



SAMARITAN CENTER



Change Lives

Counseling in Combination with Integrative Medicine

Five Foundational Principles to Keep in Mind



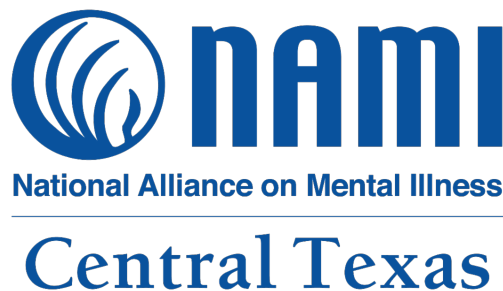
We are relational beings. We want to be connected with others. However, we often don't know how to be connected or to bond with one

another.

There are any numbers of reasons for this (e.g. early abuse, trauma, etc.) but perhaps the most significant one is an early attachment injury that interfered with one's ability to have an early bonding or connection with our primary caregiver. We didn't get in a "good enough way" what David Richo call the five as: attention, acceptance, appreciation, affection, and allowing. As an infant we need our primary caretaker to give us attention, hearing what we need and feeling.

Accepting us just as we are with all our positive and negative sides. Expressing appreciation to us for our talents and unique qualities. Giving us affection shown in holding and touching in respectful ways. Allowing us to make our own choices rather than having others impose them on us. If we didn't get these five As in a "good enough way" from our primary caretaker we look for getting these in future partners. However, it is unrealistic to expect a future partner to *wholly* meet these needs that were not initially met in a "good enough way" from a primary caretaker.

You can't change or control another



Samaritan Center and NAMI Central Texas Partner to Offer Clinician Led Groups for Individuals, Families, Spouses/Partners

We are proud to announce that Samaritan Center and [NAMI Central Texas](#) will team up beginning in September to offer therapist-led groups to those affected by mental health diagnosis.

"We're really excited to partner with NAMI to bring additional mental health resources to our community. Combining forces so we can offer more virtual peer support and therapy options during this pandemic is crucial to the well-being of our community." said Cindy Long, [Samaritan Center's](#) CEO.

Therapy groups will begin the week of September 15. These new group options, led by licensed counselors, will be a great addition to the already very successful peer-led groups that NAMI provides. The three groups, one for adults with a mental health diagnosis, one for spouses/partners of an individual with a mental health challenge, and the third for parents and family members of an individual with a mental health challenge, are designed to

person (unless you want them to be a slave to you, and I guarantee the other person will not like that). The only person you can change or control is yourself and when you change for the better it will influence your partner.

When you change or control yourself you will be able to have influence or inspire another person to consider changing and thus work toward improving your relationship...

[Read the rest of Don's blog here](#)

help community members work toward mental and emotional well-being.

The groups will be 6 weeks each and all groups meet for 90 minutes.

To learn more or to join a therapy group, just call Samaritan Center's front office at 512-451-7337, option 8, or [email us](#).

For peer support groups, check out [NAMI Central Texas](#).



Samaritan Center Partners with RXPrice to offer Savings

The RXPrice savings card is not only a great way to save beyond brand name medicines, but it also has travel benefits. It is free to everyone and has no maximums or minimums on usage. Shoppers save up to 80% on prescription medications. Shoppers are also able to search medications and compare pharmacies, right from their phones. It is easy to sign up.

[For more information, visit RXPrice.com](#)

2019 Annual Report Available

Our **2019 Annual Report** has been published and is available for download! The report is full of facts and figures from the 2019 year. It includes our Counseling, Integrative Medicine, and Military Programs. It also features interesting statistics on numbers of people served during the fiscal year. We hope you will find it useful and interesting.

[Download 2019 Annual Report Here](#)



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.