



MAY 2016

Ascension Counseling Center

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SAFE VS. UNSAFE PEOPLE

Have you ever found yourself on the phone with someone when you were trying to end the call and they just kept talking about themselves. No matter how many times you say you have to go and how important your other obligation is, they continue as though they have all the time in the world. Finally, when you tell them you are hanging up, they get angry. Henry Cloud and John Townsend wrote a book called “Safe People: How to find relationships that are good for you and avoid those that aren’t”. The situation above is one example of an unsafe person—ignoring your needs and getting angry when you assert them.

Unsafe people make us feel tired, guilty, selfish. Some people in your world may immediately come to mind. But often times our unsafe people are hidden from our awareness. Below is a list of what makes an unsafe and a safe person. Take an honest look at your relationships and see if you can tell in which category each one belongs.

UNSAFE PEOPLE

Abandon you when you need them, are critical, and irresponsible. They won’t admit their weaknesses and are defensive instead of open to feedback. They are self-righteous instead of humble and only apologize for their bad behavior without changing their behavior. They avoid working on their problems instead of dealing with them and demand trust instead of earning it. They blame others instead of taking responsibility and lie instead of telling the truth.

SAFE PEOPLE

A safe relationship, on the other hand, draws us closer to others and helps us become the real person we were created to be. They accept you as you are and love you no matter what you do. They create love and good works and give you an opportunity to grow. You can be yourself around safe people because they allow you to be on the outside who you are on the inside. They help you to be the best you can be and when they touch your life they leave you better for it. They

*Wherever there is a human in need,
there is an opportunity to make a
difference.*

~ Kevin Heath

like to just dwell with you, connecting with unconditional acceptance, and being honest with you.

DO YOU ATTRACT UNSAFE PEOPLE?

Use the following questions to help determine if you have a “safety deficit” in your relationships:

1. Do you tend to be the “giver” in relationships, rather than having a mutual give and take?
2. Do you find that people approach you when they want something from you, and less to simply spend time with you?
3. Is it difficult for you to open up about your real feelings and problems?
4. Is it hard for you to see other people as a source of emotional and spiritual support?
5. Do you prefer to be alone to deal with your problems?
6. Have you become aware of a pattern in which things are okay when you’re not disclosing yourself, but that people withdraw from you when you are honest about yourself?
7. Do you feel that God is the only person who really knows and loves all of you?
8. Do you find yourself choosing people who invariably let you down over time?
9. Are intimate, vulnerable, two-way conversations with others more of a rarity than a regular event?
10. Do you find most of your personal connections revolving more around activities than relationships?

You may need to actively change how you interact with others. If people in your life don’t accept the healthy changes, look for people who will. Most of us can’t leave the relationships we currently have, but we can add more people who can strengthen us every time we interact rather than draining us. One place to begin is with people who you are not in a relationship with but who refuse to take no when they need something for the church, school, work or neighborhood. Learning to say “No” is a skill. Saying, “Thank you for thinking about me but I’m not available at this time.” is all you need to say. You don’t need to explain or make excuses. Repeat the above phrase as often as needed until the one doing the asking gets the message. It doesn’t mean you’ll say no next time, but it does mean that your priorities are more important to you than other people’s priorities are. Realize that their priorities are more important to them than yours are and let them solve their own problem.

TO READ MORE

“Safe People: How to Find Relationships That Are Good For You And Avoid Those That Aren’t”, Cloud & Townsend.

NEWS, TRAINING & OUTREACH

NATIONAL NURSES WEEK

May 6–12th is National Nurses Week. We want to thank our two nurses:

- **Lisa Lopez, LPN** : Lisa works closely with Dr. Barnes and helps counsel patients on medications and appointments. She also makes sure our staff has its annual TB tests, required of health care workers. She is also a Red Cross Certified CPR instructor and keeps our CPR certifications up-to-date. Thank you, Lisa, for everything you do, especially your care and commitment to our patients.
- **Gina Melancon, RN**: Gina is a Certified Medicaid Representative and assists individuals who apply for Medicaid. She is also a Community Health Nurse who finds resources for people, whether it be abuse, addiction, dental, food, and more. Thank you, Gina, for sharing your knowledge with the community.

TRAINING

Lisa Weber-Curry, Ryan Schuette, Carolina Hernandez, Courtney Brehm, Stacy House, and Tatiyana Brown attended a workshop on diagnosis of mental disorders found in the DSM-5.

ASCENSION COUNSELING CENTER BEGINS PROGRAM ON KKAY RADIO, 1590 AM

Listen to our program every Tuesday from 10–10:30 AM on KKAY Radio 1590 AM. You will find resources for abuse, addiction, dental, food, shelters, insurance, lab work, legal, material aid, health services, prescription assistance, mental health, utilities, and more. We will have guests from various programs and services on each week and listeners can call in.

SERVICES WE OFFER

COUNSELING

We offer outpatient mental health counseling for children, adolescents, adults, couples, and families in a comfortable setting with licensed professional counselors. Individuals come to us with a variety of issues of daily living, including academic failure, academic conduct problems, difficulty completing homework, difficulty falling or staying asleep, depression, anxiety, failure to perform up to potential at work, substance use, divorce, relationship conflict, poor communication skills, and more. To see if we can help you or someone you love, contact Dawn at 450-1158.

www.AscensionParish.Net/MH

**ASCENSION COUNSELING
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**HELPING INDIVIDUALS AND
FAMILIES CHANGE BEHAVIORS AND
CHANGE LIVES.**

Ascension Counseling Center provides comprehensive therapeutic services to individuals and families in an effort to foster healthy coping skills that will improve their quality of life.

HOURS

Gonzales:

Business Hours

Mon - Thur: 8 am - 5:30 pm; Fri: 8 am - noon

Counseling Hours

Mon - Thur: 7 am - 8 pm; Fri: 8 am - noon

Psychiatrist Hours

Monday and Tuesday: 8 am - 6 pm

MONTHLY EVENTS

Mondays:

- ***Adult Substance Abuse Treatment group***, 10– 12 pm & 6 - 8 pm, Gonzales.
- ***Adolescent Substance Abuse Treatment group***, 4 - 6 pm, Gonzales.

Tuesdays:

- ***Nurturing Parenting, adult & children groups***: 5 - 7:30 pm, Gonzales.
- ***Anger Management Class***, 4 - 5 pm, Gonzales.
- ***Stop Smoking Group***, 4 - 6 pm, Gonzales
- ***Adult Substance Abuse Treatment group***, 6 - 8 pm, Gonzales.

Wednesdays:

- ***Adult Substance Abuse Treatment group***: 1 pm, Donaldsonville.
- ***Adolescent Substance Abuse Treatment group***, 3 - 4 pm, Donaldsonville.
- ***Adult Substance Abuse Treatment group***: 10 - 12 pm & 6 - 8 pm, Gonzales.
- ***Living Strong Cancer Survivors group***, 3 - 4 pm, Donaldsonville. 2nd Wed of each month.
- ***Grandparents Raising Grandchildren***, 10:30 am - noon, lunch provided, Donaldsonville, 3rd Wed of each month

Thursdays:

- ***Adult Substance Abuse Treatment group***: 6 - 8 pm, Gonzales.
- ***Adolescent Substance Abuse Treatment group***, 4 - 6 pm, Gonzales.
- ***Anxiety Reduction group***: 4 - 5 pm, Gonzales.



At Ascension Counseling Center you are at the center of your own care. We aim to treat you the way you want to be treated, with dignity and respect. If you are not receiving the services you want in the way that you want them, please speak to your counselor or ask to speak with Lisa Weber-Curry, Clinical manager (225-450-1172) or Suzanne Hamilton, Director (225-450-1160).