



Distinctively Christian
Professional Counseling

HealingHeartCounseling.Org

January 2009

A Ministry of Willow Point Baptist Church

Volume 2, Issue 1



A NEW WEBSITE FOR THE NEW YEAR!! CHECK IT OUT!
www.HealingHeartCounseling.Org

YOU NOW have *instant access* to:

1. Hand-outs (Stress Coping Strategies, Top Ten Thinking Mistakes...)
2. Articles (Perfectionism, Approval Addiction, Worrying...)
3. Recommended Web Links (Resources from A to Z)
4. Suggested Reading List and more. **JUST CLICK ON LINK IN EMAIL.**
(These items are added to and updated regularly, so check back often!)

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Meet Our New Counselors: Bonnie Beran, M.S. and Lori Bias-Clark, Ph.D.



Bonnie Beran, LPC

As God continues to bless the Healing Heart Counseling Center, we continue to expand. We've been blessed with two new counselors; Bonnie Beran and Lori Bias-Clark. Bonnie is a Licensed Professional Counselor. Bonnie has been working in private outpatient counseling and inpatient hospital treatment centers since 1994. She

has worked with adults and adolescents struggling with a variety of issues. In addition, Bonnie has worked with the Deaf for more than ten years, interpreting for the Deaf in school, vocational and community settings. This has led to an involvement with various Deaf ministries including outreach, drama productions, and Christian concerts. Most insurance companies will reimburse for Bonnie's counseling services and she can provide evening sessions.

"God has blessed us with two new counselors."



(From left to right) Bonnie Beran, Marty Miller, Lori Bias-Clark, Deborah Montgomery & Justin Jones



Lori Bias-Clark, Ph.D.

Dr. Lori Bias-Clark has worked with clients from children to senior citizens in private outpatient practice and in hospital and residential treatment settings. Lori has her doctorate in Counseling Psychology and is currently a Licensed Professional Counselor intern. Lori also teaches at the college level. Marty

Miller supervises both Bonnie and Lori.

FAVORITE QUOTES

"It's not what happens to you that determines how far you will go in life; it is how you handle what happens to you."



Visit us on the internet!
HealingHeartCounseling.Org

**Now 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

**The Healing Heart
Counseling Center**

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The NEW Boundaries Saturday Session Will be Held in January

⇒ NEW MATERIAL NEVER COVERED BEFORE!

Here is what attendees had to say about the Saturday Boundaries Session:

- *"This was great! Do it again."*
- *"I really enjoyed it. This session taught me how need to change and stop feeling guilty."*
- *"I've spent years in a toxic relationship– the healing has begun."*

The BOUNDARIES GROUP IS FOR YOU IF YOU WANT TO:

- Make decisions and enforce boundaries in a difficult relationship
- Get a laser focus on the fine line between enabling and serving
- Take care of your *self* while balancing your responsibilities to others
- Understand the real difference between True versus False Guilt
- Be able to distinguish between Brokenness and True Recovery versus Surface Compliance and Pretending
- Understand scriptures that speak to co dependency & boundaries

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

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

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."



- ☺ Before you criticize someone, you should walk a mile in their shoes. That way, when you criticize them, you're a mile away and you have their shoes.
- ☺ Experience is something you don't get until just after you need it.
- ☺ If you think dogs can't count, try putting three dog biscuits in your pocket and then give him only two of them.
- ☺ There is no psychiatrist in the world like a puppy licking your face.



The Back Pew – Jeff Larson



In sharp contrast to the serene images of Joseph and Mary's journey that first Christmas night, Harry and Betsy's travels that same evening could neither be described as a **SILENT NIGHT** or a **HOLY NIGHT**.

Got Adult ADHD? Here's the Tip of the Month

The cornerstone of coping with Adult ADHD is to get and use a **Daily Planner**. Write in important appointments, dates and deadlines. Refer to it often. Review it in the evening to prepare for the next day. Review it in the morning to remind yourself of what you need to be doing and when. Don't make new appointments without checking your Daily Planner first. Review your weekly and monthly schedule. This sounds simple, but it takes effort, effort that will pay off. By using a Daily Planner, you will find yourself being on time to appointments, being prepared and meeting deadlines more often.

What is a Boundary?

A boundary is a definite place where your responsibility ends and another person's begins. It stops you from doing things for others that they can and should do for themselves. A boundary also prevents you from rescuing someone from the consequences of their destructive behavior that they need to experience in order to grow. A boundary helps you to avoid enabling others destructive behavior, while protecting you from false guilt and from being overly responsible for other's behavior.

Thinking Mistake of the Month: 'All or None Thinking'

Also known as polarized thinking or black-and-white thinking. You see in extreme terms where things are either good or bad, right or wrong, perfect or worthless, with no room in between the two. If a situation falls short of perfect you see it as total failure. When a young woman on a diet ate a spoon full of ice cream, she told herself, "I've blown my diet completely." This thought upset her so much that she gobbled down a whole quart of ice cream! This type of thinking contributes to drastic mood swings.

INSTEAD: Many situations in life fall in the grey area. Rate them on a scale from one to ten. For example, I got away from my diet a little, but it's not that bad, if the worst is a 1, and staying on a perfect diet a 10, I'm still at a 7. I will put this slip behind me and keep trying.

God's Awesome Creation



When bicycle helmets make no sense.