

# Samaritan Counseling Center Of the Mohawk Valley, Inc.

*A spiritual journey toward hope and healing. Together.*

FALL NEWSLETTER 2019

NEWS &  
updates



## Behavioral Addiction Group

Samaritan Counseling Center is pleased to offer a weekly Behavioral Addiction Group. What is a compulsive or addictive behavior? Any behavior that has more power over you than you have over it. Any behavior you engage in and can't seem to stop despite adverse consequences. Addictive behaviors are not about the behavior itself, but about altering one's mood. Some examples of addictive behaviors are food addiction, kleptomania, gambling addiction, internet addiction, game addiction, sex addiction, love addiction, compulsive exercising, and shopping addiction.

Start Date: Every Monday

Time: 6:00PM - 7:00 PM

This group will focus on creating structure, avoiding trigger emotions, developing healthy habits, learning about various self-help programs, addressing relational issues, identifying thinking errors, connecting with emotions, clearing out anger and resentment, preventing slips, and eliminating shame.

Latrease Moore, LMHC and Pam Koagel, CASAC, LMFT are group facilitators who utilize a person-centered approach, and are hopeful group participants will find the group warm and welcoming.

If you believe the group could benefit you, please call Samaritan Counseling Center of the Mohawk Valley, Inc. today at the number listed below. Please be aware space is limited.

Latrease Moore, LMHC 315-724-5173 ext. 307

Pam Koagel, CASAC, LMFT 315-724-5173 ext. 309

## Anxiety and Depression Group

What is anxiety? Excessive worry, apprehension, or nervousness about an event or outcome. Anxiety can also present as loss of energy, difficulty focusing, irritability, difficulty sleeping, agitation, sudden and unexpected intense fear, physiological sensations, or dread related to separating from important people in your life. Experiencing anxiety can have significant impact on the quality of relationships, ability to obtain personal goals, and accomplishing professional responsibilities. Samaritan Counseling will be offering an evidence-based psychotherapy group to assist individuals in the community with managing and decreasing anxiety and panic.

Start Date: Saturday 10/26/19, Time: 11:00 AM-12:00 PM

This group will focus on helping individuals develop proactive strategies for symptom management, gain insight into common sources/causes of anxiety, enhance capacity to complete work/school responsibilities, identify appropriate relaxation strategies to reduce anxiety, improve concentration, and decrease ruminative thought. If you believe the group could benefit you, please call Samaritan Counseling Center of the Mohawk Valley, Inc. today at the number listed below. Please be aware space is limited.

Latrease Moore, LMHC 315-724-5173 ext. 307

# Why Group Therapy?

By Dr. James Davis

As the Executive Director at Samaritan Counseling Center, I can personally attest to the power of a group of people being together to support each other to overcome a common issue or obstacle. At the Samaritan Counseling Center the therapists spend a lot of group time together. We call it group clinical supervision. This is a time we can share with the other therapists we work with any professional issues we are facing and seek support to be better at being therapists. By being a better therapist we are able to provide the highest quality therapy to foster hope and healing with the people who seek our services. In some sense group clinical supervision is a lot like group therapy. I believe we are social beings. The benefit of being a social being is that we have the ability to seek out and provide support to one another. We also have the ability to learn by what we see others do and then imitate what we see. This is a big part of social learning. We can be in the world and by observing the world around us we can learn new ways to function and cope. Group therapy allows us to be supported and provide support at the same time. It is empowering for us to see that we are not alone in our struggles and it provides hope that we can cope and recover from the issues we face. There is something special about connecting to our group. It is a place where we can be ourselves. We are accepted for our flaws as well as what makes us successful. Through this thing called group therapy we develop a common bond with those in the group. We build trust in those around us and within ourselves. Through the group we develop an even better support network to help us through our difficult times. The power of group therapy comes from the interpersonal dimension of connecting with other people who are struggling. Members learn about themselves in a social context, and allow group members to be responsible for their own lives.

Samaritan is offering many different types of groups at this time. Addictive Behaviors is a support group facilitated by therapists. The other group is a training group facilitated by a therapist providing psychoeducation on parenting called Parenting Effectiveness Training (P.E.T.).

## EMDR

What is EMDR?

Eye Movement Desensitization and Reprocessing Therapy is a cost-effective, non-invasive, evidence-based method of psychotherapy that enables people to heal from symptoms of emotional distress that are the result of disturbing life experiences. EMDR therapy is an eight-phase treatment which identifies and addresses experiences that have overwhelmed the brain's natural resilience or coping capacity, and generated traumatic symptoms. This may result in harmful coping strategies that cause the person impacted to have difficulty functioning in life and not live to their full capacity. EMDR has been used in the treatment of PTSD, Traumatic Life Experiences, Depression, Addiction, Anxiety, and Phobias.

Through EMDR therapy, a person is able to reprocess traumatic information until it is no longer psychologically disruptive. When using EMDR to cope with traumatic events, people tend to "process" the memory in a way that leads to a peaceful resolution. This often results in increased insight regarding both previously disturbing events and long held negative thoughts about the self. For example, an assault victim may come to realize that he was not to blame for what happened, that the event is *really over*, and, as a result he can regain a general sense of safety in his world.

Rose Klingmeyer, Licensed Mental Health Therapist, at Samaritan Counseling Center was trained to practice EMDR in the 90's and has since gone on to an advanced level of study. Rose currently provides EMDR clinic service at Samaritan.

**You Will Learn:**

- How to *talk* to your children so that they will *listen* to you.
- How to *listen* to your children so they feel genuinely *understood*.
- How to resolve conflicts and problems in your family so that no one loses and problems stay solved.
- A method for troubleshooting family problems and knowing which skills to use to solve them.

**Next session:**

Samaritan Counseling Center  
October 22nd—December 10th  
5:30– 8:30 P.M. \$240 Tuesdays for 8 Weeks  
For more information please call  
Samaritan Counseling Center 315-724-5173 or  
Email: [jdavis@samaritancentermv.com](mailto:jdavis@samaritancentermv.com)



Parent Effectiveness Training

**Latrease R. Moore, Ph.D.**

Latrease is a Licensed Mental Health Counselor who has worked at Samaritan Counseling Center since 2016. Her theoretical orientation to treatment is an eclectic blend of cognitive-behavioral strategies, psychodynamic principles, solution-focused therapy, and a person-centered approach. Throughout her career she has worked with children, teens, adults, and couples to address a range of mental health issues. In the near future, she will be co-facilitating therapy groups focused on anxiety, behavioral management, depression, grief and loss, and interpersonal skills for young adults.

**Group Facilitators**

Latrease graduated from Fielding Graduate University in 2019, with a Ph.D. in clinical psychology after completing an internship at Rochester Regional Health. Her previous professional experience includes over ten years working with forensic populations. She worked as a corrections counselor at the Albany County Correctional Facility; has interned at the New York State Psychiatric Center, a hospital for persons serving sentences under the state department of corrections; and was a mental health therapist for the Office of Mental Health inside the NYS prison system. Prior to her work in corrections, she served as a project assistant for Policy Research Associates in Delmar NY working with grantee sites, and arranging activities directly related to consumer, family, and youth involvement and leadership development.

Latrease has several professional affiliations including the American Psychological Association, the American Psychology-Law Society, the Association for Psychological Science, and The International Honor Society in Psychology: Psi Chi. Her recent research projects and publications have included an evaluation of college students' non-medical use of prescription psychostimulants; the impact of parental and familial incarceration on young adults; the assessment and treatment of individuals with mental health conditions in prison; the relationship between childhood maltreatment and spirituality; the use of cognitive behavioral therapy for substance dependent domestic violence offenders, and how age impacts treatment outcomes; and the impact of familial criminal behavior on the development of criminal thinking patterns among offspring.

**Pam Koagel, CASAC, LMFT**

Pam has a Master's Degree in Human Service with emphasis in Chemical Dependency Counseling from the University of Providence, formerly the University of Great Falls, in Great Falls, MT and is a Credentialed Alcoholism and Substance Abuse Counselor (CASAC). She has worked in the Substance Use Disorder (SUD) field, in various settings and positions, for approximately 20 years. In addition, Pam received a Master's degree in Marriage and Family therapy (LMFT). Pam enjoys working with children, teens, couples, families, family members of individuals impacted by a SUD, and individuals impacted by a SUD. Viktor Frankl, Carl Rogers, and John Gottman have significantly influenced Pam's therapeutic style. Pam believes thoughts shape a person's reality and the key to happiness is a purpose-filled life.



Samaritan Counseling Center  
of the Mohawk Valley, Inc.

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#### Office Hours

Utica  
Mon-Thurs 9:00 am-8:00 pm  
Friday 9:00 am-5:00 pm  
Saturdays by Appointment

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### Our Mission

The Samaritan Counseling Center of the Mohawk Valley, Inc., is an interfaith organization committed to a unique concern for the spiritual dimension of human life. Our mission is to offer high quality psychotherapy and pastoral counseling to individuals, couples and families. Our interdisciplinary staff is trained to assist persons who seek relief from suffering and help them bring new healing and hope into their lives. **A spiritual journey toward hope and healing. Together.**



### Contribution Form

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