



Counselor Writes Best Seller of all Time; Offers Free Services!

By Marty Miller, LPC

There's a counselor in town you need to know about. He is amazing. Very compassionate, accepting, easy to talk to, patient and a great listener. His advice is **always on target**. And he's so understanding; it's like he knows what you're going to say *before you say it!*

I consult with him as often as possible. So far he's been able to help me to solve my **most difficult problems**, and he's answered the toughest questions. I'm telling you, he is awesome. What's really incredible is that his **services are free!** I don't know how he does it. It seems too good to be true.

Not only that, but he's amazingly **easy to get in touch with**. So far he's been available every time I've called; *no voicemail and no waiting!* You'd think he'd be booked up for months, but he makes time for anyone. You probably think I'm making all of this up, but I assure you it's true.

He's local, but he's also been found in just about **every country in the world**. He used to do speaking engagements awhile back, but

now he mostly does consultations. I try to consult with him before every one of my sessions. I even consult with him during sessions; sometimes secretly, sometimes openly.

He's full of wisdom, I mean there's nothing about life that he hasn't figured out. That's because he's the author of a the **all-time best seller** that explains **everything**.

Without him I wouldn't be able to do anything of lasting value. If anything good comes as a result of my sessions, the glory belongs to him. I'm just glad that he sees fit to allow me to work for him.

I try to give his number out to everyone. It's found in the book of Romans, chapter 10:11-13 and Psalms 103:8.

You've probably heard of him. Some of his friends call him JC. Others call him a wonderful counselor. I call him Jesus.

Romans 10:11-13 As the Scripture says, "Anyone who trusts in him will never be put to shame." For there is no difference between Jew and Gentile- the same Lord is Lord of all and richly blesses all who call on him, for, "Everyone who calls on the name of the Lord will be saved."

Psalms 103:8 The Lord is compassionate and gracious, slow to anger and abounding in love.

MARCH CALANDAR

March 17th: St. Patrick's Day

March 20th: Spring Begins!

"Evidence that dogs go to heaven too."



Board of Directors

Sonny Simpson
Wallace Stanberry
Charles Tingle

Advisory Board

O.K. Bailey, D.D.S.
Billy Crosby
Denny Duron
Roger Fankhauser
Richard Handley, M.D.
Anita Kablinger, M.D.
Fred Lowery
Michael Sewell, M.D.
John Vassar
Mildred Walker

Executive Director

Marty Miller, L.P.C.

FAVORITE QUOTES

- ❖ "One day at a time' is the antithesis of making New Year's resolutions." It's not saying, 'I'm going to do this and keep it up all year,' it's saying, 'What can I do today?'"
- ❖ "The journey of a thousand miles begins with a single step."



March Men's Meeting a Success! Read What Participants Have Written:

About the Men's Saturday Meeting:

- ❖ "I felt very comfortable and relaxed. The atmosphere was non-judgmental and affirming."
- ❖ "This meeting is definitely a tool that helps with the healing process."
- ❖ "It's a step in the right direction."

About the Presenter (Marty Miller, LPC):

- ❖ "Marty is very gentle and kind and very knowledgeable."
- ❖ "Receptive and open. Makes you feel comfortable."
- ❖ "Knowledgeable and understanding."

What would you like to say to someone who knows they need this group, but is afraid to come?

- ❖ "Within five minutes you will feel at ease. The awkwardness and fears will melt away as you realize you are not alone. You will get some really good, practical tools to deal with issues."
- ❖ "You can't get help unless you are willing to examine yourself honestly; you can learn from those who are or have been in your shoes; you do not have to share any more than you want to. Everyone agrees to complete confidentiality."
- ❖ "Fellowship equals freedom from lust. You are not alone!"
- ❖ "It's worth it."

"The Holy Spirit was present and at work throughout the meeting. I want to praise and thank the Lord for this, and for the courage shown by the men who attended." -Marty Miller, LPC

NEXT MEN'S MEETING COMING SOON!

For more information visit our website at: www.HealingHeartCounseling.Org
Or e-mail Marty Miller @ martinLPC@bellsouth.net or call the office @ (318) 222-6800.

Topics addressed in the meeting include:

- Regaining the trust of others
- Christ centered tools and how to use them
- Relapse prevention
- Inoculating yourself against a world of sexual immorality,
- Unhealthy versus healthy shame
- Seven Principles of Recovery
- Breaking the cycle
- And more

Visit us on the internet!
HealingHeartCounseling.Org

**Celebrating
Ten Years of
Excellence!**

THANK YOU

Your ongoing word of mouth referrals are the finest compliment we can receive! Thank you for helping us to provide professional service and solutions to others.

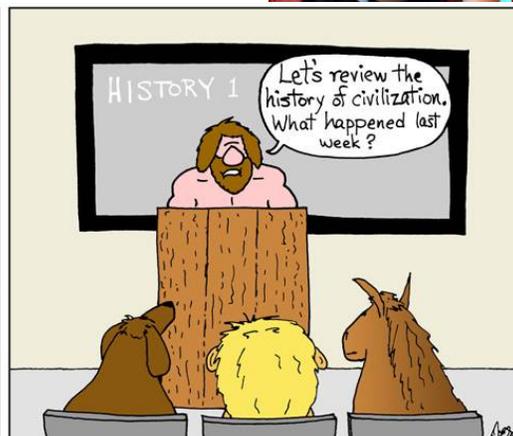
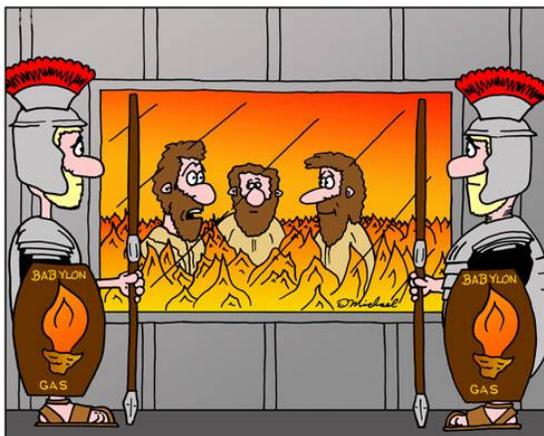


Martin Miller, M.A., Executive Director
Licensed Marriage and Family Counselor
Licensed Professional Counselor

Laughter is Healing; Have You Smiled Today?

Proverbs 17:22 Amplified Bible

"A happy heart is good medicine and a cheerful mind works healing, but a broken spirit dries up the bones."



Shortly after creation

The Healing Heart Counseling Center

Tel: (318) 222-6800

Fax: (318) 222-6801

E-mail:

martinLPC@bellsouth.net

820 Jordan Street, Suite 401
Shreveport, LA 71101

Thinking Mistake of the Month: MENTAL FILTER

Also known as “*Tunnel Vision*.” You pick out a single negative event or detail and dwell on it exclusively, so that your vision of all reality becomes darkened, like the drop of ink that discolors a beaker of water. Example: You receive many positive comments about your presentation to a group of associates at work, but one of them says something mildly critical. You obsess about his reaction for days and ignore all the positive feedback.

INSTEAD: Focus on the positive also, keep a balanced view. Also, begin listing & reviewing successes.

Got ADD?* Here's the Tip of the Month

Coaching:

- * It is useful for you to have a coach, for some person near you to keep after you, but always with humor. Your coach can help you get organized, stay on task, give you encouragement or remind you to get back to work. Friend, colleague or counselor (it is possible, but risky for your coach to be your spouse), a coach is someone to stay on you to get things done, exhort you as coaches do, keep tabs on you, and in general be in your corner. A coach can be extremely helpful in treating ADD.

*also known as ADHD, Attention Deficit Hyperactivity Disorder

(Taken from *Driven to Distraction* by Edward M. Hallowell, M.D. and John J. Ratey, M.D.)



CHECK OUT OUR NEW WEBSITE!

www.HealingHeartCounseling.Org *(JUST CLICK ON LINK IN EMAIL)*

READ WHAT PARTICIPANTS HAVE WRITTEN ABOUT THE BOUNDARIES SESSION

- ★ “(I was) encouraged with the Christian approach; to start and finish with prayer and to have hand-outs with scripture to support the teaching and discussion.”
- ★ “It was a blessing for me to see I’m not the only one in pain! We’re all striving to get healthy.”
- ★ “Resources given are valuable.”
- ★ “Caring for the caretaker/enabler (ourselves) very insightful and very essential.”
- ★ “I gain so much from each of these sessions– having others (present) with the same issues & problems makes it so much better for me.”
- ★ “I am so encouraged every time I come to a session. It helps me to be able to continue in my recovery.”



Next meeting to be announced soon

The Boundaries Session provides a safe, confidential environment to learn to apply God’s word in the area of codependency and enabling, and to celebrate God’s transforming power.

For more information visit our website at: www.HealingHeartCounseling.Org

OR CALL DEBORAH NOW for more information and to reserve your seat @ (318) 222-6800 or e-mail Marty Miller @ martinLPC@bellsouth.net

NOW HIRING CHRISTIAN COUNSELOR

Position 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, martinLPC@bellsouth.net.

A special thanks to Tammy Harris, LPC for the *Child and Dog Praying* photo on page one.