



The Therapy Connector

Volume 2, Issue 2

May 2008

Board of Directors

Lynn Kendrick
President

Katie Kangas
Vice President

Liz Eichel
Secretary

Dr. Chris Wilson
Treasurer

Members:

Dr. Marty Barley
Jeana Johnson
Rob Martin
Lynn Duff
Rev. Keith Schukraft
Rev. Greg Syler

PCC Staff

Betty Joanne Scott
Executive Director/
Therapist

Arthur Scott
Therapist

Sarah Crowder
Therapist

Inside This Issue

- Director's Pen
- In the Beginning
- Mission & Vision
- Spotlight on Teens
- Reflections by Arthur Scott

Contact Us

Phone: 301-863-9333

Email:

pccstmary@verizon.net

Jottings from the Director's Pen



Greetings! The Board of Directors and Counselors of Pastoral Counseling Center of St. Mary's, Inc., are excited to debut our new logo in this edition of our newsletter. This year, we are celebrating 25 years of service to Southern Maryland. In this issue, we review our beginning and look ahead to the future.

Invitations for PCC's 25th Anniversary Celebration May 30, 2008 are on their way. We will celebrate with food, music, dialogue and praise for God's guidance and blessings. Churches and Board members are assisting us to prepare for this time of celebration. We want to thank all those who are assisting us prepare our time of celebration. We look forward to many of you sharing in our time of celebration and looking forward together!

PCC Board President Lynn Kendrick and shares her reflections on the importance of our mission and vision in creating a joyful attitude for clients. I reflect on the process of developing a new logo that expresses our mission and vision. [p.2]

Rev. James Seale, our founding director and first counselor reflects on the Pastoral Counseling Center of St. Mary's – In the Beginning [p. 3].

Sarah Crowder [p. 4] reflects on the importance of coming alongside each other in mourning and moving into hope through her experience at Dekalb, Illinois in her "Teen Spotlight" page.

Arthur Scott [p.5] reflects on images of the roles of pastoral counselors and the mission of PCC.

PCC Board and counselors wish to thank all who donate so generously. Our individual, faith community and corporate donors allow us to continue to meet increased calls for services from individuals and families who are 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



Mission... Vision Symbolizing the Vision

Betty Joanne Scott, Executive Director

For several months, we have been involved in the process of developing a new logo for Pastoral Counseling Center. We looked to our past logos in the process.

The first logo for Pastoral Counseling Center of St. Mary's, Inc. depicted a man rowing on rough waters. A text box noted: "Our personal journey through life is in many ways like rowing. When we find ourselves in rough open waters, it is comforting to know that help is available. Our center takes its place among the other fine helping agencies ... who are dedicated to be there when needed."

The next logo, our most recent one, depicted an extended hand with the words: "... a listening ear ... a caring presence ... a helping hand." This symbolized the vision that as pastoral counselors, we function symbolically — being, as the story goes, what the young child says he needs: "God, with skin on" — for our clients.

In our office, there is a carving that depicts the figure of a person sheltered, or carved in the hand of God. We counselors find it a metaphor that inspires and reminds us that as humans we reach out to hold in gentle hands the cares and concerns of our clients.

I am not artistic, but I had a sense of wanting to incorporate the historic metaphors from past logos and this carving within our new logo. I wanted to symbolize PCC moving into the future. So, I talked with counselors, clients, family and friends showing past logos, the carving and sharing some of the counselor's vision for the future.

Melody and Chris Farrell, daughter and son-in-law of long time friends and mentors, have a graphic and production business in Florida. I contacted Melody and Chris. I sent copies of brochures and pictures of the carving and asked their assistance in developing a new logo. After many discussions and emails, Chris developed 3 concepts.

We showed the concepts to clients, family, friends, and members of the board. Talented clients offered helpful insight and feedback. Counselors and Board members debated and asked for refinement. The final design concept shows PCC, the initials of Pastoral Counseling Center, a cross, and a group of individuals on a stylized wave pattern. For Board and counselors this symbolizes the centrality of our historic mission to provide professional, Christian counseling by coming alongside struggling individuals, couples and families as they walk on and through the rough waters of life.

I want to express my deepest thanks to all who helped us develop our new logo. Thanks Chris and Melody for donating your talented work!

Lynn Kendrick, Board President

As my mother often told me:

"Life is what you make of it ... Every cloud has a silver lining ... When life hands you lemons, make lemonade ... When one door closes, another door opens."

On and on. You know the drill.

However, professionals in the mental health field know that as trite as these sayings are, they are indeed true. Research is bearing out that those with a positive outlook are happier and healthier than those with a more negative outlook. But, these truisms tend to bounce off of people with overwhelming depression, anxiety or anger caused by a mental illness or stressful life circumstances. If they knew how to be positive they would be!

As a veteran registered nurse, having spent decades working with people with a variety of illnesses, I am witness to the supreme importance of good mental health to the joyful living of our lives. Without living joyfully we only exist, making it through each day as a chore, rather than as an opportunity to learn, serve and love.

I have worked with hospice patients who, because of their attitude, are able to face death in an accepting and positive manner. I have also worked with mental health patients who are whole physically, but do not want to live because of their outlook on life and circumstances. We all know of those who are "stuck" and dispirited, who are making unhealthy decisions leading to more unhappiness, who feel they have nowhere to turn. We may have experienced these things ourselves. And certainly, there are many terrible life situations beyond our control. My mother also said, "Life is not fair." How true.

How important is it, then, that we have the emotional tools to see the "silver linings" or the "open doors"? This attitude, or way of thinking, is critical to a healthy quality of life. To get to this end state is a process. We must really see ourselves, our patterns of thinking and acting, and discern what is in our control and what is not. Making healthy decisions based on sound thinking can be learned with the right guidance and support. Helping people to see negative behavior patterns and thoughts, and develop new tools is a fundamental task in counseling. How glorious would it be to live each day accomplishing that which is in our control, adopting a positive outlook (feeling good) and letting the rest of our worry, guilt, anger and anxiety go?

The Pastoral Counseling Center is dedicated to a most important mission: helping clients to deal with their lives and emotions so that their days can be spent living as God intended, joyfully!

PCC -- In The Beginning

As I reach back into my memories of the beginnings of the Pastoral Counseling Center of St. Mary's, I have some vivid pictures in my mind as well as many which are not so clear. I'm sure I have forgotten many others, but I will try my best to tell you the story of our beginnings. I am reminded of the native American story teller's expression, "It may not have happened this way, but it's a true story." While I can't promise you that everything happened exactly as I tell it, the most important facts of my story are that that God brought together several people from different walks of life to give birth to an ecumenical ministry that has served our community for 25 years. I only pray that I haven't left anyone out or that my memories do not fail to give justice to anyone's role and hard work. If that happens to be the case, let me now ask now for forgiveness ---after all this story is about the pastoral counseling ministry.

The beginning point of my story is a small group of people: Marty Barley, Claudia Knowlton, Cathy Lacer, Alice Otis and last but certainly not least, the Rev. Chuck Daugherty, all of whom were part of the Church of the Ascension Episcopal Church. I am sure each can tell you what brought them to want to begin a pastoral counseling ministry, but knowing each of these people personally, I can tell you key factors in their motivation were their sensitivity to others in pain and their vision of a new outreach ministry of their parish.

I had been working at the Test Center for about 12 years and attending the Methodist Church when a long-buried calling to become a pastor began to surface. I had a good engineering position at the Center and a family to support, so I discerned with the help of friends like Alice Otis and my pastor, the Rev. Bob Kirkley, that I should go to Loyola College of Baltimore to work on a Master's degree in Pastoral Counseling. Driving one afternoon a week to the campus in Columbia Maryland, I completed my studies over three years and graduated in May of 1983.

Now with my new credentials and certifications, I needed a place to work part time in the evenings so I could continue to work at the Test Center during the day. I remember having a lunch meeting with Marty Barley and Chuck Daugherty to discuss how I might be able to help with their plans to begin a pastoral counseling center. From there the wheels began to turn and within a short time we were up and running the Pastoral Counseling Center of St. Mary's. Of course it was not as easy as this may sound as my story skips over the many parts that had to come together. As you may imagine, this work involved a good deal of prayer, faith, and a commitment for financial support from the parish. A formal board of directors had to be formed, organizational by-laws and policies had to be written, a non-profit corporation had to be formed, advertising material had

to be created, a counseling room had to be found and furnished, and a telephone answering service established.

I can't remember exactly who did what. I do remember being provided a budget from the Church Vestry to furnish a room in the basement of the church to be used as the counseling room. The adjoining nursery served well as a small waiting area. Cathy Lacer and Alice Otis worked on the by-laws that led to our becoming a non profit private corporation to allow tax deductible contributions. Marty, Claudia, and Chuck pulled together the board of directors to figure out how to raise continuing funding and spread the word through the community. In a short time, people from other churches were invited to serve on the board so we became truly an ecumenical ministry.

A major component of all this, however, was how the phone for the center would be handled. We all believed that we needed a real person, not a recording, to answer the phones. God again provided. Alice Otis had just retired from teaching in the county, and she was a natural for this job. She and her husband, Gordon, graciously allowed the center phone line to be installed in their home and for over ten years, Alice or Gordon answered the phones and provided the first line of essential help for those calling.

As with any new ministry, getting the word out and building trust were top priorities. When I spoke about the center to community groups and churches, I would most often be asked, "What is Pastoral Counseling, and how is it different from other counseling?" In response, I told this true story about the first visit of a woman who came to the center not long after we opened.

As was my custom with all people on their first visit, I asked her to tell me what was happening in her life that brought her to seek counseling. She began by looking straight at me and saying very intently, "I am an atheist and I don't want any God talk." I nodded in agreement and continued to listen carefully as she proceeded to tell me her story. She stopped at a couple of more places in her story and repeated, "Now remember, I don't want any God talk." When she finished, I told her that I believed that I could help her but that I had one question: "Why did you, an atheist, come here to a pastoral counseling center located in a church to seek help?" She replied, "Because, I knew I would be cared for here."

Twenty-five years seems like a long time ago, and yet it also seems like yesterday. Being a part of the beginning of this counseling center was a life experience for which I will always be thankful. As you celebrate your 25th anniversary, I join with you in giving thanks for all those who have worked so faithfully to provide this needed ministry to the community through these years. Thanks be to God.

Blessings, Jim Seale+

The Rev. James R. Seale left the center in 1987 to attend the Virginia Theological Seminary. He was ordained in the Washington Diocese in 1989. He served full-time in parish ministry, first at St. James' Episcopal Church in Potomac, Maryland and then as rector of All Saints' Episcopal Church in Frederick, Maryland. Jim retired from parish ministry in 2005. He and his wife, Pam, now live in Bethesda, Maryland. Over the past 8 years, Jim and Pam have been active in the founding of another ministry—The Trinity School of Frederick – a K through 8th grade Episcopal-Lutheran School. Pam will be retiring from her position as the head of this school this July.

“Forward, together forward.”



Sarah Crowder, LCADC, LPC

I have recently returned to school and am attending the 2008 School Counseling Institute at Northern Illinois University (NIU) in Dekalb, Illinois. On February 14, 2008, NIU experienced a horrific tragedy. I was leaving work at 5p.m. on February 14th, heading to pick up my children at daycare when my cell phone rang. A friend was calling. “Sarah, there’s something I think you need to know,” she said. My heart stopped and a million images came to mind. “Someone has just shot students on the NIU campus.” I couldn’t get home fast enough to turn on the television or to email my fellow students and professors. Five students had been killed while 18 struggled to survive.

The very next day, the Illinois Counseling Association emailed all members asking to volunteer. When I received this request for outreach, a sense of peace overcame me knowing supportive services were quickly mobilizing to be available for family, friends, students and faculty.

The healing process had begun and “Forward, together forward” from the NIU Huskie fight song became the entire community’s mantra. “Our entire nation stands with you as you recover from this tragic event. It is impossible to make sense of such violence and suffering because we all know that each life is a precious gift from God,” remarks President George W. Bush. “Even as we mourn, we look for ways to support those they left behind, and for the strength within ourselves to recover our community of spirit,” comments NIU President, John G. Peters.

I returned to NIU for my next weekend on February 28, 2008. As I entered Dekalb, I saw flags flying at half staff. Memorials of wooden crosses and bouquets of flowers lined the main roads leading to the college. Designated grounds on campus were set aside to pay respects to those who lost their life. In the dialogue we had as a class that night, we understood the unconditional acceptance of mourning, the encouragement to move forward, and the hope of making a difference. Out of tragedy had come hope and peace.

As we come upon the one year anniversary of Virginia Tech’s tragedy, may we all take time to recognize our place in God’s community and the gifts He has given to us! God’s gifts are meant to be shared with others. There is no other time like these to profess our faith and minister to those who need us most. When you are called, do you answer?

**“ . . .each life is a precious gift from God.”
President George W. Bush**

Shepherd ... Wounded Healer ... Wise Fool

The Pastoral Counseling Center is celebrating 25 years of professional counseling from a Christian perspective with respect for all. The Pastoral Counseling Center is preparing for the future. Our Board of Directors and counselors are working to build on the mission and vision of the founders of the Pastoral Counseling Center of St. Mary's, Inc.

In strategic planning sessions the Board of Directors and counselors are working hard to achieve the benchmarks of the clinical disciplines of pastoral counseling and mental health. Our desire is to provide clinical therapy from a Christian perspective. Dr. Peter Van Katwyk author of *Spiritual Care and Therapy: Integrative Perspectives*, (2003) describes three traditional roles of pastoral care/counseling. Dr. Van Katwyk identifies the following roles of pastoral counseling: "shepherd," "wounded healer" and "wise fool".

Dr. Van Katwyk says the pastoral counselor as "shepherd" is a caregiver. In Psalm 23: 1 "The Lord is my shepherd" and John 10: 1-18; "I am the good shepherd", we find descriptions of the shepherding/caregiving function. The Directors and counselors of the Pastoral Counseling Center (PCC) are developing strategies to insure a caring environment and a calming presence from licensed and certified therapists for clients who desire pastoral counseling. A benchmark in pastoral counseling is shepherding. The Pastoral Counseling Center of St. Mary's, Inc. has a passion for walking along side of people while striving for clinical excellence. Our passion for walking along side of people is an integral focus in the design of the PCC's new logo. The PCC's Board and counselors envision providing affordable mental health services with integrity and the highest ethical standards.

According to Dr. Van Katwyk a second role of the pastoral caregiver/counselor is the "wounded healer". In Luke 10: 25-37; Jesus tells the story about a Samaritan who responds to a wounded man. This Samaritan was not an anticipated agent for healing. Henri Nouwen unpacks this dynamic function in his book, "The Wounded Healer". Henri Nouwen says sometimes powerful healing occurs for a wounded person who receives ministry from a person who experienced a similar woundedness. Pastoral counseling seeks to be client directed. The PCC Board and counselors are working to foster healing for individuals, couples and families who experience woundedness. Henri Nouwen suggests a byproduct for the person ministering out of woundedness may be a continuation of their own healing process. According to Henri Nouwen, the "wounded healer" dynamic is a vital element of the priesthood of all believers.

The third function of pastoral counseling which Dr. Van Katwyk describes is the "wise fool". A Scriptural context for this "wise fool" role is found in the prophets and wisdom literature of the Old Testament. A benchmark of pastoral counseling is fulfilling the role of "wise fool". In I Corinthians 1:20 Paul writes that in God's eyes man's wisdom is foolishness. Pastoral counseling edifies God's profound awesomeness and models respect for the dignity of the human spirit. The "wise fool" role fosters interdependent relationships which revere God's infinite wisdom/resources and acknowledges the finite awareness/resources of human beings.

The Board of Directors and counselors of the Pastoral Counseling center commit to continual growth and serving our clients with mental health excellence. The PCC's strategic planning will strive to embody the benchmark functions of "shepherd," "wounded healer" and the "wise fool".