



# SAMARITAN CENTER



Change Lives

## Counseling in Combination with Integrative Medicine

**“Life is not merely physical, it is a force of energy.” –Rev. Ellen Debenport**

by Teresa Shigemasa, LPC, RPT-S

I have worked as a staff therapist at Samaritan Center since August 2011. **One of the main benefits of my employment at the Center has been my personal and professional experiences in accessing our Integrative Medicine (IM) program.** IM includes Acupuncture, Herbal Supplementation, Tai chi, Yoga, and Nutritional Counseling, among others. During COVID 19 and our transition to Telehealth, **our IM providers continue to deliver services to our clients and are helping them learn how to utilize Acupressure and other modalities to relieve stress, anxiety, pain, and a host of other issues.** Did you also know that IM can include guided imagery, breathing techniques, and movement or stretching exercises?

### **Mental Health Therapy Combined with Integrative Medicine Treatment**

**There are countless benefits clients receive who are simultaneously receiving counseling along with IM therapies.** These address a wide spectrum of maladies that can include PTSD, anxiety, depression, pain/underlying medical conditions or injuries, other mood disorders, and general stress.

Our clients have frequently entered the door of Integrative Medicine and have eventually agreed to a referral to Counseling...



**Do you feel the stigma of mental health more sharply than others?**

***“People of color, particularly African Americans, feel the stigma more keenly. In a race-conscious society, some don’t want to be perceived as having yet another deficit.” -Bebe Moore Campbell***

Bebe Moore Campbell, the founder of the Urban Los Angeles Chapter of NAMI, was a champion of mental health. In 2008, two years after her death, the United States Congress declared July as National Minority Mental Health Awareness Month.

Ms. Moore's own family's struggles with mental health led her to fight for mental health awareness. She wanted a campaign to de-stigmatize mental health. "Stigma is one of the main reasons why people with mental health problems don't seek treatment or take their medication."

To learn more about Bebe Moore Campbell, listen to the interview on **All Things Considered** from 2006 here.

**[Read the rest of Teresa's blog post here](#)**

## We Are Called to Practice Cultural Humility



As Samaritan Center staff continues to process this pandemic and the tragic deaths and other activities centered around fighting racism, I find myself searching for guidance and inspiration that can help me lead this organization through this difficult, but enlightening time. I recently read an article written by my colleague and friend, Rosangela Berbert, the Executive Director of our sister center, Samaritan Counseling Center in Appleton, WI. She does such an eloquent job of discussing how we might respond to these troubling times, I decided to share it.

*“I have been feeling the weight of the changes into which we have been pushed over the past three months due to COVID-19. Yet just as we make some movement towards the hoped-for new normalcy, another wave of unsettling events shakes us and reminds us that the normal we knew is not coming back—and it should not come back. The recent murder of George Floyd, among other tragic deaths made public over the past weeks, has had cascading effects that make clear we must also face a different kind of threat. This threat—racism and oppression—is generational, and if we don’t take action now, it will continue to inflict irreparable damage to our nation.*

- *Generational racism is a new idea for many of us. It means we have not been pressed to evolve our thinking because it’s been working for us and our families. Now is the time to push our thinking beyond what is comfortable and ask how it has not been working for those who feel its oppression. Even more, how will our lives be better by inviting others into our lives in new and respectful ways?*
- *We can honor people who are different from us by authentically listening to their experiences, not as we believe they should be interpreted, but as they have experienced them. We will need to get situated for that point of tension and (hopefully) transformation.*

*The same way we must work together to fight the coronavirus, we have to come together to fight the systemic hate we perpetuate when we ignore it exists. As mental health care providers, we must first be aware of our need to develop and practice cultural humility so we can be effective agents of change. I aspire to lead our agency in a way that prioritizes equity, diversity, and inclusion through open dialogue; awareness of our own, often hidden, biases; and openness and respect in our interactions with colleagues and clients, friends and family members, and our brothers and sisters around the country and globe. In these things, I wish you peace, not patience,*

Well said, my friend.

**-Cindy Long, Executive Director, Samaritan Center**

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### **Vision**

We envision a healthy and compassionate community in which every individual achieves mental, physical, spiritual and social well-being.

### **Mission**

We heal hearts, provide hope and enhance lives with a holistic approach to mental health for all ages, whole families and the military community.

