

CHRISTIAN COUNSELING Agapé



Newsletter — August 2016

Meet Agapé Therapist Blake Clemmons, MA, LPCA



Blake Clemmons, MA, LPCA

My journey to become a counselor began at Elon University where I studied Psychology and was active in a campus ministry called Campus Outreach that helped me grow in my relationship with God as part of a strong community. I soon knew that I

wanted to integrate my passion for discipleship and interest in Psychology to help people.

In 2012, I began working toward a Masters in Professional Counseling at Liberty University. I learned evidence-based theories and acquired the necessary skills to be able to help hurting people heal emotionally, grow in their faith, and strengthen their relationships. I joined Agapé Christian Counseling in February and feel privileged to be a part of a group who cares not only about the mental health of our clients but their emotional and spiritual growth as well.

My specialties include working with clients dealing with anxiety, depression, obsessions, addictions,

and family conflict. I also counsel couples, families, and children over the age of ten. My desire is to provide a safe place where those I work with feel the freedom to be themselves and share their burdens.

I have received advanced training and consultation in a therapy called Eye Movement Desensitization and Reprocessing (EMDR), an evidence based therapy for the treatment of trauma, PTSD, and painful memories. It is amazing to witness how when these traumas, often childhood attachment traumas, are resolved, there is a subsequent spiritual awakening! The result is often a newfound ability to see God not as a taskmaster and angry judge, but as a loving, compassionate father and Christ as a forgiving savior and friend.

Please pray for me that God would give me his wisdom, as well as the right words and attitude to help my clients.

I have been married to Brittany Clemmons for four years. I enjoy hiking, tennis, spending time with friends, and ballroom/Latin dancing!

CLINICAL STAFF

GALINA OLIVERA-CELDAN, PHD, LPCS, LCAS

Executive Director/Therapist
Licensed Professional Counselor-Supervisor

JENNIFER H. DEAN, MA, LPCS

Licensed Professional Counselor-Supervisor

ROBYN NICHOLSON, MA, LPC

Licensed Professional Counselor

ZOI SALIGA, MED, LMFT

Licensed Marriage & Family Therapist

BLAKE CLEMMONS, MA, LPCA

Licensed Professional Counselor Associate

MISTY LAWRENCE, MA, LMFTA, LPCA

Licensed Marriage & Family Therapist Associate
Licensed Professional Counselor Associate

STEPHANIE ROOFNER, MA, LPCA

Licensed Professional Counselor Associate

JOHN WHITE, MA, LPCA

Licensed Professional Counselor Associate

KAITLYN FRASER, BA, BFA

Clinical Intern

Agapé welcomes new clinical intern, Kaitlin Fraser, BA, BFA



Kaitlin Fraser, BA, BFA

Agapé would like to welcome Kaitlin Fraser as our newest intern. She is a student at Gordon-Conwell Theological Seminary where she is receiving her Masters in Christian Counseling in May, 2017. She completed her undergraduate degrees in Psychology and Art at Elon University in 2014.

Kaitlyn works with adolescents, adults, and families. She recently finished an internship at an in-patient substance abuse treatment center. There she worked with clients not only on issues of substance abuse, but also trauma, anxiety, PTSD, and depression in ways that brought about positive change.

Kaitlyn enjoys doing art, cooking, and gardening. She loves to spend time doing outdoor activities, such as hiking or stand up paddle boarding with her husband, Niko, and her dog, Abu. Kaitlyn also enjoys traveling, she is very involved with her church and with an organization that combats human trafficking.

Kaitlin will join us August 23 and will begin seeing clients the first week of September. If you know someone who is seeking counseling and finances are an issue, encourage them to contact Agapé to schedule an appointment with Kaitlin. Agapé is able to offer affordable counseling with an intern for only \$40 a session. We are excited to welcome Kaitlin to Agapé!

LOCATIONS

MAIN OFFICE:

2124 Crown Centre Drive
Suite 400
Charlotte, NC 28227

MYERS PARK OFFICE:

522 Moravian Lane
Charlotte, NC 28207

HUNTERSVILLE OFFICE:

14636 Reese Boulevard
Huntersville, NC 28078

CONTACT INFORMATION

PHONE — 704-849-0144

EMAIL — office@ncagape.org

WEB — www.agapechristiancounseling.org

Our mission is to provide professional counseling from a Christian perspective to bring about healing to individuals, couples, and families in the greater Charlotte area.



Choosing to Live out of Love and not Fear

By Galina Olivera-Celdran, PhD, LPCS, LCAS — Executive Director/Therapist

*There is no fear in love but perfect love casts out fear - 1 John 4:18
Let all that you do be done in love—1 Corinthians 16:14*

Confidently, with his eyes opened wide to take in the panoramic view before him, my one and half year old son held firmly onto his grandpa's hand and walked over the Swinging Bridge at Grandfather Mountain. In stark contrast, there were some people who moved very cautiously along the bridge, trying not to look down. There were others who hesitated and lingered behind, finally deciding they were not willing to cross the bridge at all. While my toddler was completely fearless and lost in wonder of discovery, they let their fears take over and lost an opportunity to experience the thrill of adventure.

We know that fear can protect us: God has designed us with an inner alarm system that alerts us to potential dangers to keep us from getting hurt. However, we may also experience "false alarms": no actual danger is present but our body responds as if it were real and mobilizes us to fight, flee or freeze. The fear that occurs over a "false alarm" actually hurts us by using up our energy, time, and emotional resources fighting dangers that are not there. We can become physically and mentally exhausted with little left in us to do the things that are the most important to us. We can become paralyzed and prevented from living up to our full potential. Many blessings that might have been ours may be missed if we are not able to overcome this challenge and learn to embrace new opportunities.

We know ungrounded fears may become crippling but how do we overcome them? You might think that the opposite of fear would be *courage* but the Bible tells us that the opposite of fear is *love* (1 John 4:18). This does make sense, because when we reflect on most courageous acts performed to help others, they are done because of love: loving and being loved are probably the strongest motivating forces in the world. God also wants us to know and believe His love for us (1 John 4:16), so we can have full confidence in His protection and good will for us.

Learning to operate out of love rather than from fear is only possible if we are filled with God's love and are able to love Him and others "because he first loved us" (1 John 4:19). His love helps us release



of the fear of rejection, because we know that even if someone rejects us, we are loved and fully accepted by God. Operating out of love helps us let go of the fear of failure, because we know that even if we fail, God still loves us and he will help us learn from our mistakes and he will use it for good in our lives.

Do you find yourself wondering what your life could look like if you were to operate out of love and not fear? "Agapé" is a Greek word signifying the unconditional love that God has for us. Our main goal at Agapé Christian Counseling is to help others discover the love and purpose that God has for them in the midst of life's many challenges and struggles. If you are ready to embark on a journey and learn to cross bridges you have not been able to cross before, we are here to walk alongside you and support you on that journey of change, healing, and faith.

Please share our card with someone that might benefit from our services!

SAVE THE DATE

Friends of Agapé Dinner

Thursday, October 20, 2016

6:30-8:30 pm

Calvary Church — Crown Room
5801 Pineville—Matthews Road
Charlotte, NC 28226

We would like to tell you more about the work Agapé has been doing providing counseling to Charlotte area survivors of human trafficking.

- For more information, please call 704-849-0144
- Email - Office@ncagape.org
- Website - www.agapechristiancounseling.org

Agape Christian Counseling is a 501(c)(3) tax-exempt organization



Professional counseling from a Christian perspective for individuals, couples, children, adolescents, and groups

APPOINTMENTS 704-849-0144

EMAIL office@ncagape.org

WEB agapechristiancounseling.org

CHARLOTTE OFFICE (Main Office):
2124 Crown Centre Drive, Suite 400
Charlotte, NC 28227

SATELLITE OFFICES:
Huntersville Office: 14636 Reese Boulevard W
Huntersville, NC 28078
Myers Park Office: 522 Moravian Lane
Charlotte, NC 28207