

we help people become more fully alive

Join us for this Virtual Run/Walk Challenge!

September is Suicide Prevention Month, so as a mental health organization, we want to help raise awareness for this heartbreaking reality. When you register for Shine the Light, you're acting as a beacon for those stuck in the darkness. Since this is a month-long event, we're asking you to commit to running, walking, biking, or just generally being active for one mile each day.

You can help us raise awareness by:

- ~ Registering for the event at runsignup.com/Race/ND/Fargo/ShinetheLight
- ~ Sharing the event on your social media pages
- ~ Posting photos of yourself being active and using #shinethelightvc
- ~ Sharing inspiration you find using #shinethelightvc

One mile each day for 30 days will help end the stigma of mental illness, and in return, shine light on the fact that there are many people who are willing to help, and allow those who need counseling for any issue to seek it out in confidence.



I signed up...
WILL YOU JOIN ME?

**REGISTER AT THE LINK LISTED ABOVE,
THEN INVITE YOUR FRIENDS TO JOIN YOU!**

INSIDE:

The Power of Play

From Dan's Desk:
Six Months

Giving Hearts Day
2021

Thank You!



The Power of Play

an interview with
counselor Katie Wayt

Thanks so much for taking the time to dive into play therapy, Katie!

First off, can you tell us what play therapy is?

As defined by Dr. Gary Landreth, “play therapy is a dynamic, interpersonal relationship between a child and a therapist trained in play therapy procedures who provides selected play materials and facilitates the development of a safe relationship for the child to fully express and explore self (feelings, thoughts, experiences, and behaviors) through play, the child’s natural medium of communication, for optimal growth and development.”

Play therapy allows children to make sense of their world through the use of play. The play room toys are carefully selected and become their words while the play is their language. The play therapist’s role is to come alongside the child and help them work through issues by reflecting content and feeling, giving encouragement, providing boundaries, and returning responsibility to the child.

Who would benefit from play therapy?

Generally, children ages 3-11 would benefit from play therapy. This age group relies on concrete thinking to explore the world and their experiences in it. Play provides tangible objects (toys) for them to manipulate which is so important at this stage in development. Around age 11, children begin developing abstract thinking and are better able to process through dialogue. Play therapy has proven to be helpful for a myriad of presenting issues in children and families including: anxiety, attachment, depression, parent-child conflict, and trauma. There is even a 10-session intervention used for parent-child relationship issues where parents are trained by the play therapist to use the basic play therapy skills with their children at home.

What peaked your interest in play therapy?

When thinking about career, I knew I wanted to do something where I was able to work with kids. I think their God-given resiliency and playful strategies to work through struggles is amazing! So when I decided to pursue my master’s degree in counseling, I needed to learn the best ways to provide intervention for children, especially young children. Play therapy provides a path to helping children that meets them where they are - through play and with purpose.

Are there any misconceptions about play therapy you’d like to clear up?

That it’s “just” play. But, if you watch kids play and look for meaning, it’s there! Just as adults often talk through things to help make sense of what’s going on, kids will play through things and meet that same desire for better understanding and more control of the world around them.

What is the biggest joy for you as a counselor?

I love watching a child use play to the fullest and find freedom from their current struggles. It is also such a joy witnessing the parent-child relationship strengthen through the use of play.

If you think play therapy would benefit your child, please call us at 701.232.6224 to schedule an appointment with Katie!



What a Difference Six Months Can Bring

What a difference six months has made in the fabric of our lives. Who would have thought back before March that our lives would change so drastically? We now keep sanitizer in our offices and cars. We wear masks when shopping and just about everywhere else. We practice six feet social distancing (a new term we are quite used to by now). We no longer shake hands. I recently watched an older movie and when I saw the characters shaking hands, I cringed and thought, "oh my, they are shaking hands!" We wonder, will life ever be the same again?

I can also say, "what a difference one year can make!" Just a year ago, we were moving into a beautiful new building. It was so different then and now it seems so normal to our lives. We now have so much more room. We have been able to accommodate all of our counselors with their own offices AND have been able to bring on new counselors.

I can say our expanded space was just in time! This pandemic has brought more people in for the services we offer. Multiple psychological studies have been done that raise concern about the impact of Covid-19 on mental health. I believe we can expect much more to come. Already in these months of 2020, we have seen 965 more appointments than this time a year ago. I believe God has called us and provided for "such a time as this."

Thanks go to so many of you who gave to our capital campaign to provide us the ability to expand our services at this time. Also, many others have partnered with us to provide financial support. Without your support and prayers, we could not be here for the people who need us! I need you to know, your prayers and support are needed now more than ever. Please consider a generous gift today! It's not about money - it's about people.



Sincerely,

DAN BORSHEIM, CEO

A generous person will prosper; whoever refreshes others will be refreshed.

PROVERBS 11:25

YOUR PARTNERSHIP MEANS SO MUCH TO US AND TO THE CLIENTS WE SERVE. WITH OFFICES IN FIVE COMMUNITIES, OUR REACH IS GREATER THAN EVER. THANK YOU!