

# Counselor's Corner

## Chapin Christian Counseling & Grace Chapel

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### **Start Your New Year Right**

*By getting your life on track Physically, Emotionally, and Spiritually.*

If you have been feeling physically tired, emotionally stressed, and like nobody cares whether you live or die; you need to seek help quickly.

Make an appointment with your Medical Doctor and get a thorough physical exam, including blood tests. Follow their recommendations for vitamins, diet, and exercise. We have been hearing a lot about how out of shape most Americans are. Use your self-control (one of your nine spiritual gifts: Galatians 5:22) to make good decisions for your physical health.

You may need to see a good Christian Counselor about getting your emotional (mental) health, and your Spiritual health in good working order. You may ask, "Why a Christian Counselor? What's the difference in Christian Counseling and Secular Counseling? Well, let me explain.

Christian Counseling is individual, marriage, and family counseling that includes all the components of secular counseling, but it also addresses the spiritual

*Continued on page 2*

### **Coping With Depression**

*Unrelieved Stress Leads to Depression:*

Stress in our lives often leads to depression. We have seen it on the face of parents, children, and/or friends.

The depressed person may find it hard to drag themselves out of bed in the morning; they don't even want to think about getting showered or dressed. It seems that all they want to do is close the blinds, pull the covers up, go back to bed and be left alone. How can we help them through that difficult time? How can we pull them out of the pits of despair?



#### **Three Phases of Treatment:**

**Phase 1:** lasts for the first 6 – 12 weeks; the person takes medication for depression. During this time, the person should begin to feel better. But it's still important for the person to keep taking the antidepressant medication because the depression can still come back during Phase 1. The person should begin counseling.

**Phase 2:** lasts for 4 – 9 months. The person should continue feeling better with continued treatment, medication and counseling. They should not stop taking the anti-depressant medication without talking to their doctor.

**Phase 3:** treatment can last another year, or longer. How long it lasts depends on the depressed person's

#### **INSIDE THIS ISSUE**

<b>1</b>	Start Your New Year Right
<b>1</b>	Coping With Depression
<b>2</b>	What Causes Stress—Tips for Dealing With Stress
<b>3</b>	Classes, Seminars, and Services
<b>4</b>	Meet Our Counselors

*Continued on page 3*

components of your emotional health. We approach the counseling process the same as secular counselors except many of the tools that are used in the healing process are Christian in nature.

We use the same scientifically researched methods that secular counselors use but we use them from a Christian World View. That is, when we are discussing treatment methods with our clients, we may refer to scripture and use biblical examples and principles to help the client understand how to make practical application of the tools that we present in the therapeutic process.

Meditation (Christian in nature), along with relaxation exercises (Secular in nature), are used to deal with anxiety and stress. It is important for every client to understand that we do not have any magical pill, prayer, or potion that will take away all your stress, anxiety, and depression magically disappear.

Your counselor will give you tools that are designed to help with your particular problem. It is then up to you to take those tools and use them to affect your own healing. We take the approach that for every problem we deal with in life, there is a root cause. We don't just want to treat the symptom (usually done through the use of medication) we want to find the root and get rid of it (the problem) all together. There are times when medication is necessary to bring the brain chemistry back into balance enough so that you can gain the strength you need to work on the problem appropriately. And this is Christian Counseling in a nut shell.

### ***What Causes Stress In Our Lives?***

We all live in a very fast paced society. In the beginning of the 20<sup>th</sup> Century life was lived at a slower pace. We were born, grew up, and raised our children within 15-20 miles of our family of origin. There was plenty of extended family; aunts, uncles, cousins, and grandparents to help us cope with the everyday stress we may have experienced in our daily routines. We felt pretty safe and secure because we knew most of the

people in our town, our schools, and our churches. We were connected to each other by family ties or by friendship ties. People knew when we needed cheering up or a break from the children and they helped out

The more technological our world became the more stressed we became. We now have two parents working to make ends meet financially because they want their children to have the latest electronic games, cell phones, computers and name brand clothing. We have more single family homes than ever before and the statistics grow each year. We have more children at home unsupervised, more children using alcohol and drugs to dull the emotional pain of living in disconnected families. We have more children being inducted into street gangs to have a feeling of family and belonging. We have more people in our prisons than ever before in history. There is more violence perpetrated against the weakest in our society. We live with the possibility of terrorist acts against our country and our citizens daily. It is no wonder that we are stressed, angry, and frustrated!

### ***Some Tips for Dealing with Stress:***

1. Talk to a person you feel comfortable with.
2. Curb competitiveness; adjust your goals and priorities.
3. Keep physically active, take breaks, and go on small vacations.
4. Get enough sleep and rest.
5. Get rid of bottled-up anger and frustration through counseling, exercise, some sort of physical activity or hobby.
6. Put humor in your life, learn to laugh at yourself, enjoy humorous events.
7. Whenever possible, plan your work or activities to avoid too many big changes coming at the same time.
8. Do not self-medicate, too much self-medicating (drugs or alcohol) is dangerous. Do not take drugs unless they are prescribed by your doctor and take them only as prescribed.

## **CLASSES, SEMINARS & SERVICES**

This is the place to look for our upcoming classes, seminars and services. In each edition of our newsletter we will provide you with information about what's happening at Chapin Christian Counseling & Grace Chapel. We want to help meet your individual and family needs for applying the Holy Scriptures to your personal life circumstance.

## **CALENDAR OF EVENTS**

### **HEALING SERVICES**

GRACE CHAPEL

6:30-8:30 PM—FIRST THURSDAY OF EACH MONTH

Teaching about healing, Music, Communion, Prayer, Anointing, Time of Testimony, & Fellowship with others

### **SUNDAY EVENING PRAYER SERVICE**

GRACE CHAPEL

6:00-7:00 PM—EACH SUNDAY EVENING

Receive a message or teaching about Prayer and join in a time of prayer for each other, our community, and our country.

### **RECOVERY MEETINGS**

CHAPIN CHRISTIAN COUNSELING & GRACE CHAPEL

6:30-8:30—EACH THURSDAY EVENING

Receive scriptural teachings about the recovery process. We are all recovering from the sin in our lives (those things that keep us out of relationship with God). We put different labels on our sin so that we can feel better about ourselves.

(Example: "Sure I drink a glass of wine now and then, but I don't smoke marijuana or crack cocaine.")

### **COUNSELING SERVICES**

CALL TO SET UP AN APPOINTMENT FOR COUNSELING SERVICES AND TO REGISTER FOR CLASSES AND SEMINARS

- Throughout the year we have seminars & classes
  - Parenting Difficult Children
  - Communication Skills
  - Conflict Resolution
  - Anger Management
  - Marriage in Retrospect
- We provide Christian Counseling for Individuals, Married Couples and Families
- We provide pre-marital counseling & small intimate wedding services for those without a church home

medical history and on the advice of their doctor and other mental health professionals. Not all people need to continue taking medication for depression during Phase 3 but may continue with counseling long after stopping the medication.



## **How Can Family & Friends Help?**

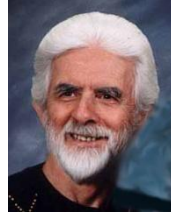
- Acknowledge that the person is suffering
- Express affection, offer kind words, give compliments
- Show that you respect and value the person
- Help the person keep active and busy
- **Don't** expect the person to just "snap out of it"
- **Don't** criticize, pick on, or blame the person for his/her behavior
- **Don't** say or do anything that might worsen the person's poor self-image
- **Don't** ignore any talk of suicide; notify a member of the person's family or his/her doctor and/or a Christian Counselor / therapist immediately

## MEET OUR COUNSELORS



Rev. Dr. BJ Phillips received her Doctorate in Christian Counseling from Andersonville Theological Seminary. She received her Master's from the University of South Carolina. Her undergraduate studies were in Experimental Psychology at the University of South Carolina. She is an Ordained Minister of the Gospel of Jesus Christ and is a Board Certified Professional Christian Counselor. She is member in good standing with the following professional organizations:

- ➔ AACC (American Association of Christian Counselors)
- ➔ IBCCC (International Board of Certified Christian Counselors)
- ➔ NACSW (North American Association of Christians in Social Work)
- ➔ Chapin Ministerial Association



Rev. Chuck Phillips: received his Bachelor Degree in Theology and his Masters Degree in Christian Counseling from Andersonville Theological Seminary. He is currently working on his Doctorate in Christian Counseling, he is an Ordained Minister of the Gospel of Jesus Christ and is a Board Certified Biblical Counselor. He is a member of the following professional organizations:

- ➔ AACC (American Assoc. of Christians Counselors)
- ➔ IBCC C (International Board of Certified Christian Counselors)
- ➔ National Notary Association
- ➔ Chapin Ministerial Association



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