

# Pastoral Counseling Services of The South Shore

A Division of The Institute for  
Spiritual Life and Psychotherapy



Fall-Winter Newsletter • 2019-2020

## Make Your Wishes Come True

End of life planning is usually one of those things people avoid discussing or even thinking about. *Five Wishes* is a program that aims to change that.

*Five Wishes* is an easy-to-use advance directive document written in everyday language. The Institute for Spiritual Life and Psychotherapy (ISLP) is offering a series of local seminars to educate individuals on *Five Wishes* and to help them use it.

Through a grant from the United Methodist Foundation of New England, ISLP staff Laura Bishop LICSW and Elizabeth Feeney LSW will do a short video presentation followed by questions and answers. All materials are provided and the seminars are free of charge. During the 90-minute meeting, participants will have the opportunity to complete their own *Five Wishes* document. Optional follow-up assistance is available by appointment with trained ISLP counselors.



The *Five Wishes* advanced care planning tool deals with spiritual matters as well as medical decisions. A legal document in Massachusetts, it does not require preparation by a lawyer and can be simply added to any existing will or living will. There are more than 35 million copies in circulation in this country.

All ages - individuals, couples, older couples accompanied by their adult children - are encouraged to attend. Several generations of your family taking part in the seminar together could gently

jump start a difficult conversation that should happen eventually anyway.

Look for information on a *Five Wishes* seminar in this church or go to our website: [islpma.org](http://islpma.org) for dates, times and locations. More about *Five Wishes* can be found at [agingwithdignity.org](http://agingwithdignity.org) or by calling 781-826-0011.

## A New Old Way To Look At Personality

by Jace Langone Psy.D.

On September 7th, Deb Bellevue BS from The Well in Bridgewater and Steph Bronner LMHC from Changing Tides in Plymouth offered an insightful presentation regarding the Enneagram to PCSSS staff and others. The Enneagram is an ancient assessment tool used around the world to deepen understanding of personality.

The seminar was attended by clinicians, religious educators, theologians, and spiritual advisors. By illustrating how a person relates to others as well as to self, the Enneagram has an added bonus of increasing compassion along with understanding.

Participants reflected on personal as well as professional experiences. We also learned how the Enneagram could be used to promote growth and healing. By helping people address difficult life circumstances from a new perspective, the Enneagram emphasizes how to use one's strengths as well as how to address compassionately one's growing

edges. The group voiced many different perspectives regarding its use in conflict resolution and creative problem-solving.

Participants were able to look at personality in terms of relational tendencies rather than as fixed characteristics. The Enneagram teaches us to communicate gently and humbly across differences and conflict, rather than to attack and blame others who approach life differently. Each participant looked deeply into their strengths and learning needs. The exercises highlighted how important cooperation and humility are when resolving conflict,

This presentation provided participants several resources for future reflection and another tool to use in working with clients.

*Dr. Jace Langone is ISLP's Assistant Director for Education & Communication*

*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](http://islpma.org).*

# Listening to the Body

by Steph Bronner LMHC

Among the vast assortment of alternative healing modalities to be found today is Craniosacral Therapy (CST). I take joy in sharing a little about it with you today, because I have found it beautifully supplement psychotherapy in my own and others' healing journeys.

You may have heard of it related to massage, or chiropractic, but currently more and more psychotherapists are finding it an apt somatic option for those healing from trauma. Psychologist Peter Levine and psychiatrist/researcher Dr. Bessel van der Kolk, among others, attest that "embodied pathways" - connecting the mind and body - are proving indispensable for clients' progress.

In Craniosacral Therapy, a special type of light touch is applied to the head and body by a trained practitioner. This touch, through skill and practice, achieves palpation of the body's subtle rhythms and a new form of energetic internal communication unfolds. With a practitioner versed in knowledge of anatomy, the client's mind-body acknowledges a sense of support and safety that initiates self-repair processes naturally.

Sometimes an individual's nervous system has been trapped in dysfunctional loops for years, thus yielding a range

of ailments, chronic pain, or immune shut-down. There are countless testimonies that CST has been found to reverse such compounded knots of damage.

Although you can find on-line many attempts to debunk Craniosacral Therapy, current studies can be found at the websites below if you are interested in specific types of outcomes. Chronic pain was found to decline significantly, and benefits were cited for trials with anxiety, fibromyalgia, asthma, and multiple sclerosis. Several practitioners are available in our region. Some clients find the session to be akin to a facilitated meditation. Some describe it like a gas station in which energy feels naturally replenished afterward. Insights unfailingly accompany this treatment, for when we slow down, the body has much to express.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4894825/>

<https://www.medicalnewstoday.com/articles/318490.php>

<https://www.craniosacral.co.uk/research/research-studies>

*A former PCSSS intern, Steph Bronner LMHC is now at Changing Tides in Plymouth where she offers Craniosacral Therapy.*

## Gratitude Can Be A Way Of Life

Practicing gratitude as a way of life was the topic of a recent symposium at UMass Amherst attended by Dr. Jace Langone of PCSSS/ISLP. Presented by the Special Collections and University Archives at UMass Amherst, the event featured Brother David Steidl-Rast, a 93-year-old Benedictine monk from Austria.



In 1994, Brother David founded *A Network for Grateful Living*, an internationally recognized non-profit whose mission is to encourage people to practice gratitude as a way of life. The Network co-sponsored the UMass event entitled *The Radical Aliveness and Belonging Symposium*.

Brother David, whose work is archived at UMASS-Amherst, has published several books and taught at academic levels around the world. He also worked closely with the late author Thomas Merton. In 1967, the Vatican gave him special permission to seek dialogue between

Christian and Zen Buddhist voices, eventually leading to his life of activism. This included collaborating with Vietnamese Buddhist Monk Thich Nhat Hahn, who was nominated for the Nobel Peace Prize by Rev. Dr. Martin Luther King Jr.

The 600 participants heard public servants, community organizers, poets, and religious-spiritual leaders in an open discussion centering on Brother David's lifelong work. Discussion focused on ways of integrating social change and spirituality into one pursuits including sharing across differences.

Brother was asked about the most important lessons he learned in his 93 years on earth. Very quickly he answered, "be kind." He suggested if you "trust in Life and participate lovingly, life will prevail and so will you."

More information on Brother David and *A Network for Grateful Living* can be found at [www.gratefulness.org](http://www.gratefulness.org). You can also find a short video on gratitude narrated by Brother David on [www.youtube.com](http://www.youtube.com) entitled "A Grateful Day with Brother David Steidl-Rast."

## 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.***