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Join Us for Our Annual Spring Fundraising Event

Sunday, May 1

Guest Speaker: William Paul Young

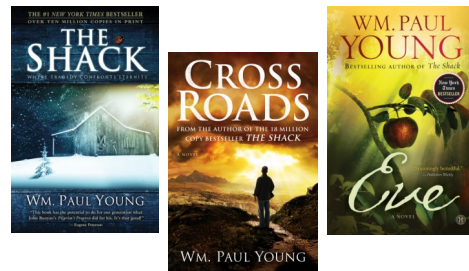
Author of "The Shack"

This year's event will be held at the Bellevue Hilton. Doors will open at 4:00 p.m. for registration and no-host bar. A plated dinner will be served at 5:00 p.m. followed by a special program featuring William Paul Young, author of "Crossroads", "The Shack" and his latest book, "Eve". Tickets for the event are \$70.00 per person.

Donations above ticket price for this event will help replenish the funds that provide counseling and services for those in significant financial need.

Please use the enclosed envelope to purchase your ticket and to RSVP by April 23. For more information and/or to RSVP, contact Mary Eaves Mitchell at MEavesMitchell@samaritanps.org or 206-527-2266 x117

**see page 3 if you would like to be a sponsor for this event.*



Message from the President, Beverly Shrumm

We are deeply grateful for the faithful support and generosity of all of you who support our mission of transforming lives through spiritually-integrated counseling, made available to all who come to us experiencing a life crisis. Our 2016 fundraising event for May 1st is taking place in a rapidly changing healthcare environment, one that is having a significant impact on those we serve. An increasing number of people are coming to us asking to be seen on our sliding fee scale. Your event gift will ensure that those without sufficient financial resources are served by our agency.

We need your ongoing financial and prayer support as well to ensure that our agency continues to thrive and serve our community. Our therapists are committed to our work being rooted in the Christian tradition, support each other in ongoing training to advance our skills, and are accountable to our board and one another to provide excellent psychotherapy and behavioral health services.

I know that lives are transformed because you support our mission with your prayers and financial gifts. Your partnering is invaluable. Thank you.

Clinical Staff

Kay Abramson, MS
 Anna Anderson, MS, MEd
 John Baumann, MDiv
 William Collins, MS
 Robert Erickson, MS
 Beth Geense, MSW
 March Gunderson, MDiv, MEd
 Margaret (Peggy) Hansen, MS
 Beth Hess, MS, MSW
 Mark Houglum, PhD, MDiv
 Douglas Johnson, MSW
 Colleen Kelley, MC
 Ron Kirstein, PhD, MDiv
 Natividad Lamug, MA
 Roger Lin, Psy.D., Th.M., MDiv
 Deborah Masten, MS
 Kristen Moss, MA, PMC
 Caren Osborn, MA
 Courtney Paine, MA
 Pat Pedegana, MA
 Matthew Percy, Psy.D.
 Anne Perry, MA, EdD
 Jim Ramsey, MA
 Cheryl Retic, MA
 Michael Rogers, MDiv, MA
 Beverley Shrumm, MC
 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

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Mediation Team

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 Founding Director 1960-1983

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Resource Center for Ministry

Anne Perry, Mark Houglum,
 Ron Kirstein, Beverley Shrumm

Counseling Locations

Seattle

Main Office (Green Lake)*
 Beacon Hill/Presbytery of Seattle
 Lux Communities (Maple Leaf)
 Our Lady of Guadalupe Parish
 West Seattle Professional Bldg.

South

Family of Grace Lutheran (Auburn)
 Washington Baptist Convention (Kent)
 St. Vincent de Paul Parish (Federal Way)
 Sunrise United Methodist (Federal Way)
 Fairwood Community United Methodist
 (Renton)
 Immanuel Presbyterian (Tacoma)

North

Shoreline Free Methodist

East

Bellevue Presbyterian*
 Overlake Park Presbyterian (Bellevue)
 St. Andrew's Lutheran (Bellevue)

*** Low Income Clinic Locations**

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 Members



Deborah Masten, MA

Deborah Masten, Licensed Mental Health Counselor, is a native of Southern California. She attended the Florida Bible College for her BA in Counseling and Liberty University for her MA in Counseling. She has worked with adolescents, families, couples, and individuals at the Phnom Penh Counseling Centre in Cambodia. She speaks Khmer fluently and has counseled individuals from over 15 different countries. She currently works in Bellevue, practicing out of the Overlake Park Presbyterian Church. She is divorced and has a 24 year-old son, a 21 year-old daughter, and a 17 year-old son. The family enjoys watching movies and dining out occasionally. Deborah enjoys music, theatre, dance, reading, hiking and visiting the ocean as often as possible. She is very active at Quest Church, is passionate about social justice and has a vibrant social life. She looks forward to having co-workers who are therapists and gleaning from their insight and wisdom.

Cheryl Retic, is a native of Seattle and graduate of the University of Washington where she received her Bachelors in Social Work. After working in the healthcare field for 15 years, she returned to school and attended Seattle Pacific University where she received her Masters in Marriage and Family Therapy. Cheryl believes part of her purpose in life is to help individuals and families broken through life's struggles achieve freedom. Following this mission, Cheryl spent many years as a trainer and social worker helping children and families in the Superior Court System and remains an advocate for children as a court appointed CASA.



Cheryl Retic, MA

As a therapist, she enjoys witnessing the work of Christ in the lives of her clients and is honored to be a part of their healing process. As a minister at her local church, where she serves with her husband, she has the opportunity to provide pastoral counseling and Christian education.

In her free time, Cheryl enjoys spending time with her husband, Curtis, and their devoted cat, Travis. She loves music, singing, traveling, reading, and the Seahawks. (mostly when they are winning) and always finds time to laugh at life.

This new appointment with Samaritan is an exciting time and she feels blessed to be a part of this team.

Sponsors **NEEDED!**

If you own or work for a company that would be able to act as a "sponsor" for our 2016 Spring Fundraising Event on May 1, please contact Mary Eaves Mitchell at 206-527-2266 ext. 117. Many of you know that if enough companies and/or individuals help sponsor an event, the organization holding the event has lower overhead costs and is able to raise more funds for their charity.

Children/Adolescent Section:

Understanding Childhood Grief

by Matthew Percy, Psy.D.

Loss affects all people - children and adults - in profound and unique ways. One interesting and often challenging feature of grief is that it is a personal, subjective experience - no two people's experiences of grief, even over the same loss, are the same. It is therefore important that parents and caregivers work to understand their children's possible grieving. Then can a child receive the support they might not know how to ask for, and feel understood in an emotional state that can naturally feel foreign, confusing, and uncomfortable.

In anticipation of or following a loss, the following guidelines can help facilitate your child's grieving in a way that promotes healthy development.

Symptoms can vary in children, from sadness to anger and irritability, loss of appetite, and difficulty sleeping.

Understand that no loss is too great or too small to grieve. The experience of loss is relative to the person, so the death of a pet can be as painful as the death of a loved family member. What causes grief can be different for every child.

Answer all questions and tell the truth. When a child is curious, give him answers in ways that are clear and easy to understand. The less a child has to wonder, the less he is likely to rely on fantasy or his imagination, which can cause anxiety.

Difficult feelings are great opportunities. While it can be difficult to see your child sad or in pain, resist the urge to "make it better." Instead, join in the sharing of their hard feelings, helping to name the feelings when possible. Remember, the goal is not to "get over" a loss, but rather to learn how to live with the reality of it in healthy ways.

There is no timeline. Understand that grief is a personal process that requires working through some difficult feelings. Rushing this process can get in the way, unintentionally drawing the grief out longer than desired.



Dr. Percy joined Samaritan in 2014.

Matthew is a licensed clinical psychologist with almost 10 years of experience including his graduate training at William James College in Boston, MA. He provides psychological assessment and psychotherapy services to individuals of all ages, specializing in depth-oriented play therapy for children ages 3 and up. Please feel free to contact Dr. Percy at (206) 527-2266 x347 or mpercy@samaritanps.org.

Recognizing and Attending to Trauma in Children

by Courtney Paine, MA, LICSW

Twenty-five percent of children will experience trauma before the age of 4, according to the National Center for Mental Health Promotion. A child's exposure to trauma can have a significant impact on their physical, social, emotional, and cognitive development. While it is impossible to protect children from all traumatic experiences, it is important to know how to best respond to the trauma in a way that can dramatically lessen the negative impact it has on a child's well-being.

What is Trauma?

In psychotherapy, we understand traumatic events to be any occurrence that is experienced as a threat to the safety of self or others and causes horror, terror, or helplessness when it occurs. The most important consideration in identifying trauma is the child's reaction to the event. What is traumatic for one child may not be traumatic for another child, depending on a myriad of factors. Some children can experience a threatening event and move through it quickly while others may not be able to cope.

Possible cues your child has experienced Trauma

Children who experience trauma may display a variety of behaviors in their attempt to cope. The behaviors often vary by age, but some symptoms are present at all stages. These include:

- Significant changes in appetite or sleeping
- Nightmares or night terrors
- Strong startle response
- Increased fear and/or new fears
- Anger or rage

What to do if you suspect your child has experienced Trauma

Children who have experienced trauma look to their caregivers to provide safety and security. If you suspect your child has been traumatized, here's what you can do:

- Reassure your child that he or she is safe
- Answer your child's questions using age-appropriate language
- Set and follow routines and schedules
- If the child volunteers information about his/her experience, listen carefully, validate their feelings, and assure them they are now safe. Contact a mental health professional and seek help if the event or the child's reaction seems severe.
- If you discover that a child you know has experienced a severe trauma, **do not make them tell you what happened.** This can be re-traumatizing for a child if it is not done in a safe and careful way. Go instead with your child to speak to a mental health counselor.



Courtney Paine joined Samaritan in 2015.

Courtney is one of several therapists at Samaritan Center who works with youth and adolescents who have experienced trauma. She has a Master's in Clinical Social Work from the University of Chicago and has worked in mental health for the past 5 years. Courtney sees clients in both Seattle and Bellevue. She can be reached at 206-527-2266 ext 384 or at cpaine@samaritanps.org.

Couples/Family Section

Can You Help Each Other Change?

By Caren Osborn, MA, LMFT

We wonder, “Can they be helped?”. You need to know, “Will the therapist be able to help my significant other with their problem”? Is this going to be worth the time and the effort? It comes down to the question of hope. Is there hope? Yes, there is hope. Hope does not disappoint (Romans 5:5) but the answer to the above question might. We can’t change our loved ones and they can’t change us but we can help them change by changing ourselves. What are you doing right before the temper flares? Are you pushing buttons? Are you criticizing or yelling? Are you stonewalling? One does not lose their temper in a “vacuum”. What are the extenuating circumstances? When you start to look at the big picture and *your* part in the big picture, you will begin to understand what you can do to help your loved one solve “their” problem (it’s most likely an “our” problem).

Helping each other change is one sure way to make therapy worth the time and effort. If someone can learn the triggers that lead to losing their temper then they can learn ways of coping that will be productive. The other equally important piece of the puzzle is for you to make sure you are doing your part by learning their buttons, choosing not to push them, letting them walk away when they need to, and then learning effective ways of communicating so that when you reunite you can effectively listen to each other and problem solve. If you catch yourself thinking that you’re an innocent bystander, you might want to spend some time in prayer and ask God to show you your blind spots. Or you could even ask your partner what they think you contribute to their temper flare ups. If you can control your anxiety and consider their point of view you might learn something about yourself that you can use to assist your partner on your journey together.

Controlling our anxiety while receiving constructive criticism can be a tricky thing but it can be done, especially if our partner is willing to offer their thoughts in a kind and gentle way. Dr. Gottman from the University of Washington says that if you can allow your partner to influence you and if your partner can gently share their opinions, then you’re well on your way to a healthy relationship. And a healthy relationship can tackle many mountains, including the anger mountain, as long as you’re doing it together.



Caren Osborn joined Samaritan in 2015.

Caren is a member of the clinical staff of Samaritan Center of Puget Sound and her office is located in Federal Way at St. Vincent de Paul Parish. She has been married for 17 years and is raising 3 children. She provides individual, couples, and family counseling. She can be reached at 206-527-2266 x 388 or at cosborn@samaritanps.org.

Spring Classes/Seminars

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



Marriage Preparation “One Day” Seminars

Samaritan offers “one-day” Marriage Preparation seminars in both Bellevue and Seattle.

Marriage Preparation seminars in **Bellevue** are offered **April 16** and **September 24**. Both classes are held from 9:00 a.m. to 3:30 p.m. and will be led by Deb Thomas at Bellevue Presbyterian Church.

For those interested in attending “one day” Marriage Preparation seminars at our **Seattle** location, they are offered **June 11** and **October 15** and will be led by Roger Lin.

Mindfulness Based Stress Reduction

MBSR classes will be offered the spring in two locations, Seattle and Bellevue. The **Bellevue** class will again be led by Janice Sack-Ory, MSN and will meet at Newport Presbyterian Church on eight consecutive Wednesday evenings, from **6:30 p.m. to 9:00 p.m.**, beginning **March 9** through **April 27**.

The **Seattle** class (held in our Ravenna Office) will be led by Kurt Hoelting and will meet on eight consecutive Tuesday evenings from **6:00 p.m. to 8:30 p.m.** beginning **April 19** through **June 7**.



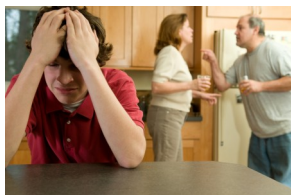
Divorce Lifeline Group

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 the painful transitions.

Meetings will take place in our main office near Green Lake in **Seattle** on Tuesday evenings (for 10 weeks) from **7:00 p.m. to 8:30 p.m.** For more information and an intake interview please contact Rob Erickson at 206-527-2266, ext. 370. **Groups are ongoing throughout the year.*

EFT (Emotionally Focused Therapy) Training: Professional Training for Therapists

Yolanda von Hockauf, M.Ed, RMFT, Jim Furrow, Ph.D., and Roy Hodson, MA, LMFT, LMHC will be conducting **EFT First Course (Externship*)**, a four-day class on Fridays and Saturdays, May 13 & 14 and June 3 & 4 from 8:30 a.m. to 5:00 p.m. at the Ravenna Office in Seattle. Total cost is \$845.00 (for all four days). **This course is a prerequisite for the Advanced Core Skills Class.*



Rare Opportunity: James Furrow, Ph.D. and George Faller, M.S., will be conducting the **Emotionally Focused Family Therapy: Healing Relationships, Promoting Resilience** class on April 15 -16 from 9:00 a.m. to 5:00 p.m. at our Ravenna Office in Seattle. Total cost is \$400.00.

Samaritan

Center of Puget Sound
formerly Presbyterian Counseling Service

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www.samaritanps.org

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Contact: mfritz@samaritanps.org

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

By having business pages on these two platforms there are many benefits – more people will learn about us, we will be able to post upcoming classes/events, and we will 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.

