

# PRESSING ON...

"I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." Philippians 3:14



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## BETRAYAL of the Heart

by Joy Bocanegra, MA, LPC

More than 80% of men report struggling with online pornography. Now with pornography available on cell phones, this number is expected to increase, leading to sexual addiction in epidemic proportions.

What is sexual addiction? According to Patrick Carnes, Ph.D., "sexual addiction is any kind of sexually-related, compulsive behavior which interferes with normal living causing severe stress on family, friends and one's work environment." These compulsive behaviors become the addict's priority, causing him to risk losing everything he cherishes most. **Sexual addiction destroys relationships.**



Joy Bocanegra

Joy Bocanegra is a Licensed Professional Counselor and facilitates the therapy group *Betrayal of the Heart*. She also sees clients in our Orland Park, IL office.

Sexual addiction is shrouded in secrecy as shame plagues the individual. The addict's partner also suffers in secret, too embarrassed and ashamed to talk about it. Women whose partners have a sexual addiction typically feel betrayed, angry, lonely, depressed, and anxious and often wonder if they're just plain crazy.

*Betrayal of the Heart* offers a safe place for these women to share their pain. This six week therapy group is designed to help women find hope and healing as they move past betrayal and brokenness. The group's focus is on the woman and her healing regardless of whether or not her partner is in recovery.

*Betrayal of the Heart* will meet at the Orland Park Office for six sessions from 7:00pm to 8:30pm on Mondays, beginning September 21st. Topics to be addressed include, dealing with the myriad of emotions, establishing boundaries, letting go of what's not theirs, grieving losses, practicing good self-care, forgiveness, and continuing the healing process. A free initial individual session will be scheduled to determine group eligibility. Future group dates TBA. For more information call 708-845-5500. ■

### Upcoming CCCC Programs

Call 800.361.6880 or visit our website to register  
[www.chicagochristiancounseling.org](http://www.chicagochristiancounseling.org)

#### Betrayal of the Heart

A 6 week therapy group for women whose partners have a sexual addiction  
Mondays, September 21—November 2, 2009  
Held at our Orland Park location

#### Girl Talk

A group counseling experience for teenage girls ages 13-16  
Friday, September 25, 2009 7pm—9pm  
and Saturday, September 26, 2009 9am—1pm  
Held at our Crete location

#### Building a Strong Marriage

An 8-hour Premarital Counseling Program  
Saturday, October 3, 2009 or March 6, 2010  
Held at Elmhurst Christian Reformed Church

#### Waiting in Still Waters

A group for couples sharing the struggle of infertility  
First Wednesday of each month  
Held at our Orland Park location

# Did I **FAIL** as a Parent?

■by Bruce Frens, Executive Director

**A**s a parent, many of you know the pain of watching one of your children make poor choices that you know will hurt them. You may see their faith shattered by something and wonder about your parenting....Did I fail? Was there more I could have done? Counselors often wonder the same when it seems like we have little or no impact on a person. Parents sometimes get to hear the “rest of the story,” counselors seldom do.

Once in awhile God allows us a glimpse and I want to share this one with you to encourage you if you are watching a child taking a potentially harmful path in life. I had the privilege of lunch with a former client who had contacted me.

When I saw him about 16 years ago he was about 20 years old, separated from his wife, and wanting out of his marriage. He was abusing pot and

alcohol. After most of our sessions I felt hopeless. In fact, I don't remember ever feeling that I did anything to really help him. I think I may have terminated treatment with him because he was wasting my time and his money since he had no intention of staying with his wife. That's the backdrop to this lunch.

Several months later he fell off a ladder while at work and had a serious closed head injury. He spent several weeks in a hospital. It was during this hospital stay that some of his parent's words (and maybe some of mine) began to make sense; he accepted the fact that his life's priorities were out of whack and he needed to make some changes. He told me that it was my integrity in my own marriage that spoke louder to him than anything he remembers me saying. It took several months for his wife to think seriously about

reconciling, but God worked in her heart too to bring about her ability to forgive. I was in awe of how God used painful circumstances to bring this guy “home.”

It was in the hospital that he recommitted his life to Christ and to his family. I learned that he and his wife now have two children and are still married. He has been working for over 15 years full-time and is devoted to his family. He is involved in his church as a member of the praise team.

So, even when you think you may have “failed” as a parent, know that God may still use something you've said or done...for His glory. God can use the most painful circumstances in a child's life to bring them “home” to Him. As counselors, we know our counseling offices are “Holy Ground” – so are our homes. ■

# So...what is **Marriage Enrichment**?

■by Diane Kapp, MA, LMFT



Diane Kapp

**M**arriage Enrichment” ... these two words are familiar to many of us and are often the focus of seminars, workshops, and marriage counseling.

But what exactly does the word “enrich” mean? Webster's definition is “to give a greater value, importance, effectiveness, etc.” The goal, then, of these offerings must be to teach people how to make their marriage a higher priority.

But why do we have to LEARN how to do this? Don't we (especially as Christians!) already know the extreme importance of this relationship? After all, Jesus Himself uses the illustration of the bride and the bridegroom to

describe His relationship with His followers.

So where, then, do our troubles as husbands and wives begin? Often, many problems arise from our belief systems. We all have some faulty beliefs, assumptions, or expectations. One of the most widely held beliefs, in our culture today, is that “We can have it all!” No, we can't! Something has to give, and many times it is our marriage.

In our attempts to “have it all,” we, also, get caught in the web of believing we can “be all” and “do all” as well. As we become busier and busier, we can begin to experience a loss of love and affection for our spouse. If you have become disillusioned with your marriage and are feeling increasingly “out of touch” with your partner, you are not alone.

Some of the most common symptoms include an absence of acts of kindness or thoughtfulness, little or no affectionate touching, infrequent sexual interaction, no verbalizations of love, little time spent on social or recreational activities and infrequent communication about intimate matters.

We married our partner to always have the pleasure of their company. If the joy and connection that you once had hoped for is no longer present in your relationship, the Creator God provides ways to change what is not “working” in your marriage. Therapists, through counseling and presentations offered to the community, can teach you how to truly enrich your partnership. ■

Diane Kapp is a Licensed Marriage & Family Therapist and sees clients in our Lombard and Orland Park, IL offices.

# New staff...



Anna Akan

**Anna Akan, MSW**  
**Licensed Clinical  
Social Worker**  
**Schererville Office**



Arlene Gardner

**Arlene Gardner, MS**  
**Licensed Clinical  
Professional  
Counselor**  
**Licensed Mental  
Health Counselor**  
**South Holland &  
Schererville Offices**

**Bob Weaver, MSW,**  
**Licensed Clinical Social  
Worker, has also just  
rejoined our staff and  
is seeing clients in our  
Oak Park location. (See  
website soon for  
photo.)**

Go to our website for a complete staff listing and speaker bureau  
[www.chicagochristiancounseling.org](http://www.chicagochristiancounseling.org)

## What is Christian about Christian Counseling?

■ by Bruce Frens, Executive Director

I am sometimes asked the question, what is Christian about “Christian” counseling. I have several responses to that, but I want to share portions of a prayer that was given on July 12, 2006 at the dedication of our new counseling facility in South Holland by Pastor Willard High of the Shepherd’s Community Church. This prayer agency states so clearly why a Christian agency with Christian Counselors is so vital:

*Heavenly Father we thank you for the opening and dedication of this beautiful facility in such a strategic and accessible location here in the Village of South Holland...*

*...Support them in that decision for they have sought your will and seek to do your work among “the least of these” - those Jesus came to save (though they may not be aware of his love for them). Watch over each and every member of the Chicago Christian Counseling team.*

*Fulfill their dream of partnering with Christian Churches in the region to help Christians who struggle with debilitating problems and addictions; that need someone to come along side them and their pastors; someone who can understand their Christian creed and help defeat our common enemies; the flesh and the Forces of Evil.*

*Add to this group of counselors as you see fit necessary and appropriate complimentary counselors to help lift the burdens and pain of those who come to this place seeking relief. Grant them that relief; solve their problems; grant insight; loose bonds; heal broken hearts and shattered dreams; give them hope; reveal yourself to them; save them.*

*May their counseling be fully professional and at the same time rooted in love and a deep faith in Jesus Christ. Refresh them along the journey because those who help others and share their burdens tire...*

*...Use this counseling center and this team of counselors to help sculpt and bring to fulfillment the dream you have in mind...to build your kingdom! Fulfill their dream and equip them to care for the needs of all the regions children - not just the needs of a few.*

*Put this place and its staff under the protection of your holy angels. May your Spirit dwell here to lead, comfort and strengthen both counselor and counselee. The Devil is active; defeat his efforts to destroy and confuse those made in your image and those who seek to do your work here on earth. Give us all your divine protection.*

*Hear this humble prayer offered from a sincere heart. Forgive our sins for each of us falls short of your desires. Use the gifts you have placed within us to their fullest! Grant us grace, faith, conviction and faithfulness to perform your will.*

*In Jesus’ name we pray. Amen.*

### **Benediction:**

*“I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge – that you may be filled to the measure of all the fullness of God. Now to Him who is able to do immeasurably more than we ask or imagine, according to His power that is at work within us, to Him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.” Ephesians 3:16-21*

As I stood in South Holland and listened to this prayer, I knew in my heart that this was the reason I’ve been called into this ministry and why I believe in it so much. ■



**Toll Free: 800.361.6880**

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**Our Mission Statement**

Promoting health and wholeness through professional counseling, consultation and education from a Christian perspective.

**STEPHEN FUND**

Your Gift Will Make A Difference...

Professional counseling services to economically disadvantaged children, families, and individuals



Since its founding, the Chicago Christian Counseling Center has strived to never turn away a person because of an inability to pay for services. We continue this value, but at the same time recognize the need to pay for the services in some manner.

Your donation toward the STEPHEN FUND will make healing and wholeness possible in the lives of disadvantaged children, families, and other individuals who seek help but cannot afford professional Christian counseling services. ■