

Center for Biblical Counseling Newsletter

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"The Water's Edge"

On **Thursday, May 22, 2008 at 9:15 am** make sure you tune into **90.5 KTXG!** Center for Biblical Counseling's new radio program **"The Water's Edge"** will debut. And then tune in every Thursday from then on at 9:15 am to hear from our counselors with refreshing thoughts about what Jesus offers us everyday in whatever situations we may find ourselves in. For more information on KTXG, visit their website at www.ktxg.org.



New Practicum Counselor

Please help us welcome Elaine Charles. She has just received a Master of Arts in Biblical Counseling from Dallas Theological Seminary, and she holds a Bachelor of Science in Elementary Education from the College of Charleston. Her experience includes working with adolescents, women, and low-income families at a non-profit organization as well as within the church. She wants to focus on issues including: Adolescents, Young adults, Eating disorders/Body Image Issues, Anxiety, Depression, Self-esteem, Parent-teen conflicts and Relationship issues. As she earns her hours and prepares to take her LPC exam to become an intern, she will be helping out at the front desk answering the phone, making appointments and other general office work.

Parenting Tip of the Month

Rule of Thumb:

"You can't give away that which you don't possess."

You can't extend patience and acceptance to your child if you can't first offer it to yourself.

As your child's most significant caregiver, you are asked to give so much of yourself, often when you simply don't have the resources within you to meet the demands of parenting. As parents, you may be deeply aware of your own failures, yet you

can't extend patience and acceptance to your child while being impatient and un-accepting of yourself.

Example:

If you've ever been on an airplane, you've seen the flight attendant demonstrate how to use an oxygen mask. Does anyone remember though, the proper procedure if the oxygen mask drops and you are sitting next to a baby or child who needs your help to use the oxygen mask? Do you put the mask on yourself or the baby first?

Grief

by Heather Hobbs, M.A., LPCI

When thinking of grief we most often think of death. However, grief is defined as the emotions and distress following a loss. Grief can be caused by many different losses, such as death, sickness, loss of job, divorce/breakup, move, or a change in your lifestyle. Everyone experiences grief a little differently. Psychiatrist Elisabeth Kubler-Ross developed 5 stages of grief after working with dying patients. While these stages are normal, they can be stressful. Below are brief descriptions of each stage.

Denial: Denial is seen when someone either refuses to believe something could be happening or is not able to express the normal range of emotions that would accompany a loss. Often people experiencing a loss will hold out unrealistic hope in order to deny the loss. Often you will hear people say things like: "This can't really be happening", "The doctors must be wrong".

Anger: During the stage of anger people will attempt to place blame on those around them or often God. They seek to look for fault. Often the blame they place on others is unrealistic. This is a confusing stage as most often with loss there is no one who

can legitimately accept full blame. Often people in this stage will say things like: "You could have stopped this by _____", or "Why would God allow this to happen".

Bargaining: During the bargaining stage people attempt to keep the inevitable from happening by convincing another person or God that they will do something in return for preventing the loss. Ex. "Just let me live to see my children get married", "If you let me live, I will be a better person", "I will work nights and weekends if I can just keep working here".

Depression: During the depression stage people become teary and they have less interest in normal life. They are not able to enjoy their life and spend a great deal of time reminiscing about the loss and often see the person or thing that was lost unrealistically. Ex. "I am just so sad", "They were such a great person".

Acceptance: In the final stage of acceptance, people finally come to place where they are able to move on. They come to terms with the loss and an understanding that their life will continue. They may still experience

some sadness when thinking about the loss but are not overwhelmed by it. Ex. "I am going to be ok", "There are many ways that I am blessed and I have many things to look forward to"

Ways To Cope With Grief:

- Talk with friends and family members who will listen
- Get involved in your Church and seek the fellowship of other believers
- Get involved with a support group for those going through similar losses
- Contact us to set up a counseling appointment

During the grief process it is normal for people to cycle through the stages until final acceptance is achieved. However, some people get stuck in a stage for long periods of time or consistently cycle through the stages. While everyone has a different speed for grief, sometimes people are not able to achieve acceptance on their own and need the help of others. This is when counseling may be a good choice. At CBC, we are committed to helping people navigate through the hard times in life and to face their struggles in order to move toward acceptance. Appointments can be made by calling us at 214.585.4859

True (and a bit strange) Facts!

- There are over 58 million dogs in the U.S!
- Every second, Americans collectively eat one hundred pounds of chocolate
- There are approximately fifty Bibles sold each minute across the world!
- The average person laughs 13 times a day!
- Dolphins sleep with one eye open!

1 John 5:13 - I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life.

