



Roanoke Park Counseling

2024 Fall
Newsletter



Healing
Begins With
You!

A Message from the Executive Director:

You are a Part of Healing

I want to let you know that taking the time to read this newsletter matters! You may not realize that by opening your mind and your heart to the reality of the pain and the impact of sexual abuse, you are now participants in healing. You are a part of easing the suffering of adults who have carried the secret of sexual abuse since childhood.

As human beings, we know the importance of validating our fellow human beings' suffering. If you think of recent tragic events, we see that there is often a heartfelt outpouring of support and care. It just seems to be instinctive to reach out and offer concern — letting others know that what happened to them matters.

*This is what it means to be human
— to let those who are hurting*

know that their suffering matters to you and perhaps most importantly, that they are not alone. And this support does help — it does help heal the pain.

If it's true that human beings are connected, that we really all are bound together in ways we may not realize — that the suffering of any of us affects us all — what does that mean for you and me and all of us together?

One thing I believe it means is that we all share the responsibility to become informed, to become aware of the reality and the prevalence of CSA and the harm it does to our fellow human beings. By reading this message, that's just what you are doing — you are allowing yourself to be aware of a very hard and painful reality that happens to far too many people, and you are opening up your heart to acknowledge that suffering.

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Welcome to our Newest Therapist, Nitara Dandapani, LICSW

Nitara joined the clinical staff of RPC in April of 2024. Her approach draws from cognitive behavioral therapy, acceptance and commitment therapy, dialectical behavior therapy, and internal family systems. She prioritizes self-compassion as a key element of processing and healing from trauma.



Nitara Dandapani, LMHC

What is important and meaningful to you about working at RPC?

The dedication and commitment of the RPC professional community is so clear. It's been a wonderful opportunity to deepen my own knowledge and skill set as a practitioner, and I am very appreciative of the supportive community of colleagues here. I appreciate the freedom as a clinician to utilize my own style and approaches, while also being grounded in the wisdom of others.

It's also always a privilege to witness the healing process for survivors, in the many different waves and stages that this happens.

"I feel like I have discovered more of myself and seen more goodness in myself and have moved closer to self-acceptance."~ RPC Client



Creating Healing Together



Janice Palm,
Executive Director



Dr. Jon Conte, UW
Professor Emeritus



Daryl Redeker performing
at the event

On September 26, RPC celebrated our ninth annual fall event, *Finding Hope, Inspiring Healing*. Through the generosity of our amazing community, more than 125 people joined together to participate in healing, **raising over \$71,000** for adult survivors of childhood sexual abuse.

We extend our thanks to keynote speaker **Dr. Jon Conte** (Professor Emeritus at the University of Washington, former Director of UW's Joshua Center on Child Sexual Abuse), survivor speaker **Johnnie**, and emcee **Natasha Ryan** (Director of Engagement and Communications, Stronger Families) for this memorable and meaningful evening. Their stories of strength, hope, and courage were deeply moving and impactful for all who attended. We also thank **Daryl Redeker** (Composer, Musician, and Instructor) who shared with us his gift for guitar.

Thank YOU for making healing possible! Your support transforms the lives of every person who finds the courage to reach out to us for the help and healing they so truly deserve! We hope you all can join us next year! If you weren't able to attend, **you can still support survivors at RoanokeParkCounseling.org/Donate/gift-of-healing/**.

"What I've realized about myself since I started therapy at RPC is that my story is more of a triumph than anything. It's not a tragedy. It's something that I've overcome." ~ Johnnie, survivor speaker, RPC client

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Contact Laura McFarland, Development Director, laura@roanokeparkcounseling.org.

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I also believe that it means that we can all be a part of the healing — we can all be agents of healing for those who have been sexually abused.

What you do — how you open your heart — how you care about children and adults who have been sexually abused — **how you let it matter to you makes a difference.**

Over the years, I am often asked about the difficulty of sitting with adult survivors to hear their painful stories. Without question, it is difficult. But what is also true is that I know that when survivors gather the courage to ask for help and to share their story, the pain begins to ease bit by bit. That is the beginning of healing!

I truly believe that by opening your heart to the suffering of your fellow human beings, you are now a part of the healing!

Thank you for opening your heart to the pain of adult survivors of childhood sexual abuse and for believing in the healing that is possible.

Please know that this kind of healing is available to every survivor who comes to RPC because of your care and your support!

Janice Palm

— Janice Palm, MA, LMHC
Executive Director

*"Whatever affects one directly,
affects all indirectly. I can never
be what I ought to be until you are
what you ought to be. This is the
interrelated structure of reality."
~ Dr. Martin Luther King*

The Healing You Make Possible

Roanoke Park Counseling holds a steadfast belief that within each survivor, there is both the deep desire and the strength to find healing.

Through individual counseling, group therapy and family support, RPC helps to mend the deep and painful wounds of childhood sexual abuse.

We welcome each survivor with respect and compassion, and honor each survivor's path to healing.

When sexual abuse in childhood steals the ability for adult survivors to live the healthy and satisfying lives they deserve, RPC helps restore their ability to trust and speak their truth, empowering them to live engaged and fulfilling lives.

In a safe and welcoming environment, survivors gain strength to release their shame, reclaim their lives, and sustain loving relationships. The lingering impact of childhood sexual abuse can cause suffering that spans a lifetime. We respectfully and compassionately

attend to the needs of each individual survivor for as long as it takes them to find safety, healing, and begin to trust themselves.

"Everything is different. In a nutshell, I'm doing things that are good for me that I used to be terrified of and I don't feel hopelessness so much anymore." ~RPC Client

To ensure that everyone who needs us can afford their treatment, we offer counseling services on an income-based sliding scale as well as scholarships — all supported through donations from caring community members.

As part of the community that supports survivors, you restore hope, save lives, and increase societal awareness. You contribute to a healthier and stronger community for us all.

Healing by the Numbers:

Your generosity is a vital part of the healing process. Last year, RPC provided a total of **5,067 hours of therapy services**.

Healing hours included:

- **1,911** hours of individual therapy
- **3,008** hours of group therapy
- **148 hours** of couples counseling

You made this healing possible. Thank you!

Meet RPC's Newest Board Member

Welcome Anne Marie Peterson! She has long been a member of the RPC community, having joined us at fall events for a number of years before joining our Board of Directors in the spring of 2024.



Anne Marie Peterson

A licensed real estate broker, Ms. Peterson is a member of the Association of National Realtors, and is a certified Master Negotiation Specialist. She serves as a volunteer with Friends of Ballard High School.

RPC invites area providers to join us at our Fall Professional Event:

Sexual Healing for Sexual Trauma Survivors

Wednesday, **Nov. 14, 2024, 6:30-9pm**

Location: Roanoke Park Counseling
2601 Broadway E., Seattle, WA 98102

Presented by:
Cindy Rushkin-Gallagher,
LMHC-AASECT,
Certified Sex
Therapist



Cindy Rushkin-Gallagher

For more information & registration, reach out to:
info@Roanokeparkcounseling.org
206.323.7131. Visit our website at:
RoanokeParkCounseling.org/professional-education/.

Join Us in Caring for this Place of Healing

RPC is planning to complete landscaping work as well as interior painting as part of our 2025 spring cleaning.

We'd welcome in-kind donation expertise to support these projects at Roanoke House, built in 1912 and home to RPC since the late 1980s. Contact Laura McFarland, Development Director, laura@roanokeparkcounseling.org, for more information.

Right: Roanoke House, RPC's home for more than three decades.





**Roanoke Park
Counseling**

formerly Shepherd's Counseling Services

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OUR MISSION: At Roanoke Park Counseling, we unite to create a safe place to achieve a crucial mission: to restore the hope and dignity of adults who have been sexually abused in childhood through specialized and affordable therapy, community education, and public advocacy.

GIVING TUESDAY is December 3!

On December 3, 2024, people all around the world are coming together to tap into the power of human connection and strengthen communities to change our world. Will you be one of them?

In just a few weeks Roanoke Park Counseling will once again be participating in GivingTuesday, and we need your help!

By joining the GivingTuesday movement, you're a part of healing; you're bearing witness and letting adult survivors of childhood sexual abuse know that they are not alone and that healing is possible.

Here is how you can get ready to give:
Mark your calendar! On December 3, go to
RoanokeParkCounseling.org/donate/gift-of-healing/
and be a part of healing through making a gift!

Encourage your friends and family to join you in creating real impact on December 3 by sharing what our mission means to you and why you support RPC.

Use #GivingTuesday2024 and tag us so we can share your message!

Let's join together to keep life-changing healing possible.

Make Your Gift via QR Code!



- Open your phone's camera app
- Center the QR code in the frame
- The QR code's URL will appear - click the link to enter your info!



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