

CONNECTING

Healthy Information from the Des Moines Pastoral Counseling Center  JULY/AUG/SEP 2012

An Evening with Experts: Free Public Forum Suicide - Why It Happens and What To Do about It

Tuesday, October 23, 2012 • 7:00 – 9:00 p.m.
Sheslow Auditorium, Drake University
MC: John Bachman, WHO-TV Anchor
Keynote: John S. Westefeld, Ph.D., A.B.P.P.



This year, 2012, marks the 40th year of Des Moines Pastoral Counseling Center's service to the community. In recognition of that milestone, we will be providing a free educational forum on the sensitive, emotional, yet timely topic of suicide.

Suicide is a crisis that touches all ages, genders and backgrounds, and forever changes the lives of the families and loved ones who remain. With the recent increase in suicides in Central Iowa, it seems appropriate that this topic be examined and better understood.

Please join us for an informative evening with Dr. John S. Westefeld and a panel of local experts.

John S. Westefeld, Ph.D., is University of Iowa professor in the Counseling Psychology Program and expert in the field of suicide. His interest in suicide is both personal and professional, and goes back to the 1960's when he had a close high school friend take his own life. John also had an aunt who attempted suicide nine times. John has dedicated much of his career to understanding and preventing suicide. His insightful presentation will include:

- Risk factors/Warning signs
- Prevalence in different groups and populations
- What to do if you are concerned about someone being suicidal

Following Dr. Westefeld's comments, a panel of local experts will reflect on specific populations vulnerable to suicide, including:

- Adolescents ~ Ken Cheyne, M.D., Blank Children's Adolescent Clinic; and Grace Sherer, M.A., C.O.O.L. (Children Overcoming the Obstacles of Life) Counselor
- Elderly ~ Eileen Burtle, M.A., L.M.H.C.
- Military ~ Michele Lukacik, M.A., L.M.H.C., Veteran
- Trauma victims ~ Susan J. Ackelson, M.S.W., L.I.S.W.
- Grief/spiritual issues in the aftermath for family and friends ~ Diane McClanahan, B.S.N., M.Div.

For additional information or to help us spread the word about this important event, please contact the Center (515) 274-4006 or info@dmpcc.org.

ESSAY: Equanimity Revisited

"How wonderful that we have met with a paradox. Now we have some hope of making progress." ~ Niels Bohr, Danish physicist

Each training year, at Des Moines Pastoral Counseling Center, staff therapists are asked to make a Spiritual Connections presentation. In keeping with our commitment to mind-body-spirit orientation, the presentations aim to connect us with our own spiritual lives as well as provide inspiration for our work. In the summer of 2008, having recently joined the staff of the Center, it came my time to present. Though picking a topic for the presentation is known to elicit anxiety in even the most seasoned among our staff, I knew right away which topic I wanted to choose – Cultivating Equanimity.

I had been attracted to the topic of equanimity for quite some time, but as I began practicing psychotherapy, it became evident to me rather quickly that in order to survive my work, equanimity was essential. Confident in my topic, I initiated research and within a couple of weeks, my presentation was complete. Armed with my presentation and primed to impress my new colleagues, I took my position at the head of the long conference table around which sat my eager cohorts. To say that the presentation flopped is a grave understatement. While I intended to deliver a fluid presentation that would inspire exciting conversation amongst my colleagues, I, instead, delivered a disjointed, barely coherent blob of information that served only to confound and confuse. Sure, it wasn't altogether my fault, it turns out that equanimity is a difficult concept to explain, even to trained practitioners. The paradox, which it did not take me long to discern, was that my lack of equanimity got in the way of my presentation on equanimity. My attachment to the desire to impress my colleagues and inspire enlightened discussion rendered this end inert.

Pastoral Care Specialist Program

The Center's **Pastoral Care Specialist Program** is a two-year program of professional development and renewal, designed for clergy, religious professionals, and other persons involved in ministries of pastoral care. Participants meet monthly to address the practical skill, knowledge, and sensitivity critical to effective pastoral care. During each session, participants are also provided support, encouragement, and consultation on their work. Participants can solidify what they already do well and integrate new knowledge and skills into their ministries.

The 2012-2013 program begins the second Tuesday of September (September 11, 2012) and runs through the second Tuesday of June (June 11, 2013). Participants meet from 8:45 a.m. to noon. Tuition for the program will be \$600 for new participants for each of the two years. Registration is limited. The curriculum for 2012-2013 is posted on the Center's website <http://www.dmpcc.org/churches/churches.html>. For more information or to register, please contact the Center (515-274-4006 or info@dmpcc.org).

Testing and Assessment Services

The Des Moines Pastoral Counseling Center is your resource for a variety of forms of psychological testing. We offer intelligence assessment (IQ), learning disorder testing, adaptive behavior assessment, developmental challenges / Autism Spectrum assessment, testing for Attention Deficit Hyperactivity Disorder (ADHD), emotional functioning/personality assessment, memory testing, and testing for differential diagnosis for clients of all ages (children through older adults).

We also offer specific testing for [children](#), including in-depth learning disorder testing (reading, math, receptive and/or expressive language, nonverbal learning, etc.), screening for specific conditions (e.g., Autism Spectrum, Selective Mutism, Obsessive Compulsive Disorder, etc.), and Intellectual Disability Waivers (previously called MR Waivers).

For [adults](#) and [older adults](#), we offer specialized psychological assessments for career change and vocational counseling, international adoption, bariatric surgery, and clergy candidates; screenings for specific conditions; and basic neuropsychological status evaluations (e.g., dementia/Alzheimer's, ADHD, differential diagnosis, etc.). We also offer some forensic (i.e., court-involved) testing services to clients, agencies, and attorneys.

Testing is offered on both an insurance and sliding scale basis. If you would like to schedule an appointment, please contact the Center at 515-274-4006 or info@dmpcc.org.

The Center Welcomes Four NEW Staff Counselors

We are delighted to be welcoming to the Center four new staff members. Please read all about them below. To make an appointment with Mark, Amy, or Scott please call the Center, 515-274-4006.

The Buddha divided unconditional love into four categories: *metta*, or loving kindness; *karuna*, compassion for another's suffering; *mudita*, or joy in another's happiness; and *upekkha*, or equanimity. In his article on equanimity, Shinzen Young describes the following, "In the physical world we say that someone has lost balance if they fall to one side or another. In the same way, a person loses internal balance if they fall into one or the other contrasting reactions." He goes on to describe suppression, which is akin to the defenses of repression and denial, and identification, akin to obsession, rumination and anxiety. Yung goes on to say, "Between suppression on one side and identification on the other lies a third possibility, the state of non-interference – equanimity."

When one has worked to cultivate equanimity, s/he enjoys a greater sense of calm and peace regardless of external events or transient states of mind. In her book on Buddhism and motherhood, Jacqueline Kramer describes the quality beautifully saying, "Equanimity keeps me from getting caught up in all of the emotions that surround me in everyday life. I am finding it to be one of the jewels of maturity." She goes on to say, "It has taken living through many winters and watching spring pass and return again and again to not lose myself in mourning when the trees lose their leaves."

Equanimity is often misunderstood as cold detachment. As I urged the cultivation of equanimity toward our clients in the earlier referred to presentation, this confusion came up. Was I suggesting that we disengage our empathy and compassion? Carl Rogers would be outraged (well, probably not). The qualities that differentiate equanimity from cold dispassion lie in the state of the heart. Equanimity requires a heart which is open, accessible and soft. I was not encouraging my colleagues to relate to clients with chilly indifference, rather approach clients and their life challenges with reverent objectivity without grasping toward our own desired outcomes.

In the process of writing this article, I had an opportunity to gauge to what degree I've grown more equanimous when I locked my keys in the car on the way to meet someone. For those who know me well, the event is not novel. Rather than bemoaning my pending tardiness and chastising myself for the unexpected expense of a locksmith, as I have been known to do, I found a cozy spot in the parking lot of my friendly Casey's store and tore into a novel I'd been waiting to begin.

References

Kramer, Jacqueline. *Buddha Mom*. NY: Penguin Books, 2003.
Young, Shinzen. *What is Equanimity?* www.shinzen.org



Jeniece Dickey, M.S.W.

Jeniece Dickey is a licensed master of social work. She holds undergraduate degrees in Business Administration and Psychology from Iowa State University as well as a Master's Degree in Social Work from The University of Iowa. Jeniece works with adults on a variety of issues from depression and anxiety to marital and relational issues. With a special interest in personal growth and development, Jeniece enjoys helping clients embrace their authenticity and create lives that reflect their values and passions. She also has a special interest in working with couples, families and other social systems.



Diane McClanahan, B.S.N., M.Div.

Diane McClanahan is the new Director of the Institute for the Practice of Ministry at the Des Moines Pastoral Counseling Center. Diane holds a Bachelor of Science degree in Nursing from Duke University and a Master of Divinity degree from Yale Divinity School. An ordained elder in the United Methodist

Church, she has served congregations in Connecticut and Iowa. Currently she is a pastor at Trinity United Methodist Church in Des Moines. Diane’s interest is in providing educational programs and consultation to assist spiritual leaders and their congregations to meet the needs of their communities.



Mark Minear, Ph.D.

Mark Minear is a licensed clinical psychologist. He is also a recorded minister with the Religious Society of Friends (Quaker). Mark received his B.A. in Religion and English from William Penn College, an M.A. in Church History from the Earlham School of Religion, and an M.A. and Ph.D. in Counseling Psychology from Ball State

University. Mark works with adults on a wide variety of issues: depression, anxiety including trauma, loss and grief, transitions and adjustments, and spiritual concerns. He is also available for neuropsychological assessment to determine cognitive strengths and weaknesses, including possible memory problems. He has significant experience working with veterans’ issues, chronic health problems, couples counseling, and geriatric concerns. He has background in working with a variety of churches, denominations, and faith traditions, as well as with individual clergy in need of support.



Amy Spangler-Dunning, M.Div., M.S.

Amy Spangler-Dunning received her B.A. in English from Bridgewater College in Bridgewater, VA, Master of Divinity from Lexington Theological Seminary, and M.S. in Mental Health Counseling from Drake University. She is also an ordained pastor in the Christian Church (Disciples of Christ) and has had experience serving in pastorates in

Kentucky and Iowa. Amy works with individuals going through grief, anxiety, depression, transitional adjustments, or who are experiencing existential concerns. She also works with couples for pre-marital and marital counseling. Amy has experience working with people from a variety of denominations and faith traditions as they encounter questions of faith, spiritual concerns, and theological issues. Others areas of focus for Amy include issues specific to women and helping clergy who are in need of self care and support.



Scott Young, Ph.D.

Scott Young is a licensed psychologist. Scott earned his Ph.D. in Counseling Psychology at Iowa State University. Scott provides individual, couples, family, and group counseling for clients across the lifespan. He uses a multitheoretical psychotherapy approach to work with many presenting concerns including: stress and adjustment

issues, career transitions, existential or spiritual concerns, mood problems, ADHD, anxiety, health/medical issues, anger or behavioral problems, and severe or persistent mental illness. Scott also provides psychological testing for all ages, and neuropsychological testing for adolescents, adults, and older adults. Scott provides organization consultation to businesses and enjoys providing clinically-focused teaching, consultation, and supervision.

**LISTEN UP!
The Transformative Path of
Contemplative Dialogue**

Would you like to become more effective in dealing with misunderstandings and conflicts that inevitably arise in organizations, communities, families, and relationships? Despite our best efforts, the near universal human experience is that it is tremendously difficult for human beings to work and relate together without being affected, if not divided, by our different viewpoints, interests, and needs. The Practice of Contemplative Dialogue offers proven ways to overcome those divisions. It supports building a shared approach that is effective, practical, and better allows us to do what we do best.

Friday, November 9, 2012, 9:00am – 3:30pm
(8:30am registration)

Introduction to the Practice of Contemplative Dialogue

Saturday, November 10, 2012, 9:00am – 12:30pm*
(8:30am registration)

*Deepening Our Understanding and Experience of
Contemplative Dialogue* (skills introduced in Friday’s workshop)

*Attendance at the Friday workshop (or the October 2011 workshop) prerequisite for Saturday workshop.

The Institute for the Practice of Ministry of the Des Moines Pastoral Counseling Center is sponsoring this two-day educational event with in-kind support from Contemplative Outreach of Central Iowa and the Center for Social Ministry

Location: Covenant Christian Church,
2700 72nd St., Urbandale, IA.

Registration Fee: \$55 Friday only; \$30 Saturday only
\$75 both days

To register, contact the Des Moines Pastoral Counseling Center:
515-274-4006 or info@dmpcc.org
Questions? Contact Kathy Reardon at kreardon@dmpcc.org.



Facilitator: Connie Schoen, OP,
is a member of the Dominican Sisters of Peace, and is Director of Operations for the Centre for Contemplative Dialogue, Georgetown, IN. She has extensive leadership and organizational experience and has traveled extensively as a retreat and parish mission preacher. As an experienced educator and licensed attorney, Connie chose to pursue the path of Contemplative Dialogue in order to advance the work of co-creating communities of compassion and peace.

WOMEN HELPING WOMEN 2012 A Great Success!

There were 368 Des Moines Pastoral Counseling Center supporters and community leaders gathered on Friday, April 20, 2012, for the 14th Annual Women Helping Women luncheon. The event raised nearly \$70,000 to help provide counseling services for underserved and uninsured women and girls!

This year's event honored the legacy of the late Elizabeth Kruidenier whose life journey focused on equality, philanthropy and law. Liz assisted thousands of women with her compassion, legal skills, ingenuity and sheer brain power. The luncheon's featured speaker was Bonnie Campbell, Iowa's first and only female Attorney General, who spoke most vulnerably on "The Journey from Victimization to Empowerment."

Many thanks to our wonderfully generous sponsors who care passionately about the health of women and girls and helped make this such a successful event:

Leadership Sponsors: Iowa Radiology,
Susan and William C. Knapp

Presenting Sponsors: Hy-Vee, Lisa Kruidenier

Supporting Sponsors: Hubbell Realty Company, Iowa Clinic Women's Center, Iowa Health – Des Moines, Claudette and P.J. McDonald, Sigler Companies, Deborah A. Turner, M.D., The Wellmark Foundation, West Bank

Thanks, too, to the 129 women who stepped up to become, through their financial generosity, the inaugural group of Women Helping Women Leaders! What a difference you've made!

Your GIFT to the Center Helps Others

People are frightened and frazzled and depressed. And they are so relieved when they call the Center and realize that there is help and hope available to them ... thanks to gifts from people like you. A financial gift from you will help those who are low-income, uninsured, or underinsured receive the hope and healing available through counseling. Your gift is a meaningful way to lend a helping hand and instill a healing presence. When individuals are able to take steps toward emotional stability, everyone benefits.

Leaving Your Legacy

The ability to sustain the nurturing nature of the Center's work into the future is in your hands. Your planned gift to the Center's FOUNDATION will ensure that the time and compassion required for real healing and growth will be available to future generations of our community. Call Kathleen Murrin at the Center for more information on establishing your legacy through a bequest or other planned gift to the Center. Visit the Center's website at <http://www.dmpcc.org/contributions/contributions.html>.

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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Evening with the Experts Free Public Forum

Evening With Experts	Page 1
Equanimity Revisited.....	Page 1
Pastoral Care Specialist Program	Page 2
Testing and Assessment Services	Page 2
New Staff Counselors.....	Page 3
Listen Up!.....	Page 3
Women Helping Women 2012	Page 4
Your Gift to the Center.....	Page 4
Leaving Your Legacy	Page 4



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