

Fall 2010



Celebrating 50 Years of 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.

Making Choices That Reflect Our Values

This September, we begin a year-long celebration of the 50 years that Samaritan Center (which began in 1960 as Presbyterian Counseling Service) has served the people of the Puget Sound area. We've planned a number of activities that will reflect the values of those who founded this agency and those who continue to support this mission.



The first of these activities is an evening with Dr. Thomas McCormick, Senior Lecturer Emeritus in the Department of Bioethics and Humanities at the University of Washington School of Medicine.

His understanding of how individuals and families think about living and dying resonates with our awareness of the distress our clients and we, ourselves, experience when serious illness or a death occurs in our family or close friendship circle. We generally feel unprepared for the questions that arise and for making the complex and often heart-breaking decisions that are necessary.

"The opportunity to express our values is actuated by the choices we make," Dr. McCormick observes. "In our personal journeys, we make countless small choices and several really big ones which shape both the nature and the outcome of our journey."

Sometimes, the opportunity to make one's own decisions falls into the hands of others who then are required to decide matters they've not prepared themselves for. Dr. McCormick suggests that, in becoming more intentionally aware of our own death and of those close to us, individuals and families are better able to live in a way that preserves their values and makes room for choices when there is still time and opportunity to make them.

"How, Then, Shall We Live?" will be the topic of Dr. McCormick's talk on Friday evening, October 15, at 7:00 at University Presbyterian Church. (Please go to the back page of this newsletter for details.)

We hope you'll join our board and staff at this and other upcoming events as we express our gratitude for the accomplishments of the past half century and bring to life the ways in which we can be a meaningful, lively presence in our community for the next 50 years.

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Seattle

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First Presbyterian
Woodland Park Presbyterian
West Seattle

South

Family of Grace Lutheran (Auburn)
Wabash Presbyterian (Auburn)
Lake Burien Presbyterian
Washington Baptist Convention (Kent)
Renton First Presbyterian
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)
Samamish Presbyterian
Episcopal Church of the Holy Cross*
(Redmond)

* *Low Income Clinic Locations*

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Christian Communities Providing Ongoing Financial Support

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Overlake Park Presbyterian
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The main office of Samaritan Center of Puget Sound is located at 564 NE Ravenna Blvd, Seattle WA 98115. We can be reached from different areas by calling 206-527-2266, 425-732-2678 or 253-981-6575. You can find more information about Samaritan therapists, counseling office locations and programs on our website at www.samaritanps.org.

President's Message

For Us, What is In the Name 'Samaritan'?



The parable of the Good Samaritan (Luke 10:25-37) is a narrative many of us think we know, at least in part, whether learned in the context of Sunday Worship, Christian Education, media representation, or everyday reference. For years, the message I received about this story was that a stranger helped the one who was injured, using his own resources to do so -- another message from Jesus to love one another. Today I think such an understanding rather misses the point. We could even say it is a watered-down, made-easy-to-accept version of Scripture. It was an expert on the law who prompted Jesus to tell the parable. The legal expert had the "best answer" position, which was to love one another to attain eternal life. But then he pushed Jesus with the question: "And who is my neighbor?" Jesus responds with the story.

My understanding is that, to Jesus' listeners, a Samaritan was someone they viewed with alienation, whom they marginalized, and to whom they ascribed negative attributes. It was shocking to them, an affront to their sensibilities, that the Samaritan in the parable showed compassion when those whom they imagined would do so did not, because of their fear and rigid adherence to religious law. I think Jesus was trying to convey that the "Word" is a creative, life-giving force that is relentless in pursuit of our healing and freedom from the ways we separate ourselves from Love.

Neal Kuyper, our founder, spoke often of brokenness in our lives and in the lives of those who come to us in their time of crisis. He would say that we are to provide for healing in the way of Jesus: this ministry is to be an expression of the Gospel. When Love moves among us, things can get wildly messy and we have to give up our usual and precious familiar bearings. Speaking for my colleagues as well as for myself, it is our privilege to witness and participate in the healing that takes place in peoples' lives, frequently in surprising ways -- an uncontainable Love that speaks into our brokenness and is sovereign. -- Beverley Shrumm

Divorce Lifeline: Groups for Kids and Adults

Anyone going through divorce, separation or the ending of a significant relationship knows that it's one of the most stressful and painful experiences that life presents. People need understanding, support and a way to develop coping skills that make everyday life more manageable and the future more hopeful. Research tells us that group therapy is an effective and affordable resource for those in stressful life situations. Small groups provide a safe place for adults and children to work through feelings of loss, anger and grief, developing skills that help them move through challenging times.

Divorce Lifeline began as a program of Presbyterian Counseling Service in 1968 - one of the many ways that our founder Neal Kuyper influenced how churches and people of faith responded to real-life problems. After several years with Lutheran Community Services, Divorce Lifeline has come back to its original home here at Samaritan.

Divorce Lifeline Group Therapy begins with a call to Samaritan's Coordinator of Divorce Lifeline. We'll set up an intake interview and, if group therapy is an appropriate option for you and/or your child, you can join a small group of up to eight people. Adult Divorce Lifeline Therapy Groups meet once a week for an hour and a half for ten weeks. Kids Groups meet weekly for eight weeks for an hour, plus two parent sessions. Groups are led by therapists experienced in working with the issues of separation and divorce. Fees are based on participants' income and range from \$20 to \$50 for each group therapy session. Fee assistance for those with very limited incomes may be available.

For more information about Divorce Lifeline Therapy Groups for adults and children or for other services, including individual therapy for children and adults, family therapy, and mediation, contact the Divorce Lifeline Coordinator at 206-957-4698.

Samaritan Staff Reflects Changes in “the Neighborhood”

Samaritan clinical staff has 35 state-licensed, experienced therapists who meet with individuals, couples and families in 21 locations around Puget Sound. They represent a variety of mental health disciplines -- psychologists, marriage and family therapists, social workers, mental health counselors and pastoral counselors. For 50 years, we have provided quality counseling services for people of all faiths, backgrounds and lifestyles.

Our intention always has been to be responsive to changes in the larger society and in the communities we serve. As therapists from different cultures have joined our clinical staff and others have come to Samaritan as externs serving in our Low Income Clinic, we are able to offer therapy in an increasing number of languages, including Spanish, Portuguese, Korean, Malayalam (India), German, Romanian, Cantonese, Mandarin and several of the many languages spoken in the Philippines.

This is a time in which we are both thankful for the vision of the staff members who brought Presbyterian Counseling Service/Samaritan Center into being and those who have given this mission life during the past 50 years, and we are grateful for the new faces who will continue to be what Neal Kuyper called “the gospel in action.”



Pearle Hintz, MS, joined the Samaritan staff this past year and has been a licensed mental health counselor since 1998. She is a Child Mental Health Specialist who meets with clients in Kent and at Wabash Presbyterian Church in Auburn. She works with children, adolescents, families and couples around relationship and parenting issues, trauma and abuse and other mental health concerns such as depression, anxiety and loss. Her master's degree in Health and Human Development (Marriage and Family Therapy) is from Montana State University.

Maria-Theresa (Tita) Subercaseaux , MS, is a licensed Marriage and Family Therapist whose studies began in her native country of Chile, where she worked for four years before coming to Seattle. She has a master's degree in Marriage and Family Therapy as well as a post-graduate Certificate in Medical Family Therapy from Seattle Pacific University. Tita is particularly interested in the impact of medical illness on individual and family well-being, and in the role that culture plays in everyone's life, especially for those who are immigrants. Tita sees individuals, couples and families at the Ravenna office near Green Lake and offers therapy in Spanish as well as in English.



Sebastian Perumbilly, MA, is a licensed marriage and family therapist engaged in clinical work, teaching and research. His BA in Theology is from St. Pius X College and Seminary in Bombay, India, and he holds a master's degree in Bioethics from Holy Apostles College and Seminary in Connecticut, a second in Marriage and Family Therapy from the University of Connecticut and is completing his PhD dissertation. He has specialized in working with symptomatic adolescents, high conflict couples, and with individuals and families struggling with substance abuse and addiction. His research focuses on the treatment of substance abuse in the relational context of couples and families, designing systemically focused prevention programs, multi-cultural/ international issues in family therapy, and searching for links between spirituality and psychotherapy. He will see clients at the Ravenna office.

“Women in Pastoral Ministry” Workshop in October



Samaritan is pleased to offer a **“Workshop for Women in Pastoral Ministry”** facilitated by Rev. Anne Hall, on Wednesday, October 6, from 9 am to 3 pm at our Ravenna office near Green Lake. The fee is \$30 and registration deadline is October 1.

Anne interprets “women in pastoral ministry” very broadly, including all women who are in pastoral roles such as hospital or corrections facility chaplain or non-ordained roles in church settings. This will be an opportunity for a shared discussion about the challenges that are inherent in being a woman in a pastoral role and a consideration of the particular strengths and insights women bring. “For example, “ Anne says, “our gender acculturation to nurture the family is a considerable asset but carries the potential to be ‘always on’ and to neglect self care.”

Anne was originally ordained in the American Baptist Churches and served for 10 years as pastor and co-pastor of University Baptist Church in Seattle before joining the staff of University Lutheran Church in 2003. She has an MDiv from the Pacific School of Religion in Berkeley and MEd in Counseling from Harvard. Before her ordination in 1993, she worked in public and private education as a teacher, counselor and administrator. Anne has served on the boards of the Church Council of Greater Seattle and the Washington Association of Churches and currently is treasurer of the Ground Zero Center for Nonviolent Action and secretary of the University District Religious Leaders. She meets regularly with a clergy study group and a coaching group of women clergy.

To register for this workshop, please go to our website at www.samaritanps.org to download a registration form or call Samaritan Center at 206-527-2266.

Tony Robinson: A Passion for Congregational Leadership

It was their shared interest in the needs of church congregations and clergy and a belief in the power of creative collaboration that led to a number of conversations between Tony Robinson, well-known minister of the United Church of Christ, and Samaritan’s president, Beverley Shrumm. In turn, their conversations have led to Tony’s taking on a leadership role in Samaritan’s Resource Center for Ministry

Tony, who founded Congregational Leadership Northwest and was the pastor of Plymouth Congregational Church in Seattle for 14 years, brings a strong theological background and extensive pastoral leadership experience. A graduate of Willamette University, he holds an MDiv from New York’s Union Theological Seminary.

Tony describes his current ministry as multi-faceted. He has traveled throughout the U.S. as a speaker, teacher, preacher, consultant and coach, serving congregations and their leaders. He is the author of numerous books, including *Changing the Conversation: A Third Way for Congregations*. His focus at Samaritan will be helping those in congregational leadership roles respond to what he calls “a new reality: a world where there is massive and constant change.”



Tony joins Samaritan staff members Mary Denny and Mark Houglum, who earlier coordinated the work of the Resource Center for Ministry, in envisioning the path RCM will take in the coming year to discern how we can best serve clergy and congregations in this area.

"Second Tuesday" Series Open to Community Therapists

In celebration of this 50th year - and recognizing the role that Presbyterian Counseling Service has played in the training of nearly 400 marriage and family therapists - Samaritan is opening its monthly continuing education series to therapists and counselors in the community. The series brings speakers who are experts on issues of current interest to Samaritan staff members on the second Tuesday morning of each month, October through June.

While the schedule is not fully in place, we expect that graduates of the PCS Marriage and Family Therapy Training (MFT) Program in particular will be interested to know that our October 12th speaker will be Pastoral Counselor and Marriage and Family Therapist, Dr. Douglas A. Anderson. A former director of this agency, Doug also served on the MFT faculty and continues to teach at Seattle Pacific University. In addition, he maintains a counseling practice in South King County with Lutheran Counseling Network.

Doug's topic will be **"50 Years of Pastoral Counseling: Giftedness and Brokenness."** In regard to this, he says "The 50-year history of PCS/Samaritan providing counseling and training mirrors the dynamics at the heart of all healing – the interplay of brokenness and giftedness within the counselor and those counseled. I will be including some brief reflections upon the lives of Neal Kuyper, Henri Nouwen and Pema Chodron."

We begin at 9:30 with coffee and conversation in Room 202 of our main office near Green Lake. The presentation is from 10 am to 12:15 pm and cost for the 2 CEUs is \$20. Space is limited so preregistration is necessary. Contact phansen@samaritanps.org.

If you would like us to stay in touch with you through our e-newsletter, send your e-mail address to phansen@samaritanps.org. E-newsletters focus on current events and issues and are published more frequently than our paper newsletter.

Gary Steeves Named South King County Coordinator



As the demand for services in South King County and Tacoma has grown, our staff has kept pace. Six Samaritan therapists currently meet with individuals, couples and families in the South's five counseling office locations. In September, Gary Steeves agreed to take a leadership role in coordinating services provided in this geographical area.

Gary has been a member of the PCS/Samaritan clinical staff since 1986 and has always lived and worked in this area. A Pastoral Counselor and Licensed Mental Health Counselor, Gary's master's degree is from the University of Puget Sound in Tacoma. He also holds an STB in Sacred Theology from Angelicum University in Rome. He is experienced in individual, couple and family counseling, in preparing couples for marriage, and in teaching classes on "Active Parenting." He was instrumental in developing Samaritan's team of certified mediators and continues as a member of that team.

Others who are serving Samaritan's clients in the South are Rob Erickson, Sue Freeborn, Beth Geense, Pearle Hintz, Ada Mak and, on the Mediation Team, Marty Hawkins.

Therapist's Perspective

by Margaret (Peggy) Hansen, MS, LMFT



For five years, I lived and worked in one of Arizona's retirement cities, providing group therapy for older adults in a hospital-based Behavioral Health program and seeing individuals and couples in my private practice. The patients I saw were dealing with depression, anxiety, chronic pain and the inevitable large and small losses that accompany aging.

One question that came up in group discussions again and again was: "Is there any way to improve the relationship I have with my grown children and grandchildren?" Some simply wanted to know how to get their grandchildren to say "thank you" for the gifts they sent them. Others were struggling with how to say "No" to adult children who "were still on the payroll" -- expecting to receive money that their parents were not in a position to give.

Others were engaged in conflict with children who objected to their entering into a second marriage.

After returning to Seattle where I work with adults of all ages, I'm aware that the question is a compelling one for a variety of families, including parents with young adult children who are leaving home (or not), with parents who are distanced -- either geographically or emotionally -- from their grown children, and with adult children who are disappointed in the relationship they have with their older parents.

Some of what I learned in my Arizona experience and in my own family relationships is shared in the "10 Tips" that follow -- prepared for workshops that I've given on "Whole-hearted Aging."

10 Tips for Parenting Your Grown Children

1. **Continue to have a life.** Keeping your own interests and activities alive is healthy for you and makes you more interesting to others.
2. **Be true to yourself.** Pay attention to your feelings, your intuition and your beliefs, using this information to help you make good decisions.
3. **Choose when to talk and when to listen.** Improve your sense of timing. Recognize that you can do only your half of the relationship.
4. **Recall your own relationship with your parents and in-laws.** Let yourself be guided by what you learned about what worked and what didn't.
5. **Expect everyone to treat you with respect.** All the time. Be respectful of everyone else. All the time.
6. **Understand that you need not address everything.** Some things that need to be said may not need to be said by you.
7. **Be willing to do nothing when that appears to be the best option.** Often when nothing seems to be happening, something quite important is.
8. **Accept that you are, forever, the parent.** At some level, your children are reassured by your willingness to hold on to that role. Gently.
9. **Take responsibility for managing your own feelings.** When you're angry, fearful or despairing, find ways to work through it.
10. **Keep putting kindness and understanding into your relationships.** Accept realities, set reasonable limits and choose how you want to behave.

Celebrating 50 Years

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"How, then, shall we live?"

We hope you'll join us for an evening of dessert and conversation about how families can live with intention -- making choices that truly reflect their values as they consider important and difficult end-of-life issues.

Our guest speaker will be

Dr. Thomas McCormick,
Senior Lecturer Emeritus in the Department of Bioethics and Humanities
at the University of Washington School of Medicine

7 o'clock on Friday evening, October 15, 2010
Calvin Lounge at University Presbyterian Church, 4540 15th Ave. NE, Seattle

This evening's presentation is open to all those who are friends of Samaritan Center/Presbyterian Counseling Service, a way of thanking you as we celebrate this -- our 50th Year!

Please RSVP by Tuesday, October 12, to Leah Buck at 206-527-2266 x 116 or at lbuck@samaritanps.org
Free parking in surface lots to the west and north of the church
and in the parking garage across the street at 4545 15th