

WHAT'S NEW?

- Spring Event Speaker
- Therapy Dog in Training
- Divorce Lifeline Kids Group
- MBSR on the Eastside
- MBSR Daytime Class

WHAT'S INSIDE?

- Directory of Therapists and Locations 2
- New Staff & Board Members 3
- Co-Parenting Tips 4
- Talking to Teens About Depression 5
- Warming a Cooling Marriage 6
- Classes and Seminars 7
- CareTeams Training 8

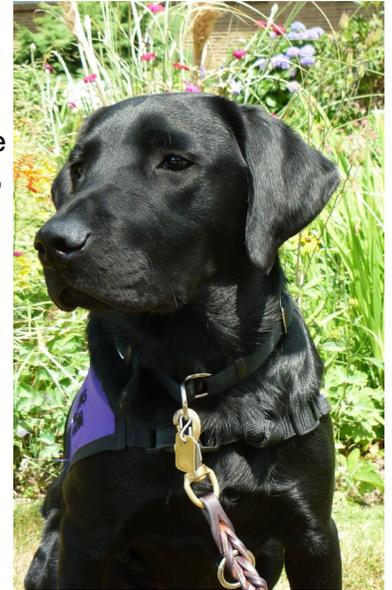
“Winston” Is Our New Therapy Dog in Training

This story could be included in the “New Staff and Board Member” section of the newsletter – as we introduce Winston, the black Labrador puppy who’s becoming very much a part of Samaritan’s Ravenna office. He accompanies Beverley Shrumm, Samaritan’s president, through her day’s activities, greeting staff and clients warmly and patiently settling down at her feet during meetings.

Evidence-based studies show that client outcomes can improve in a broad range of areas with “animal assisted” interventions. The immediate emotional bond created between a therapy dog and a person who is experiencing anxiety, depression, PTSD, learning difficulties and a number of other mental health problems has been shown to play a significant role in healing.

Samaritan clients—kids and grownups alike—are beginning to ask if Winston can be part of their counseling sessions. When his training as a therapy dog is completed in the next few months and some of our therapists have learned to work with him, we will be able to make that happen.

To learn more about animal-assisted therapy and research, go to the Counseling To-day website at <http://ct.counseling.org/2012/03/animal-assisted-therapy-and-research-continues-to-develop-gain-support/>.



Author of “The Shack” to Speak at Samaritan’s Spring Fundraising Event on May 1, 2016

We are thrilled that William Paul Young, who wrote the very popular book, *The Shack*, which is also being made into a movie, has agreed to speak at our 2016 spring fundraising event. We will have more de-tails on the event time and location in the next few months and will be sharing that information on our website. If you would like us to email you directly once details have been confirmed, please send an email to mfritz@samaritanps.org.

Clinical Staff

Kay Abramson, MS
Anna Anderson, MS, MEd
John Baumann, MDiv
Bill Collins, MS
Robert Erickson, MS
Beth Geense, MSW
March Gunderson, MEd, MDiv
Margaret (Peggy) Hansen, MS
Beth Hess, MS, MSW
Mark Houglum, PhD, MDiv
Douglas Johnson, MSW
Colleen Kelley, MC
Ron Kirstein, PhD, MDiv
Natividad Lamug, MA
Roger Lin, Psy.D., Th.M., MDiv
Kristen Moss, MA, PMC
Caren Osborn, MA
Courtney Paine, MA
Pat Pedegana, MA
Matthew Percy, Psy.D.
Anne Perry, MA, EdD
Jim Ramsey, MA
Michael Rogers, MA, MDiv
Beverley Shrumm, MC
Gary Steeves, MEd
Eric Stroo, MA
Tita Subercaseaux, MS
Neal Teng, PhD
Deb Thomas, MS

David Harrison, PhD, MD
Consulting Psychiatrist

Low Fee Clinic Providers

Cora Lombardi, Leira Lugo,
Cheryl Retic, Angela Johnston

Mediation Team

Marty Hawkins, Michael Rogers,
Gary Steeves

Locations

We are grateful for the contribution of counseling office space provide by our partner churches below.

Seattle

Main Office (Green Lake)*
Presbytery of Seattle (Beacon Hill)
Lux Communities (Maple Leaf)
West Seattle Professional Building
Our Lady of Guadalupe Parish (West Seattle)

North

Shoreline Free Methodist Church
Good Shepherd Baptist Church (Lynnwood)

East

Bellevue Presbyterian*
Overlake Park Presbyterian (Bellevue)
St. Andrew's Lutheran (Bellevue)

South

Family of Grace Lutheran (Auburn)
St. Vincent de Paul Parish (Federal Way)
Sunrise United Methodist (Federal Way)
Evergreen Assoc. of American
Baptist Churches (Kent)*
Fairwood Community United Methodist (Renton)
Immanuel Presbyterian (Tacoma)

**Low Fee Clinic Services are available at these locations.*

Board of Directors

Doug Farnham, Chair
Robert Crist, Treasurer
Tom Fox, Vice Chair
Steve Gustaveson, Secretary
Elizabeth Jones
Rev. Scott Lumsden
Rev. Eliana Maxim
Marcia Riggers
William Starks
Steve Quant
Tom Ylvisaker

Rev. Wayne Albrecht, PhD
Samaritan Institute Liaison

Administrative Staff

Beverley Shrumm, CEO
James Marshall-Ward,
Chief Administrative Officer
Stephanie Pietras, CareTeams
Program Director
Michele Fritz, Marketing & Community
Relations Director
Gary Steeves, Coordinator
South King County
Kay Abramson, Low Fee Clinic
Coordinator
Eric Stroo, Professional Training
and Education Coordinator
Louise Witt, Accounting/Admin Supv
Mary Eaves Mitchell, Admin Asst
Gale Kennedy, Reception/Admin
Jesse Dobner, A/R & Billing
Mary Hanson-Spofford, A/R & Billing

CareTeams Ministry

Stephanie Pietras
CareTeams Program Director

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.

New Board Members



Steve Quant

Steve Quant joined the board in June. Steve has attended University Presbyterian Church for over 20 years; there he has served as an Elder, Worship Elder Chair, chair for various committees, Vocal Soloist and member of the Cathedral Choir. Currently, he is Principal/Founder of SKEW Communications, award winning communications and marketing consulting, strategic thinking, ideation and storytelling. Previously, Steve was Director of Media Acquisition at World Vision, traveling the globe for a dozen years dedicated to the plight of the last, the lost and the least. Before that, Steve enjoyed a long career in television broadcasting, most recently working as Sr. Post Production Editor/Producer at KOMO-TV in Seattle. Steve has served on many boards, including: National Academy of Television Arts and Sciences (Seattle and New York) and The National Religious Broadcasters.

Tom Ylvisaker, grew up in Minneapolis, Minnesota. He graduated from St. Olaf College in 1966 and from the University of Minnesota Medical School in 1970. He followed this with an Internship and Residency in Internal Medicine and a Fellowship in Gastroenterology at the University of Washington. His entire career has been spent at Group Health Cooperative in both Seattle and Bellevue, full time for 35 years and locum tenens for the past 2 ½ years. He has loved all aspects of his medical career and especially cherishes the long term relationships with his patients and his co-workers. He has been married for 47 years and has 4 daughters and 13 grandchildren. They love spending time with the family, including watching many of the sports events involving their grandchildren both in the Seattle area and in Southern California. He has been a member of Bellevue Presbyterian Church for the past 25 years and has been active as a Deacon and an Elder. Tom says he looks forward to getting to know the wonderful staff and board members at Samaritan.



Tom Ylvisaker

New Staff Member



Kristen Moss, MA,
PMC

Kristen Moss, Licensed Mental Health Counselor and Pastoral Counselor, is a proud Seattle native who was born at a hospital just a few exits north of Samaritan Center. Education as well as Child and Family Studies were the focus of her undergraduate work. At Seattle University she received her MA in Pastoral Studies and her Post-Master's Certificate in Pastoral Counseling. Following many years as a teacher to first graders and then adults learning English and job skills, she went into counseling where she could accompany others on their journey of healing and growth. She has worked in community mental health and pastoral counseling settings with individuals and couples. Currently she is a therapist and group facilitator for adults at a mental health wellness center, and a spiritual director for the Spiritual Exercises in Everyday Life. Tango classes, walks with friends, reading in the sun, time with loved ones over tea or a meal, adventures to new places and cultures, and Taize prayer are some of her favorite activities. Kristen says she is thrilled and humbled to be joining the community at Samaritan Center. She is committed to ongoing growth, and hopes to be a supportive and contributing member within Samaritan's community.

INDIVIDUAL SECTION

When It's the Other Parent's Turn to Have the Kids

Managing the going back and forth between two homes is difficult both for divorced and separated parents and their kids. Even though the kids are reassured that it's okay for them to have a good time, they often are worried about the parent they're not with at the moment. They can feel torn and in the middle.

For the parent "left behind," here are some tips for making the best of a difficult situation:

- Accept invitations from friends and don't be shy about letting others know you'll be alone.
- Invite friends over, if not for the whole day, perhaps brunch or dessert.
- Do something - go to a movie, a concert or play.
- Be creative - bake your kids' favorite treats while they are away and surprise them when they come home. Consider fixing up or redecorating their rooms.
- Volunteer - helping others can be the best cure for loneliness.
- Take time for yourself while the kids are away.
- With your co-parent, establish a time to connect with the kids (via phone, Facebook, Skype). Having a specified time to connect helps to take the pressure off everyone. Keep the conversation light and short. Share something you enjoyed during the day, let them share what they want and tell them you love them and how happy you are they have another parent who loves them as well.

Hartwell-Walker, M. (2014). When It's the Other Parent's Turn to Have the Kids on Christmas. Psych Central. Retrieved on January 28, 2015, from <http://psychcentral.com/lib/when-its-the-other-parents-turn-to-have-the-kids-on-christmas/00020980>

Samaritan Speakers Will Tackle the Hard Topics

Since its beginning in 1960 as Presbyterian Counseling Service, Samaritan has focused on helping people create and maintain healthy relationships—in their families, their marriages, and in work and community settings. We have trained hundreds of therapists in the theories of family systems, and we have an externship program that supervises "young" therapists as they seek state licensure.

Our well trained and experienced therapists know what typically troubles relationships and what sustains them; we work with this every day. As part of Samaritan's relationship-focused services, a number of our clinical staff are available to facilitate workshops, seminars and speaking engagements in churches and organizations throughout the Puget Sound Area.

Among the many life challenges that can be addressed by Samaritan speakers are: Managing Grief, Breaking the Cycle of Shame, Raising Resilient Children, Coping with Family Issues of Aging, and Mindful Leadership.

To learn more about bringing a Samaritan speaker to your church or organization, contact Beverley Shrumm at 206-527-2266 ext. 211.

Talking to Teens about Depression and Suicide

By Courtney Paine, MA

Depression seems to be more prevalent among teenagers than ever before. The National Institute of Mental Health estimates that one in five teenagers will experience depression before they reach adulthood. Of that twenty percent, only thirty percent will receive any kind of treatment. As adults and caregivers in the lives of teenagers, it is important to know how to identify depression in adolescents and how to connect them to professional help.

Know What to Look For: Depression often manifests differently in adolescents than it does in adults. While feelings of sadness and anxiety will likely be present, teens often show increased feelings of anger and irritability as well. Adolescents who are depressed are often sensitive to criticism and may complain about health concerns such as pain or fatigue. While adults who are depressed tend to socially withdraw altogether, teens tend to isolate from certain friend groups while still maintaining some connection to other social outlets. Teens may also experience an inability to concentrate, changes in appetite, or loss of interest in activities.

Some teens who are depressed might show signs they are considering suicide. This can look like joking about death or fixating on themes of death and dying in writing or art. Teens struggling with suicidal thoughts often feel hopeless or despondent. Some adolescents will romanticize death, making comments like “if I was dead, people would love me more.” If your teen shows any of these symptoms persistently, it is important to engage them in a conversation about depression and suicide.

How to Respond: As a parent or adult in a teen’s life, it can be difficult to know how to support them. Developmentally, adolescents are attempting to assert their independence while desperately needing to be noticed and affirmed. Often parents are afraid to bring attention to symptoms they see in their teen, but teens often gain great comfort from having their behaviors named. It is best to look for persistent symptoms or major changes in your teen’s behavior and talk to them directly about what you see. Tell them what you’ve noticed and ask them how they are feeling. Although it can feel awkward, don’t be afraid to ask them directly if they have ever thought of hurting or killing themselves. If they are unresponsive, you can communicate that you are going to continue to check-in on the subject and will be available if they want to talk.

When and How to Seek Professional Help: If symptoms seem to be severe or persist for several weeks without improvement, it may be time to seek professional help. To initiate this conversation with your teen, it is best to begin by communicating that you understand their feelings. Statements such as “I get that you feel this way” or “I understand that you’ve felt this way for a while” help them feel less alone in their experience. As you suggest a professional, use phrasing that begins with “I wonder,” such as “I wonder if it would be helpful to talk to someone about your feelings?” This can be a non-threatening way to begin the conversation. If your teen expresses the desire to talk to someone, listening to their preferences regarding age and gender is an empowering way to engage them in the process. Finally, assure your teen that you will do everything you can to help them find a counselor who is a good fit.



Courtney Paine is one of several therapists at Samaritan Center who works with adolescents. She has a Master’s in Clinical Social Work from the University of Chicago and has worked in mental health for the past 4 years. Courtney sees clients in both Seattle and Bellevue.

Couples/Family Section

Warming a Cooling Marriage

By Jim Ramsey, MA

I recently received a wonderful book from my boss, "Warming a Cooling Marriage," written by one of our founders, Neal A. Kuyper. I was inspired by what Neal wrote and wanted to share some of it with you as well as how it has impacted me.

Two Strands becoming one Fabric:

"We are always individual and yet together. Each strand is seen alone with its own identity and at the same time it is intertwined in marital love."

As we all know, relationships take a great deal of work and if we are to be honest with ourselves they really should not work well. We are blending two individuals with different backgrounds, beliefs and baggage. We are drawn into relationship by our heavenly father and given an in-depth look at what love and relationship are supposed to be like through Him. So as we tie these two strands together, we need to allow God to be a part of the process.

Conflict: When you hit the boiling point:

"Conflict and the release of anger happen in every marriage. The more intimacy we experience, the more likely conflict will take place."

I always love the look on couples faces, while in session with them, when I say arguing is so healthy for their relationship. I always clarify that with what healthy arguing looks like, but at the root of a relationship if you do not care for someone you will not teach them how to love you. There is a big learning curve of how to communicate in a loving way, how to ask for and give forgiveness when we have let our hurts and wounds take over where love should be.

Love: Fuel for flickering flames:

"There are forces which would rob us of our love and cause it to become cool. To rekindle this warm glow of love, action needs to accompany the saying of the words I love you."

We are in a constant struggle to remain vulnerable so that intimacy may grow. Life has extreme hardships that cause us to close up and shut everyone and everything out in order to protect ourselves from possibly never getting hurt again. Some of these hurts should be dealt with through counseling, others through recognition of ourselves. The strongest aid in battling loss of love is through prayer, allowing God in to heal the places we have shut tight.

Start where you are: Use your own Kindling:

"If one person will begin to take charge of bringing renewed warmth to the marriage, in most instances the other will respond. Marriage also comes alive when one person begins to demonstrate caring change."

We are in charge of taking down our own walls and allowing others in. There are some bricks we may need help recognizing and then removing. We are not alone in the process unless we choose to be. There are many more jewels of wisdom from Neal Kuyper in his book. I would encourage you to find a copy and read through it.



James Ramsey, MA is a member of the clinical staff of Samaritan Center of Puget Sound and can be reached at 206-527-2266 x344. or jramsey@samaritanps.org

Fall Classes/Seminars

(to register or learn more, go to www.samaritanps.org)

Divorce Lifeline Group

Anyone going through a divorce, separation or ending a relationship knows that it's a time when people need understanding, support and a way to develop coping skills that will make everyday life more manageable and the future more hopeful. A small group provides a safe place where individuals can work through their feelings of loss, anger and grief and – at the same time – develop skills that will help them move through the painful transitions.

Meetings will take place in our main office near Green Lake in Seattle on Tuesday evenings (for 10 weeks) **from 7:00 p.m. to 8:30 p.m.** For more information and an intake interview, please contact Rob Erickson at 206-527-2266 x 370.

This group is ongoing throughout the year.



Divorce Lifeline for Kids 6 to 12 Years Old

In addition to Divorce Lifeline for Adults, we are forming groups for kids of separated and divorced parents to help them develop coping skills and work through their feelings. Kids Groups will meet for one hour for 8 weeks, plus two one-hour parent meetings. Groups will be forming in Seattle and on the East-side. Dates to be announced on our website. Those interested, please contact Matt Percy at 206-527-2266 ext. 347

Mindfulness Based Stress Reduction

MBSR classes will again be offered in the fall. There will be three eight week sessions offered two at our **Green Lake** office and one at **Newport Presbyterian Church** in Bellevue.

The first eight week session will be led by Jonas Batt on Wednesdays, **from 10:30 a.m. to 1:00 p.m., beginning September 16**. The all-day Class Retreat will be held on Saturday, October 24.

A second session offered will be led by Kurt Hoetling on Tuesdays evenings, **from 6: p.m. to 8:30 p.m., beginning October 6 through November 24**. The All Class Retreat will be held on Saturday, November 14.

A third session is offered at Newport Presbyterian will be led by Beverly Norfleet Sunday afternoons, **from 3 pm to 5 p.m. beginning September 20**.

Marriage Preparation in Seattle and Bellevue

In Bellevue, a one-day seminar is scheduled for **Saturday, October 3**, from 9 a.m. to 3 p.m. at Bellevue Presbyterian Church, led by Deb Thomas.

In Seattle at the Ravenna office, a one-day seminar will be led by Roger Lin, on **Saturday, Oct. 10**. To register or learn more about these seminars, visit our website at www.samaritanps.org.

EFT (Emotionally Focused Therapy) Training: Professional Training for Therapists

Trainers Veronica Kallos-Lilly, PhD, RPsych, Yolanda von Hockauf, M.Ed, RMFT, and Roy Hodgson LMFT, LMHC will be conducting **EFT Advanced Core Skills**, an eight-day class on Thursdays and Fridays, January 28-29, 2016, March 10-11, 2016, April 7-8, 2016, May 5-6, 2016 from 9:00 a.m. to 4:30 p.m. at the Ravenna Office in Seattle.

Total cost is \$1,700 (for all eight days). To learn more and/or register, visit our website at www.samaritanps.org.

EFT Externship (first course)

Classes will be offered again Spring 2016. Check our website for new dates in the fall.

EFT Therapy (for treatment of families)

This two day workshop for therapists interested in applying Emotionally Focused Therapy to the treatment of families will be led by national leaders in this field who are certified EFT trainers. The work-shop will be held at the Ravenna Office in Seattle in early 2016.

Dates will be announced on Samaritan's website.

Register by calling 206-527-2266 ext. 117 or emailing registrar@samaritanps.org.

564 NE Ravenna Blvd.
Seattle, WA 98115
(206) 527-2266
www.samaritanps.org

RETURN SERVICE REQUESTED

Want more news & less paper?

Join our E-Newsletter list.
Contact: mfritz@samaritanps.org



CareTeams Volunteer Training Saturday, October 3 8:45 am to 5:00 pm Samaritan Center Ravenna location

*"I was a stranger and you invited me in.
I was sick and you looked after me.
I was in prison and you came to visit me." Mt. 25:35-36*

There are still individuals and families in Seattle who are isolated and miss meaningful connections due to the effects of HIV/AIDS. We are in need of volunteers throughout King County. This is an opportunity to put for volunteers to put their faith into action. CareTeam volunteers offer practical care, emotional support, and nonjudgmental listening to people living with HIV/AIDS and other life challenges. To find out more, contact Stephanie at 206-957-4697 or visit our website at www.samaritanps.org

Why I volunteered... and stayed!

It was 1988 and after learning one of my best friends from high school was gay and feeling very alone in the world, I became incredibly scared for him. Living in NY, I was hearing about so many gay men dying of AIDS. I made a personal commitment to volunteer to be a caring presence to men who were dying alone. In moving to Newport, RI after graduation I attended an intense 4 day training to volunteer for those dying from AIDS, and there met David. He was the partner of a mutual friend, and my support group leader after training. I was connected to three men to be their AIDS Buddy (volunteer) but sadly all three died before I could meet them. Weekly at volunteer support group, I watched David- a beautiful, spirit-filled man become incredibly sick. Living so close to Boston, he chose to become involved in drug trials for a new line of AIDS medications called antiretrovirals. David too succumbed to the ravages of AIDS, but not before securing his place in history. All three drugs that David was on drug trials for were approved by the FDA, and are still in use today. Not a day goes by without prayers of gratitude for David, for keeping my friends and our CarePartners healthy and alive and giving his whole self so freely. I continue this work in his honor. Each of our dedicated volunteers has a personal story of why they volunteer for CareTeams.