



The Champion

Volume 2

A Champions Christian Counseling Center Publication

July 2003

What is Counseling?

By Teresa P. Brier LMSW-ACP

We've seen all different versions of it on TV, from the Simpson's to the Sopranos. It's in the movies, *Analyze This/Analyze That*, it's often portrayed with humor, or presented in such a way that we stereotype people in therapy. According to the National Institute of Mental Health, one in five Americans has a diagnosable mental disorder during a one year period in their lives. What does this mean? We all experience stress, disappointments, losses, changes and sometimes overwhelming responsibilities in our lives. But what happens when we get "stuck"? We may feel upset, frustrated, have problems in relationships at home and at work, we lose interest in the things that may have given us pleasure in the past- we can't seem to move on. So we turn to the people around us for help, but sometimes, the people to whom we are the closest in our lives are the ones we may be having difficulty with. They are emotionally involved with us, so they can't be objective about what's going on with us. They may offer advice, or just tell us to "get over it" and become angry or frustrated with our lack of progress.

Counseling is the process of unlocking what may be keeping us stuck, learning new skills, finding support, identifying our feelings and developing new ways to cope with the many challenges we may face. It's not magic or mystical, but a specialized communication between you and a trained professional who can guide you through this process and help improve your ability to function, and "get back to the old me".

Individual therapy is a one on one experience, talking through concerns, fears, learning problem solving skills and developing abilities to enhance self esteem.

Group therapy is usually a meeting format of 6-8 people who may share similar concerns, and interact in a

Anger Management

By Kerrie Wallace MA-LCP-LCDC

Some people talk about anger as if it is a bad word. The truth is anger is an emotion that is no worse than joy, sadness, embarrassment, or elation. The problem arises only in the maladaptive expression of anger.

Anger management is an approach that attempts to educate individuals, who have demonstrated those maladaptive expressions, and to teach them more appropriate expressions of totally acceptable feelings. The basis is an approach that looks at how one perceives a situation and then responds to it. Since our perceptions are like sunglasses, some more tinted than others, and formed by past experiences, so are our resulting behaviors.

Many people can benefit from classes held in both a classroom atmosphere and a group setting to learn and practice new and more acceptable behaviors.

Anger Management Class

Starting July 29

Tuesdays 6:30 – 8:00 pm

12 weeks, \$20 per session

Must pre-register, spaces are limited!!

Must attend all 12 sessions to receive certificate of completion. Call 281-357-4111 to register.

OPEN HOUSE

Understanding Christian Counseling

By Paula Whitaker M.Ed., M.A., LPCI
Director, CCCC

The American Association of Christian Counselors states “The ultimate goal of Christian counseling is to help others move to personal wholeness, interpersonal competence, mental stability and spiritual maturity”. In Christian Counseling, each person is treated as an individual, with respect, care and Christian love. We believe that each person is a unique creation of God and was created to have a personal and meaningful relationship with Him as well as with others. Christian Counseling uses Christian principles and is uncompromising in its commitment to Christian truths as well as to the appreciation of the uniqueness of each individual.

Adolescence- A Time of Change!

By Sally Etheridge M.Ed. LPC

Adolescence is defined as that time in our lives from ages twelve to twenty; it is a process of transition from childhood to adulthood. Rapid changes may take place in the body, emotions, values, attitudes, relationships and responsibilities. When parents are aware of these changes, they may be better able to help each other deal with them – an adolescent needs a parent’s support during this difficult time. During this sensitive period, an adolescent and their parents may need input from a professional counselor who has experience in working with individuals and families. CCCC provides counseling for families and adolescents who may be experiencing communication difficulties with each other.

Is Stress Managing You?

By Ursula Everidge, M.A., LPC, LMFT

Many of us associate stress with the negative events in life, such as illness, financial problems, work related issues and the like. Have you ever noticed, however, after looking forward to a seemingly happy, special occasion suddenly things start to become overwhelming and you are feeling out of control and exhausted? **Stress is the culprit.** Stress can affect our bodies and minds in a negative way. There are many “warning signs” of chronic stress such as burnout, depression, anxiety, insomnia even addiction. If stress seems to be managing your life, there is help. The therapists at CCCC are here to help *you* learn new ways to *manage* the stress in your life.

Verse of the Month:

Though I walk in the midst of trouble, you preserve my life; you stretch out your hand against the anger of my foes, with your right hand you save me.

-Psalm 138:7

FAQs About Addiction

By Esther Bird LPC, LMFT, LCDC and
Nancy Cullen MA, LCDC

What is addiction?

Abusing a substance or participating in a behavior repetitively and without control.

How to know when an addiction is in control?

Overindulgence in a substance or behavior results in

DO YOU OR SOMEONE YOU KNOW STRUGGLE WITH THESE ISSUES?

Depression	Grief and Loss
Substance Abuse	Anxiety
Marital Issues	ADHD-ADD
Family Issues	Abuse
Adolescent Issues	Stress
Parenting Skills	Anger
Bipolar Disorder	Divorce
Educational Challenges	

CALL NOW! 281-357-4111