



InterACT

The Newsletter of the Association of Christian Therapists: A fellowship of Health Care Professionals and Associates

DATEBOOK...

ACT International Conference

September 11-15, 2008
U.St Mary of the Lake
Mundelein, IL
Healing the Shattered Soul, Restoring Hope to Those Impacted by Trauma
"He has sent me to bind up hearts that are broken" Is. 61:1
Contact Nicole Ritchey
actheals@degnon.org
703-556-9222
www.ACTHeals.org
Go to International Conference link on Home Page for details of Speakers, Workshops, Schedule, download Application.

Save the Dates!

"A Course in Christian Listening"
March 23-26, 2009, A Training Seminar in Christian Listening With Russ Parker.
Before the ACT Northeast Conference at the Espousal Center, Waltham, MA. For Information, contact Doug Schoeninger (dflegacy@aol.com) or Jackie Sitte (jmsitte@verizon.net)

ACT NE Conference
"Healing Our Wounded Histories"
March 26-March 29, 2009
"Reconciling Peoples & Healing Places in Christ" w/ Russ Parker, Doug and Frances Schoeninger & Fr. Bob Sears.
Contact Jackie Sitte (above) or PatHurd1503@aol.com



No One Dies Alone

In the best of circumstances, no one dies alone. Yet, in reality, many die without the comfort of loved ones around them. An elderly patient, in Oregon, asked a nurse to stay with him; she promised to return as soon as she finished rounds. She kept her promise, only to find the old man had died. Troubled by the fact that he had died alone nurse, Sandra Clarke, was 'overcome with guilt and frustration and knew that something had to be done.'

NODA or No One Dies Alone is the result of that "wrenching moment." The program enlists the help of in-house hospital employees to comfort patients in their final hours. No funding is required with NODA. It has virtually changed the face of end-of-life care wherever it has been employed.

Started by Clarke in 2001 at Sacred Heart Medical Center, Eugene, Oregon, 200 volunteers are on call, at all hours. Phone volunteers coordinate the visits. Now, hospitals worldwide have adapted the program. Clarke won a Circle of Excellence Award for her efforts and

was awarded a small grant to print the manual, No One Dies Alone. It is currently in the hands of over 400 hospitals and AIDS care facilities.

Patients consist of those whose friends and families are unable or unwilling to visit, Elder Orphans who have outlived their relatives, and out-of-state accident casualties. Whatever the case, NODA'S compassionate companions sit at the bedside of the dying holding a hand, stroking an arm, whatever the moment calls for. Some talk or read, others may play a CD. Some have been asked to sing by the patient as they sit vigil. Dying with care, respect and dignity is not the only blessing. Volunteers are equally blessed; they often have their own stories to share.

Sandra Clarke had no idea that her modest plan would mushroom into an international program. It is a plan that can be readily implemented by anyone. Through the kindness of strangers, No One Need Die Alone (adapted from an article by Lauren Kessler/O/ 5-08).

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PRESIDENT'S LETTER

Forrest Stewart Yanke, PhD, LCSW, BCD



THE LORD IS BUILDING ACT'S HOUSE

The Lord is building his house and his house is ACT.

That this year has been a foundational year was clear to the many leaders gathered this May in Chicago. The Scriptures received, from the Word Gift Team, under the leadership of Antoinette McDermott, were powerful words. Starting with 2 Timothy 2: 19-20. "God's solid foundation stands. The Lord knows those who are His and let everyone who calls upon the name of the Lord avoid evil" followed by 2 Timothy 4:2. "Proclaim the Word. Be persistent, whether it is convenient or inconvenient...be self-possessed in all circumstances, put up with hardship, perform the work of an evangelist, fulfill your ministry." They were words that inspired us to the task at hand.

Our goals were to deepen our relationship with the Holy Spirit in our personal call to holiness and seek his priorities for ACT, now. Likewise, we sought to discern the movement of the Spirit in each ACT leader and empower and equip each other so as to prioritize objectives for the SMARTY goals, ultimately strengthening the teamwork among us. Father Bob Sears led us in our personal and corporate call to holiness. Saturday, leadership training, discernment and evangelization followed suit under the tutelage of inspiring ACT leaders. Councils met and the day ended with a Healing service. Sunday was dedicated to writing good SMARTY goals and those who had been through the training coached the rest of us. We were sent off with a call for perseverance both in our leadership goals, and

our evangelization and outreach to the healthcare professions.

Directing our energies to membership development, in particular the young Christian population, for the International Conference this September is at the top of the list. The conference promises to be powerful and full of the Lord's grace. Continue to pursue holiness, deepen your relationship with the Spirit and assist the Lord in building His House in ACT. "God's solid foundation stands." (2 Timothy 2)

INTERACT

NEXT DEADLINE: October 1, 2008 (Fall Issue) storysunday@optonline.net (Editor's Desk) Mention InterACT in the subject line. *All submissions subject to editing.*

EDITOR'S NOTE...

Gloria Doino, MA



"That they all may be one" (John 17:21) is the beautiful prayer intoned by Jesus reminding us that we Christians need one another! Look to this and future issues for reflections from the membership on the ties that bind us and the obstacles that challenge us. In this issue Jackie Sitte's, *Ecumenism In ACT*, reminds us that only Jesus, through the Holy Spirit, can answer our prayers for full unity. "Prayer is the most powerful form of unity. It makes one's heart needy for the other's presence in love. It is the opposite of 'I don't need you.'" (Father James Loughran.) It is following what the World Council of Churches stated in '52, "Let us not do separately what we can do together." In addition, this issue will update you on *How To Write a SMARTY Goal*. But first, take the time to rest in *The Jesus Prayer* as Charles Zeiders invites us to **spend time with Jesus.**

PAST PRESIDENT'S SALUTE

CHUCK WEBER, PhD



Chuck Weber is a man who lives from the heart. A professor of engineering at the University of California he has just been honored for his many years of service and teaching. Likewise, we in ACT, salute Chuck for his special work among us. He has toiled ceaselessly to advance the mission and vision of ACT. With loyalty, love and wisdom he has served in the capacity of President and Board member helping ACT to surmount its many challenges. Indeed, he has been a major architect in the re-engineering of the organization and has led the way in creating and sustaining the group's website. If ACT were to record, with gratitude, the *keepers of the flame*, Chuck's name would appear high on the list. He is a survivor whose life continues to inspire others to do the same. Not only that, but Chuck faces life with a **PASSION FOR THE POSSIBLE**. His youthfulness, zest, and compassion will continue to leave footprints on our souls. ACT counts it a treasure to call him friend. (Fr. Joe Scerbo)

THE JESUS PRAYER

Charles Zeiders, PsyD.

The Jesus Prayer is among the great repetitive prayers of the Christian contemplative tradition. The prayer is prayed: *Lord Jesus Christ, risen son of God, have mercy on me a sinner.* One recites the prayer over and over with the same amount of intensity as a feather falling to a pillow. Whenever the mind wanders, the worshipper gently refocuses the mind by simply reciting the prayer again. The prayer is prayed with the intention of spending time with Jesus. When we pray this prayer, we do something that Jesus asked of his disciples, *Come with me by yourselves to a quiet place and get some rest* (Mk 6: 31). Jesus knows that time we spend with him will refresh us. Now, a growing body of research suggests that repetitive prayer techniques like the Jesus Prayer may offset the psychological and physiological wear and tear of our stressful lives.

Psychology and Physiology of Repetitive Prayer Techniques

Anxiety disorders and General Adaptation Syndrome are caused from over-activation of the autonomic nervous system. However, under stress, the sympathetic nervous system can switch on and not turn off. This gives rise to a host of physical disorders like chronic muscle pain, irritable bowel syndrome, and cardiac disease. Stress hormones associated with this problem also degrade the function of pleasure centers contained within the brain. Anxiety Disorders are the psychological manifestations of the chronically aroused sympathetic nervous system. These are insidious. So is General Adaptation Syndrome, a lethal clinical problem that emerges from mental and physical exhaustion caused from the ravages of a relentless fight/flight response.

Research

Scientific research into the effects of contemplative, repetitive prayer techniques at Harvard Medical School and at the Mind/Body Medical Institute at Deaconess Hospital show that repetitive prayer

observably switches off the fight/flight response associated with the sympathetic nervous system and switches on the relaxation response associated with the parasympathetic nervous system. It is predicted that when you say the Jesus Prayer—or any other type of repetitive or contemplative prayer—that the following changes will occur within your body immediately:



- *Metabolic rate will decrease*
- *Blood pressure will go down*
- *Heart rate will decrease*
- *Rate of breathing will decline*
- *Muscle tension will decrease*
- *Slow (alpha) brain waves, indicative of healthy relaxation will increase*

If you persist in saying the prayer—make it a habit—it is predicted that you will:

- *Be more resilient to stress*
- *Have less low grade depression*
- *Live longer*
- *Get sick less*
- *Experience more pleasure in living*
- *Feel closer to God*

We do not pray the Jesus Prayer, however, to enjoy these health benefits. We pray because it is intrinsically good to spend time with Jesus. Good holistic health simply emerges as a secondary benefit of resting with Jesus in prayer.

References

Material has been adapted from:
Benson, Herbert (1996). *Timeless Healing*. New York : Scribner (Benson popularizes a lot of the science about the health benefits of repetitive prayer.)

Keating, Thomas (2001). *The Method of Centering Prayer*

[Http://www.centeringprayer.com/methodcop.htm](http://www.centeringprayer.com/methodcop.htm)

Myers, David (2002). *Exploring Psychology* (Fifth Edition) New York:Worth Publishers (You can find the stuff on the autonomic nervous system here. pp. 40-41)

Pennington, M. Basil (1990). *Centering Prayer*. New York: Double Day

INTO GREAT SILENCE



This documentary film by Philip Gröning takes the viewer into the silent beauty and rhythm of life in a monastery, capturing the daily routine of prayer, liturgy, meals, solitude and quiet. Information available online at www.zeitgeistfilms.com.

INTO GREAT SILENCE
A FILM BY PHILIP GRÖNING

HOW TO WRITE A SMARTY GOAL

SPECIFIC, MEASURABLE, ACHIEVABLE, REALISTIC, TIMELY AND YOURS

Douglas Schoeninger, PhD, Bonnie Lay, MA, Charles Zeiders, PsyD



Implementing ACT's Strategic Plan 2006 – 2009 (see the complete Plan in the members section of the ACT website; actheals.org) is the task of every ACT member. The actions we each take to enact ACT's Plan are a visible sign of our living ACT's Vision and Mission. Specific, measurable and achievable (SMARTY) goals are an invaluable catalyst to focusing energy in a practical way to achieve the Strategic Objectives spelled out in our Plan.

To facilitate a unified focus in living ACT's prophetic Vision now, the Board prayerfully prioritized three Strategic Objectives from The Plan for special focus during 2008. These are:

Goal 4, Strategic Objective 7: Develop communication/collaboration with other organizations and constituencies.

Goal 2, Strategic Objective 1: Increase opportunities for each member to contribute to his/her region. (This includes an emphasis on providing mentoring.)

Goal 3, Strategic Objective 2: Increase membership of Specialty groups.

By focusing on one of these Strategic Objectives at a time, e.g. "Increase membership of Specialty groups," one can then proceed to construct a SMARTY Goal defining very concrete steps toward this Objective. A SMARTY Goal is written,

- S: Specific
- M: Measurable
- A: Achievable
- R: Realistic
- T: Timely
- Y: Yours

The SMARTY Goal process includes **1) the Goal, 2) The Rewards if achieved, 3) the Consequences if not achieved, 4) Affirmations: Truths that support achieving the Goal, 5) Obstacles, 6) Possible Solutions to overcoming anticipated Obstacles, 7) Dated Action Steps to implementing the Solutions.**

As an illustration, Charles Zeiders, Chair of the Therapist Specialty Group wrote the following SMARTY Goal.

SMARTY Goal: By 6/15/08 the Therapy Group Chair will contact 4 Christian graduate school chairs (via phone, web links sent via email, and mailings) with a recruiting initiative to recruit faculty and students into ACT and the ACT Therapists Group. This is specific (although it could be made more specific by detailing the content of the initiative and the schools to be contacted), measurable, achievable, realistic, timely and yours (owned by the Therapist Group Chair).

Rewards: (The value gained by achieving this goal.) These behaviors raise the profile of the ACT Therapist Group to people and institutions who represent a membership pool.

Consequences: (If the Goal is not achieved) Lack of visibility. ACT remains unknown as an option.

Affirmations: (Truths that support achieving this goal.) ACT is an organization that universities and Christian graduate students should have the option to join, because membership will help them.

Possible Obstacle: Protestant Graduate schools and students may be "turned off" or scared by ACT's predominantly Catholic and charismatic culture.

Possible Solution: Ensure that ecumenical information is available on the ACT website and in conference materials.

Action steps: Draft proposed content of ecumenical information. (6-15-08)

Communicate proposed ecumenical content to George Guschwan, (Chair Communications Committee) and Mike White (Chair International Conference Committee). (6-15-08)

Now using this outline write your own SMARTY Goal. Ask the Holy Spirit to guide and inspire you in selecting a Strategic Objective as your focus and then in articulating a specific Goal to which you are moved to commit. Spell out your specific, measurable, achievable, realistic and timely Goal and the Rewards, Consequences, Affirmations, Obstacles, Possible Solutions and Action Steps.



ACT – 2008 International Conference

University of St. Mary of the Lake, Mundelein, IL

September 11-15, 2008



Healing the Shattered Soul: Restoring Hope to Those Impacted by Trauma

"He sent me to bind up hearts that are broken" (Isaiah 61.1)

SPEAKERS...WORKSHOPS...PANELS

Reverend Nigel Mumford

Episcopal priest, author, director, Healing Ministries of Christ, former British Green Beret is presently developing a program for healing trauma in war veterans. His latest book, **The Forgotten Touch**, Seabury Press, released 9/07.

H. Norman Wright, PhD

Licensed Marriage, Family, Child Therapist, author 85 books/ papers, including **Experiencing Grief, The New Guide to Crisis and Trauma**, and **Recovering from the Losses of Life**. Research Professor, Talbot School of Theology. Current focus: Grief and Trauma counseling and critical incident debriefings.

Anna Maria Pou, MD

Associate Professor Dept. of Otolaryngology, Louisiana State University Health Sciences Center. In choosing to work with the poorest, she found herself experiencing the cultural and environmental trauma of Hurricane Katrina. She will share her experiences.

Julie Woodley, LMHC

Founder/director Restoring the Heart Ministries. Co-author of **Restoring the Heart, Post-Abortion Trauma, Surviving the Storms of Life**, DVD series with curriculum, **In the Wildflowers**, healing from childhood sexual abuse for women.

Robert Sears, SJ

Well-known ACT member, former Jesuit superior, author, speaker, teacher of Jung, Theology, Family Systems, Healing, Adult Faith Formation and Ignatian Spirituality

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HEALING EXCHANGE CLEANSING PRAYER (FOLLOWING MINISTRY)

Denise Dolff, MA

Cleansing prayers following ministry serve to free us from any attack during ministry that would hinder our physical, mental, or spiritual well-being. They complete the process that began with with prayers of protection, in the event that our own vulnerabilities opened the door to any attachment while ministering. Consider: if God heals and frees, then the demonic wounds and binds. Just as Legion asked permission to enter the herd of swine when Jesus was freeing the possessed man (Luke 8: 26-39), demons always seek another 'home' in avoidance of the abyss. Our unhealed wounds, personal or generational sins, or possible errors during ministry, may falsely serve as 'welcome mats' to this form of attachment (which is not possession but harassment).

This does not mean that we should operate in fear (2 Timothy 1:7), but rather in confidence with the gifts God has given us, using tools like cleansing prayers to rid ourselves of such unwanted attachments.

Cleansing prayers are equally valuable following any form of healing prayer. They remind us that God is the Source, while we are God's vessels. They help us form an attitude of gratitude, encouraging us to focus on God, and not on the gifts. Thank you Lord.

PRAYER TO BE SET FREE (TO BE PRAYED FOLLOWING MINISTRY)

Lord Jesus, thank you for sharing with us your wonderful ministry of healing and deliverance. Thank you for the healings we have seen and experienced today. We realize that the sickness and evil we encounter is more than our humanity can bear. So cleanse us of any sadness, negativity, or despair that we may have picked up. If our ministry has tempted us to anger, impatience, lust, cleanse us of those temptations and replace them with love, joy, and peace.

If any evil spirits have attached themselves to us or oppressed us in any way, we command you, spirit of earth, air, fire or water, of the netherworld or of nature, to depart - - now - - and go straight to Jesus Christ for Him to deal with as He will. Come Holy Spirit, renew us, fill us anew with your power, your life and your joy. Strengthen us where we have felt weak and clothe us with your light. Fill us with life.

Lord Jesus, please send your holy angels to minister to us and our families - - guard us and protect us from all sickness, harm and accidents. (Give us a safe trip home.) We praise you now and forever, Father, Son and Holy Spirit, and we ask these things in Jesus' Holy Name that He may be glorified. Amen.

Christian Healing Ministries, Inc. Dr. Francis MacNutt, prayer.



Association of Christian Therapists

2008 International Conference
September 11-15, Mundelein, IL

Don't forget to pre-register for the meeting and save \$40!!!

Pre-Registration Deadline is July 31, 2008

For a conference registration brochure please visit www.actheals.org
or contact the office at 703-556-9225 ext 118

See You In Mundelein!!!

Go to www.ACTHeals.org to see how to save money on Limo transport from airport to IC Hotel. Follow prompts to find information on hotel, speakers, workshops, schedule, or to download registration for ACT IC '08

INSIDE ACT ECUMENISM IN ACT



"Without Diversity, there is no Unity!"

In ACT, we are both diversified and united. We are deeply united as Christians, believing in the One Trinitarian God, who is our Lord and Savior, Jesus, the Christ. Our diversity enters in with certain differences in our beliefs and styles of worship. In these differences we each bring gifts from God.

It is important, that as the Body of Christ, we begin to gain knowledge of our various beliefs and styles of worship. As Christ's Body, we need to grow in understanding, accepting and respecting one another's roots, and the ways that each individual reverences & glorifies God.

In 1Cor.12:12 God tells us, *"The body is one and has many members, but all the members, many though they are, are one body; and so it is with Christ. It was in one Spirit that all of us, whether Jew or Greek, slave or free, were baptized into one body. All of us have been given to drink of the one Spirit"*

"As it is, God has set each member of the body in the place he wanted it to be. If all the members were alike, where would the body be?" 1Cor.12:18
"You, then, are the body of Christ. Every one of you is a member of it." 1Cor.12:27

Over the many years of ACT, many have felt wounded by way of our differences. There is pain in the very fact that although unified in so many ways, our variations, at times, still create hurts in our sisters and brothers. In our humanness, we cannot "fix" these differences ourselves; only the Lord, Jesus, through the Holy Spirit can bring about full unity. In the meantime, we can choose to stand in the breach of the "not yet." God calls each of us to embrace the unity that we do have in our diversity thru awareness, acceptance, consideration and respect of one another.

Ecumenical Relations under the Spiritual Life Committee is working to increase & nurture our fellowship with one another. May we be able to say, as in the song, "They can tell we are Christians by our love."

by Jackie Sitte, Spiritual Life Committee Chair
[More articles will be forthcoming on developing Ecumenism in ACT.]

CONDOLENCES



Please pray for the repose of the soul of Mary Soergel, longtime member of Region 13. Mary passed away April 20, '08. In addition, our condolences go to long time ACT member and leader, Helen Bethel on the loss of her beloved husband, Eddie, who died on May 13. Eddie and Helen had been married over 40 years. As we go to press we have learned of yet another ACT member who has gone home to the Lord. Marlene Rojas, Region 17, known for being a mighty prayer warrior, died on June 19. Prayers are asked for the families of all three. May the souls of the faithfully departed Rest In Peace.

NURSES URGENTLY NEEDED HELP SPREAD THE WORD....

"The United States is facing a growing shortage of nurses, with an estimated 118,000 nursing positions in hospitals currently unfilled. As the population ages and demand grows, the shortage should increase to 1 million nurses by 2020. In addition, nursing schools are turning away students because of faculty shortages."



The center to Champion Nursing (an initiative of AARP), started in December, is addressing the problem by raising awareness, applying for government funding, to expand nursing education and 'boosting job satisfaction for nurses.' **Do you have a story that shows "How a Nurse Made a Difference" in your life or in the medical care of your family?** Send it to nursingstories@aarp.org. You, too, can help! (AARP Bulletin 5/08)

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A-M-E-N!

I Tell You What I'm Gonna Do (for Father Scott Courtney)

I tell you what I'm gonna do, I'm
gonna dance when I get to heaven,
gonna kick up my heels like a fawn,
gonna sway to the rhythm of the angels singin,
gonna stay up all night long.

I'm gonna sing when I get to Heaven -
sing high, sing loud, sing low.

Gonna jam with the band in the Promised Land,
gonna shout when the trumpets blow.

I'm gonna tap, tap, tap, tap, tap my feet in heaven,
gonna clap, clap, clap, my hands,
gonna wave 'em high.

I'm gonna snap my fingers, beat on a drum,
gonna jump til my tears are dry.

Gonna whoop, gonna holler in Heaven,
gonna raise me a righteous din.

Gonna cheer with the crowd,
gonna pray out loud,
when God and His Momma walk in.

Gonna laugh with the Lord in Heaven,
gonna fall on my knees by the throne.

I'm gonna bathe my face in the streams of grace,
praise God for bringing me home.

June McIntosh, Ligouri 8/02

click . . . ACTheals.org

. . . 16 Workshops scheduled for
ACT International Conference '08
available for your perusal at
WWW.ACTHeals.org.



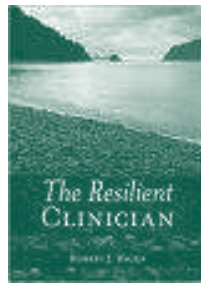
links . . .

Catholic Health Association www.chausa.org/homilies brings Health Care to Life for the Faithful in a new homily service, (314) 427-2500.

thought . . .

"Take care of people, not illnesses", E. Stead, Jr

book review . . .



The Resilient Clinician

By Dr. Robert J. Wicks

The Resilient Clinician is designed to enable counselors, psychotherapists, social workers, and other mental health professionals to enhance their own self-care protocol. It encourages therapists to care for themselves as they care

for their clients. Wicks weaves together a rich tapestry of self-care strategies. An immensely readable book.

keep connected

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Association of Christian Therapists

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