

THE PEACEMAKER CENTER

SPRING 2011

OUR OFFICE LOCATIONS

Downingtown: 103 Garris Road
Kennett Square: 321 E Cypress St
West Chester: Providence Church
430 Hannum Ave
(Hours by appointment)
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OUR MISSION

The mission of The Peacemaker Center is to help people find peace with God, themselves and with others through biblically-based counseling and conflict resolution.

The Peacemaker Center is open to anyone for help with:

- Individual, Group, Family Counseling
- Marital Counseling
- Grief and loss issues
- Depression
- Anger management
- Eating disorders
- Addictions
- Surviving sexual abuse
- Life Coaching
- Financial counseling
- Preparing for marriage
- Conciliation
- Other mental health issues

COUNSELING FOR KIDS!

IT'S NOT JUST FOR KIDS!



At the Peacemaker Center we see kids of all ages with many different types of challenges. When parents come in they may be surprised to find that we want the whole family to participate in part of their child's counseling.

What to Expect:

- Parents come in by themselves for the first session. Our counselors like to have a chance to speak to the parents about their concerns. Many times parents have not been able to just talk about their frustrations and worries. This session gives the parent a chance to ask questions about the process.
- During the second session the counselor will typically see the parents and the child together for about 10 minutes of the session. Depending on the age of the child, he or she will then go into the play room with the therapist. This session allows the therapist and child to get to know each other.
- The third session is usually a family session. Many parents are apprehensive about this. They worry that the kids will misbehave or fight. These sessions are held in our play room at our "kitchen table". It is a very relaxed atmosphere. The therapist usually has the family play games or draw in a way that helps the therapist to observe the family dynamics. Most families comment on how much fun this session is.
- Typically the therapist would meet with the parents after another 3 or 4 sessions with the child to check in on how things are progressing and to discuss the plan.

Kids talk through their play. Our play room is specifically designed to allow kids the freedom to express what they can't say in words!

Donations Welcome All Year!

The Peacemaker Center offers scholarships to many people who cannot afford to pay. Our yearly fundraiser does not last for the entire year. Please keep us in mind for donations this summer and fall!

GALATIANS 6:9

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. ¹⁰ Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.

CHECK OUT OUR WEBSITE: THEPEACEMAKERCENTER.ORG

Stinking Thinking

“People are not disturbed by things, but by the view they take of them.” This quote was credited to Epictetus, a Greek philosopher (c. 55 - c. 135 AD) but it is still true today. Our feelings are formed by our thoughts about an event more than by the event itself. Our faulty reasoning or cognitive distortions play a huge role in many mental health issues including depression. Our behaviors and our emotions are a result of our thinking.

Learning to recognize and change our cognitive distortions is a large part of treatment for depression. These distortions are the framework by which we see the world and they can affect every area of our lives. This faulty reasoning is like viewing the world through a distorted lens, things do not appear as they really are.

Professionals widely recognize ten primary cognitive distortions, but we will talk about only four common ones here.

1. **All or Nothing Thinking:** This is a tendency to see everything as black or white with nothing in between. For example: Instead of thinking, “I missed a deadline at work,” a person thinks “I’m a failure.” Instead of recognizing that someone else was more qualified for a job, he thinks “I am a loser.”
2. **Overgeneralization:** With this distortion, one sees something that has happened once as if it will always happen. An example would be assuming that because one was fired from a job, he will always get fired from his job. The pain of rejection is often rooted in overgeneralization.
3. **Mental Filter:** This is a filter in a person’s thinking that causes him to remove any positive experiences from her thoughts. The person is not aware that she is doing this, so she assumes things really are this negative. This would be illustrated by a woman who focuses on the one negative comment amidst a vast amount of positive compliments. She only hears the one comment that “the turkey was dry” and dismisses all the rave reviews over all the other parts of the meal.
4. **Emotional Reasoning:** This is when a person assumes that the emotion he is feeling is the truth. If he feels like a loser, he must be. If he feels guilty, he must be. He allows his feelings to rule his life without stopping to challenge them. Emotional reasoning is a major component of depression.



These are just a few of the cognitive distortions introduced by Aaron Beck, the father of Cognitive Behavioral Therapy. Through this therapy, one

learns to challenge his faulty thinking and replace it with a healthier thought process. This can be accomplished through worksheets, journaling, and systematic thought identification. A therapist will help to identify the negative thought patterns and retrain an individual toward more positive, healthy cognitive patterns. Eventually these positive thought patterns become a habit to replace the negative patterns and a healthier sense of well being for the individual is the result.

Written by: Bonnie Kotler MS.

Did you know?

The counselors at The Peacemaker Center offer many different types of services. Many people know that we offer individual, family and marital counseling but we offer so much more! We have counselors who do music therapy and life coaching. We also offer business consulting services. Our counselors do speaking engagements for seminars and teach topical Sunday school classes. If you or your church has a need call to see if we can meet it!