



Daemion Counseling Center

A Place to be Heard Since 1970

Spring 2010

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A Client Story: Acceptance

Client's find their way to us through several avenues; friends and family refer them, doctors refer them, they find us through a web or phone search, or another agency sends them our way. The unexpected happens: they lose a job, get ill, a family member turns to drugs and alcohol, life gets very complicated in a hurry. If too many things happen at once the stress, anxiety and inability to cope send the client looking for help. Daemion has been here for the community for 40 years. Our ability to offer a low fee sliding scale is because of community support.

One client, Linda (not her real name) had worked all her life, had good jobs, had stable relationships, and generally enjoyed life. She ended an 8 year relationship, took a new exciting job, and bought her first house. Life was good. The job paid very well and she looked forward to getting together with friends on the weekends. This lasted about 2 years when she learned she had a treatable cancer.

Linda took this illness as a chance to reconnect with family that had been estranged. She began to look at her priorities a little differently. The treatment was successful. Connecting with her family was a so-so result. She never married, was approaching 60 years old and still her family of origin was more estranged than close. Her cancer came back. She went on leave and started an emotional and mental downward spiral. Her health benefits were all going toward her physical treatment. She was referred to Daemion for support.

Daemion's therapist helped Linda define what a closer relationship might look like. Did she want daily contact through phone calls or email? Did it mean a quick check-in once a week? Was she expecting them to "know" when she really needed their concern and support? Did she want to know that she will be welcome to move in with them if she needed to? This process can take quite some time to work through all the definitions. The client may think everyone means the same thing when they say a "closer" relationship. In reality most people need specific behavioral tasks outlined for them.

Once you are clear about what you want, you can make your desires known. Your request from the family may be met with open arms, denied outright, or perhaps a compromise may be offered as another solution. The living situation was Linda's main concern. Would she be willing to accept a compromise solution such as: help to pay her mortgage or have her live in an apartment near the family if not in the same house. Does a compromise feel like rejection and does it send Linda into a victim role? Has she played this role before? These are the types of things we discuss in therapy and try to help the client choose which way feels healthier or more satisfying. If Linda chooses the victim role, she gets to continue to complain about her family, and elicit sympathy from others. If on the other hand Linda chooses to accept her family as creative and generous with their offer, she can feel cared for and rest a bit easier knowing that she does have alternatives, maybe not the alternative she had wished for, but at least an option worth considering.

Linda received a sense of satisfaction and contentment knowing her family was available for her. She developed a more flexible attitude to what was an acceptable response to her requests. Asking for help is not easy for most of us, and when we have expectations for one and only one solution, we are often disappointed. Therapists like to define mental health as being flexible in our thinking, using more than one coping skill, and the ability to acknowledge our responsibility in maintaining relationships. Personal growth is not a straightforward or one size fits all task, it is unique to each person. Daemion's therapists all enjoy working with clients and helping them discover their own best resources.

Join Us for Bowling

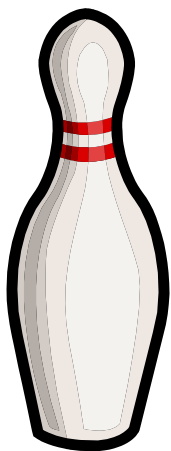
March 21, 2010 3—5 pm

At Devon bowling Lanes

Adults \$20
Kids (12 & under) \$10
Teams (6 Adults) \$100

Price includes bowling, shoe rental, pizza, beverages, deserts and more.

Call 610-647-1341 or email
sarah@daemioncounseling.org for more info



Daemion Through the Years

Daemion celebrates four decades of mental health services for the community.

The first ten years were primarily a reaction to the drug and alcohol problems of the 1970's. Daemion was a drop-in center for youth.

The 1980's focused more on prevention. Daemion had a Director who was advocating for youth and families everywhere she went, Kay Prechek. Kay helped put Daemion on the map as a place for families as well as teens, as a place to learn how to be a parent of a teen, as a place where education, information and prevention were priorities. Kay continued her work until 1993, when she took on the role of Director Emeritus because of illness. Kay loved Daemion and committed herself to the clients and staff until her death in April of 1993.

The 1990's were another time of change and shift for Daemion as more clinical staff were brought on to provide professional counseling services. In the early part of the 21st Century Daemion evolved into a fee based mental health clinic; previously, all services were free of charge.

Today, Daemion continues to offer a sliding scale fee for people who would not be able to afford regular counseling fees. We still have a number of pro-bono clients who have very difficult circumstances. Without the community valuing the work we do for people who experience hardship, Daemion would not be able to provide services to people who truly need help.

A much appreciated "Thank You" to the community!

Stress and Change

Change is almost always stressful. Change can be overwhelming or wonderful; e.g. an illness vs. a new job. The stress, even if it is positive, can bring up a variety of emotions and have us feeling a bit off course. Challenges and change are what we help clients sort through and understand. Daemion has faced its share of challenges and change in 2009.

As most of you know, Daemion moved twice in 2009. We are most grateful to be back in our old space, newly renovated and looking quite lovely. We have adequate parking for the first time ever! Adequate parking is one less stress for us and our clients.

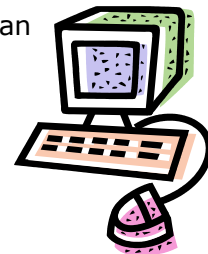
The economy was rather dismal for most folks. Daemion may have been the exception for that, we had a break-even year, another reason for gratitude. Even though the results were positive, living through the moves, and the worry about finances were definitely stressful. Our emotions ran the gamut from frazzled and worried to relief and appreciation. We are thankful to the T/E School District for supporting Daemion with space and we are thankful to the community to once again supporting Daemion financially.

Finances seem to be one of the top stressors in 2009. Almost half of Daemion's clients are not working when they initially come to us. Daemion's clients felt they improved their lives while they were seeing a therapist here at Daemion. Our closed files in 2009 indicate that 48% of the clients left with an improved diagnosis. Often the supportive listening and exploring of alternative ways of looking and doing is very helpful. Even recognizing that you cannot change anyone else can free up some emotional space. Identifying exactly what you are feeling and some reasons behind the feelings helps clear your mind so you can have some perspective and move on with other important parts of your life.

Would you prefer to receive our newsletter via email? Let Us know!

Send an email to
staff@daemioncounseling.org

Please indicate if you would like an email newsletter, hard copy or both.



Live Music

Dinner

Auction

Lovely Setting

SAVE THE DATE

DAEMION COUNSELING
CENTER

40th Anniversary
Celebration

UNDER THE
HARVEST MOON

Friday
October 1, 2010



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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.

