



The Therapy Connector

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Jottings from the Director's Pen



Greetings! We are delighted to send this edition of our intermittent newsletter. This new year brings exciting challenges to celebrate, to grow and change as we celebrate 25 years of service to Southern Maryland and look ahead to the future.

PCC Board President Lynn Kendrick and I share our goals of working with board members and counselors to review and renew our mission and develop a vision statement for the future [p. 2].

"The Therapy Connector" reflects our perspective that connections are healing and generate relational, emotional and spiritual health. As stated in the last newsletter, "we want to improve strengthen our connections with the community, with those who support financially and refer clients." To that end, we are adding a page to this newsletter which focuses on other ways PCC can help in our community [p.5].

Plans for a weekend premarital seminar are in place with a date to be determined. We anticipate presenting the seminar within the next 2 or 3 months. Please call 301-863-9333 for further information.

A subcommittee of PCC Board is making plans for our 25th Anniversary Celebration May 30, 2008. Our next "Therapy Connector" will include retrospective reflection from former members of PCC.

Sarah Crowder [p. 3] shares her perspective on the importance of caring adults as our teens develop through a "Journey to the Soul" in her "Teen Spotlight" page.

Arthur Scott [p.4] reflects on elements of vision and commitment in the mission of PCC.

Finally, we include a flyer discussing ways in which we offer further involvement in our community. We invite your feedback and requests.

PCC Board and counselors wish to thank all who donated so generously last year. Our individual, faith community and corporate donors allowed us to continue to meet increased calls for services from individuals and families who were unable to pay for needed counseling.

Betty Joanne Scott, Executive Director

"Vision is knowing who you are, where you're going and what will guide your journey."

Ken Blanchard & Jesse Stoner



Historic Mission... Historic Mission... Visioning and Renewing the Vision Visioning and Renewing the Vision

Lynn Kendrick, Board President
Betty Joanne Scott, Executive Director

This year we at the Pastoral Counseling Center are joyfully celebrating 25 years of service. We are grateful to the many staff and members of the Board of Directors who have given so much over the years to provide our community with affordable faith based professional counseling. It is with special care that the counselors and Board of Directors of PCC are again reviewing our history, and renewing our vision and commitment to the mental health and faith communities in southern Maryland.

Having provided more than 20,000 service hours to our clients in the past 25 years, we have impacted hundreds of individuals and families. Our service capacity has grown from part time counselors to two full time therapists with a variety of part time counseling staff providing a wide array of therapeutic modalities.

PCC opened with the belief that mental health needs coincide with spiritual needs. The counselors and Board of Directors, past and present, believe that services are often necessary in the face of limited financial resources. PCC works collaboratively with clients, churches, businesses, and organizations such as United Way, to provide financial support for those who do not have adequate funds to pay for counseling.

Now as then, the Board of Directors has been strongly committed to fostering a relationship of caring where pastoral counselors come alongside persons in pain in an alliance that brings healing and reconciliation to the problem areas of life.

The human touch and timely response to crisis is important. For many years calls were fielded by Mrs. Alice Otis, a founding board member. She answered the phones, scheduled appointments for counselors, and often provided a listening ear and caring response to callers in crisis.

While we now rely on technology for voice-mail, counselors are committed to responding promptly, and scheduling within 72 hours if at all possible. Frequently clients are met with the same day.

Records over the years bear witness to discussions and decisions about maintaining high quality service, and reaching those who need us while ensuring fiscal responsibility. Contributions from churches, United Way, individuals and corporations make affordable service possible to clients who cannot pay full rate. keep our sights on the vision set for PCC 25 years ago.

PCC views outreach as another important part of community service as well as a way to let clients know of our availability. Board members and counselors participate in local congregations, health fairs, ministry fairs, community events, and provide speakers for churches, special events and service clubs.

The integrity and service of our history is the strong platform upon which we now explore our future. We begin strategic planning in February with review of our mission and development of a vision statement to guide our future. In March we will set our goals and develop action plans for the next few years. We are fortunate to have access to the wisdom of many experienced sources for guidance in this process. A founding member on our present Board, our founding and immediate past Executive Directors and several long term board members will help us keep our sights on the vision set for PCC 25 years ago.

**“...engaging in
a process of
renewing our vision.”**

Journey to the soul



Sarah Crowder, LCADC, LPC

“People used to think I was a monster and...I believed them. You learn to ignore the names people call you and you trust who you are,” as Shrek says in Shrek the Third.

So often in conversations with adolescents, you hear, “no one understands me,” “my parents just don’t get it,” and “everybody thinks I’m a ____.” There is much confusion within the adolescent’s mind as they move from life as a child to the anticipated life they want to have as an adult. Their eyes begin to open to a world that holds new challenges, some uncertainty, and a lot of questions.

Who they are, is being discovered and sculpted from who they trust themselves to be and how others perceive them. Asking an adolescent to identify their feelings beyond the simple “happy” or “sad” helps them discover new emotions and the sources of those emotions. Moreover, walking through the expression of the feeling with the adolescent helps them connect internal feelings to an appropriate, healthy behavior for others to respond to. Modeling the importance of congruency between who we are inside and how we express that to others teaches trust in oneself.

Adults DO understand adolescents despite the repeated convictions that we don’t. Adolescence is the toughest journey of our lives. Physical changes are occurring, expectations and responsibilities are heightened, and the challenges that come with figuring out, “who am I,” can be overwhelming.

Strong adult guidance from parents, mentors, and teachers, becomes the most important influence in the adolescent’s life. They seek advice though they may not ask for it. They seek to be heard though their expressions are not always clear. Most importantly, they seek to be loved and nurtured despite the retaliations they often show. The journey to their soul involves you. Don’t you want to be that influence they need?

Sarah Crowder, LCADC, LPC

“Where can you go on the Web?”
For Parents and Teens

www.parentingteensresourcenetwork.org

www.justthinktwice.com

www.theantidrug.com

www.freevibe.com

www.angriesout.org

Elements of a Vision

Frequently, we talk about moving on in life or moving forward. The Pastoral Counseling Center is working to revitalize our vision and to strengthen our stability. PCC is preparing for the future needs of congregations, families, couples and individuals in the tri county area.

Pastoral counseling seeks to provide a place for individuals, couples and families to experience transformation through the renewing of their minds; (Romans 12:2). Our hope is to come along side of people who are experiencing challenging situations and to equip them to respond based on their core values. Dr. Steven Stosney says a “core value” is the primary principle or the foundational cornerstone upon which we base our lives. Our “core value” inspires clarification for defining our mission and enthusiasm for fulfilling our vision.

In his book, *Talent Is Not Enough*, Dr. John C. Maxwell quotes Anthony Campolo professor emeritus of Sociology,

What you commit yourself to, will change what you are and make you into a completely different person. Let me repeat that. Not the past, but the future conditions you, because what you commit yourself to become determines what you are – more than anything that ever happened to you yesterday or the day before.

The Pastoral Counseling Center is looking toward the future. We are seeking to envision God’s direction in order to accomplish the mission to which we believe God has called the Pastoral Counseling Center.

Ken Blanchard and Jesse Stoner in *Full Steam Ahead* identify three essential elements of a vision: “Significant Purpose, Clear Values” and “a Picture of the Future”. The Pastoral Counseling Center’s Board of Directors and counselors are working to create a dynamic vision based on our mission statement, “to provide professional, Christian counseling within a caring environment and at an affordable cost”. Our plan is to create a vision that focuses on our mission and will be flexible to meet the mental health/spiritual needs of people desiring faith based counseling within a caring environment. We want to design a vision that will continue to inspire enthusiasm and purpose centered commitment.

The Board of Directors and counselors of the Pastoral Counseling Center are creating a vision which incorporates the purpose and values of our founding Directors and our vision for the future into a plan of action for the present.

I believe Gloria Gaither’s lyrics for “I Then Shall Live” illustrates the process of integrating God’s transforming grace into our daily lives. I see the process of integrating our past and the picture of our future into the present, to be a similar process to the process of creating a compelling vision. Gloria Gaither’s lyrics provide an example of the process of integrating a vision. She writes:

I then shall live as one who’s learned compassion;
I’ve been so loved that I’ll risk loving, too.
I know how fear builds walls instead of bridges;
I dare to see another’s point of view.
And when relationships demand commitment,
Then I’ll be there to care and follow through.”

The Board of Directors and counselors of the Pastoral Counseling center value your comments. We invite your input because your input is a critical component for our process of developing a vision for individuals, couples and families to experience God’s transforming grace. Your input is of tremendous value to the Pastoral Counseling Center.

PCC in our Community

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How can Pastoral Counseling Center (PCC) help within our community?

Our counselors are equipped to prepare and:

Facilitate modules for Adult Sunday School or Small Groups:

- ✚ Good Grief
- ✚ Developing the marriage you want
- ✚ Healthy family life
- ✚ Issues in parenting
- ✚ Faith and identity development

Facilitate modules for Teen Sunday School or Youth Groups:

- ✚ Developing the relationships you want
- ✚ Positive peer pressure
- ✚ Developing a personal mission and vision statement for life
- ✚ Faith and identity development

Facilitate seminars or presentations responding to organizational questions

Speak with missions committees and interest groups about services provided by PCC

Provide occasional pulpit supply

Contacting PCC

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Please call 301-863-9333 or email pccstmary@verizon.net :

- ✚ If you wish to contribute funds for resource materials or support for needy clients
- ✚ If you wish to request a speaker for your church or organization
- ✚ If you have further comments on ways the PCC may support and enrich your ministry