

Our Mission of 60 Years and Our Vision for the Future

By Peggy Hansen, MS, LMFT

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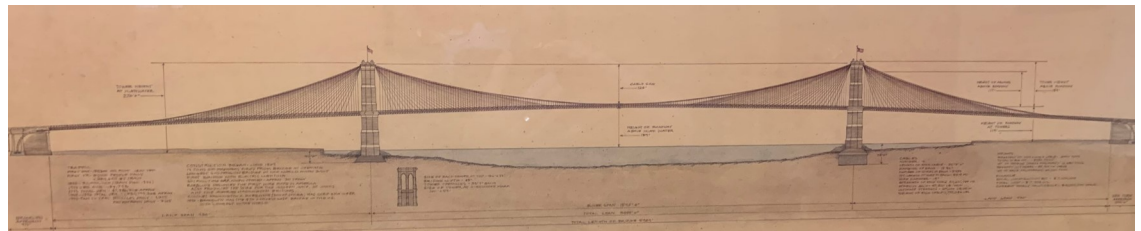
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In 1960, the Seattle Presbytery gave the Rev. Neal Kuyper the responsibility of creating a counseling program. Its mission was to provide care for all those who were in need of counseling, regardless of their circumstances, their faith, or their ability to pay.



As Samaritan celebrates this 60th anniversary, I'm aware of the similarities of life in that decade – 60 years ago – and our current time. The relative stability of the '50s was giving way to the '60s – an unprecedented time of tumultuous distress and change: the civil rights movement, the establishing of Medicare and Medicaid, the Vietnam war and antiwar protests, the creation of the Peace Corps, the assassinations of President John F. Kennedy and Martin Luther King, Jr., an astronaut's walk on the moon.



In 2020, as Samaritan Center/Presbyterian Counseling Service celebrates 60 years of service, we are again in a time of uncertainty and turmoil: a pandemic that has caused more than 200,000 deaths and weakened the economy, political turmoil and protests across the U.S., a call to confront systemic racism, extreme environmental hazards, and so much more.

In this time of loss and uncertainty, we feel as if we stand on a bridge, looking back over the accomplishments of 60 years and forward to the significant challenges that lie ahead. Our clinical and administrative staff, our board of directors, along with those who are the financial and prayerful supporters of this ministry – all of us are aware of the complexity of the task ahead.

Let me share some of the accomplishments of 60 years:

Presbyterian Counseling Service (PCS) had its first home in space provided by **University Presbyterian Church**. Along with providing counseling, Dr. Kuyper was instrumental in establishing the innovative programs of the **Crisis Clinic and Divorce Lifeline**. In 1970, the PCS counseling office moved downtown to space provided by **First Presbyterian Church**. Believing that counseling should be available where people live and work, PCS also opened field offices in **Bellevue First Presbyterian** and **Lake Burien Presbyterian** churches.

(Continued on page 4)

The Samaritan Community

Clinical Staff

Kay Abramson, MS
 John Baumann, MDiv
 Mary Kay Brennan, MSW
 Erinn Cameron, MA
 Grace Carpenter, MS
 William Collins, MS
 Robert Erickson, MS
 March Gunderson, MDiv, MED
 Margaret (Peggy) Hansen, MS
 Beth Hess, MS, MSW
 Mark Houglum, PhD, MDiv
 KiEun Jeon, MA
 Colleen Kelley, MC
 Natividad Lamug, MA
 Isaiah Lin, PsyD
 Heather Macdonald, PsyD
 Matthew Percy, PsyD.
 Anne Perry, MA, EdD
 Jim Ramsey, MA
 Michael Rogers, MDiv, MA
 Beverley Shrumm, MC
 Jonathan Siehl, MDiv, MSW
 Jocelyn Skillman, MA
 Kimberly Snow, PsyD
 Mary Stanton-Nurse, MA
 Gary Steeves, MED
 Eric Stroo, MA
 Tita Subercaseaux, MS
 Neal Teng, PhD
 Deb Thomas, MS
 Katherine Yoder, MA

Counseling Locations

Seattle

Main Office (Green Lake)
 Rainier Beach Presbyterian Church

West Seattle

Our Lady of Guadalupe Parish
 West Side Presbyterian Church

Shoreline

Shoreline Free Methodist Church

Bellevue

Bellevue Presbyterian Church
 St. Andrew's Lutheran Church

Renton

Fairwood Community United Methodist
 St. Stephen the Martyr Parish

Spokane

First Presbyterian Church of Spokane
 Opportunity Presbyterian Church

Board of Directors

Mary Denny, Chair
 Rev. Leland Seese, Vice Chair
 Douglas Farnham, Treasurer
 Elizabeth Jones, Secretary
 Celeste Kuder
 Rev. Scott Lumsden, ex officio
 Rev. William Mclvor

Administrative Staff

Beverley Shrumm, CEO/President
 Matthew Percy, Clinical Director
 James Ramsey, Director of Admin.
 Heather Macdonald, Director of
 Professional Training
 Eric Stroo, Community Relations
 and Marketing Coordinator
 John Poole,
 Senior Accountant
 Jesse Dobner, A/R & Billing
 Min Park, A/R & Billing
 Daniel Keyes
 Reception/Admin
 Emerald Lynch, Admin Assistant

CareTeams Program

Mary Scott, Program Coordinator

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.
 More information about therapists, locations and programs can be found on our website at www.samaritanps.org.

CARETEAMS PROGRAM CLOSING

By Mary R. Scott, LCSW/Coordinator

After more than thirty years providing social, emotional, and practical support to individuals living with HIV/AIDS, the CareTeams Program is closing. In 1988, it began as a program of the Multifaith AIDS Project of Seattle, later Multifaith Works, and finally as a program of Rosehedge/Multifaith Works. That entity was shuttered in 2013 due to changing federal funding priorities for housing and support services. In the same year, Samaritan Center of Puget Sound "adopted" the program, enabling it to continue, though not to expand. A debt of gratitude is owed to Executive Director Beverley Shrumm and the members of the Samaritan Board of Directors for their decision and ongoing support. Heartfelt thanks also go to Samaritan Board member Lizann Jones for her decades of steadfast devotion to CareTeams, ultimately serving as Chair of the Multifaith Works Board.

Feelings of sadness accompany this closing, yet I'm mindful of the passage, "to every thing there is a season, and a time to every purpose under the heaven" (Ecclesiastes 3:1 KJV). Even now, the program is a gift that keeps on giving, as all our current volunteers have said they will continue supporting their clients, or "CarePartners." It is no coincidence that most of these volunteers are on teams originating from congregations. Samaritan has been a home for me and the CareTeam Program, gracious and compassionate. I thank the whole Samaritan community for their loving kindness. Now, more than ever, we need it.

LABORERS FOR THE HARVEST

By Mary Denny, Chair of the Samaritan Center Board of Directors



When Jesus saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, "the harvest is plentiful but the laborers are few; pray therefore the Lord of the harvest to send laborers into the harvest. (Matthew 9:36-38)

Sixty years ago Presbyterian minister Neal A. Kuyper, moved by a divine gift of compassion, prayed for laborers to share the work of attending to the emotional, relational, and mental health needs of parishioners. In his praying he discovered an inspired call to found Presbyterian Counseling Service. This founding began decades of careful development and expansion that today has become the Samaritan Center of Puget Sound.

Now a multidisciplinary, multisite service in King, Kitsap, and Spokane Counties, the Center's staff of over thirty therapists provides spiritually integrated counseling and education to individuals and families of all faiths and lifestyles. They each treat and train others in a manner that is holistic, faith respecting, responsive, accountable, authentic, inclusive, and forward looking.

Most recently the staff has demonstrated remarkable resilience and resourcefulness in the face of the mandated COVID-19 sequestration. In March, during a period of increasing social and economic distress, they quickly innovated to remain accessible to serve clients both by teletherapy and in person with appropriate precautions. Hidden in this crisis has been the opportunity make the Center's services available even more widely than thought possible previously. These adaptations will likely strengthen the Center for greater service statewide well into the future.

All at Samaritan remain buoyed by the continuing support and interest of all of you who help further our mission. So this sixtieth anniversary year, we celebrate with you not only a rich heritage of past service, but a firm foundation focused on creative renewal for an even brighter future. Like Reverend Kuyper, we remain inspired by Jesus' evocative proclamation:

Do you not say, "There are yet four months, then comes the harvest:"? I tell you, lift up your eyes, and see how the fields are already white for harvest. (John 4:35)

(Continued from Page 1)

The Marriage and Family Therapy (MFT) Training Program was established in 1972, the first nationally accredited program of its kind in the Pacific Northwest. In 1979, the program became associated with Seattle Pacific University. Hundreds of therapists have received their master's level training in this program. In addition, over the years an expanding program of workshops and seminars has provided continuing education for our clinical staff and community therapists.

In 1980, the **Ravenna Boulevard Presbyterian Church** invited PCS to share their Green Lake area space, and in 2005 the **Presbytery of Seattle**, with the blessing of the Ravenna congregation, made a gift of that building to PCS. 2005 also was the year that the PCS board and staff changed our name from PCS to **Samaritan Center of Puget Sound**.

In addition to offering clients a sliding scale, the agency established the **Low-Income Clinic** in 1994. Staffed by master's level externs supervised by experienced PCS clinical staff members, it allowed us to serve those with extremely limited incomes. For more than 25 years, the clinic has met a two-fold goal: serving families and individuals who could not otherwise get care, and nurturing the "next generation" of therapists by providing supervision and training as they work toward state licensure.

Today, standing in this bridge-like space connecting the past and the future, Samaritan remains nimble. In 2019, we created a program of "**Therapeutic Assessment**," adding significant value to the often daunting process of taking standardized, diagnostic tests. And this year, as the pandemic made it unwise to meet for in-person services, we moved swiftly to adopt the necessary procedures and technology upgrades for offering **Teletherapy**. Currently, anyone—anywhere in the State of Washington—can be "seen" by a Samaritan therapist, using the secure telehealth platform connecting their computers to ours.

In this very strange year of 2020, you can trust that Samaritan is alive and well. We are committed not just to surviving but to thriving in this unexpected and unchosen time. In the spirit of those who came before us, we will live into the belief that we are called to be an essential part of creating positive change in our ever-evolving world.

Reflections



Expanding Our Services-Gary Steeves

In 1987 I was hired by Presbyterian Counseling Service (now called Samaritan Center of Puget Sound) to expand our services in South King County in two new office locations in Renton and Kent. During this time, and for many years, our Board, leadership and staff wrestled with staying small, as a "mom and pop" agency, or enlarging.

Well, now 33 years later, that question has been answered. From a small "family" agency we have grown to over 30 therapists. We have expanded our services into Eastern Washington where I opened a new office in Spokane just over a year ago; I have just opened a second Spokane office in the Valley, joined by a second therapist. Now this "family" has grown and we routinely connect via Zoom and Teams. The mission, vision, and passion to bring spiritually integrated growth and healing just keeps spreading.

Reflections, continued



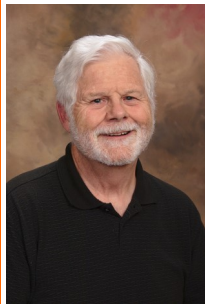
Pushing 30 While Turning 60—Michael Rogers

This month marks my 30th year at Samaritan Center of Puget Sound, as the agency turns 60. I continue to live into this calling...with a few reflections. I'm reminded of Cal Ripken Jr., Major League Baseball's "Iron Man" who played 21 years in the League. When asked how he lasted that long, he said something like "I knew I couldn't swing the bat at 40 the way I did at 20. I kept adjusting my game." Stay limber to keep adjusting physically... and relationally.

Our field used to call it adaptability – more recently, flexibility.

Each of us may have different daily practices to stay physically flexible. Here's a thought on staying *relationally* limber. Keep it personal, without taking it personally. I recently joked with a client that it's taken me several decades to boil down what I do to five words: faith integrative evidence-based psychotherapy. Now in an increasingly depersonalized Covid-19 era – and it is an era, so this too shall pass – I'm adding a sixth word on the front end: **personalized** faith integrative evidence-based psychotherapy.

Here's to finishing flexibly strong.



Marriage and Family Training Program-Bill Collins

During the summer of 1980, Samaritan Center of Puget Sound (née Presbyterian Counseling Services) completed a major remodel of the education wing at Ravenna Boulevard Presbyterian Church and moved from the space we had outgrown during our ten-year stay at First Presbyterian Church of Seattle. That was when the lovely orange rugs were put on the walls of the counseling rooms to provide some sound insulation. With the counseling staff, the MFT training program in its 8th year of existence moved as well. On Sept. 14th the

training cohort of 24 students came for the first time to the classrooms near Green Lake for their second year of classes.

From 1972 until 2001, the MFT training program was an integral part of the PCS contribution to therapy and therapists in the Greater Seattle Area. In 1986, it was accredited by the Commission on Accreditation for Marriage and Family Therapy – the first accredited program in the Northwest. In those years over 400 marriage and family therapists completed training within it, and in many years PCS students working in non-profit settings provided over 12,000 hours of therapy without compensation.

In addition to training for students, the program offered professional trainings for many therapy professionals, bringing well-known presenters from all around the world for continuing education on relevant ideas and practices. The faculty, students, and classrooms (the rooms where it happened!) have all moved on, but to this day, the legacy of educational service remains a constituent component of the ongoing work of Samaritan Center.

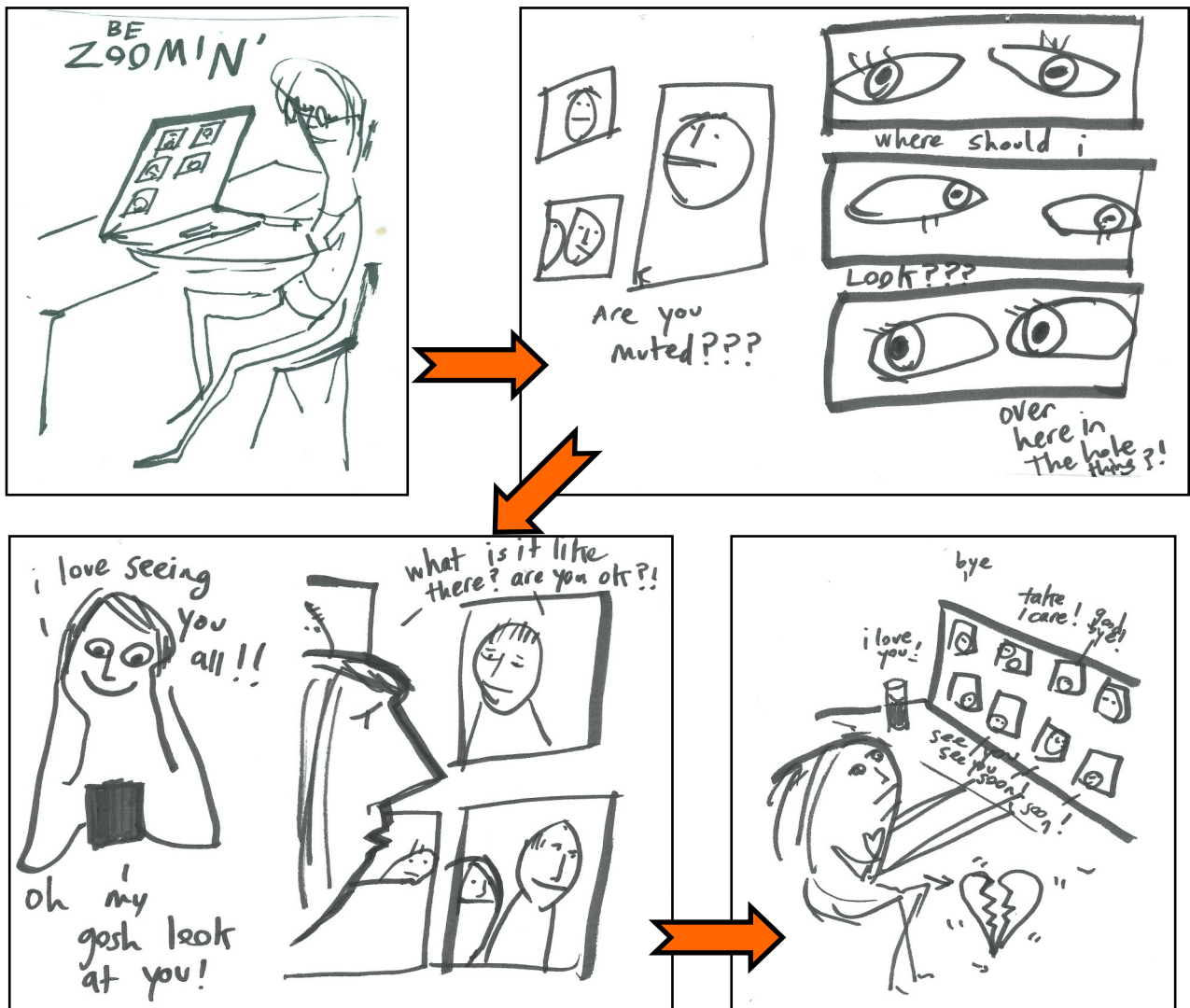
This Pandemic Feeling

Meet Jocelyn Skillman, MA, LMHC



The newest member of the clinical staff at Samaritan is the multi-talented Jocelyn Skillman. Jocelyn is a Licensed Mental Health Counselor who joined the agency in the midst of the pandemic with an already thriving private practice but a deeply felt need for community and support. "Working alone was wearing on me," she declares. "I am so happy and grateful to have been welcomed into the fold of Samaritan. It feels like a homecoming on many levels."

About her practice, Jocelyn says, "I emphasize our capacity to befriend ourselves with love and to actively cultivate peace, agency, and compassion." At a recent staff meeting, held predictably on Zoom, we learned that Jocelyn has a talent for observing life through wonderfully evocative drawings. Below are a few that she shared from a series that depicts the comedy and the pathos our efforts to connect digitally with loved ones.



Groups, Seminars, and Workshops

To learn more, go to www.samaritanps.org

ONLINE WORKSHOPS FOR THERAPISTS

Working with Suicidal Clients: Hope and Recovery in Suicide Care

This one-day workshop is designed for mental health professionals who want preparation and insight beyond the fundamentals of managing suicidal patients, to provide guidance in their ongoing treatment. The workshop meets requirements in Washington State under the Matt Adler Suicide Assessment,



Treatment and Management Act of 2012, and is open to anyone in the healthcare field.

Instructor Jeffrey Sung, MD, is a Seattle psychiatrist and acting instructor with the University of Washington Department of Psychiatry and Behavioral Sciences. A leader in the field, Dr. Sung was awarded the Sue Eastgard Training Excellence Award in 2015 for his suicidality workshop.

Register online at www.samaritanps.org
Questions? registrar@samaritanps.org

**Next online workshop: Friday, January 29, 2021, from 9 am–4:30 pm.
6 Units of Continuing Education**

First Course in Emotionally Focused Therapy (EFT)

Certified EFT trainers James Furrow, PhD, and Roy Hodgson, MA, LMFT, LMHC, will be conducting an online **EFT First Course (Externship)** training on Wednesday-Saturday, November 18-21, 2020.

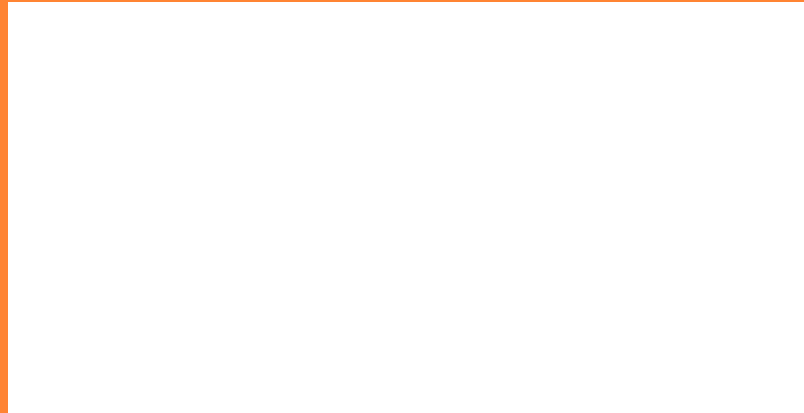
This four-day training provides an in-depth overview of the EFT model. Didactic presentations, case examples and demonstration videos, small group exercises, and discussions provide participants with an engaging and effective learning experience.

**Classes meet each day from 9am to 5pm.
Total 28 CEUs.**

**Registration is not through Samaritan but at <https://seattleexternship.com/>
Cost: \$1050**

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Contact estroo@samaritanps.org.

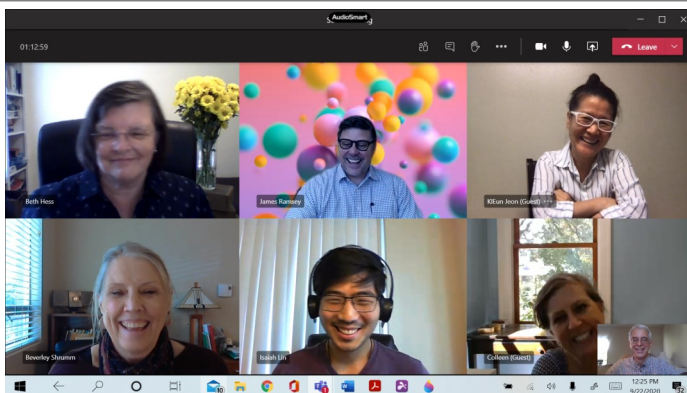


Regional Leadership in...

- Counseling That Integrates Mind, Body, Spirit, and Relationship
- Workshops for Clinicians and Non-Professionals
- Professional Training and Outreach through the Clinical Training Program

With...

- 11 Locations around Puget Sound and Beyond
- 31 State-Licensed Therapists



2020: Connecting in New Ways

The building on Ravenna Blvd, our Main Office for so many of our 60 years, has been much quieter than usual since March. The administrative staff has shown up and spread out, doing their work steadily and valiantly keeping the business afloat.

Meanwhile, the clinical practice has largely moved to a virtual format: meeting clients on our secure virtual conferencing platform, and meeting one another for staff meetings, trainings, and peer consultations. With a tremendous sense of loss—AND with a wonderful experience of determination and even excitement—we are making it work!