

SPRING
2024

SAMARITAN
NEWSLETTER



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Samaritan
Center of Puget Sound

Pursuing a New Horizon

**By Beverley Shrumm, Executive Director
Samaritan Center of Puget Sound**



Our history as an agency has relied on faithfulness to our core mission and on an openness to strategic changes to further that mission. Another significant strategic change lies ahead. I have determined, considering the costs we face and our reduced need for a such a large facility, that selling our building in the Green Lake neighborhood is our best stewardship of the resource.

Presbyterian Counseling Service (PCS) was founded in 1960, two years before the Space Needle became a landmark for the Seattle skyline, built to declare an optimistic future for our world. In those early years, the agency's services were primarily offered at University and then Seattle Presbyterian Churches. By 1980, the agency was welcomed by Ravenna Boulevard Presbyterian Church to share their building and services grew, expanding into partnerships with additional church hosts. And then in 2005, the Presbytery of Seattle deeded the property to PCS, in keeping with the wishes of the congregation which had closed at that location. It was a welcome move that set us up for further growth and expansion of our services as Samaritan Center of Puget Sound.

We made full use of the property in the following years—until the Spring of 2020. With the arrival of the Covid-19 pandemic, our counseling service became almost exclusively virtual. Today, the number of people who choose to meet in person has begun to increase gradually, but many still choose to meet virtually. As a consequence, we are not utilizing our office space as thoroughly as before. What's more, the building is showing its age and is in need of significant work going forward.

Through the efforts of staff and donors, we have made upgrades over the years and have extended the life of the building. Still, time and circumstances have led us to this clear decision point and new opportunities.

We anticipate relocating to a space, perhaps shared, in the north Seattle area, as well as developing an office in south Seattle or Renton. Given our partnerships with Bellevue Presbyterian, Saint Andrew Lutheran in south Bellevue, and First Lutheran Church of Poulsbo, we remain committed to providing substantial access for the region.

Our Board of Directors and staff will soon gather to imagine and plan for our future, a future funded in part by the gift of the property by the Presbytery. In the midst of this planning, we know one thing for certain: We know that we will continue to offer spiritually-integrated mental health services with a commitment to affordability for all who reach out to us. This pledge is the core of our agency. In the words of our founder, Rev. Neal Kuyper, *"be the Gospel in Action."*

The Samaritan Community

Clinical Staff

Kay Abramson, MS
 John Baumann, MA, MDiv
 Mary Kay Brennan, MSW
 Grace Carpenter, MS
 Robert Erickson, MS
 March Gunderson, MDiv, MEd
 Dan Kujawinski, MSW
 Natividad Lamug, MA
 Isaiah Lin, PsyD
 Kristen Moss, DMin
 Matthew Percy, PsyD.
 Jim Ramsey, MA
 Beverley Shrumm, MC
 Kimberly Snow, PsyD
 Mary Stanton-Nurse, MA
 Gary Steeves, MEd
 Eric Stroo, MA
 Tita Subercaseaux, MS
 Neal Teng, PhD
 Deb Thomas, MS
 Carl Hilton VanOsdall, MA, MDiv
 Nathalia Mora Worms, MSW
 Katherine Yoder, MA

Counseling Locations

The majority of our counseling sessions have moved to our secure online platform since 2020. In-person appointments may be available at these locations:

Seattle

Main Office (Green Lake)

Bellevue

Bellevue Presbyterian Church
 St. Andrew's Lutheran Church

Bainbridge Island and Kitsap

Poulsbo First Lutheran Church

Spokane

First Presbyterian Church of Spokane
 Opportunity Presbyterian Church

Board of Directors

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 Vic Tomono, *Treasurer*
 Deborah Masten, *Secretary*
 Scott Anderson
 Peggy Hansen
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 Richard Weyls

Leadership & Administrative Staff

Beverley Shrumm, *Executive Director*
 Jesse Dobner, *Admin Supervisor*
 James Ramsey, *Director of Operations*
 Matt Percy, *Clinical Director*
 Eric Stroo, *Director of Community Relations*
 Anna Dickman, *Marketing Coordinator*
 Somaya Frotan, *Accountant*
 Hayley Frost, *Accounts Receivable*
 Andrea Berry, *Accounts Receivable*

Consultants

DeAmber Clopton, *Consulting Accountant*
 Jeffrey Sung, MD, *Consulting Psychiatrist*
 Jim Furrow, PhD, *Clinical Consultant*

Our main Samaritan Center of Puget Sound office 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 samaritanps.org

Staff News – Introductions

Accounts Receivable Specialist

Andrea Berry

Andrea (she/they) is a returning member of the Accounts Receivable Team. She has worked in billing for various type of practices over the years, from naturopathic medicine to chiropractic, but loves the community and mission of mental health. They are currently exploring the Southwest while working remotely.



Marketing Coordinator

Anna Dickman

Joining the agency on a half-time basis, Anna (they/them) brings experience in illustration, graphic design, writing, and event planning, having recently worked in a similar capacity for a faith-oriented non-profit. They will curate and create the content we share, with the collaboration of our Community Relations team.



A Message from the Board President



Greetings. As we begin the new year, I wish to begin by thanking those who finished their terms of service and responsibilities on the Board of Directors: Rev. Lee Seese as outgoing President, Mr. Doug Farnham as outgoing Treasurer, and Ms. Liz Covey. Each served the Center and the Board faithfully. I greatly appreciate them for their insights, leadership, friendship, and care.

I want to welcome two new members to the Board: Ms. Peggy Hansen and Mr. Vic Tomono. Each brings a wealth of experience, caring and enthusiastic hearts for service, and deep appreciation for the Samaritan mission. We are grateful to Vic agreeing to be elected as the Board's Treasurer.

As I prepared for my time of service as Board President, I took some time to look back at the Samaritan Center's Mission Statement:

"As an expression of God's love and compassion, we seek to restore hope, reconcile relationships, and participate in the transformation of lives."

Good words, and a strong statement of purpose. At the first Board meeting of the year, I shared with my fellow Board members my conviction that, "This is a season of opportunity for the Samaritan Center." This belief reflects our moving forward with the sale of the Ravenna property, anticipating added resources and options that the sale will bring, engaging necessary work on our Strategic Plan, envisioning extra resources/possibilities for our therapists, and looking ahead to expanded services and care for youth and families.

Together we have the opportunity to create a "new footprint" of the Samaritan Center as an "expression of God's love and compassion" in seeking "to restore hope, reconcile relationships, and participate in the transformation of lives." Therefore, it is my personal hope that the Center's Mission Statement continues to be an integral part of our conversations and decision-making. It connects us to our rich history and informs our present dialogue—dreaming and leading and guiding us into the future and its possibilities.

Peace,
Rob Caudillo



New Board Members



Peggy Hansen

Peggy came to Samaritan in 1984, and has been a part of the agency for most of the 40 years since that time.

Read more about the Board at:
samaritanps.org/about-us/leadership/



Vic Tomono

Vic has a BS degree in Business Administration, with an accounting option. Vic and his wife Tammy live in Federal Way, Washington. They enjoy the beautiful greenery and fresh air of the Pacific Northwest.

Interview with James L. Furrow, PhD



In February, we spoke with Jim Furrow, who has worked closely with our clinical staff over the last five years as a trainer and consultant. Jim is an internationally recognized leader and contributor to the practice of Emotionally Focused Therapy with couples and families. Together with EFT originator Susan Johnson, he coauthored seminal works on EFT as it is practiced for couples and families. Jim maintains an active research program examining the process and effectiveness of the model.

Interviewer: *What was it that drew you to psychotherapy and particularly to therapy with couples and families?*

Furrow: I've always been a bit of a curious person. I grew up in a family of scientists—a biologist and chemist who were often pursuing a deeper understanding of the nature of things?

Relationship stood out to me in this regard in particular how important relationships are in shaping people's lives. I found people intriguing. While relationships are significant in shaping our experience of the world, they are also complicated—whether that's a parent-child relationship or a romantic relationship. People in relationships are often seeking something more and often finding it challenging to get what they most need.

All these factors sort of pushed me in the direction of seeing what I could do to be helpful for others in the relationships that mattered in life.

Interviewer: *We appreciate that you've engaged your work in a variety of ways: teaching, consulting, clinical practice, research, publishing books and papers. I wonder if you see a certain thread that ties together all those ways of working?*

Furrow: Yes, I love the question because the work I do is truly multifaceted. There is a core however and for me that is discovery, whether I am thinking about my teaching, writing, research, or practice I am curious how to foster discovery learning. It's one thing to tell somebody some helpful information. It's a whole different experience when you can help them find it for themselves.

When they see something new about their relationship, or something new about their partner or about themselves—it's like a light bulb moment. Whether it's with a student or a client or another professional, what I find most energizing and what I'm passionate about is this idea that through experience we find new understanding. We see ourselves more clearly, we see the world more vividly, we see those we love more endearingly.

It requires some amount of what I know, but also being invited into what I don't know, and finding discovery there. This is where the curiosity comes in—I'm always learning. It's a huge privilege, whether it's a student in a classroom or a couple in my office, or even a research subject: Somebody shares from their experience, and I see the world in a new way. Those moments are a gift and opportunity.

(Continued on page 5)

(Continued from page 4)

Interviewer: *What has made EFT so central to your work and to your career?*

Furrow: What's been interesting to me, especially in my 30 plus years in the field, is to see emotion move from the background to the foreground. And the more that we learn about the neuroscience, the more we understand that emotion provides an important integrating element between cognition and behavior.

As a model, EFT sees emotion as a resource for change and also as a target to focus on. It gives me a map for the work that I'm doing, but also a means for change--which is a powerful combination. It's enabled me to be effective in moving toward both transformation and reconciliation in relationships: transformation—how people grow, how they become; and reconciliation—how people are brought together, which is about belonging.

Interviewer: *At Samaritan Center, we have a commitment to spirituality as a dimension of therapy. And in working with you, we've found that to be a shared commitment. Could you say a bit about how that also informs your work?*

Furrow: Absolutely. One way to think about spiritual integration is to talk about soul care, the care for people's sense of meaning and purpose in the world. For a lot of folks, that has a spiritual or religious expression.

The questions that come up routinely in therapy, whether they relate to parenting or to marriage and couple relationships, are at their heart questions about purpose, about direction. What are we doing here and why are we doing it and what's the value here? Is it just satisfaction? Is that all I'm looking for, or is there some deeper meaning? I think it's essential that we have a way to talk about these existential questions in the client's language and from their perspective—honoring the importance of communities, religious communities, for example.

And for me, there is something more, something that comes from my core, from my own Christian understanding. And that is that there is a promise. It's not just purpose, it's not just a direction, but there's a promise that gives hope.

Of course, one thing I'm quick to say in a conversation around faith is that it can be a resource, but it can also be a risk. There are ways that it's been hurtful in people's lives, ways that it's been constraining. And yet where it brings freedom and hope, I do believe that it can lead to transformation and reconciliation.

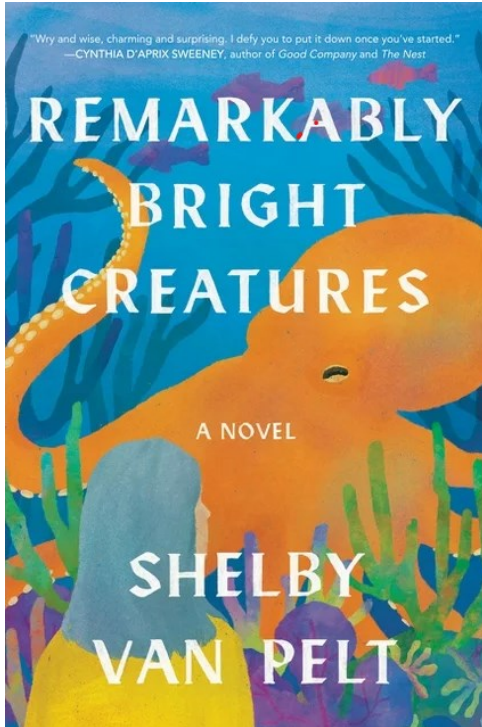
Interviewer: *Finally, Jim, on this subject of hope, I wonder if you would share a bit more about what gives you hope, professionally and personally?*

Furrow: Well, I think it's twofold. One way is very much from the ground up: The people that I work with give me hope because I see the efforts that they bring to seek something better in their lives, to seek understanding, to seek compassion, to seek caring, to seek repairing, to seek growing. I see courage every day and the work that I do. The risk to be vulnerable in a relationship with another person in marriage, in family life, in friendship. You see and find courage, and you see the human spirit.

And I think you often see the presence of Christ in the midst of these moments, which is a second source of promise and hope that is vitally important, at least for me. It's not a generic hope, like "hopefully" this is going to get better; there is a confidence that comes in knowing that we're in this together and ultimately held in the love and mercy of God.

The critical question is, are we alone in our suffering, or can we find others who can walk that journey with us with a sense of hope and promise? That's where I would like to show up—to provide a sense of presence, holding on to a hope that for me is based in God's promise.

Staff Favorite



Remarkably Bright Creatures, by Shelby Van Pelt, surprised me with its charming characterizations, implausible interspecies relationships and healing connections.

Tova Sullivan, the main character, lost her son, Eric, years ago when he was just 18, and she was recently widowed at the age of 70. Facing an unknown future, she copes with her loneliness by staying busy at her night job cleaning the local aquarium, purposefully performing her daily duties “in the right way.” Unwelcome interruptions to her regular routines create unexpected opportunities for change. But can she open to the possibilities they might offer?

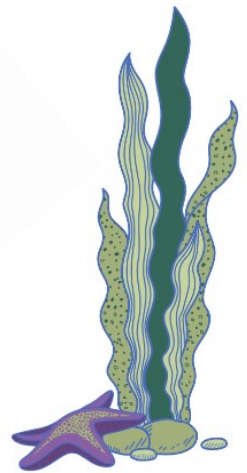
Van Pelt sensitively attends to the experience of each of four characters as they seek to understand and find some resolution to their grief. Tova’s quietly painful reflections about her lost son. Cameron, a misfit soul who comes to this small seaside town searching for the father who abandoned him 30 years ago. Ethan, the local music-loving grocer burned in his youth by love lost. Marcellus, the 60-pound octopus who muses on his “end of days,” adding a humorous, magical realism to the mix.

The story centers on a mystery, but it was the relationships between the four characters that captured my heart. Watching as each of them seeks answers to the questions that will shape their next steps forward. Will Tova stay in the house she loves or move to a retirement home? Will Cameron find a way to take on the personal responsibility of adulthood? Will Ethan create more meaningful connections than those of local gossip? Will Marcellus remain a captive in the aquarium?

The relationships that develop between the four of them support the possibility of the opening of new doors and of resolving their losses. As a therapist, this beautifully told story speaks to me about the important aspects of human development that are present in each of life’s stages. For example, the challenges that aging presents, the unending process of grief, and the healing power of relationships- even those that are unexpected and imperfect. **It reminds us that anyone - the young folks and the elderly - can learn new ways of making meaning in life, creating and engaging in their preferred pathways.**



*Book review by Kay Abramson,
MS, LMFT*



2023 Donors

Samaritan Center gratefully acknowledges the following persons and entities who have generously supported us throughout 2023. Each gift —large and small, single and recurring— has helped to extend the reach of our agency as we serve those with limited funds. We apologize for any inaccuracies or omissions in our donor list; please let us know of any corrections.

We would like to extend our special thanks to the congregations who freely shared their facilities in 2023 so that we would have a number of locations at which to offer our services. These churches included: St. Andrew's Lutheran (Eastgate), Bellevue Presbyterian, Poulsbo First Lutheran, First Presbyterian of Spokane, and Opportunity Presbyterian (Spokane).

Alan and Amy Spanne	Kathy and Bill Collins
Anna Joyce and Richard Nelson	Kay Abramson
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Thank you for your support and generosity!

Samaritan

Center of Puget Sound

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Samaritan Center has maintained a strong presence for over 60 years, facing the headwinds that have challenged and grounded many nonprofit agencies in our community. That we continue and grow is a tribute to our clinical and administrative staff, and to the faithful support of our friends: clients, fellow professionals, donors, and volunteers. *Thank you.*

We want to hear from you!
Ask questions or tell us what you think by email:

contact@samaritanps.org

You can also view our website here:

www.samaritanps.org

If you prefer to call, our phone number is:

(206) 527-2266

Samaritan

Center of Puget Sound

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