



Looking Up

A publication of Samaritan Counseling Center of Southern Wisconsin

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When you are down, try Looking Up! for help and wisdom.

Six rules for a Happy, Healthy Marriage

Have you ever wondered why some marriages succeed and others fail, even when from the outside it appears surprising that a couple manages to stay together or equally surprising when a long-time couple divorces? A couple's method of dealing with conflict and problems can be a reason why their marriage continues or not, especially when the inevitable "bumps" in the road are in front of them. Here's some suggestions to helping steer a wise course through the pitfalls of life.

1. Do not view conflict as a power struggle that you can win. Rather, see it as a means to resolve problems.
2. Speak up and share your feelings and needs honestly. This will eliminate "stuff and blow" anger later. "Stuff and blow" is an angry outburst that occurs some time after you have been *stuffing* your feelings rather than *expressing* them in a constructive manner.
3. Eliminate name-calling, insults, sarcasm and yelling.
4. When the discussion gets too heated, take a break for an agreed upon period of time until feelings calm down.

5. Learn to compromise to resolve an issue, even when you do not feel like it.
6. Marital Repair Work: Research indicates that you must give your spouse FOUR positive compliments or do four nice things to make up for EACH negative action or request for change that you make. This insures a *positive* overall feeling about the marriage.

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Peter Laubach joins Samaritan

Peter Laubach is a clinical social worker, counseling and doing psychotherapy for over 30 yrs. He sees teenagers through adults with issues concerning job stress, marriage, relationships, anxiety, depression, generalized stress, sexual abuse, physical abuse, school difficulties, family of origin, and addictions such as drugs, alcohol, pornography, gambling, and spending. He uses variety of therapeutic approaches including EMDR. Spirituality and spiritual issues are incorporated into therapy when requested by a client. To schedule an appointment, please call Peter at the Samaritan Center.

Faith-based Counseling

By Dan Feaster, Executive Director/Psychotherapist

The vast majority of people who seek out counseling at the Samaritan Counseling Center do so because they want their faith included in the counseling process. My passion has always been the integration of theology and psychology in providing a holistic understanding of human behavior. When people come for counseling they bring their spiritual beliefs, values, religious practices and even their faith struggles. The following are common questions that people struggle with:

- Where is God in my life?
- Why would a loving God let this happen?
- I feel like I am being punished by God.
- I feel like God has abandoned me.
- I feel like I have let God down.
- It is not fair; I have been a good Christian all my life.

Kenneth Paragament in his book *Spiritually Integrated Psychotherapy*, discusses the value and importance of understanding these issues and the need for a trained psychotherapist to integrate spiritually into the counseling process. Spiritual problems can cause psychological problems. Psychological problems can cause spiritual problems. Faith or spirituality can be a very positive source to assist in dealing with problems. Empirical research has shown the following:

- Depression has been associated with perceptions of sacred loss, spiritual self-degradation, and feelings of alienation from punishment by, and anger toward God (Paragament & Koenig 2004).
- Anxiety has been linked to spiritual confusion and doubt, an insecure relationship with God, spiritual rigidity and narrowness, as well as to beliefs in a small god who accepts no less than perfection (Greenberg & Witztum 2001).
- Addiction to alcohol, drugs, or sex can be understood as forms of idolatry in which false gods have rushed in to fill the vacuum left by sacred loss (Coleman et al 1986 and Yau 2003).
- Marital problems can be tied to unresolved differences in the sacred strivings of each partner as well as to spiritual discord, intolerance, and inflexibility (Yanni 2003).
- Serious mental illnesses are, at times, accompanied by perceptions of sacred loss and violation, feelings of being punished by God or diabolical forces, or lack of religious support (Lindgren & Coursey 1995).

The counseling process at the Samaritan Center includes taking a full history of the individual

including their faith background. This includes asking questions about the religious or faith strengths as well as religious or faith struggles. Understanding and tapping into the client's faith or religious resources can be very valuable. Other tools might include the use of prayer, scripture, meditation, the use of biblical stories, and focusing on forgiveness and accountability. One very powerful intervention or therapeutic strategy is asking powerful questions like:

- Where is God in your life now?
- What would God want you to do?
- If God can forgive you, what is keeping you from forgiving yourself?
- Is the voice you're hearing inside really coming from God?
- If a miracle happened in your life, what might that look like?

Using faith in counseling has shown to be effective. At our centers, each client is given the option of how much (or how little) they would like their faith used in their counseling.

Samaritan counseling centers were originally started when a pastor, physician, and psychologist noticed that they could better serve their clients by combining care for body, mind, and soul—we strive to do exactly that in our Madison Samaritan Center.

Prepare/Enrich Program at Samaritan

PREPARE/ENRICH is a customized couple assessment completed online that identifies a couple's strength and growth areas. There are several goals of the PREPARE/ENRICH Program. Dr. Dan Feaster of the Samaritan Center provides Prepare Enrich training seminars for clergy, counselors and lay mentoring couples to utilize this very effective tool with couples. In addition, the staff of the Samaritan Center are trained and available to provide individual premarital or marital work with your couples.

For more information or to sign up for a Prepare Enrich seminar, visit our website or call us at 608-663-0763,

Clergy and Congregational Care Programs

The Samaritan Center is actively involved in serving pastors and congregations, the following are programs we currently offer and plan to offer this coming year.

- Clergy coaching
- Clergy employee assistance counseling
- Clergy leadership groups
- Clergy spouse retreat
- Congregational consultations
- Congregational employee assistance counseling
- Prepare Enrich training
- Pre-marital programs
- Parish Protection Program

Psalm 91 - Many wounded and fearful clients find this psalm particularly healing. Sue Gruen, LCSW

You who sit down in the High God's presence,
spend the night in Shaddai's shadow,
Say this: God, you're my refuge.
I trust in you and I'm safe!
That's right, He rescues you from hidden traps,
shields you from deadly hazards.
His huge outstretched arms protect you
under them you're perfectly safe;
His arms fend off all harm.
Fear nothing not wild wolves in the night,
nor flying arrows in the day,
Not disease that prowls through the darkness,
not disaster that erupts at high noon.
Even though others succumb all around,
drop like flies right and left,
no harm will even graze you.
You'll stand untouched, watch it all from a distance,
watch the wicked turn into corpses.
Yes, because God's your refuge,
the High God your very own home,
Evil can't get close to you,
harm can't get through the door.
He ordered His angels
to guard you wherever you go.
If you stumble, they'll catch you;
their job is to keep you from falling.
You'll walk unharmed among lions and snakes,
and kick young lions and serpents from the path.
If you'll hold on to me for dear life, says God,
I'll get you out of any trouble.
I'll give you the best of care
if you'll get to know and trust me.
Call me and I'll answer, be at your side in bad times,
I'll rescue you, then throw you a party.
I'll give you a long life,
give you a long drink of salvation!



Lucille Badger We are sorry to report the death of our therapist intern.

Pastor Lucille Badger, 53, passed away on Saturday, April 17, 2010, after a courageous battle with cancer. Lucille devoted her life to ministering to people, in particular women and children. She graduated from the University of Detroit with a Bachelor's degree in social work. She continued with her education, earning a Master's degree in social work from the University of Chicago School of Social Service Administration and recently completed a second Master's degree in Christian Counseling from Trinity Evangelical Divinity School in Deerfield, IL.

Pastor Badger was very active in the community: she was the founder of Images Family Daycare, she co-founded Parents on a Mission (POM) at Wright Middle School, she founded and directed W.I.N.R.S. for Christ (Women Individually Nurturing & Reaching Souls) Ministry, offering services to help free women from substance abuse and improve parenting skills. She began Shoebox Gifts for Children at Christmas through W.I.N.R.S. Ministry. Lucille was known as "Lady B." on the Best of Gospel radio program, airing Sunday nights on WORT 89.9 FM, and also hosted a Christian talk program on WNWC AM 1190 entitled "Speak Out with Larry and Lucille".

Lucille hosted women's conferences in the Madison area entitled "Setting the Captives Free". She helped to pastor New Beginnings Alliance Church as an associate minister, focusing on women's and prayer ministries. In 2006, Lucille was program coordinator for InterVarsity Christian Fellowships Urbana Missions Conference in St. Louis, MO and in 2008; she coordinated InterVarsity's Black Students' Conference in Atlanta, GA. She is survived by her loving husband of 24 years, William "Rick" Badger; their three children, Theodore, Ricquelle and Quentin, and many other relatives and friends.



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Samaritan Calendar

Children of Divorce Class:

Call for dates

Prepare Enrich Seminar:

May 13, 9a.m.-4p.m.

Rebuilding Program :

June 7, 6:30-9:30p.m.

Pre-marriage Class:

May 15, July 17, or August 21, 9a.m.-
4p.m.

Self-defense Class:

1st/3rd Tuesdays, 6-7p.m.

Clergy Leadership Group:

Monthly, begins Sept. 14, 11a.m.-2p.m.

For more information on scheduling a counseling appointment, a clergy coaching session, a consultation, or a workshop, please contact us at 608-663-0763 or email info@SamaritanCounselingCenter.org.

Or, check our website for program descriptions or other information.

www.SamaritanCounselingCenterWI.org