

CONNECTING

Healthy Information from the Des Moines Pastoral Counseling Center  November / December 2002

The Next Thirty Years

Over the course of this past year, we have recounted the beginning and first 30 years of the Center. During these years, the faith and efforts of many have enabled the Center to become a vital resource for emotional and spiritual health in our community. The factors contributing to the growth and reputation of the Center have included: 1) a consistently fine community-connected board of directors; 2) a professionally competent and dedicated staff; 3) many generous donors who have supported our mission; 4) a growing Foundation, with its guiding board; and 5) most important, the clients who have demonstrated a capacity to view the Center as a resource in the time of personal need.

All of these persons and many others have together built a foundation that allows us to look into a future that will contain both hope and challenge. What are some of the possibilities for the Center?

We will continue to express a commitment to counseling and psychotherapy based upon understanding our clients. In a mental health environment that primarily seeks “behavior change” and symptom relief, the Center’s commitment to person-centered healing will continue to be an affirming and caring alternative. In an economic environment that may force clients to feel they must choose between life necessities and health, the Center will strengthen its ongoing partnership with donors who believe in and generously support our work.

We have something special in our work that helps children and adolescents to overcome the obstacles in their lives. The

growth of our service to children is limited only by space. We could double the number of children, adolescents and parents served over the next few years. We could further respond to the needs of children by offering some of the child-focused developmental services that parents must seek in other settings.

In recent years men have increasingly demonstrated a desire to heal their pain and become better partners and role models. Our MANifest program offers men an opportunity to grow and learn from the experience of one another. We can expand our work with men and particularly support fathers in being a positive presence in the lives of their families.

We have begun to explore how psychotherapy and holistic medicine complement each other. The Center already offers spiritual direction, holistic nursing and healing touch. Referral and collaborative arrangements are being developed with professionals in other areas of the healing arts. This endeavor is innovative with few similar models. To better understand the interplay of mind, spirit and body, we will continue to seek a more full expression of the meaning of healing.

We have a 20-year history of offering a variety of professional education resources to clergy and mental health professionals in Iowa. This work has greatly extended the reach of the Center’s influence. We have the potential to further develop the educational aspect of our identity. The Center’s education program can be the foundation for a ministry resource center or “seminary” for pastoral care, seeking to support congregations and clergy.

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30th Anniversary

As the Center celebrates its 30th anniversary, we would like to thank all of the people who have helped the Center become the community resource we are today. In the past three decades:

- Over 200 men and women have served on our board of directors.
- At least 500 people, including lawyers, judges, pastors, educators, physicians, and mental health professionals, have referred clients to the Center.
- More than 300 individuals, 80 corporations and foundations, and 50 churches have supported the Center through donations.

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Through our continuing and developing mission, we are called to view our work in the context of our wider community. Our board of directors frequently asks, "How can the Center play a larger role in serving the mental health needs of the less fortunate in our community?" The Center will continue to be attentive to opportunities for partnering with others in serving those who would not otherwise have access to help.

As we look to the future and continue the process of shaping our identity, space and facility questions will be important. We need a space that allows the Center to most effectively express not only who it is but also who and what it can become. That may mean having our own building. At least, creating an environment that enhances our work of healing and teaching will be important.

The Center has been blessed through the trust in and support of so many throughout these first 30 years. May the Center continue to faithfully find expression to that combination of professional caring and community support.

Ellery H. Duke, Ph.D.
Executive Director

MANifest Workshop – Male/Female Communication

In 2003, Manifest will be offering a new workshop format. Please join Mike Sears and Lowell Houts on Monday nights (January 13 through February 3) from 6:30 to 8:00 for a workshop focusing on the topic of male/female communication. The group will meet at Des Moines Pastoral Counseling Center. The cost of the workshop is \$100 for four weeks. Group size is limited to 20 people, so reserve your place early by calling (515) 274-4006. Participants must pre-register.

Workshop Description:

Communication is the key to successful relationships. Men and women often perceive the world quite differently and their styles of processing and communicating information reflect these differences. The goal of the workshop is to raise awareness of male/female communication styles and equip participants to understand and respond more clearly to the significant women in their lives.

- ▶ For details, visit the Manifest website at www.manifest.themencenter.com or call Lowell Houts or Mike Sears at (515) 274-4006.

Educational Event for the Community – Greg Seiler of The BodyMinders Massage Therapy

Date: December 3, 2002

Time: 5:30-6:30 p.m.

Location: Central Presbyterian Church, East Parlor Room

Cost: Free!

Expand your understanding of the various forms of massage therapy and body work including Myofascial release, Cranio Sacral, and Bones of the Earth Heated Stone Therapy. Learn how massage therapy and bodywork can be a resource in the healing process (emotionally, spiritually, and physically). There is no charge for this event, but please call the Center at 274-4006 to let us know you will be attending.

This is the first of a series of educational events offered by the Des Moines Pastoral Counseling Center through a grant from the Community Innovation Fund at the Greater Des Moines Community Foundation. The presentations are intended for friends of the Center and other interested community members. Each presentation will provide information on a different complementary therapy, including massage therapy, acupuncture, chiropractic, and holistic medicine.

C.O.O.L. Corner

C.O.O.L. Corner is written by the pediatric psychologists of the Des Moines Pastoral Counseling Center.

We are approaching the holiday time which can be quite stressful for families. Here are some "keeping C.O.O.L." tips to keep in mind:

- ▶ Focus on the giving aspect of the season rather than the receiving aspect.
- ▶ Minimize disruption of daily routines even when staying away from home.
- ▶ Emphasize healthy choices with regard to food, limiting sweets.
- ▶ Bundle up and get outside to play!

New Staff at the Center



Susan Arland

Susan Arland, recently joined our staff as a licensed mental health counselor. Beginning in November, she will provide counseling to adult individuals and couples. Susan has a special interest in life transitions, trauma, depression, and anxiety. She is trained in working with deaf and hard of hearing persons, with skills in American Sign Language and knowledge of deaf culture.

Susan's professional experience includes nine years in private practice with Two Rivers Psychological Services and Counseling for Growth and Change. Prior to that, she worked with the mentally ill population, as well as the Intra Family Sexual Abuse program, at Broadlawns Medical Center for eight years. In addition, Susan spent seven years at the Family Counseling Center as a counselor and consultant on deafness.

Susan earned her master's degree in counseling from New York University and her bachelor's degree in psychology from Purdue University. She has also completed a two-year post-graduate training program with Des Moines Family Therapy Institute. Susan has additional training in hypnotherapy, brief solution-oriented therapy, and E.M.D.R. (Eye Movement Desensitization and Reprocessing).

Des Moines Pastoral Counseling Center Foundation

Only four out of ten Americans have current wills. If any of the following events have occurred since you last updated your will, your will is probably out-of-date.

1. Births
2. Marriage or divorce-yours or one of your children's
3. The death or incapacity of a named beneficiary in your will
4. Changes in your personal net worth
5. Change of your needs or your beneficiaries' needs
6. Change of residence-do you now live in a different state? Check the laws of that state.
7. Changes in the tax law
8. Change of personal representative of your estate or the guardian of your minor children
9. New charitable interest
10. Retirement

► From the "Leave a Legacy of Iowa" web site:
www.leavealegacyiowa.com

Next time you update your will, consider a gift to your favorite non-profit organizations, including the Des Moines Pastoral Counseling Center Foundation. Your support is important to the future of the Center.

An Introduction to Self-Psychology – A 10-week Course Offered by the Des Moines Pastoral Counseling Center

This course is an introduction to self-psychology and its application to psychotherapy. The development and historical context for this theory will be reviewed, and key elements of the theory will be discussed. The application of these principles to the practice of individual, couple, and family psychotherapy will be the main focus of the course. The usefulness of this approach to contemporary problems presented in outpatient treatment settings will be addressed.

Dates: December 6, 2002 - February 21, 2003

Time: Fridays, 8:30-9:45

Location: Seminar Room of Des Moines Pastoral Counseling Center

Cost: \$200 plus textbooks if desired

Registration Deadline: November 28, 2002

The Instructor: J. Jeffrey Means, Ph.D., is director of clinical services and professional education for the Des Moines Pastoral Counseling Center. He is a licensed clinical psychologist, pastoral counselor, and marriage and family therapist.

The Des Moines Pastoral Counseling Center is an Iowa Board of Social Work Examiners approved provider #0087 and Iowa Board of Behavioral Science Examiners approved provider #AS98-13. This course is approved for 15 hours of continuing education credit.

► For more information or to register, call (515) 274-4006.

Mark Your Calendar:

Fifth Annual Women Helping Women Luncheon

Date: Thursday, March 13, 2003

Topic: Women and Nutrition

Speaker: Sue Roberts, Nutritionist & Founder of
Sue Roberts Health Concepts, Inc.

Location: Hoyt Sherman Place

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Psychology and the Chakra System: A Two-Day Workshop

Date: March 28-29, 2003

Presenter: Anodea Judith, Ph.D., Psychologist &
Transpersonal Somatic Therapist

Location: St. Augustin's Parish Hall

www.dmpcc.org

Visit the Center's website for information on Center counseling services, Center staff members, support and interest groups offered by the Center, special events taking place in the coming months, and classes the Center offers to mental health clinicians and clergy.

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is a publication of the Des Moines Pastoral Counseling Center, an independent, interfaith, not-for-profit organization. For nearly 30 years, the Center has been providing counseling and educational services to individuals, couples, and families for the purpose of enhancing emotional, spiritual, and relationship health. The Center has satellite offices in West Des Moines, Altoona, Ankeny, and Urbandale.

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Des Moines Pastoral

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