



CONNECTING

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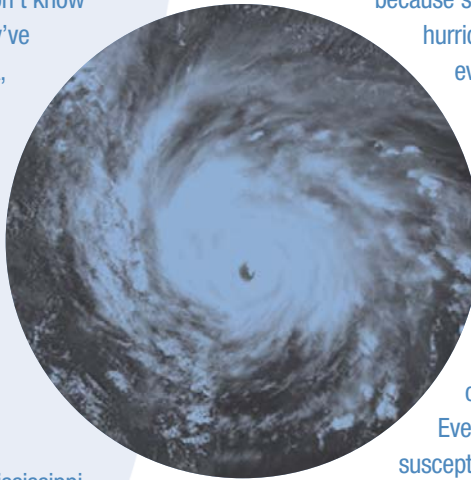
ATLANTA, GA / CHATTANOOGA, TN

FALL 2005

Courtney Putnam ('03) hasn't been back to her apartment on the campus of New Orleans Baptist Theological Seminary, where she was taking doctoral classes and working as a teaching assistant, since Hurricane Katrina ravaged the Gulf Coast. She and her husband, Alan, don't know the condition of their belongings. Since the storm, they've been working at Bedico Baptist Church in Ponchatoula, Louisiana, where Alan is minister of missions, to feed hot meals to the people in the community without electricity and provide food and supplies to those who evacuated from New Orleans. For now, her counseling office is in the middle of the gymnasium, surrounded by food and clothing to be given away. "This is the hardest thing I've ever been through, but I know that God is very present and is being glorified in the lives of people we encounter every day."

Patty McCarty Fultz ('77) is employed by the Mississippi Department of Mental Health. She and those in her agency have been working long hours trying to coordinate mental health efforts across the state. Several in the central office, including Patty, have volunteered to take a "help line" home with them at night. As you can imagine, the phones ring often, and many of the stories are incredibly sad. A number of mental health professionals along the Gulf Coast have continued to work in spite of the fact they have lost their homes. "Many may now be living at the facilities where they're working," Patty reports. "I would appreciate prayers for those of us working to care for those affected by the storm."

Joanne Senft, a current student in PSI's marriage and family therapy program, is the territorial pastoral care and spiritual formation officer for the Salvation Army, ensuring that the organization's pastors receive the support they need as they reach out to serve others in 13 Southeastern states. In the aftermath of Katrina, Joanne is focusing on care for pastors and therapists responding to victims. "First responders need to debrief, to process their feelings about the devastation they've witnessed so they don't develop mental disorders themselves," Joanne explains. She's also been working with survivors because the Salvation Army has partnered with other relief agencies to provide shelter and needed services. "Most of the counseling I've done in this situation has been informal, human spirit to human spirit," Joanne says. "My PSI training has helped me better identify the levels of stress and trauma and provide more appropriate responses. Most are still in shock and disconnected from their emotions because their main concern is survival. I see my role as helping keep their hope alive. I hang on with them, and if they don't believe, I believe for them."



Chip Carter ('04) is volunteering as a mental health counselor at a church shelter. He got involved because he says we should "love our neighbors as ourselves." As Americans, we have a lot of new neighbors because so many people have had to relocate because of the hurricane. Chip doesn't consider these people "refugees" or even "evacuees." He views them as brothers and sisters. He's even informally "adopted" a family, offering to show them around their new city and get them plugged in to area resources. One woman he counseled is experiencing flashbacks to her childhood, having been passed from foster home to foster home. Going back and forth between shelters has caused those painful memories to resurface. A disaster such as Katrina can reopen old wounds, especially if they never healed properly. Even police, firefighters and medical professionals are susceptible to depression and post-traumatic stress disorder if no mental healthcare is received. "We all have something to give in times of crisis," Chip says. "If not money, then time. If not time, then money. Funding those who serve directly also makes a difference."

Help PSI Rebuild Lives

Many PSI students and alumni have volunteered to help in the wake of the country's worst natural disaster. Some, like Courtney and Patty, have found themselves in the midst of it. Their training in trauma and recovery has been tested and so has their faith as storm victims finally begin to open up and pose the question, "Why?" Of course, it's not an accident that God places people where they are and enables them to help. As you consider your personal response to Hurricane Katrina and now Rita, as well as your year-end gifts to other worthy causes, please remember PSI and the work we do here. Whether rocked by physical storms or emotional ones, our mission at PSI everyday is to help people rebuild their lives by integrating psychological care and Christian faith to foster Christ-centered transformation.

Difference-Making 101



Robin Lay has joined PSI as the director of recruiting. In this role, she will visit numerous undergraduate institutions in the Southeast and attend national conferences to promote PSI's graduate education programs. Robin

graduated from PSI in May 2005 with a master's in professional counseling. With the inside scoop, she will no doubt be very successful in introducing others to PSI.

We also want to welcome **Dr. Donna Peterson** to our staff as acting director of institutional effectiveness (IE). Donna began volunteering at PSI in June 2003, after moving to Chattanooga and learning of PSI's accreditation. She retired from Trinity International University (TIU) in Deerfield, Ill., in 2001, having served as senior vice president for academics; dean of Trinity College, TIU's undergraduate program; re-accreditation coordinator; and acting academic dean for the Miami campus. As IE director, Donna will help PSI review our programs to ensure operational excellence in accordance with the organizations that accredit us.



Trustee Tina Currin and her husband, Sam, have established a new scholarship at PSI in memory of Tina's mother, Harriet Caldwell. Harriet, who died of cancer in 1989, had a rare understanding of how Christian theology could be distilled and simplified enough

to be actively practiced in everyday life. In the words of her oldest son, Hacker Caldwell, "She had a peculiar wholeness that made her seem to transcend the boundaries of the word Christian." Harriet lived her faith, showering those around her with God's love. She was a cherished wife, adored mother and gracious friend, especially to those who didn't have one. She served her church, the Church of the Good Shepherd in Lookout Mountain, Tenn., by teaching Sunday school and became the first woman in the vestry. She also was involved in many valuable causes, including those that promoted mental health and care for seniors. **The Harriet Caldwell Scholarship Fund** will assist PSI students pursuing a master's degree in professional counseling or marriage and family therapy. Scholarships will be awarded to students who demonstrate a financial need and, like Harriet, exemplify a deep understanding of healing and wholeness and profound faith. We will be working with Tina to grow this fund and hope to begin awarding scholarships in honor of Harriet next fall.



Donna attended PSI's graduation in May, where she was awarded an honorary doctorate by Dr. Jeff Terrell, PSI's president, and Dr. Phil Coyle, PSI's academic dean.

Beloved student **Donna Davis** went to be with the Lord June 13, ending her battle with cancer. Her life-long passions were teaching and parenting not to mention her devotion to Christ, which led her to pursue a master's in Christian counseling at PSI. She is survived by her parents, husband, Don, a daughter and three sons, one of whom – Donnie – is a PSI student.

The **Class of 2005** has established the **PSI Alumni Scholarship Fund**. Before graduation in May, this generous group raised more than \$1,000 as a gift to those who will follow in their footsteps. Gifts from fellow alumni have increased the fund to more than \$14,000. Once \$25,000 has been raised, PSI can use the interest earned on the fund to begin making an annual award. Of course, the more money raised for the fund, the larger the award and/or the more awards that can be made to current students on an annual basis.



Kudos again to the **Class of 2005** for ranking in the 86th percentile on the National Counselor Examination (NCE), the assessment used to determine eligibility for professional licensure. These PSI graduates scored above the national average in each of the exam's 13 content areas. PSI students complete substantial theological, Biblical, and spiritual formation training in addition to clinical training. Our NCE scores demonstrate that PSI ranks among the top programs in the nation in training competent counselors.

PSI has opened three new counseling centers in partnerships with churches in the metropolitan Atlanta area. The Hope Counseling Center at **Eastridge Community Church** in Covington and the Hope Counseling Center at **Mountain West Church of God** in Stone Mountain are open on Mondays. The Hope Counseling Center at **Snellville United Methodist Church** in Snellville is open on Thursdays. These centers are staffed by PSI interns in their second year of master's-level training under the supervision of PSI faculty or other licensed mental health professionals. For more information, or to schedule an appointment, please call 404-266-0595, ext. 5.

Dr. Casey Tiggelman will begin leading a Christian 12-step recovery program for men at the **CBI Counseling Center** in Chattanooga. The CBI Counseling Center is the largest center in PSI's network of Hope Counseling Centers, which provides a clinical training ground for students while serving local communities. For more information or to schedule an appointment, please call 423-756-2894.

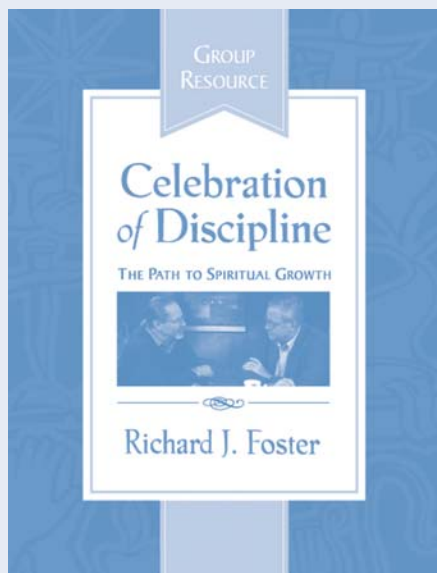
PSI has added a new course to the leadership and coaching track. **Corporate Coaching and Organizational Development** will be offered for the first time this fall and will be taught by Dr. Lynne Harris and Jonathan Golden, M.S., a PSI alumnus ('90) who works as a business and career coach. Students will gain an understanding of organizational dynamics and the theology of work while developing their coaching skills and a coaching architecture for use in the workplace.



PSI is pleased to welcome Jan Silvius to our board of trustees. Jan

comes to us with years of experience as a counselor, Bible teacher, speaker and author. Her passion is helping others understand relationships and be freed from the ruts of life. We're thrilled that Jan has agreed to serve as one of our governors, helping us promote our mission and services.

PSI has added a **thesis option**, which will give a select number of students the opportunity to conduct a structured research project and work with a faculty mentor. Completion of a master's-level thesis often is considered an advantage for those who wish to continue their education in a doctoral program. Information about the thesis option, along with in-depth descriptions of our three master's-level programs, is available in the newly published **2005-2007 Graduate Catalog**. The catalog contains updated descriptions of all of PSI's programs and policies in a new, user-friendly format. The catalog is available online at www.psy.edu or by request from the Admissions Office.



PSI develops materials to enhance psychological care and spiritual formation. Known as the **Curriculum of Christlikeness**, these video series with accompanying teaching materials make excellent resources for Sunday school classes or small groups. The latest installment, **Celebration of Discipline**, is based on Richard J. Foster's most acclaimed book of the same title. It explores what it means to celebrate the Christian disciplines and brings them to life through practical exercises. It also features conversations among such experts as Foster, Dallas Willard, Margaret Campbell and Glandion Carney and includes the inspirational music of George Skramstad and Jim Stewart. To purchase this series or the other two, **God Views** and **Renovation of the Heart**, please visit the Services section of our Web site at www.psy.edu, under Spiritual Formation & Small Group Resources.

PSI Grows More Roots In The Holy Land

Emily Sherwinter Brenner, who expects to complete her master's degree in professional counseling in December, spent time in Israel this past spring planting 50 trees as a tribute to PSI students, faculty and staff. "Trees are living monuments, the companions of man," Emily says. "I couldn't think of a better way to honor my classmates and teachers than by planting the PSI Scholars Garden in the Holy Land."

Tree planting is a Jewish custom, one observed at the birth of a baby or student's graduation, for example. It's also part of a larger initiative that's helping the nation of Israel "make peace on the ground." Neighbors in towns on the Israeli border who work together to forest the desert and protect the environment get along, Emily explains. Their love and respect for the land around them fosters peace.

The same can be said for Emily and her classmates at PSI, which is why her gesture of planting a forest for PSI in Israel is so touching. Emily's faith position may be different, but she shares a love for God and the belief that He is key to the emotional healing process. She knows this from experience.

In 1996, Emily faced what she calls a "life crash," which caused her to question everything, including her religious assumptions. Interestingly, she decided to move back to Israel, having spent part of her childhood and some of her college years there. "I needed some angry, alone time with God," she says.

Her yearning for answers eventually led her to begin studying the Torah, what Christians know as the first five books of the Bible. She returned to Atlanta in 1998, but still had questions and continued to suffer with bouts of depression even with medication. Through a friend, Emily learned about a Jewish school for spiritual direction located in California. She began taking classes and noticed some changes start to take place. She was able to reduce her medications, prompting her psychiatrist to ask what she was doing differently.

Her answer: deep spiritual practice including meditation, prayer and Mussar, the regular study of Old Testament Scriptures related to Godly traits, and community – studying with others committed to spirituality. "As I grew spiritually, my psychological issues were alleviated," Emily says. "There was a connection, so I wanted to learn more about spirituality and psychology and how they interact."

She began rabbinical studies while also shopping for a master's program in counseling psychology. It was Emily's sister, who also was considering graduate programs in psychology, who ran across PSI in the phone book while she and Emily were comparing

notes one evening. "I called the next day to get some information and was excited to learn that PSI offered a psychological studies program in which spirituality was integrated," Emily explains.

She began classes at PSI in the fall of 2003. Emily would like to continue with further graduate studies in psychology – perhaps at PSI once a Ph.D. program is in place. She'd like to research the effects of spirituality on personality. "It's my belief that our personalities are informed first by our spiritual system," Emily notes. "You can't easily determine someone's psychological profile without examining their spiritual



life. Optimum emotional health and positive personality change depend on transcendental experience. No psychotherapy is complete without therapeutic spiritual direction."

What else has Emily learned at PSI?

"The biggest lesson I've learned at PSI is that you have to separate the cognitive construct of religion from the experiential phenomenon of spirituality – God can't be boxed in with doctrine," Emily says. She also talks about the benefits of studying with people who have different views. "I think I've helped my Christian classmates better understand the culture from which Christ emerged, and they've helped me be a better Jew by understanding His teachings. PSI is a holy place. That's the best word I can use to describe my experience here."

Donations to PSI enable us to fund our graduate education programs and counseling services in Atlanta and Chattanooga. Please consider a gift to PSI so we can continue training remarkable students and difference-makers like Emily Brenner. You'd be making a difference too – not only in the lives of our students but also the clients they will help throughout the course of their careers.



'86 Cynthia Spell Humbert is a counselor, national speaker, author and church leader. She says she knew at age 15 that counseling was her calling. God had drawn her to it, using the valleys

of codependency and depression in her life to develop in her a tender heart toward others.

Cynthia completed a bachelor's degree in psychology from Mississippi State in only three years, then enrolled in the counseling psychology master's program at Georgia State, earning a certificate in Christian counseling from PSI concurrently (as many of our alumni did until PSI offered its own master's programs). At the time, Christian counseling was a new concept, so few training programs existed.

Cynthia only learned of PSI because one of the counselors at Lake Forest Ranch, a camp in Mississippi she attended as a child and later worked for during high school and college, was said to have graduated from PSI. "Rick Shurtz probably doesn't know who I am, but he's responsible for me knowing about PSI," Cynthia says. (Thank you, Rick! And if you're reading this, please let us know what you're doing now.)

After completing the program, Cynthia moved to Dallas, where she worked as a therapist at the Minirth-Meier Clinic for seven years, specializing in incest recovery work and serving as a frequent guest speaker on its national radio

program. She now lives in Austin, Texas, with her husband, David, and their three children: Elisabeth, 12, Christian, 9, and Mary Camille, 4.

Cynthia's work now involves women's retreats, marriage conferences and writing about the issues with which women struggle. Her newest book, *Deceived by Shame, Desired by God*, published by NavPress, examines shame as a toxic emotion that deceives women into believing they are irreparably damaged. "Most of the psychological problems we all face are based on lies and distortions," Cynthia explains. "The greatest distance is between our heads and our hearts. The only thing that can bridge that distance is the truth of Christ's forgiveness and unconditional love for us."

Her next book is called *Insecurities "R" Us*, and it deals with overcoming insecurities by developing the humility and servant attitude of Christ, rather than the self-love approach that's popular in secular psychology. It is scheduled to be released by Harvest House in July 2006.

Cynthia's advice to those who would like to pursue a career in Christian counseling is to develop a high level of self-awareness by working through their own personal issues and traumas. "Only having experienced Christ's healing power for yourself will you be able to foster healing in others," Cynthia says.



'83 Marta McKay is the two-time recipient of the Michael Lambert Award, presented by PacifiCare Behavioral Health to psychotherapists who have

demonstrated clinical excellence and superior treatment outcomes. Marta started Colorado Behavioral Care, L.L.C., a multi-disciplinary practice in Colorado Springs, Colo., in 1999. She and her husband, Gordon, have a daughter, Cody, who is a high school sophomore.



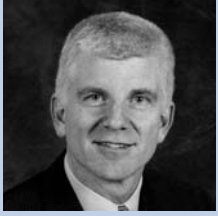
'04 Rod Peters is a licensed realtor with Keller Williams Realty in Atlanta. He also is a part-time counselor at Ridgeview Institute and a ministry leader for Living

Waters, a ministry of hope and healing for those suffering from broken relationships.

'05 Jill Rainwater and Gigi Bell spent the summer directing Christian growth groups for women at Chastain Horse Park in Atlanta. Both experienced riders, Gigi and Jill jumped at the chance to incorporate equine facilitated experiential learning into their counseling ministries because animals help to create a therapeutic environment. The groups included structured interaction with horses and group discussions regarding self-worth, body image, work, relationships, family and overall health. Gigi and Jill will continue the women's group this fall, and Jill also will lead a group for children. For more information, please call 404-625-0596.



2005 Alumni Reunion



This year's alumni reunion is Friday, Oct. 28, at the Cobb Galleria Centre in Atlanta. The reception begins at 4:30 p.m., followed by the continuing education (CE) workshop from 6 to 9 p.m. Dr. Mark McMinn will discuss relational

cognitive therapy. Dr. McMinn is the Rech Professor of Psychology at Wheaton College where he also initiated and directs the Center for Church-Psychology Collaboration. His latest book, *Finding Our Way Home*, explores the universal yearning for a spiritual center, a deeper relationship with God, and peace in our lives. The workshop has been approved for three CE hours by the Georgia Psychological Association, the Licensed Professional Counselors Association of Georgia, and the Georgia Association for Marriage and Family Therapy. For more information, please visit the Alumni & Friends section of our Web site, or e-mail btharpe@psy.edu.

New Alumni Association Members

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If you'd like to join the PSI Alumni Association or renew your membership, please complete the appropriate form under the Alumni & Friends section of our Web site. New gifts provide general operating support for PSI and are tax deductible.

Preview Day

Is God calling you to be a difference-maker?

PSI will host Preview Days in Chattanooga on

Nov. 5 and in Atlanta on **Nov. 12**. These events

introduce prospective students to PSI's graduate education programs in professional counseling

and marriage and family therapy. Attendees also

have the opportunity to meet the faculty and

staff and ask questions as they consider a career

in Christian counseling. If you or someone you

know would like to attend one of these Preview

Days, please contact the Admissions Office at

888-924-6774, ext. 105.

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 A higher purpose.*

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GOOD CONVERSATION



**An annual subscription to
Conversations is \$15.
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purchased for \$10 each.**

The cover art of the Fall 2005 issue of *Conversations* features Duccio di Buoninsegna's *Washing of the Feet*. It subtly portrays two responses to Jesus' offer of intimacy and union. Without a closer look, we may easily miss the one who refuses, Judas. Our feet also need washing because sometimes they carry us along paths that take us far from God.

Contributors such as Mark McMinn and Robert Barron explore "Obstacles to Union: A Relational Understanding of Sin" in this issue. It is for anyone prepared to admit the existence of a gap between spiritual experience and religious rhetoric and who longs to know more deeply the reality that stands behind the theology.



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Connecting is a publication of the Psychological Studies Institute (PSI), which merged with the Chattanooga Bible Institute in 2000. PSI's mission is to provide graduate counselor education, integrating applied psychology and practical theology to make Christian counseling a servant of the Church for Christ-centered transformation. PSI is accredited by the Southern Association of Colleges and Schools to award master's degrees in professional counseling and marriage and family therapy. Our campuses are located in Atlanta, Ga., and Chattanooga, Tenn.

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