



## SAMARITAN CENTER



Change Lives

# Happy Thanksgiving

by Jessica Bergerson, Intake Specialist

The blessings we are counting this Thanksgiving of 2020 look much different than most of us would have expected this same time last year. Being thankful for health, prosperity, family and well-being have taken on a much different tone and perspective as we endure the tenth month of the pandemic. Need for psychiatric care, therapy, and integrative medicine has become crucial as the unemployment rate rises above 8% in Austin and as the city enters Stage 4 of [Covid-19 risk-based guidelines](#).



The [Samaritan Center](#) has been able to be a shining light in dark times and has become even more driven to serve more people and advocate for underserved people in our city. Leadership and therapists continue to work tirelessly to fine-tune work-from-home processes and help pivot to providing care online. What I find even more impressive is the focus on maintaining a spirit of cooperation, unity, and support for one another as [we strive harder than ever](#) to provide Austin the services it needs now more than ever.

It's a blessing to be in a position where we can serve people in great need and find fulfillment in our daily work. Having the ability to operate in a pandemic when so many organizations cannot, and provide [acupuncture](#) and serve Spanish-speaking clients makes us fortunate. Being able to maintain passion for our work and camaraderie as a team while we are all working from home is a gift.

The beloved [Fred Rogers](#) said, "When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.' To this day, especially in times of 'disaster,' I remember my mother's words and I am always comforted by realizing that there are still so many helpers—so many caring people in this world." I'm so thankful that we at the Samaritan Center can be those helpers, providing hope and comfort for Austin in 2020.

# Don't Agree With Everyone In Your Family?

Fresh Blog by Shawna Moss, LCSW-S

The Four Agreements

### Contention.

We are in the midst of a very contentious election year and then the holidays season follows. This gives more time with family and friends, and possibly more conversation around the “dinner table.” (Of course we are still in a pandemic so **holidays may look different this year**, but if you connect to the message, you can generalize it to your experience.) Some may think of this and get happy and excited, others may have concern with divisiveness and conflict. I am asked regularly, “I love \_\_\_\_\_, but we don’t agree on \_\_\_\_\_. I just can’t talk to him/her. What should I do?”



### [The Four Agreements.](#)

There are many ways to approach this very important question. I am going to use the teachings of Four Agreements by Don Miguel Ruiz as my framework. The book is based on the concept of **finding personal freedom and inner peace. Imagine that being the goal to round out 2020 and beyond?**

### **The First Agreement is be impeccable with your word.**

“The word is a force; it is the power you have to express and communicate, to think, and thereby to create the events in your life.” This is the word spoken to yourself and the word spoken to others. **You can build yourself and others up, or you can cause great harm** based on just the power of your words. This is not to be taken lightly. Create an image in your head of a likely gathering and a possible conversation with someone with a differing view. “Your opinion is nothing but your point of view. It is not necessarily true.

**Your opinion comes from your beliefs, your own ego, and your own dream.** We create all this poison and spread it to others just so we can feel right about our own point of view.” This may sound harsh. The point is...

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

## Meet Our Clinical Director

### Staff Spotlight: Shawna Moss, LCSW-S

Shawna has been with Samaritan Center since 2015 and is the Clinical Director. She is from Atlanta and graduated from the University of Georgia.

Shawna has been trained in multiple types of therapies, including [Eye Movement Desensitization and Reprocessing \(EMDR\)](#), which is often used to treat PTSD.

Shawna uses connection, humor, curiosity, humility and unconditional positive regard to help with the healing process. Shawna has a true love and passion for working with people on their journey towards the life they want.



[Learn more about Shawna here](#)

## Giving Tuesday

# GIVING TUESDAY

Don't miss #GivingTuesday on December 1st

"You can always-always-give something, even if it's a simple act of kindness!" - Anne Frank

Make a plan to donate on December 1, or [pre-schedule your donation](#) with our staff. Just \$125 covers the cost of one session for someone who cannot afford it.

Donate



## 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.

Samaritan Center | (512) 451-7337 | [samaritan-center.org](http://samaritan-center.org) | [Donate Now](#) | [Join Our List](#)