

CHRISTIAN COUNSELING Agapé



Newsletter — March 2017

Meet Agapé Therapist Jennifer Dean, MA, LPC-S



Jennifer Dean, MA, LPC-S

The work of counseling is a mission. It is a mission that entails battling brokenness and looking for hope in the aftermath of the battle. The brokenness comes in many forms—it can be the grief of a parent when their child is

in turmoil, a marriage harmed by the pain of infidelity, or someone who is experiencing daily struggles with alcohol and substance abuse. We as counselors can feel as if we are on the front lines of that battle when we see our clients experience a wide gamut of emotions in session. Their feelings may range from grief, regret, anger, or anxiety for the future. Amazingly, sometimes in the midst of their emotional turmoil and pain, we begin to see people experience a faint glimmer of hope. Sometimes that hope remains only briefly, but other times it bursts forth and grows like a brilliant sunrise.

Hope comes in many forms. We see it as we see God at work in the midst of our damaged and messy world. People who are experiencing deep grief feel hope when they know the warmth of arms wrapped around them and learn that they are not grieving alone. Hope shows up when a spouse looks at the other and says for the first time, "I am sorry." Hope arrives when a person who has experienced abuse feels safe enough to tell their story and begins the journey toward healing. Parents who

discover how to connect with their child and not condemn them, have hope to begin healing the emotional distance that had grown between them. Hope enables a person who has been struggling with depression be able to return to work. Even in the darkest places the light of hope emerges. Sometimes it is almost imperceptible and yet slowly and softly, the Light appears and hope begins to grow.

We know this is true because the scriptures tell us that God himself is hope. *May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope (Romans 15:13).* God's hope is present whether it is in our counseling offices or in your daily routine - we can each experience the God of hope at work in our lives each day.

Jennifer Dean is a Licensed Professional Counselor/Supervisor and has been helping others catch a glimpse of hope for over 19 years. Jennifer majored in Psychology with a minor in Religious Studies from UNC-Chapel Hill. She earned her Masters in Counseling Psychology from Trinity Evangelical Divinity School and has served in organizations in the Chicago area as a counselor and supervisor before coming back home to NC. She also served as Clinical Director and Executive Director at Agapé. She lives in the Charlotte area with her husband of 19 years and two children. Jennifer counts it an honor and privilege to walk beside those God brings to Agapé as they look for signs of hope in a broken world.

CLINICAL STAFF

GALINA OLIVERA-CELDREN, 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

JOHN WHITE, MA, LPC, CCTP
Licensed Professional Counselor

ANNA BULFIN, MA, NCC, LPCA
Licensed Professional Counselor Associate

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

KAITLYN FRASER, BA, BFA
Clinical Intern

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

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Upcoming Events — Please call 704-849-0144 for more information

AGAPE OPEN HOUSE, Thursday, April 27, 2017—11 am to 1 pm —See back page for more details.

ANNUAL FRIENDS OF AGAPE DINNER— Friday, October, 27, 2017 from 6:30 to 8:30 pm—more details to follow.

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.

Don't be an Elvis Bear

by Ervin Barham, Business Manager

This is Elvis Bear (note the cool sideburns). He doesn't have a lot to worry about in his finances because he basically hangs out on my credenza. However, those of us who are human have responsibilities when it comes to finances. One of our responsibilities as managers of God's resources is to have (and stick to) a spending plan. Let me share with you five benefits of having a spending plan (budget), whether the plan is for yourself or an organization.

Freedom. After the tithe (acknowledging the Lord's ownership of our possessions) and after the government gets its share (*don't go there...*), then we have been given discretion to manage the rest of that which God has allowed us to possess. Freedom comes when we have a plan and can stick to it. Being on a plan allows for better communication between spouses (if both have participated in the process). Being on a plan makes decisions easier. For example, my wife and I each have a small amount of discretionary spending that we can spend without consulting the other. If I want to spend my amount frivolously on things like woodworking or basketball tickets – I can do so – and the same with her! Although why she would want to spend hers on woodworking, I don't know, but I digress...

Provision. Proverbs 27:23-27 talks about knowing the condition of our flocks and herds and how managing those well will sustain us later. While most of us do not have cattle and sheep, we do have those things that have been entrusted to us. Having a plan to set aside something for emergencies, or for future events (retirement, weddings, college, etc.), while not guaranteeing a secure future, will help sustain us.

Focus. What are the areas of managing resources you think are important? Setting up a plan allows for priority allocation after we've determined our needs and wants. Most of us (me included) don't spend enough time thinking about the priorities – instead, we allow the whims of life to dictate what we spend money on and as a result, often get into trouble.

Peace of Mind. When we set up a plan, we need to commit it to the Lord. Proverbs 16:3 tells us to: "*Commit to the Lord whatever you do, and he will establish your plans (NASB)*". We can then rest in him to guide our way – even though we may not understand exactly what He is doing, we can have peace that He is working to accomplish His purpose.

Flexibility. Many people think that a spending plan is cast in stone (not unlike the Ten Commandments!). Nothing could be further from the truth. A good plan will provide for some flexibility and discretion. We can't anticipate every spending decision that must be made – some things are simply out of our control. When those happen, then a spending plan will



need to be adjusted accordingly.

If you aren't on a spending plan, then don't just sit there like an Elvis Bear! I want to encourage you to begin setting up a plan. If you need help in getting started, then there are several online resources available, such as Compass-Finances God's Way, Crown Financial, Connect Financial Ministries, Dave Ramsey and others. Your local church may also have people trained as budget coaches who can help.

AGAPE OPEN HOUSE

FOR PASTORS AND CHURCH MINISTRY STAFF

Please join us for a FREE LUNCH at Agape Christian Counseling's Open House on Thursday, April 27 from 11 am to 1 pm at our main office at 2124 Crown Centre Drive, Suite 400, Charlotte, 28227.

We are a 501(c)(3) non-profit organization that provides professional counseling from a Christian perspective to bring about healing to individuals, couples, and families in the Greater Charlotte area.

- Meet our counselors, support staff, and board members
- Learn more about our counseling services available to individuals, couples, families, children and adolescents
- Hear about our scholarship program for Human Trafficking survivors
- Explore partnership opportunities with us

We are also available to present workshops and seminars on topics that may be of interest to your staff or congregation.

Please pass this invitation on to other pastors and/or ministry leaders in your organization.

RSVP by April 21, 2017 at
www.agapechristiancounseling.org/events/
or please call us at 704-849-0144