

# AMCAP NETWORKER



ASSOCIATION OF MORMON COUNSELORS  
AND PSYCHOTHERAPISTS

AMCAP supports the principals and standards of the Church of Jesus Christ of Latter-day Saints; however, it is an independent, professional organization which is not sponsored by nor does it speak for the Church or its leaders

AMCAP

[www.amcap.net](http://www.amcap.net)

Spring 2003

## PRESIDENT'S MESSAGE

I took office as President of AMCAP at the time when lawyers and government officials were still counting votes for Al Gore and George Bush to see who would be President of the United States. My tenure as your President hasn't been as dramatic as that of President Bush, but with the help of a terrific volunteer board and many volunteer advisors -- we have been "WELL".

By "well" I mean that we have developed some special friendships that may continue to be eternal, we have used your dues frugally to develop and maintain a website, and we have published a journal (a special 2-volume edition is in the works under the leadership of Richard Ellsworth, our hard working editor in California). In addition, we have had some "well-received" conventions at the Joseph Smith Memorial Building. If each of us continues to "be well" and we all work together to increase membership in AMCAP, the incoming Executive Committee will be able to move our organization into exciting new developments as we expand internationally with Church growth. For instance, with our many willing and able volunteers who give of their time and energy to achieve the objectives of AMCAP, it may not be too long until one of you will be the first AMCAP president to conduct a convention in Australia or in Africa!! The possibilities are awesome and exciting.

Current news media and journals emphasize a variety of alternate counseling theories and practices. Freud and Rogers are not the only names in therapy journals. Members of AMCAP have the challenge to present in our conventions and provide for our clients a variety of spiritually based psychotherapeutic approaches. These approaches provide clinical and theoretical ideas for devoted LDS counselors/therapists. Basic to these presentations are the principles of the Gospel of Jesus

Christ. As Church membership grows throughout the world, LDS counselors will be required to meet the needs for mental health services presented to Church lay leaders in Priesthood and Relief Society. AMCAP members should be ready to help when called upon to assist these lay leaders and also to complement the resources of LDS Family Services. We have a long history (25 years) of cooperation with the directors of LDSFS. Many of our AMCAP members are full-time employees of LDSFS.

AMCAP professionals are not limited, however, to serving only clients who are LDS. I foresee a great need for Christian therapists (e.g. "Restoration" Christian Therapists) who are prepared to offer to a larger population therapy skills and a basic philosophy of mental health based upon Gospel principles.

Those of us who have benefited from our affiliation with AMCAP need to continue to encourage students in mental health professions to seek student membership. They can become engaged early in developing their own spiritually based approaches by involvement and association with long-time AMCAP members—such as Dean Byrd, Allen Bergin, Jan and Brent Scharman, Lane Fischer, and our new president elect, Marleen Williams.

I have valued my membership in AMCAP since student days at BYU. I have found attendance at conventions over the years to be very stimulating in my teaching of Family Sciences, as a marriage and family counselor, and especially as a lay priesthood leader in the Church.

Duane Laws, EdD  
President, 2001-2003  
Association of Mormon Counselors  
and Psychotherapists

## AMCAP NETWORKER

The *AMCAP Networker* is an official publication of the Association of Mormon Counselors and Psychotherapists. It is published bi-annually, in February and August. Subscription is offered by membership in AMCAP.

Opinions expressed do not necessarily reflect the view of AMCAP members, officers, *Networker* editorial staff, or officers of the Church of Jesus Christ of Latter-day Saints.

Submissions are welcomed. Send submissions, together with information on contacting the author, to:

Julie B. Shiffler, PhD  
 BYU-Idaho Counseling Center  
 270E KIMBALL  
 Rexburg, ID 83460-1685  
 H: 208-656-0226 W: 208-496-1100  
 Fax: 208-496-5102  
 E-mail: shifflerj@byui.edu

## ADVERTISING IN THE NETWORKER

Advertising contained in the *Networker* and other AMCAP publications should not be interpreted as a reflection of AMCAP policy, nor as an endorsement by its officers or editorial board. Advertisements must be approved by the editor and must be congruent with AMCAP's statement of purpose. Advertising fees for the *Networker* are:

Full page	\$100
Half page	\$ 50
Quarter page	\$ 25

---

## IN THIS ISSUE

President's Message <i>Duane Laws</i> .....	1
2002 – 2003 AMCAP Leadership .....	3
Directory of Area Coordinators.....	5
My Vision for AMCAP <i>Marleen Williams</i> .....	8
Fear Not; For They That Be With Us Are More Than They That Be With Them <i>Noel C. Gill</i> .....	8
News from AMCAP Headquarters <i>B. J. Fullmer</i> .....	10
Membership <i>Russ Seigenberg</i> .....	10
Clinician's Corner	
Scripture Therapy <i>John P. Livingstone</i> .....	12
The Technique Called You <i>Timothy B. Smith</i> .....	14
The Birds Have Returned <i>Noel C. Gill</i> .....	14
A Synopsis of God-Ordained Marital Intimacy Versus Worldly Sex <i>Wendy L. Watson</i> .....	16
Resistance to Change <i>Russ Seigenberg</i> .....	18
Announcement.....	20
AMCAP 2002 Fall Convention Audio Tape Order Form .....	21
AMCAP Membership Application or Renewal Form .....	23
A Sampling of Past AMCAP Convention Tapes Available for Sale .....	24
Call for Submissions.....	26
The Last Word <i>The Healer's Art</i> .....	27

# 2001—2002 AMCAP LEADERSHIP

## EXECUTIVE COMMITTEE

**Duane Laws, Ed.D., *President***  
S2001-S2003  
360 Edison Ave  
Ypsilanti, MI 48197  
H: 734-434-0699  
E-mail: dlaws@online.emich.edu

**P. Scott Richards, Ph.D.**  
*Vice-President*  
*Student Recruitment/Publications*  
S2001-S2003  
Department of Counseling  
Psychology  
328 MCKB  
Provo, UT 84602  
H: 801-798-3796  
W: 801-422-4868  
FAX: 801-422-0198  
E-mail: scott\_richards@byu.edu

**Marleen Williams, Ph.D.**  
*President Elect*  
F2002-S2005  
1548 WSC BYU  
Provo, UT 84602  
H: 801-221-0874  
W: 801-422-3599  
FAX: 801-422-5920  
E-mail: marleen\_williams@byu.edu

**Noel Gill, Ph.D.**  
*Vice President Elect*  
F1999- S2005  
10589 South Hwy 165  
Paradise, UT 84328  
H: 435-245-4835  
FAX: 435-245-2888  
E-mail: ncgill@cache.net

**Dean Bender, MBA, MA**  
*Treasurer*  
F2002-F2005  
5230 2nd St.  
Rocklin, CA 95677-2505  
H: 916-300-4543  
W: 916-677-5779  
FAX: 916-784-7850  
E-mail: deanbender@starstream.net

## EXECUTIVE SECRETARY

**B.J. Fullmer**  
F1999-  
2540 East 1700 South  
Salt Lake City, UT 84108  
H: 801-583-4497  
W: 801-583-6227  
FAX: 801-583-1305  
E-mail: mail@amcap.net

## BOARD MEMBERS

**Timothy B. Smith, Ph.D.**  
*2003 Spring Convention Chair*  
F2000-F2003  
328 MCKB - BYU  
Provo, UT 84602  
H: 801-378-1311 W: 801-422-1311  
E-mail: tim\_smith@byu.edu

**Doug Craig, Ph.D.**  
*Area Coordinator Supervisor*  
F 2001- F2004  
BYU Idaho Kimball 270F  
Rexburg, ID 83460-1685  
H: 208-656-9273  
W: 208-496-1106  
Email: craigd@byui.edu

**Rick Hawks, Ph.D.**  
*Website Coordinator*  
F2002-F2004  
2550 Washington Blvd #103  
Ogden, UT 84401  
W: 800-723-1760  
H: 801-825-3100  
E-mail: hti@webpipe.net

**John P. Livingstone, Ed.D.**  
*Continuing Ed/Ethics*  
F2002-F2003 (Finishing Dean Bender's term)  
BYU 303T JSB PO Box 25623  
Provo, UT 84602-5623  
H: 801-224-9908  
W: 801-422-3692  
E-mail: jplivingstone@byu.edu

## BOARD MEMBERS (CONT.)

**Russ Seigenberg, Ph.D.**  
*Area Coordinator Assistant*  
*Supervisor—Western U.S., Pacific & Asia*  
F2000- F2004  
320 E. 1200 N.  
Logan, UT 84341  
H : 435-752-0226  
W : 435-752-0750  
Fax : 435-752-7433  
Email : pensio7@msn.com

**Wendy Watson, Ph.D.**  
*Spring 2003 Convention Co-Chair*  
F2002-F2004  
274 TLRB - BYU  
Provo, UT 84602  
H: 733-0405  
W: 801-422-2349  
E-mail: wendy\_watson@byu.edu

## PUBLICATIONS

*Journal Editor*  
**Richard Ellsworth, Ph.D.**  
S2000-  
1672 W. Avenue J. Ste 207  
Lancaster, CA 93534  
W: 661-945-9892  
E-mail: rge2@email.byu.edu

*Networker Editor*  
**Julie B. Shiffler, Ph.D.**  
F2000-F2003  
Counseling Center  
270E KIMBALL  
BYU - Idaho  
Rexburg, ID 83460-1685  
H: 208-656-0226  
W: 208-496-1100  
FAX: 208-496-5102  
E-mail: shifflerj@byui.edu

## 2002—2003 AMCAP LEADERSHIP (CONT.)

### PUBLICATIONS (CONT.)

*Monograph Editor*

**Aaron Jackson, Ph.D.**

F2000-F2003

320 MCKB - BYU

Provo, UT 84602

H: 801-423-1576

W: 801-422-8031

FAX: 801-378-5921

E-mail: aaron\_jackson@byu.edu

### ADVISORS TO THE BOARD

**Jill M. Horrocks, Ph.D., LMFT**

F 2002- F2003

P.O. Box 4702

Pocatello, ID 83205

H : 208-233-3873

W : 208-604-0377

Email : horrocks@ida.net

**Garison Jeppesen, LCSW**

F 2002- F2003

U of U NI

501 Chipeta Way Ste 1648

Salt Lake City, UT 84108

H : 801-467-7996

W : 801-587-3229

Fax : 801-585-1211

Email : garison.jeppesen@hsc.utah.edu

**Larry W. Lewis, LCP**

*Area Coordinator Assistant*

*Supervisor – Eastern U.S., British*

*Isles & Europe*

F2000- F2003

5908 Sharon Road

Charlotte, NC 28210

H: 704-552-7158

W: 704-535-2436

FAX: 704-535-8116

E-mail: fam-nc@ldschurch.org

lwlk@juno.com

### ADVISORS TO THE BOARD (CONT.)

**Dana Templeman, MSW,**

*LDSFS Representative*

S2002-F2005

1124 South 1300 East

Bountiful, UT 84010

H: 801-295-4022

W: 801-240-3629

FAX: 801-240-4632

E-mail: temple-

mand@ldschurch.org

DanaMT1554@aol.com

**Burton Kelly, Ph.D.**

*Historian*

S2002-F2005

672 S. 350 W.

Orem, UT 84058

H: 801-225-2046

Email: b-jkelly@juno.com

**Jonathan Chamberlain, Ph.D.**

*Assistant Historian*

S2002-F2005

147 N. 200 East

Orem, UT 84057-5516

H: 801-225-2598

Email: epoch2@burgoyne.com

**Janet Vincent, LCSW**

*Convention Hostessing*

S2002-F2005

4499 Mathews Way

SLC, UT 84124

H: 801-278-5278

E-mail: garr.vincent@hci.utah.edu

**Jan Scharman, Ph.D.**

*General Authority Representative*

S2002-F2005

4565 Wallace Lane

Salt Lake City, UT 84117

H: 801-277-4021

W: 801-378-2387

Email: jan\_scharman@byu.edu

### ADVISORS TO THE BOARD (CONT.)

**Vera Ivie**

*Convention Photographer*

S2002-F2005

1312 E. 5375 South

South Ogden, UT 84403

H: 801-476-1959

**Dennis Ashton, LMSW**

*Convention AV rep*

LDSFS-10 East So. Temple

#1200

SLC, UT 84133-1106

H W: 801-240-3634

Fax: 801-240-4632

E-Mail: ashtondd@ldschurch.org

*Student Representative position open*

# Area Coordinators

**ALABAMA** See Georgia

**ALASKA**

Wandal Winn, MD  
4300 S. Street, #202  
Anchorage, AK 99503  
W: 907-562-0794  
Fax: 907-561-4036  
E-mail: [wwwinn@gci.net](mailto:wwwinn@gci.net)

**ARIZONA**

**FLAGSTAFF**  
Wendell Knudsen, PhD  
P.O. Box 977  
Taylor, AZ 85939  
H: 928-536-5599  
W: 928-536-5599  
Fax: 928-536-2136  
E-mail: [pairadox@skyhook.com](mailto:pairadox@skyhook.com)

**PHOENIX/MESA**

Matthew Heussner, MC, NCC  
Gilbert, AZ 85234  
W: 480-649-3232  
H: 480-497-0957  
Fax: 480-633-8306  
E-mail: [heuy@juno.com](mailto:heuy@juno.com)

**TUCSON**

Maxine Ijams, PhD  
3831 Corte Castellon  
Tucson, AZ 85745  
W: 520-881-6875  
H: 520-743-9035  
Fax: 520-327-2298

**ARKANSAS** POSITION OPEN

**CALIFORNIA**

**SACRAMENTO/RENO**  
Linda Marston, LMFT  
Placerville, CA 95667  
W: 530-626-7773  
E-mail: [scooter47@innercity.com](mailto:scooter47@innercity.com)

**SAN FRANCISCO**

Steven Strong, PhD  
851 Fremont Ave.  
Los Altos, CA 94024  
H: 650-964-2014  
W: 650-559-1875  
Fax: 650-947-9639  
E-mail: [strongsteven@mindspring.com](mailto:strongsteven@mindspring.com)

**LOS ANGELES COUNTY**

Marilyn Simpson, PsyD  
2810 E. Del Mar Blvd., #10B  
Pasadena, CA 91107  
H: 818-790-3366  
W: 626-683-7385  
Fax: 626-799-4738  
E-Mail: [Marilyn\\_Simpson@msn.com](mailto:Marilyn_Simpson@msn.com)

**LA/ORANGE COUNTY**

Stephen Pumphrey, MSW  
25332 Cabot Road Ste 207  
Laguna Hills, CA 92672  
W: 949-460-5323  
H: 949-498-4262  
E-mail: [pumphreys@cox.net](mailto:pumphreys@cox.net)

**SAN BERNARDINO**

Tamara Ilich, MS, MFT  
21900 Barton Rd., Ste 125  
Grand Terrace, CA 92313  
W: 909-825-5579  
Fax: 909-381-3579  
E-mail: [mttilich@msn.com](mailto:mttilich@msn.com)

**SAN DIEGO**

Kimberly Hirschi  
4334 Mt. Herbert Ave.  
San Diego, CA 92117  
H: 858-541-7151  
E-mail: [khirschi@email.com](mailto:khirschi@email.com)

**CONNECTICUT** See New England States

**COLORADO**

**DENVER/GRAND JUNCTION/ PUEBLO**

Kay Masek, RN, LCSW  
12756 W. 57 Dr.  
Arvada, CO 80002  
H: 303-403-1008  
W: 720-291-5047  
E-mail: [masek10@juno.com](mailto:masek10@juno.com)

**FORT COLLINS/CHEYENNE**

Debra Gordy, MS  
Family Life Center  
P.O. Box 270917  
Ft Collins, CO 80527-0917  
H: 970-226-4941  
W: 970-226-8564  
E-Mail [familylife@mstar2.net](mailto:familylife@mstar2.net)

**DELAWARE** See Washington D.C.

**FLORIDA**

**ORLANDO** POSITION OPEN

**TALLAHASSEE/JACKSONVILLE**  
POSITION OPEN

**GEORGIA/ALABAMA/MISSISSIPPI**

Brent Snow, PhD  
St. Univ. of W. GA Ed. Psych Dpt.  
Carrollton, GA 30118-5170  
H: 770-834-9853 W: 770-836-6554  
F: 770-836-4645  
E-mail: [bsnow@westga.edu](mailto:bsnow@westga.edu)

**HAWAII**

**LAIE**

Dan Kehoe, PhD  
PO Box 128  
Laie, HI 96762  
H:808-293-9231  
W: 808-293-9231  
E-mail: [nsmh@hawaii.rr.com](mailto:nsmh@hawaii.rr.com)

**IDAHO**

**BOISE**

Mack Stephenson, PhD  
3080 Gentry Way, Ste 110  
Meridian, ID 83642  
W: 208-855-0660  
E-mail: [info@drstephenson.net](mailto:info@drstephenson.net)

**POCATELLO/TWIN FALLS**

Jill Mitchell-Horrocks, PhD, LMFT  
P.O. Box 4702  
Pocatello, ID 83205  
H: 208-233-3873  
E-mail: [horrocks@ida.net](mailto:horrocks@ida.net)

**REXBURG/ IDAHO FALLS**  
POSITION OPEN

**ILLINOIS**

**CHICAGO/MILWAUKEE, WI**

Nancy Jackson, MS  
20584 W. Yorkshire Dr.  
Kildeer, IL 60047  
H: 847-438-3846  
W: 847-438-3846  
E-mail: [nsjackson@worldnet.att.net](mailto:nsjackson@worldnet.att.net)

**INDIANA**

Sharon Gelb, MS  
210 Lafferty Dr.  
Vincennes, IN 47591  
W: 812-886-9404  
H: 812-882-5131  
E-mail: [dgelbbbs@charter.net](mailto:dgelbbbs@charter.net)

**IOWA EAST**

**DES MOINES** POSITION OPEN

**IOWA WEST**

See South Dakota East

**KANSAS**

POSITION OPEN

**KENTUCKY**

Rebecca Miner Jorgensen, LMSLP  
Ginger Hall/Moorehead University  
Moorehead, KY 40351  
H: 606-784-2247  
W: 606-783-5032  
E-mail: [rebeccajorgensen@earthlink.net](mailto:rebeccajorgensen@earthlink.net)

## AREA COORDINATORS (CONT.)

### LOUISIANA

Peter Emerson, EdD  
#10 Silman Ave.  
Hammond, LA 70401  
W: 985-549-2309  
H: 985-542-4990  
E-mail: pemerson@selu.edu

**MAINE** See New England States

**MARYLAND** See Washington D.C.

### MASSACHUSETTES

See New England States

### MICHIGAN

Polly Mallory, MA  
5096 Van Amberg Rd.  
Brighton, MI 48114  
W: 810-227-9960  
H: 810-227-0482  
E-mail: pollymallory@aol.com

**MINNESOTA** POSITION OPEN

**MISSISSIPPI** See Georgia

### MISSOURI

**KANSAS CITY, MO &  
KS/INDEPENDENCE**  
Dorina Nicholson, EdS  
7236 Woodson Rd.  
Kansas City, MO 64133  
W: 816-966-0903 Ext 228  
H: 816-737-0313  
E-mail: Dmnicholson@healthmidwest.org

**MONTANA** POSITION OPEN

### NEBRASKA

**LINCOLN/OMAHA/COUNCIL  
BLUFFS, IA**  
POSITION OPEN

### NEVADA

John Brailsford, PhD, MFT  
5382 Holbrook Dr.  
Las Vegas, NV 89103  
W: 702-258-9692  
H: 702-873-5279  
F: 702-258-6573  
E-mail: jcbrailsford@yahoo.com

### NEW ENGLAND STATES

David L. Covey, MS, MFT  
LDS FS 547 Amherst St. #404  
Nashua, NH 03063  
W: 603-889-0148  
H: 603-888-2485  
E-mail: fam-nh@ldschurch.org

**NEW JERSEY** See New York and  
Pennsylvania

### NEW MEXICO

Brenda McGee, PhD  
103 Juniper Hill Rd. NE  
Albuquerque, NM 87122  
W: 505-836-5947  
H: 505-857-0661  
E-mail: fam-nm-albuquerque  
@ldschurch.org

### NEW YORK

**NYC/NJ/POUGHKEEPSIE/  
W HAVEN, CT** POSITION OPEN

**ITHICA/SYRACUSE/ELMIRA**  
POSITION OPEN

### NORTH CAROLINA

POSITION OPEN

### NORTH DAKOTA

POSITION OPEN

### OHIO

**CLEVELAND/AKRON/  
YOUNGSTOWN**  
Art Jeffery  
639 North Court Street  
Circleville, OH 43113  
W: 281-537-0211  
E-mail: Aajeffery@aol.com

**COLUMBUS/GROVESPORT/  
DAYTON** POSITION OPEN

### OKLAHOMA

Robert Bradshaw, MA  
HC 61, Box 178  
Tahlequah, OK 74464  
H: 918-453-2065  
E-mail: bradie@ipa.net

**OREGON** POSITION OPEN

### PENNSYLVANIA

John Uber, MA  
425 Liberty St.  
Grove City, PA 16127-2206  
H: 724-458-0615  
W: 724-738-0880  
E-mail: jwuber31755@pathway.net

**RHODE ISLAND** See New England States

### SOUTH CAROLINA

Liz Brischer Sharp  
1461 Hidden Bridge Dr.  
Mt. Pleasant, SC 29464  
H: 843-856-6505  
W: 843-856-0225  
Fax: 843-884-3104  
E-mail: lizbsharp@comcast.com

### SOUTH DAKOTA EAST/IOWA

**NORTHWEST** POSITION OPEN

### SOUTH DAKOTA WEST

POSITION OPEN

### TENNESSEE

Chris Blair, MA  
9276 Front Nine, # 201  
Arlington, TN 38002  
H: 901-379-2102  
E-mail: ckblair@peoplepc.com

### TEXAS

**AUSTIN/WACO** POSITION OPEN

### DALLAS/FT WORTH/ LONGVIEW/TYLER

Wendy Rotz, LPC  
9741 Preston Rd. Ste 105  
Frisco, Texas 75034  
H: 972-547-0783  
W: 972-562-6870  
E-mail: wmrotz@msn.com

### HOUSTON/GALVESTON

Robyn Ott, MSW  
24814 Millers Lane  
Katy, TX 77493  
W: 281-371-8690  
H: 281-371-8175  
Fax: 281-371-8690  
E-mail: robyn\_l@juno.com

### MIDLAND/LUBBOCK

POSITION OPEN

### SAN ANTONIO

Neli Rogers, LMFT  
9 Woltwood  
San Antonio, TX 78248  
W: 210-479-3689  
H: 210-479-3689  
E-mail: dhrmail@texas.net

**UTAH** (Blanding/Monticello see New Mexico)

**CEDAR CITY**  
W. Sidney Young, PhD  
718 So. Main #101  
Cedar City, UT 84720  
W: 435-865-9119  
H: 435-865-9211  
E-mail: swak@netutah.com

**LOGAN**  
Adlin Huish, PhD, MFCC  
165 E. 200 S  
Providence, UT 84332  
H: 435-755-0215  
W: 435-752-7911  
Fax: 435-752-1617  
E-mail: wel-ec-logan@ldschurch.org

**OGDEN** POSITION OPEN

**PRICE** POSITION OPEN

**PROVO**  
Michael Buxton, Ph.D.  
1500 WSC- BYU  
Provo, UT 84602  
H: 801-768-8743  
W: 801-378-4475  
E-mail: msbuxton@stlife.byu.edu

**SALT LAKE COUNTY**  
George Paulsen, M.Ed.  
3574 South 6505 West  
West Valley City, UT 84120  
H: 801-250-2823  
W: 801-263-1960

**VERMONT** See New England States

**VIRGINIA** See Washington, DC

**WASHINGTON**  
**SEATTLE**  
Elena Cotton, MSW  
1509 G. Street SE  
Auburn, WA 98002  
W: 253-351-9969  
H: 253-631-3875  
E-mail: ecotton6@attbi.com

**SPOKANE/MOSES LAKE/  
PULLMAN/YAKIMA/ELLENSBURG**  
POSITION OPEN

**TACOMA** POSITION OPEN

**WASHINGTON DC/NORTHERN  
VIRGINIA/MARYLAND**  
Robert L. Jones, LISW  
15517 Maple Dr.  
Accokeek, MD 20607  
H: 301-292-7827  
E-mail: jonesinc4@juno.com

**WEST VIRGINIA** POSITION OPEN

**WYOMING**  
**EVANSTON/GREEN RIVER/  
LYMON/ROCK SPRINGS**  
POSITION OPEN

**CHEYENNE/ LARAMIE**  
See FT. Collins, CO

**INTERNATIONAL AREAS**

**AUSTRALIA**  
**NSW/QUEENS**  
Graham Hancock, MSW  
#1, 1<sup>st</sup> Floor, 15 Parnell St  
Strathfield, NSW 2212  
Australia  
W: 0011-1613E+12  
H: 001161297738028  
Fax: 0011-612-9744-3761

**AUSTRALIA SOUTH/NEW  
ZEALAND**  
Vince Meixner, MA  
LDS FS Level 1 1027-1029 High St.  
Armdale, Victoria 3143  
Australia  
W: 613-98223766  
H: 613-9776-5601  
Fax: 613-98223796  
E-mail: ldsfsmbl@primus.com.au

**AUSTRALIA**  
Esben Strodl, MC  
30 Marland St.  
Kenmore QLD 4069  
Australia  
H: 62-0738786762  
E-mail: esben\_strodl@health.qld.gov.au

**BRITISH ISLES:**  
Rosa Hubbard-Ford, MA  
46 De Lisle Rd.  
Bournemouth Dorset,  
BH3 7NG, England  
H: 01202-525636  
W: 01202 525636  
F: 01202 525636  
E-mail: rosa.hubbard-ford@ntlworld.com

**CANADA**  
**CANADA EAST**  
Judith-Blythe Barnard, PhD  
#36-368 Belgrave Avenue  
London, Ontario N6C 4C3  
H: 519-432-1305  
E-mail: jbb@mnsi.net

**CANADA WEST**  
Kevin Anderson  
7040 Farrell Rd. SE,  
Calgary, AB T2H OT2  
W: (403) 255-0153  
H: (403) 703-3101

**FINLAND/SWEDEN**  
Maritta Kauppinen, MA  
Koivutie 7  
FIN-52700 Mantyarju  
Finland  
H: 358-15-651648  
E-mail: kauppinenm@ldschurch.org

**FRANCE/SWITZERLAND**  
Michel Guilas, MD  
Villa Amer. 13 Rue De Valenciennes  
F-43000 Le Puy en Velay  
France  
W: 33+47 1090555  
H: 33-471093199  
E-mail: mguilas@wanadoo.fr

**GERMANY** POSITION OPEN

**JAPAN** POSITION OPEN

**NEW ZEALAND**  
Michael Satele  
LDSFS P. O. Box 68-443  
Newton, Auckland  
New Zealand  
H: 09-8175773  
W: 64-9-3070204  
E-mail: fam-nz@ldschurch.org

**AREA COORDINATOR  
SUPERVISOR**

Doug Craig, PhD  
BYU-Idaho, Kimball 270F  
Rexburg, ID 83460-1685  
W: 208-496-1106  
Email: craigd@byui.edu

**ASSISTANT AREA  
SUPERVISOR—EAST**  
Larry Lewis, MA, LMSW-ACP  
5908 Sharon Rd.  
Charlotte, NC 28210  
H: 704-552-7158  
W: 702-535-2436  
Fax: 704-535-8116  
E-mail: fam-nc@ldschurch.org  
lewislk11@hotmail.com

**ASSISTANT AREA  
SUPERVISOR—WEST**  
POSITION OPEN

## MY VISION FOR AMCAP

MARLEEN WILLIAMS, PHD  
President Elect

As the new President-elect, I look forward to serving AMCAP. My hope is to help AMCAP continue to grow in our efforts to provide support to helping professionals with an LDS perspective. As both the world as well as the helping professions struggle with moral issues in a rapidly changing world, I believe that AMCAP can rise as a refuge for mental health professionals who seek to provide care that is consistent with gospel principles.

First, as church membership grows worldwide, it becomes important to strengthen AMCAP recruitment, particularly in areas where services that are culturally sensitive to the values of LDS people are either unavailable or inadequate. Bringing AMCAP to a larger audience is crucial. Sharing conferences and workshops through media and technology could enhance the participation of members worldwide. Organizing “mini-conferences” in areas with large membership would also bring AMCAP closer to its members.

Second, as the church becomes a worldwide organization, promoting greater understanding of people, cultures, and mental health concerns from a worldwide gospel perspective is also a dream I envision. Global deterioration of peace, safety and family stability increases the need for ethical, well-trained professionals who can meet the needs of LDS individuals with mental health concerns. I hope to encourage both research as well as training on integration of spiritual issues with mental health care from a global perspective. As practitioners who are committed to the spiritual wellbeing of our clients as well as their mental well being, we need further exploration of *how* to provide both ethical and effective therapy based on eternal principles.

I look forward to working with an outstanding board who willingly share their time and talents with AMCAP. Their dedication is a great example to me. I also look forward to continued association with members and hope to use the next three years to serve your needs as LDS helping professionals.

## FEAR NOT; FOR THEY THAT BE WITH US ARE MORE THAN THEY THAT BE WITH THEM

NOEL C. GILL, PHD  
Vice-President-Elect

One of my favorite stories in all the scriptures is found in 2 Kings chapter 6. During the night, the King of Syria had sent horses, chariots, and a great host and surrounded the city where Elisha was.

“And when the servant of the man of God [Elisha] was risen early, and gone forth, behold, an host compassed the city both with horses and chariots. And his servant said unto him, Alas my master! How shall we do? And he answered, Fear not; for they that be with us are more than they that be with them. And Elisha prayed, and said, Lord, I pray thee, open his eyes that he might see. And the Lord opened the eyes

of the young man; and he saw: and, behold, the mountain was full of horses and chariots of fire round about Elisha” (2 Kings 6:15-17).

Ofttimes those of us who carry the dual role of active membership in the Church of Jesus Christ and membership in one of the helping professions may feel somewhat isolated and certainly outnumbered and surrounded by those who would endorse and promote beliefs and lifestyles that are at odds with gospel principles and result in massive self destruction. But as Elisha boldly declared, “They that be with us are more than they that be with them.”

However, the supportive network of like-minded soldiers in the battle for men's souls are often not readily visible. I believe that AMCAP can serve as part of that hidden network of support.

I remember early in my career, back in the '70s, when as far as we could determine, a psychiatrist and I were the only active LDS professional clinicians, outside the LDS Social Services, between Chicago and St. Louis. As a result, we received myriads of referrals and requests for professional counseling and consultation from mission presidents, stake presidents and other members of the church. I recall feeling overwhelmed and isolated and wondered if we were but straightening deck chairs on the Titanic.

Later, when AMCAP came into being, I suddenly realized that we were a small part of an army of active and committed members of the church who were involved in the helping professions. That knowledge gave me comfort and support. I eagerly anticipated any and all opportunities to interact and share with like-minded professionals through semi-annual conventions and journals.

Since those early beginnings, AMCAP has become a stronger support network for professionals who share gospel standards. We can become an even greater force for good in the world today. As Vice President-elect of AMCAP, one of my goals is that we make AMCAP a year-round experience. There are a number of ways in which this can be accomplished.

1. We can continue to attend and participate in our educational and inspirational semi-annual conventions.
2. We have the *AMCAP Journal* and the *Networker* to provide us with valuable resources and help keep us connected. We would invite each of you to consider submitting articles to these resources as well as receiving and reading them.
3. We now have a website which has tremendous potential for increasing unity and support. On the website, members can access a vast array of resources such as previous journals and other

professional articles incorporating gospel principles. Members can locate other members by location, profession and areas of specialty. Plans are being developed so that we might have a discussion board format where members can discuss and exchange ideas on a variety of issues and topics. There have been suggestions that we include news from the various local Area chapters. The potential uses of our website are boundless.

I believe that the key to making AMCAP a year-round experience lies in the expanded involvement in the local chapters. Local area chapters can become involved in a number of activities that can strengthen the networking and support of AMCAP. Some activities that have been incorporated or planned for include:

1. Holding local or regional mini-conventions between the semi-annual conventions held in Salt Lake City. Arrangements are being made for these programs to be able to receive continuing education credit. Some of the chapters have selected tapes from earlier AMCAP conventions to review and discuss. Others have used presentations from the local area members.
2. Many local chapters schedule less formal monthly or bi-monthly "brown baggers" to share ideas and socialize.
3. A number of the chapters have newsletters, which keep the members abreast of upcoming activities and items of interests.

We can expand AMCAP membership through recruiting and reactivation. We can do more to invite and encourage graduate students to become involved in AMCAP during their training and early in their careers. Each of us personally knows a number of LDS professionals who would greatly benefit from and contribute to AMCAP.

In sum, as AMCAP grows and expands, we will recognize more fully, as did the prophet Elisha, that there indeed be more with us than there be with them. Thanks for all you do to make AMCAP the great resource that it is.

# NEWS FROM AMCAP HEADQUARTERS

B.J. (BETTY JO) FULLMER  
Executive Secretary

We want to welcome the following 97 members who joined AMCAP during the year 2002. They consist of 50 Professional, 34 Student, 11 International Associate, and 2 Retired members. It is a pleasure working with such wonderful AMCAP members and a tremendous Leadership Council. Thank you for informing me of any address or email changes you may have.

Ben Allred, LMFT  
Kathryn Anderson, MFT  
Gregg Anderson, Ed.S.  
Paula Andriessen, Student  
Neil Annandale, Student  
Katie, Axley, MSW  
Suzette Baca, MSW  
Brad Baker, MC, LPC  
Marie Baldry, BSW  
Lawrence Barry, Chaplain  
Jeremy Bartz, Student  
Michael Benjamin, LMSW  
Nancy Bice, MC  
Jared Bingham, Student  
Elaine Bostwick, MC  
Brandon Browning, LPC  
Bill Burbridge, MFC  
Virginia Castillo, Student  
Patricia Clements  
Rachelle Clifford, Student  
Raymond Cooper, MA,  
Student  
Jeremy Cottle, LMSW-ACP  
Richard Cox, PC  
Thom Curtis, Ph.D., LMFT

Mark Daniels  
Tera Duncan, M.Ed.  
Margeret Easson, Student  
Audra Ellsworth-Owens,  
Student  
David Evans, CCSW  
Sandy Everett, Student  
Colette Faivre  
Paul Flack, MS  
Laurie Forbes, Student  
Melissa Goates, Student  
Alisa Goodwin, MA  
Steven Goold, RN  
Debra Gordy, MS  
Lisa Hammon, MS  
Paul Harman, Student  
Tyler Hill  
Kris Hoffling-Carpenter  
Scott Jensen, Student  
Marteen Jensen, MS  
Natalie Johnson, M.Ed.  
Evan Karlson, MC  
Timothy Kimball, Student  
Leah Klein  
Kristin Lang, Ph.D.

O. Brady Lee, MC  
Gay Lyell, RN  
Linda Mabey, APRN  
Christopher Matteson, Student  
Bryan Maughan, Student  
David Mizell, Student  
Jeanneen Morris, MA  
Peggy Muench, MS  
Lorrie Munson, LPC  
Angela Nicholson, Student  
Steven Nielsen  
Justin O'Brien, MGBCh  
David Olsen, LMFT  
Manuel Otero III, Ph.D.  
Janis Parrish, BSW  
Joy Peden, MSC  
Billie Peterson, MSW  
David Pitcher, MSW  
Landon Poppleton, Student  
Brian Richardson, MS  
Cheryl Russell, MFC, MFT  
Garry Sahleen, MSW  
Chuck Sharp, MC, LPC  
Cary Shelton, LCSW

Kevin Sherman, MSW  
Lynda Silva, LPC  
Randy Simonson, MS  
Carol Simpson, MSW  
June Singletary, LCSW  
Kaye Smith, LCSW  
Jennifer Spangler, M.Ed.  
Gloria Stoker, Student  
Lisbeth Strodl, B.Ed  
Brian Taracena, Ph.D.  
Jared Taylor, MSW  
Nedra Topence, Student  
John Troyer, Student  
Karen Trunnell, Student  
Maureen Tuia, MSW  
Tracey Van Dyke, Student  
Linda Vernon, Student  
Brent Wainwright, M.Ed.  
Kyle Walker, Ph.D.  
Jackie Webb, LCSW  
Terrilyn White, MFT Intern  
Brett Wilcox, M.Ed.  
Sara Williams, CISW  
Satu Woodland, Student

## MEMBERSHIP

RUSS SEIGENBERG  
AMCAP Board Member

As the Board member involved with membership and outreach, I am responsible for coordinating efforts to increase our numbers. A large and vibrant membership means having more sources of new ideas, a greater circle of influence, and a stronger funding base. We need to continually be thinking of ways to strengthen the organization in order to continue the great work of AMCAP.

AMCAP is a unique organization. The four dimensions of the AMCAP mission include: (1) spiritual focus; (2) clinical application; (3) networking and outreach; (4) research, theory, and publication.

AMCAP's members join together to bring the teachings and values of the gospel of Jesus Christ into the theory and practice of psychotherapy. The AMCAP mission statement brings out this direction very eloquently:

Members who are richly diverse in their geographic location, professional training, age, gender, and specialty come together to edify one another in a spirit of brotherhood and an atmosphere of faith.

*"Teach one another words of wisdom; yea; seek ye out of best books words of wisdom; seek learning,*

*even by study and also by faith. Let one speak at a time, and let all listen unto his sayings, that when all have spoken that all may be edified of all." (D&C 88:118, 122)*

In my mind there are three important keys to increasing membership. The first key has to do with ensuring that AMCAP offers a quality package of member benefits. If the general membership is enthused about their AMCAP experience and the direction the organization is heading, then there will be an inherent tendency toward growth.

The second key lies with each and every member's responsibility to be a recruiter. If every member accepted the personal goal of bringing in one new member, I believe we would significantly increase our numbers. AMCAP sells itself in many ways by virtue of its emphasis on spirituality and use of gospel principles in counseling. However we do need to "open our mouths" and at least let others know about the many advantages of AMCAP. Pass-along cards that display the mission of AMCAP, the key benefits, and instructions on how to join might make the job of recruiting even easier. Here is one sample approach for inviting others to join:

*John, I wanted to speak with you to invite you to join AMCAP. I have been an AMCAP member for several years and have found it to be a very enriching experience. Some of the benefits of AMCAP are its regular publications (the Journal, Networker, and Bulletin), the web page, the bi-annual conventions, area meetings, and fellowship with wonderful people.*

*AMCAP has a vision of improving psychological treatment by using the gospel to develop more effective therapies. We need caring, skilled clinicians of faith like you to join this important effort. (Instructions for joining are found on the website—[www.amcap.net](http://www.amcap.net))*

The third key to increasing membership lies with the area coordinators. Area coordinators are in a unique position to introduce others to AMCAP. Inviting local LDS helping professionals to area meetings is a great way to help them experience the AMCAP spirit. Area coordinators can choose one or two assistants to help spread the load of the work. Additionally, there could be one or more student

representatives if there are colleges or universities in your area.

Recruitment of college students is an important element of strengthening the membership. I think the following is a viable recruiting strategy. One member of the local leadership and/or the student representative could set up a meeting for students on campus and play a tape from the AMCAP convention, followed by a discussion. The mission of AMCAP and the advantages of being a member could also be explained. Membership application forms could be passed out as well as a sign-up sheet to obtain the names, telephone numbers, and e-mail addresses of the students.

### **Additional Plans to Aid the Membership Effort**

1. To further help everyone become enthused about being a recruiter, there is now a \$10 credit toward your own membership fee for each person you help to sign up. The person signing up needs to indicate your name on the enrollment form. Then, when you pay your annual membership fee, note the number of \$10 credits and the names of the people you encouraged to join.
2. There is a pilot program going on to offer CE credits for area meetings. Typically, this will involve playing an approved audiotape from an AMCAP Convention, followed by a discussion, or having an approved speaker make a presentation. In either case, the normal evaluation forms have to be filled out afterwards.
3. There has also been discussion about establishing some type of discussion board for our web site. This could greatly facilitate increased sharing of ideas and make AMCAP more of a regular part of each member's professional development.
4. The AMCAP Board plans to encourage more regional conferences. Well-known speakers could travel to these regional conferences, or possibly do teleconferences.

It is my sincere hope that all of us will rise to the challenge and use our energies, skills, and testimonies to further build up this wonderful organization. AMCAP is unique and vital, and the Lord will bless our efforts if we keep on the right course.

## CLINICIAN'S CORNER

In the following five articles, members of the AMCAP Leadership Council share ideas that they have found helpful in their own clinical practice. These ideas are suggestions only and should only be used by trained clinicians using professional judgment. AMCAP members are invited to submit clinical ideas for inclusion in future issues of the Networker. See [www.amcap.net](http://www.amcap.net) for additional ideas from past AMCAP publications.

### SCRIPTURE THERAPY

JOHN P. LIVINGSTONE, EDD  
Board Member

(Ed. Note: The following is part of a chapter that the author is preparing for a book edited by Douglas Brinley and Daniel Judd.)

#### Scripture Therapy

We have very powerful tools for helping solve personal and marital problems, but we are often oblivious to them. I have pointed out to LDS clients that the English Latter-day Saint scriptures have a *Topical Guide* containing words and phrases that can direct us to scriptures that offer solutions to problems that vex our marriage and family lives. Other languages enjoy the *Guide to the Scriptures* in place of the *Topical Guide*. I often encourage individuals and couples to look up words and phrases in the *Topical Guide* that represent how they feel, or things they are worried about. Searching for the opposites of these words and phrases in the *Topical Guide* can also be very instructive. For instance, a marriage partner struggling with a habit or addiction that is impairing their family relationships would do well to go to *Bondage, Spiritual* and “finger down” the scripture list looking for words and phrases that seem to stand out as they read down the page. I invite them to turn to that verse in their scriptures and read a few verses before as well as a few verses after the phrase cited in the *Topical Guide*. They are also encouraged to watch for superscripts, those tiny letters inserted at the beginning of certain words, that show links to related ideas in other locations in the scriptures.

The entry for *Bondage, Spiritual* looks like this: (See if any of the words or phrases “jump out” at you as you pore over the listings.)

**Bondage, Spiritual** (see also Guilt; Slavery; Spiritual Blindness)

Isa. 52:2 Jerusalem: loose thyself from the *bands* of thy neck; Isa. 61:1 (Luke 4:18) proclaim liberty to the *captives*; **Jer.** 30:8 (Ezek. 34:26–28) I will break his *yoke* from off thy neck; John 8:32 truth shall make you *free*; **John** 8:36 Son therefore shall make you *free*; **Acts** 8:23 in the *b.* of iniquity; **Rom.** 6:18 made free from *sin*, ye became the servants of righteousness; Rom. 7:23 bringing me into *captivity* to the law of sin; Rom. 8:2 made me *free* from the law of sin; Rom. 8:15 ye have not received the spirit of *b.*; **Gal.** 2:4 false brethren ... might bring us into *b.*; Gal. 5:1 be not entangled again with the yoke of *b.*; **1 Tim.** 3:7 lest he fall into reproach and the *snare* of the devil; **2 Tim.** 2:26 snare of the devil who are taken *captive* by him; **2 Pet.** 2:19 servants of corruption ... brought in *b.*; **1 Ne.** 13:5 bringeth them down into *captivity*; **2 Ne.** 1:13 shake off the awful *chains* by which ye are bound; 2 Ne. 2:29 will of the flesh ... giveth ... devil power to *captivate*; 2 Ne. 9:12 hell must deliver up its *captive* spirits; 2 Ne. 28:22 his awful *chains*, from whence there is no deliverance; **Mosiah** 16:5 devil hath all *power* over him; **Alma** 5:7 encircled about by the *bands* of death; Alma 12:11 what is meant by the *chains* of hell; Alma 13:30 bound down by the *chains* of hell; Alma 34:35 devil hath all *power* over you; Alma 40:13 they chose evil works ... the *devil* ... did take possession; Alma 41:11 all men that are ... in a carnal state, are ... in the *bonds* of iniquity; **Morm.** 8:31 they are in the gall of bitterness and in the *bonds* of iniquity; **D&C** 84:49 the whole world lieth ... under the *b.* of sin; D&C 88:86 entangle not yourselves in *sin*; D&C 98:8 I, the Lord God, make you *free*; D&C 113:10 the *bands* of her neck are the curses of God; D&C 123:8 they are the ...

chains, and shackles, and *fetters* of hell; Moses 4:4 to lead them *captive* at his will; **Moses** 5:41 Cain was *shut out* from the presence of the Lord. *See also* Isa. 5:13; 9:4; Gal. 3:13; 4:3; Heb. 2:15; D&C 109:67.

Using the *Topical Guide* to search the scriptures for answers to marital and other issues has helped many individuals and couples with whom I have worked to not only glean intellectual resources for problem solving, but also to find very soul-satisfying spiritual promptings. It seems that the very process of reading and searching scripture for solutions brings a deeply spiritual response that invites resolution on an intrinsic level that may even be deeper and more cathartic than an otherwise intensely intimate conversation with a highly capable and sensitive therapist. Somehow, penetrating spiritual processes seem to follow that convince and persuade beyond what I perceive as my normal therapeutic capacity. Topics that can help couples can range from Accountability, Affection, and Anger to Yield, Zeal, and Zion. Those willing to give scripture a chance at helping them understand and overcome their difficulties will find thousands of scriptures listed under around 2,500 topics in the *Topical Guide*.<sup>1</sup>

Of course, there is a certain “boredom barrier” that must be broken through in order to read or search scripture. Scripture is written in old English and requires greater concentration to decipher. The language difficulty can be further complicated by the fact that some scripture seems to be written almost in a “code” language. That is, one must read and ponder more to come to understand the meaning of certain words and phrases as they are used in scripture. But diligent efforts to read and study scripture relative to personal and marital problems really seem to work. Even having couples simply read the Sermon on the Mount together (Matt. 5:1-7:27 or 3 Nephi 12:1-14:27) or King Benjamin’s final address (Mosiah 2:9-4:30) seems to have an effect upon their feelings, thoughts and behaviors.

One couple that was struggling with the effects of the husband’s masturbation problem seemed to be greatly helped, especially by his diligent effort to center his scripture study on this terrible weakness, which was sapping his spiritual strength as much as

it was his wife’s patience. It became clear that his addictive problem was rooted in spiritual yearnings that he attempted to satisfy using carnal, sensual means. He came to the conclusion that spiritual hunger is never satisfied physically. Scripture seemed more like spiritual “food” to him. And it tended to appease basic spiritual needs that he had tried to fill through sexual self-arousal.

Perhaps all of us have stood before an open refrigerator late in the evening feeling hungry, but nothing looks good. That hungry-and-not-satisfied feeling is what the addict wrestles with. Nothing will seem to do but to reach out for the very thing that makes her hate herself afterwards. She knows she should not “do it,” but her body and brain have come to the conclusion that it is the only thing that seems to work to deal with “the hunger.”

Ironically, the hunger is not physical at all. It is spiritual. It is a yearning; a deep gnawing desire for comfort, for peace, for spiritual security. When we feel that the yearning cannot be satisfied, we are depressed. Depression is really a feeling of stoppage; it feels like damnation.

Those who feel thwarted and have a propensity for carnal ingenuity will turn to physical substitutes for spiritual food. Drugs, alcohol, sex, food, and spending are examples of substitutes for spiritual food. But they will never fill the appetite that chooses and uses them. Physical food will never satisfy spiritual hunger. No physical, carnal substance or event will do the job. It is like “when an hungry *man* dreameth, and, behold, he eateth; but he awaketh, and his soul is empty; or as when a thirsty man dreameth, and, behold, he drinketh; but he awaketh, and, behold, *he is* faint, and his soul hath appetite” (Isa. 29:8).

Only spiritual food will satisfy a spiritual hunger. But the natural man thinks that spiritual food is a mirage. It really won’t work. (“They just *say* it will.”) One cannot tell whether or not it will work unless he tries it, and tries it “in faith, believing” (Enos 1:15).

<sup>1</sup> See Lavina Fielding Anderson, “Church Publishes First LDS Edition of the Bible,” *Ensign*, Oct. 1979, 9.

## THE TECHNIQUE CALLED YOU

TIMOTHY B. SMITH, PHD  
Board Member

I once heard a respected colleague affirm that the very worst therapy is given by those who have just received training on a new technique. I was surprised by the comment because as an academic, I have based my career on training others in new techniques! I sometimes even receive requests from practicing professionals for information on the latest technique supported by research. However, after considering my colleague's comment and after a careful review of recent literature, my answer these days to inquiries about the best technique is to simply say: "You are."

Recent research confirms what good practitioners have known for years: Out of all clinical skills, the ability of the therapist to establish a positive relationship with the client is the best predictor of improved outcomes. The therapeutic relationship is key.

Of course, establishing positive relationships with clients is best done when the counselor is genuine, empathic, other-focused, etc. But these skills all

work when they occur *spontaneously* in session, not when used as a "techniques." In short, they work best when they are simply part of the therapist's personality.

This line of reasoning suggests that we cannot separate our work as therapists from who we are as individuals. Becoming a better therapist means improving the ways in which we engage with others. The best "technique" we need to develop is really a lifestyle – a way of relating effectively with *all* whom we encounter.

To return to my colleague's affirmation, the worst therapy is given by those who have just received training in a particular technique because they are so preoccupied with their ability to perform the technique and are so willing to use the technique whenever they see an opportunity that they lose their focus on the client and the relationship. There are no quick and easy substitutes to the difficult and demanding work of refining the technique called you.

## THE BIRDS HAVE RETURNED

NOEL C. GILL, PHD  
Vice-President Elect

*(Ed. Note: Noel Gill recounted the following events from his experience as a Red Cross Disaster Worker following the November 2002 Columbus, Mississippi tornadoes.)*

We were notified about a shelter for children who were under the custody of the Mississippi State Department of Children's Services. The tornado had swept past very close to the shelter and had destroyed numerous large trees in their play area. We were told that many of the girls were still struggling with the trauma; and one girl, in particular, had not come out of her bedroom or spoken to anyone for the past three days.

As you might expect, disaster affects individuals in different ways. Some are very resilient and bounce back quickly. Others are fragile, often carrying burdens and unresolved issues from prior to the disaster that make them all the more vulnerable to trauma and stress. This last category represented the girls at the shelter. They had all been removed from their homes because of neglect or abuse and were awaiting placement or reunification if the home situation could be remedied.

One teen-age girl (I will call her Jenny) was a particularly poignant case. She was just beginning

to come out of her shell when the tornado struck. She had been very upset and frightened when the tornado hit. During the first few days, she had cried a great deal and had been very clingy around the staff. For the past three days, she had withdrawn and was not speaking to anyone.

When I arrived, I visited with the girls around a picnic table near where the trees had been destroyed. I spent some time just talking about disasters in general and what were some normal responses to disaster. We agreed that the feelings and responses were normal, but that it was the event that was abnormal. We began a sharing time where each girl expressed her feelings and talked about recovery and coping.

All of sudden, during a brief pause, Jenny quietly spoke up. "The birds are coming back. I have been watching that one in particular," she said as she pointed to a bedraggled, nondescript small bird perched on a limb not far from the table. We then took a minute to discuss the fact that after tornadoes, it is often several days to a week before birds return.

I then turned to Jenny and asked, "What do you think your little bird is feeling and thinking?"

She thought for a moment and then said, "I think my little bird is frightened, scared and confused."

"What do you think the bird will do?" I asked.

Jenny paused for a moment, then straightened up her posture and in a bold voice stated, "I think." Then she paused. "I think my little bird is going to stay. I think she is going to make new friends. I think she is going to rebuild her nest and raise a new family."

"What about you?" I asked.

Jenny then turned to her friends around the table and with a sly grin said, "I think we are as smart as the birds, don't you?"

The other girls all nodded and smiled at Jenny.

Jenny continued, "I think I can get over this and my other problems too. That little bird is beginning to realize that the danger is over, that she is safe, that she can move on, and things can be even better than before."

There was a long pause as we all let her words sink in. Then each of the other girls came up to Jenny with tears in her eyes and gave her a hug. Pretty soon it became a group hug, with each girl repeating the theme the little bird had represented as it applied to her own life.

I was deeply touched and found words hard to come by. The girls then turned to me and asked me what I thought. I told them that I had just witnessed the best training on coping with disaster that I had ever received. We continued on for about an hour, talking about how they were each going to put their plan in place.

After I left, I kept thinking about what Jenny had said. I decided that it was so profound that I was going to develop a presentation for kids struggling with trauma based on her insight and observations. Over the next few days, I had the opportunity to present to ten different elementary school classes, a university discussion group, three different groups of children who had lost their church annex, and another shelter home. In each presentation I used the four-step model that Jenny had shared.

1. It is over.
2. We are safe.
3. We're going to move on.
4. We will be even better than before.

The children and adults who participated in these discussions were all deeply moved by the story and the model, and many came up afterwards and asked me again for the formula.

One of the youth ministers shared with me after a presentation, "God moves in mysterious ways, his wonders to perform. I believe God inspired Jenny and you to help us get through the storm." As we put our arms around each other's shoulders, I softly said, "You are absolutely right, Reverend."

# A SYNOPSIS OF GOD-ORDAINED MARITAL INTIMACY VERSUS WORLDLY SEX

WENDY L. WATSON, PHD  
Board Member

*(Ed. Note: The following is taken from Purity and Passion: Spiritual Truths about Intimacy that will Strengthen your Marriage by Watson, Wendy L., Salt Lake City: Bookcraft, 2001.)*

## GOD-ORDAINED MARITAL INTIMACY

Helps put off the natural man  
Under the influence of the Spirit  
Involves Spirit-enhanced passions  
Loving  
Soulful union is the goal  
Eternal  
Involves and husband and a wife  
Sanctioned following legal and lawful marriage  
Blessed by the Lord  
Sanctifying  
Fun and exciting, joyful, delightful, comforting, loving, calming, and sustaining  
Generates love  
Enlightens and enlivens spirits  
Prayer, fasting, scripture reading, gratitude often involved  
Strengthens relationships  
Honors men and women  
The body is the great prize of mortal life  
The greater the union of lives, the greater the intimate experience  
Embedded in truths

## WORLDLY SEX

Accommodates the “natural man”  
Under the influence of the world and the adversary  
Involves carnal, sensual, devilish passions  
Lustful  
Sexual union is the goal  
Erotic  
Involves all permutations and combinations of men, women, even children  
Okay anytime  
Very politically correct  
Sinful  
Fun and exciting momentarily, demoralizing and depressing later  
Kills love  
Darkens spirits  
Alcohol and drugs often involved  
Ruins relationships  
Degrades men and women  
The body is a plaything  
No union of lives, only bodies  
Filled with lies

**GOD-ORDAINED MARITAL INTIMACY**  
(cont.)

**WORLDLY SEX**  
(cont.)

Involves anything that bring spouses’ spirits to life and invites the Spirit

Involves any and all forms of sexual gratification

A grand and glorious experience that will continue eternally for covenant-keeping couples

A total obsession: men and women wish they could have sex forever

Unites the bodies and the spirits of a husband and a wife

Involves any two bodies

Exquisite care taken that activities don’t offend the Spirit

If it “turns you on,” go for it!

Brings forth loving desires that fulfill

Stirs up lustful desires that are never satisfied

Spouses feel more like a couple, more loved, more appreciated, and more cared for following

Individuals feel used, abused, more lonely after

Supports, heals and hallows lives

Ravages and eventually ruins lives

Personal revelation encouraged

Experimentation encouraged

Is partaken of

Is participated in

Private and sacred

Seen and discussed everywhere

Brings you wisdom, light and love

Dulls your senses and sensibilities

A process

A product

Unites spouses and is built on unity

Separates individuals

Invites other loving, caring and supportive behaviors outside the bedroom

Not related to what happens outside the bedroom

Sacred language used

Foul language used

Rejoiced in

Joked about

Keeps commandments and covenants

Breaks commandments and covenants

Increases the ability to keep and honor all commandments and covenants

Increases the likelihood of breaking other commandments and covenants

Is commanded and commended by the Lord

Is rejected by the Lord

Involves pure, natural passions

Involves impure, unnatural passions

Is the foundation of endless worlds

Supports an entire commercial industry

# RESISTANCE TO CHANGE: THE INVISIBLE PRISON

RUSS SEIGENBERG, PHD  
Board Member

Ranchers in the West are allowed to graze their cattle herds on public lands after paying a fee. I have always been intrigued with an innovative method the ranchers utilize for keeping their cows from straying too far in one particular area. High canyon walls keep the herd from going north or south. The easiest escape route for the cows to travel would be the highway going east and west. The highway is also the most dangerous place for these vacationing bovines.

As a deterrent, the ranchers have v-shaped white stripes painted on the black highway. The cows think it is a broken surface and are afraid to walk on it for fear of damaging their legs. This strategy works because the cows *believe* the stripes are dangerous. Many individuals have inner fears and beliefs that cause them to resist changing. However, like the striped cow guards, they are usually mere illusions that appear very real. **We have an irresistible tendency to believe that future outcomes will be similar to past ones.** Whether the area is relationships, academics, or self-worth, human beings generalize from the past. Yesterday's reactions to experiences become elements of the subconscious map and exert a tremendous influence upon our thinking and behavior.

## The Parade of Fears

**Fear of rejection** - *No one would want to be my friend.*

**Fear of being controlled** - *If I give in, they will totally take over.*

**Fear of failure** - *I know I'll fail and it will be unbearably painful.*

**Habit** - *I've always been this way.*

**Fear of criticism** - *If I make a mistake people will laugh at me.*

**Fear of success** - *Even if I do all right, I'll never be able to keep up with their expectations.*

**Lack of confidence** - *No matter what I do, it never comes out right.*

**Defeatism** - *I'll never be able to change.*

**Fear of being alone** - *If I appear strong and independent, everyone will ignore me.*

**Fatalism** - *If I change things for the better, I know something will eventually go wrong anyway.*

***Meanings are not determined by situations, but we determine ourselves by the meanings we give to situations.***

- Alfred Adler

## Case Examples of Resistance to Change

CLIENT #1 (On General Assistance from the state, anxious most of each day for several years)

*If I changed and was not very symptomatic, I would be expected to be a perfect. I would have to do it to please my parents. I could do it (be highly successful) in a lot of things, but not in everything. It would be unbearable to recognize that I was a failure. I would suffer unimaginable guilt.*

CLIENT #2 (Borderline personality disorder, 15 or more hospitalizations in 5 years)

*If I try, I might get further in my life—wife, job etc. If I then fail and lose it all, it will be unbearably painful because there is further to fall. I know I will fail sooner or later. I always screw up.*

CLIENT #3 (Anorexic college student)

*As a child I was beaten for crying and humiliated for laughing. Feeling emotions was selfish behavior. If I started feeling emotions like sadness and anger as an adult, it would be really difficult and scary.*

CLIENT #4 (Two hospitalizations for psychosis, on Social Security, anxious constantly, OCD)

*If I got better, I would have to perform at a high level. I would have to work full-time, get married and have six kids, and be a bishop in my church. I couldn't handle all that responsibility.*

## Crossroads of Change Questionnaire

### **1. What is my fantasy of change?**

- ◆ What kinds of wonderful things would happen?
- ◆ Who would I meet to make me happy?
- ◆ Which significant others would change to suit my needs, and in what ways?
- ◆ What would I have to do in order to feel OK about myself?

### **2. What is my attitude about more realistic change?**

- ◆ What would life be like if I became a therapy champion, worked very hard, and changed everything I needed to change in order to prepare myself for success?
- ◆ Would I be concerned about any possible problems in the important areas of life—friends, family, school, career, spirituality?

### **3. The advantages of not risking major change**

- ◆ List any benefits there may be for not changing. (Be creative and honest in your answers.)
- ◆ For each benefit of not changing, list the eventual consequences.

### **4. Facing the resistance to change**

- ◆ List all the reasons why you believe that the goal of real and lasting change cannot be achieved.
- ◆ For each reason given, explain why it is not totally true.

### **5. Approaching change**

- ◆ List the benefits that exist for changing.
- ◆ List the strengths and resources you presently have that are working in your favor.
- ◆ What could you learn or do to improve your chances for success?

### **6. If applicable, connect any negative beliefs that interfere with the goal of change to past related events.**

#### Critical Events Analysis

Write down the responses to each of the following items:

1. Select a negative belief and connect it to a past event or series of events.
2. Recognize what your younger self was feeling and thinking in response to each situation.
3. What explanation or belief did you develop at the time to understand these events?
4. Does this idea appear to be totally true? Can you substitute a more logical interpretation?
5. How would you act or think differently if you were back in the same difficult situation, but had the advantage of your present adult knowledge and intelligence?

### **7. The reasons I have decided to risk change are...**

*Where the heart is willing, it finds a thousand ways. Where it is unwilling, it finds a thousand excuses.*

Arlen Price

(Permission granted to use these materials for therapeutic purposes)

# AMCAP 2003 SPRING CONVENTION

Mark your calendars to attend the upcoming  
bi-annual convention:

## *Strengthening Relationships Across the Lifespan*

April 3-4, 2003

Joseph Smith Memorial Building  
15 East South Temple — 9th Floor  
Salt Lake City, UT

Keynote Speakers: C. Terry Warner, Sharon  
Larsen, James Harper

*CE Credits available*

**AMCAP 2002 FALL CONVENTION**

October 3-4, TAPE ORDER FORM

**Turning the Hearts of the Children to the Fathers and the  
Hearts of the Fathers to the Children**

CHECK HERE	TOPIC	\$ AMOUNT
_____	1. Integrating Spiritual Perspectives in Marriage and Family Counseling--Knitted Together in Love <i>Douglas Brinley, Ph.D.</i>	_____
_____	2. The Father's Womb: The Power of Benevolent Father Presence in a Child's Optimal Development <i>Colleen Harrison, M.A.</i>	_____
_____	3. How to Make the website 'LDSMENTALHEALTH.ORG' Work for You! <i>Rick Hawks, Ph.D.</i>	_____
_____	4. Providing Counsel to Help Clients Know and Use Effective Alternative Health Care Methods <i>Lin Huish, Ph.D., MFCC</i>	_____
_____	5. Doing the Right: Keeping Hearts Turned To The Old and Very Elderly Fathers (and Mothers) <i>R. Vernon Kirk, Psy.D.</i>	_____
_____	6. Changing Hearts: Patterns of Feelings in Relationships <i>James Daniels, USAF Chaplain</i>	_____
_____	7. The Therapist's Role in Educating Ecclesiastic Leaders: Appropriate and Inappropriate Responses to Child Abuse <i>Thom Curtis, Ph.D.</i>	_____
_____	8. Firm, Fair and Friendly: A Model for Working With Families With Troubled Youth <i>Noel Gill, Ph.D.</i>	_____
_____	9. Hungry for Control: The Addictive Power of Eating Disorders <i>LaNae Valentine, Ph.D.</i>	_____
_____	10. Each One a Miracle--Therapists and Adoptive Parents Sharing the Pros and Cons of Foreign and Domestic Special Needs Adoptions <i>Max Park, MFT</i>	_____
_____	11. Methods of Improving Therapy Outcomes for the Client at Risk for Treatment Failure: Using Feedback on Treatment Response during Ongoing Psychotherapy <i>Michael Lambert, Ph.D.</i>	_____
_____	12. AMCAP Awards Banquet: Distinguished Service to Humanity Award presented to <i>Elder Vaughn J. Featherstone</i>	_____
_____	13. Sexual Abstinence: A Fresh Approach <i>Joy Saunders Lundberg &amp; Gary B. Lundberg, MA</i>	_____
_____	14. True or False? An Exploration of Current Research into the Nature of Traumatic Memory <i>Susan Ericksen, RN, MS, LMFT</i>	_____
_____	15. What I Learned From Charlie Brown: An Introduction to Understanding Why People Stay in Exploitive Relationships and use Compulsive Destructive Behaviors <i>Shawn Evans, LCSW</i>	_____

**OVER**



**MEMBERSHIP APPLICATION OR RENEWAL FORM** 02/2003

New Application  Please send a copy of the Bylaws and Ethical Guidelines of AMCAP (also located on Website)  
 Renewal (AMCAP # \_\_\_\_\_)

Dr.  Mrs.  Ms  Mr. \*If a new member, who referred you to AMCAP? \_\_\_\_\_

\_\_\_\_\_  
 First Name                      Initial                      Last Name                      (\_\_\_\_\_)                      Home Phone

\_\_\_\_\_  
 Home Address                      City                      State\Country                      Zip Code  
 Highest degree:  
 BA/BS  MA  MC  M.Ed.  MS  MSC  MSW  DSW  Ed.D.  MD  Ph.D.  Psy.D.  
 Other \_\_\_\_\_

Current License type: \_\_\_\_\_ # \_\_\_\_\_

I am applying for the following membership category:  
 **Professional member** - \$60 annual fee, \$750 lifetime membership fee  
 **Student or [ ] Retiree** - \$30 annual fee (Mark highest degree & license type above if applicable)  
 **Associate member** (non-voting) - \$60 annual fee  Bishop  Other: \_\_\_\_\_  
 **International Associate member** (non-voting) - \$30 annual fee in U.S. funds  
 (Note: Category available outside the U.S. and Canada only.)  
 **Institution** (single, non-voting representative) - \$60 annual fee

Employer: \_\_\_\_\_  
 (If student and no employer, please indicate permanent address.)

\_\_\_\_\_  
 Work Address                      City                      State\Country                      Zip Code

(\_\_\_\_\_) \_\_\_\_\_  
 Work phone                      Position

(\_\_\_\_\_) \_\_\_\_\_  
 Fax number                      E-mail Address                      Website Address

Specialties: \_\_\_\_\_

Please send mail to my work address.  Please send mail to my home address.  
 I would like to  write or  present on this topic: \_\_\_\_\_

\*\*Please circle any information you **DO NOT WANT** included in the  AMCAP Directory or on an  Internet Listing.  
 (Internet listing will include, if desired, name, license, email, work phone, city, state, membership type in a password-protected, "member's only" section on the AMCAP website, www.amcap.net  
 I am  I am not currently providing therapy to individuals.

As a member of AMCAP, I agree to support the purposes and ethical guidelines of AMCAP as stated in the Bylaws.

The above information is accurate to my knowledge. \_\_\_\_\_  
Signature of Applicant

Send application & fees, payable to AMCAP in US funds only to: **AMCAP** (801-583-6227)  
 2540 East 1700 South  
 Salt Lake City, UT 84108  
 AMCAP email: mail@amcap.net  
 You may also renew on the website with a credit card

# A SAMPLING OF PAST AMCAP CONVENTION TAPES AVAILABLE FOR SALE

## AMCAP Product List

<u>Product ID</u>	<u>Year</u>	<u>Conven- tion</u>	<u>Title/Convention Theme</u>	<u>Author</u>
	<b>1990</b>	<b>Fall</b>	<b>AN OPPORTUNITY AND TOOL FOR A HAPPY, RIGHTEOUS LIVING</b>	
90F01	1990	Fall	Is It Agency or Co-dependency?	Louise L. Brown
90F02	1990	Fall	God Wars: Prometheus Bound or Who's in Control?	Richard Ferre
90F03	1990	Fall	Visualization & Imagination	Corydon Hammond
90F04	1990	Fall	Strengthening Identity	Marian S. Bergin
90F05	1990	Fall	Eating Disorders: Sickness or Sin?	Eugene Buckner
90F06	1990	Fall	Psychological Foundations of the Mormon	Mark E. Koltko
90F07	1990	Fall	Agency, Co-dependency & the LDS Client	Joan Anderson & Rick Hawks
90F08	1990	Fall	Stake Support Groups	David Coombs
90F09	1990	Fall	Using Gospel Principles	Robert Gleave
90F10	1990	Fall	The Ancients	Jonathon Chamberlain
90F11	1990	Fall	Legal Limitations	Ginni Robbi
90F12	1990	Fall	When Prayers Aren't Answered	Brent Scharman
	<b>1990</b>	<b>Spring</b>	<b>THE ROLE OF SPIRITUALITY IN THE 1990'S</b>	
90S01	1990	Spring	Spirituality and Religion: From History to the Future	Daniel H. Ludlow
90S02	1990	Spring	The Use of Music in Strengthening Spirituality	Jay Welch
90S03	1990	Spring	The Use of Literature in Strengthening Spirituality	Emma Lou Thyne
90S04	1990	Spring	Strengthening Marriage: Current Status	Brent Barlow
90S05	1990	Spring	Perfectionism: When a Good Thing Becomes Too Much	Royden G. Derrick
90S06	1990	Spring	Competition: Excelling But Not At the Expense of Others	Robert B. Harbertson
90S07	1990	Spring	Providing Clinical Services to a World Wide Church	Harold C. Brown
90S08	1990	Spring	Spirituality From Human Experiences	Curt Brinkman
90S09	1990	Spring	Maintaining Competence As An LDS Professional	Cecil D. Samuelson
90S10	1990	Spring	Integrating the Gospel Into Professional Practice	Panel Discussion
90S11	1990	Spring	Beauty For Ashes	Bruce C. Hafen
90S12	1990	Spring	Musical Selections	Bryce Neubert & Robert Peterson
	<b>1991</b>	<b>Fall</b>	<b>IN PURSUIT OF EXCELLENCE: BECOMING A BETTER THERAPIST</b>	
91F01	1991	Fall	Maintaining Excellence: How to Avoid the Mid-Career Blahs	Carlfred Broderick
91F02	1991	Fall	Attachment Disorder: Children Without a Conscience	Cynthia Lords
91F03	1991	Fall	Presidential Address	Elvin Tanner
91F04	1991	Fall	A Focus on Short-Term Family Therapy	Panel Discussion
91F05	1991	Fall	Assessment & Treatment of Disruptive Behavior Disorders	Wallace Smart
91F06	1991	Fall	Adolescent Therapy: A Practical Workshop	Richard Ferre

<u>Product ID</u>	<u>Year</u>	<u>Convention</u>	<u>Title/Convention Theme</u>	<u>Author</u>
91F07	1991	Fall	Cllegium Aesculapium: What is the Relationship	Gene Buckner
91F08	1991	Fall	Religiously Based Group Treatment Approach	Laura Owen, Suzanne Stein, Scott Richards
91F09	1991	Fall	The Future: Yours & Ours	Carlfred Broderick
91F10	1991	Fall	Bureaucratic Encroachment on Psychotherapy Practice	Larry Langlois
91F11	1991	Fall	MMPI-2 & Supplemental Scales	Richard Wooton
91F12	1991	Fall	The Outpatient Treatment of the Chemically Dependent	Dave Newburn
91F13	1991	Fall	Keynote Address	Elder John Carmack
91F14	1991	Fall	Bi-Polar Disorder	Wayne Brown
91F15	1991	Fall	Treatment Issues in the Borderline Personality Disorders	Sally Brown & Joel Millard
<b>1991 Spring WOMEN AND THERAPY: A SPIRITUAL AND CLINICAL UPDATE</b>				
91S01	1991	Spring	Women & Spirituality	Ardith G. Kapp
91S02	1991	Spring	Women as Healers	Eugene England
91S03	1991	Spring	Treating The Mind, Body & Spirit	Kathy Froerer
91S04	1991	Spring	Don't Laugh It Off	Eloise Bell
91S05	1991	Spring	Women and Competition	Donlu Thyer
91S06	1991	Spring	Priesthood Role In Supporting Women	George Durham
91S07	1991	Spring	Future Of Women In The LDS Church	Marie Cornwall
91S08	1991	Spring	Do Men Fare Better Than Women	Tim Heaton
91S09	1991	Spring	Women & Mental Health Diagnosis	Sally Barlow
91S10	1991	Spring	A Guide To Post-Weber: Abortion	Richard Wilkins
91S11	1991	Spring	In The World But Not Of The World	Debbie Christensen
91S12	1991	Spring	Music As Therapy	Lisa Arrington
91S13	1991	Spring	Fathers & Sons, Sons & Fathers	Ed Hutchingson
91S14	1991	Spring	Growing Up Male	Don Gray
91S15	1991	Spring	Husband-Wife, Wife-Husband	Hal Clyde
<b>1992 Fall COUPLES IN THERAPY: WHAT DO WE KNOW?</b>				
92F01	1992	Fall	What Helps - What Makes The Difference	Victor Cline
92F02	1992	Fall	Marriage Counseling: His, Hers or Their Relations	Duane Laws
92F03	1992	Fall	Relationship Issues In Blended Families	Jan Scharman
92F04	1992	Fall	Becoming Free - Operationalizing Agency in Our Lives	Burton Kelly
92F05	1992	Fall	How to be a Failure as a Marriage Counselor	Jim Scoresby
92F06	1992	Fall	Balance - A Perspective of Peace	Elder Melvin Hammond
92F07	1992	Fall	Presidential Address	Beverly Shaw
92F08	1992	Fall	Moral Excellence - Marital Satisfaction	Alan Westover
92F09	1992	Fall	How Estranged Spouses Sabotage Each Other With Children	Rebecca Ryser & Denise Olsen
92F10	1992	Fall	Coping with Feelings of Homosexual Attraction: A Study	Dean Byrd & Mark Chamberlain

# **CALL FOR SUBMISSIONS**

**HAVE YOU HAD A MEMORABLE EXPERIENCE  
AS AN AMCAP MEMBER?**

**A SUCCESSFUL EXPERIENCE WITH  
SPIRITUAL THERAPEUTIC INTERVENTIONS?**

**A GREAT ACTIVITY IN YOUR LOCAL  
AMCAP CHAPTER?**

**THOUGHTS ON ISSUES THAT WOULD  
BE OF INTEREST TO OTHER  
AMCAP MEMBERS?**

**IF SO, CONSIDER WRITING UP YOUR THOUGHTS OR  
EXPERIENCES FOR THE NEXT *NETWORKER* AND  
SEND THEM BY JULY 1, 2003, TO:**

**JULIE B. SHIFFLER, PHD  
BYU-IDAHO COUNSELING CENTER  
270E KIMBALL  
REXBURG, ID 83460-1685  
SHIFFLERJ@BYUI.EDU  
FAX: (208) 496-1238**

## THE LAST WORD

### THE HEALER'S ART

Savior, may I learn to love thee,  
Walk the path that thou hast shown,  
Pause to help and lift another,  
Finding strength beyond my own.

I would be my brother's keeper;  
I would learn the healer's art.  
To the wounded and the weary  
I would show a gentle heart.

Lord, I would follow thee.

Susan Evans McCloud, *Hymns*, 1985

Jesus Christ, the master teacher and master healer, demonstrated during his life the power to change lives. His life and teachings provide a variety of ideas and principles that we might apply to our own healing efforts. I would like to suggest a few such parallels and applications.

The centurion who desired a blessing of healing for his servant was a man who possessed significant power. Yet he humbled himself and sought the help of Jesus (see Matt. 8:5-14). Likewise, it takes humility to acknowledge the need for help and become a client. Do we honor the difficulty of the internal struggle that may have occurred before a client comes for help?

Some of our clients are like the woman afflicted with an issue of blood for twelve years, who "had spent all her living" (Luke 8:43) before coming to Jesus to be healed. They have done everything they can to resolve their problems before coming to us, and then they continue to do all we ask them to do in order to heal. Like this woman, their faith in the process, demonstrated by their willingness to act, is essential to their being made whole.

In contrast, other clients are more like the people of Nazareth, where Jesus "did not many mighty works . . . because of their unbelief" (Matt. 13:58). These clients expect us to "wave our magic wands" or

work miracles in their behalf. Because they are unwilling to exercise much effort of their own, they are less likely to see their problems resolve.

Still other clients may lack the emotional capacity to do those things that would be most effective in healing them. In these cases, we may be required to "take [them] by the hand and [lift them] up" (Mark 1:31), as Jesus sometimes did in healing. As we help our clients to build their emotional resources, their ability to help themselves increases.

On many occasions, Jesus cast out evil spirits. In our work with clients, we try to help them "cast out" old, unhealthy beliefs and behaviors. We work to help them develop new insights, understanding, and behaviors that contribute to their healing in much the same way that when Jesus healed the blind, "their eyes were opened" (Matt. 9:30). Just as it must have taken great courage for Jesus' disciples to leave their nets and follow him, not knowing what the outcome would be, our clients also are required to exercise great courage as they step into the unknown and leave behind their old ways of doing things.

Finally, as we use stories and metaphors as a means of fostering helpful insights in our clients, we are following the example of Jesus, whose parables helped his followers to personalize the message he taught. Perhaps the most powerful metaphors are those created by clients themselves as they examine their experiences for symbolism. Metaphor has the power to infuse the difficult and painful experiences of their lives with new meaning that moves them closer to peace and healing.

The work we do involves treading on sacred ground. The Lord knows and loves each of our clients, and sometimes he alone knows what would be helpful to them. May we be prayerful in our work, seeking his guidance in our efforts to aid "the wounded and the weary" through our exercise of the healer's art.

— Julie B. Shiffler, Editor