liu,
Elizabeth Mackend, Kelley Nay,
Ana Paula Pessotto, Jim Ramsey,
Leslie Savage, Mike Slack, Eric Stroo,
Allison Spiceland, Tita Subercaseaux,
Deb Thomas

Counseling Offices

Seattle

Main Office (Green Lake)*
Beacon Hill Presbyterian
First Presbyterian
Woodland Park Presbyterian
West Seattle

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*
St. Andrew's Lutheran (Bellevue)
Newport Covenant (Bellevue)
Overlake Park Presbyterian (Bellevue)
Redmond Presbyterian (Redmond)
Sammamish Presbyterian
Episcopal Church of the Holy Cross*
(Redmond)

** Low Income Clinic Locations*

Administrative Staff

Beverley Shrumm, President
Bill Collins, VP/Training & Operations
Michael Rogers, Clinical Director
Emily Kelly-Peterson, MDiv
Director of Development
Peggy Hansen, Community Relations
Ron Kirstein, Facilities Manager
Louise Witt, Accounting
Gale Kennedy, Reception/Admin
Leah Buck, Administrative Assistant
Jesse Dobner, A/R & Billing
Delia Yeager, A/R & Billing
Mary Hanson-Spofford, A/R & Billing

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Presbytery of Seattle

Dr. Bill Wright
Samaritan Institute Liaison

Rev. Dr. Neal A. Kuyper 1918-2009
Founding Director 1960-1983

Christian Communities Providing Ongoing Financial Support

Bethany Presbyterian Church
Evergreen Baptist Association
First Presbyterian of Bellevue
First Presbyterian of Kent
Lake Burien Presbyterian
Lake Washington Methodist Women
Maple Valley Presbyterian
Maplewood Presbyterian
Mercer Island 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. , Counseling office locations or programs, please call us or go to our website at www.samaritanps.org.

President's Message

Dr. Neal Kuyper, Founding Director of Presbyterian Counseling Service/Samaritan Center of Puget Sound, passed away November 11, 2009. He is pictured here with his wife, Christina, his longtime support in ministry, who passed away on February 27, 2010. Our thoughts and prayers continue to be with their family. At the memorial service for Neal, which was held at University Presbyterian Church on December 7, 2009, these were the words Beverley Shrumm, current President of Samaritan Center, spoke in her tribute to Neal.



Neal Kuyper has had an enormous impact on my life and the lives of many others. My words are both personal and on behalf of former and current colleagues, including Lois Bell, board members, and clients of Presbyterian Counseling Service/Samaritan Center. It seems so fitting to us that we gather at the church where the PCS story began, a story in which we have since become one of the oldest and largest faith-based counseling centers in the country.

My father was on the board of PCS in the early years; I was in my teens. My parents spoke at home about Neal's ministry, how people in some kind of life crisis were going to First Presbyterian Church in downtown Seattle for counseling. I was deeply moved and encouraged by the embrace of the church. When Neal asked board members to read Christian psychiatrist Paul Tournier's book, *Meaning of Persons*, Dad shared it with me. I fell in love with the counseling profession, though I must admit I also thought, "You can have conversations like this with people and get paid for it?!" **I understood that Neal had a compassionate heart and believed we were to serve those who are broken-hearted, perhaps burdened by a sense of shame, guilt, or sense of abandonment by God. Later I learned that Neal understood us all to be broken and in need of Grace.**

Some years later I joined the staff of Divorce Lifeline and was introduced to the culture of PCS, the culture that launched the Divorce Lifeline ministry. It is there that I was formed as a therapist, and I eventually became its Director. We were housed at the time by First Presbyterian Church of Seattle, which every year closed for a week for cleaning purposes. To my own surprise one day, I found myself alone in the elevator with the church administrator, a retired military officer and Lutheran. I dropped down on one knee and begged him to let us have our therapy groups during the closure week, telling him of the devastation our clients faced and their intense need for contact with us. He said, quite energetically, that we could have our groups if I would just stand up. The next day, I saw the Senior Pastor Murray Marshall who smiled gleefully and declared, "My word, it's like having Neal Kuyper back in the building." **Neal could be very persuasive.**

Years later, when I joined the staff of PCS, I learned from the culture and my colleagues that **Neal expected everyone to be a learner, to keep advancing one's skills.** This informed the development of the Marriage and Therapy Training Program. I learned **he was innovative:** an array of services was developed at PCS and that movement continues today. **Neal also believed, as a matter of scripture, we should try to serve everyone regardless of their ability to pay.**

Our agency is accredited through the Samaritan Institute. When the president and founder, RJ Ross, called Neal several years ago to meet with him to describe the Samaritan ministry, hoping to recruit PCS to the network, Neal, according to RJ, told him he'd be pleased to meet with him, offered an appointment time and told RJ he'd need to pay our hourly fee. **Neal was hard working and frugal.**

Most of all, I love the Neal who said PCS was "born in the heart of God." Who said "We are to be the Gospel in Action." **I understand that Neal was devoted to following Jesus and surrendered his will to God's will.**

In recent years, Neal and I would exchange an occasional e-mail and sometimes talk by phone. He talked with me about his love of his family, his continuing ministries, and his struggle with his body. He always had words of counsel for me, including what he thought I best not do, and words of encouragement, saying he was so pleased with the continuing work and growth of PCS/Samaritan. As we would sign-off, he always would say, "I love you, Bev." I love you, Neal.

-- Beverley Shrumm

Low Income Clinic

Serving Those Who Have Nowhere Else To Turn

Samaritan Center's Low Income Clinic is yet another way in which this agency seeks to carry out the commitment that Founding Director Neal Kuyper had to the belief that "Presbyterian Counseling Service should try to serve everyone regardless of their ability to pay." (See page 3.) In addition to our history of providing fee assistance for those with limited incomes, Samaritan in 1994 created the Low Income Clinic.

This program began with two goals in mind - the provision of counseling and mental health services for those with extremely limited incomes and, at the same time, offering a program of supervision and training for therapists who had completed their academic training and were working toward state licensure. Bill Collins, who has been a therapist with Samaritan for 28 years and a director of the Marriage and Family Therapy Training Program, oversees the Low Income Clinic. "Those who are served by the clinic are people who otherwise would not be able to get quality counseling," he said, "people who literally have nowhere else to turn."

The therapists who provide counseling through the Low Income Clinic come from diverse backgrounds and bring both life experience and professional training to their work at Samaritan. Already trained at a master's degree level, they are in the process of completing the requirements for Washington State licensure. While they are part of Samaritan's program, they receive supervision of their work with clients by experienced clinicians on our staff and participate in regular consultation and training opportunities.

Like all Samaritan clinical staff members, clinic providers identify themselves as Christian and are committed to working in a respectful way with clients of all faiths, backgrounds and lifestyles. Currently, the 14 clinic providers (whose names you can find on page 2) include eight women and six men who see individuals, couples and families in three locations - at the main office near Green Lake and in two Eastside locations. They offer counseling in Spanish, Portuguese and Chinese Mandarin as well as English. In addition to one-on-one counseling, group therapy is offered at the main office.

In the past year, 3,721 counseling hours at an average fee of less than \$14 were provided through the clinic. As the demand for clinic services continues to increase as a result of the difficult economic times, for the first time in its 15-year history, the Low Income Clinic has had to establish a waiting list.

More information about the clinic can be found on our website at www.samaritanps.org. Click on "Low Income Clinic" in the green column on the left side of the home page.

New Samaritan Staff



Daniela Costea, a licensed clinical psychologist, joined the Samaritan staff this past fall. She sees clients at First Presbyterian Church of Bellevue and at the main office at Green Lake. She provides therapy in Romanian as well as in English.

Her undergraduate work in clinical psychology was done in Romania, and she earned her MA and PsyD through the American School of Professional Psychology at Argosy University in Seattle. For two years, during her doctoral training, she was an extern in Samaritan's Low Income Clinic. "That was a rich experience that gave me a solid foundation for clinical work," Daniela said. "Returning now to Samaritan to be part of the clinical staff feels like coming home."

Daniela's areas of interest include cultural diversity and adjustment, interpersonal relationships, trauma, lifespan relational development, wellness and resilience. She and her husband, Mihai, have two children, Teadora who is 13 and Emanuel who is 7. "They are a source of great happiness in my life," she says. "I wouldn't be where I am today without their love and support."

Resource Development

50 Years: A Testament to Faith, Hope, Love, and *You*



How you have been touched by Samaritan Center, born as Presbyterian Counseling Service 50 years ago this fall? Have you been a client? A staff or Board member? A marriage and family therapist, extern, or intern whose training took place here? A pastor or a member of a faith community that supports us? An individual donor? A family member or friend of our staff, past or present? Has someone you love received our services? Whatever your connection to us, we give thanks for you and for your part in our being here today.

I have three words of invitation for you in this, our golden anniversary year: ***“Please join us!”***

Please join us as we celebrate five decades of founder Neal Kuyper’s vision that through high-quality, faith-engaged, compassionate counseling, we be “The Gospel in Action” for those in need. Samaritan’s Board and staff continue to live into that vision wholeheartedly and with humility, that their actions of listening and caring might speak of their faith in the God who brings healing and hope.

Please join us for a series of anniversary plans that are in the making, beginning with the May 5, 2010 Samaritan Fundraising Luncheon at the Bellevue Hilton (*see invitation on back page*). We are delighted that David Domke, Professor and Chair of the Department of Communication, will be our featured speaker. David’s message and speaking style are not to be missed, nor is the opportunity to hear from a Samaritan Fund client, one of the many whose life has been changed by the fundraising we do for people in significant financial need.

Please join us in making sure we fill the Bellevue Hilton ballroom with you, our supporters, as well as with new friends who you think would be interested in knowing more about our mission and services. We will continue to serve and prosper into the next 50 years only if we have supporters who carry on with us! If you are interested in being a table host for the May 5 event, please contact me directly at ekellypeterson@samaritanps.org. Even if you can’t host a whole table, please do invite a friend or family member or two... all are welcome.

Last but certainly not least, ***please join us*** in raising a prayer of thanksgiving to God by supporting our mission and ministry with your financial contributions. Guests at the Samaritan Luncheon will be asked to make a significant financial gift; if you cannot attend, please consider making a gift using the enclosed envelope.

Our anniversary events will continue throughout the year, culminating in a dinner celebration in the spring of 2011. Keep your eyes open for information about a three-part evening educational series, a community outreach event, a Board reunion, and next spring’s fundraising dinner. We have needed you for nearly fifty years. We need you now more than ever before. ***Please join us.***

-- Emily Kelly-Peterson, M.Div.
Director of Development

Samaritan’s “Team 50” Planning Committee

We’d like to introduce the group of dedicated supporters working behind the scenes to bring our community together during this 50th anniversary year. Our committee, or “Team 50”, includes long-time supporters and a few new faces as well. They have been working with us for months already, attending planning meetings, recommending event speakers, advising us on fundraising, and giving us their fantastic input and hands-on help along the way. Our thanks go to:

Peter Benson, Co-Chair Susan Stockdale, Co-Chair

Joan Brown Jan Coleman Karen McMichael Stan Saltzberg Beverly Taylor Barbara Welsh

Mediation Services

Try Observing without Evaluating

By Marty Hawkins, MEd



It happens to all of us. We desperately want to express a concern or complaint to someone, but we fear offending them or making matters worse. If we finally get up the nerve to express our concerns, and the other person responds with anger or resentment, our original problem is compounded.

What often creates an angry, defensive response is when we combine an observation with an evaluation. Our intent may be to share an observation but often it includes an evaluation, which is interpreted as a criticism. And who likes to be criticized?

I admit that it's difficult to make an observation that is free of an evaluation. Marshall Rosenberg, author of *Non-Violent Communication: A Language of Life*, shares this anecdote. Rosenberg was working with an elementary school that was experiencing communication problems between teachers and the principal. When asked what was wrong, faculty members said things like: "The principal has a big mouth." "He talks too much." "He thinks he's the only one who has anything worth saying." "He wants to be the center of attention." Evaluations all! And those who were willing to complain were angrily rebuffed.

Rosenberg helped the faculty identify what the *specific, observable behaviors* were that they found offensive and coached them on *describing* the behavior without *evaluating* it. They discovered that the principal often used a story or anecdote at faculty meetings, elongating the meetings and running overtime. This observation allowed the faculty to explain to the principal that when he told stories, the meetings usually didn't end on time. The principal wasn't offended by this objective observation and agreed to limit his storytelling.

The next time you want to express a concern to a spouse, co-worker, boss or friend, think about the words: "observe without evaluating." For practice, you could test yourself on the statements below -- identifying the ones that are simple observations and those that include some kind of evaluation.

1. "You're always angry for no reason."
2. "Yesterday evening you interrupted me three times."
3. "John hasn't asked for my opinion at any meeting this year."
4. "Marsha is a good boss."
5. "My wife works too much."
6. "You are so passive-aggressive."
7. "She submitted her report late every month last year."

Samaritan's Team of Certified Mediators

This includes **Sue Freeborn, JD, MA**, who has more than 20 years experience in mediation and is both an attorney and a mental health counselor; **Marty Hawkins, MEd**, whose experience includes mediating disputes in employment, church, education and family settings for more than 10 years; **Michael Rogers, MDiv, MA**, who is a licensed marriage and family therapist and has done conflict resolution and reconciliation facilitation in organizational and church settings since 1989; and **Gary Steeves, MEd**, a mental health counselor and pastoral counselor with many years experience in negotiation and conflict resolution in corporate, school and church settings.

**For more information or to contact a mediator,
go to our website at www.samaritanps.org or call 206.957.4696.**

Therapist's Perspective

Making a Living

By Eric Stroo, MA



In the recent movie *Up in the Air*, George Clooney plays a man whose job consists of firing people. Corporations contract with him to deliver the bad news to their casualties. And he has mastered his art, describing his work to an upstart apprentice in spiritual terms: something akin to ferrying the souls of the newly unemployed to a place where they can begin to face the reality of their situation.

In one termination interview, he brings a desperate man to the discovery that the loss of his job means that he can pursue the culinary career he had long ago sacrificed in the name of safety and dependability. "Your children don't respect you for paying the bills. What they respect is people who follow their dreams." This man's change of heart happens in about three minutes onscreen. Not so realistic, maybe.

And yet the essential experience, given enough time, is believable enough.

Losing a job can be devastating, especially in a down economy. A few are laid off one day and find new jobs the next, but others--perhaps you--become unemployed for months and months. You might feel crushed, disconnected. More than your income has collapsed; so too, in some cases, has your identity. The employment crisis of "What I am to do?" becomes a spiritual crisis of "Who am I?" Loss of your job can expose an even greater void.

The loss of your job has meaning for you. That meaning can be influenced by your stage of life, whether it falls in your early, confidence-building years; or it occurs in your productive and often driven middle phase, or it coincides with your mid-life self-assessment; or it lands late in your career, when you are questioning your ability or desire to keep pace with changing circumstances. And in the end, the meaning you discover is, of course, highly individual.

Understanding the meaning of this transition is part necessity and part opportunity. In ordinary circumstances, people tend to count on the requirements of the day to guide them--through the day, the week, from week to week, and so on. But this is different. Without a job, a person might need a compass, a way of understanding what is ultimately important, because the field is so desolate, the usual landmarks gone.

Many a man who has been living to work vows that, next time, he will work to live. Many a woman who has allowed the job to define success realigns her work with her own most deeply held values. "What am I to do?" is both an employment question and a spiritual one. And the compass you consult to guide your response is critical.

Under the pressure of finding work, you might consider it a luxury to spend time clarifying the compass by which you establish your direction in life. Fair enough. It is not a requirement for everyone faced with unemployment. But should you find the loss debilitating or should the workless phase prove protracted through no choice of your own, a deep consideration of your compass, your guiding values and objectives, can be the most healing and productive step you can take.

Eric Stroo completed his master's degree in pastoral counseling at Seattle University in 2009. He has been an extern at Samaritan Center since 2007 and provides counseling through our Low Income Clinic at the Episcopal Church of the Holy Cross in Redmond and at our Ravenna office.



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Newsletter Editor: Peggy Hansen
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Readers are welcome to reprint
newsletter articles. Please credit
our writers and Samaritan Center.

You're invited as we kick off our 50th anniversary year with the Samaritan Fundraising Luncheon

Wednesday, May 5, 2010, from 11:45 a.m. to 1:30 p.m.
at the Bellevue Hilton, 300 112th Ave. SE

Cost of the luncheon is \$40—this covers event costs and is not a donation.
We ask those who come to make a meaningful donation to the Samaritan Fund.

This is the 13th year that this fund has provided fee assistance
for those in significant financial need.

Please make your reservation by April 23rd using the enclosed envelope.

If you have already been invited by a table host who has made your reservation,
you may want to pass this invitation on to someone you know who would be interested in this
ministry.

Questions? Contact Leah Buck, Reservation Coordinator,
at 206.527.2266, x116, or lbuck@samaritanps.org.

Thank you for your prayers and support of this ministry!