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## BE THE HERO!

In my work as a Couple's Counsellor, I hear many legitimate hurts and concerns brought up by partners in marriage. I consider it a privilege to be able to help couples hear one another and gain new understanding into what their partner is saying.

However, I also hear many arguments that don't really need to be arguments. Even worse, sometimes I witness an argument where not only does this argument not need to happen, but the most tragic thing is that one partner is missing the opportunity to **BE THE HERO** to another partner. This applies to both partners, but men, I'm going to write to you because this is a simple perspective shift that will make your wives feel valued and lifted up.

One woman shared that she asked her husband to kill a spider. He responded by telling her to do it herself. After all, wasn't she capable of it herself, wasn't she a strong and independent woman? Not only are these words hurtful and accusatory, but the husband missed an opportunity to **BE THE HERO**. Why not simply, **BE THE HERO**? Why not get up off the couch, kill the spider, and be her hero? Instead of feeling disrespected, she would feel taken care of and protected.

## *All because you give*

*"Brent was an invaluable companion through a very difficult season of life transition and family crisis. His ability to create a welcoming sense of spaciousness paired with emotional attunement allowed me to vent, explore, and grieve within a genuine relationship. In between sessions, Brent's words and the memory of our times together provided comfort. Cascade's funding model also made counselling possible in a financially challenging time and I am very grateful for my time there."* -K

*"Our family was blind-sided by a very stressful situation, with one of our children. Support and counselling provided by the staff at Cascade (Yolanda) was invaluable. When you are in the midst of a very stressful situation, being able to talk to someone without any fear of judgement is so important. The staff at Cascade listened, showed care and concern and helped us to work towards restoring healthy family relationships and promote healing."* -J

# Spring Newsletter 2023

Another woman shared about a recent trip her family took. As they were there, there was a tsunami warning. The woman wanted to drive to the tsunami shelter so they knew where it was in case they heard sirens and were supposed to evacuate. Her husband told her she was overreacting and they were fine where they were. He was right. There was no tsunami and these extra precautions were not needed. How much easier would it have been to **BE THE HERO**? Take the short drive, **BE THE HERO**, and enjoy the rest of the vacation feeling connected and supported.

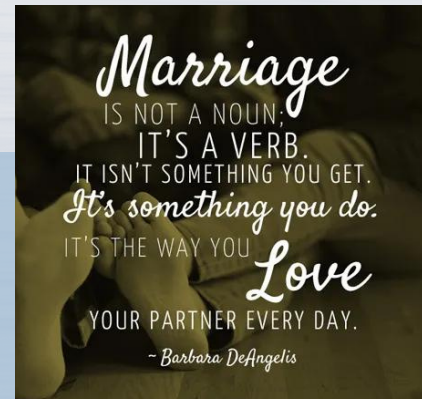
Recently a man shared this story with me. Tuesday night was his normal night to get to go to the gym. But when he got home, he heard his wife say it had been a hard day at work and with the kids. This man had every right to go to the gym, as was their agreement. Instead, this husband said he would take the bedtime routine with the children for the second night in a row, drew his wife a bath, lit candles, and told her to take some time for herself. He decided to **BE THE HERO**!

by: Mike Ayers MA, RCC

*"I believe that if God had not led me to reach out to Cascade, our marriage of 17 years would not have survived the storm.*

*Drowning financially, they allowed us to pay what we could and still receive the counselling we so desperately needed. I am so grateful to Cascade and their donors for providing us with a lifeline (Heres) that was in reach."* -L

*"I was in so much emotional pain and dealing with trauma. I wasn't sure if counselling could help me heal. I am so glad I started the journey with my amazing counsellor Brent. He has patiently helped me to rediscover myself, identify the root cause of my deep wounded soul, and overcome my trauma with amazing techniques and tools that I could have never figured out by myself. I feel supported and I cannot be more thankful for this"* -I



## Online Counselling is available



## What our counsellors have to say...

"I am so thankful to have the opportunity to use my gifts to help and support people who are seeking healing in their lives. I chose Cascade because of the ability to support individuals and families who may not be able to afford services elsewhere."  
-Yolanda Martens MA, RCC

"I really enjoy working at Cascade. It is very apparent how much they value both their clients and their counsellors. They are incredibly supportive of us counsellors and our work. It is a beautiful thing for the counsellors to be able to support the many clients that come to us - thanks to fundraising and our generous donors, we can also help many that normally could not afford counselling."  
- Jacoba Leyenhorst BA, MA, RCC

"I am attracted to working here at Cascade Christian Counselling because of the amazing supportive environment, I don't feel alone in my work as a therapist but rather that I am a part of a larger team wanting to be here so as to be of help to others in need. I am also so grateful to have a context to work in that allows me the freedom to integrate my faith and spiritual life with what I am learning in the ever changing field of counselling and psychology."  
-Brent Unrau MA, RCC

### It Is a Very Sweet Thing to Unburden Your Heart.

*{Counselling the Depressed}*

Humans are wonderfully made, and created to engage with each other in community. To be connected is the most fundamental and essential ingredient for mental health, strong relationships and productive lives. Currently, as the waves of confusion, fright, hate, hurt, and loneliness rise, the raw and painful reality of disconnectedness becomes ever clearer. "ALL the lonely people – where DO they all come from?", the Beatles asked in 1966. That might be a good question indeed, since it prompts a follow up question: How do we respond when a friend, spouse, child, a colleague, or an acquaintance is sad, moody or 'out of touch'? Do we connect with purpose, or do we avoid it, thinking '... it will pass, he's just in a funk, just give him some time, and he'll snap out of it... again...'

Consider developing the habit of intentionally checking in. In some cases it can make the difference between life and death, and it can begin with a sincere question out of genuine concern. "Say, have you been feeling down or blue lately? You seem to be out of sorts...." If the answer is yes, ask her to describe what she means by that. "How long have you been feeling this way?... When did you first notice the change?... Have you ever experienced this before?... If so, what did you do to get better?"

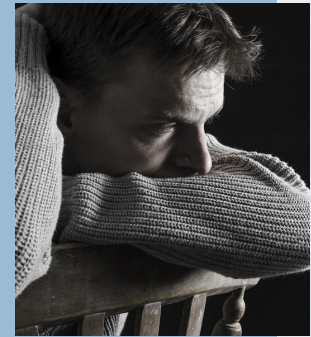
SIG E CAPS is a useful abbreviation to use to assess for either low mood or depression. It stands for Sleep, Interest, Guilt, Energy, Concentration, Appetite, Psychomotor, and Suicidal ideation. Counsellors use it as a screening tool, and it also offers prompts for everyone to explore what might be troubling him or her. Any one these conditions, when compromised, can contribute to low and changed mood.

The S of suicidal ideation requires extra attention and, possibly, intervention... 'You say you are doing fine, but how are you doing, really?' opens up conversation and displays a posture of genuine care and concern. Consider having this standard, scripted question at the ready: 'Have you thought about hurting yourself?' Matthew Sleeth observes: "At some level, every person knows that committing suicide is wrong. I think that most want to be asked whether they are thinking about it. They want to share the burden. Most want to be stopped." [2]

Indeed! Charles Spurgeon, the Prince of Preachers, was stopped. He won the battle with chronic depression. By pushing back against loneliness he remained connected with compassionate, caring individuals. He led a very productive life that included many 'dark nights' of the soul. So did Mother Theresa, despite decades of deep, chronic depression. And might I mention Martin Luther, John Calvin, Handel, Charles Dickens, Florence Nightingale, Abraham Lincoln, King David and Prophet Elijah?

When you or someone you know encounter episodes of low mood, long periods of sadness or depression that just won't leave, please don't hesitate to connect with us at Cascade Christian Counselling.

by: Heres Snijder MA, RCC



- **S – SLEEP**
- **I – INTEREST**
- **G – GUILT**
- **E – ENERGY**
- **C – CONCENTRATION**
- **A – APPETITE**
- **P – PSYCHOMOTOR ACTIVITY**
- **S – SUICIDAL IDEATION**



[1]<https://www.spurgeon.org/resource-library/sermons/elijah-fainting/#flipbook/>. Retrieved 03.10.23.

[2] Sleeth., M. Hope Always. How to be a force for life in a culture of suicide. Tyndale, Carol Stream, Ill. P. 123. (Italics are mine, HS)