



counseling that integrates mind, body, spirit and relationship

WHAT'S INSIDE

The Samaritan
Community 2

New
Staff Members 3

The Book of Joy
Book Review 4

President's
Message 5

Forgiving: A
Path for Healing 6

Classes,
Seminars,
Workshops 7

Spring Event
Invitation 8

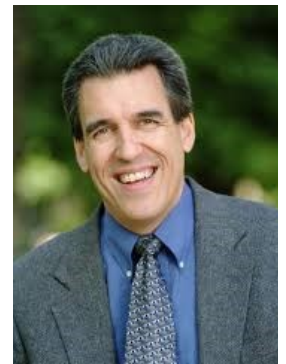
We Invite You to Join Us at Our Spring Fundraising Event Sunday, April 30, 1 to 3 pm

“Redeeming Relationship: Getting to the Heart of the Matter” with our speaker, James Furrow, PhD

When people want help with their relationships, we know that they often find their way to Samaritan Center for counseling.

We've been doing this since 1960. It's our expertise. We make it accessible with multiple locations. We make it as affordable as we can through our low fee clinic and by adjusting client fees when income is limited.* We've trained hundreds of therapists in family systems concepts. Contributing to the transformation of relationships is our mission. It's what we do every day.

James Furrow, our Spring Event speaker, shares that mission. He has a doctorate in Human Development and Family Studies and a master's degree in theology with an emphasis on marriage and family therapy. He is an associate professor in Marriage and Family Therapy at Fuller Theological Seminary in Pasadena, CA, where he is also the co-director of The Center for Research in Child and Adolescent Development.



Our staff got acquainted with Jim when he and George Fall-er did an extremely valuable training for us on Family Emotionally Focused Therapy in April of last year. (George is a similarly accomplished therapist and trainer in Emotionally Focused Therapy who practices at the Center for Hope and Renewal in Greenwich, CT.)

We are delighted that Jim will share his thinking about the importance of healing relationships with our wider Samaritan community. He believes, as do we, that healthy relationships are a crucial – and often overlooked – component of individual mental health and the well being of our families. We look forward to learning more about how this can work for all of us in our everyday lives.

** Those of you who know Samaritan are aware that donations given at this annual luncheon are the primary way we replenish the Samaritan Fund – the resource we draw on year-around to meet the needs of those who are unable to pay the full cost of the counseling.*

The Samaritan Community

Clinical Staff

Kay Abramson, MS
 Anna Anderson, MS, MEd
 John Baumann, MDiv
 Laura Benton, MS
 William Collins, MS
 Robert Erickson, MS
 Beth Geense, MSW
 Heidi Gray, MS
 March Gunderson, MDiv, MEd
 Margaret (Peggy) Hansen, MS
 Beth Hess, MS, MSW
 Mark Houglum, PhD, MDiv
 Colleen Kelley, MC
 Natividad Lamug, MA
 Katherine MacDowell, MA
 Caren Osborn, MA
 Courtney Paine, MA
 Matthew Percy, PsyD.
 Anne Perry, MA, EdD
 Jim Ramsey, MA
 Michael Rogers, MDiv, MA
 Beverley Shrumm, MC
 Kimberly Snow, PsyD
 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

Grace Carpenter, Erica Meurk,
 Kristin O'Hara, Andrew Wood

Mediation Team

Marty Hawkins, Michael
 Rogers, Gary Steeves

Counseling Locations

Seattle

Main Office (Green Lake)*

Beacon Hill

Presbytery of Seattle

West Seattle

Our Lady of Guadalupe Parish
 West Seattle Professional Bldg.
 West Side Presbyterian Church

Shoreline

Shoreline Free Methodist Church

Bellevue

Bellevue Presbyterian Church*
 Overlake Park Presbyterian Church
 St. Andrew's Lutheran Church

Auburn

Family of Grace Lutheran Church

Kent

Washington Baptist Convention

Federal Way

St. Vincent de Paul Parish
 Sunrise United Methodist Church

Renton

Fairwood Community United Methodist

Tacoma

Immanuel Presbyterian Church

*Low Fee Clinic Locations in Seattle and Bellevue

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 Elizabeth Jones
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 Rev. Eliana Maxim
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 James Ramsey, Director of Admin.
 Gary Steeves, Coordinator
 South King County
 Kay Abramson,
 Low Fee Clinic Coordinator
 Eric Stroo, Professional Training
 and Marketing Coordinator
 Michael Scheinine,
 Senior Accountant
 Mary Eaves Mitchell,
 Executive Assistant/Registrar
 Gale Kennedy, Reception/Admin
 Jesse Dobner, A/R & Billing
 Mary Hanson-Spofford, A/R & Billing
 Kari Kutrich, A/R & Billing

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 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 Staff Brings Skills and Experience in Addiction, Trauma



Laura Benton, MS

Laura has been in practice as a pastoral therapist and a marriage and family therapist for over 14 years. She describes her work as partnering with individuals, couples and families to invite hope and restoration, to seek reconciliation and redemption, and to cultivate change. She has a special interest in spiritual formation and in supporting those in congregational ministry and missions. Laura sees clients at the main office near Green Lake. She also has experience as an event and retreat speaker. Laura can be reached at lbenton@samaritanps.org or 206-527-2266 x 361.

Heidi Gray, MS

Heidi has worked in the mental health field since 2007. In addition to working with individuals and couples, Heidi has experience in helping people manage chronic illness and medical conditions in their family. She also provides parenting support for parents and caregivers of children who have significant behavioral challenges or emotional needs as a result of trauma, family separation, divorce, adoption or medical challenges. She sees clients at the main office near Green Lake and in West Seattle. Heidi can be reached at hgray@samaritanps.org or at 206-527-2266 x 393.



Kimberly Snow, PsyD

Kim is a licensed psychologist who has been practicing as a psychotherapist since 2007. She is experienced in helping people cope with emotional disorders, including anxiety, depression and disordered eating. She also has experience in assisting clients recover from trauma, such as relationship wounds, emotional and spiritual abuse and PTSD. Kim seeks to provide a safe space for clients to explore their story and to discover direction for their journey ahead. She sees clients in Bellevue and can be reached at ksnow@samaritanps.org and 206-527-2266 x 363.

Katherine MacDowell, MA

Katherine has over five years of experience providing individual and group counseling for men and women struggling with mental health, substance use and trauma-related concerns in community mental health, residential, outpatient and criminal justice settings. She recently relocated to the Seattle area from Colorado. Katherine sees clients at the main office near Green Lake and in Shoreline. She can be reached at kmacdowell@samaritanps.org or at 206-527-2266 x 364.



“A person is a person through other persons.”

*“We are wired to be caring for the other and generous to one another.
We shrivel when we are not able to interact.”*

These words describe the concept of *Ubuntu*, said Archbishop Desmond Tutu during a remarkable week-long conversation with His Holiness the Dalai Lama in 2015 that became the basis of *The Book of Joy*. In a unique collaboration, the two global leaders shared their Christian and Buddhist values and insights, looking back on their long lives to answer a single question: *How do we find joy in the face of life’s inevitable suffering?*

“These are two of the great spiritual masters of our time,” said co-author Douglas Abrams, “but they are also moral leaders who transcend their own traditions and speak always from a concern for humanity as a whole. Their courage and resilience and dogged hope in humanity inspire millions as they refuse to give in to the cynicism that threatens to engulf us. Their joy is clearly not easy or superficial but one burnished by the fire of adversity, oppression and struggle.”

Dr. Richard Davidson, founder of the Center for Healthy Minds at the University of Wisconsin-Madison, contributes his research in neuroscience to the book, focusing on emotion and the brain. “There are four independent brain circuits that influence our lasting well-being,” Davidson said. “The first is our ability to maintain positive states. The second circuit is responsible for our ability to recover from negative states. The third circuit, also independent but essential to the others, is our ability to focus and avoid mind-wandering. The fourth circuit is our ability to be generous.”

The last half of *The Book of Joy* allows readers to eavesdrop on the conversation of Archbishop Tutu and the Dalai Lama as they reflect on “The Eight Pillars of Joy.” When we encounter problems, confront pain or face suffering, they suggest that using these precepts leads to greater inner peace and greater joy.

Perspective - See yourself and your problem from a wider perspective. Try to step back from yourself and your problem. See how your problem shrinks as you see it in the wider context of your life.

Humility - See yourself as one of the seven billion people on the earth and your problem as part of the pain and suffering that many human beings experience. See your problem as part of the unfolding and interdependent drama of life.

Humor - See if you can smile at your problem, at your shortcomings, at your frailties. The ability to laugh allows us to accept life as it is, broken and imperfect, even as we strive for a better life and a better world.

Acceptance - Remind yourself that painful realities happen to us, to those we love and in our world. Tell yourself that, in order to make the positive contribution to this situation, you must accept the reality of its existence.

Forgiveness - Forgive yourself for any part you have played in creating this problem. Recognize that you are human and will fall short of your aspirations. You will hurt and be hurt by others. Forgive yourself and forgive others for their human limitations.

Gratitude - Focus on the people or things that you are grateful for in your life right now. Are there ways in which this problem actually contributes to your life and growth? Are there ways you’re being supported in facing this challenge?

Compassion - Have compassion for yourself and your struggle. Suffering is part of the fabric of life. Recognize that frustrations can be used as something positive. Extend that compassion to your loved ones and to all who are in need of love and compassion.

Generosity - Feel the generosity that is in your heart and imagine yourself radiating this generosity of the spirit to those around you. Imagine how you can transform your problem into an opportunity to give to others, recognizing that when we give joy to others, we experience true joy ourselves.

– Peggy Hansen

Message from the President

Last year at this time, I noted in my message that the rapidly changing healthcare environment was having a significant impact on the people Samaritan serves.

This spring, the picture has become even more complicated for many, if not most, of the individuals and families who come to us. They tell us that they are feeling the instability in the world around them in a new and deeper way. Many fear losing their insurance coverage if the Affordable Care Act is repealed. And for those who have insurance, it can be very hard to find the money to pay for counseling with their increasingly high deductibles.



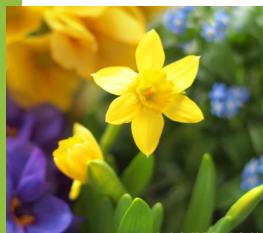
It is hardly surprising that Samaritan is experiencing a significant increase in requests for fee adjustment. Each of our therapists hears stories about how frightening it is to know that the help you need for yourself or your family is out of reach. In a recent staff meeting, one of our therapists responded in a deeply positive way, saying that when stress in the world is high and people are discouraged: "This is our time. We're trained to know how to help. It's an opportunity we want to welcome."

It is because of the financial and prayerful commitment of you who believe in this mission that our agency has been able to survive and thrive in uncertain times. Your support allows us to continue to meet the needs of those who are struggling. Your gifts make it possible for our therapists to offer spiritually integrative, highly effective counseling – not just to those who are fortunate enough to be able to pay its cost, but to those who would be deprived of this resource because of their life circumstances.

I am deeply grateful for each one of you who stands with us, quietly saying: "This is our time."

A handwritten signature in cursive script that reads "Beverly Skrumm".

We Are Grateful For . . .



We would like to thank the estate of Christine M. Siddons for the generous donation given recently to Samaritan. This gift will help us provide spiritually integrated psychotherapy for those who seek our services, regardless of their ability to pay. If you want to learn more about how to make the Samaritan Center a beneficiary in a will, please contact our Development Manager, Courtney Paine, at 206-527-2273 x 384.

Our partnership with churches of several denominations makes it possible for Samaritan to bring counseling services to 15 locations around the Puget Sound area. (You can find these listed on page 2.) We treasure our relationship with the congregations who have shared this mission for many years – one example is Bellevue Presbyterian which became our first field office in the 1970s. Most recently, West Side Presbyterian in West Seattle has become a partner, providing counseling office space and a very warm welcome for Heidi Gray. It is through these partnerships that we are able to live into our founder Neal Kuyper's belief that our services should be both financially affordable and geographically accessible to those who are in need of them.

Strengthening Relationships

Forgiving: A Path for Healing

by Tita Subercaseaux, MS

Forgiveness is not a popular concept in this culture where perfection is over-valued. Our self-esteem is too often measured by how perfect and admired we feel we are. When we find ourselves on either side of the equation -- having hurt someone or having been hurt, we face the human reality of our not being perfect. It is hard to accept that there is no possibility of going through life without making mistakes. Yet, it is through acknowledging our mistakes and our vulnerability that we grow deeper in our relationships.

When we ask someone for forgiveness, we become vulnerable. When we acknowledge that we've hurt somebody, even without intending to, we are accepting that we are not perfect. It is a risk to do so, because we know we could feel humiliated, rejected or we could lose that person's love and respect.

The fear of not being loved can prevent us from acknowledging the pain we have caused someone else, but not taking responsibility for that person's pain does not mean it doesn't exist. When we don't take that responsibility, we risk damaging or losing the relationship altogether. For example, your spouse's pain will continue to be there whether you acknowledge your part in it or not. He or she can doubt your love and wonder if their feelings matter to you. While your spouse might try to forgive your hurtful behavior in order to keep peace, resentments could build.

I invite you to reflect on these questions:

Remember a time when you hurt somebody.

What did you tell yourself about that? What did you do?

Remember a time when you were hurt by somebody close to you.

What were your feelings and what did you do?

Humans are emotional beings. When we avoid or hide our emotions, it drains and restricts our capacity to feel a variety of emotions. For example, if I'm filled with anger, it becomes difficult to experience happiness. When we hold on to resentment, we decrease our emotional flexibility. But we can choose to free ourselves by asking for forgiveness or by forgiving those who have hurt us. Forgiveness doesn't happen quickly. It is a healing process. These are the steps in that process:

Recognize you are hurt and recall the details of the event.

Explore the feelings under the anger (hurt, fear of being abandoned, unloved, etc.).

Ask yourself what the hurt meant to you (i.e. what did I tell myself?).

Ask yourself, "What do I need now?" Is what you need attainable?

Choose to let go of your anger and move toward forgiveness.

Ask God to help you through this process. He wants us to be free. Let Him intercede and invite Him to heal you.

Maria-Teresa "Tita" Subercaseaux has been a member of the Samaritan staff since 2008. She does therapy in both English and Spanish and sees clients in the main office near Green Lake. In addition to her master's degree and post-graduate certificate in Medical Family Therapy from Seattle Pacific University, Tita is a certified Emotionally Focused Therapy (EFT) therapist and supervisor. She can be contacted at Tita@samaritanps.org or 206-527-2266 x326.



Classes, Groups and Seminars

To register or learn more, go to www.samaritanps.org



Marriage Preparation One-Day Seminars

Samaritan offers one-day Marriage Preparation Seminars for couples in Bellevue and Seattle.

The next Marriage Preparation Seminars will be held at Bellevue Presbyterian Church in **Bellevue** on **Saturday, April 22**, and on **Saturday, September 16**. Seminars meet from **9 am to 4 pm** and are led by Deb Thomas.

The one-day Marriage Preparation Seminar in **Seattle** at our Ravenna office has not yet been scheduled. It will be posted on our website.

Mindfulness Based Stress Reduction (MBSR)

The MBSR eight week class is offered year around in the Community Room at our Ravenna office. It meets for **eight consecutive Tuesday evenings from 6:30 to 9:00 pm**. The Spring Series is currently under way. It began on March 28 and will run through May 16. The next series will be offered in the fall.

For those who have taken an earlier MBSR class, we offer a four-week **Alumni Class** at the Ravenna office, as well as a Saturday retreat on May 6. You can find information about all MBSR offerings on our website home page under Current and Upcoming.

Supporting Parents of Autism (SPA)

This group is offered at no cost for parents who have children on the autism spectrum. It meets monthly at our Ravenna office, on the **third Monday, from 5:30 to 7:00 pm**. It offers support, resources and community. It is for parents only and child care is not available at this time. The group is facilitated by Heidi Gray, MS, LMFT, a member of the Samaritan clinical staff. This group is offered in conjunction with WAAA (Washington Autism Alliance & Advocacy). For more information, you may email Amy Huntley at amyh@washingtonautismadvocacy.org.

Divorce Lifeline Group*

Those who are going through divorce, separation or ending a relationship will find understanding, support and a way to develop coping skills in our Divorce Lifeline Group. The small group provides a safe place where individuals can work through feelings of loss, anger and grief, and develop skills that will help them move through painful transitions.

Divorce Lifeline meets at our Ravenna office near Green Lake in Seattle on **Tuesday evenings for 10 weeks from 7:00 pm to 8:30 pm**. For more information and an intake interview, contact Rob Erickson at 206-527-2266 x 370. **Enrollment for this group is ongoing throughout the year.*

Emotionally Focused Therapy (EFT) Training for Therapists

Veronica Kallos-Lilly, PhD, and Roy Hodgson, MA, LMFT, LMHC, will be conducting an **EFT First Course (Externship)** training at our Ravenna Office in Seattle, on **April 20, 21, 22 and 23**. Class times are **from 8:30 am to 5:00 pm**. The cost is \$845 for the 26 CEUs. For more information and to register, go to our website. Additional information about upcoming EFT trainings can also be found on the website.

Samaritan

Center of Puget Sound

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www.samaritanps.org

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Please Join Us At Our Spring Fundraising Event
To Support Counseling For Those Who Are
In Significant Financial Need

Date: Sunday, April 30, 2017

Time: 1:00 to 3:00 pm Luncheon and Program
(Come early or stay to visit the museum)

Place: The Museum of Flight
9404 E. Marginal Way South, Seattle, 98108

Speaker: James L. Furrow, PhD
Professor of Marriage and Family Therapy
Fuller Theological Seminary

*"Redeeming Relationship:
Getting to the Heart of the Matter"*

Tickets: \$75 per person

To RSVP or for more information, please contact:
registrar@samaritanps.org or call 206-527-2266

Samaritan

Center of Puget Sound

Counseling That Integrates
Mind, Body, Spirit and Relationship

15 Locations Around Puget Sound

28 State-Licensed Therapists

Low Fee Clinic

