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EDMR Success Story

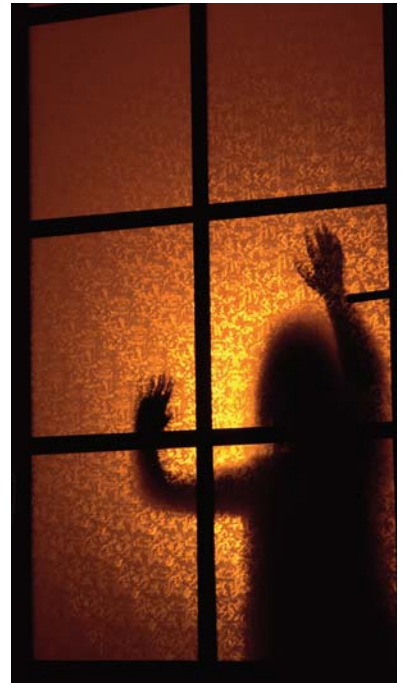
Tina* entered counseling on April 14, reporting nightmares due to seeing a psychological thriller in the theater. She stated that this was a repetitive occurrence whenever she watched horror films. Tina was unable to sleep with the lights off, she couldn't shut her eyes in the shower, and she hated feeling weak and helpless. She had heard of **EMDR (Eye Movement Desensitization and Reprocessing)** and had two weeks to dedicate to treatment.

EMDR is a form of psychotherapy that has a direct effect on the way the brain processes information. When a person is very upset, their brain cannot process information as it does ordinarily. One moment becomes "frozen in time," and remembering a trauma may feel as bad as going through it the first time because the images, sounds, smells, and feelings haven't changed. Such memories have a lasting negative effect that interferes with the way a person sees the world and the way they relate to other people.

EMDR involves bilateral eye stimulation. It appears to be similar to what occurs naturally during dreaming or REM (rapid eye movement) sleep, yet when we use the eye movements when awake, alert and in control, reprocessing takes place, allowing us to see disturbing material in a new and less distressing way. Following successful EMDR therapy, a person still remembers what happened, but it is less upsetting. As a clinician, I cannot make promises of the outcome, as we never know what will come up during the reprocessing sessions.

**The name has been changed to protect the client's identity.*

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Human distress can overwhelm ones usual coping mechanisms. 50% of disaster workers are likely to develop significant distress after working with a critical incident.

Seeking DIRT volunteers

How did you feel when you heard of the **tornados in Alabama**? Have you ever thought about the emotional after effects of the people who lived through **Hurricane Katrina**?

Have you ever felt called to get involved? Well, if so, this is your chance to make a huge lasting impact on trauma survivors in the future.

Studies have shown that brief, acute phase mental health services in the first weeks after an event can lead to sustained reduction in morbidity in years later. Because of this, **Central College Christian Counseling** is teaming with **Central College Presbyterian Church's Disaster Immediate Response Team (D.I.R.T.)** and we need more volunteers who are willing to work in a mental health capacity.

Our director, **Leslie Marshall**, MA, PCC, has been trained by the **International Critical Incident Stress Foundation (ICISF)** to apply psychological first aid to those who've experienced a crisis, and she wants to train you to do the same.

Critical incidents are unusually challenging events that have the potential to create significant human distress and can overwhelm ones usual coping

mechanisms. We naturally think about working with the people who've experienced the disaster; however, studies have shown that about 50% of disaster workers are likely to develop significant distress after working with a critical incident. These people go into the field feeling they can save the world; yet often times, *they don't manage effective self-care.*

The people on our mental health team could volunteer to work at the home base to help prepare our volunteers for departure and/or be here for them upon their return to help them process what they experienced before returning to the 'normalcy' of life. The more flexible person could volunteer to be deployed with the team to offer mental health assistance to the survivors of the disasters as well as to our volunteers on site who could face very devastating situations.

If this type of volunteering interests you, please call Leslie at 614-865-0513 x. 175 to learn more.



Mark Smith,
MA, PC-CR

Central College Christian Counseling continues to evolve

Last summer we added a psychologist and we joined the **Anthem** and **OSU Healthcare** insurance panels. In the winter months, we added a social worker, which allowed us to accept medicaid and medicare. About that same time we joined the **Aetna** and **Cigna** insurance panels. We are now in the midst of bringing on another staff member, **Mark Smith**, MA, PC-CR. Mark received

his Masters degree from **Liberty University** and is currently pursuing his **PhD in Counseling** from Liberty. Mark currently leads the **From Fantasy to Eternity** men's group, which is helping men who struggle with sexual addictions. He is also now seeing clients at our office, as well as an office in Sunbury.

Please join us in welcoming Mark.

Summer Social Skills classes

The ages between 5 and 12 are critical for a child's development. A child should understand his/her feelings and know how to manage them; they should know how to communicate what they feel, and learn to accept other people's boundaries. If

children struggle in these areas, they may be unable to manage their anxiety or anger, become teased or begin bullying someone else. Failure to thrive in these areas can make a significant impact on a child's sense of self.

We are currently taking names for our summer intensive social skills class. The exact dates are to be determined based on parent needs, but will definitely take place in July or August. In the past, parents have told us that the skills that have been taught to their child have been life changing. *If you feel this class could benefit your elementary age child, please contact the program leader, Leslie Marshall, MA, PCC, at 614-865-0513 x. 175.*

Example of class topics: assertive communication, anger management, boundary development and bully prevention

Gracious gifts We have been blessed repeatedly in our ministry. This winter we received an anonymous donation to help launch a benevolence fund for people who do not have insurance or funds to pay for counseling. We also received confirmation of \$15,000 in anonymous gifts for renovation of our counseling center, allowing us to increase privacy for clients as they seek healing and wholeness through our Christian counseling center. Other generous gifts have included furniture, such as our lobby couch and a beautiful new bookshelf. The generosity shown to us from the church community has been overwhelming and greatly appreciated. **We thank you for your continued kindness and blessings.** *If you have something you would like to donate, or a financial gift for the center, please contact Leslie at 614-865-0513 x 175.*

Thank You!



A
SAD
farewell

More than two years ago **Jake Steele** came to CCCC to complete his counseling internship. Last summer he received his Masters degree in Clinical Counseling as well as his Masters in Divinity. While seeing clients in his spare time, Jake has served as a youth pastor at his church in Delaware and he has done a phenomenal job of managing both roles very effectively. Clients have repeatedly reported success when working with Jake. *One couple wrote: "We came to Jake over the summer after experiencing some difficult life changes and had been dealing with unhealthy symptoms in our marriage. Five months later we are stronger than we have EVER been as a couple and our commitment to Christ and to one another has never been as deep as it is today! Jake and Jesus have been a wonderful formula for us!"*

Recently, Jake completed his ordination process and he has been assigned his own church in his home state of **West Virginia**. He and his wife **Emily** are eager to get involved with their new community and lead more people to Christ. *Please join me in wishing Jake and Emily many blessings for their future ministry.*



After five sessions of treatment, Tina sent this e-mail:

“ I felt I had a break through today! It was difficult to relive some of the painful experiences I had long “forgotten”, but I felt the dots connecting when they were brought to light in the context of the irrational beliefs I have been dealing with. The other thing I thought was so neat was that I came to that ah-ha moment on my own! I could have read about it, or had somebody tell me about it, and I would have agreed with the logic 100% on an intellectual level. But when I came to it myself from the labyrinth of feelings I was sorting out in the session, I felt I came up to the surface from a deep ocean and found my breath! That feeling was unforgettable and priceless because I know for sure that the positive belief is mine! ”

Read Tina’s complete story on our website: www.ccchristiancounseling.com. If you would like to know more about EMDR, go to the EMDR International website: www.emdria.org, or contact Leslie Marshall, MA, PCC at 614-865-0513.

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Help!

I’m overwhelmed!

Has the intensity of your emotions ever become completely overwhelming, resulting in shame or a loss of self-control? Do normal life stressors seem extremely difficult? This heightened distress leads to painful thoughts and feelings that won’t go away, impacting overall health, well-being and thoughts. If you have ever felt this way, you will be tremendously blessed by our newest psychotherapy group: **Rising Above** led by **Dr. Donna McClure**. This **10-week program** will help participants manage overwhelming emotions while strengthening their ability to cope with life. **Classes begin Thursday, May 12, and will take place from 6:30 - 8:30 p.m.** Most insurance plans are accepted or scholarships are available to make sure services are affordable *To request more information or to participate, call: 614.865.0513 ext. 190 or e-mail: bsmith@ccpc.us.*

TIP
When feeling overwhelmed stop and breath deeply 5 times before responding.