

Phone: 604-585-1411
Email: info@cascadechristiancounselling.com
Website: www.cascadechristiancounselling.com
Address: **Unit #201** The Guildford plaza
14980 104 avenue, Surrey, BC V3R 1M9
Unit #207 Ambassador Building
33119 South Fraser Way
Abbotsford, BC V2S 2B1



Fall Newsletter 2024

Fundraising

Cascade is having it's Annual Fundraising Drive this fall and we depend on the generosity of the larger church community in order to continue to provide **affordable Christian counselling** on a sliding scale based on family income.

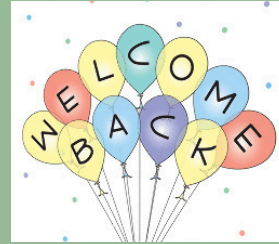
If you would like to donate to Cascade

Please visit our website at:

www.cascadechristiancounselling.com

or call the office at 604-585-1411 (Surrey)

or 604-585-5413 (Abbotsford)



Yolanda Martens



We are excited to welcome Yolanda back after her maternity leave. She was deeply missed & we are so happy she has returned!

In the Complexity of Life, Empathy is Our First Response

"The gentle and sensitive companionship of an empathic stance... provides illumination and healing. In such situations deep understanding is, I believe, the most precious gift one can give to another." –Carl Rogers

I have heard it said that the only thing that stays the same in life is change. Change is an inevitable part of the journey of life, and although there is a part of it that can be exciting, it can often be a disorienting experience. Seasons of change often come packaged with an anticipation of something new, and a grief for something that feels lost.

In my work as a clinical counsellor, alongside my many years as a pastor, I have had the privilege of sitting with countless people in their seasons of change (as well as others sitting with me in mine), seasons filled with deep grief as well as deep gratitude. In those sacred spaces, an empathic response that validates and empowers has often felt like the most effective gift I can offer. And although counsellors and pastors will have some specific tools and skills that they offer, this can be the work that we all do with each other in the face of the diverse experiences we each encounter.

In the same way that the great psychologist, Carl Rogers, has helped us understand the therapeutic theory that underpins an empathic and compassionate response to suffering, Jesus, throughout scripture, offers us a clear model of how we enact this with each other on an ongoing basis. In Matthew 11:28-29 Jesus offers these words "Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls." (NLT).

As you find yourself in your unique context, which inevitably includes some level of change or challenge, let it fuel your empathy for another, who may also be in their own unique complex experience. Also, know that if you need the intentional care of a trained counsellor, the Cascade team of Counsellors is here to help and to offer an empathic and caring presence for you in your unique situation.

By: **Aaron Roorda, MA**

The Problem of the Phone

I remember when I was a kid and when I had young kids. The phone would ring and the kids would all yell, "I'll get it!" and make a mad dash for the phone. It's exciting to get a call. It's exciting when someone else is reaching out into our lives.

In my day, the phone was attached to the wall and had a long cord; later it was a wireless phone on the kitchen counter. Now we each carry around these special little devices in our pockets...they never leave our sides! Not only do we receive calls on our phones, now we receive text messages, emails, social media updates, news stories, sports updates, game notifications...and the list goes on and on. And with each of these notifications, there are beeps and dings that call for our attention and make us run to see who wants our attention next.

As a Marriage and Family Therapist, I don't go a single week without hearing about how "other people" are addicted to their phones. One spouse complains about the other spouse, the parents complain about their children, and often I hear children complain about their parent's love affair with their phones. We are all preoccupied, obsessed, and even controlled by our phones.

"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think." Romans 12:2a NLT. Is it possible that it is time to think about how we use our phones today, instead of blindly going along with how the culture around us uses their phones?

Here is a list of questions for you to consider and possibly have a discussion with your spouse and family about how you want to use phones in your household:

- Do you or someone in your family have a problem with too much phone use?
- Would you consider having a "phone home" when you are home? This means not keeping your phone on your person at all times, but keeping everyone's phones in a centralized location.
- Would you like to have either "phone time" (specific times where family members are allowed to use their phones) or have "phone free" time (specific time where family members are not using their phones)?
- Would you consider having meal times that are phone free? I even heard of family dinners involving guests where everyone is asked to silence their phones and put them in a basket.
- Would you consider not bringing phones into the bedroom?
- Would you consider a time to put the phones away at night?
- Do you have access to your spouse's and kid's phones? Do you know the access code and have the freedom to look at each other's phones?
- Have you considered monitoring software of family member's phones, such as Covenant Eyes which takes random pictures of what you're looking at on your screen and sends the pictures to people you have listed?
- Would you be willing to write down on a family log sheet how many hours everyone spent on their phones per day?
- Are you able to see how much time your children are spending on their phone and what apps they are using?
- Would you like to shut off wi-fi at certain hours?

I hope these questions can lead to better and deeper interactions in the home among all family members.

by: **Mike Ayers, MA, RCC**

ALL of our therapists offer **ONLINE** Counselling sessions. We are finding more often clients are wishing for online sessions as life gets even busier. For some it is because they don't have a **local Christian counsellor** available to them, for others it is the convenience of being able to meet anytime, anywhere.





Creating a **CELL PHONE CONTRACT** for Teens
or better yet, start a conversation!



Helping one person might not change the whole world, but it could



we connect with someone, out them, and hear them out. creating a safe space for them. respecting and engaging them.

RETHINKLIFE.TODAY

