



WHAT'S NEW?

- New Staff & Board Members
- New CAO
- CareTeam Program
- Spring Luncheon

WHAT'S INSIDE?

Message from Beverley Shrumm	2
New Staff & Board Members	3
Where have all the Dads gone?	4
10 Tips for the Adults in Remarried Families	5
Hold Me Tight	6
Classes and Seminars	7
Spring Luncheon	8

Speaker for Spring Luncheon May 28



We are pleased to announce our speaker for our Spring Luncheon (**invite/details on back page**), Peter Blomquist. Peter is the principal of Blomquist International, a consulting business, and previously worked for Mercy Corps, Global Partnerships, the Starbucks Foundation and CARE. He also is an Instructor at Seattle University, where he teaches classes on global citizenship, global civil society, and social media. He also teaches in the Global Awareness Program (GAP) and runs an internship program for the Department of International Studies.

Peter's presentation is titled **"Seek Justice, Love Mercy, Walk Humbly."** Peter will share a few of his stories about his global travels, including his recognition over time that everything is local in the end. It is in the relationship that we find meaning and joy. We all want to change the world in material ways, but in the end, the journey is a spiritual one.

Samaritan's "New" CareTeam Program

The CareTeam Program came to Seattle 15 years ago. Currently, a CareTeam is a group of 4 - 7 volunteers who provide practical, emotional, and spiritual support to a person or household affected by HIV/AIDS. Volunteers come to the program as individuals or might be based out of churches, civic groups, academic institutions, spiritual communities, or the community at large. Our volunteers range in age from 18 to 85 and represent diverse cultural backgrounds, belief systems, and life experiences. This program has come to Samaritan from the Rosehedge/Multifaith Works agency.

Each CareTeam is matched with an individual or household living with HIV/AIDS referred to as a CarePartner. CareTeam members form relationships with their CarePartner and do the things compassionate friends do. CareTeam activities depend on the needs of the CarePartner and abilities of the volunteer. At the core, CareTeams build supportive relationships with their CarePartners by listening to them, offering encouragement, renewing interest in life, and establishing meaningful personal connections. Support may include phone calls, transportation to appointments, sharing coffee or meals, celebrating birthdays and holidays, childcare, light housework, sending cards, or help with moving.

Did You Know Samaritan Has Business Pages on LinkedIn & Facebook?

By having business pages on these two platforms there are many advantages—more people will learn about us, we will be able to post upcoming classes/events, and we'll be able to post articles on "hot topics" like Bullying, Social Media's Impact on Society, SADD, etc. Please note that these pages will be utilized as a way to provide information, not as a communication tool between clients/potential clients and therapists. We hope you "Like" our Facebook Page and "Follow" us on LinkedIn. To access either page, click on the icons on the bottom of our website at www.samaritanps.org.



Clinical Staff

Kay Abramson, MS
James Aultman, MSW
Judith Hong Cho, MS
Mary Denny, PhD
Robert Erickson, MS
Beth Geense, MSW
March Gunderson, MDiv, MEd
Margaret (Peggy) Hansen, MS
Toshio Hayashi, MDiv, MSW
Beth Hess, MS, MSW
Pearle Hintz, MS
Mark Houglum, PhD, MDiv
Douglas Johnson, MSW
Colleen Kelley, MC
Ron Kirstein, PhD, MDiv
Natividad Lamug, MA
Douglas LeRoy, MSW
Joanna McGuire, MA
Pat Pedegana, MA
Matthew Percy, Psy.D.
Anne Perry, MA, EdD
Jim Ramsey, MA
Michael Rogers, MDiv, MA
Beverley Shrumm, MC
Gary Steeves, MEd
Eric Stroo, MA
Tita Subercaseaux, MS
Neal Teng, PhD
Deb Thomas, MS
David Wells, MDiv, MS
Liza Ziliak, MA

David Harrison, PhD, MD
Consulting Psychiatrist

Low Income Clinic Providers

Gena Azar, Thom Bianco,
Jamie Friddle, Beth Lenz, Cora Lombardi, Theresa Sheridan

Mediation Team

Marty Hawkins, Michael Rogers, Gary Steeves

Board of Directors

Doug Farnham, Chair
Robert Crist, Treasurer
Tom Fox, Secretary
Steve Gustaveson
Elizabeth Jones
Rev. Scott Lumsden
Stan Saltzberg
William Starks

Paul Bretz
Samaritan Institute Liaison

Rev. Dr. Neal A. Kuyper 1918-2009
Founding Director 1960-1983

Administrative Staff

Beverley Shrumm, CEO
James Marshall-Ward,
Chief Administrative Officer
Stephanie Pietras, CareTeam Program Director
Michele Fritz, Marketing & Community Relations Director
Gary Steeves, Coordinator South King County
Kay Abramson, Low Income Clinic Coordinator
Eric Stroo, Professional Training and Education Coordinator
Louise Witt, Accounting/Admin Supv
Mary Eaves Mitchell, Admin Asst
Gale Kennedy, Reception/Admin
Jesse Dobner, A/R & Billing
Mary Hanson-Spofford, A/R & Billing

Resource Center for Ministry

Anthony Robinson, Mary Denny, Anne Perry, Mark Houglum, Ron Kirstein, Beverley Shrumm

CareTeam Ministry

Stephanie Pietras
CareTeam Program Director

**Message from CEO,
Beverley Shrumm**

The constancy of change is our new normal, if that makes any sense. I suspect it does for many of us. Repeatedly in conversation with colleagues and friends, people comment on the speed of so much change. This is reflected in our Board’s decision to formulate ever-changing strategic initiatives, versus a customary three or five year strategic plan.

We determined last fall that we need to bolster the leadership of the organization by reorganizing and creating the chief administrative officer position. It is with gratitude that we welcome James Marshall-Ward to this position. Informally we say James is the “minister of the interior” and I am the “minister of the exterior.”

We have been growing in our understanding of the goals and impact of the Affordable Care Act. This has meant that we have adopted the term “behavioral health” into our common usage as this is the terminology the medical community uses relative to treatment of mental and emotional distress. We are pursuing relationships with medical personnel and institutions in order to continue serving those who want counseling that is spiritually-integrative.

Our agency offered the first marriage and family therapy training program in the region. Please help us remind our community that many therapists on our staff who have expertise in couples and family therapy, significantly informed by the emotionally-focused couple’s therapy model. (Please see Judith Cho’s article on page 6).

Finally, we recently invited the CareTeam Program to come under our agency umbrella. It is a very important service for people who are largely isolated. It provides a great opportunity for volunteers to enter into meaningful relationships with those who need our help and it gives Samaritan a way to reach out into our community. We warmly welcome Stephanie Pietras, CareTeam Program Director!

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 Board Members: Steve Gustaveson & William Starks

Steve Gustaveson is a Seattle native and resident. He is married to Michelle Lirette and they have two children, Jeffrey and Monica. Steve is the Manager of Juvenile Services for King County Superior Court. Before that, he was an assistant attorney general for the State of Washington. Steve tells us he is honored to serve on the Samaritan Board in support of an organization with deep roots in the community that brings healing and reconciliation to those in need.



Steve Gustaveson

William Starks is Vice President and Chief Financial Officer of Woodworth Capital. He joined the organization in 1986. He received his B.S. degree in Economics from Washington State University. William has a long history of working with non-profit organizations, including the Board of the Boys and Girls Clubs of South Puget Sound since 2001, and the Woodworth Family Foundation since 2005. He is a long-standing member of the American Management Assoc. (AMA), Construction Financial Management Assoc. (CFMA), and Philanthropy Northwest.

William and Pam were married in 1991 at Bellevue Presbyterian. They have two children, Sam and Madison.

Meet Our Newest Staff Members: James Marshall-Ward, Matthew Percy, Stephanie Pietras



James Marshall-Ward

James Marshall-Ward joined the staff of Samaritan in January 2014 as the new Chief Administrative Officer overseeing the administrative staff, finances, IT and facilities. Prior to joining Samaritan, James worked for Key Bank for 15 years, and most recently, for Rosehedge/Multifaith Works for 13 years. James has a Bachelor of Arts degree in Religious Studies from LeMoyne College in Syracuse, New York and a Master of Science degree in Management from Antioch University, Seattle. James is also certified as a Senior Professional in Human Resources.

Dr. Matthew Percy recently moved to Seattle from Sheridan, WY and is thrilled to be joining the welcoming community at Samaritan Center of Puget Sound. Matt's area of clinical focus is working with children and adolescents, and he looks forward to developing his skills in treating military veterans. Matt and his wife, Laurel, enjoy spending time outdoors, hiking, camping, biking, and playing in the snow. They are happy to be back in the beautiful Pacific Northwest and look forward to embracing their new community.



Matthew Percy



Stephanie Pietras

Stephanie Pietras began her work in the HIV/AIDS community in 1989. Stephanie has a B.S. from Marymount College of Fordham University in Tarrytown, NY. She began her ministry in the Catholic Church in 1992 and held the positions of Outreach Coordinator, Pastoral Associate and Director of Faith Formation at her home parish until 2007. She graduated from Loyola University's Institute for Ministry Extension program in 2004 with a Masters in Pastoral Studies. Stephanie moved from New York to Seattle in 2007 to accept a position at Rosehedge/Multifaith Works and during her tenure served as Office Manager, CareTeam Program Coordinator, CareTeam Program Director and Transitional Housing Program Director. She was also Director of Youth Ministry at Edmonds United Methodist Church from 2008-2009. She is extremely grateful to the Board and staff for the opportunity to bring the CareTeam Program to this agency.

FAMILY SECTION



Where Have All The Dads Gone?

By James Ramsey, M.A. Licensed Mental Health Counselor at Samaritan

Have you noticed how the media portrays dads? Several commercials depict dad as simply a figurehead - someone who doesn't know what he is talking about, someone who sets down the rules, but carries no weight! As a counselor, I have several clients who are estranged from their father, hurt by him, or wanting him to be a bigger part of their lives. Why did the role of dad become so easy to pick on and his role dismissed from the family?

Growing up, I had one of the best dads a son could ever have - you know the one who would work to empower you, loved life, would pick you up when you needed a hug, and knew the right thing to say or not say at the right moment. Unfortunately, I lost my father to cancer at an early age, and do not have his wisdom and hugs to support me now. So many others have experienced what I have, or worse, and that places a burden on my heart to say "Dads/Men, it's time for you to learn how to fill this role you were designed for, this responsibility!"

I would like to suggest two ways we can fill this role. First, don't let the media be your role model as your impact on your children and those around you can be detrimental. May I suggest you unplug and step back and assess what your role as a "dad" has looked like. Find a mentor and/or community group of men to help you become the dad you would want, and if you are able, step out and fill the role of dad for someone who doesn't have a dad!

Second, let us give dad more credit - tell him you need him and want him to be a part of your life. If, like me, you don't have a dad in your life, find a good mentor - someone you like and admire.

I feel that if we take time to honor the dad role in our lives, it will make us better people; impact the lives of our kids and family, those we might mentor, those watching from the sidelines and ideally trickle down to make for a better society.

"For startling statistics on the impact on children of fatherless families visit:

www.thefatherlessgeneration.wordpress.com/statistics/

or

<http://www.fatherhood.org/media/consequences-of-father-absence-statistics>

James Ramsey is a member of the clinical staff of Samaritan Center of Puget Sound and can be reached at 206-527-2266 x344. or jramsey@samaritanps.org

FATHERLESS HOME STATISTICS:

- According to the U.S. Census Bureau, 24 million children in American, one out of three, live in biological father-absent homes
- 63% of youth suicides are from fatherless homes (US Dept. Of Health/Census) - 5 times the average.
- 90% of all homeless and runaway children are from fatherless homes - 32 times the average.
- 85% of all children who show behavior disorders come from fatherless homes - 20 times the average. (Center for Disease Control)
- 80% of rapists with anger problems come from fatherless homes -14 times the average. (Justice & Behavior, Vol 14, p. 403-26)
- 71% of all high school dropouts come from fatherless homes - 9 times the average. (National Principals Association Report)
- 12% of children in married-couple families were living in poverty, compared to 44 percent of children in mother-only families. (U.S. Census Bureau, Children's Living Arrangements and Characteristics: March 2011, Table C8. Washington D.C.: 2011.)

10 Tips for the Adults in Remarried Families

By Margaret A. (Peggy) Hansen, MS, Licensed Marriage and Family Therapist

1. **Give up the belief that there's only one RIGHT way to do things.** Be willing to consider new possibilities and other ways of looking at the world.
2. **Try to stay in the present moment** rather than letting yourself slip back into the past or drift into the future. Focus on things you have some control over.
3. **Accept an appropriate amount of responsibility** for maintaining a comfortable and safe emotional "climate" in your home but don't get stuck in managing every little detail.
4. **Allow everyone to have his or her own individual feelings** but make and enforce rules that will ensure that people treat others fairly and with respect.
5. **Develop the stepparent/stepchild roles gradually and thoughtfully**, keeping the original parent in charge while people get used to the new relationships.
6. **Accept that parents and their original children will always have a special bond.** This isn't necessarily a threat to the newly developing family.
7. **Resist overburdening particular days or events** (birthdays, Mother's Day or Father's Day, graduations, etc.). Instead, put your effort into creating good long-term feelings and memories.
8. **Arrange to take some time alone as a couple EVERY DAY** - time to share information, plan for the future and nurture your relationship.
9. **Insist on having some personal, take-care-of-yourself time EACH DAY.** Adults who are responsible for meeting the needs of their children and others on a daily basis can't run on empty.
10. **When things seem to be getting out of hand, take a deep breath and try to remember which people in the family are the grown-ups and which ones are the kids.** Then try hard to act like a grown-up -- and expect the other grown-ups to do so as well.



Peggy Hansen is a member of the clinical staff of Samaritan Center of Puget Sound in Seattle where her own second-marriage experience strongly influences her work. In addition to counseling individuals, couples and families, she leads workshops and therapists' trainings on the unique issues of remarriage.

She can be reached at 206-527-2266 x307

or at

phansen@samaritanps.org.

Couples Section

Hold Me Tight and Emotionally Focused Therapy: Creating Safety and Deepening Connection in Relationships

By Judith Hong Cho, MS, Licensed Mental Health Counselor at Samaritan



Judith Hong Cho

From the very beginning, to be in relationship with another has marked what it means to be human. We enter the world in need of one to care for us and attend to our most basic needs. But there is much more to nurturing a child than simply meeting physical needs. There are cuddles and coos, stories whispered and songs softly sung. Connections are created, letting the child know they are loved and that we will be there for them, no matter what.

It is not only in the intuitive parent-child relationship that we witness humans as relational creatures. Science continues to support what most of us already know: we are hard-wired for connection and relationship with others. Yet, to many it can be such a mystery as to why our most significant relationships, such as our marriages, can feel so challenging at times. Even though both partners are desiring the same thing, connection and a sense of safety, these seem to have been lost somewhere along relationship road.

When coming in for counseling, what most couples say they need is help with communication and/or conflict resolution. Both parties frequently feel they are simply on two different playing fields when it comes to communicating with their spouse and as a result they feel their conflicts are never fully resolved. They often feel helpless, caught in a cycle of conflict and misunderstanding, not knowing what else to do. So they seek out therapy, in the hope of learning new communication skills or conflict resolution strategies to help them get “unstuck.”

However, while learning new skills is important, it does not address what lies at the heart of the distress. Emotional disconnection and the threat to the safety of this hugely significant relationship is actually what motivates couples to act the way they do. These actions then get interpreted as communication differences or an inability to “fight fair.” One partner may prod or ask questions, even criticize, in an effort to move toward the other in an attempt to connect. Meanwhile, the other may back up, withdraw, or completely disengage in order to protect themselves and/or the relationship. These well-intended strategies may only deepen the disconnect, creating a recurring destructive cycle no matter the issue, be it finances, parenting, sex, or household chores. The end result is frequently the same: a cycle that leads to further disconnection and a depleted sense of safety in the relationship.

In her book, *Hold Me Tight*, renowned couples therapist and developer of Emotionally Focused Couple Therapy (EFT) Dr. Sue Johnson calls this cycle a “Dance of Distress.” Each partner has their own “steps”, or set of behaviors and strategies, that contribute to the dance. While this dance is in full swing, it is difficult for the partner to realize that the underlying questions being asked are frequently: *Are you there for me? Am I important to you? Am I enough for you? Am I known by you? Will you be there when I need you most?* These are vulnerable questions of intimacy, belonging, safety, adequacy and trust. But we cannot hear (or outwardly ask) these questions because we are blinded by what we are experiencing due to our partner’s actions. Rather than just learning to better problem solve and communicate, couples also need to experience that when they actually ask these questions of their partner and reach out in vulnerability, they will be reassured by the safety and love that exists between them.

Hold Me Tight and EFT offers this new experience to couples at whatever stage they are in their relationship. It first helps the couple identify their own steps in the dance and recognize the emotional needs and longings motivating those steps. Then it moves the couple toward creating new patterns of interaction by fostering mutual expression of and attuned response to those needs. Only when each party’s attachment bond to their partner feels secure, can they address issues like revisiting past hurts in the relationship, addressing sexual intimacy issues and concerns, and even the healing of traumas from their individual pasts.

Judith Hong Cho is a member of the clinical staff of Samaritan Center of Puget Sound and can be reached at 206-527-2266 x345. or jcho@samaritanps.org

Spring Classes/Seminars

(to register or learn more go to www.samaritanps.org)



Hold Me Tight

The Hold Me Tight Workshop for Couples is an evidence-based relationship enhancement program based on Emotionally Focused Couple Therapy and the work of Sue Johnson, internationally recognized couples researcher and therapist, and author of the best-selling book "Hold Me Tight." This 2-day workshop (**March 22 & 29 from 9:00 a.m. to 4:00 p.m. in the Seattle office**) will take couples through seven essential conversations that are designed to help couples increase their connection and closeness. Couples will learn how to address stuck patterns, respond to each others needs in a loving way, increase emotional and physical intimacy, and forgive injuries. Couples will learn how to move from isolation and frustration to security, emotional safety, and lasting relationship satisfaction. *Check our website for dates later in the year.*

Mindfulness Based Stress Reduction

MBSR will also be offered in the fall, when it will again be led by Kurt Hoelting. It will meet on eight consecutive Tuesday evenings, **from 6:00 p.m. to 8:30 p.m., beginning April 22–June 10**. The all-day Class Retreat for the fall series will be held on Saturday, May 31.

Marriage with Kids

For couples bringing kids into a new marriage, we offer a seminar that addresses the unique challenges step-families face. The next seminar is being offered Saturday, **April 26, from 9:00 a.m. to 3:00 p.m. at Bellevue Presbyterian Church** and will be led by Deb Thomas.

Pre-Marriage Class

April 5 and April 12 from 9:00 a.m. to 12:30 p.m. will be led by James Aultman. To register or learn more, visit our website at www.samaritanps.org.

Divorce Lifeline Group

Anyone going through a divorce, separation or ending a relationship knows that it's a time when people need understanding, support and a way to develop coping skills that will make everyday life more manageable and the future more hopeful. A small group provides a safe place where individuals can work through their feelings of loss, anger and grief and – at the same time – develop skills that will help them move through painful transitions.

Meetings will take place in our main office near Green Lake in Seattle on Tuesday evenings (for 8 weeks) starting **April 1 from 7:00 p.m. to 8:30 p.m.** For more information and intake interview, please contact Rob Erickson at 206-527-2266, ext. 370. *Our website will be listing dates in the fall.*



EFT Training: Professional Training for Therapists

Yolanda von Hockauf, M.Ed, RMFT will be conducting an **EFT: Restoring Family Bonds** two-day class on **April 4 & 5** in Vancouver, B.C. To learn more and/or register go to: www.vcfi.ca.

Trainers Veronica Kallos-Lilly, PhD, RPsych, and Yolanda von Hockauf, M.Ed, RMFT, will be conducting **EFT First Course (Externship*)**, a four-day class on Fridays and Saturdays, May 9 & 10 and June 6 & 7 from 8:30 a.m. to 5:00 p.m. in Seattle. Total cost is \$795.00 (for all four days).

To learn more and/or register visit our website at www.samaritanps.org.

***This course is a prerequisite for the Advanced Core Skills Class.**

Samaritan

Center of Puget Sound
formerly Presbyterian Counseling Service

564 NE Ravenna Blvd.
Seattle, WA 98115
(206) 527-2266
www.samaritanps.org

Non-Profit
Organization
US Postage
PAID
Seattle WA
Permit No. 886

RETURN SERVICE REQUESTED

Want more news & less paper?
Join our E-Newsletter list.
Contact: mfritz@samaritanps.org



Spring Luncheon



The annual fundraising event when friends of Samaritan gather to replenish the funds that provide counseling for those in significant financial need. This year's event will also help support our "new" CareTeam Program (see Page 1 & 2 to learn more about this exciting new outreach).

Date:

Wednesday, May 28, 2014

Time:

11:45 a.m. to 1:30 p.m.

Place:

Bellevue Club
11200 Southeast 6th Street
Bellevue, WA 98004

Keynote Speaker:

Peter Blomquist, principal of Blomquist International

*Please use the enclosed envelope to RSVP by May 14.
For more information and/or RSVP, contact Mary Eaves Mitchell at
mmitchell@samaritanps.org or 206-527-2266 x117*