

# Roanoke Park Counseling

formerly Shepherd's Counseling Services

## The Resilience of the Human Spirit

### HEALING WITHOUT INTERRUPTION

We understand that in this difficult time, our clients need support more than ever – and we are here for them! In March, as it became clear that it was not safe to hold sessions in person, all of our therapists quickly transitioned to providing individual virtual sessions. While we truly miss the connection of meeting in person, we are grateful for the flexibility to see our clients each week in a virtual space.

Although it has been a bit more challenging, we are happy to report that we have been able to resume group sessions and begin new groups. Our groups offer survivors and their partners such a valuable space to connect and heal. We are grateful for the flexibility of the staff and our clients in allowing groups to continue during this time when they are so needed.

Most of all, we are so incredibly grateful to be able to do what we value so much – guiding survivors on their journey to healing! Please know that we are also dedicated to the safety of all of our staff and clients and will only resume in person meetings as it is safe to do so.



### A Message from the Executive Director

At a time when many of us are feeling worn out and weary from the ongoing strain of living through a global pandemic, our annual Finding Hope, Inspiring Healing Luncheon on October 7 brought a bright and timely reminder of the resilience of the human spirit.

Each year we hear survivors tell of their courageous journey from the life-altering fracture of being sexually abused as a child to finding a hopeful and fulfilling life. Although it is not easy or comfortable to hear the stories, the strength and resilience of these brave survivors shines through as a beacon of hope for us all. I do know from sitting with survivors over

the years as they travel their path through the pain to find a place of healing, the journey can feel impossibly long and difficult. At any point along the way, survivors rarely feel courageous or strong and although these brave individuals may

*Perhaps there is a lesson for all of us in these strange and difficult times. When it seems least likely to be there, our strength and resilience are beneath it all and will be there to guide us on our way.*

not feel particularly courageous or resilient, without any doubt, they are.

Imagine, then, the courage that is needed for a survivor to take that first step to ask for help, not knowing that

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they have the strength and stamina to begin a journey to healing. And although it is the beginning of a long and often difficult journey, survivors discover that it is tolerable as they find out that they are no longer alone – that they have a trustworthy, caring, and knowledgeable companion on their journey. Over time survivors come to realize that this is a path well worn by the innumerable survivors who have walked this path at Roanoke Park Counseling before them for over 30 years.

Those of us who are fortunate enough to witness the stirring of survivors' vitality and resilience on their path to healing know what may be invisible to others. We know with certainty that the strength, courage, and resilience that eventually emerge have been there all along.

This is the strength that allows a child to continue on, despite the deepest and most intimate betrayal. This is the fortitude that allows a young adult to push forward until the time comes to reach out for help. And then, within the safety of the rooms of Roanoke Park Counseling and with the guidance of their caring therapist, survivors come to find the hopeful beginning of the resilience that has been waiting to emerge.

Perhaps there is something for all of us to learn from the journey of survivors and a lesson for all of us in these strange and difficult times. That in the times of struggle and uncertainty, when it seems least likely to be there, our strength and resilience are beneath it all and will be there to guide us on our way. What a gift these courageous survivors who share their stories give to us all – a living reminder of the strength and resilience of the human spirit!

- Janice Palm, MA, LMHC,  
Executive Director

***“Deep down in the human spirit, there is a reservoir of courage. It is always available, always waiting to be discovered.”***

~ Pema Chödrön

## Take Good Care

Perhaps there has never been a time when caring for ourselves has been more important. We invite you to take a few minutes to ponder the following suggestions and maybe add a few of your own to maintain balance in this unbalanced and uncertain time.

### ● Remember That It's Okay to Not Be Okay

This is a time when most of our energy is spent on coping, not flourishing. Disruption is to be expected. It is wise to adjust your expectations to the reality of your ability in the present moment.

### ● Nature is Healing

Despite the weather, spend time outdoors. Nature is an incredible mood regulator and it's good to be reminded of the constancy of the seasons.

### ● Reach Out and Connect

If we have learned anything in the past 8 months it's that we need each other! Practice physical distancing without being distant socially.

### ● Take Breaks from Media and Screens

The world will go on without you for a bit. Allow yourself to be nurtured by stillness and silence from time to time.

### ● Breathe

Make a practice of breathing mindfully each day. There is likely nothing better you can do for your body, mind and spirit.

### ● Seek Out Professional Help

If the struggle to cope begins to be too much, reach out for professional help.

### ● Remember You're Not Alone

This is a challenging time for us all. We will get through this time and perhaps find that we are stronger than we knew.

## CONNECT WITH US!



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## MEET OUR CLINICAL COORDINATOR

Amanda Franklin, M.E.d, LMHC, joined Roanoke Park Counseling in March of 2020. She provides information and conducts intakes for survivors and their partners seeking services at our agency and supervises the clinical staff.

Amanda is honored to be the first contact for potential clients, and strives to make the intake interview as warm, safe, and non-threatening as it can be. She knows that every time a survivor tells their story it can be painful, and every time the story is heard by someone who offers compassion and support it can be a step towards healing.



Amanda Franklin

Her past experience includes working at a community mental health center, teaching graduate counseling courses at Antioch University for over 20 years and working in private practice. In addition to her role as clinical coordinator at RPC, Amanda currently volunteers as a CASA (guardian ad litem) and a psychological evaluator for asylum seekers.

She has worked with sexually abused individuals for her entire therapy career. She began her private practice in 1987 in a therapeutic foster care program, including very low-fee clients from Harborview's pro-bono network. In her teaching role, Amanda has supervised countless student interns whose entire caseloads were touched by sexual trauma.

"This role allows me to stay active in two areas of expertise and passion; treating adult survivors of childhood sexual abuse and supervising and supporting therapists," says Amanda.

We are delighted to have Amanda as a valuable member of our staff! Welcome Amanda!

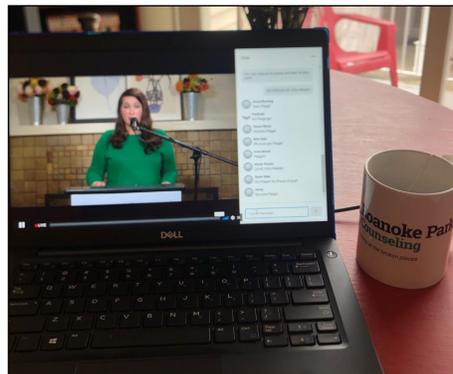
Contact Amanda at 206-323-7131 or [amanda@roanokeparkcounseling.org](mailto:amanda@roanokeparkcounseling.org).

## Your support helped make our Fifth Annual Fall Luncheon a huge success!

During this time of necessary social distancing, we transitioned our Annual Fall Luncheon to a virtual event. While we missed seeing everyone in person, our virtual luncheon allowed us the wonderful opportunity to safely connect and experience the powerful and inspirational stories of survivors of childhood sexual abuse as they spoke of their experience of healing.

The Fifth Annual Fall Luncheon: Finding Hope, Inspiring Healing took place on Wednesday, October 7 at Roanoke Park Counseling's offices in Seattle and was streamed live to over 100 participants. We were delighted to be able to connect with friends and supporters from all over the country and beyond to share our mission and provide stories of hope healing.

Thank you our generous sponsors: PCVA Law, Molina Healthcare, Lighthouse Roasters, and to all who



Luncheon registrants enjoyed a gift of coffee, chocolate, and an RPC mug.



Natasha Ryan emcees the virtual luncheon.

made the event such a success! Because of YOU, we raised **more than \$35,000** for survivors of childhood sexual abuse to find a new chance at life. **On behalf of every person who finds the courage to reach out to us for help and the healing they so deserve, our deepest thank you!**

Our sincere thanks to our survivor speaker, Ksenia Anske; our keynote speaker, CNN news reporter Nadia Romero; and all of our courageous survivor board members and friends whose heartfelt stories of healing inspired all who attended our virtual luncheon.

Most importantly, **thank YOU** for making healing possible!

**P.S. Did you miss the event? You can watch the recording of our luncheon on our website at [www.roanokeparkcounseling.org](http://www.roanokeparkcounseling.org)**

## SAVE THE DATE: FALL PROFESSIONAL EVENT

Thursday, December 3, 2020 at 7pm

**Beyond ACEs: How Racism Impacts Those We Serve**

Presenter: Roy Fisher, MA, LMFT

Details and registration at [www.roanokeparkcounseling.org](http://www.roanokeparkcounseling.org)



*With over 10 years of experience in various roles as a clinician, consultant, speaker, supervisor and teacher, Roy has seen the positive impact of engaging others in thoughtful dialogue about how their cultural values affect the relationship they have with others.*



# Roanoke Park Counseling

*formerly Shepherd's Counseling Services*

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## Mark Your Calendar for **GIVINGTUESDAY** on December 1!

Roanoke Park Counseling is proud to participate in **#GivingTuesday** on Tuesday, December 1, 2020. This global day of giving invites individuals to celebrate the holiday season by giving back and creating change in their communities.



Your support on **#GivingTuesday** - and every day - fulfills our mission of providing counseling services for adult survivors of childhood sexual abuse, regardless of their financial need, and helping them to find their path to peace in the year ahead and on their journey to a hopeful and fulfilling life. Find more details at [www.roanokeparkcounseling.org](http://www.roanokeparkcounseling.org)

**P.S. Did you know you can support RPC's mission while you shop at your favorite stores?**

### **Fred Meyer Rewards**

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