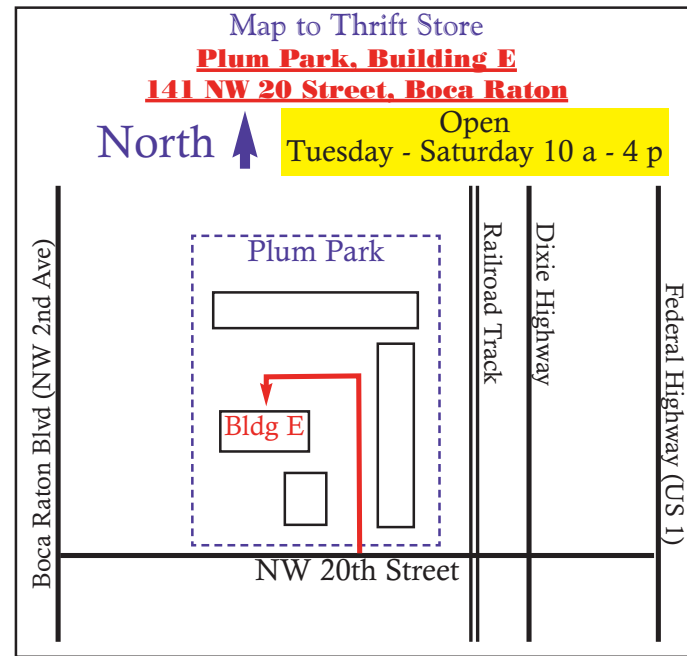


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CENTER FOR GROUP COUNSELING
22455 Boca Rio Road
Boca Raton, Florida 33433

Tax Deductible Thrift Store Donations Always Welcome!
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Weekly Counseling and Support Groups
Counseling groups meet at assigned times during the day and evening; call for an appointment. Support groups (listed below) are open to the public without an appointment. All groups are FREE of charge.

Bereavement	Monday	1:00 - 2:30 pm
Caregivers	Tuesday	2:00 - 3:30 pm
Divorced / Separated	Wednesday	6:00 - 7:30 pm
Men's Issues	Monday	6:30 - 8:00 pm
Seniors	Tuesday	1:00 - 2:30 pm
Women's Issues	Tuesday	10:00 - 11:30 am
	Tuesday	7:00 - 8:30 pm

Mark Your Calendar
Hearts of Gold Recognition Luncheon
January 30, 2009, 11:30 am-2:30 pm
Woodfield Country Club, Boca Raton

First Thursdays at the Center, 6:45 pm
February 5, 2009
"Hooray for Happiness,"
Dr. Ann Moliver Ruben

March 5, 2009
"Planning Psychologically for Your Retirement,"
Dr. Carol Weissman

Volunteers Welcome - The Center welcomes new volunteers. Please call Barbara Shaffer, Volunteer Manager. No special training is required and schedules are tailored to your availability.

CENTER FOR GROUP COUNSELING

Newsletter



November 2008
"Celebrating 35 years of service to our community"



Center Launches New Program for Children

With today's economic challenges, some parents who need clinical services are forced to bring their young children to the Center if they cannot afford baby sitters. These youngsters "hung out" with "busy work," during their parents' group sessions, often bored and impatient.

Clinical staff members, aware of the situation, grasped the message of a community need, and proceeded to create a Supportive Play Group for children between the ages of 5 and 10, held during the time their parents are in couples counseling. Participation in this group does not require an initial evaluation and these youngsters have not been identified as being at risk.

The goals of the Supportive Play Group, however, are to encourage honesty, respect, consideration, responsibility, kindness and citizenship, achieved through both structured and unstructured age-appropriate activities, led by one of our advanced graduate students and a trained facilitator.

The first Supportive Play Group began on Monday, September 29, from 6:30 to 8:00 pm during the time their parents are in Couples Group. This encourages parents who are reluctant or unable to hire a baby sitter, to participate with peace of mind in the knowledge that their children are being supervised at no cost to them. A second group began a few weeks later also on Monday evenings, from 5 to 6 pm, to accommodate the needs of a few more families. The parents are extremely appreciative and the children eagerly look forward to their participation in the group activities.

Eschewing the "we've never done it before" approach, the Center initiated a triple win—for clients, their children and the Center itself.

Year-End Donations

For many, charitable giving is an important tradition. Donations to the Center for Group Counseling help support our programs and services, enabling us to continue providing free mental health assistance to anyone in need. Memorial and tribute gifts allow you to remember and honor those who have been or are a vital part of your life.

Our Thrift Store is always in need of donations that are in good salable condition. Our fast, FREE, reliable pick-up service is available for large items by calling 561-392-6356. All sales directly benefit the programs and services of the Center.

All contributions are tax-deductible.

Thank you!

Scott

Scott N. Edgerton, CEO

August 26, 2008
RE: Anna Chuneveva, MS
Dr. Holly Katz
Center for Group Counseling
22455 Boca Rio Road
Boca Raton, FL 33433

Dear Dr. Holly Katz,

It is with great pleasure to write this letter to commend one of your psychological interns. Anna Chuneveva was like a breath of fresh air from the first get goes when my son and I started receiving family counseling. As a parent I had several concerns and goals that I wanted to accomplish to promote better parenting experience and to provide open communication styles for my young son. We have many challenges in our lives yet we do have the perseverance to achieve and accomplish worthy accomplishments within our family structure and academic environment. Each set of family has their own unique way of dealing with their particular concerns and issues. Ms. Chuneveva provided us with insights and thoughts that were both kind and respectful for each situation we have shared with her. My son and I have come to enjoy our sessions and have learned tremendously in dealing with our situations in a patient and respectful manner.

My son and I are closer than ever before and communicate our needs and expectations so much better. He has improved dramatically in his academic studies, which have been notable considering his hearing loss and ADHD diagnosis. He participates in the gifted program that commands a higher level of thinking and emotional thought processing. He has his own unique personality and I have learned to embrace that and not stress out over it. He shines in his own right. I also feel that I've grown in my own way through the guidance Anna has given us.

We will miss her lovely personality and hold her in high professional esteem. We wish her much success in her future endeavors. Your center has been graced by her internship.

We continue to look forward to supporting the *Center for Group Counseling* being an important and vital agency for our community.

With sincere appreciation,
A Client

Editor's note: Anna Chuneveva, Psy.D. was a pre-doctoral psychology intern at the Center during the 2007 - 2008 academic year.



Holly Katz, Ph.D.

Dear Dr. Holly,

My husband was laid off from his job eight months ago, and he still hasn't found work. I work but I do not earn nearly enough to cover our expenses. We are behind on all our bills and I am really worried about our future. To make matters worse, I have always had a pretty solid marriage and now my husband and I are fighting all of the time. I feel like we

are falling apart. I suggested to my husband that we go for marriage counseling but he said "we need money, not counseling," and that it would be a waste of time.

Do you have any suggestions for me?

What happened to my happy life?

Ask Dr. Holly

Dear What Happened?

What happened is that your financial problems are taking a toll on your marriage. You and your husband are both worried and frightened and rather than coming together, the stress is pulling you apart. What makes matters even messier is that your husband's identity was likely at least partly tied to his career. As such, being unemployed threatens his self-worth, which in turn impacts his relationship with you. The old rules for your relationship aren't working. We cannot help your financial situation, but we can help both of you learn how to communicate and support each other through this difficult time. Many marriages break up when couples experience a significant change in their financial status. You say that you have had a good marriage, so I hope that your husband reconsiders coming to our center for counseling. We offer a free group for couples experiencing relationship difficulties and low-cost individual couples counseling. Call the Center for an initial evaluation—and remember, nobody is ever turned away for an inability to pay.

Please Attend the Center's Hearts of Gold Recognition Luncheon!



Luncheon Committee members: *Back row:* Irma Arisohn, Vivi Ahrenstein, Lois Weisman, Eileen Sands, Marilyn Rosenblum, Jan Babin
Front Row: Kim Hauslinger, Louise Mirkin, Honi Katz, Claire Aronowitz

WHAT:

- ♥ Hearts of Gold Recognition Luncheon
- ♥ The Center's Premier Fund Raiser

WHO:

- ♥ The Center's Psychodramatists
- ♥ Recipients of the Elizabeth H. Faulk Volunteer of the Year Award

WHERE:

- ♥ Woodfield Country Club
Yamato and Jog Roads
Boca Raton

WHEN:

- ♥ Friday, January 30, 2009
11:30 pm – 2:30 pm

About Us

The Center for Group Counseling promotes emotional well-being through a variety of programs offered on a free and low-cost basis. Our programs include counseling and support groups, psycho-educational workshops and life enrichment programs for adults, children, seniors, families and couples.

CENTER FOR GROUP COUNSELING

(map on back page)

a dba of the

Elizabeth H. Faulk Foundation, Inc.

22455 Boca Rio Road

Boca Raton, Florida 33433

561/483-5300 (voice)

561/483-5325 (fax)

center@groupcounseling.org (e-mail)

www.groupcounseling.org (web site)

Scott N. Edgerton, CEO

Center for Group Counseling Thrift Store

(map on back page)

Plum Park, Building E-7

141 NW 20th Street

Boca Raton, Florida 33431

561/392-6356 (voice)

561/392-6488 (fax)

Center Graduate Students Give Professional Presentations

Three graduate students currently receiving clinical training at the Center for Group Counseling have further advanced into academia by presenting papers at highly respected research-oriented conferences.

Rebekah Pershing, M.A., our predoctoral psychology intern from Xavier University in Cincinnati, Ohio, recently gave two presentations in Chicago at the 29th Forum for Behavioral Science in Family Medicine. She co-authored a 90-minute seminar entitled "Resident Support Groups: Using Positive Psychology in a Residency-Based Family Practice." Empirical data as well as qualitative pilot data demonstrated benefits of using positive psychology, which focuses on a person's strengths, to help people achieve personal and professional growth and fulfillment, giving attendees a framework useful in their own practice. In addition, Rebekah delivered a poster presentation, also with co-authors, entitled "Behavioral Health Process Improvement in a Residency-Based Practice."

Smitha Kamath, M.A., our predoctoral psychology intern from Midwestern University in Downers Grove, Illinois, presented her Master's Thesis in National Harbor, Maryland, at the 61st Annual Scientific Meeting of the Gerontological Society of America.

Over 4,000 professionals attended this national multidisciplinary conference where Smitha delivered her poster presentation, "Creativity and Aging: Does Self-perceived Creativity Change in Later Life?" Her research examined adults between the ages of 50 and 79 regarding their self-perceived levels of creative engagement and abilities. The results of this research add to the mounting evidence that older adults are capable of continuing and improving upon their creative potential.

Dragana Ilic, our practicum student from Lynn University in Boca Raton, delivered a poster presentation at the American Psychological Association in Boston on "Attachment, Separation and Alcohol Abuse in College Freshman" to approximately 100 attendees. Using a well-established psychological measurement scale, her study concluded that students who are not securely attached (to parents or guardians in the home) drink more per occasion than securely attached students and are significantly more likely to experience negative consequences because of their excessive drinking.

We are proud of the professionalism and dedication of our outstanding group of trainees.

WHY:

- ♥ To support the Center with your attendance and participation
- ♥ To savor a spectacular luncheon prepared by award-winning chefs
- ♥ To enjoy a special interactive performance by the Psychodramatists
- ♥ To win raffle prizes and receive a gift copy of the Center's Tribute Journal
- ♥ To bid on and win outstanding Silent Auction items—cruises, hotel stays, fine jewelry, golf packages.....and much more!

Look for your personal invitation in the mail—soon! The RSVP card gives you the opportunity to plan a table for 10 or to be seated at a table with others. Also, if you enhance your support of the Center by becoming a Golden Heart Patron, your name will be included in the Luncheon Program.

Patron, \$65; Golden Heart Patron, \$100.

Remember: All proceeds directly support the Center's services and programs.

Please call the Center to add the names of anyone you think might want to join us, 561-483-5300, or send an e-mail to center@groupcounseling.org