

# Salem Pastoral Counseling Center Newsletter

Winter - 2010

## “A Word From the Co-Directors...”

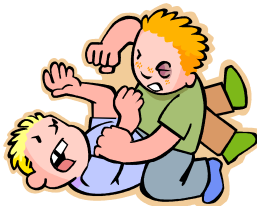
*As we turn to this New Year many of us will make plans for what lies ahead in 2010. In this issue of the SPCC Newsletter you will see some of our plans for the coming months. If you are wanting to improve your relationship with your children, you might consider the Love and Logic class being offered in February (see below). If you are wanting to support the mission of SPCC you might consider attending our dinner and silent auction on February 20<sup>th</sup> (see page 2).*

*But as we set our plans, it is good to do so tentatively, understanding that God has plans for each of us in this new year that we do not yet know. We invite you to make your plans, and also to make room for those plans God has in store for you. Until we fully discover those, we wish you all happy and blessed New Year.*

*Sincerely, Bob Lewis and Judy Tuttle-Zollner \*\* SPCC Co-Directors*

## PARENTING with LOVE and LOGIC

### Tired of nagging your kids?



Is bedtime a big hassle at your house? Are you wondering how you will survive the teen years ahead or that you have now entered with your children? Are you tired of the disrespect and feel that you are having too many battles with your kids? Then “Parenting With Love and Logic” is for you! “Parenting With Love and Logic” is one of the most popular parenting programs available today. It helps parents avoid power struggles with their children and communicate in a way that is effective and non-stressful. Regardless of the ages of your children, this program can be very beneficial. Classes will include parenting strategies, a workbook, handouts, videotapes, time for discussion and examples of difficulties, and application to Christian principles.

The instructor is Judy Tuttle-Zollner, a licensed professional counselor who has Masters Degrees in both counseling and special education. She is a recently retired elementary school counselor for the Salem Keizer School District and continues with a private counseling practice at Salem Pastoral Counseling Center. She has been teaching Love and Logic classes for over 20 years.

**LOCATION: Salem Alliance Church**

**555 Gaines St. NE, Salem, Oregon 97301**

**DATES: February 2, 9, 16, and 23 (Tuesdays) TIME: 6:30-8:00**

**COST: \$25.00 per person, \$45.00 per family (includes one workbook)**

**Call Salem Alliance Church for registration and child care at 503 581-2129**



## ***Salem Pastoral Counseling Center***

***Presents***

### ***“An Evening in Tuscany”***

***A Benefit for the Client Assistance Program Fund***

***Lasagna Dinner and Silent Auction***

***Saturday - February 20<sup>th</sup> - 2010***

***6:00 pm***

***\$25.00 per Person***

***Calvary Baptist Church***

***1230 Liberty St SE - Salem, OR 97302***

***To purchase tickets or make a donation contact:***

***Salem Pastoral Counseling Center***

***503-370-8050 extension #1***

***“An Evening in Tuscany” is an opportunity for you to become involved  
in the ministry of counseling through your donations.***


***The Client Assistance Program Fund helps provide individuals, couples,***

***And families with professional counseling through***

***Salem Pastoral Counseling Center.***

***There is a great need for counseling assistance in the Salem area.***

***Your contribution will make a difference in someone’s life.***



## *Educational Opportunities for Churches and Groups . . .*

As you may know, one of the services offered by Salem Pastoral Counseling Center is educational opportunities for local churches.

**Bob Lewis** and **Judy Tuttle-Zollner**, our co-directors, have many offerings for church groups and organizations.


### **Bob Lewis:**

The first request asked him to present a *Relationship Skills 101* class to a men's group from a local congregation. The second request asked for a workshop aimed at grandparents who are in the unexpected position of raising their grandchildren. This workshop is entitled *Unplanned Parenthood*.

In addition to these newly developed topics, Bob has previously offered classes on the following topics:

- ***Keeping Love Strong*** – a research-based look at what makes for a healthy, sustaining marriage.
- ***Surviving Stress*** – a practical guide offering techniques to combat the emotional, social, intellectual, physical, and spiritual aspects of stress.
- ***The Enigma of Anger*** – a theological reflection on this much-maligned emotion.
- ***First Things First*** – a class for couples that provides hands-on exercises for mastering communication and conflict resolution skills.
- ***Recognizing and Responding to Depression*** – a guide for family members and caregivers of those struggling with depressive illness.
- ***The Spiritual Life of Men*** – a workshop specifically aimed at theological development from a man's perspective.

If you are interested in finding out more about any of these offerings, Bob can be reached at (503) 370-8050 ext. 2.



## *More Educational Opportunities for Churches and Groups . . .*

### **Judy Tuttle-Zollner:**

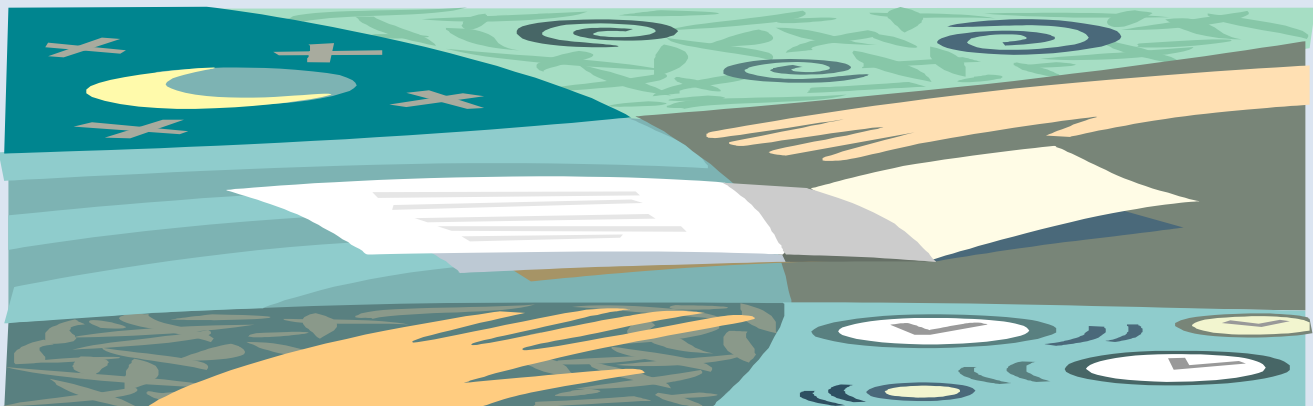
- **How to Help A Friend in Crisis**—principles of caregiving that can be a one time topic entitled, “General Principles in Caregiving” or a multi-session class (up to 4 sessions) to include the specific areas of crisis: death and dying, trauma, divorce, terminal illness/cancer, suicide, depression, and grief.
- **Clothing Ourselves with Gladness: The Thread of Joy, Laughter, and Suffering.** How do these three connect? You’ll be surprised! (3-4 session series or retreat topic)
- **Where is God in My Pain?** The understanding of pain and suffering in our lives and how God relates to us is fundamental to our faith and is very necessary in order for us to help others. (2-3 session series or sermon)
- **What Ever Happened to Compassion?** (1-2 sessions or sermon)
- **Enjoying a Great Marriage.** This is a 2-4 session series that could also be done in a retreat setting. This includes all the essentials for having a great marriage.
- **Raising Christian Kids in An Age of Challenge**—parenting is a very difficult job these days. In this 1-2 session series, we’ll talk about ways to be more effective in this role.
- **Loving Ourselves as God Loves Us.** Where does our self-worth come from? We need to recognize the importance of loving ourselves so that we can then go out and love others. (1 session)
- **Speaking the Truth in Love.** Why do we have so much trouble being real and sharing our feelings with others? How do we communicate in a way that is loving and respectful but also honest? This 1-2 session series will provide some answers to these questions.
- **Communication: The Necessary Ingredient in Healthy Relationships.** Teaching and practicing healthy communication skills (1-3 sessions)
- **Joy and Laughter.** Where has the fun gone in life? How to rekindle this very healthy and necessary piece of life. (1-2 sessions)

## *And More Educational Opportunities for Churches and Groups . . .*

### **Judy Tuttle-Zollner:**

- **How Do We Know God's Will for Our Life?** (1-2 sessions)
- **Forgiveness.** Is it necessary? How do I do it? (2 session series or sermon)
- **Suicide Prevention.** How do we recognize the signs of suicide? How do we help surviving family members? Can God use us to help in this difficult work? Can also be used for training staff. (1-3 session)
- **How To Really Listen to Others and to God.** 1-2 sessions
- **Characteristics of a Healthy Family.** 1 session
- **Qualities That Make A Marriage Successful.** 1-2 sessions
- **Managing Stress in Our Lives** 1-2 sessions
- **Understanding Childhood and Adolescent Depression**
- **Ministering to At-Risk Children in the Church**
- **Parenting with Love and Logic** 3-4 session class
- **Equipped for Compassion: Principles of Caregiving.** 6 week class to train lay people to minister to hurting people.

If you are interested in finding out more about any of these offerings, Judy can be reached at (503) 370-8050 ext. 5.



## *Year's End*

*Again we come to year's end  
In order to bump up against  
Our own end  
And begin to see the far country*

*Where endings have ended.  
Begin to see the bulging dawn  
Ripen with spilling sun  
And rising into wild hope.*

*A morning of peace  
Spreading, invigorating,  
Filling the expectant air  
With a great contagion of beauty.*

*Mike McFetridge*

## *Forgiving Others* by Judy Tuttle Zollner

**“Forgive us our trespasses as we forgive those who trespass against us.”**

Many of us have experienced the pain and damage of hurt inflicted by others. Forgiveness isn't forgetting and it isn't an open door for more wrongdoing. Forgiveness is difficult because it often goes against our sense of fairness. We want justice for offenses suffered. We need to recognize the many feelings surrounding the wrong that was committed. We may be burning with anger, bitterness, or resentment, or we may just be overwhelmed with hurt and pain.

Lack of forgiveness can lead to depression, insecurity, and alienation from God. We need to learn to share our feelings with God and with others. As we come to accept our feelings and not have them control us, we can also recognize that the act of forgiveness is a choice not a feeling. Don't wait to forgive until you feel like forgiving; you may never get there. Don't confuse forgiveness with approval. You don't have to approve of your parents or children to forgive them. You don't even have to love someone in order to forgive them.

We don't need to wait for another to correct his/her mistakes or wait until our anger is gone. But letting go of hurtful memories and feelings requires a daily decision to forgive—it is an active process and the process itself has its own reward. We come to understand that although life is unfair, God is fair and will do what is right. We recognize that none of us deserve to be forgiven but we realize the greatness of the mercy that we ourselves have received from God. We let go of the blame and take responsibility for our own life. We don't forgive someone for their sake; we do it for our sake. Only then can we be free.

Forgiveness opens up the pathway of reconciliation and offers us a way to put down the weight of the hurt and move on. Forgiveness brings joy and inner peace to life. It takes courage, integrity, and faith to walk the path of forgiveness but it is the only way to freedom.

SALEM PASTORAL COUNSELING CENTER  
565 UNION STREET NE  
SUITE 100  
SALEM, OREGON 97301

503-370-8050  
www.salempastoralcounseling.org

OFFICE MANAGER  
NANCY LOOP  
EXTENSION #1

### COUNSELING STAFF

**Bob Lewis**, MA, LMFT (Co-director)

**Judy Tuttle-Zollner**, MA, MEd, LPC  
(Co-director)

**Myrna Phillips**, MEd, LMFT

**Mike McFetridge**, MA

**Amanda**

**Montgomery**, MA

**George Olson**, MA

**Janet Rickman**, MS, LPC

**Debbie Wright**, MA

### Rebuilding: When Your Relationship Ends Divorce Recovery Workshop

A workshop for those who  
have experienced divorce  
and are seeking hope, healing,  
and meaning in their lives.

Workshop is 8 weeks for 90 minutes / session.

For information contact:

Amanda ([amandamontgomerymft@gmail.com](mailto:amandamontgomerymft@gmail.com)) at 503-  
370-8050 ext #3

or

George ([gcolson@mac.com](mailto:gcolson@mac.com)) at ext #8.

### "Am I Hungry"

Workshop . . .

How to Break Your

Eat-Repent-Repeat Cycle

Coming in 2010 based on the book  
(Eat What You Love, Love What  
You Eat) and work of Dr. Michelle  
May.

8 weeks, 90 minute sessions.

This workshop will be led by

George Olson, M.A.

Please contact George at

503-949-5941 or



**PREPARE-ENRICH**  
by Life Innovations, Inc.

*Building Stronger Marriages for over 25 Years*



**Pre-marriage and Re-marriage counseling** is available  
from Salem Pastoral Counseling Center.

The **PREPARE/ENRICH** curriculum is used in a 4-6 week format that helps couples in  
assessing several areas of their relationship  
including communication, conflict resolution and roles.

Contact the office for more information and names of certified counselors.

# ***Beating the Winter Blues: A Practical Guide on How to get Through the Winter***

Those suffering from the winter blues **fall into a depressed mood each year in the fall and continue to feel depressed throughout the winter** and into the early spring, when these feelings disappear. The winter blues and its more severe counterpart, Seasonal Affective Disorder (SAD), affects about four times as many women as men.

The winter blues are primarily caused by unstable melatonin levels, a hormone produced during sleep, and serotonin, a neurotransmitter responsible for mood, hunger, and sleep. As the days become shorter and the hours of sunlight decrease, sufferers of the winter blues experience changes in their mood, energy level, and ability to concentrate. Although the winter blues are not as severe as long-term depression, they can change the way a person thinks, reacts, and deals with everyday challenges.

## **Do You Have the Winter Blues?**

If you experience two or more of these symptoms each year in the fall and into the spring you may suffer from the winter blues:

- Increased feelings of lethargy
- Difficulty waking up in the mornings as the days get shorter
- Difficulty concentrating and thinking creatively in comparison to the summer months
- Incorrectly blaming oneself for things that go wrong
- Difficulty performing tasks that normally seem to be easy/enjoyable
- Increased craving for carbohydrate-rich food like chocolate and sodas



**85% of people with the winter blues can overcome these symptoms** with various forms of therapy.

## **Light Boxes**

Multiple studies found that the majority of those suffering from the winter blues experienced relief solely from the regular use of "light boxes." Light boxes emit high intensities of light of 2,500 to 10,000 lux (as compared to a normal light fixture that emits 250 to 500 lux) and **produce similar effects to the sun's natural rays.**

The high intensities of light improve the mood of those suffering from the winter blues because they restrict the secretion of melatonin in the brain. These boxes are best used daily and in the early morning for periods of 30 minutes to two hours. Depending on the severity of the winter blues case, most people find their symptoms are gone after just 2 weeks of use.


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## Exercise and its benefits for the blues

Aerobic exercise has proven to help persons combat the feeling of the blues in the winter. Not only does aerobic exercise improve mood, but it also **has been shown to reduce stress**, which often exacerbates feelings of depression brought on by the winter blues. Studies had pointed out that one hour doing aerobic exercise outside (even with a cloudy skies overhead) had the same benefits as 2.5 hours of light treatment indoors. Aerobic exercise rids winter blues suffers from feelings of depression because it increases serotonin levels. Briskly walking, taking a run, skiing, biking and briskly walking the dog have all be proven to help suffers of the blues feel better.


## Diet: What to Eat and Why

Many people who suffer from the winter blues crave junk food and soft drinks as the days get shorter. The reason they want to indulge in high- sugar foods is because **carbohydrates are often effective in increasing serotonin levels** in the brain. A better strategy for anyone with the winter blues would be to eat larger portions of complex carbohydrates, like pasta and rice, and healthy simple carbohydrates like fruits and fruit juices during meals, and stay away from unhealthy snacks that will cause momentary relief, but ultimately decrease energy.


## Sleep Strategies that help

**Winter blues sufferers should make an effort to expose themselves to sunlight in the early morning.** Take a walk outside or lift the  curtain in your room as soon as you rise. Also, try to limit sleep to 8-hour periods on a regular schedule. Oversleeping and fluctuation in sleep-wake schedule causes increases in levels of melatonin during sleep, which can contribute to feelings of depression. Set a regular bedtime and wake up at the same time each day. This will give you more energy during the day and reduce feelings of depression.

## Medication

Some people who suffer from more that anti-depressant medicine, in  severe cases of the winter blues might find assist mood. Drugs like Paxil, Prozac, and Zoloft, which **increase levels of serotonin by blocking re-uptake cites in the brain**, have proven effective with some patients. There is evidence that suggests that over the counter medication St. John's wort may also be effective also proven effective in relieving symptoms.

## Resources

[National Institute of Mental Health \(NIMH\)](#) Office of Communications  6001 Executive Boulevard, Room 8184, MSC 9663 Bethesda, MD 20892-9663 Phone: 301-443-4513 Web site:

*Winter Blues: Seasonal Affective Disorder, What it is and how to cure it.* (1993). Norman Rosenthal. New York: Guilford Press.

[Web MD.](#) Keyword Search: Winter Blues; *Seasonal Mood Disorders.* (1990). A.J. Lewy and M.C. Blehar. Alameda CA: Hunter House