



# The Champion

Issue 4

A Champions Christian Counseling Center Publication

September 2003

## Enriching and Growing Your Marriage

### What Is the Problem?

Esther Bird, MA, LPC, LMFT, LCDC

When there are problems in a relationship, it is best to identify what is happening. Once a correct diagnosis is made, then steps to heal the marriage can be made. The eight areas to consider and questions to ask yourself are the following:

1. **Distance** – How far apart have you become?
2. **Power Struggle** – Does somebody have to “win”?
3. **Trust** – Have you lost faith in your spouse?
4. **Defense of self-identity** – Have you given up friends, hobbies, etc. to keep your spouse happy?
5. **Sex** – Are your sexual activities pleasurable and satisfying?
6. **Centricity** – Are you both thinking only of yourselves?
7. **Unrealistic illusion and expectations** – Did you want “a knight in shining armor” or “a perfect lady” for a spouse?
8. **Territorial aggression** – Do you disagree about what is mine, yours and ours?

If you decide to negotiate with your spouse for change, you’ll first want to identify the feelings surrounding the problem area that has been defined. After the feelings have been explored, negotiate a time-limited and specific contract.

### MARRIAGE SURVIVAL & IMPROVEMENT

#### FREE!! WORKSHOP

Tuesday, September 16<sup>th</sup>

TIME: 6 – 7 PM

CALL 281-357-4111 Limited Space

### Have You Learned How To Be Married Or Are You Just Winging It?

Sally Etheredge, LPC

One of the most important skills for a relationship is developing the skill of *active* listening. When listening to your spouse force yourself to dwell on his/her words. Look at your spouse while he/she is talking. Don’t interrupt, because if you do he/she will probably quit talking. Remember to thank him/her for talking and sharing his/her thoughts with you. Married couples get themselves in trouble by thinking the other person knows how they feel when in truth they don’t have a clue. So, turn off the TV, put down your book or newspaper and become an *active listener*.

### What is Stephen Ministry?

Paula Whitaker, M.Ed., MA, LPCI, Stephen Minister  
Christian Counselor, Administrator at CCCC

*Jesus said, “Love one another as I have loved you.”*

As a Stephen Minister, **I work together with Pastors to reach more people with Christian counseling and care than most Pastors have the time to reach by themselves.** The Stephen Ministry program equips and trains people to provide Christian one-to-one care and counseling to those who are experiencing all types of life needs, crisis and circumstances.

My goal as a **Stephen Minister** is to express God’s love and care through my life and vocation. I have participated in many hours of training in caring ministry skills and concepts. I have been commissioned as a Stephen Minister and I counsel with people on a regular basis, am committed to preserving the confidential nature of the caring relationship and I work with a Stephen Ministry leader.

Meeting the needs of people one at a time is our goal. These needs include but are not limited to:

- **Those grieving a death or loss**
- **Those who are separated or divorced**
- **Those with a job crisis**
- **Problems with children or parenting**
- **Concerns with aging and elderly**
- **Those facing transitions or disabilities**
- **Those who are hospitalized, ill or homebound**
- **Those with marriage and relationship issues**
- **Those needing Christian support**

Champions Christian Counseling Center is creating a caring ministry where many, instead of a few, are offering God’s love and counsel in an intentional and systematic way. We are offering a warm, loving, and nurturing environment where people are cherished and cared for in the name of Jesus. Champions Christian Counseling Center is a place where people’s needs are taken seriously and compassionately in the name of the Lord.

Let us know how we can help you and your church congregation by meeting the needs of your church members using highly trained, professionally licensed, Christian counselors. **God Bless You!**

### *Verse of the Month:*

And now abideth faith, hope, love, these three; but the greatest of these *is* love.

*I Corinthians 13:13*

**FREE**  
**ADD/ADHD WORKSHOP**  
**1 PM and 6 PM**  
**September 23,2003**

**To Reserve –**  
**CALL 281-357-4111 - Limited Space**

### **Irlen Syndrome/Scotopic Sensitivity**

*Sandra Steele, M.Ed., LPC*  
*Independent Educational Consultant*  
*Certified Irlen Syndrome/Scotopic Screener*

Many people suffer from vision and light sensitivity. Approximately 75 – 80% of all ADHD/ADD people suffer unknowingly from this syndrome.

Irlen Syndrome/Scotopic Sensitivity is a visual perceptual disorder related to light source and contrast sensitivity. For individuals with Irlen Syndrome bright and especially fluorescent lighting appears to disrupt the timing and sequence of information which the brain receives from the eye. Irlen Syndrome can prevent acquisition and/or application of reading skills so that the reading process is inefficient. Comprehension and sustained reading can be diminished.

- Scotopic Sensitivity/Irlen Syndrome (SSS) is a perceptual problem that prevents an estimated 10 – 12% of the population from being able to learn, read, or study efficiently. It remains undetected by standard educational, visual and medical tests.
- Individuals with SSS perceive the printed page and sometimes their environment differently. They must constantly make adaptations or compensate. Individuals may be unaware of the extra energy and effort they are putting into reading and perceiving.
- Individuals with SSS may read slowly or inefficiently or have poor reading comprehension, strain or fatigue. SSS can also affect attention span, listening, energy level, motivation and work production and mental health.
- Individuals with SSS may be viewed as underachievers or as having behavior, attitude or motivational problems. This problem can coexist with other learning difficulties. Some people diagnosed with learning disabilities, dyslexia or ADD may be in addition, also suffering from SSS.

Scotopic screening and testing is available at CCCC on a continuing basis. Call today to find out more about this process.

### **Raising Children in a Divorced Family**

Lill Priest, MA, LPCI

#### **Attention Divorcing Parents:**

The effects of divorce on children can be devastating and last a lifetime, or they can be minimal and short-lived. It all depends on how the adults handle it and relate to each other.

1. Realize how much emotional stress you are experiencing. Now picture yourself as your child. Children feel all the same emotions that an adult does but do not have the same perspective or emotional resources of an adult. Be tolerant; allow them to express how they feel and try to understand their perspective.
2. Fear looms largely in their minds. Their main concern is: "What will happen to me?" and "Who will take care of me?"
3. Children often blame themselves for their parents' breakup. It is important to reassure them over and over that it is not their fault. That Mommy and Daddy still love them even though they've decided not to live together anymore. All children secretly desire Mommy and Daddy to get back together, even if it is impossible because one or both have remarried
4. Don't put your children in the middle by asking them to spy on the other parent. Questioning your kids about what goes on in the other house may make them feel you are more interested in your former spouse than in their welfare. A very high level of conflict between adults leads to a very high level of anxiety in the children. Conduct between adults can range from cooperative parenting (the best) to former spouses endangering each other and endangering the children with physical or sexual abuse (worst case). The safety and well being of the children should be uppermost in both parent's heart and mind.
5. A very important point to remember is to answer questions honestly and on a level your child can understand. Giving your child accurate, age-appropriate information is a must!

### **Champions Christian** **Counseling Center**

Is conveniently located at  
**333 South Cherry Street, Tomball**

Visit us on the web at  
**[www.cccctomball.com](http://www.cccctomball.com)**