



PASTORAL
COUNSELING
SERVICES

PCS Matters

Pastoral Counseling Services

The **vision** of Pastoral Counseling Services, a non-profit agency, is to be a community where all people can achieve peace, healing and wholeness.

The **mission** is to be a center of excellence and diversity that integrates psychological theory and spiritual sensitivity through psychotherapy, consultation, and education. We partner with social service, educational, faith, and business communities to further this mission.

17th Annual Good Samaritan Awards

Each year, Pastoral Counseling Services hosts the Annual Good Samaritan Awards Banquet. This unique celebration brings together six distinct segments of the community and honors an individual in each category who has "gone above and beyond" what is expected. And the 2012 honorees are no exception.

To read more about our 2012 honorees, please visit the PCS Upcoming Events web page.

Our 2012 Good Samaritan Award Honorees:
(from left to right):

Business & Industry
David Nixon
Nixon, Vogelman, Barry, Slawsky & Simoneau, PA.

Education
Sgt. Brian N. O'Keefe
Manchester Police Department

Media & the Arts
Jody Reese
Hippo Press

Medicine & Healing
Ann Smith
(posthumously)
Easter Seals of New Hampshire

Religion
Sister Jacqueline Verville
Holy Cross Family Learning Center

Rising Star
Diane Larochelle
Nikki's Dream



Pastoral Counseling Services & New Administration

In August 2011, PCS began a new administration structure in which three "Directors" were charged with the administrative tasks of the agency. Dr. David B. Reynolds was appointed Center Director, Dr. Calvin Genzel was named Director of Clinical Services, and Ms. Lee Dieter was called Director of Administration & Finance.

The Staff and Board of PCS went through a rigorous process to research, study, discuss, evaluate, and choose the new way. The uniqueness of this approach is that the Directors are equals in consensus decision-making process with individual responsibilities in each area. If a decision needs to be made in a given time period and no

consensus has been reached, the Center Director will make the decision. After over a year and a half of working together, the Directors have made every decision with the consensus model. PCS has made great strides forward through the hard work of the Staff and Board, and the effectiveness of this model.



From left to right, Dr. David B. Reynolds, Dr. Calvin Genzel, and Ms. Lee Dieter.

Inside this issue:

Psychotherapy Training at PCS	2
3rd Annual Psychotherapy and Spirituality Seminar	2
Mindfulness Meditation	2
2011-2012 PCS Donors	3
Seasonal Affective Disorder & Light Box Treatment	4
PCS is Going Digital!	4

Psychotherapy Training Program at PCS



Doug Stephens, LICSW
PCS Training
Coordinator

A part of our mission at PCS is to promote the development of new psychotherapists for our region. After people complete their mental health graduate studies in New Hampshire, they must obtain over 3,000 hours of supervised, postgraduate experience for the attainment of a professional license (in clinical mental health counseling, marriage and family therapy, pastoral psychotherapy, and clinical social work, etc.). We are now embarking on a new psychotherapy training program that will

provide the necessary supervised experience for graduates, called *Postgraduate Residents*. We also will be providing hands-on training for students who are in their graduate studies and have not yet graduated. Their position at PCS will be as *Graduate Interns*. *Residents* will work at PCS for one year, from January through December, with a second year possible. They will see 10-20 client counseling sessions weekly, while receiving at least two hours of clinical supervision and three

hours of advanced clinical seminar and case conference training. *Interns*, as persons new to the field, will see far fewer clients and spend less time each week with staff. We anticipate applicants for either track in our program from schools such as Springfield College, UNH, New England College, Boston University, Boston College, and Antioch New England Graduate School. The program will be coordinated by Dr. Douglas Stephens, LICSW.



Margaret B. Hess,
D.Min., LPP
Licensed Pastoral
Psychotherapist,
Professor, Consultant

3rd Annual Psychotherapy and Spirituality Seminar

PCS will offer the 3rd Annual Psychotherapy and Spirituality seminar on Friday, November 30 at the Puritan Conference Center in Manchester, NH. The Rev. Dr. Margaret B. Hess will present on the integration of Bowen/Systems theory and spirituality for psychotherapists and

religious leaders. The morning seminar for psychotherapists will meet from 9am-12pm and will hear Dr. Hess speak on "Spiritual Formation and Families of Origin." All licensed psychotherapists in NH are eligible to earn three CEUs by completing this seminar. The afternoon seminar for religious

leaders will meet from 1-4pm, during which Dr. Hess will address "Managing Self in Seasons of High Anxiety." A Certificate of Attendance will be given for this session. Please call Lindsay at (603) 627-2702 ext. 110 for cost and further information.

Mindfulness Meditation by Dr. Emily Geoghegan

PCS provides high quality and affordable counseling and community programs to individuals, couples, families and children.

Research has shown that a regular practice of mindfulness meditation has many therapeutic benefits, including the lowering of blood pressure, the instillation of a sense of calm and peace, the clearing of the mind, and the lifting of the spirit.

Pastoral Counseling Services offers two opportunities for mindfulness meditation. Carol Knieriem, a

licensed clinical social worker, facilitates a bi-monthly class on the first and third Mondays from 6-7pm. Mary Yost, a licensed alcohol and drug abuse counselor, is running a six week introductory course on Thursday evenings from 5:30-7pm.

Please contact Lindsay Goff (627-2702, ext. 110) to register for either of these classes.

PCS has a long history of offering mindfulness-based stress reduction (MBSR) programs to the wider community. For years, PCS has offered MBSR classes in Manchester homeless shelters and at the women's prison in Goffstown. Currently, Dr. Emily Geoghegan, a licensed psychologist, is offering an MBSR program at Families in Transition for parents and children.



2011-2012 Individual Donors

Rev. Damon Anderson	Rev. Dr. Emily Geoghegan	Marsha Menter	Walter Stiles
Linda Baillargeon	Roger Gettel	Rev. Carol Meredith	Matthew Stover
Robert Baines	Brother Charles Gingerich	Cheryl Mihaly	Shelly Stratton
Adalgisa Barison Holtrop	Rev. Dr. Bayard Herndon	Edward & Judi Mitchell	Susan Swanwick
Mary Elizabeth Bartel	Deacon Mark Hobson	Donna Moore	Dr. & Mrs. James Tenn
Suzanne Bechard	William Hoysradt	Rev. Jamie Moynihan	Michelle Tetreault
Jen Bella	Mark Januskiewicz	Dr. Carol Myers	Dr. Virginia Theo-Steelman
Kathryn Benway Yerkes	Lisa Jobin	Selma Naccach-Hoff	Kim Thurlow
Sandy Bond	Karen Kelley	Carol Orze	Helen Tomilson
Thomas Bond	Rev. Patricia Ketzler	Evangeline Popp	Jim Tomilson
Rev. Barbara Brawley	Mary Kiernan	Robert Provencher, Jr.	Carin Torp
Richard Bunker	Katie Kiernan Marble	Lucy Putnam	Dr. Elise Tougas
Monique Burke	Nancy Kilgore	Rev. Dr. David Ransom	Rev. Bevan Tulk
Stephen Camann	Carol Knierniem	Jeffrey Rapson	Jutka Varhegyi
Page Cannon	Nancy Knight	Susan Reese	Glenn Watjen
Connie Carlson	Mary Koon	Rev. Dr. David Reynolds	Rev. Dr. Mark Watts
Virginia Cate	Dave Kuhman	Anna Rice	Mark Weaver
Laurie Chandler	Susan Kunkel	Beth Richeson	Dr. Susanna Wilkens
Paula Charles	Pastor Matt Kyzer	Dr. Sol Rockenmacher	Judy Williams
Dolores Charpentier	Payson Langley	Anne Rodman	Dr. Stephanie Williston
Richard Charpentier	Celine Larochele	David Rogers	Dr. Bill Windler
Dr. Peter Cheung	Roberta Lattig	A Roma	Frances Winneg
Mary Connarton	Paula Lavoie	Terrie Raposo	Frederick Woodard
Brad Cook	Janet Leveron	Gary Ruppert	Mr. & Mrs. Kimon Zachos
Dr. David Corbit	Shelby Liner	Rob Saitow	Dr. Linda Zollo
Richard Crocker	Ashley Littlefield	Jim Scammon	
Rev. Charles DesRuisseaux	Cindy Littlefield	Lawrence Scammon	
Rev. Dr. Nancy Devor	Rev. Peter Lovejoy	Philip Scanzani	
Dr. Lisa Dibrigida	Pat & Wayne Lucier	Scott Secrest	
Lee Dieter	Dawn Mahoney	Lucille Shurkus	
Rev. Dr. Ron Dieter	Dr. Jacqueline Mara	Maryann Simoni	
Anne Drouin	George Marble	Steve Smith	
Dr. Sylvio Dupuis	Elaine Marquis	Robin Sousa	
Cassie Emanuel	Bill Marvin	David Stasiak	
Peter Farwell	David May	Charla Stevens	
Thomas Foulkes	Robert McCoull	Leslee Stewart	
Rev. Dr. Calvin Genzel	Rose McKenna	Marianne Stigum	

Pastoral Counseling Services' robust offerings are powered, in large part, thanks to contributions from individuals and organizations large and small.

Thank you to our 2011-2012 donors for all that you have helped us to accomplish!

2011-2012 Corporate and Organization Donors

American Communications Network	Church of the Good Shepherd	Howe, Riley & Howe	Queen City Rotary
Anthem BCBS	CMC Community Health Services	Kensington Congregational Church	Ride Away Handicap Equipment Corp.
Autodesk	Cogswell Benevolent Trust	Lambert Funeral Home Inc.	Riverstone Resources LLC
BAE Systems Employment Community Fund, Inc.	Community Chapel Church of the Nazarene	MAPS Counseling Services	Sainte Marie Parish
Bedford Ambulatory Surgery Center	C.R.E.A.T.E.	McLane Graf Raulerson & Middleton	Sheehan, Phinney, Bass & Green PA
Bedford Presbyterian Church	CSP, Inc.	Monadnock Area Pastoral Counseling Services	Southern NH University
Bellwether Community Credit Union	Dartmouth-Hitchcock	Moore Center Services	St. Elizabeth Seton Church
Benthien Associates	Deerfield Community Church	New England Pastoral Institute	St. Mary's Bank
Bethany Community Chapel	Easter Seal Society of NH Inc.	NH Catholic Charities	TD Bank
Birch Hill Terrace	Elliot Health System	NH Conference United Church of Christ	Temple Adath Yeshurun
Blessed Sacrament Church	Employee Assistance Program	Nixon, Raiche, Manning, Vogelmann, Barry & Slausky, PA	The Women Supporting Women Center
Brookside Congregational Church	First Congregational Church Manchester	Northeast Delta Dental	Tikvah Trust
Cane Systems, LLC	First Congregational Church of Nashua	Northwood Congregational Church	West Rumney Community Church
Catholic Diocese of NH	Granite Group Benefits, LLC	Office of Women's Health	Wiggans Airways, Inc.
Catholic Medical Center	Greater Manchester Mental Health Center	Puritan Backroom Restaurant	
Central Paper Products Co.	Hampshire First Bank		
CGI Employee Benefit Group			
Child & Family Services			





2013 Elm Street
 The Manning House
 Manchester, NH 03104

NON PROFIT
 ORG
 U.S. POSTAGE
PAID
 PERMIT #0157
 Manchester, NH

Page 4

Seasonal Affective Disorder (SAD) and Light Box Treatment

Seasonal Affective Disorder or SAD is a mood disorder that occurs in persons whose body chemistry is sensitive to the diminishing amount of natural sunlight that occurs in the Northern Hemisphere in the fall and winter months.

It is estimated that SAD affects about 6% of the U.S. population and 10% of the residents in New Hampshire because of our northern latitude.

Common symptoms include:

- drop in energy level
- sense of sluggishness
- less interest in hobbies and relationships
- decreased concentration
- diminished creativity
- irritability
- difficulty in following through on tasks
- feeling "down in the dumps"
- cravings for sweet or starchy foods
- weight gain; and,
- a tendency to oversleep.

The most effective treatment of SAD is the daily use of a light box, which recreates the kind of sunlight we experience naturally on a sunny, summer day in New Hampshire. PCS owns a light box which we rent to clients who might benefit from phototherapy.

Contact Dr. Calvin Genzel if you think you suffer from SAD and would like more information.

PCS Matters, Fall 2012

PASTORAL COUNSELING SERVICES

"An ancient tradition of caring ... a modern approach to healing"

Phone: 603-627-2702
 Fax: 603-627-2702
 Email: info@pcs-nh.org



www.Facebook.com/PastoralCounselingServices

Pastoral Counseling Services is Going Digital!

This will be the last paper edition of the PCS newsletter. Starting next year, we will begin sending newsletters electronically.

So you can stay apprised about our agency and the services we are providing, please send your email address to Lindsay Goff at lgoff@pcs-nh.org.