

A Place of Grace & Healing



“He has sent me to *proclaim freedom* for the prisoners and recovery of sight for the blind, to set the oppressed free...”

- JESUS (Luke 4:18)

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You may recall that during the last couple of years we have shared with you how the need for counseling in the Red River Valley has been growing. It has been a burden on our hearts for years as we placed more and more people on waiting lists. Real hurts were going unheard.

But this year is the year! Today is the day! We finally are in a place to bust out of the shell that has been limiting us and grow into a new building. **Will you be the key that helps us open the doors?**

Your generosity
provides a place for
the crucial counseling needs
of the Red River Valley.

From Dan's Desk

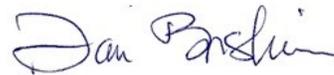
More and more people are reaching for our door. Will you be the key to hope and healing? Learn more at ValleyChristianCounselingCenter.com/Campaign

On behalf of our clients, our counselors, and our staff I want to just give a big thank you! **Over a year and a half ago we started the silent phase of our Proclaiming Freedom capital campaign** and this month we went public and can finally shout it from the rooftops!

So many supporters and friends of Valley have gotten us off to a great start (and even a great middle). Now we are looking for a great finish! We started with what we thought was a lofty \$3 million goal and we were blown away as God provided.

We have currently raised 91% of our goal! But do you want even more exciting news? **A generous supporter of Valley has given a \$50,000 match to help your gift go even further.** We will be reaching out to you in the next month with your opportunity to meet that match!

You can be the key. Be on the lookout for a mailing headed your way that will give you the opportunity to help provide a place of grace and healing to thousands in the Red River Valley!



A special thanks to our capital campaign Steering Committee members:

Larry and June Nygard (Co-Chairs)

Howard and Ann Dahl (Honorary Co-Chairs)

Dan Borsheim (CEO)

Terinne Berg

Jeremiah Christenson

Al Henderson

Paul and Nicole Leverington

Ron and Dawn Robson

Bob Rosenvold

Dick and JoEllen Solberg

Proclaiming Freedom

A campaign for a new Valley Christian Counseling Center.

**You can be the key to help open the doors.
More information coming soon!**

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At Valley it is our desire to provide the opportunity to bring healing to the whole person; a healing that can only happen when we invite Jesus into brokenness.

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DAN BORSHEIM, CEO
Valley Christian Counseling Center

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I think of someone carrying stress, anxiety, financial problems, and life struggles like they are carrying bricks. Maybe they can carry three or five bricks for a time without a problem. However, that eleventh brick is too much, too heavy, and they cannot continue on with this heaviness anymore.

We are excited to have this opportunity to provide a place where families can be released from this heaviness, a place where Christian counselors are readily available.

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LARRY & JUNE NYGARD
Valley Christian Counseling
Center Supporters
and Board Member

“

The urgency for families is if they continue to wait, they may no longer be an intact family anymore.

They really can't wait, but we just don't have the adequate space to best serve these families in need.

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NAOMI ERKENBRACK,
Counselor, LICSW
Valley Christian Counseling Center

3 Tips for Flourishing in Fall

Food. Fun. Festivities. These are the three categories we will be looking at infusing with health this fall. This month, festivities.

The fall season is the gateway to our holiday season. The summer vacations and lounging by the pool are replaced with autumn activities and festivities. As our bellies and our schedules start becoming filled with what the season has to offer, it can sometimes be hard to keep our health a priority. We hope these last three tips for flourishing in the fall help you through your seasonal festivities.

All things pumpkin. Pumpkin can be so healthy for you—not in pie and latte form, but in so many other ways! If you want to start ramping up your immune system with a dose of Vitamin C (and Vitamin A), then pumpkin is a great place to go! And the seeds, called pepitas, may help lower cholesterol. Google some pumpkin recipes today and use the guts of those jack-o-lanterns for something tasty. Need some ideas? Search for Eat + Run blogger Keri Glassman's "Pumpkin, 3 ways" article.

Tricking ourselves out of the treats. Does Halloween candy haunt your dreams? A few pieces never hurt, but moderation is key. So how do we keep our paws off the goodies that we are trying to save for the cute kids at the door? If you can, buy your Halloween candy the day of or as close to it as possible so you are not tempted by your stash. If you have to buy early, put it in a cupboard or a hiding place where you will not see it and hopefully won't be easily tempted.

Hold the stuffing. Now, I am not suggesting skip the stuffing as this is my favorite part of the Thanksgiving meal! But maybe this year you should hold out on stuffing myself full of everything. One tip is to start your Thanksgiving morning with a protein and fiber-packed breakfast. This nutritious start will hopefully help you make decisions on food options and portions throughout the day. Need some ideas to get started? Search for Eat + Run blogger Melinda Johnson's 7 protein-packed breakfast options.

Change Your Mind

Romans 12:2— "Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. (NLT)

When I first started working as a counselor, I noticed something that surprised me. I realized that nearly every person I saw in my office had, at the root of their trouble, a faulty relationship: trouble with a spouse, a child, a parent, a co-worker, a sibling, God, and most often, with themselves.

What I found out is most of us struggle with ourselves because of deep seated negative beliefs we have about ourselves that are often untrue. But they feel very true. And what we believe about ourselves greatly impacts our relationships.

CORE BELIEFS

Firm beliefs we have about ourselves are called

core beliefs and are strong enough to feel like they are part of our DNA, but they aren't. Core beliefs can be positive or negative. Positive core beliefs usually don't cause much trouble, but negative core beliefs often cause feelings of shame that can blind side us without notice, causing devastating, downward, emotional spirals.

ORIGINS

Core beliefs almost always originate in childhood. Core beliefs develop when children observe how the significant adults in their lives treat them and then attempt to interpret what that behavior means about them. *Continued on back . . .*

Science has proven the dogged practicing of new self-talk actually lays down new pathways in the brain enabling you to change the way you think.

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The brains of young children aren't mature enough to take into consideration that this behavior might not be about them. For example, a child isn't savvy enough at a young age to think, "Mom is probably yelling at me because she had a bad day at work," or "Dad is ignoring me and irritable because he is depressed."

A child will assume the behavior is about them and will think something like, "There must be something wrong with me." If this happens often enough without amends, a seed of self doubt is planted in the mind of the child and, with reinforcement, becomes a core belief over time. A negative core belief is also called a "shame belief." Shame is the feeling of being exposed in a painfully diminished way.

COMMON SHAME BELIEFS

There are as many shame beliefs as there are people. According to Ron and Patricia Potter-Efron in their book, *Letting Go of Shame*, these are most common: "I am not good enough." "I am unlovable." "I am worthless." "I don't belong." "I am a failure." "I am not smart."

Most of us expend a great deal of energy trying to conceal these beliefs, whether we are aware of it or not. The benefit of knowing what core beliefs lurk beneath the surface in your mind is being able to examine them and test them for truth. I have not yet come across a person whose core beliefs were not proven wrong when they were critically tested.

It's not that we are perfect, of course, and if there are things we want to change about ourselves, we have the power to do that. But shame beliefs tend to paralyze and hold us back from even imagining we are not who we think we are. It's not hard to see how core beliefs could influence decisions in life, such as who we date and marry, if and where we go to college, what jobs we apply for, and how we allow others to treat us, to name a few.

CHANGE YOUR MIND

The anecdote to shame beliefs is true and positive thoughts and self-talk. Consider these shifts in thinking in reference to the above shame beliefs: "I am not good enough" becomes "I am secure and significant" (1 Peter 2:9), or simply, "I am good enough" "I am unlovable" changes to "I am loved with an everlasting love" (Jeremiah 31:3). "I'm worthless" transitions into "I am complete in Christ" (Colossians 2:10). Or, "Jesus, himself died for me." "I don't belong" is transformed into "I am adopted into God's own family through Jesus and this gave God great pleasure" (Ephesians 1:5-6). "I am a failure" morphs into "I am competent through God's work in me" (2 Corinthians 3:5-6). "I am not smart" is redefined as "I am a person with God-given aptitudes and gifts" (Romans 12:6-8).

Retraining our brains to think new and positive thoughts is not an overnight process. It requires commitment to repetitive and intentional practicing of new messages. There is great hope of success, however, because our brains have a property called "neuroplasticity" which means that the brain has the ability to reorganize itself by forming new connections throughout life. Science has proven the dogged practicing of new self-talk actually lays down new pathways in the brain enabling you to change the way you think. How amazing is that? (*The Brain the Changes Itself* by Norman Doidge, MD)

THE GOD WHO HEALS US

Psalms 139:14 says, "I will praise you, for I am fearfully and wonderfully made" and 2 Peter 1:3 assures us, "By His divine power, God has given us everything we need for living a godly life." God's design of neuroplasticity is just one piece of evidence that He is committed to helping us heal the wounds inflicted in this life. Let God transform you by changing the way you think.

- Lisa Askew, *Counselor*

