

Fall 2011

# Samaritan

Center of Puget Sound  
formerly Presbyterian Counseling Service

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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.

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## Change: It can be scary. It can be noisy. But when we're truly alive, it's what we do!

This is a season of change. Not just for Samaritan, of course, but for each of us who is in the midst of trying to make a life, make a living and make a difference in the various circles we are part of.



A striking visual change occurred this summer as we embarked on the long-needed exterior painting of the former Ravenna Boulevard Presbyterian Church building (a gift to our agency from the Presbytery of Seattle) which is part of our main office near Green Lake. We are grateful to ECF of Boeing for the financial gift that made this possible. (See page 3)

The changes have gone beyond just the material. We have said goodbye and God speed to treasured staff members and welcomed a number of highly qualified new people. Let's be clear: The good-byes are always painful and the hellos are full of promise. Feelings are very mixed when excellence of service and collegial relationships are highly valued.

Child and adolescent psychiatrist Dr. David Hall, who has been with us for three years, has taken what he says will be a much smaller medical practice to Anacortes, as his wife, Lutheran pastor Anne Hall, undertakes a new position in the San Juan Islands. We will very much miss Dave's clarity, wisdom and passion for justice.

Dr. David Harrison, Assistant Professor in the Department of Psychiatry & Behavioral Sciences at the UW School of Medicine, has agreed to be our Psychiatric Consultant and will meet regularly with our clinical staff. His interest in complementary alternative medicine and in the integration of spirituality and mental health make this a particularly welcome fit.

Emily Kelly-Peterson, who has been our Fund Development Director for the past three years, is pursuing a new career path but, fortunately for us, will continue to lend her grant writing and event planning skills to Samaritan as our Board explores how this important area will be staffed.



Additional stories and pictures of change and celebration may be found on the inside pages.

# The Samaritan Community

## Clinical Staff

Kay Abramson, MS  
Marti Aitken, PhD  
James Aultman, MSW  
Anthony Barr-Jeffrey, PhD  
William Collins, PhD, MS  
Mary Denny, PhD  
Robert Erickson, MS  
Beth Geense, MSW  
March Gunderson, MDiv, MEd  
Margaret (Peggy) Hansen, MS  
Toshio Hayashi, MDiv, MSW  
Beth Hess, MS, MSW  
Pearle Hintz, MS  
Mark Houglum, PhD, MDiv  
Douglas Johnson, MSW  
Colleen Kelley, MC  
Ron Kirstein, PhD, MDiv  
Natividad Lamug, MA  
Heidi Larsson, MA  
Douglas LeRoy, MSW  
Ada Mak, MS  
Joanna McGuire, MA  
Ellen Paek, PhD  
Pat Pedegana, MA  
Anne Perry, MA, EdD  
Sebastian Perumbilly, PhD  
Michael Rogers, MDiv, MA  
Beverley Shrumm, MC  
Gary Steeves, MEd  
Eric Stroo, MA  
Tita Subercaseaux, MS  
Neal Teng, PhD  
Lori VanderBilt, MS  
David Wells, MDiv, MS  
Liza Ziliak, MA

David Harrison, PhD, MD  
Psychiatric Consultant

## Clinic Providers

Edwin Ferrara, Jamie Haffner,  
Zoe Jenkins, Sara Joens, Treesia Kan,  
Claire LeBeau, Carol Lundemo,  
Kristen Moss, Jim Ramsey,  
Sarah Rensel, Leslie Savage,  
Kevin Smith, Deb Thomas,  
Margaret Youngjohns

## Counseling Locations

We are grateful for the contribution  
of counseling office space  
which is provided  
by our partner churches.

### Seattle

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

### South

Family of Grace Lutheran (Auburn)  
Wabash Presbyterian (Auburn)  
Lake Burien Presbyterian  
Washington Baptist Convention (Kent)  
Renton First Presbyterian  
Calvary Presbyterian (Enumclaw)  
Immanuel Presbyterian (Tacoma)

### North

Trinity Presbyterian (Shoreline)

### 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  
Episcopal Church of the Holy Cross\*  
(Redmond)

*\* Low Income Clinic services are also  
available at these counseling offices.*

## Board of Directors

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Lyn Lee, Vice Chair  
Karen McMichael, Secretary  
Peter Benson, Treasurer  
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Robert Crist  
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Rev. Scott Lumsden, Ex-Officio  
Presbytery of Seattle

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Samaritan Institute Liaison

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

## Administrative Staff

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Bill Collins, VP/Training & Operations  
Michael Rogers, Clinical Director  
Peggy Hansen, Community Relations  
Ron Kirstein, Facilities Manager  
Gary Steeves, Coordinator  
South King County  
Louise Witt, Accounting/Admin Supv  
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Leah Buck, Administrative Assistant  
Jesse Dobner, A/R & Billing  
Mary Hanson-Spofford, A/R & Billing  
Paula Armstrong, Financial Consultant

## Mediation Team

Marty Hawkins, Michael Rogers,  
Gary Steeves

## Resource Center for Ministry

Anthony Robinson, Mary Denny,  
Anne Perry, Mark Houglum,  
Ron Kirstein, Beverley Shrumm

**The main office of Samaritan Center of Puget Sound is located at 564 NE Ravenna Blvd, Seattle WA 98115. We can be reached by calling 206-527-2266 in Seattle, 425-732-2678 on the Eastside or 253-981-6575 in South King County. More information about therapists, locations and programs can be found on our website at [www.samaritanps.org](http://www.samaritanps.org).**

# President's Message

Beverley Shrumm

As we wake each morning to face new and increasingly complicated challenges, I'm wondering who else remembers the first sentence in Scott Peck's book, *The Road Less Traveled*. He began by saying, "Life is difficult." I'm also reminded of Richard Foster, the author of *Celebration of Discipline*, who says, "We have real difficulty here because everyone thinks of changing the world, but where, oh where, are those who think of changing themselves?"

There is in all of us an impulse to look outside ourselves for solutions. Whether it's about our family, our workplace or our nation, we would like to believe that there's an external *something* that could fix things. Our consumer culture feeds that wish by telling us that *if only* we were able to acquire Brand X, our lives would be complete. Then there are those of us who have this crazy notion that it's not about that and who believe that real change starts within the person. If life is to become less difficult and more manageable--even joyful and satisfying--it becomes so when we are willing to listen to God's still, small voice in our particular part of the wilderness and allow it to inform us of who we are called to be.



For the past three years, Samaritan has supported the work of **Liza Ziliak**, our licensed mental health counselor who is providing care for homeless and at-risk youth in the University District and in downtown Seattle. At our last Board meeting, as board members grappled with the daunting financial realities of continuing to fund this ministry, Liza told them about her work. Numbers are part of the story: in the past year, Liza has provided 831 face-to-face service hours with 55 different young people and consulted with 58 other service providers to meet the needs of those she serves. Her journal entries and her presence in our midst tell the more compelling stories of both heartbreak and success in this incredibly high-stress environment. While we continue to pursue grant resources and our board personally contributes to this mission, its future remains uncertain.

Eleanor Roosevelt said, "You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I have lived through this horror. I can take the next thing that comes along.' You must do the thing you think you cannot do."

I thank you all for your financial and prayerful support of Samaritan's efforts as we, echoing Mother Theresa, wake up each morning and resolve to be the change that we wish to see in the world.

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## Save the date for our Spring Fundraising Luncheon: April 18

*We invite you to listen for the voices of those who are struggling and, with us, show them that they are not alone.*

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### A \$22,000 grant from the Employees Community Fund of Boeing Puget Sound . . .

has made it possible for us to paint the seriously weathered exterior of our 100-year-old Ravenna office building near Green Lake. This is Samaritan's largest counseling facility, providing space for education and training activities as well as the administrative support for our 35 therapists who see clients in 20 counseling locations. We also share space in this former Ravenna Boulevard Presbyterian Church building with others who serve the community, including Children of the Nations, a Russian Orthodox congregation and a number of support groups.

The Employees Community Fund of Boeing Puget Sound (EFC) is an employee-owned charitable foundation. Since 1951, it has contributed half a million dollars to Puget Sound area nonprofit agencies, enabling them to purchase equipment, renovate facilities and create new programs.

Samaritan Center has received \$40,380 in direct grants from the foundation over the years. Our Board and staff extend our deepest thanks to the EFC!



# Fundraising Dinner Celebrates Our Fiftieth Year



Board President Frank Holman



President Bev Shrumm, Therapist Liza Ziliak, Board Member Kris Blaser



Event Co-Chair Peter Benson



Auction Co-Chair Jan Coleman



Boyd & Event Co-Chair Sue Stockdale, Presbytery Executive Scott and Sharon Lumsden



VP & Therapist Bill Collins

Original PCS Board Member Art Shrumm



Auctioneer Jim Borgen, Doug and Board Member Lyn Lee



Therapist Ada Mak introducing our Client Speaker

Former Director Doug Anderson



Jim Coleman, Auction Co-Chair Karen McMichael, Kathy Dennis



# Many thanks to those who support the Samaritan mission!

The following people, churches and organizations made gifts to Samaritan between April 1, 2011 and September 1, 2011.  
We regret any omissions and would appreciate your making any corrections by calling us at 201-527-2266 x101.

Kay Abramson  
Marti & Robert Aitken  
Doug & Joan Anderson  
Paula & Albert Armstrong III  
Jim & Kathryn Aultman  
Brodie Bain and Stewart Lee  
Barbara Barbee-Pelzel  
Anne Barry  
David Beer  
Patsy Benson  
Peter Benson  
Ruth Ann Biggers  
Lynda Blain  
Kris & Mark Blaser  
Bruce Boesiger & Arief Abraham  
Leah & Richard Buck  
Patty Burgin & Kari Johnson  
Gay & Oren Campbell  
Dennie Carcelli  
Joan Carter  
Sally Cary  
Steve & Carter Case  
Nancy Chambers & Gregg Taylor  
Eunice Chan & Kong Ming  
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Jane Gamble  
Katie & John Gienapp  
Linda Glenicki  
Melody Griffin  
Penny & John Grove  
Catherine & James Gunstone  
David and Anne Hall  
Edward Hansen, *in honor of*  
*Bil Kareta*

Kathryn Hansen  
Peggy & Earl Hansen  
Roberta Hanson  
Toshio & Cathy Hayashi  
LuVerna Hilton  
Frank & Patti Holman  
Mark & Susan Houglum  
Lee Huntsman  
Doug Johnson & Madeline Lovell  
Mark Jones  
Treesia & Kingsley Kan  
Wayne Keller  
Carol Kelly & David Meekhof  
Emily and Martin Kelly-Peterson  
Barbara Kuyper  
Kathy Kuyper & Dan Marshall,  
*in memory of Neal Kuyper*  
Phil Kuyper & Liz Herseth  
Evelyn Lambert  
Naty Lamug  
Doug & Lyn Lee  
Doug & Karen LeRoy  
Elizabeth Lindley  
Mary Jo & Ben Lindstrom  
Scott & Sharon Lumsden  
Sally Mackey  
Paul Martin, *in memory of*  
*Ken Mitchell*  
Lisa Mcdade  
Kaaren & James McElroy  
Loren McFarland  
Karen & Richard McMichael  
Thomas & Kelli Mechelke  
Joan & Richard Merritt  
Jim & Ruth Mulligan  
Monica Nelson  
Mary Nolting  
Kathy & Doug Paauw  
Katherine Parker  
Linda & Robert Pauw  
Maria Pavlova  
David Pearson  
Pat Pedegana & Arvid Fenske  
Carla Peterson, *in honor of*  
*Emily Kelly-Peterson*  
Ron Poindexter & Jay Williams  
Catherine Purdy  
Jo Ramsey  
Karen Rathe  
Esther Rickelton  
Michael & Jean Rogers  
John & Sharon Roos

Rosalind Renshaw  
Kristen Rustia, *in honor of the*  
*Low Income Clinic*  
Stan & Donna Saltzberg  
Leslie & Robert Savage  
Elizabeth & Rodney Schmidt  
Konrad Schroder  
Judy & Gary Schwab  
Mary Segall, *in honor of Mary Denny*  
Arthur & Mildred Shrumm  
Beverley Shrumm  
Denman & Janet Smith  
Lynn & Tim Smyth  
Nola Sparks  
Susan & Boyd Stockdale  
Eric Stroo  
Ruth Stubbs, *in honor of*  
*Lori VanderBilt*  
LaVerne & Jerome Sugamele  
Beverly Taylor, *in honor of*  
*Beverley Shrumm's 60<sup>th</sup> birthday*  
Ellen Taylor  
Mary & John Torre  
Linus & Sharon Tumbleson  
Joyce & Ned Turner, *in memory of*  
*Warren Taylor*  
Lori & Monty VanderBilt  
Linda Vaughan  
Robert & Linda Vaughan  
Donald & Leaneore Weber  
David & Sue Wells  
Robert & Barbara Welsh  
Louise Witt  
Ann Wolfe  
Julie Wood  
Mary Ann Woodruff  
Liza Ziliak

## Other Donors

Bethany Presbyterian Church  
First Presbyterian Church of  
Bellevue  
Mercer Island Presbyterian Church  
University Presbyterian Church  
Bill & Melinda Gates Foundation  
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McKinstry Charitable Foundation  
Seattle Foundation  
Skin Biology, Inc.

# Change Happens: People, Programs and Space

A story that is told and retold in the life of an agency such as ours: two valued therapists left Samaritan this summer and, this fall, two new therapists have joined the clinical staff.

**Sue Freeborn**, who is both an attorney and a licensed mental health counselor, was part of our South King County group of therapists and a member of the Mediation Team. We will miss her legal expertise, her dry sense of humor and her dedication to the well-being of her clients.

**Ellen Paek**, a psychologist who saw clients on the Eastside and Ravenna and is able to do therapy in Korean as well as English, is taking a year to be at home with her young family. We are looking forward to her planned return to her clinical work with us in 2012.

**Eric Stroo** is a licensed mental health counselor, with a master's degree in Pastoral Counseling from Seattle University. Although new to the agency staff, Eric began his involvement with Samaritan in 2007, as an extern serving clients in the Low Income Clinic. In his new role, he continues to see individuals and couples and families on the Eastside at the Church of the Holy Cross (Episcopal) in Redmond and in Seattle at the Ravenna office. In addition, he has co-led a weekly therapy group for the past two years. Through his years of externship, Eric has been steeped in—and has grown increasingly devoted to—the integrated, holistic model of treatment practiced at Samaritan.

Father of two young-adult-children, Eric came to Washington to work for Microsoft Press in 1987. His career change in the last decade has led him to the counseling profession and into the formation process to become a deacon in the Episcopal Church. He currently serves as an intern at St. Paul's Episcopal Church in Queen Anne.



Originally from Rochester, NY, **Dr. Anthony Barr-Jeffrey** received his Master's degree in Community and Clinical Counseling from Eastern University (St. Davids, PA) in 1996 and his PhD in Clinical Psychology from Seattle Pacific University in 2011. As a licensed mental health counselor, Anthony works with individuals and couples on issues ranging from effectively managing anxiety and depression to navigating career transition. An additional clinical focus is working with individuals and marriages impacted by Adult ADD, musicians coping with band personnel and creativity issues, and athletes looking to improve their performance. His training is in both psychodynamic (schema-based) and cognitive-behavioral therapies, and he is influenced by brain-function research and mindfulness techniques. Anthony's work is grounded first and foremost in his relationship with clients.

In his free time, Anthony enjoys time with his wife and two daughters, community volunteering and occasionally freelance writing on music, Spirituality and popular culture. As a person concerned with "whole person health" and as a Type 2 diabetic, Anthony is keen on the importance of diet and exercise, and is particularly excited to be currently training in Gracie Barra Brazilian Jiu-Jitsu.

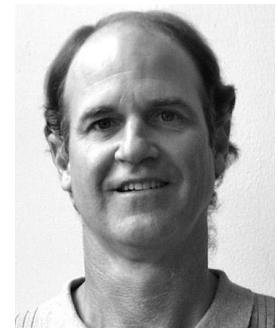
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## Center for Ministry in the West Comes to Seattle

**The Center for Ministry in the West**, whose Executive Director is **Dr. Ron Kirstein**, a long-time member of the Samaritan clinical staff, has moved into office space at Samaritan's Ravenna facility.

The Center provides ministerial assessments for people seeking ordination in their respective denominations, mid-career assessments for clergy who are reflecting on their personal or vocational journey and pre-retirement guidance for those preparing to take that step in life. It has served people of more than a dozen denominations and welcomes anyone who is considering a call to ministry or who wishes to reflect more deeply on that calling.

The Center for Ministry in the West is an outgrowth of the Center for Ministry which was established in 1968 in Oakland, CA by the American Baptist Churches. Ron had served as the Center's clinician at the Seattle satellite for 14 years before becoming Executive Director in 2010. The Center will continue to serve people from Alaska to Arizona, Ron said, with clinicians located in Los Angeles, the Bay Area, Seattle and Coeur d'Alene, ID. More information can be found on the center's website at: [www.center4ministry.org](http://www.center4ministry.org) and Ron may be reached by phone at 206-957-4693.



## Therapist's Perspective

# Another Way of Being "Single"

by March Gunderson, MDiv, MEd



Standing in the self-help section of the bookstore at the age of 49, looking for a book on divorce, I felt conspicuous, desperate and in a state of disbelief. I wished that I were invisible.

Years earlier, when once before I had become unexpectedly and painfully single, it had been because of my husband's death. The role of a widow seemed somehow more honorable. Death was clear cut; divorce was not. This is the trajectory no one wants their lives to take. While being divorced sometimes seems shameful, tainted with regrets and uncertainty, divorce is not all failure. It can also be a person's humbled "yes" to life lived with hope while moving into a new chapter.

Good marriages take daily attention and work. For example, making sure there are enough fun times. My second husband and I had managed this for many years but eventually saw that we could not maintain it for a lifetime. We became aware of the destructive nature of our life together. What had been for us the joy of meals, conversation, and appreciation of one another had dissipated into disappointment and despair. As much as each of us loved our son, we could see that our marriage relationship was draining our home of its life-giving quality for him - and for us.

To embark on the path of divorce required courage and a great deal of discernment. For us, it wasn't an easy way out; it was a necessary one. While we were divorcing each other, we were clear about the need to remain connected in order to parent our son well. The losses we all sustained were many and different for each of us.

I believe that our communities have the capacity to support us -- those who are married, those who are divorced, those who have never married and those who are widowed. We all make choices and life happens to all of us. Whether we are coupled or single, we can live a life that speaks of energy and hope, a life that is rich and makes room for meaning. For me, the one clear and unchanging factor has been my faith. My theology may shift, but my faith remains a constant. I have been strengthened and supported in times of scarcity and times of plenty. I give thanks for this and for those who were there with me when I needed someone to listen and care.

In retrospect, if I could give advice to that woman who stood in the bookstore feeling so anxious years ago, I would tell her that divorce is difficult. It is okay to feel what you're feeling: sad, angry, afraid, etc. This is the end of this chapter in your life. Take heart. Consider seeking out the help that is available in counseling or a support group. Something new will unfold as you move forward. May God bless us all in all.

*March Gunderson is a licensed mental health counselor and has been doing pastoral counseling since 1981. She is an adjunct professor at Seattle University, teaching Ministerial and Theological Integration in the School of Theology and Ministry. She sees clients at Ravenna and downtown Seattle.*



Divorce  
Therapy Groups

being held at Samaritan. Currently  
meeting at the Ravenna office, led  
additional groups for children and adults in Seattle and the Eastside. For more  
information, please contact Rob at 206-527-2266 x 370.

*Divorce Lifeline*

Lifeline  
are again

there is an eight-week Adult Group  
by Rob Erickson. Our intention is to offer

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## How You Can Learn to Cope With Stress in a Mindful Way

Beginning on Tuesday, November 1, Samaritan Center will offer an eight-week course in Mindfulness-Based Stress Reduction (MBSR) at our Ravenna location, led by Kurt Hoelting.

The MBSR program was developed at the Stress Reduction Clinic at the University of Massachusetts Medical Center by Jon Kabat-Zinn, author of *Full Catastrophe Living*. Two decades of research indicate that people who take the eight-week course significantly increase their ability to cope more effectively with both short-term and long-term stressful situations. It has been particularly effective in helping those with chronic pain, depression and anxiety.



“Mindfulness is a way of learning to relate directly to whatever is happening in your life,” Kurt said. It’s a way of doing something for yourself that no one else can do for you -- consciously and systematically working with your particular stress, pain or illness as well as with the challenges and demands of your everyday life.” Kurt is an ordained United Church of Christ minister and has been a mindfulness teacher for more than 20 years. Since 2006, he has taught MBSR to veterans with PTSD at Seattle’s VA Hospital.

The MBSR class will meet from 6:30-8:30 on eight consecutive Tuesday evenings from November 1 through December 20, with an all-day retreat on December 10. Cost of the course is \$240 and space is limited. **Registration for the fall series closes on October 21.** A winter series is planned for Wednesday evenings, also at Ravenna. To register for the fall MBSR course, call 206-527-2266.