

Looking UP

VOLUME 4, ISSUE 1

MARCH 2009

What can we do for you and your congregation?

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We can help
you!



Samaritan offers counseling, educational programs, and consulting
Our therapists have experience and training to provide faith-based quality counseling in a state-certified counseling center on many issues—including depression, psychological testing, medical management, alcohol and drug problems and many more.

Counseling sessions are available to individuals, couples, or families. We provide these services through insurance, self pay, and we do have an adjusted fee schedule for those who need help to cover their costs.

We have educational programs for groups—We can provide informative (and interesting) Sunday morning talks and would be happy to individualize a class or seminar for your congregation or provide more in-depth retreats or trainings. Our therapists can speak on everything from “How to Recognize a Drug Problem in Your Teenager” to Grief and Loss.

Special Services

Sometimes a congregation needs help with conflict management within the congregation—there could be a death,

misconduct by a church leader, or other challenge where we can provide leadership training, consultation, supervision, critical incident debriefing, and can tailor a program to fit your needs.

Returning Veterans and their Families—Workshop for Pastors and Church leaders—How can our churches help?

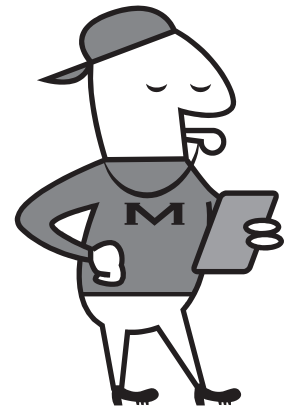
Workshop Leader—Chaplain Edgar Hatcher - Thursday, May 7, 9-12 PM. St. Stephen's Lutheran church, \$25 per person includes lunch. Pre-register with our office (608-663-0763). Scholarships available.

Rev. Hatcher leads conferences across the country to orient ministers, social workers, lay leaders, and volunteers to the problems returning veterans and their families are facing.

Our veterans are returning with stress disorders and other problems. Families are saying “We just want the old person back” but reintegrating the old and new person is more realistic. Soldiers are dealing with loss and grief, substance abuse, divorce and custody issues, and many have serious injuries as well.

CHURCHES CAN HELP !

Executive Coaching for Clergy—Just like a basketball coach, we can help pastors explore the obstacles in personal and vocational life that are preventing them from performing to their highest potential and making that “free throw”. Looking at parish life and administrative tasks with a new and fresh perspective can sometimes be a way to give new options and life choices. Coaching plans centered on goals that increase effectiveness in ministry are collaboratively developed. A variety of assessments are sometimes used to help deepen the pastor's understanding of his/her personality and leadership styles. With this knowledge, strategies can be applied that help him or her interact with staff, church leaders, and parishioners more effectively. Coaching can help increase confidence, competence, and commitment so pastors can maximize their ministry potential. If you are interested in setting up coaching sessions, call Dr. Dan Feaster, 608-663-0763 ext. 200.



Pre-marriage Programs—Workshops are for couples of all denominations and will focus on health Christian values in marriage. Programs are led by Samaritan Counseling staff. All workshops are held from 9 AM to 4 PM. Private sessions are also available. We offer three options to help couples prepare for marriage. Workshops are held in area churches. Marriages are the most important investment in your life and good marriages don't just happen. National statistics warn that over 50% of first-time marriages will end in divorce and 2/3's of second marriages fail. Couples can reverse this trend by investing in their relationship. Costs range from \$95 for a 6-hour workshop to options involving a Prepare Inventory and private sessions (\$315 or \$360).

Women's Groups—Sue Gruen will be leading sessions to help women who are struggling through tough times. The group sessions will discuss how to relieve depression and stress and learn methods to cope and to build self-esteem. For more information, call Sue Gruen, 663-0763, ext. 340.

Self-Defense Workshop- The Samaritan Counseling Center is offering a self-defense workshop on Saturday, April 18 from 10-12 Noon. The fee of \$20 includes handouts and one free month of self defense training in an ongoing class. You can learn to—Recognize dangerous situations, Keep your home, car and you safe, Assertiveness responses, Self-defense techniques that work, Ability to respond to a variety of situations, A sense of safety and security, Using your body and every day objects as a weapon, Response to multiple attackers, Demonstration of gun and knife disarms.
Instructor: Dr. Dan Feaster, executive director and counselor with Samaritan Center is founder of the East Madison Martial Arts Group. He holds a third degree black belt and teaching certificate in Modern Tae Kwon Do and Jeet Kune Do Conceptual training.

Location: Gym at the Water Tower Place, 5900 Monona Dr., Monona. Come in comfortable clothing and tennis shoes that you can move in. Children 13 or older are welcome.

Registration: Send a \$20 check (payable to Samaritan Counseling Center). Include your name, address, and telephone number.



Prepare Enrich Training—A Prepare/ Enrich initial training for counselors will be held June 11 and October 15 at the Samaritan Center from 9 AM to 4 PM led by Dr. Dan Feaster. There will be a Prepare Enrich update for those previously trained—March 26, April 16, and May 14. The **PREPARE Program** is for premarital counseling and premarital education. The **ENRICH Program** is for marriage counseling and marriage education. Clergy members must attend a day workshop in order to begin using the PREPARE/ENRICH Program. The program is newly revamped to better serve premarital couples or long-time married couples and to provide marriage/ relationship enrichment or counseling.

Stronger marriages build stronger communities. The PREPARE/ENRICH Program enables counselors to identify a couple's specific strength and growth areas, teach them communication and conflict resolution skills, and help them resolve key relationship issues. and growth areas, teach them communication and conflict resolution skills, and help them resolve key relationship issues.

Dr. Feaster has been a trainer for Prepare /Enrich counselors for more than 20 years. More information on the program is available at www.prepare-enrich.com.

Anger Management Group Starting—A 12-week anger management group will start on April 1. Individuals or referrals interested in this group may contact our office. This group will be co-led by psychologist Ron Johnson and therapist Kelly Jo Lynch. The content of this group will include psychological testing, presentations, and discussions. Meetings will be weekly for two hours.

Psychological Testing—Dr. Ron Johnson, Mdiv, PhD, is a psychologist who has been associated with the Samaritan Center for eight years. Dr. Johnson conducts psychological testing at the center. Psychological testing includes testing to determine personality type and temperament, intellectual development and various kinds of intelligence, neurological

special abilities and limitations, academic abilities and limitations, vocational direction, marital functioning and dysfunction, and other matters related to people's life needs. Call the office to arrange for a consultation with Dr. Johnson to determine what testing might be appropriate for you or a member of your family.

Divorce Class for Kids—

Children too suffer when there is conflict in their family. This class helps children deal with these problems with a combination of magic and counseling. Children will receive a free magic treat and a snack at each meeting. It's appropriate for ages 6-13.



Circles of Support— With job loss, reduced income, loss of companionship, and loss of life, it is difficult to find ways to manage diversity and deal with change in order to move forward. We are developing a series of programs that deal with these topics. Look for updates in future newsletters or on our website www.SamaritanCounselingCenterWI.org.

Good Samaritan Awards—

Samaritan in collaboration with Edgewood College will be hosting the Fifth Annual Good Samaritan Awards on Wednesday, May 6, 5 PM, to honor businesses who have gone out of their way to help returning veterans and their families. Tables (of 10) are available for \$700 and individual tickets are available at \$75. Proceeds will benefit the Samaritan Fund which helps provide counseling for these families. Please join us for an enjoyable evening and to honor these special businesses —our speaker will be Colonel Scottie Lloyd, in the U.S. Army Chaplain's office.





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Our hearts are in helping others
find peace.

Samaritan Calendar

Children of Divorce—

Call for Information.

Self-defense Class—

**1st/3rd Tuesdays. 6:30
PM.**

Prepare Enrichment

**Training — April 16, May
14, June 11, September
10 (9 AM— 4 PM—half and
full days available)**

Pre-Marriage Seminar—

(Meets at local church from 9
AM—4 PM)

April 4 (register by 3/26)

June 6 (register by 5/28)

August 1 (register by 7/23)

Anger Management

Group—April 1 (12-week
class meets two hours
weekly)

Good Samaritan

Awards—May 6, The Con-
course, 5-8 PM.

**Veterans and their Fami-
lies Workshop—May 7**, St.
Stephen's, 9-12 , lunch.

**Please call for
more information
on upcoming
classes.**

608-663-0763.