

Pastoral Counseling Services of The South Shore

A Division of The Institute for
Spiritual Life and Psychotherapy



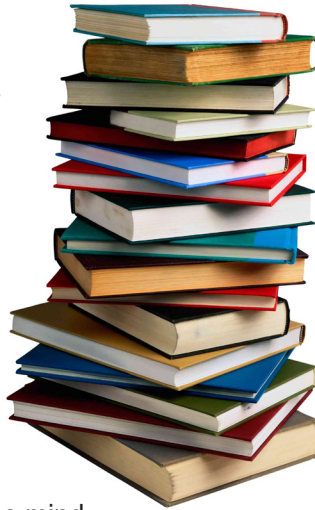
Spring-Summer Newsletter • 2019

Check Out Lucy's Lending Library

Lucy Rutherford Morris of Hingham and Scituate was a devout Christian pilgrim, an advocate for justice for the oppressed, and a lifelong avid reader. She passed away in March of 2019 at the age of 100. Through a generous donation from Lucy's family to Pastoral Counseling Services of the South Shore, Lucy's Lending Library has come into being.

Lucy's Lending Library offers books for loan on a range of topics relating to spiritual life and psychotherapy. The collection includes general self-help, mindfulness and meditation, spirituality, grief, parenting, and children's books. It is located at our main office at St. Andrew's Episcopal Church in Hanover, in the waiting area.

Clinical research has determined that reading can enhance a person's mental health. It has been said that "reading is to the mind what exercise is to the body" (Addison and McNeeley). By engaging the mind and imagination, reading has been known to reduce stress and anxiety, and improve a



person's overall sense of well-being. In a recent study in England, researchers found that in less than 10 minutes of reading, individuals had slower heart rates, less muscle tension, and reduced stress levels.

Reading has been shown to slow the natural mental decline that comes with aging, reducing the rates and progression of dementia and Alzheimers. In addition to information and brain exercise, a good book can provide new perspective and learning about relationships by providing insight to the thinking and feelings of others, as well and one's own.

Lucy's Lending Library operates on an honor system. Please help yourself to a book of interest to you, and please return the book to the shelves when you're finished.

There is also a book-share spot in the waiting area at our Brockton site, First Evangelical Lutheran Church.

Grace and peace, and happy reading!

Why PCSSS Is Important to Our Church *by Rev. Kevin Sparrow*

A few years ago, I completed a year-long Clinical Pastoral Education residency at a hospital near San Francisco. In C.P.E., ministers and other faith leaders offer pastoral and spiritual support to patients, functioning as hospital chaplains for patients and families in crisis or at end-of-life.

During my time, I served as a chaplain on a pediatric oncology floor and in the emergency department. I offered pastoral care through prayers and rituals as well as being someone to whom patients, family members, and hospital staff could talk. Many hospitals now include chaplains in a patient's care team along with doctors, nurses, and social workers.

My experience there was challenging but formative for me. It also convinced me of the vital need for accessible counseling services, outside of hospital settings, which incorporate spirituality and faith. Many patients expressed

their gratitude that they were able to speak with someone who could incorporate spirituality into their care. Yet, the majority of chaplains and ministers are not trained as counselors.

Pastoral Counseling Services of the South Shore serves a deep need in our community as many people nowadays are looking for ways to integrate their spirituality more deeply with their medical and mental health care. PCSSS staff are trained to work with a client's own spiritual perspective in the counseling experience. At St. Andrew's, we consider it part of our mission to the wider community to welcome the PCSSS main office and three-plus counseling spaces into our church. We are grateful for their ongoing presence with us and appreciate the collaboration we have formed.

The Rev. Kevin Sparrow is Rector of St. Andrew's Church in Hanover.

The Institute for Spiritual Life and Psychotherapy (ISLP) is a 501C3 non-profit corporation committed to the integration of spirituality and psychology. We offer activities and programs designed to promote emotional and spiritual growth and wellbeing. Our largest endeavor is Pastoral Counseling Services of the South Shore (PCSSS) where our licensed therapists and post-graduate and Master's level interns provide professional counseling therapy for individuals, couples, families and groups. We also offer consultation and spiritual direction. Find us at 781-826-0011 or at islpma.org.

Comings and Goings

We are excited to have two new licensed therapists join the staff of Pastoral Counseling Services of the South Shore. They are Laura E. Bishop LICSW and Heidi Coughlin LMHC.

Laura, who started in March, has worked at a number of agencies around the South Shore. She has had clinical experience with persons of all ages, particularly children, and has many skills to offer individuals, children, teens, and families. Laura has worked in residential as well as outpatient settings. At PCSSS, she will be located in the Brockton, Hanover, and Hanson offices.

Heidi began in May and will work at our Brockton and Hanson sites. She gained her experience in agencies around the South Shore, providing individual and family therapy for all ages, as well as group therapy. Heidi has musical training and sometimes incorporates that into counseling sessions when appropriate, particularly with adolescents. She also has an interest in working with seniors.

As we welcome Laura and Heidi, we have also said goodbye to another staff person. Barbara Bloom Culkin RN MS left PCSSS at the end of March to devote herself to other work. Barbara began with us as an intern from the Eastern Nazarene College about five years ago and stayed on part-time, working mostly in the Hanover office. We miss you, Barbara, and wish you well.

Staff Member Teaches at California Conference

In the Spring, Jace Langone PsyD was a presenter at the **2019 ATP International Transpersonal Conference** in Pacific Grove California from April 12 to 14. Dr. Langone is a licensed clinical psychologist and Assistant Director of Education and Communication for ISLP/PCSSS.

Building on his doctoral dissertation on childhood imaginary friendships, Dr. Langone shared how these normative experiences can entail intensities similar to

transformative experiences known to spiritual mystics and shamans around the world.

He taught that the quality of these experiences depends on how adults relate to the children and their imaginary friends. Dr. Langone's presentation brought new information and perspective to an international audience.

Jace Langone sees clients at both the Plymouth and Hanover offices.

Training Program Expands & Continues

On January 26th, John McDargh Ph.D., retired core faculty at Boston College and retired adjunct faculty at William James College, led a remarkable training for PCSSS staff and therapists from around the South Shore.

In our largest Continuing Education event so far, Dr. McDargh explored ***The Psycho-Spiritual Implications of Working with Trauma***. His discussion addressed the importance of creating a sense of belonging in the treatment of trauma, particularly noting how trauma can compromise the ability and willingness to practice one's religious and spiritual core values.

His presentation was grounded in Ana-Maria Rizzuto's groundbreaking psychoanalytic study, *The Birth of the Living God*. Participants also benefited from hearing other clinicians share their own theoretical and clinical perspectives.

Due to unforeseen circumstances, our April training on ***Clinical Uses of the Enneagram*** had to be postponed until Saturday September 7 from 10 a.m. to noon. Presented by Deb Bellevue, clinician at The Well in Bridgewater, it will be held at our Plymouth location. Former PCSSS intern Steph Bronner LMHC, now a counselor at The Well, will be co-facilitating this seminar.

In this training, the co-facilitators will explore how this ancient personality assessment tool can improve self-awareness, understanding, and development regarding spiritual, psychological, and occupational questions. The training will offer Continuing Education credits (CEU's) for licensed therapists.

In addition to the Enneagram training, three additional CEU trainings are in preparation for Fall 2019 and Spring 2020, to be announced in the next newsletter.

Counseling and Business Office Locations

Pastoral Counseling Services of the South Shore is a dynamic entity with many varied and "moving" parts. Our nineteen therapists and interns see clients in the following locations:

- **St. Andrew's Episcopal Church**
17 Church Street, Hanover
Business Office: 781-826-0011
Belinda McGuire (Billing Manager)
Lois Nutley (Office Manager)
Counseling Offices

- **Church Hill United Methodist Church**
11 Church Street, Norwell
- **First Evangelical Lutheran Church (FELC)**
900 Main Street, Brockton
- **First Baptist Church of Hanson**
214 Main Street, Hanson
- **Christ Church Episcopal (in Thrift Shoppe, 2nd Floor)**
6 Lothrop Street, Plymouth, MA

We are grateful for the covenantal relationships we have with our host churches.