



SAMARITAN COUNSELING CENTER

Educational Programs *continued*



Learning from Biblical Families

This class examines dynamics of Biblical families and what you can learn from them *today*. Furthermore, learn ways to incorporate positive change into your families in order to develop the relationships God intends.

Loss and Caregiver

Grief: Overcoming Loss

Everyone experiences loss and grief, whether it is the death of a loved one or the loss of relationships that occurs when we move from one city to another. Explore the many faces of grief, what is “normal” grief and ways to better understand and cope with grief feelings.

Support Group for Caregivers

This group is designed to educate and provide support for caregivers of the elderly, disabled, victims of AIDS, cancer patients, etc. Please call for a phone interview prior to entering this group. (Limited to 10 participants.)

Personal and Mid-Life

Mid-Life Review; Transitional Issues

Learn strategies for mid-life growth while participating in guided reflection on your major life events and relationship issues.

Women’s Issues

Offered as a retreat, Saturday morning class or a six-week group, this series covers boundaries, sexuality, expectations and roles in society. *Reflect and refresh!*

Overcoming Addiction: It’s *Not* Just about Drugs and Alcohol

This series begins with a short discussion on chemical addiction including the causes and symptoms of addiction from emotional, psycho-

logical, relational and spiritual dimensions. Examine the role of spiritual practices in overcoming addictive tendencies, which leads to living life more fully.

Life Beyond Depression and Anxiety

Designed for individual sufferers and their families, this program provides the facts about risk factors, signs and symptoms, treatment, relapse prevention and support for these often debilitating disorders.

Dreaming in a Biblical and Psychological Context

This fascinating class explores the role dreams played in the lives of Biblical characters and promotes understanding our dreams in our current society. Additionally, participants discover how to use their dream lives to grow closer to God.

Spiritual

Growing Deeper

God wants us to live spiritually deeper lives. This can be difficult work, but is ultimately very rewarding. *Growing Deeper* looks at the process leading to transformation and spiritual depth, including spiritual practices which promise to put us in the place where grace can happen.

Group Silent Retreat

Silence is a spiritual practice that is often overlooked in our noisy, frantic world. Yet, silence is God’s first language and it can be a particularly powerful experience when shared in community. This overnight retreat includes a time of preparation, worship, group processing and the option of individual spiritual direction.



SAMARITAN COUNSELING CENTER

Educational Programs

You *can* achieve wellness, balance and joy in your life. The *Samaritan Counseling Center* is pleased to provide educational seminars, workshops and retreats addressing a broad range of topics meaningful to people throughout life's critical stages. Rich in Biblical principles and proven techniques, our programs empower you to become *your best self*.

To discuss your educational needs, please call 412-741-7430. To learn more about Samaritan, visit us at www.samaritancounseling.net and on Facebook.

Marriage and Relationship Skills

Marriage: for Better, for Worse, Forever

Explore the factors that keep couples together and those that tear them apart. Lecture format incorporates humor, Biblical examples and time-tested techniques used by successful couples. Join us for good information *and* good fun!

Making Marriages Better

This seminar is designed for couples who want to make a good marriage even better. Investigate ways of communicating with each other, develop "win-win" situations and create the marriage God intends for you.

Re-Energize Your Marital Relationship

Couples explore research and exercises that promote respect and care for one another. Learn about the "emotional bank account" and how to draw on it in times of stress; develop skills for effective problem solving and conflict resolution; and consider your dreams and aspirations as a team.

Listening Well

This series is based on the book *Are You Really Listening?: Keys to Successful Communication*. Explore pre-requisites to listening: Listening to yourself; becoming aware of your nonlistening habits; and recognizing blocks to effective listening. Also, learns ways to speak so that you *feel heard* and apply these principles to your relationship with God.

Healthy Boundaries

Having a clear sense of boundaries demonstrates love of God, neighbor and self. In fact, Jesus observed healthy boundaries and has modeled this for us. Explore the importance of developing and respecting healthy physical, mental, emotional and spiritual boundaries as well as your *resistance* to them. Discover how practicing healthy boundaries is a spiritual discipline.

Family and Parenting

Systemic Training for Effective Parenting

This innovative program focuses on topics important to parents today and provides valuable tools to improve communication and cooperation among family members. Skills are easy to understand and can be applied immediately.

Talk So Kids Will Listen, and Listen So Kids Will Talk

Gain valuable parenting skills to encourage cooperation and autonomy and help your children deal with their feelings. You also learn alternatives to punishment, how to offer praise, and ways to free your kids from playing roles.

Rethinking Parenting: Why We Do What We Do

Life and schedules are hectic! It is easy to forget your original parental objective: *loving and enjoying our children*. As parents, we would like to help our kids reach their full, God-given potential. This program helps you discover ways to support them and reinforce their positive self-esteem in addition to considering practical approaches to problem behavior.

