



The

Samaritan Connection

Volume 21
Issue 3



The Therapeutic Relationship	pg. 1
Inside Partnership	pg. 2
Emotionally Focused Couples' Therapy and Adult Attachment	pg. 3
Drawings from a Successful Client!	pg. 3
Roots and Relationships: Care (CCC) Advisory Committee	pg. 4
Clergy Breakfast & Leadership Series	pg. 4
In Memory of...	pg. 5
The "Head and the Heart" in Relationships	pg. 5
I Love You: Sonnets and Taking out the Trash	pg. 6

THE THERAPEUTIC RELATIONSHIP

By Diane Rapisardo, M.S.S., L.C.S.W., Therapist

“It is the relationship that heals.” (Irvin D. Yalom) I wholeheartedly agree! We all seek connection with others. We long to know and be known for who we really are. We go through life exploring relationships that we hope will provide us with loving connection, intimacy and validation. The therapeutic relationship is no exception. Like all relationships, it can be a gift.

When I meet a new patient who has never been in therapy before, I tell them that therapy is a relationship, and this relationship will take time to grow and develop. Trust must be earned, and rapport must be established. I usually tell them that my therapeutic style is direct and honest, and that hopefully they will be direct and honest with me as well. We need to develop a give and take of honest feedback, and responsiveness. Easier said than done. Relationships take work and they can be tricky business.

The therapeutic relationship is different from other types of relationships. The boundaries are different, very clear and defined. There is also the power differential. Therapists are seen as authority figures by some people. Some people also expect therapists to have all the answers to their very complex issues. There is an exchange of money as well. That always complicates matters. Then there’s the issue of transference (stuff from your other relationships that you may project onto me), and counter-transference (stuff from my other relationships that I may project onto you).

So with all these complicated dynamics going on, is it possible to have a healthy therapeutic relationship that can provide you with the opportunity for hope and healing? Yes! It takes work on the part of both the therapist and the patient. It’s worth it. It can be a profoundly powerful and enriching relationship. The relationship between therapist and patient can be a very sacred relationship. In this relationship, both the therapist and the patient have the opportunity to change and grow and become more whole. You see, it’s not a matter of the therapist having answers for you. We explore and process complex questions about life together, and examine the ambivalent feelings that arise. Hopefully, a therapist’s office becomes holy ground where you feel safe, secure and nurtured.

That doesn’t mean it’s always comfortable. You may not like your therapist from time to time either. Therapy is challenging. That honest feedback you get may really get your attention. Therapists are not in this profession to make friends. We’re here to support you in the process of growth and healing.

Don’t get me wrong. It’s not all about pain. We can laugh together, and laughter is very therapeutic. Someone said: “Joy is the echo of God’s life within us.” Recently I also heard someone define laughter as “carbonated holiness”. I like that. You see, the older I get the more I treasure the gift of laughter, and have immense gratitude for all the little things in life that make me smile. Like monkeys. And don’t make me get my flying ones either!

I feel privileged to be a therapist, and have the opportunity to be present as people share with me their stories, their hopes, dreams, joys, sorrows, confusion, and the very fiber of their lives, hearts and souls. And don’t forget the silliness that makes us smile. Sometimes when therapy ends, we may have more questions than when we began. And that is a good thing. Really. We have this opportunity through the therapeutic relationship to grow together in trust and hope and healing, remembering that “it is the relationship that heals... the relationship that heals...”



Diane Rapisardo

Learn More about the
Samaritan Counseling Center at
www.scclanc.org

2010 Board of Directors

OFFICERS:

Michael Lechliter, Ed. D., Chair
Douglas M. Good, Vice-Chair
Eric G. Hoerner, Treasurer
Linda Rice, Secretary

BOARD MEMBERS:

Christopher J. Churchill, Esq.
Doug Darmstaetter, Jr., CFP
Donald H. Hess, Esq.
Kenneth I. Huber
Robert E. Lee
Patti K. Maurer
Mary Miskey
Richard Peacock
Gerald W. Rothacker, Jr., M.D.
Mark Russell, M. Div.
Judith S. Sandt
Doreen V. Snyder
Donald F. Stewart
Melissa Weik
William S. Young

2010 Clinical Staff

Dean Clemmer, M.S., L.P.C. - Therapist
Lois Frey Gray, L.C.S.W. - Therapist
Perry J. Hazeltine, Ph.D. - Psychologist
Herb Landis, L.C.S.W. - Therapist
Katie Mount, M.A., L.P.C. - Therapist
Beth A. Mull, Psy.D. - Psychologist
Rhonda Myers, M.S., L.P.C., N.C.C. - Therapist
Diane Rapisardo, M.S.S., L.C.S.W. - Therapist
Gerald Ressler, L.C.S.W., M.H.A. - Executive Director
Frank J. Stalfa, Jr., D. Min. - Therapist
Laurie Vogt, M.S., L.M.E.T. - Therapist
Lynne A. Williams, Ph.D. - Licensed Psychologist

Program Staff

Linda Crockett - Director, Education and Consultation
Ruth Stoll, D.N.Sc., R.N. - Coordinator, Congregational Ministries of Health
Barbara Tolbert - Partner Church Administrator

Administrative Staff

Kristine L. Campion - Administrative Manager
V DeSantiago - Office Assistant
Susan Eshelman - Receptionist & Client Service Coordinator
Anita J. Hanna - Director of Development
Janet Lenahan - Financial Manager
Laura Lindt - Financial Assistant
Gabriella Pendergast - Insurance Coordinator
Elizabeth Spotts - Development Assistant



Inside Partnership

by Barbara Tolbert, Partner Church Administrator

The words “Covenant”, “Partnership”, and “Agreement” have overlapping meanings. In the Center’s “Partnership Program” there is a “Covenant” between a church and the Center which determines their mutual “agreement.” Another word that could apply is “pact,” and maybe you can think of additional words that would mean the same thing.

The fact is that the Center’s renewing covenant agreements with 53 congregations this year represents a benchmark in the history of Partnership renewals. Despite churches’ needs this year to stretch budgets to meet obligations and financial mission goals in this uncertain economy, our 2010 partner churches chose to renew Partnership. They made it one of their priorities. We also added several *new* Partners. The Center is thankful for being able to work with almost 100 Partner clergy and their congregations across 13 denominations.

It is affirming to us that we have more Partnership congregations than any other existing Samaritan Center associated through our accrediting body, the Samaritan Institute. It is not unusual for us to receive calls and emails from other Centers as to “how do you build a Partnership Program to such success?” The Institute includes, in their archives, our 2002 document, “Strengthening and Maintaining Partnership Relationships,” to help answer the many inquiries from other Centers. Also, we are visited by other Centers’ directors and board members so they can have a firsthand look at our partnership program.

Why are pastors and congregations so committed to our Partnership Program? The first reason that comes to mind is pastors’ expressions that the Center stands as their “trusted professional resource”

for counseling, education and consultation. Over the years they have become acquainted with our staff through interacting with them and have attended our educational programs and leadership series which are tailored to cutting-edge issues that concern clergy. Through our expanding Clergy and Congregation Care offerings, they choose to be involved in small supportive clergy groups appropriate for their path and time in ministry; seek help from our professionals for personal insight, guidance and direction for problems they are dealing with in their ministry. Sometimes this type of consultation work evolves to include church staff and committees.

Partners receive vouchers for counseling. These vouchers can also be used towards educational and consultation services in their church settings, and there are discounts on programs and certain services. In turn, as part of the Partnership covenant, a church makes a contribution to the Center’s Samaritan Fund which supports subsidies for people who cannot afford full counseling fees. Partnership is a win-win mutual ministry!

Now is the time for congregations to renew Partnership which runs January to January. If your congregation is missing the benefits of Partnership and would like to consider joining us for 2011, please contact Barbara Tolbert at (717) 560-9969 ext. 256 or email btolbert@scclanc.org. We will supply you with a personal call and/or materials. Meanwhile, thank you to all our renewing faith-filled Partners for 2011!



Barbara Tolbert



*Best Wishes For a
Happy Holiday Season
and a Happy New Year*

The Staff at Samaritan Counseling Center



Laurie Vogt

Emotionally Focused Couples' Therapy and Adult Attachment

By Laurie Vogt, M.S., L.M.F.T., Therapist

When I hear the term attachment, I think of the closeness and emotional bonding between a parent and their child. Until my own children were born, I did not know how long one could spend holding another. Hours it turns out, especially with a colicky child. The closeness of those moments was not only comforting to my child, but those moments were comforting to me. Looking at the myriad of expressions a baby makes whether yawning or scrunching up an angry face to cry for food or the surprised look when startled were all a way to intimately know my child. We read our children by gazing into their eyes for meaning. We look for facial expressions—both verbal and non-verbal to inform our response. From these early childhood experiences of bonding with our primary care givers, we form a road map for future intimate relationships and with it our ability to trust and feel secure in that bond.

John Bowlby was a researcher who understood that attachment was a lifelong affair. The need for attachment does not end in childhood but continues throughout our life. As adults we have a deep longing for an intimate, emotional bond with another. The similarities between adult love and that between parent and child are many. In both relationships, adults and children want to be held when they are sick or distressed or afraid. Times of reuniting after being apart are marked by reaching for the other as in a hug or in verbal forms of greeting such as "I missed you" or "How are you?" It is only in our parent-child or adult love relationships that we openly gaze for long periods into the eyes of the other. It is in these relationships that we may use terms of endearment such as "honey" or "my sweetie pie," have high levels of physical closeness such as kissing or caressing and even sing to the other. This adult love fulfills a need to be known and to know another. We are not made for isolation.

Emotionally Focused Couples Therapy (EFT) uses attachment theory to guide work that is done with couples. EFT looks at not only what is happening within each partner on an emotional level but also what is happening between the partners. An EFT therapist is interested in what a partner is telling themselves about an interaction with their partner as well as the interaction itself. Distressed couples have organized their interactions into rigid patterns and cycles that leave each partner feeling disconnected and alone. The level of distress is tied to the longing each partner has for closeness and intimacy and the associated fear that this closeness will never happen.



According to Sue Johnson in her book, "Hold Me Tight," the formation of a secure bond with your partner has three key building blocks: accessibility, responsiveness and engagement. Accessibility has to do with our ability to stay open to our partner even when we feel insecure or are having doubts. Responsiveness means an ability to stay tuned into your partner. It requires placing a priority on the attachment needs and fears your partner conveys and responding with clear signals of comfort and caring. If done well, we will feel connected emotionally and calmer physically. Lastly, a couple needs to know, says Sue Johnson, that their partner values them and will stay close and engaged. When engaged with our partner, we touch them more and we seek their gaze longer. We experience our partner as emotionally present. When we experience A.R.E. or accessibility, responsiveness and engagement from our partner, we experience a secure bond.

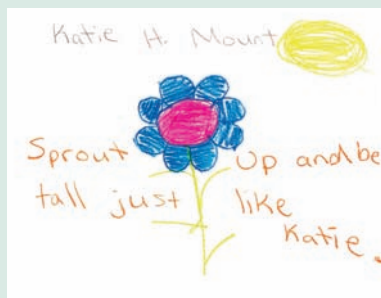
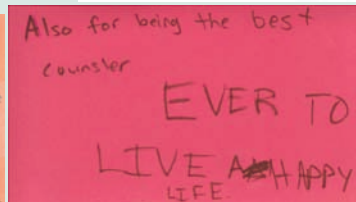
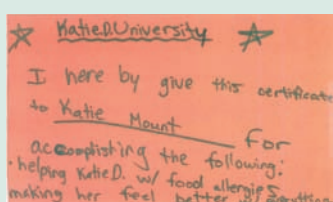
As you think about adult love and significant relationships in your life, consider these questions:

- When do I feel most connected to my partner and when do I feel disconnected?
- What is happening between us at those times?
- What am I telling myself about those experiences internally?
- What would it be like to share those internal experiences with my partner?

Currently, the Samaritan Counseling Center has two clinicians on staff who have received advanced training in Emotionally Focused Couple's Therapy, Rhonda Myers and Laurie Vogt. Contact the Center at 717-560-9969 for additional information.

Drawings from a Successful Client!

Therapy done by Katie Mount, therapist and Katie D., client. Drawings by Katie D.



Roots and Relationships: The Clergy & Congregation Care (CCC) Advisory Committee

By Linda Crockett, Director of Education and Consultation

Since the Samaritan Counseling Center was created 23 years ago, our roots have deepened and spread, growing from a small ministry in a trailer office on the grounds of Highland Presbyterian Church to the vibrant Center we have today that provides more than 10,000 hours of counseling services each year.

The roots of the Center are grounded in a commitment to three core ministries through which we offer hope and healing: Counseling, Education and Consultation. For the first two decades of our life, our branches grew primarily from our counseling services, with an occasional leafy arm stretching out to offer what we have come to call our “non-clinical” services, such as education and consultation.

The development of our CCC program, which includes services such as clergy leadership training, congregational consultation, clergy groups, coaching, ministry assessments, and education, draws deeply from our roots. We are rapidly growing new branches which represent the many ways in which we are working with clergy, lay leaders, and congregations to build resiliency, promote flexible and adaptive leadership and enhance the well-being of communities of faith.

The national Samaritan Institute received a Lilly grant to help Centers develop CCC programs. The Institute took on this initiative to revitalize a “root” ministry of Centers to strengthen clergy and congregations. As a participant in the national trainings, I have had the opportunity to work in exciting ways with others across the nation developing these services. I have been privileged to direct our CCC program this past year. The success we have already achieved in becoming known for the services represented by this program would not have been possible if I had worked in isolation. One of the smartest decisions I made was to gather around me a group of “wise guides”: pastors who could help to shape this ministry that calls us back to our roots. As a non-ordained person, I do

not presume to know what clergy need to help them develop the pastoral excellence Jack Carroll, in his book “God’s Pottery: Pastoral Leadership and the Shaping of Congregations” so eloquently describes.

With this group of clergy serving as mentors, collaborators, and guides, our monthly CCC meetings are marked by creativity, reflection, theological and practical discussion, strategic planning, and careful reflection on how to best shape our Center’s non-clinical services to meet the needs of our more than 50 partner, and other supporting, congregations. The model we are using to develop our CCC program reflects the value the Center places on relationships, and a multi-disciplinary approach that resides in the nexus of psychology, health, and spirituality. It’s what differentiates us from a community mental health center, a consultation firm, or other providers of assessment and coaching services. I am grateful for the relationship with our CCC Advisory group and look forward to continuing the walk in 2011.

2010 CCC Advisory Committee members:

- Rev. Janet Breneman, Laurel Street Mennonite Church
- Rev. Dr. John Emmert, retired Rector, St. John’s Episcopal Church, Lancaster
- Rev. Dr. James Hanna, retired Founder & Executive Director, Samaritan Counseling Center
- Rev. Linda Hanus, St. Paul’s Lutheran Church
- Rev. Pamela Reist, Elizabethtown Church of the Brethren
- Rev. Dr. Randy Riggs, First Presbyterian Church of Lancaster
- Rev. Mark Russell, Lutheran Church of the Good Shepherd

*Accepted a new call in 9/10. Rev. Lyn Barrett (UCC) will serve in her place.



Linda Crockett

January 13
Clergy Breakfast
Meet the Clinicians!
7:30 AM – 9:00 AM
St. Peter’s Lutheran Church,
10 Delp Road, Lancaster

In this special interactive breakfast presentation, clergy will have the opportunity to meet all of the Center’s clinicians and learn about their areas of practice and the unique integration of faith, spirituality and psychology that is the hallmark of Samaritan counseling. To keep things lively, we’ll use a “speed dating” format to insure that clergy have a chance to interact with each clinician. Gerald Ressler, the Center’s Executive Director, will also succinctly demystify the intricacies of intake, insurance, and use of partner church “vouchers” when referring parishioners for service.

Each of the three pastoral leadership sessions following the breakfast will be facilitated by a pair of clinicians and focused on an area of mental health that is likely to be encountered during pastoral counseling. Clergy are invited to come with questions, concerns, and examples of challenges they have faced in counseling congregants. Clinicians will facilitate learning and discussion on the particular mental health issue presented with an emphasis on pastoral counseling skills, and also knowing when to refer a congregant to a mental health professional.

Leadership Series on mental health:

8:00 AM – 9:30 AM

Lutheran Church of the Good
Shepherd,
750 Greenfield Road, Lancaster

February 3 Depression and Anxiety: Dean Clemmer, MS, LPC and Rhonda Myers, MS, NCC, LPC Signs and symptoms; clusters of symptoms; treatment approaches; and diagnosis and treatment.

February 10 Child/Adolescent Issues: Beth Mull, PsyD and Katie Mount, MA, LPC. How therapy is approached with various age groups; working with children and parents; handling resistance; and addressing pastoral concerns around identifying and discussing challenges involving children and teens.

February 17 Marital issues: Laurie Vogt, MS, LMFT and Frank Stalfa, DMin, LPC Recognizing when a couple is in marital distress; assessing distress and contributing factors; identifying impact on family members; assessing couples’ ability to address their issues; helping clergy to identify when to refer to a marriage counselor, and working in collaboration with the counselor.

For more information or to register for the breakfast or series, please see our website at www.sclanc.org.

In Memory of...

John M. "Jack" Buckwalter

Mr. and Mrs. William W. Adams
Mr. and Mrs. Samuel Altdoerffer
Mr. and Mrs. Charles E. Arnold
Mr. Thomas Beaver, III
Mr. and Mrs. John H. Brown, Jr.
Mr. and Mrs. Joseph H. Bumsted
Mr. and Mrs. Robert H. Caldwell
Mr. and Mrs. Gary A. Cross
Mr. and Mrs. William R. Culp
Mrs. Polly Deihl
Ms. Carol Esbenshade
Mr. and Mrs. Todd Foster
Mr. John F. Garber, Jr.
Mr. and Mrs. Eugene Gardner
Mr. and Mrs. Frank A. Gerhardt
Mr. and Mrs. Robert L. Glover
Mr. and Mrs. Eugene M. Hannum
Mrs. Nancy E. Herr
Mr. and Mrs. James D. Hess
Mr. and Mrs. Theodore C. Jackson
Mr. and Mrs. Joseph L. Jones
Mr. David R. Keller
Mrs. Jane K. Martin
Mrs. Joyce H. McClintock
Mrs. Joan McCormick
Mr. and Mrs. Albert Morrison, III
Mr. and Mrs. Paul A. Mueller
Mr. and Mrs. Jay Myers
Ms. Margaret Neff
Mr. and Mrs. Walter Offermann
Mrs. Betty G. Pontz
Ms. Nancy H. Reese
Mr. and Mrs. Henry Rudisill
Mr. G. William Ruhl
Nancy K. Schlegel
Mr. and Mrs. James R. Schoepflein
Mr. Robert L. Schroeder
Mr. and Mrs. John O. Shirk
Mr. and Mrs. Paul H. Slaugh, Jr.
Mr. and Mrs. S. Maynard Turk
Mr. and Mrs. David Vaughn
Mrs. Mary C. Veitch
Mr. and Mrs. Charles A. Walker, Jr.
Mr. and Mrs. Paul W. Ware
Mr. and Mrs. D. Edward Young

Jefferson Crosby

Mr. and Mrs. Robert Binford
Mr. and Mrs. William Crosswell
Mrs. Edith Wagner Groves
Anita J. Hanna
Rev. and Mrs. James W. Hanna
Sadie and Dale High, High Companies
Rob W. Jones, Fulton Bank, Penn Sq Branch
Mrs. Rebecca C. Kline
Mr. and Mrs. James L. Knapp, II
Mr. and Mrs. James Landis
Mr. Michael Mumma
Ms. Lisa Rohde
Timothy Shenk and Christine Kaufman

The "Head and the Heart" in Relationships

By Rhonda Myers, M.S., N.C.C., L.P.C., Therapist



Rhonda Myers, M.S.,
L.P.C., N.C.C.

When working with people who are struggling in their relationships, I often think about two primary points of reference: the head and the heart. Regarding the head, how we think about what is happening in the relationship has a huge influence on how we act and react to our partner. Over time, and as a result of unresolved conflict and other painful incidents, we develop a lens through which we see and interpret our partner's behavior and make assumptions about their motivations. We draw conclusions about what his or her behavior means to the relationship and how they feel about us, and begin to tell ourselves things like "I don't matter to him," or "I can never please her," or "if he loved me, he would (or wouldn't)..." This lens obscures and distorts our view of what is actually occurring within our partner, and prevents us from seeing him/her clearly and accurately.

"When we are calm, we can think rationally and are more likely to be able to give our partner the benefit of doubt or see the other side of the issue."

When we are calm, we can think rationally and are more likely to be able to give our partner the benefit of doubt or see the other side of the issue. However, in close relationships, the conflict feels threatening to our connection with our partner and the brain responds in emergency mode. The "fight or flight" response mechanism, wired into us for survival, gets triggered and the brain is "highjacked" by emotion that overrides logical and reasoning mental processes. And then we're off to the races....well into a heated and sometimes damaging reaction before we're able to calmly assess the situation and identify what happened to trigger our emotions. Thoughts and emotions are intricately intertwined -- thoughts influence emotions, and emotions influence thoughts. Not only is there the "dance" of each person affecting the other in the conflict, but there is also an internal dance going on within each individual between their own thoughts and emotions. Here is the "heart" part: it is our attachment to this particular person, his/her importance to us, which escalates our emotional distress.

If this is an automatic response to fear or danger, what can we do to prevent a reaction that is damaging to the relationship? First, it is necessary to be aware of what is happening. Without that awareness, we are likely to react impulsively rather than respond thoughtfully. Practicing mindfulness, or paying attention to what is happening in the moment, teaches people how to observe their thoughts and feelings. That bit of awareness is what provides us with the ability to check out the validity of our thoughts (Is there some distortion in my thinking? Could there be another interpretation?) or to ask our partner for clarification. It is what helps us to look beyond the content (you didn't call to say that you would be late) to the emotional interpretation of the issue (I don't feel like I matter to you).

Once aware of his/her specific thoughts and emotions, the person can determine what takes priority in the moment. Does the person need to take a few minutes to calm themselves, to take some deep breaths, step out of the room, take a walk, and cool down before they can continue the conversation? Or are they calm enough that they can think through the situation and evaluate their thoughts and begin to process them with his or her partner? Can each person contain their own thoughts and feelings well enough to hear what their partner is thinking and feeling? It is a challenging balancing act to manage thoughts and feelings when our primary relationships are in distress. Regulating emotions and tolerating distress are skills that everyone needs and are important to maintaining relationships. If you struggle in these areas, and are interested in developing your emotional and relationship skills, consider working with a Center therapist.



SAMARITAN COUNSELING CENTER
Here for hope and healing
 1803 Oregon Pike, Lancaster, PA 17601
 (717) 560-9969

Non-profit
 U.S. Postage
 PAID
 Lancaster, PA
 Permit No. 339

ADDRESS SERVICE REQUESTED

I Love You: Sonnets and Taking out the Trash

By Herb Landis, L.C.S.W., B.C.D., Therapist



they talk, navigating the uneven sidewalk. I wonder how they met, how long they have been in a relationship and what kind of love journey do they keep discovering for themselves. How have they nurtured themselves individually and as a couple? What crises have they endured? Did they discover early on that understanding their own family of origin provides a precious gift that can journey with them? Can they both write love sonnets and also tend to the practical nuts and bolts of a relationship like taking out the trash and picking up clothes off the floor? Perhaps this is the second marriage for both of them. Perhaps they are together for companionship.

This cool
 a u t u m n
 morning I
 watch an elderly
 couple walking,
 holding hands.
 I've seen them
 before. They
 seem engaged,
 interested in one
 another, looking
 at one another as

Every couple needs time to be alone together, to experience one another's company without extraneous demands or expectations. This time creates the context for intimacy. The short run sharing of "I love you" fairs better when there is the long run of sharing the whole spectrum of moods, thoughts, likes and dislikes on a daily basis. A neighbor once told me as we both stepped on to our morning porches, "Herb, don't ever stop communicating with your wife." He carried the right to pass on this wisdom to a newly married man, as he witnessed his own marital demise over the years. He went on to say "we just stopped talking. Spending time together became less and less."



*Herb Landis,
 L.C.S.W., B.C.D.*

The rhythm of an iambic pentameter sonnet is no more or no less than the rhythm of steady, conscious talking while walking and being present to one another. The same rhythm of household tasks are as important as a guitar solo in the light of a full moon or a combination of a sonnet illustrating the grace of taking out the trash.

This cool autumn morning I watch an elderly couple walking, holding hands.