

# 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

Sep | Oct 2011

## HELP ME ~ I Just Can't Stop | Addictions

■ by Suzanne Doctor, MS, Licensed Professional Counselor, Certified Alcohol & Drug Counselor

Whether it's drugs or alcohol, spending, sex, or even overeating, when we have repeatedly tried to stop, but can't - then it's an addiction. Addictions are very frustrating. At times, we feel so strong that we truly believe



we can stop. Then a trigger ambushes us. Craving rears its ugly head. We rationalize, "I'll just do it this time, and then I'll quit." We redouble our efforts; we pray; we promise ourselves it will never happen again . . . until the next time.

Why can't we quit? Is it a matter of will power? Do we need more faith? What is wrong with us? An addiction is really a cover-up. What's going on is grief, loneliness, rage, humiliation, pain. These powerful emotions demand attention. Part of maturing is learning healthy ways to manage feelings. So imagine yourself fighting off these negative emotions (conscious or unconscious) when someone casually offers you

"An addiction is really a cover-up. What's going on is grief, loneliness, rage, humiliation, pain. These powerful emotions demand attention."

a drink. Suddenly, you feel a lot better. The emotions are suppressed, and you learn that drinking relieves the pain. However, drinking doesn't fix the cause of the pain. The triggers resurface. Again you reach for relief. It's a vicious, horrible cycle.



Marriage Tips Series | Expectations  
We're on FACEBOOK!

Page 2

New Staff  
Building a STRONG Marriage  
Page 3

Long-Term Volunteer Opportunity  
Page 4

Professional counseling can help you identify what's going on. Self-help groups, including AA, NA, GA, SA, OEA etc., provide a community of support and wisdom. Do get help. God can and will free you from the bondage of addiction. ■

Suzanne enjoys working with adults and adolescents in a variety of areas, particularly addictions, depression, anxiety, life transitions, parenting, marriage, and spiritual growth.



Suzanne Doctor

She sees clients in our Lombard and Orland Park offices.

# You Expected Something Else? | Marriage Tips Series

■ by Duane Kapp, MA, Marriage & Family Therapist, Chief Operating Officer

Twenty-five percent of the people who come to Chicago Christian Counseling Center come for marital or couple counseling. In future newsletters, we will be including a "Marriage Tips" Series. This article is the second in the series. Even if you are not married, this tip matters to any close relationship.



"You expected something else, my love?"

We rarely consider that the "other person" might have a very different expectation than we do when we say "Let's do lunch", "Let's get married", or "Let's look for a house".

Along the way we develop our hopes and dreams. You know---find a great career, get married and live happily ever after! Our plan seems so simple and obvious. But when we break down our hopes and dreams into specific expectations, it can get complicated. For example, two individuals agree that they want a house with flowers around it. One person means a house in a town with sidewalks and a little backyard flower garden. The other means a cabin in the back woods with lots of wild flowers; flowers not even visible until the 10 feet of snow melts in the spring!

➔ MARRIAGE TIP | Know the EXPECTATIONS of the other person

Relationships often struggle because each person in the relationship is trying to make their expectations happen. We do not realize or understand how our spouse could possibly have a different expectation. But, you say, most couples talk about big expectation differences, right? NOT when couples think they agree! You will not discover exactly what kind of "house with flowers around it" your spouse is expecting until you're on the road toward town and she unexpectedly turns NORTH toward the forest!

"I thought you wanted to live in a house with flowers around it?"

"I do, she said."

We must learn to check out our expectation by asking the other person to please expand on what they mean by, for example, "a house with flowers around it." I know this example is not very sophisticated but it makes the point. We can, even in this, see how our expectations (and assumptions) can lead us astray; *she* wants the house in the forest. Do make a habit of checking out expectations by asking many genuine clarifying questions; our therapists do it all the time. ■

## Like us on Facebook!

Don't miss our therapist recommendations! We've planned to share some wonderful resources with you there— books and scripture that have impacted our clients, online resources, articles, and more. This newsletter too!

Sep | Oct Topics include Addictions, Grief/Loss, and Suicide

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# New staff...



**Veronica Grijalva, BA**  
Master in Counseling Psychology Student  
Lewis University, Romeoville, IL  
Orland Park & South Holland Offices

*Veronica Grijalva*



**Veronica Kott, BA**  
Master in Community Counseling Student  
Northeastern Illinois University, Chicago, IL  
Orland Park & South Holland Offices

*Veronica Kott*



**Rachael Poorman, BS, MA**  
Master in Counseling Psychology Student  
Adler School of Professional Psychology, Chicago, IL  
Chicago, Orland Park & Schererville Offices

*Rachael Poorman*



**Paul Rhodea, MA, LSW, LMFT**  
Licensed Social Worker  
Licensed Marriage & Family Therapist  
DeMotte & Schererville Offices

*Paul Rhodea*

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

Wedding consultants say it takes between 60—80 hours to plan a one hour wedding. But how many hours do couples spend planning or enriching their marriage?

## FALL 2011 ONE-DAY PROGRAM

**Saturday, October 1, 2011**

9:00 a.m.—5:30 p.m.

Registration Deadline for this session is September 26, 2011

## SPRING 2012 ONE-DAY PROGRAM

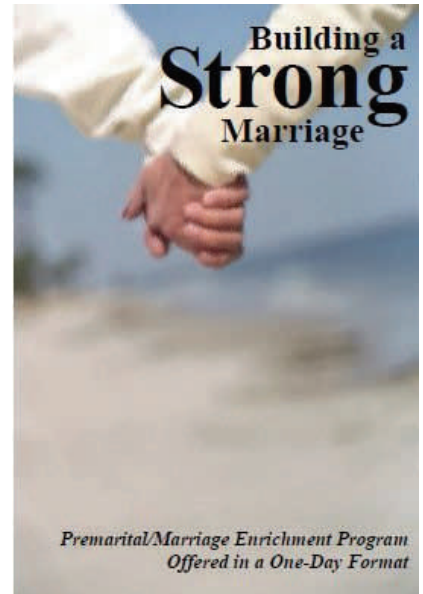
**Saturday, March 3, 2012**

9:00 a.m.—5:30 p.m.

Registration Deadline for this session is February 27, 2012

Fee is \$300 per couple plus \$35 for materials. Continental breakfast will be served.

For more info/registration call 708 | 845-5500 x104



*Joy Bocanegra, MA, LCPC*

**Building a Strong Marriage** will benefit couples planning their marriage or trying to make their marriage stronger. The program is offered in the spring and fall each year and held at Elmhurst Christian Reformed Church and is facilitated by our therapist Joy Bocanegra, MA, Licensed Clinical Professional Counselor.

Healthy families begin with strong marriages and Joy is passionate about helping couples build a strong foundation for their marriage. Joy sees clients at Chicago Christian Counseling Center's Orland Park office and enjoys working with couples and individuals on a variety of issues. She also enjoys group work and has written and implemented curriculum for multiple types of groups.



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Send your email address to [info@chicagochristiancounseling.org](mailto:info@chicagochristiancounseling.org).

### Our Mission Statement

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

# VOLUNTEER



### *Interested in Giving your Time?*

#### **Long-Term Volunteer Opportunity**

(One Year Commitment)

- 8-10 hours per week
- Orland Park location
- General office work

Contact Nancy Buis, Office Manager/Media Coordinator,  
at [nbuis@chicagochristiancounseling.org](mailto:nbuis@chicagochristiancounseling.org) or 708 | 845.5500  
x103 if you are interested or have questions.