



Samaritan Counseling Center's E-CONNECTION

For our Partners in Ministry
SCC is "Here for Hope and Healing"

September 2011

Samaritan Counseling Center -- 1803 Oregon Pike -- Lancaster, PA 17601
(717) 560-9969 www.scclanc.org

In this issue:

- Clergy Groups at Samaritan
- The Power of Forgiveness: Lessons from Nickel Mines
- Depression in the Congregation: Program Sept. 21
- Numbers Don't Lie: The Truth about Clergy Health
- What is Play Therapy?
- Call for Prayer
- Behind the Camouflage: workshop on October 22
- Welcome to Kristen Bascelli
- Who has the highest self-esteem in America?
- Group Says Addiction is a Chronic Brain Disorder



Clergy Groups at Samaritan

Clergy groups at Samaritan are ecumenical, promote collegial support, and are facilitated by clergy leaders trained in family systems and organizational dynamics who have also served in congregations. They embody the key qualities a recent study by Austin Presbyterian Seminary concludes are present in the top rated clergy groups:



- Formal covenant or group guidelines
- Quality leadership/trained facilitators
- Multi-denominational membership
- Close relationships
- Accountability
- Expressing spirituality in creative ways

Most of the clergy in the Friday groups are senior pastors/heads of staff. These groups are facilitated by Dr. James Hanna, the Samaritan Center's founder and retired Executive Director. Rev. Hanna served for more than 20 years in the Presbyterian Church before founding the Center. Contact Jhanna6@gmail.com; or call 717.682.0755.

**Groups meet for 1.5 hours twice a month
8:00 AM – 9:30 AM**

**Group 1: First and Third Friday
Group 2: Second and Fourth Friday,
Group 3: First and Third Thursday**

Cost: \$50 per month.

Location: Samaritan Counseling Center
1803 Oregon Pike, Lancaster , PA 17601

717.625.1722.

Most of the clergy in the Thursday group are associate or sole pastors.

This group is facilitated by Rev. John Emmert, retired from 35 years of parish and college ministry in the Episcopal Church. **Contact** john.emmert1@gmail.com or call 717.951.1136.

For more information about other services for clergy and congregations, contact Linda Crockett, Director of Clergy & Congregation Care, at



“The Power of Forgiveness: Lessons from Nickel Mines” -- A Workshop

Date: September 22, 2011

Place: Young Center at Elizabethtown College

Using the fifth anniversary of the tragedy at Nickel Mines as a backdrop, this one-day conference will explore the moral dilemmas arising from violence, and the potential power of forgiveness for healing.

Two Samaritan Counseling Center staff members will facilitate workshops at the conference. **Linda Crockett, SCC Director of Consultation and Education** and author of *The Deepest Wound* (2001, Writer’s Showcase) will present “Sexual and Domestic Violence as Abuse of Power: A Pastoral Response to Forgiveness”. Frank Stalfa, a Center staff therapist and professor of Pastoral Theology at Lancaster Theological Seminary, will present *Forgiveness without Reconciliation: The Four Station Approach*. The conference will benefit counselors, therapists, pastor, leaders and others interested in the process of forgiveness. **For information and to register, go to** <http://www.etown.edu/centers/young-center/forgiveness-conference>

Depression in the Congregation

A program appropriate for clergy, lay health leaders, and parish nurses sponsored by EMU at Lancaster. Contact hours are available for Parish Nurses

Wednesday, September 21, 2011 12 noon -1:30PM (lunch provided)

Speaker: Beth Mull, PsyD, Licensed Psychologist

At Samaritan Counseling Center conducts neuropsychological testing
Assesses learning and behavioral problems
Gives psychotherapy - children and adults

Location: Eastern Mennonite University at Lancaster
1846 Charter Lane, P.O. Box 10936
Lancaster, PA 17605-10936

Contact Hours: 1.5

Cost: \$15.00

For registration or to be on the mailing list, email sheryn.jerchau@emu.edu or call 717-397-5190 by September 19, 2011. Payment can be made by check, cash or money order to "EMU at Lancaster". (No credit cards accepted). Free parking.

EMU is approved by the PA Department of Education to provide non-credit continuing education necessary for nursing license renewal.

Numbers Don't Lie: The Truth about Clergy Health

To most clergy, it comes as no surprise to learn that ministry can be hazardous to your health. Even so, the clergy health statistics from the Duke Divinity School Clergy Health Initiative are a startling wake up call. Their findings of life-style related physical ailments among clergy point to a need for deep changes across the culture of ministry. Pastor rates of obesity and chronic disease are significantly higher than those of their non-pastor peers. The Clergy Health Initiative 2008 survey of over 17,000 active North Carolina United Methodist clergy showed their rates of obesity to be about 10% higher than other North Carolinians. The same survey revealed clergy rates of high blood pressure and asthma at about 4% higher and diabetes rates at about 3% higher than those of their non-clergy peers.

- *By Melissa Clodfelter in the June issue of Door Post, a monthly e-newsletter from the Center for Congregational health.*

Editor's Comment: September is time for "back to school," new activities, programs and setting goals, much like the beginning of the New Year. Make a point to incorporate your health and well-being into your fall schedule. Attend to your health, including nutrition, exercise and physical check-ups: you will feel better, be more vigorous, and have better brain function.

What is Play Therapy?

By Beth A. Mull, Psy.D. – Licensed Psychologist at SCC



Did you know that children as young as 3 years old can benefit from psychotherapy? Of course, these sessions look a little different than when meeting with adults. Rather than forcing children to

accommodate to our adult world of talk therapy, therapists enter their world of play.

As with adult therapy, the therapist must first establish trust with children. Trust that they can say what they need to say without shame. Trust that they can play (almost) anything they want. And trust that limits on their behavior – such as destroying things or hurting themselves or the therapist – will be maintained. Within this safe space, children can feel free to try out new behaviors, learn about social rules, and play out their feelings where healing can begin.

Parents have a key role in treatment, too. They can share how their child is functioning in the “outside world” and inform the therapist about conflicts he or she is experiencing. Working together in teaching parents what their child’s behavior is “saying” and in what they are needing can- and does - make all the difference.

Call for Prayer



The SCC requests that in keeping with the Partnership Covenant that you signed when you became a Partner in Ministry, that the mission of the Samaritan Counseling Center be included in your church prayers at a worship service this month. Thank you for your prayer support.

Behind the Camouflage

Workshop for pastors and youth counselors on the ethical and spiritual questions that surround military enlistment and combat featuring the award-winning film



Date: Saturday, October 22, 2011

Time: 9:00 a.m.-1:00 p.m. (includes light lunch)

Place: Franklin & Marshall College

Barshinger Life Sciences Building, Boncheck Lecture Hall

Panelists:

- **Rev. Bill Worley:** U.S. Marine Chaplain and Pastor (1st Reformed UCC, Lancaster)
- **Titus Peachey:** Director of Peace Education, Mennonite Central Committee U.S.
- **Dr. Lynne Williams:** Clinical Psychologist, Samaritan Counseling Center
- **Rev. Tim Bistline:** Youth Pastor, St. Mark’s United Methodist Church (Mt. Joy)

For More Information and to Register:

See: <us.mcc.org/forms/behindthecamouflage>or call Titus Peachey at: (717) -859-1151
\$15.00 registration fee, payable at the door



Sponsors: Mennonite Central Committee U.S.; Office of the Chaplain and Religious and Spiritual Life at Franklin and Marshall College; Rev. Bill Worley, 1st Reformed United Church of Christ

Welcome to Kristen Bascelli



The Center offers a warm welcome to Kristen Bascelli, a Licensed Professional Counselor who received her M.S. in Clinical Psychology from Millersville University. She has worked with children, adolescents, and families, providing intensive counseling and behavior modification in the home, school and community. Additionally, she has conducted individual, couples, family and group counseling with children, adolescents and adults of all ages in outpatient settings. She enjoys integrating play, art and the mind-body connection into her therapeutic work.

Who has the highest self-esteem in America? Middle-aged men. A study in the *Journal of Personality and Social Psychology* (April, 2010) finds that self-esteem is lower in young adulthood, rises steadily and peaks at around age 60, then begins to drop as health deteriorates. In nearly all age groups, women's confidence and self-esteem lag behind men's – until the age of 80 or so when it evens out. The study consisted of interviews with nearly 4,000 Americans.

Group Says Addiction is a Chronic Brain Disorder

Addiction is a chronic brain disorder that should be treated like any other chronic disease, according to a new definition from the American Society of Addiction Medicine. In a public policy statement, the group emphasized that neurological mechanisms are the key drivers of addiction. The statement describes addiction as a primary disease and not the result of other emotional or psychiatric problems. Addiction takes over the brain's reward system and stifles areas of executive functioning, such as impulse control, the statement says. Genetic factors account for half of the likelihood that a patient will develop addiction. ([Medpage Today](#), 8/16/11)

Barbara Tolbert, SCC's E-Connection Editor and Partner Church Administrator

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