



Healing Heart Counseling Center

e-Newsletter



Distinctively Christian
Professional Counseling

HealingHeartCounseling.Org

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New! Men's LIFE Meeting June 21st

By Marty Miller, LPC

L.I.F.E., living in freedom every day. Sounds nice. But how do you get there? That is what the upcoming men's meeting is about. The meeting will be held at my private counseling office **Saturday, June 21.** **Confidentiality** is given the utmost respect.

Sexually compulsive behaviors can include a number of problem areas: pornography, affairs, prostitution etc.

"The secret life of a sex addict is one trapped in shame and guilt."

Jeremiah 6:14 (TLB)

"You can't heal a wound by saying it's not there."



WOUNDS. Finding and fixing past hurts is what gets to the root and is a critical part of recovery.

Individual and group meetings are the ideal place to do this. Remember, you are not alone, and isolation is what feeds the problem.

**UNHEALED WOUNDS =
RELAPSE**

SIXTY FOUR PERCENT (64%) of Christian men are affected in some way by the above problems behaviors.

We must have the **support of others** to get free of the chains of 'the secret sin.'

"Fellowship is equal to freedom from lust."

Healing must go deeper than behavior change. If trying harder worked, then there wouldn't be a problem.

**TIME + NOTHING =
UNHEALED WOUNDS**

Everyone has been **wounded** in some way growing up. Men who struggle with sexually compulsive behaviors have learned early in life to medicate their pain in this way.

"Loneliness and isolation feed the destructive cycle."

Compulsive sexual behavior is a growing problem in the U.S. It is the Christian community's greatest threat.

Most men who struggle report that they:

- ➔ Are unable to stop compulsive sexual behaviors even though they know they are destructive
- ➔ Have deep feeling of guilt and shame after acting out

TIME ALONE WILL NOT HEAL PAST

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**Remember Father's Day!
Sunday June 15**



"I am careful not to confuse excellence with perfection. Excellence, I can reach for; perfection is God's business."

Now Celebrating Our 10TH ANNIVERSARY!

New! Men's LIFE Meeting June 21 (Continued)



Visit us on the web!

HealingHeartCounseling.Org

Morning and evening appointments are available

Your referrals allow us to help put broken lives back together through the power of the ultimate healer, Jesus Christ. Thank you.



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- Grew up in a family where emotional needs were not met
- Were abused or neglected growing up

Topics addressed in the meeting will include:

- Regaining the trust of others
- Christ centered tools and how to use them
- Relapse prevention
- Developing a more intimate relationship with the Lord
- Finding and fixing past hurts
- Inoculating yourself against a world of sexual immorality,
- Unhealthy versus healthy shame
- Dealing with the need for approval
- Seven Principles of Recovery
- Breaking The cycle of addiction

For more information or to register e-mail Marty Miller @ martinLPC@bellsouth.net or call the office @ (318) 222-6800. Discount given for early registration prior to June 6th.

The Next Boundaries Session to be Held in June

Please call the office at (318) 222-6800 for date and to reserve your seat.

Parenting Children with ADHD (Attention Deficit Hyperactivity Disorder) by Marty Miller

What is ADHD?

Over the last ten years Attention Deficit Hyperactivity Disorder (ADHD) has won national attention. The primary symptoms of ADHD are difficulty paying attention and being easily distracted. For example a child may become rapidly bored with repetitive tasks, may not seem to listen when spoken to directly, or may shift from one uncompleted activity to another.

Some children with ADHD are also hyperactive and impulsive. They are often "on the go," seem as if "driven by a motor," and do not think before acting.

What Causes ADHD?

Research indicates that ADHD is a **genetic, biochemical disorder**. This means that it is inherited, or runs in families. It is due to the brains difficulty regulating chemicals that control attention, impulse control and activity level. If one biological parent has/had ADHD, a child is 25% more likely to have ADHD. Parents I've worked with have found the following suggestions helpful.

What Can Parents Do?

1. Be sure to have the child evaluated by a Licensed Professional Counselor with experience evaluating and treating ADHD. This is to avoid misdiagnosis. Often children who have behavior problems are labeled ADHD automatically despite that they do not have the primary symptom: **inattention**. **(Continued on next page)**

2. **There is hope!** While no treatments have been found to cure ADHD, counseling, and when necessary, medication, have proven effective in reducing symptoms and improving school performance and relationships. This is important since most children with ADHD develop social, emotional, academic and family problems.
3. A professional counselor can also help you to develop a **behavior management plan** for the home and school. This will help to reduce disruptive behavior while encouraging positive behavior.
4. Take a **team approach**. Parents, teachers, the counselor and an M.D. need to work together to effectively help the ADHD child.
5. **Counseling** can help children to learn self-control, social skills and improve feelings of self-worth.
6. Parents must increase the amount of **structure, consistency and support** in the ADHD child's life. For example, help the child to develop a daily routine. In addition, set aside an hour each evening with no TV or distractions to focus solely on homework. A calendar or planner is helpful to teach the child to anticipate and plan for events and due dates.
7. Give the child plenty of **positive reinforcement** when they behave appropriately. Give frequent, immediate and consistent feedback to child about their behavior.
8. Get the child involved in activities in which they can **succeed** (soccer, basketball, scouts, clubs at school, etc.). This allows an outlet for energy, builds confidence and helps them to learn social skills.
9. Parents need to **get support** from others to avoid burnout. Counseling can also help them gain strategies and techniques for handling their child's attention and behavior problems effectively.

Perfectionism: Reprogramming Your Mind

False Belief: ***"I must meet certain standards in order to be loved and in order to feel good about myself."***

Truth:

1. **Having unrealistic expectations are the main cause of our dissatisfaction and pain.**
2. **Perfectionism destroys; being reasonable promotes health.**
3. **Strive for excellence, not perfection.**
4. **To err is human.**
5. **I will seldom feel satisfied or enjoy present or past accomplishments if I expect perfection. There will be little pleasure in the now.**
6. **No one is perfect, and I am not perfect. I am not God.**
7. **"...and who, at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory nor defeat." -Theodore Roosevelt**
8. **I'd do fine if I'd just let myself be human and have some fun.**
9. **"I can choose to accept myself as a fallible human being who will often make mistakes. I often find it more important to do, than to do well." Albert Ellis**
10. **I can always realize mistakes and make amends.**
11. **Perfectionism is the root of procrastination. I don't begin something because I'm afraid I won't be able to do it perfect.**
12. **Even great men make blunders.**
13. **To be the best means to make mistakes and go on, to keep starting over.**
14. **Mistakes make me human and give me a chance to begin again fresh. Accept my humanness and capitalize on a new start.**
15. **"Failure is the opportunity to begin again more intelligently." Henry Ford**
16. **When I allow myself to be fallible, my ability to achieve and excel actually increases.**
17. **"As a perfectionist, I have never found any contentment in life – no place to rest." Anonymous**
18. **"One's natural instinct is to strive to for godlikeness, because one does not have the "courage to be imperfect."**
19. **Being perfectionistic impedes progress and growth and wastes time. It causes frustration and depression and I accomplish much less.**

Now Hiring Christian Counselors

Positions available for Christian Counselor. License as Professional Counselor or Clinical Social Worker preferred. Start part-time, then full time. Hours flexible. Supervision for LPC interns available. Fax or email resume to (318) 222-6801, mar-tinLPC@bellsouth.net.