

CONNECTING

Healthy Information from the Des Moines Pastoral Counseling Center  January / February 2011

We've Moved!

Construction of the Center's new facility ended up being way ahead of schedule! Remembering back to groundbreaking on June 24th, 2010 (a day of sunshine after weeks of rain), what a difference a few months of exceptional Fall weather made. Tremendous progress was realized in record time on the new Center facility at 8553 Urbandale Avenue in Urbandale.

Construction was completed December 1st, 2010. Staff moved in Friday, December 17th, opening our new doors to clients Monday, December 20th. This has truly been a season to rejoice! Thanks go to our generous donors for making this possible. We will be planning an official celebration and ribbon cutting in early spring. In the meantime, feel free to visit us at any time.



8553 Urbandale Avenue, Urbandale

(photo by K. Murrin 11/11/10)

THE CAMPAIGN AS OF 12/31/2010

Campaign goal: \$2,800,000
Committed to date: \$2,829,842
Number of donors: 229
Total Project goal: \$3,300,000

We will continue to seek support for the *Campaign for Hope and Healing* to help bring us ever closer to funding the Total Project goal.

CAMPAIGN FOR HOPE AND HEALING

Leadership: Dick Lozier and Sally Pederson, Co-Chairs; Joyce Chapman, Doug Fick, Sharon Malheiro, Sid Ramsey, Cheryl Rigler, Steve Schaaf, Jim Wine

Advisory: Bonnie Campbell, Ray Martin, Larry Sheldon, Margaret Swanson

For more information contact:

Kathleen Murrin kmurrin@dmpcc.org or 515-274-4006

Center's Annual Meeting Announcement

The Des Moines Pastoral Counseling Center's Annual Meeting will take place on Wednesday, February 9, 2011. The event will include a Celebratory Toast in tribute to the successful capital campaign and completion of the construction our new facility. The event will be held at Walnut Ridge, 1701 Campus Drive in Clive, 6:30 p.m. reception, 7:00 p.m. dinner and Toast. If you are interested in attending the Center's annual meeting, please call the Center (274-4006).



Des Moines Pastoral Counseling Center
Women Helping Women Luncheon 2011



Des Moines Pastoral Counseling Center
Women Helping Women
Annual Luncheon
Friday, March 25, 2011



Speaker: Deborah Turner, M.D.
Topic: *What Color Is Our World?*
Date: Friday, March 25, 2011
Time: 11:30 a.m. – 1:00 p.m.
Location: Marriott Downtown
700 Grand Avenue, Des Moines
Tickets: \$45 (includes lunch); \$400/table of 10

Since 1999, the Des Moines Pastoral Counseling Center has sponsored an annual luncheon *to raise awareness* of our work with women struggling with the challenges of life and *to generate funds* to help subsidize counseling for low-income women and girls. Please join us for this uplifting event in celebration of women.

Dr. Deb Turner, this year's featured speaker, was born and raised in Mason City, Iowa, the middle daughter of parents who had experienced very limited educational opportunities. Her mother, born in Buxton, IA, and raised in Mason City, had a high school diploma, and her father left school in the sixth grade. Inspired by an older sister, the dedication of her parents, and a deep love of science, she decided at an early age to go into medicine. And at a much later age, she decided to add a law degree.

"What Color Is Our World" is an important, timely, entertaining, and thought provoking topic. As Dr. Turner sees it, "Race is a funny thing. Is it nationality? Skin color? Ethnic background? Heritage? Myth?" Dr. Turner will emphasize the benefit of being raised and educated in Iowa as an African American female. However, her overall emphasis will be that we can and should live beyond the limitations of thinking only and always along racial lines. Invitations will be mailed late February 2011. Call the Center today (274-4006) to request an invitation.

Dr. Deborah Turner received her medical degree from the University of Iowa College of Medicine in 1978. She completed a Fellowship in Gynecological Oncology at MD Anderson Medical Center in Texas in 1985. She was the first African-American woman in the nation to be certified by the American Board of Obstetrics and Gynecology in Gynecologic Oncology (1990). She took seven years going to school part-time to earn a law degree from Drake University in 2008. During this same period, she served as a member and president pro tem of the Iowa Board of Regents. She has practiced Gynecologic Oncology at Mercy Clinics since 2000 and is currently Director of Mercy Cancer Center – Gynecologic Oncology.

OUR EXPERTS - a six-week series of seminars

Conversations with the Center's Clinical Staff about Their Areas of Professional Expertise

This spring, the Des Moines Pastoral Counseling Center will be offering a special professional education series: six one-session seminars on a range of clinical topics. These seminars will meet from 8:15 – 9:45 a.m. on Friday mornings beginning Friday, April 1, through Friday, May 6, 2011. The cost will be \$20 per session for 1.5 CEUs each. Individuals may choose to attend as many sessions as they would like. Details are pending, so please check our website at <http://www.dmpcc.org/classes/classes.html> for additional information as it becomes available. The seminars will take place at the Center's new facility, 8553 Urbandale Ave., Urbandale, IA.

WELCOME NEW STAFF MEMBER

We are very pleased to welcome **Melissa Mee, M.A.**, to the Center's clinical staff. Melissa is a licensed mental health counselor. She earned her bachelor of arts degree in Psychology from Cedarville University in Cedarville, Ohio, and her master of arts in Professional Counseling from Liberty University in Lynchburg, Virginia. Melissa provides counseling to adults and older adolescents. She has experience in the treatment of depression, anxiety, childhood abuse, attachment issues, divorce and single-parenting issues. Melissa has a special interest in working with clients recovering from sexual abuse and other types of trauma, as well as clients dealing with dissociative disorders.



PASTORAL CARE SPECIALIST PROGRAM

The Center is gearing up to for the Fall offering of the Pastoral Care Specialist Program, a competency-enhancing two-year program designed for the professional development and renewal of pastors, chaplains, and other persons involved in ministries of pastoral care.

Participants meet once each month to learn about areas critical to effective pastoral care, and to receive support, encouragement, and consultation on their work. Seminar topics vary each year. This year's program begins the second Tuesday of September (September 13, 2011) and runs through the second Tuesday of June (June 12, 2012). Participants meet from 8:45 a.m. to noon. Tuition for the program is \$500 for each of the two years.

For additional information or to obtain a registration form, contact Jeff Means, M.Div., Ph.D., at (515) 274-4006 or jmeans@dmpcc.org. Or visit the Center's website: www.dmpcc.org/churches/churches.html.

SPIRITUAL GIFTS FROM CLIENTS

Musings on spiritual gifts received by the therapist during therapy



Above all, the relationship between therapist and client exists to serve the needs of the client. Any spiritual gift the therapist receives comes unbidden, unexpected, and sometimes, not fully recognized. Experiencing the relationship in this way is itself a gift. To the client:

I am grateful you had the courage to risk coming to this place—the office of a stranger—at a time when you may feel lost, vulnerable and hopeless.

Your courage inspires me.

As we gradually build our relationship, we develop a partnership: joint explorers in an unknown land, developing understandings together that neither of us could develop alone.

Your ability to trust and grow inspires me.

When we are confounded and stuck, we can trust in the relationship and sometimes find our way through to a more comforting and hopeful place.

Your perseverance inspires me.

Sometimes I have a fixed idea of what you need and you discover a way totally your own, beyond what I could imagine.

Your creativity inspires me.

Perhaps, at first, I find it hard to be comfortable with you or your concerns. This leads me to look within, to lift to my awareness personal experiences or feelings that I need to encounter to be more free in meeting you with compassion.

Your unique humanity inspires me.

Sometimes our work ends before I am ready, and sometimes we jointly feel we have arrived at the goal.

I appreciate the gift of practicing letting go, of celebrating that the achievements you made in therapy are from you and belong to you. You carry them with you to serve you in the future.

~ Richard Douglass, M.S.W., L.I.S.W.



It is nothing less than an honor to be present when a client, a couple, or a family are trying to sort through their own personal issues in my presence.

I truly consider it a gift for them to entrust me with their life stories and struggles, and ultimately, to be a witness in their healing. The privilege of being there to hear and accept their realities is at times difficult, but to watch them emerge on the other side as a healing, growing person is a spiritual gift for which I am most grateful.

~ Jeanne Weakland, M.A., L.M.H.C.

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I think the most significant spiritual gift I receive from my clients is courage. It has often been noted that courage is not the absence of fear, but rather courage is going forward in the presence of fear. Coming for therapy is a significant act of courage. It is very difficult to brave the social stigma of being in therapy. Even after that initial hurdle is overcome, the work of therapy, sharing one's hidden pain with a stranger, requires more courage still. Particularly for individuals who have suffered harm at the hands of another, it takes a great deal of courage to undertake the ongoing process of trusting a therapist and being willing to enter into the pain and fear in order to come out on the other side. It requires courage from the therapist to trust that there is another side for the client to reach, and to help contain the intensity of their pain and fear as we make the journey together. More than that, though, I think that being able to witness clients doing this day after day in my office provides me with a high standard to aspire to myself. I see their example, their willingness to trust me and to keep going, and I remember to trust, to keep the faith, and to find whatever is necessary to walk alongside them for as long as it takes. ~ *Lisa Streyffeler, Ph.D.*



When I think of spiritual gifts I have received from clients, two things come to mind. One is the privilege and honor I feel when children, teens, and their families allow me to witness their stories. The simple act of sharing and witnessing stories is a sacred thing that is often overlooked in this modern, technological age. The other gift I receive is being shown again and again in many different ways how resilient children and teens can be in the face of overwhelming and terrible things in their lives. Even when they may be struggling greatly with some serious problems and burdens, they are managing to survive and adapt. When they may have lost sight of their inner strength and resilience, it is rewarding when I can help them find these qualities again and incorporate them into the next chapters of their personal stories. ~ *Douglas R. Aupperle, Ph.D.*



The most uplifting spiritual gift that I receive from my work with children is their resiliency. In working with children who have been severely abused, traumatized, and struggling with difficult issues, I am awed on a daily basis by the strength that they are able to find within themselves to keep progressing and moving forward. I believe that I am honored to be a part of that journey with them, aiding them to find their wholeness. ~ *Kelli Hill Hunt, Ph.D.*

www.dmpcc.org

Visit the Center's website for more information on the Center's counseling services and staff, special events and classes.

CONNECTING

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Des Moines Pastoral

Counseling Center

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