



Healing Heart

Counseling Center

e-Newsletter



Distinctively Christian
Professional Counseling

March 2008

A Ministry of Willow Point Baptist Church

Volume 1, Issue 2



What Do These Famous People Have in Common?

Mel Gibson, Ernest Hemingway, Abraham Lincoln, Martin Luther, Vincent Van Gogh, Winston Churchill, Mike Wallace, John Bunyan, Patty Duke, Charles Dickens, Mark Twain, Donny Osmond, Britney Spears, Rosie O'Donnell, Karen Carpenter, Owen Wilson, and Brooke Shields?

Each of the above famous persons suffered from one or more of the following emotional / mental disorders:

Severe depression, anxiety, panic attacks, explosive anger outbursts, suicidal thoughts, an eating disorder, obsessive compulsive disorder (OCD), bipolar disorder, and schizophrenia.

Men of the Bible who had episodes of depression and/or anxiety:

Moses, David, Elijah, Jeremiah, Job, Paul and others

Board of Directors

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Executive Director

Marty Miller, L.P.C.

When Should Someone Seek Counseling?

- * When old methods aren't working any longer
- * When marital tension is not successfully resolved
- * If problems continue or get worse
- * If you feel sad, irritable, nervous or tense for prolonged periods of time (two weeks or more)
- * If anger is getting out of control
- * When you consider leaving a job or serious relationship
- * When low self esteem is hindering your success or relationships
- * When losses seem overwhelming
- * When a youth's behavior is worsening significantly
- * When it is becoming increasingly difficult to perform your daily activities
- * When you have thoughts of harming yourself or others (Cont'd)

Now Celebrating Our 10TH ANNIVERSARY!

When to Seek Counseling (Continued)

- * When you are concerned about the emotional health of a family member or significant other
- * You want to look at life and make decisions in a different way
- * You want to find ways to change your life to feel more successful and satisfied

Many people avoid or put off getting help. Seeking counseling can prevent much needless suffering. It makes sense to address issues before they become overwhelming or unmanageable.

Change is sometimes necessary. Counseling is a valuable tool that can help one to change for the better. Seeking counsel from a professional can offer support, guidance, information and a new perspective. It can speed up the healing process and often makes a world of difference. Seeking counseling may be one of the best things that you can do for yourself and/or those you love.

To see comments from those who have sought counseling at the *Healing Heart Counseling Center* visit www.HealingHeartCounseling.Com and click on Client Comments.



Visit us on the web!

HealingHeartCounseling.Org

Most insurance plans reimburse for our services

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.

Healing Heart Counseling Center Staff Counselors:

- Marty Miller, Executive Director, LPC, LMFT
- Christi Horton, LPC
- Justin Jones, LPC
- Sami Loe, LPC Intern

Want to be a Christian Counselor? Looking For an LPC Supervisor?

Do you want to train to be a Licensed Professional Counselor in private practice? Do you want to be a Christian Counselor? If you qualify, as three of my interns already have, you will have an opportunity to become a full-time private practice LPC working at the *Healing Heart Counseling Center*.

Why would I make this opportunity available to those who qualify?

Because I love supervising interns and training them to continue to expand the work that God has graciously been doing through myself and the staff at the *Healing Heart Counseling Center*. As the center grows, we are able to help more who are hurting and searching for answers, and impact more lives for Jesus Christ.

Here is what a recent LPC intern had to say upon completing her Supervision Internship:



Marty Miller is a professional, knowledgeable and very supportive supervisor for LPC interns. Marty provided me with thorough and experienced guidance throughout my tenure with him. He has expert clinical knowledge and a large support network within the community. His Christian principles are always evident in his behavior and practice. His advice is practical, ethical, and very thought provoking. Marty is flexible and answers all questions with thoughtful expertise. He addresses relevant issues while stressing professionalism and I would recommend Marty to anyone seeking an LPC supervisor.

Tammy Morrell Harris, M.A., Licensed Professional Counselor

See website for further supervision information and supervision agreement.

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