

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



A Publication of Chicago Christian Counseling Center

Spring 2010

Celebrate Marriage

■ by Duane Kapp, MA, LMFT, Chief Operating Officer

God says that it is not good for man to be alone and compassionately created marriage. Thereafter, some of the best of times and some of the worst of times come from within marriage; and God says this is all good!

So, why is the marriage relationship good?

Surprisingly, part of the answer is in the slightly different structure of our brains. Our male or female brain is

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just different enough to "force" growth through our interactions. The pleasures, joys, opportunities, and challenges of life are found in these interactions.

Counselors know that healthy individuals, when happily married, usually possess similar values, similar

interests, and compatible needs. This healthiness is developed through the process of daily living. This daily living, then, is the celebration of marriage.

Believe it or not, it is the adventure of living with the opposite sex that stimulates our growth toward becoming all God knows we can be. The impetus for this growth actually takes place when we spend time together everyday (at least 15 minutes), focusing on each other, asking "How was your day?", not "What" did you do!" If, then, we each truly wait (try at least 10 seconds) to hear the "answer," we both will discover the way to this more healthy relationship. Of course there is more, but this "ask and listen" is the step most couples ignore. But do consider how most of us "fell" in love. We just talked together and listened, feeling that we could do it forever! We weren't alone anymore, remember?

If you would like to have some help from a Christian licensed professional counselor, call 708.845.5500. We probably have an office nearby. ■

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Duane Kapp

Duane has been involved in the development and management of professional counseling services for over 30 years. During that time he was also a full-time faculty member in the Department of Psychology at Azusa Pacific University in Southern California. He was also, part of that time, the Director of the Marriage and Family Therapy graduate program. As a professor, owner and/or director of a number of counseling practices, as well as maintaining his own private therapy practice, he has had many years of experience integrating God's love and Scripture with the professional application of psychology.

JUMPStart Healing...

Intensive Weekend Workshops for Families and Individuals

Upcoming CCCC Programs

Call 800.361.6880 or visit our website to register
www.chicagochristiancounseling.org

Betrayal of the Heart

A 6 week therapy group for women whose partners have a sexual addiction
Wednesdays, April 14 — May 19, 2010
Held at our Orland Park location

Family Recovery JUMPStart

An intensive weekend workshop for families designed to JUMPStart the process of healing from the toll addiction has taken on the family
May 7 — May 9, 2010
Held at our Orland Park location

Girl Talk

A group counseling experience for teenage girls ages 13-16
Saturday, March 27, 2010 10am—4pm
Held at our Crete location

Building a Strong Marriage

An 8-hour Premarital/Marriage Enrichment Counseling Program
Saturday, October 2, 2010
Held at Elmhurst Christian Reformed Church

Waiting in Still Waters

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

Family Recovery JUMPStart



There is someone in the family who suffers from addiction. Perhaps they have begun treatment and are making progress. Now, what about the toll the addiction has taken on the rest of the family?

Years of ineffective communication patterns, anger and resentment have worked their way into daily life. Codependency, co-addiction, enabling

behaviors and erosion of trust have undermined family unity.

Addiction can create as much damage to the whole family as it can to the addicted person.

The addiction has become a member of the family, and family members have taken on roles to cope with the addiction. We've settled into routine avoidance, passive aggression, and indirect styles of relating.

Our objective in this intensive weekend workshop is to JUMPStart the process of healing and recovery from the toll of years of addiction. Through guided exercises, your family can begin to restore trust and rebuild new patterns of communication. ■

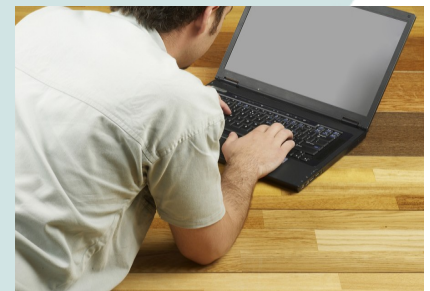
Recovery JUMPStart

With the click of a mouse: laptop, desktop, palm, phone and PDA, pornography is instantly available, and highly addictive. You've had affairs, maybe repeatedly, even in spite of severe negative consequences.

Does this sound familiar?

Sex addiction can take over a life as quickly as any drug addiction, and can become potentially far more destructive.

Our objective in this intensive weekend workshop is to JUMPStart the process of healing and recovery from sexual addiction along two rails of insight: ceasing the behavior, and discovering how we got there. ■



Bob Weaver, MDiv, MSW, LCSW, CSAT co-facilitates the Family Recovery JUMPStart and Recovery JUMPStart intensive weekend workshops. He is a Licensed Clinical Social Worker and a Certified Sex Addiction Therapist. Bob has worked in a variety of clinical settings, including 5 years in private practice. He is a staff therapist in our Oak Park office and in addition to his work with addictions, is experienced in treating individuals, couples, and families with a wide variety of disorders and issues. For more information please contact Bob by confidential voicemail at 708.845.5500 x148.

New staff...



Kimberly Kooyenga

Kimberly Kooyenga, MSW
Licensed Social Worker
Chicago & South Holland Offices



Debi Mitchell

Debi Mitchell, MS
Licensed Marriage & Family Therapist
Schererville Office

2010 CCCC Board

Walter Banke
 Commercial Loan Officer, Providence Bank

Dan Holwerda
 COO, Providence Life Services

Gregory R. Malik
 Vice President of Professional Services, Zones Inc

Russell Paarlberg
 Attorney, Lanting & Paarlberg, Schererville, IN

Arnie Stolte
 Partner, Re-New Paint; SEI-Environmental Consulting

Jack Strong
 Chief Development Officer, Back To God Hour

Rev. Mark Timmer
 Pastor, Faith CRC Tinley Park

Rev. Roger Visker
 Pastor, New Life CRC New Lenox

Go to our website for a complete staff listing and speaker bureau
www.chicagochristiancounseling.org



Mix, Mingle & MUNCH!



Chicago Christian Counseling Center enjoyed getting to know church, school, and organizational leaders last fall at our informal Mix, Mingle & MUNCH open house events. Attendees met our staff, asked questions, received our Resource Directory, and "MUNCH"ed!

We have planned monthly Mix, Mingle & MUNCH events throughout 2010 at our various locations.

There is no charge to attend...just RSVP. More information and registration available online www.chicagochristiancounseling.org or call (800) 361-6880.

Upcoming 2010
 Mix, Mingle & MUNCH Events:

March	Berwyn Plainfield
April	Crete
May	Orland Park
June	New Lenox
July	Mokena
August	South Holland



Toll Free: 800.361.6880

Email: info@chicagochristiancounseling.org

Illinois Offices:

- Blue Island
- Chicago
- Crete
- Evergreen Park
- Lombard
- Mokena
- New Lenox
- Oak Park
- Orland Park
- Plainfield
- South Holland
- Waukegan

Indiana Offices:

- DeMotte
- Schererville

Visit us or donate online at
www.chicagochristiancounseling.org



Send your email address to info@chicagochristiancounseling.org and receive this publication via email.

Our Mission Statement

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

W I S H L I S T

Wish List...

- DVDs for public information programs—\$200
- Folding Machine for brochures/mailings—\$600
- 3 new computers—\$1,000
- Printer for Schererville office—\$400
- 4 Microsoft Office software upgrades—\$1,100
- Psychological testing materials—\$1,000

If you can help us with our Wish List please contact Bruce Frens:

T | 708.845.5500 x101

E | bruce@chicagochristiancounseling.org

You will be helping us serve our clients in so many ways!