

# CHRISTIAN COUNSELING Agapé



Newsletter — May 2017

## Meet Agapé's Executive Director, Galina Olivera-Celdran, PhD, LPC-S, LCAS



Galina Olivera-Celdran  
PhD, LPC-S, LCAS

As a child, I fell in love with reading books, learning new things, and teaching others what I had learned. Those three passions have not changed through the years. As a counselor, I am still engaged in learning and teaching. I also continue to enjoy reading books but it is even more rewarding to hear my client's real stories of heroism, courage, wisdom,

and resilience.

My own story started in Ukraine growing up on a little farm that was tended by my parents and my grandparents. They will always be my ultimate examples of what it means to work hard, to be dedicated to helping others, and to live with unwavering faith. On our farm, I got to be quite good at pitching hay and digging potatoes, but God was guiding my path in another direction. After graduating from high school, I was accepted to L'viv National University and received my degree in English Language and Literature. I also became involved in teaching Bible studies but soon realized that I needed more training to be able to assist group members who were experiencing depression, anxiety, or marital discord. My desire to be able to effectively help others experiencing similar issues led me to earn a Master's degree in Christian Counseling from Gordon-Conwell Seminary and a PhD in counseling from UNC-Charlotte. Agapé Christian Counseling has played a vital role in my counseling training,

starting as an intern, then as a part-time counselor, and I later returned as the Clinical Director. Most recently, I assumed the role of Executive Director and my responsibilities at Agapé have changed to those of an administrator and counseling supervisor. I still continue to see clients because it is a privilege to hear about God's wonderful work in their lives. It is humbling that He allows me to be a part of their story and I strive to be a good tool in His hands.

I am passionate about working with adults who struggle with anxiety, depression, post-traumatic stress or relationship difficulties. I also enjoy working with couples and utilize my training in **Prepare-Enrich** and the **Gottman** methods for pre-marital and marriage counseling. I am a Licensed Counseling Addictions Specialist (LCAS) in addition to being a Licensed Professional Counselor-Supervisor (LPC-S).

My desire is to help my clients live the fullest life possible by helping them discover God's purpose for their lives, find meaning through their suffering, and teach them skills to develop better relationships. At the same time, I try to meet my clients and care for them where they are, walk alongside them and love them unconditionally. For me, being a counselor is more than a job; it's a calling to serve others by providing a place of refuge and stillness where clients can share their story, grow in their understanding of God, self, and others, improve their relationships, heal from past traumas, and find hope for the future.

## CLINICAL STAFF

**GALINA OLIVERA-CELDRAN, 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

**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

**JOHN WHITE, MA, LPCA**

Licensed Professional Counselor Associate

## LOCATIONS

### MAIN OFFICE:

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### HUNTERSVILLE OFFICE:

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## CONTACT INFORMATION

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## Agapé's Open House — Thursday, April 27, 2017



*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.*

If you have ever purchased furniture at Ikea® you probably had to put it together. Their products usually come with instructions—sometimes very detailed instructions. Yet, when we bring a child into the world and attempt to “build” them, we receive no instructions. A few discharge instructions before taking your newborn home is about all you can hope for. However, there are some things that can make raising a child go a little more smoothly. One of the most critical things is the parenting style that you choose. Do you decide to adopt a strict rigid style, a relaxed style, etc.? The following paragraphs give a brief description of each parenting style and how effective or ineffective they might be. They are listed from the least effective to the most effective. Before you skip to the bottom to see the most effective, please understand that parenting styles overlap, and you will likely see some of yourself in each parenting style. You will find it helpful to read the entire list.

## The Uninvolved Parenting Style

This is the parent(s) that is simply not involved in their child’s life. It may be due to the parent(s) being overwhelmed by financial burdens that demand all of their attention. Sometimes, the child is unwanted and no bond is formed. The parent(s) may suffer from severe alcohol or drug abuse and are not capable of caring for the child. Regardless of the reason for the lack of involvement, this child often grows up feeling unloved and uncared for. They may become very withdrawn and suffer from very low self-esteem. Sometimes they seek love, affection, and attention in unhealthy ways such as promiscuity. They may engage in negative behaviors to get the attention they crave. Some even join gangs to obtain a sense of belonging to a “family” of sorts. It is not uncommon for the children of neglectful parents to have behavior problems at school and have negative encounters with law enforcement. These children are the ones most likely to have significant mental health issues in adulthood and are even vulnerable to incarceration. Neglectful parenting is the least effective parenting style.

## The Permissive Parenting Style

This parent(s) is often the polar opposite of the neglectful parent when it comes to their involvement with the child. They are frequently very involved and are often more of a friend to the child than a parent. They give the child free reign to experiment with much of what the world has to offer and place few boundaries on the child’s behavior. There is often good communication between parent and child, and they may form very close bonds. Such a bond may be unhealthy for the child as the parent is too open with them. You may recognize this parent as the one who hosts a teenagers’ party where alcohol is provided or at least tolerated. They often buy their children material things in an effort to make the child happy. Often their ultimate goal is not to upset the child, and therefore they let the child largely do as they please. This child may or may not get into serious trouble at school or with law enforcement, but generally do struggle with authority figures. They are not used to being told “no” and resist it when it comes. They can grow up with a sense of entitlement and often learn at an early age how to manipulate people to get what they want. Oftentimes, they grow up without a strong sense of responsibility and are quick to blame others for their problems. They often move from one job or relationship to another because they failed to learn about boundaries. Parents often realize after the fact that they were not as effective as they could have been and regret not establishing more limits.



## Authoritarian Parenting Style

This parenting style can be summed up in the cliché saying “My way or the highway.” They are strict and set rigid boundaries on the child’s behavior. They expect unquestioned obedience. The child knows that there are lines that are not to be crossed and particularly in their younger years tend to be compliant. However, open communication is not the norm. The child is often afraid to share openly with their parent(s) as they fear a negative reaction and/or consequences. This parent often receives compliments on their child’s behavior which simply reinforces the parents’ belief that they are doing “the right thing” by being intolerant. These parents may also demand perfection in the child’s academic or athletic endeavors. As a result, children may develop feelings of inferiority and feel as if they let their parents down when they fail to be “the best.” These feelings of inadequacy can follow them into adulthood. The parent(s) using this style may find their child becoming rebellious as they grow older, particularly as they enter the teen years. This can lead to regular conflict and be a source of distress for the parent and child. Fortunately, there is a more effective parenting style that can produce similar levels of compliance and with a lower level of conflict.

## Authoritative Parenting Style

Research has demonstrated that the most effective style of parenting is an authoritative style. While they are often relatively strict like the authoritarian parent, they are loving and emotionally supportive. These parents attempt to reason with their children and provide explanations as to why certain behaviors are required. This creates a healthier dynamic in the parent-child relationship. Included in the relationship is the imparting of knowledge that the child can learn to apply in other situations. This style is also about engaging the child in age appropriate decision-making. Involving the child in the process fosters the growth of critical thinking. In order to get what they want, they must anticipate the parent(s) opposition and think of persuasive arguments to counter that opposition. When the child’s input is considered, they are more likely to accept the ultimate decision and comply with less conflict. The child also feels valued, respected, and has more in control over their life. This child often grows up with greater self-esteem and self-confidence. Parenting is one of the most difficult jobs in the world. At times it can be very rewarding and at other times very discouraging. Even within the same family, each child is unique and presents some unique challenges. However, adopting an effective parenting style can mitigate these challenges. Lastly, it is important to remember that children make their own decisions. Just because your child makes poor decisions does not mean you are/were a “bad” parent.