

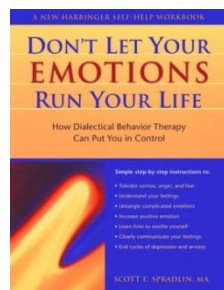
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September Happenings:

Dave Linssen, Doug Withrow, and Kelli Croissant licensed
Welcome to new PCS intern, Morgan Sprosty

Interview with Scott Spradlin by Stacy Hall



Excerpts from Stacy Hall's interview with Scott E. Spradlin, MA, author of [Don't Let Your Emotions Run Your Life](#):

Hall: Tell me a little about your therapy practice and the work you do?

Spradlin: I'm in practice at the Christian Counseling Center of Wichita, in Wichita, KS., which is a non-profit faith-based program... I primarily specialize in DBT, working with clients who present with Borderline Personality Disorder (BPD), self-harm, suicidality and other problems with emotion dysregulation and impulsivity.

Hall: How has your background led you to use spirituality and religion in your counseling practice?

Spradlin: ...I think becoming a therapist was a

Recovery Month, September 2008

by Kay Butler-Lueking, MC, LPC



For the past 19 years, the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration's (SAMHSA) Center for Substance Abuse Treatment (CSAT) has celebrated September as Recovery Month. The goal is to educate and empower people with substance use disorders, their families, and treatment providers to find the path to recovery.

According to Michelle Gallagher, LISAC, clinical supervisor at the National Council on Alcoholism and Drug Dependence (NCAAD), recovery is about taking action to bring about change. She states that recovery entails far more than just getting sober. It is about learning to live life and have fun in sobriety.

Scout McNamera, LPC, LISAC who is in private practice, points out that recovery is also about providing education and support. Individuals suffering from addiction are often motivated by

calling for me, as I've been drawn to help others, whether or not they considered themselves religious or spiritual... As I developed relationships with people in ministry positions, I was brought into the trenches, so to speak, with them and their struggles. There were ways that faith was of a help to them, but it was also clear to me that many people needed more help, at least another help, than could be provided in these settings. This led me to an interest in counseling.

Hall: What are some ways in which you guide your client's in understanding their own spiritual and religious beliefs?

Spradlin: At first I assess whether or not they hold any religious or spiritual beliefs. I assess how developed their understanding of their faith happens to be. I've met some very devout and informed clients who are sophisticated in their knowledge about their beliefs. And I've met clients who are believers of some kind but who know very little about their faith. Whatever the case, where the client identifies with a particular tradition, I ask about how important that is to them, and have encouraged their learning more about their beliefs. I also ask what they know about their faith that may be helpful to them in our work together. If they're not sure, and I know something of their beliefs, I suggest some concepts to investigate up to my competence. Beyond that, I encourage them to develop a relationship with their religious or spiritual leaders for further expertise...

[Read more at www.pcsearle.com](http://www.pcsearle.com)

Couples Recovery Group

**Led by Marianne Turley, LAMFT
and Doug Withrow, LAMFT**

Couples Recovery Group is focused on building healthy, intimate relationships. It is designed for couples to develop effective communication skills, learn healthy, strength-based intimacy, and experience the support of other couples with the direction of experienced marriage and family therapists.



Each week, during group, there will be time to check-in, address concerns related to each couples unique situation, and practice new skills for

finding the support of those who have been down the same devastating path and found transformational change.

Both McNamera and Gallagher referred to the 'new freedom and happiness' available to individuals willing to become involved in the recovery community. By connecting with and becoming accountable to each other, they find community and support which is crucial in the healing process.

Addictions range from alcohol and drug dependence/abuse, to eating disorders, gambling, and sex. As many of us know first hand, addiction affects not only the persons with addiction, but also their families and communities. Psychological Counseling Services, Ltd. (PCS) offers customized one to five week intensive programming to those whose lives have been affected by addiction. Our compassionate and personalized programming can serve as either follow up to inpatient, to determine need for a higher level of care, or as the treatment option for persons who are finding it difficult to maintain sobriety.

The devastating path of addiction finds its way into the lives of individuals, families and communities. Recovery Month is aimed at supporting the community by providing education and hope for everyone affected by addiction. For more information, visit www.recoverymonth.gov. Join Psychological Counseling Services, Ltd. in celebrating Recovery Month. Let's make recovery an achievable option for everyone.

Dialectical Behavioral Therapy (DBT) Skills Training Group

Led by Stacy Hall, LAC

This group is based on Marsha Linehan's DBT model and is an accelerated five-week course. Each five-week course covers one module of DBT skills and will include Mindfulness, Distress Tolerance, Interpersonal Effectiveness, and Emotion Regulation. Designed for high functioning individuals who struggle to control emotions and have a tendency to react in compulsive and problematic ways. Clients who attend this group will learn how to integrate highly effective coping skills into the recovery process.

The cost for each five-week course is \$375. Please call 480-947-5739 for more information.

relating confidently and intimately. In addition to the sharing, there will be an educational component.

Couples Recovery Group begins Sunday, October 5th at 6pm. Couples can sign up for the group in six-week increments for \$750, which is a cost of \$125 per couple for each session.

News

The PCS staff congratulates Dave Linssen for recently being designated a Licensed Professional Counselor by the Arizona Board of Behavioral Health Examiners.

Dave incorporates his talents as a therapist with many years of professional experience in the business arena. He is an Arizona licensed Certified Public Accountant, and has been an international management consultant for over 20 years.

Dave provides a unique set of skills to assist clients with emotional issues associated with money and wealth, as well as the emotional constraints that impede peak professional performance.

Doug Withrow has been involved with Psychological Counseling Services since January, 2007. In March of 2008, after receiving his temporary Associates License, he joined the PCS staff.

We are now proud to announce that in August, 2008, Doug was accepted by the Board of Behavioral Health Examiners as a Licensed Associate Marriage and Family Therapist.

Doug enjoys working with couples, individuals and families in rebuilding self-confidence and trust in hurting relationships.

Kelli Croissant started at PCS, as an intern, in May, 2007. Since graduating in May of 2008 and receiving her temporary license in marriage and family therapy, she has joined the staff full time.

Kelli is excited to continue working at PCS and especially enjoys working with relational dynamics and finding a daily passion for living.

PCS Intensive Program:

What are Intensives?

One to five week program specifically created to address your client's needs. The process includes individual, couple, family and group therapy. On average, your client will receive 28 hours of individual/couple therapy and 19 hours of group therapy, a dramatic departure from other intensive or residential programs. Clients achieve personal and relational growth through the coordinated efforts of our talented, affirming, and "care fronting" professional staff. During the course of each day, our intensive clients work with a different member of our staff every one to two hours. Fundamentally, PCS strives to uncover, address, and resolve the core issues, which inhibit fully enjoying life.

Making a Referral?

Contact Dr. Ralph Earle or Dr. Marcus Earle or another PCS therapist at 480.947.5739. We encourage the primary therapist to be as involved during the Intensive as he or she would like. This may include participating in the process as co-therapist or participating by telephone during their stay.

Testimonials:

"Very helpful; my week there was amazing... exhausting but amazing. I feel like I'm in such a better place now. Thank you so much."
~ ~Connie

"It was a life changing experience for me. I am not the same, and that's a good thing. It was the most exhausting, emotional, and yet deeply rewarding week of my life. The staff really cared about me and yet they didn't let me get away with anything either. I will forever be grateful to all of the people I met and what each one shared with me." ~ ~Anonymous

