



# Couples & Kids

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## From Our Executive Director

**Couples & Kids**, Central Virginia's Counseling Center for Families is entering its tenth year of service helping those who need our programs. We have grown from one counselor to a staff of eight. We have worked with over 2,200 individuals and families!

We believe that prevention is the most important means available to address the maltreatment of children. A single incident of child abuse or neglect affects victims throughout their lifetime and has deep social and economic consequences. A recent analysis of the economic impact of child abuse and neglect, suggests direct

and indirect costs totaling an estimated annual cost of \$103.8 billion (Prevent Child Abuse America, 2007).

We, like many small, non-profits are operating with a deficit because individual giving and grants have diminished. Unfortunately, the needs of the working poor have increased. As the difficult economy puts stress on families, **Couples & Kids** continues to see an increase in child abuse and neglect, substance abuse, anger and violence.



Norma S. White, *Executive Director*

**Couples & Kids** offers Project Hope, a sliding scale fee system based on a client's ability to pay. We provide individual and family counseling as well as play therapy for our clients who struggle with the challenges of everyday life.

### Grantors to **Couples & Kids**:

- Greater Lynchburg Community Trust
- Target
- Titmus Foundation, Inc.

**COUPLES & KIDS GREATLY APPRECIATES YOUR CONTRIBUTION!**

## Our Dedicated Board

**Couples & Kids** is grateful to our Board of Directors for the 2009-2010 year.

Norma S. White, *Chairman*  
 Melissa Thornton, *President*  
 Kathy Husted, *Vice President*  
 Barbara Johnson, *Secretary*  
 Rebecca Carroll, *Treasurer*

Elizabeth Farnsworth  
 Mark Faulconer  
 Daniele Mason  
 Mandy Perryman  
 Mary Sloan



## Inside the Classroom—Our Programs

### Healthy Anger

A six-session anger management program, offered on Wednesdays at 12 noon and 5:30 p.m.

### Healthy Co-Parenting from Two Homes

A four-hour parent education program, offered on the 3rd Monday of each month from 4 to 8 p.m. Previously known as Healthy Divorce.

### Parent Education

A six-week parent education program; offered on Monday evenings from 5:30 to 6:30 p.m.

### Interactive Parent Education Program (I-PEP)

A thirteen-week parent education program; child and parent work with two counselors. Offered only by set appointment.

### Drug & Alcohol Education

A six to ten-session education program, offered individually or in a group setting.

### Chill Out!

A six-week anger management program; two groups for elementary-aged kids or adolescents. Offered Tuesday evenings from 5:30 to 6:30 and 6:45 to 7:45 p.m.

## Thoughts for Parents and Grandparents

### Easy as A-B-C-D-E-F-G!

**A** = accept your child for who he/she is. Affectionately comfort and touch your child

**B** = be attentive. Listen to your child

**C** = catch your child being "good" and praise him/her for the behavior

**D** = demonstrate healthy ways to express emotions to your child (you are the role model)

**E** = Encourage your child to express his/her feelings. Explain expectations before misbehavior erupts (i.e., "we will leave at 5:30.")

**F** = find time to spend with your child each day. Find out what he/she is interested in

**G** = give your child options and choices, especially during times of misbehavior (i.e., "you can choose to sit here and eat with us or go to your room, you decide.")

Please call [Couples & Kids](tel:434-316-9339) at (434) 316-9339 if you have any questions about our programs or would like to register.

**The ultimate goal is to raise healthy, happy, confident, and self-disciplined children.**

## Outside the Classroom

### Lynchburg Community Court

Sponsored by the Office of the Commonwealth Attorney for Lynchburg. The program works with juveniles charged with non-violent crimes and is a way to give prosecutors and judges alternatives for certain at-risk offenders. The participants face the consequences of their actions while understanding the underlying causes of their choices.

### Mind at Pride

Conducted at the Amelia Pride Center, counselors from [Couples & Kids](#) meet with students who have been suspended from school. By incorporating positive coping and anger management skills into weekly sessions, students can either return to a traditional school setting or graduate from this alternative educational placement site.

### Smart Girls

Partnership with the Boys and Girls Club and Lynchburg College to provide this twelve-week program to young girls. The girls, with the leadership of Amanda Lovelace, *Graduate Intern*, will cover topics such as: self-esteem, healthy relationships, and bullying. Thanks to Mark Sheehan, Executive Director of the Boys and Girls Club, for allowing this partnership.

## Coping with Grief: Holiday Challenges

Written by:

Elizabeth B. Farnsworth, PhD, LPC, LMFT  
Assistant Professor, Counselor Education  
Lynchburg College

Dealing with the process of grief is difficult and often more troubling during holidays and times of celebration. The festivities, decorations, music, food, and even the change of seasons may evoke heightened feelings of grief and loss that bring us face-to-face with the absence of loved ones at the table, around the tree, or singing to holiday music. We may find ourselves longing for holidays long ago and missing loved ones and simpler times of life. We may feel misunderstood and forgotten as others go about daily routines and celebrations. We may feel alone and desire to withdraw from celebratory events and rituals. In dealing with the deaths of older relatives, we miss so many special gifts that they shared with us, their wisdom, their "special song," the signature pumpkin pie, and a thousand other family stories and rituals that make up such a large part of our history.

The deaths of our older relatives may also bring us face-to-face with our own sense of time passing and undeniable life changes. Relationships with our older relatives may have been complicated, as they struggled with loss of physical health and cognitive changes. As my own parents struggled with physical and cognitive changes, I felt a sense of helplessness to provide the type of help and support that "I thought they needed." It is important to find peace and forgiveness for ourselves and our loved ones and to know that all of us did the best we could do as the chapters of their lives closed and ours continued to be written.

Understand that grief brings with it cognitive (thinking), behavioral (actions), and emotional (feeling) effects. Many people find that it is helpful to talk and share their memories of the loved one, to look at old photographs, and maybe to write down their feelings. Sometime, men and women misunderstand one another's ways of expressing grief, and this may bring relational stresses and concerns. It is helpful to understand that men often express more anger and women more sorrow, but not always. In other words, it is helpful to keep the lines of communication open and to be accepting of expressions of grief that may be different from our own.

Countless authors have written about grieving, and current research suggests that grieving is a contextual process with periods of heightened stress and strain, not simple, universal stages. There are many books for people who grieve over the lifespan. Reading books may provide comfort and understanding of the complex emotions we feel. As counselors, we often recommend books (bibliotherapy) to foster self-understanding and understanding of others' expressions of grief.

There are many suggestions for dealing with grief that are useful any time of the year, but especially during the holidays. Here is a short list, my own ten steps, that may be helpful:

- Take plenty of time during the holidays to "unplug," to rest and relax. Follow your own timetable.

- Do not neglect your own health needs. Consult your physician if you experience troubling, unexpected symptoms.
- Recognize that there is no one right way to experience grief.
- Be sure to eat healthy and nutritious meals.
- Take a relaxing walk with a friend or loved one.
- Feel the feelings, label them, look for the messages in the feelings. For example, "I feel sad and lonely, and I am missing Mom's warmth."
- Understand that the feelings will come and go.
- Accept the support and care of others who want to help.
- Think of ways to commemorate your loved one...plant a special tree, donate to a charity, volunteer to assist others in need.
- Recognize that anniversary reactions are an expected part of the grieving process, and it is ok to ask for help when you need it.

There are many support groups that bring together individuals who are dealing with loss around the holidays. These groups may provide a sense of understanding and comfort when usual channels of support may be ineffective. Often, there are special services close to holidays that provide opportunities to connect with others who are experiencing some of the same challenges.

For more information, you may contact the author at [Farnsworth@lynchburg.edu](mailto:Farnsworth@lynchburg.edu) or 434-544-8607.



## PARENTS' NIGHT OUT

**@ Couples & Kids**

**Monday, November 2, 2009**

**6 to 8 p.m.**

**FREE!**

**Learn How to Deal with Angry Children**

Parent Question & Answer Session

Enhance Your Skills as a Parent/Grandparent

Connect with Other Parents in the Area

Light refreshments provided

To register, please call (434) 316-9339 today!

Spaces are limited. Daycare is not provided.

### Professional Development Series: Ethical Pitfalls and Landmines for Therapists

Presented by:

Gibbs Arthur, Jr., LPC, LMFT, NCC

#### Series Schedule:

September 16, 2009

October 21, 2009

December 16, 2009

January 20, 2010

February 17, 2010

March 17, 2010

April 21, 2010

May 19, 2010

Each presentation is held at **Couples & Kids**, beginning at 7 p.m.

Because of limited space, please RSVP (434) 316-9339 to reserve your seat and to ensure that a certificate of attendance can be created for you.

There is no charge for the series.

**Call (434) 316-9339**

**to register and to stay**

**current with ethical issues!**



### Essential Forms of the Trade: Creating an Effective Play Therapy Practice

On Saturday, September 26, 2009, **Couples & Kids** hosted a workshop about the fundamentals of play therapy and welcomed Joyce Meagher, RN, LPC, LMFT, RPT-S.

Joyce has 31 years of experience in play therapy, along with other specialties in counseling adolescents, families, ADHD clients, couples, and survivors of sexual abuse. Joyce is also trained in CISD and EMDR.

#### Participants gained the following knowledge:

To assess initial concerns with a new referral.

Ethical and legal standard for notes.

Helpful intake and treatment plan forms to use.

How to do progress reviews and close cases.

Forms to use in treating an OCD play therapy client.

The Association for Play Therapy defines play therapy as "the systematic use of a theoretical model to establish an interpersonal process wherein trained play therapists use the therapeutic powers of play to help clients prevent or resolve psychosocial difficulties and achieve optimal growth and development."

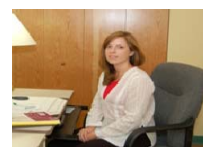
## Meet Our Staff



**Christine Rininger,**  
*Office Manager*



**Amy Rugh,**  
*Program Director  
and  
Clinical Counselor*



**Chelsea St. Clair,**  
*Licensed Clinical  
Social Worker*



**Jennifer Elvis,**  
*Receptionist*



**Matt Ramsey,**  
*Clinical Counselor*



**Amanda Lovelace,**  
*Graduate Intern*

## Couples & Kids

Central Virginia's Counseling Center for Families

110 Vista Centre Drive  
Forest, VA 24551

Phone: (434) 316-9339  
Fax: (434) 316-7025

"Making a difference in the lives of families one by one!"

We're on the Web!  
[www.couplesandkids.com](http://www.couplesandkids.com)

**Couples & Kids** is a non-profit, family-oriented counseling center designed to address the needs of adults and children in our community who struggle with the challenges of daily living.

We specialize in improving relationships through individual, couple, and family therapy. Counseling is provided in a confidential, family-friendly environment with an emphasis on problem solving, decision making and education. This is a cooperative, growth-centered process which gives you the tools to continue to make positive changes in your daily life long after formal therapy is over.

We are committed to providing you with quality counseling and mental health services and look forward to making a difference in your life!

## Where to Find Us!

We're located in the TPS building at 110 Vista Centre Drive in Forest.

From Route 29 North or South, take Route 501 North to the Graves Mill Road exit. Turn left at the end of the ramp. Go through three lights. Just past Ferguson Plumbing, turn left on Vista Centre Drive. TPS is on the left.

From Route 460, at the light at Sheetz and Food Lion, go north on Route 811 several miles to a "T". Turn right on Route 221. Two miles. Turn left on Vista Centre Drive (Enterprise Drive is to the right).

From Bedford, Route 221 North through Forest. Turn left on Vista Centre Drive (Enterprise Drive is to the right).

