



Daemion Counseling Center

A Place to be Heard Since 1970

Fall 2009

DAEMION COUNSELING CENTER

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Christel Mottur-Pilson, PhD

Rebecca Nelson Meyer

SEASONS

As the seasons change so do our lives. Early fall is warm enough to feel like summer, but the cool nights remind us of the winter ahead. We sigh as the easy fun days of summer become memories. Sometimes we look at our life span as a reflection of seasons. As we age we recognize our own "seasons". The promise and newness of our youthful spring time. The fun exciting days of marriage, new job, having our own children, life is full and invigorating—our "summer". We see our own children grow and begin their separate lives, while we still have very busy careers and new interests, maybe not as intense as we once were, but still full of color and life—"fall". Once winter sets in we snuggle down, do less, enjoy reminiscing about the good times, and look forward to having family gather around us once again. This is my idyllic view of the seasons, without the storms, floods, droughts, illnesses, sadness that inevitably are a part of life.

The therapists here at Daemion recognize the "seasons" of life, and for some what a struggle they can become as we live through the ups and downs. Individual counseling can help you identify your view of the world and how you relate to other people and events. A therapist is trained to listen and then help you clarify some of the confusing parts, uncover some of the hidden parts, and then help you change or appreciate your life.

Changing ones' point of view does not come easily to most and if you make a choice to change it will be challenging and will take time. Sometimes stepping back and getting perspective is in itself a moment of awareness and change. We are offering some new programs through partnerships with other organizations to help you look at and understand some life changes. One program is "Leaving a Positive Emotional Legacy for Your Family." This program is being offered by Christel Mottur-Pilson, who has a PhD in medical anthropology, and a life-long interest in philosophical and ethical questions. She is completing her Master's degree in community counseling by serving as Daemion's intern. The group began on September 29, 2009. Our second program is an informational program on "Planning for your Parent's Future". This program will be offered at Paoli Hospital, Surrey Services, and Devon Manor with three different but related topics by Daemion's Executive Director.

We are noticing more people who are dealing with their aging parents. The feelings of stress as they manage their own busy life and then help their parents make arrangements for home care, assisted living or many other alternative situations can seem overwhelming. Support groups can help you feel not so alone in all this. Individual counseling or problem solving with a professional can help you sort through the options without feeling guilty, neglectful, or weighted down.

As always Daemion offers excellent mental health counseling at affordable cost. Please call us if you have any questions or concerns for yourself or a family member. We are here to help.

Daemion on the Move

As most of you are probably aware, Daemion was temporarily relocated to 738 First Avenue in Berwyn, while the 95 Howellville Road location was being renovated. We expected to be at First Avenue for at least a year, and yet within 9 months we are back in a wonderfully renovated space. If you have moved an office you know there are logistical issues that always are complicated. Daemion's moves were no exception. Planning the moves, working on the gala, and keeping the clients well served was a bit of a juggle, but we managed. We are back at 95 Howellville Road, Berwyn and loving the space. Come visit and see if you recognize the old building, for now, there is plenty of parking!

Annual Appeal & United Ways

We rely heavily on the community support to keep serving those who cannot afford mental health counseling. You will receive an annual appeal letter in November. We are quite aware of the financial strain that most people have suffered these past two years, but our hope is that you can help us even if your gift is reduced in size this year.

If you support us through United Way, our Donor Choice number is 2897.

Our expectation for our clients is that by helping individuals, couples, and families that the whole community will benefit. We look to our clients to become productive citizens participating in community life and taking responsibility for their own welfare. We see our part as an avenue of support, understanding, and education that helps people realize their full potential. Of course, the clients need to want the best for themselves as well and be willing to work quite hard to overcome many obstacles. On behalf of all the people served here at Daemion and the staff we appreciate your willingness to support our efforts.

Welcome to our Fabulous Interns:

Interns are an integral part of Daemion's service to the community. Daemion is committed to providing high quality mental health counseling at a reasonable cost, using interns allows us to continue offering our low fee counseling. The interns bring the latest research and new techniques to Daemion. Daemion provides supervision here with our clinical supervisor, they also have supervision at school, with their professors and peers, and with our experienced staff at staff meetings and as they overlap with client hours, which gives the interns the confidence and resources to provide excellent service for our clients.

Christel Mottur-Pilson, PhD. Christel joins Daemion after a distinguished career as a medical anthropologist. She held the position of Director at several prestigious academic and research institutions. Christel has her undergraduate degree in philosophy and has maintained an interest in ethical questions throughout her career. We are most fortunate to have her working with our clients.

Rebecca Nelson-Meyer, BA. Rebecca is completing her Master's Degree in May 2010. She has worked primarily with children and adolescents in the past and is looking forward to working with a more diverse client base. Rebecca has experience in running adolescent groups. She is trained in insight oriented therapy and has taken additional training in drug and alcohol assessments. We are excited to have her begin her internship here at Daemion.

Memorial Contributions:

In memory of:

Joseph Pettineo

by Linda & Jim Spinelli

Nancy Cahill

Friend of Daemion Counseling Center

Community Outreach:

Please join us at one or both of the following no cost presentations. Both start at 6:30 pm.

Caregiver Fatigue and Resilience at Surrey House on **Wednesday, October 21
Maintaining Emotional Balance While Care-giving at Devon Manor on **Wednesday, November 18****

These informational sessions will include presentations by the host organizations, handouts, and some materials to help you understand and make sense of all the changes in your life as well as your parents' lives. There will be refreshments at each location. Pre-registration is preferred.

Types of counseling:

The therapists here at Daemion are all familiar with many different types of mental health therapies, and the following is a very brief synopsis of one type of therapy. Cognitive Behavioral Therapy (CBT) is a very popular technique that helps the client focus on their thoughts and behaviors. By changing their thought or behavior they can make changes in their life. Generally, we work with whichever is more accessible to the client, thought or behavior, and help them notice the thought that is followed by a behavior that they would like to change, or a behavior that is followed by a thought that they would like to change. For example; the angry person thinks that people are purposely trying to make him late by cutting him off in traffic, not using their signals, slowing down for a turn, etc. while most of us know that the "bad" driver is not thinking of us at all but is probably distracted by their own thoughts. We work with the angry person to come up with alternative explanations and then they don't have to be mad; blowing their horn and creating a scene, having their blood pressure rise, but maybe they can be more sympathetic to the other persons shortcomings. A person who works late every night trying to do everything right and in a timely manner (sounds like a great employee) may worry that one mistake will get them fired, and if they lose their job then, they will not be able to make car payments, etc. The behavior of trying to be "perfect" may activate excessive worry, which actually keeps them from doing their job well. We work on the behavior and connect it to the worrisome thoughts. These are light examples, but you get the idea. Change your thinking - change your behavior. Sometimes people get stuck and cannot see the connections—that is why they come to see a professional, a therapist.

In case you have not visited our web site recently here is a brief overview of our "seasoned" therapists:
Jenny Webb, MS,-- 9 years with Daemion, over 20 years in counseling, expertise in working with life transitions.
Rita Gallagher, BA—9 years with Daemion, expertise in Anger Management.
Fran Cuneo, MS, LPC—7 years with Daemion, expertise in family and career counseling.
Lola Pugliese, MS, LPC—6 years with Daemion, experienced in Chaplaincy and general counseling issues.
Ruth Kirzner, MA—2 years with Daemion.

All of our therapists are supervised by Eileen Casaccio, PsyD, another seasoned person with over 20 years in the field. Everyone who is affiliated with Daemion is dedicated to the well being of our clients and to the success of a mental health agency that provides services to people who otherwise would not be served.

UNDER THE HARVEST MOON

Is laughter the best medicine? Daemion's 5th annual Gala—"Under the Harvest Moon" was held on Friday October 2, 2009 at The Montrose Mansion at Villanova's Conference Center. Thank you to all who participated; especially our co-chairs Laurie Miccolis and Betsy Chandler. Our net profit this year was approximately \$10,000.00



Joining the Laughter Queen of King of Prussia are (from left) Anne Carino; Ellen Marquis; Irene Doniger, (Queen); and Kim Pratt.



Enjoying friends and the gala are (from left) Carla Chieffo; Rob Robinson, Daemion volunteer; Barbara Fentress, Board Member; and George Fentress.



Supporters of Daemion are (from left) Jim Carino; Bill Keyser; Glenn Mahoney, Board President; Bob Marquis; and Hugh Gallagher.

If you missed this year's "Chocolate, Wine, and Laughter" Gala please mark your calendar for October 2010 when we will celebrate 40 years of service! We would love to have remembrances of Daemion through-out the 40 year history, please contact us with your thoughts. If you would like to be part of this milestone anniversary event we invite your participation. Your support is essential for Daemion to be able to continue to help people who are struggling with difficult, sometimes overwhelming, issues in their life.

Thanks to our
sponsors:



DCC MISSION & SERVICES

Daemion Counseling Center provides short-term and long-term counseling at our Berwyn location to members of the tri-county area who cannot afford to pay traditional therapy fees.

The center is open Monday through Friday from 9 am to 5 pm. Evening and Saturday appointments are also available.

Call the Center during work hours and receive answers to questions you may have about the benefits of counseling. Daemion's therapists specialize in life issues such as children, teens, divorce, marriage, job loss, re-entering the workforce and first jobs, as well as mood disorders, generalized anxiety, and anger management.

Daemion Counseling Center has been a place to be heard since 1970.

VOLUNTEER ACTIVITIES

Daemion Counseling Center is always in need of volunteers to help us carry out our mission. If you have basic office skills and would like to put those skills to use, please call us at (610) 647-1431.

OPPORTUNITIES TO SUPPORT DAEMION COUNSELING CENTER

- 1) Keep those Acme Tapes coming! Save your receipts from Acme stores in Exton, Paoli, and Phoenixville; or register your Genuardi's club card to participate in their eScrip program (www.escrip.com).
- 2) Contribute through the United Way Donor Choice Campaign. Our agency number is 2897.
- 3) Use benevolink.com to make your on-line purchases and choose Daemion Counseling Center as your charity. Just enter our name, and as a registered 501(c)3 who files a 990, we are listed.

