

CONNECTING

Healthy Information from the Des Moines Pastoral Counseling Center  JULY/AUG/SEPT 2013

Bringing Our Darkness to the Light: Exposing Shame and Living with Vulnerability

Do you ever think to yourself, “I am not good enough, thin enough, pretty enough, successful enough, smart enough?” Do you ever feel like, “I am not a good parent, spouse, employee, friend, daughter?” These messages that we tell ourselves and are told by others are examples of the shame culture in which we live.

The psychological impact of living with shame can be devastating. There are enough of us struggling with issues of worthiness that it is shaping our culture. This shame culture has its roots and thrives in an atmosphere of scarcity – the fear of not being enough.

We compare ourselves - our families, our jobs, our bodies, our marriages, our relationships - to others, and too often we are comparing to what we imagine others have or to images of perfection from the media rather than to reality. When we fall short of these impossible standards, we often feel shame, a deeply painful feeling that we are inherently flawed and do not deserve love and belonging.

Belonging

As human beings, we are biologically designed to connect with one another. We need love, belonging, and connection to survive. Connection organizes and gives purpose to our lives, and we suffer without it. Because we yearn for connection, we may go to great lengths to fit in; however, trying to fit in or conform is one of the biggest barriers to belonging. When we try to fit in, we change ourselves to match the expectations of those around us.

Belonging means arriving as our true and authentic selves, letting ourselves be seen and known. This sense of belonging can only come after we accept and embrace who and where we are in our lives – divorced, in recovery, gay, a person of color, differently-abled, single, infertile, or aging. Once we can be at home with ourselves, we can feel at home with others. Social worker Brené Brown, who has spent over a decade interviewing women and men about shame in their lives says, “Believing that you’re enough is what gives you the courage to be authentic, vulnerable and imperfect.”



Guilt vs. Shame

Shame is often confused with guilt. Guilt is about what we do and shame is about who we are. When we feel guilty we say things to ourselves like, “What I did was bad.” When we feel shame we say, “Who I am is bad.”

We are impacted in very different ways by guilt vs shame. Research indicates that shame is strongly correlated with negative outcomes like addiction, violence, aggression, depression, eating disorders and bullying. Guilt, on the other hand, is not associated with any of these. When we feel guilty about something we’ve done, we are able to apologize, work to make up for it, or change the behavior to live up to who we want to be. It may feel uncomfortable, but guilt can be helpful.

Courage to Be Vulnerable

When we feel shame, our courage is eroded. We tend to disengage from life because the feeling can be overwhelmingly painful. Feelings of shame affect us the same way trauma does, i.e., our higher functioning prefrontal cortex shuts down and our limbic system kicks in. We become incapable of higher order thinking.

If, for example, we feel guilty about our privilege because we belong to a dominant group, this feeling can help motivate us to use our energy and resources to unlearn and change our prejudices. However, if we feel shame because we don’t know how to relate to someone who is different or less privileged, we can become paralyzed and keep ourselves from engaging with others to avoid situations where we are afraid of doing or saying something wrong. Many of us believe that to be viewed as strong we must present a perfect self and not show our struggle. We drive ourselves crazy; we make ourselves sick trying to live up to something that is impossible. The real strength, the real freedom from shame, comes from allowing ourselves to be vulnerable. We are born vulnerable, and this vulnerability is what

allows us to love, grow and connect with others – it is what makes us human. Madeleine L’Engle wrote, “To be alive is to be vulnerable.”

Shame makes us feel like we are completely alone. The antidote to shame is the bravery to be vulnerable in order to reconnect.

It is scary to admit that we feel shame, and sometimes it is so overwhelming that the people with whom we try to share it may further shame or diminish us. However, when we name our shame to the right people, those we can trust with our vulnerable selves, we take away its power. When we engage with those around us knowing we are worthy of love and belonging, we can heal from the inevitable shame life brings.

We must be careful to separate actions from identity in the language we use – with ourselves and with others –to avoid perpetuating shame. We create and sustain love when we are able to live and share our authentic, vulnerable selves with one another, and allow others to share with us. In this way, we enable a deep spiritual connection, which is the foundation of true belonging. ***Affirmation: I am imperfect and I make huge mistakes. I am worthy of love and belonging. I am brave.***

Ana Echevarria DelCorazón

The Author: Ana Echevarria DelCorazon is a licensed master social worker. She holds a bachelor's degree in sociology from Temple University, a master's degree in public affairs from Princeton University, and a master's degree in social work from Smith College. Ana recently moved to Iowa from the east coast via Oakland, California. Ana works with children, adolescents, adults, couples and families. She has special interest in working with people of color, members of the LGBT community, survivors of trauma, and people in recovery. Ana is a native Spanish-speaker and works with Spanish-speaking individuals and families.

Further readings:

Brown, Brené. (2012). *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead*. NY: Penguin.
Chodoron, Pema. (2002). *The Places That Scare You: A Guide to Fearlessness in Difficult Times*. Boston: Shambhala Classics.

C.O.O.L. Corner

Children Overcoming the Obstacles of Life

Children are very shame-sensitive. Here are some topic areas that are particularly prone to shaming.

React to toileting accidents in a matter-of-fact and non-punishing manner.

This - "Let's clean up."

Not - "If you don't stop wetting your pants, people are going to make fun of you."

Pressuring children into doing activities in which they are not comfortable can be shaming.

This - "It's okay if you are not ready for this activity."

Not - "Why can't you be more like your brother? He likes to do this."

Negative comments on what and how much children eat can be quite shaming.

This - "We eat these foods because they are healthy, and we can also have treats sometimes."

Not - "You know you can't eat that because you'll get fat."

Children make mistakes frequently because they are learning.

They need guidance and encouragement. When they make mistakes, address the behavior without criticizing.

This - "Everyone makes mistakes. I know you are still learning. Let's figure this out together."
And "It's okay to be mad. We don't hit."

Not - "You shouldn't feel that way."



BICYCLING for HOPE and HEALING

In July, Ellery H. Duke, Ph.D., executive director of Des Moines Pastoral Counseling Center, is bicycling across America to raise awareness and funds for the needs of those who cannot afford the hope and healing available through mental health counseling services.

Ellery left Everett, Washington on July 7, is bicycling an average 112 miles a day, to arrive in Williamsburg, Virginia, on August 7.* He will pedal 3,571 miles. That's a lot of miles for hope and healing!

"Bicycling across America is a big challenge! But so are the day-to-day challenges faced by so many in our community. This is important to me on so many levels," says Dr. Duke. He is hopeful that his endurance and passion will help motivate generosity for the cause.

By contributing a penny per mile (\$35), three pennies per mile (\$105), a dime per mile (\$357) or some other amount, you can be a vital part of Ellery's "support team." Contact the Center to make your pledge of support (515-251-6644 or kmurrin@dmppcc.org). Follow Ellery at www.elleryduke.blogspot.com.

** The Summer Northern Transcontinental ride is offered by PAC Tour, www.pactour.com. There are 34 registered riders. PAC Tour plans the route, arranges a motel each night, provides breakfast, lunch, re-fueling stops during the day, and any necessary mechanical needs. For 25 years, PAC Tour has enabled folks who have what some would consider extreme biking goals.*

Out of the Depths: Introduction to Psychodynamic Psychotherapy – A 10-week Course

Dates: Sept. 6 – Nov. 15, 2013 (no class Sept. 20)

Time: Fridays, 8:15 - 9:45 a.m.

Location: Des Moines Pastoral Counseling Center
8553 Urbandale Avenue, Urbandale 50322

Cost: \$200 plus optional texts CEUs: 15.00 hours

Instructor: Lisa Streyffeler, Ph.D.

To Register: Contact the Center ~ 515-274-4006 or info@dmppcc.org

Psychodynamic psychotherapy is an approach to therapy that views human beings as complex organisms motivated by unconscious as well as conscious forces. Psychological symptoms are seen as having meaning, and a central aspect of healing is the search for understanding that meaning in the context of a caring therapeutic relationship. Understanding the meaning of psychological pain and having the support to try

living in new ways can help individuals live healthier, more satisfying lives.

The course will cover the basic concepts in psychodynamic work, including therapeutic stance, factors involved in psychological healing, establishing a working alliance, and transference and countertransference. The focus will be more on the practicalities of conducting psychodynamic psychotherapy than on theory. Presentations, readings, and class discussion will form the basis of the course. The course is appropriate for therapists and others interested in an entry-level grounding in psychodynamic thought and practice.

The Instructor: Lisa Streyffeler, Ph.D., is the Director of Professional Education at Des Moines Pastoral Counseling Center. Lisa received her B.A. in psychology and comparative religion from Harvard and her Ph.D. in counseling psychology from the University of Iowa. Lisa is a licensed clinical psychologist and provides counseling to adults with depression, anxiety, relationship issues, trauma, and/or life transitions. In addition to her interest in psychodynamic psychotherapy, she has interests in maternal mental health during the prenatal and postpartum periods, the intersection of theology and personality, and professional development.



WOMEN HELPING WOMEN 2013 ~ A Great Success!

There were 365 Des Moines Pastoral Counseling Center supporters and community leaders gathered on Friday, April 12, 2013, for the 15th Annual Women Helping Women luncheon. The event raised nearly \$75,000 to help provide counseling services for underserved and uninsured women and girls! The luncheon's featured speaker was Judy A. Bradshaw, Des Moines' first female Chief of Police, who shared with us the challenges of "Swimming Against the Tide" in a predominantly male profession.

This year's event honored the career, commitment and compassion of Sally J. Pederson, former Iowa Lieutenant Governor and longtime advocate for those without a voice. Sally also served as the Co-chair of the Center's \$2.8 million Campaign for Hope and Healing.

We are deeply grateful to our phenomenal sponsors. Please join us in thanking them for their compassion and commitment to the mental health needs in our community.

LEADERSHIP SPONSORS: Iowa Radiology and Susan and William C. Knapp

PRESENTING SPONSOR: Hy-Vee

SPECIAL FRIENDS and SUPPORTING SPONSORS:

Pamela Bass-Bookey and Harry Bookey, Roxanne Barton Conlin, Des Moines University, Charlotte Hubbell, Ellen Hubbell, Hubbell Realty Company, UnityPoint Health – Des

Moines, Kitchen Collage, Lisa Kruidenier, Claudette and P.J. McDonald, Kay Riley, Janet Rosenbury, Marsha Ternus, Deborah A. Turner, M.D., The Wellmark Foundation BluesCare Program, West Bank

IN-KIND SUPPORT: Boesen the Florist, The Business Record, Des Moines Radio Group (KLite), Honeybadger LLC, The Stelter Company

Thanks, too, to the 145 women who stepped up to become, through their financial generosity, Women Helping Women LEADERS! What a difference they have made!

Teresa Adams-Tomka
Jennie Allbee
Mary Ellen P. Anderson
Stephanie Asklof*
Barb Bachman
Mary Ann Beard
Janet Berlin
Kathryn Bernau
Janet Betts
Beth Bishop
Carol Bodensteiner
Alice Book*
Margaret Borgen
Shannon Rae Brown*
Suzie Glazer Burt
Eileen Burtle
Phyllis Cacciatore
Carla Cain
Bonnie Campbell
Nola Cartmill
LaNae Ceryanec
Joyce A. Chapman
Kathleen Clark
Desiree Clausen
Alicia Claypool
Sandy Hatfield Clubb
Margaret-Ann Comito
Julius S. Conner
Julie Ann Connolly*
Beth Coonan*
Patty Cownie
Diane Cutler*
M.J. Dolan
Marsha Duke
Paula Duncan*
Sondra Eddings
Molly Eliason
Lois Fingerma
Peggy Fisher
Allison Fleming
Julie Fleming
Jeanine Freeman
Rose Gardner
Kathleen Giles*
Debbie Gitchell
Diane Glass
Sharon Louis Goldford*
Elizabeth A. Goodwin
Judith Goodwin
Susan Guy
Sally Hampton
Lynn Heggen
Trudie Higgs
Starr Hinrichs
Michelle Hogan
Denise Holck
Judy Holmes
Rusty Hubbell
Trudy Holman Hurd
Bev Hutney
Connie Isaacson
Sandy Benson Johnson
Rosemary Jungmann
Maureen Keehnle
Anne M. Kelly*
Lynn Kenney
Robin Kline
Nancy Knapp
Beth Koenig
Jennifer Glover Konfrst
Mary Kramer*
Diane Krell
Mary F. Kunkel
Keisha Larson*
Caroline Levine

Sheila Lingwall
Marian Lyddon
Barb Madden-Bittle
Robbie G. Malm
Anna Marie Martinez
Claudette McDonald*
Dian MEEK
Lisa Minear
Rev. Rachel Thorsen Mithelman
Norene Mostkoff
Debra Moyer
Phyllis Mumford-Sovern*
Cindy Mumm
Kathleen Murrin*
Ellen K. Nelson
Doris Jean Newlin
Mary Nilsen
Barb Nish
Jeanne O'Halloran
Jo Oldson*
Robyn Olson
Jill Oman
Jessica Oplt*
Kathy Oplt
Sherry Opsal
Eliza Ovrom
Donna Paulsen
Stephanie Pearl
Sara Pearson
Sally Pederson
Mary Petersen
Debra A. Phipps
Melodee J. Pomerantz
Deb Pulver
Barbara R. Raife
Linda Railsback, M.D.
Traci Raridon
Dorothy Raun
Kathy Reardon
Mary M. Riche
Helen L. Robinson
Kelle Rolfes
Katie Roth
Sandra Ruhs
Katherine Safris
Laura Sands
Jackie Saunders
Karen Shaff
Rebecca D. Shaw, M.D.
Cherry Shogren*
Vicki Signor*
Laurie Sloterdyk*
A. Joyce Smith
Heather Soener
Rachel Stauffer
Ellen Strachota
Kathy Stuart
Mary Stuart
LeAnn Stubbs
Sara Betts Susanin
Joyce Templeman
Karen Tisinger
Karen Unrau*
Susan Vujnovich
Virginia (Ginny) Wangerin
Peggy Ward
Linda Weidmaier
Malinda Wiesner
Connie Wimer
Janie Wine
Roberta Yoder
Kathi Zimpleman
Janice Zuckert

WHW Leaders as of 7/22/13
* WHW Committee Member

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 2013-2014 program begins the second Tuesday of September (September 10, 2013) and runs through the second Tuesday of June (June 10, 2014). Participants meet from 8:45 a.m. to noon. Tuition for the program is \$600 for each of the two years. Registration is limited. The deadline for reservations is August 20th. The curriculum for 2013-2014 is posted on the Center's website www.dmpcc.org. For more information or to register, please contact the Center (515) 274-4006 or info@dmpcc.org.

Couples Care 101

The Institute for the Practice of Ministry at the Des Moines Pastoral Counseling Center is pleased to offer Couples Care 101, a four week lunch and learn opportunity for professionals (clergy and other providers) who see caring for couples as a part of their practice. Care givers will learn how to identify stages of relationships and assist couples in increasing intimacy, effective communication, and resolution of conflict. Sessions will consist of theoretical presentations with incorporation of practical application and role play.

Dates: Weekly on Thursdays from October 24th thru November 14th
Time: 11:30 a.m.-1:30 p.m.
Location: DMPCC Conference Room
Topics: • Oct. 24: Stages of Relationships
• Oct. 31: Intimacy: Giving and Receiving Love
• Nov. 7: Communication and Conflict Resolution
• Nov. 14: Dealing with Resentment and Forgiveness
Fee: \$160 covers four sessions and includes lunch
To register: Contact the Center ~ (515)274-4006 or info@dmpcc.org
Presenter: Alissa Birkenholtz, M.S.W.

Alissa Birkenholtz is a licensed independent social worker. She holds an undergraduate degree in Psychology from Drake University and a master of social work degree from The University of Iowa.

Alissa coordinates the pre-marital counseling program and works with couples both in preparing for marriage and in strengthening and sustaining healthy relationships throughout the lifespan. Alissa also works with adolescents, adults, couples, and families dealing with a variety of issues, such as personal growth and change, depression, anxiety, and various traumas. Alissa is trained in the use of EMDR (eye movement desensitization and reprocessing). She has special interest in working with anxiety disorders and in counseling pregnant and postpartum women.



End of Life Care: Attending to Body, Mind, and Spirit Professional Development Day

DMPCC's Institute for the Practice of Ministry in collaboration with Des Moines University's Department of Behavioral Medicine presents a Professional Development Day for clergy, chaplains, Stephen Ministers, parish nurses, social workers, spiritual directors, and counselors working with end of life care.

Date: Thursday, October 17, 2013
Time: 9:00 a.m. – 4:00 p.m.; 8:30 a.m. registration
Location: Covenant Christian Church, 2700 72nd Street, Urbandale, IA
Fee: \$60 (includes lunch); \$10 (cost of lunch) for students (DMU, nursing, social work, divinity, counseling, ...)
CEUs: Will be available
Faculty: Norma Hirsch, MD, FAAHPM, FAAP; J. Jeffrey Means, M.Div., Ph.D.; Lisa Streyffeler, Ph.D.; Diane McClanahan, B.S.N., M.Div.
To Register: Contact the Center (515)274-4006 or info@dmpcc.org

Iowa's population is aging. There is an increasing need for professionals who understand the unique challenges encountered in caring for the spiritual and psychosocial needs of the dying and their loved ones. This interdisciplinary conference is designed to assist professionals in addressing key medical, emotional and spiritual factors for those who are at the end of life. Among other topics, we will discuss the evolution of hope at the end of life, ways of expectantly taking leave of loved ones, and strategies for resolving family conflict.

Intentional Interim Ministry Training

Intentional Interim Ministry (IIM) Training is for pastors:

- who are mature in ministry,
- whose leadership skills are proven,
- who are called to connect their specialized gifts and graces to congregations with special transitional needs on a short-term basis (six months to three years),
- who are able to do ministry under pressure and prefer to reset a congregation's course swiftly and surely, and
- who enjoy providing leadership that restores and renews a congregation spiritually and procedurally.

If this describes your leadership style as well as your sense of call, this training is for you!

During three phases of training, participants will learn how to integrate proven pastoral skills with the dynamic strategies of interim ministry.

- Phase 1: September 16-19, 2013
- Phase 2: During the six months after Phase 1 training.
- Phase 3: April 1-3, 2014
- Cost: \$900 covers all three phases of the training, including lunches and dinners

To Register: First, contact your Judicatory Leader for information about interim ministry within your denomination. Then contact Diane McClanahan, Director of the Institute for the Practice of Ministry at DMPCC, (515) 251-6667 or dmccclanahan@dmpcc.org.

Registration Deadline: August 15, 2013

The Center Welcomes Four New Staff

We are delighted to be welcoming to the Center four new staff members. To make an appointment with Eva, Ana, Laura, or Amy, please call the Center, 515-274-4006.



Eva Christiansen, Ph.D. Eva is a licensed psychologist. She graduated from Grinnell College and obtained her Ph.D. in clinical psychology from the University of South Dakota. Eva's clinical activities are limited to psychological assessment. She works with a wide range of ages. Her referrals come from a variety of areas, both clinical and

forensic-related, where she provides assessments for disability applicants, worker's compensation, and law enforcement. She is a member of the American Psychological Association, the Iowa Psychological Association, and a member and fellow of the Society for Personality Assessment. She has contributed to research on the Rorschach and the MMPI-2.



Ana Echevarria DelCorazón, M.S.W. Ana is a licensed master social worker. She holds a bachelor's degree in sociology from Temple University, a master's in public affairs from Princeton University, and a master's degree in social work from Smith College. Ana works with children, adolescents, adults, couples, and families. She has special interest

in working with marginalized populations and in issues related to trauma, attachment, grief and loss. Ana is a native Spanish-speaker and works with Spanish speaking individuals and families. She is a member of the National Association of Social Workers.



Laura Nydam, M.S.W. Laura is a licensed master social worker. She earned her undergraduate degree in social work from Dordt College, Sioux Center, IA, and her Master of Social Work degree from the University of Iowa.

Laura provides counseling and psychotherapy to individuals as well as couples and families.

Laura has a special interest in providing holistic care to resolve issues of grief, trauma, life transitions, divorce, anxiety, depression, and substance abuse. She is also a licensed Drug and Alcohol Counselor (CADC) in the state of Iowa. Laura is a member of the National Association of Social Workers.



Amy C. Wright, M.S.W. Amy is a licensed master social worker. She obtained her Bachelor of Science in History from Iowa State University and her Master of Social Work from the University of Iowa. Amy's therapeutic approach is defined by humanistic psychology, incorporating the use of mindfulness, behavioral theory, and family

systems theory. She works primarily with couples and adult individuals, particularly those who are experiencing acute and chronic discomfort associated with life changes and disorders of mood and personality.

DMPCC Now Offering Trauma Sensitive Yoga



The goal of Trauma Sensitive Yoga is for psychotherapy clients to befriend and reconnect with their bodies. In a safe and predictable environment, clients are invited to notice sensations, to experiment with movement and

breathing, and to practice making choices about what is right for them. The facilitator creates an atmosphere in which clients begin to feel empowered in their bodies and view them as a resource for healing. Please contact the Center at 274-4006 or info@dmpcc.org to sign up to be notified about the next eight-week class.

Trauma Sensitive Yoga was developed by world-renowned psychiatrist and neuroscientist Bessel van der Kolk, M.D., founder of the Trauma Center at Justice Resource Institute in Brookline, MA.

Finding Aliveness in the Midst of Chronic Pain and Illness

If you or someone you know faces chronic illness or pain, this professional development day will provide approaches and strategies for finding peace, purpose, meaning and joy in everyday life. Health professionals (caregivers, pastoral counselors and spiritual directors), as well as individuals with chronic illness and pain are encouraged to participate.

Date: Thursday, September 26, 2013
Time: 9:00 a.m. – 4:00 p.m.; 8:30 a.m. registration
Location: Plymouth Congregational Church, Greenwood Room, 4126 Ingersoll Ave., Des Moines
Fee: \$50 (lunch on your own)
Leader: Diane Glass, Spiritual Director and Retreat Leader
To Register: Contact the Center ~ (515) 274-4006 or info@dmpcc.org

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.

"The Des Moines Pastoral Counseling Center has become for me - and many others - a place not only for problem-focused therapy, but also for individual transformation. By integrating care of the mind, body and spirit, the Center helps people move toward wholeness and integrity, so they can not only address their immediate crises or problems, but also envision and create a life that expresses more of who they truly are."
A Grateful Client Testimonial

CONNECTING

is a publication of the Des Moines Pastoral Counseling Center, an independent, not-for-profit organization. Celebrating 40 years of service to adults, families, adolescents, and children for the purpose of enhancing emotional, spiritual, and relationship health. The Center has satellite offices in Ankeny, Lamoni, Leon, Mitchellville, Mt. Ayr and Osceola. Editor: Kathleen Murrin

Bringing Our Darkness to the Light

Bringing Our Darkness to the Light	Page 1
C.O.O.L. Corner	Page 2
Bicycling for Hope and Healing.....	Page 2
Intro to Psychodynamic Psychotherapy.....	Page 2
Women Helping Women Luncheon.....	Page 3
Pastoral Care Specialist Program	Page 4
Couples Care 101	Page 4
End of Life Care.....	Page 4
Intentional Interim Ministry Training.....	Page 4
Center Welcomes New Staff.....	Page 5
Finding Aliveness in the Midst of Chronic Pain and Illness	Page 5
Trauma Sensitive Yoga.....	Page 5



Des Moines Pastoral

Counseling Center

8553 Urbandale Avenue • Urbandale, Iowa 50322

Non-Profit Org.
U.S. Postage

PAID

Permit No. 644
Des Moines, IA

Coming Soon: New DMPCC Website



The website for Des Moines Pastoral Counseling Center is undergoing some major reconstruction. We're putting some final touches to it, but you can get a preview and find most of the information readily available at: www.dmpcc.org/site. Check it out! Very soon we'll have capacity for online registration

for education offerings and online donations. We're excited! Thanks for your patience.

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.

Employment Opportunities at the Center

If you are a doctoral or master's level therapist licensed with the state of Iowa, and if you are interested in a collegial working environment with extensive opportunities for professional development, we'd like to talk with you. Please contact Michele Lukacik, M.A., Director of Clinical Services, 515/274-4006 or mlukacik@dmpcc.org.



RIDE UPDATE

From Ellery's blog: "July 23. Murdo, SD to Mitchell, SD, 145.3 miles, 2,750 climbing feet, 9:49 hours in the saddle. Another day of 10-15 mph winds out of the east, and we were again headed straight east. ..." Fortunately for Ellery, as of July 23, there were already 97 members of his back home "support team" rooting for him every challenging mile of the way! Way to go Ellery! Traveling mercies!

