



LIFELINES

Restoring Hope and Rebuilding Lives

The LifeLine Counseling Center Newsletter July 2009



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About Us



LifeLine Counseling Center is a faith-based nonprofit agency whose mission is to provide educational and counseling services with a focus on emotional and spiritual well-being. All LifeLine counselors are licensed professionals with advanced degrees and a minimum of twelve years clinical experience. They understand the complexities of a painful past and partner with clients to create restorative new scripts for the future.

The homey offices at the Moses Gamble House offer a safe, comfortable place to explore feelings, examine life experiences and develop strategies for positive change.



Joy Carroll, Ed.D., Licensed Psychologist

She never saw it coming. After a long day at work, Susan came home to find an envelope bearing her name on the dining room table. Her husband of twenty years, the man she had loved and trusted, found someone else to love.

In my office, she sobbed uncontrollably as she tried to sort through an overwhelming flood of emotions. The marriage she thought would last forever was crumbling and she was too shocked to fully comprehend what was happening. But there was one thing she did know. As the tears rolled down her cheeks, she placed a trembling hand over her chest and whispered, "I can feel it! I can feel my heart breaking!"

Coming to terms with the realities of an irreparable marriage can be a devastating experience. Nothing can compare to the sadness of grieving the loss

of hopes and dreams for a relationship that was supposed to last a lifetime. Even in the most toxic and unworkable marriages, there is tremendous pain in letting go of what should have been.

*"No marriage ends suddenly. . .
Marriages begin to end long
before the final whimper."*

No marriage ends suddenly, even if the news is a total surprise for one or both partners. Marriages begin to end long before the final whimper. Some begin to die a slow death soon after the marriage begins, a casualty of cancerous disillusionment and unrealistic expectations. Other marriages are so toxic and abusive, the demise of the relationship is more analogous to murder. Yet others begin well but are lost in the con-

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Surviving Summer Fun



Carla Winchester
Licensed Clinical Social Worker

When most people talk about summer, they say, "I'm so excited to spend the summer with my kids. We have so much fun – swimming, going on vacation, having a lot of family time."

However, not everyone feels that way because their summers play out somewhat differently. Sometimes when we have thoughts or feelings that we think don't agree with common expectations or the status quo, it makes us uncomfortable. For example, I think summers are harder than the school year. My children are out of their routine, they bicker and argue with each other, they are tired, complain, tell me they're bored and have the expectation that I should keep them entertained constantly.

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The Gender Dance

Loving and Understanding the Opposite Sex

Dr. Joy Carroll, Psychologist

- ◆ Love, relationships and the role of gender differences
- ◆ Brain circuitry and biology: How men and women differ and what it means
- ◆ Mars, Venus and beyond: How men and women define and express love
- ◆ Men's vs. women's relationship needs: What do they really want?
- ◆ How to talk to an alien gender: Communication and conflict styles
- ◆ Converting gender differences into relationship assets

Date: Saturday August 29 from 9:00 am to 4:00 pm (For singles and marrieds)
Where: Cokesbury United Methodist Church, North Campus, 9919 Kingston Pike, Knoxville, TN 37922
Tuition: \$45 if registered by Aug. 21st, **lunch & handouts included:** \$49 late registration. Bankcards accepted.
Registration: Online at www.lifeline-counseling.org/genderdance.html or call LifeLine at 865.981.7400. Seating is limited.



The Death of A Relationship

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suming process of managing careers, children and the challenges of life.

Common wisdom is that couples divorce over sex or money. Neither of these are ever the direct cause. Failure to communicate and be real with one another is more often the marital quicksand in which relationships are lost forever. When this happens, the marriage dies an insidiously silent death where there may be conversation, but no communication about the real issues. Unproductive conflict is sometimes mistaken for communication, leaving couples so caught up in fighting with each other, they quit fighting for the relationship.

The failure of a relationship can elicit consuming feelings of failure and abandonment; it is in many respects worse than a physical death. But like a death, divorce requires grieving. Persons dealing with relationship loss experience the same grief stages typical of the physical death of a partner: shock, denial, despair, and detachment. As in death, all of these stages are important and necessary for healing to take place.

Grieving a divorce can be so painful that the idea of risking another relationship is incomprehensible. Yet love can-

not be fully experienced again until the wounded heart has mended. Healing requires careful analysis of failed relationships so we can learn from them and make different choices. Nothing is more painful than finding oneself in the same place again, replaying scripts from the past.

The purpose of funerals is to give grieving parties a sense of closure. The funeral ritual typically includes remembering the life of the departed and saying final good-byes. Effective grieving in divorce requires the same. Remembering the life of a lost relationship in order to understand its failures and successes helps us alter the course for the future. Ultimately, this process allows us to detach, move on and say good-bye. And though often painful, it paves the way for new beginnings by allowing deceased relationships to forever rest in peace.



See our website for more information about LifeLine!

www.lifeline-counseling.org

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United Way

SUCCESS BY 6™



Presents: "Taming the Tiger"

Understanding and Coping With Angry and Aggressive Behavior in Young Children

Dr. Joy Carroll, Licensed Psychologist
LifeLine Counseling Center

Date: Tuesday, July 28, 2009

Time: 6:15-6:30 pm Registration & Refreshments
Program: 6:30-8:00 pm

Place: Broadway United Methodist Church
309 East Broadway Avenue, Maryville, TN 37804

Program is free of charge. Childcare & Certificates of Training provided.
For more information on this learning opportunity and to RSVP, please call 982-2251 on or before Thursday, July 23rd



The Daddy Difference

The Incredible Impact of a Dad on His Daughter's Life

A Seminar Presented by LifeLine Counseling Center
Open to fathers, step-fathers, father mentors and mothers

Topics include:

- ★ The unique and special role of fathers in the development of their daughters' self-concept and well-being
- ★ Ways to develop a rock solid father-daughter relationship that fosters trust and security, minimizing the risk of unhealthy, exploitative & abusive relationship choices
- ★ How to father and love daughters through childhood, adolescence and beyond promoting growth into a healthy, secure adult

Date: Tuesday, September 15th, 6:00 to 8:30 pm

Place: First Baptist Church of Maryville No Charge
To Register: Online at www.lifeline-counseling.org or call 865.981.7400 or email joycarroll@lifeline-counseling.org



Surviving Summer Fun

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This is typically magnified on long car rides, especially on vacation trips. This is not fun and I have heard similar viewpoints from other parents.

It's so important to find someone you can share such feelings without fear of judgment so that the messages in your head don't become harmful. If you believe that "I must be a bad parent because summers are hard and I like it better when my kids are in school," then your thoughts become a burden to you. If you then tell yourself "I shouldn't think this way" then the critical thoughts make it even harder to cope. Admitting and sharing these thoughts to someone you trust allows you to express and accept how you feel without guilt. Also, you might find that others actually think similarly to you. After acknowledging these thoughts and telling yourself "this is just a thought and doesn't mean something horrible about me," you might be able to creatively tackle problems and find ways to enjoy your children during the summer.

Take A Risk



Brenda Duarte
Licensed Professional Counselor

"Only those who risk going too far can possibly find out how far they can go." — T.S. Eliot

The adage "the opposite of fear is faith" is often used to describe the notion that fear can be paralyzing while faith can encourage the calculated risk-taking that moves us toward positive change.

With all the insecurity and ups and downs in our lives today we are more likely to cling to habits or ways that don't always work well for us. We are often so fearful of change that doing something different may not only be scary, but the time and energy required may seem daunting. Take a good look at your situation, be true to who you are and risk moving out of the comfort zone.