



**Our hearts are in
helping others
find peace**

Helping Others

A Publication of Samaritan Counseling Center of Southern Wisconsin

VOLUME VI, ISSUE 1

JUNE 2011

If you would like to have your next newsletter emailed to you please call our office at (608-663-0763) or email: info@SamaritanCounselingCenterWI.org

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Key Ingredients for a Healthy Marriage

By Dan Feaster, Executive Director/Psychotherapist

- **Communication:** The ability to communicate in a relationship is essential. This is a skill that can be learned. Active listening skills help so that both partners are understood.
- **Conflict Management:** The ability to make decisions together and to negotiate the challenges of the relationship in a way that is fair and a win/win for both partners.
- **Affirm and Appreciate Differences:** It is important to affirm and appreciate your partner for who they are and not to try to change them or make them more like you.
- **Flexibility to Change and Adjust:** Throughout life everyone experiences many challenges that need to be faced. The ability to be flexible and make adjustments is necessary.
- **Compatible Life Goals:** Having similar life goals is also necessary. This includes areas of family, career, religion, lifestyle, and passions that are important to each person.

Samaritan Website

The Samaritan Center's website has been updated and will continue to have updates with the latest Samaritan Center's news and services offered.

www.samaritancounselingcenterwi.org

The Samaritan Center is also

now on Facebook:

Like Us on Facebook



- **Compatible Values:** Sharing values that are similar or at least accepting and respecting your partner's values

Key Ingredients for a Healthy Marriage Continued

By Dan Feaster, Executive Director/Psychotherapist

important. Most values are not absolute, but were learned when growing up. It is possible to affirm different values, like how someone views money, parenting, and leisure time.

- **Respect:** Respecting each other in a relationship is critical. Your partner should be the one you respect and honor above all others, and one you would never intentionally do anything to harm or disrespect.
- **Sense of Security:** Feeling emotionally and physically safe in your relationship. Your relationship with your partner should be a place where you can feel trust and security.
- **Invest Time and Energy in Relationship:** Anything of value takes time and energy to allow it to grow and get better. Regular dates with your partner and regular times that are set aside to talk about the relationship can be very helpful.
- **Healthy Time Balances:** Maintaining balance in life that includes work, time for spouse, and time for yourself.
- **Deal with Your Leftover Issues:** Everyone has leftover issues from childhood, their past, or previous relationships that can interfere in your current relationship. These could

include low self-esteem issues, feeling insecure, or being overly critical. Working through those issues by means of self reflections, study, or therapy, helps make someone a healthier person.

- **Self Love:** Healthy people are able to love their self and their partner. “Love your neighbor as you love yourself,” is an important principle.
- **Emotional Intimacy:** The ability to share who you are with your partner and to have them know you and accept you with all of your strengths and flaws.
- **Healthy Sexual Relationship:** We are sexual people and need to share this in our relationship in ways that are acceptable to both partners and in ways that are mutually affirming.
- **Healthy Spirituality:** The relationship that you have with your partner can be a way of sharing your spirituality and faith practices with each other. You can experience a sense of sacredness in your relationship.
- **Ability to Forgive:** We all make mistakes and at times do things that are harmful or hurtful to our relationship. The ability to admit that we are wrong and to ask for forgiveness and to be able to

grant forgiveness to our partner can prove important for healing.

- **Commitment:** A high level of commitment is important in a relationship. The choice and desire to stick it out and to do whatever is humanly possible to work on the relationship.
- **Healthy Humor:** Humor in a relationship can be very enjoyable and a way of connecting and growing closer together. Humor should not include unwanted teasing, sarcasm, or putdowns.
- **Have Fun and Play Together:** Spending time having fun and playing together is both necessary and enjoyable. Life is short, enjoy it while you can.

Dr. Dan Feaster, provides marriage and relational counseling.

Stress and Trauma

Peter Laubach, LCSW

We have all had experiences with stressful events. Many people do pretty well at figuring out ways to resolve stress and the memories associated with these events. However, sometimes people run into events that were really scary or terrorizing such as rapes, assaults, combat, auto accidents and childhood abuse which create intense memories making one feel like he or she is reliving the event.

In addition, these memories seem to revisit a person often, at unexpected times and compel a person to be overly vigilant about his or her surroundings, startle easily, experience terrible nightmares and actually feel guilty about the event(s). This condition is sometimes referred to as Post Traumatic Stress Disorder or PTSD. Why does a person experience such intense anxiety?

These terrorizing events get processed into memory traces in the brain which don't respond to the normal ways of processing stress memories such as talking with a friend, spouse or a professional. It seems as though these memories of terror are locked into a memory trace that seems to be made of concrete and cannot be touched.

PTSD is actually quite common. Women, combat veterans, police officers, fire rescue professionals and armed services medical personnel who worked in combat areas seem to be those who are more vulnerable to developing PTSD. Though PTSD is quite common, people suffering from it feel too embarrassed, guilty or afraid to talk with anyone about it even to a spouse.

However, there are now treatments for such a disorder. One of these is called Eye Movement, Desensitization and Reprocessing or EMDR.

It was discovered accidentally by a psychologist who had to walk through a deserted park after dark in order to get to her car. She was very frightened about something bad happening to her before she reached her car. As she walked through the park, she

continually surveyed each side of the path on which she walked looking for anything that moved. She got to her car and noticed that the intense anxiety she had experienced was gone... completely.

She thought at great length about why her anxiety disappeared so rapidly. She eventually realized that pairing her fear with eye movements seemed to make the anxiety vanish. She began trying this technique on friends and colleagues who had histories of experiences of traumatic events, some of whom had had these experiences happen to them years and years prior. After she experienced many successes, she then began to use these techniques with her patients, again with a great deal of success.

She then spent the next 15 years discovering many alternative strategies to help people who did not respond to her first efforts to help them. She then started using EMDR to help patients who suffered from such disorders as chronic low self esteem, a lack of confidence, phobias, chronic worry, generalized anxiety and drug and alcohol abuse.

While EMDR does not work for everybody, it has helped a great number of people. Clients are often surprised and amazed at the results. To use EMDR effectively, a therapist needs to be EMDR certified which requires that a therapist undergo special training.

If you feel that you may be suffering from some of the symptoms or other dilemmas mentioned above, or if you know of someone suffering

from the same difficulties, you can contact Peter Laubach LCSW at the Samaritan Counseling Center for an evaluation to see if EMDR might be helpful.

Overstressed?

Learn to Cope and Find Peace Sue Gruen MSSW, LCSW

Does your heart race, and your chest tighten, when you have to speak up for yourself? Does the idea that others might perceive you as looking frightened or uncomfortable make things even worse? Do you avoid people and things that trigger panic, thinking the worst will happen?

If these things are true of you, you may be one of the 40 millions Americans who suffer from stress and anxiety. While common in our society, feelings of worry, social unease, panic and general anxiety can leave you feeling drained and hopeless.

Fortunately, there are several effective ways you can learn to cope. In therapy, clients learn practical tips to manage stress on a daily basis.

In my practice at Samaritan Counseling center, I have successfully taught the following methods, and others, helping my clients find peace and enjoy life more.

- Deep Breathing
- Progressive Muscle Relaxation
- Changing negative thought patterns (CBT)
- Mindfulness
- Prayer and spirituality
- Guided Imagery
- Self-soothing techniques
- Distraction methods
- Emotions regulation
- Coping methods for caregivers
- Tapping In, an EMDR related technique
- Affirmations to overcome counterproductive thinking

Sadly, many people avoid therapy and never find the relief from stress that is available.

Please call today and begin your journey to wellness.



**Samaritan Counseling Center of
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Samaritan Calendar

Prepare Enrich Seminars:

**June 29, August 24, and October 26, 9a.m.-
4p.m.**

Rebuilding Program :

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

September 12, 6:30-9:30 p.m.

Self-Defense Class:

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

Clergy Leadership Group:

Meets Monthly starting in September 20

**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@samaritancounselingcenterwi.org.**

**Check out our website for program descriptions and
other information.**

www.SamaritanCounselingCenterWI.org