



## SAMARITAN CENTER



Change Lives

### Wellness In A Time Of Turmoil

#### Consider Where You Want To Focus

**by Shawna Moss, LCSW-S**

There is a popular expression, “**hindsight is 2020.**” As I move into 2021 and reflect back on the year 2020, I still have a hard time analyzing and **making sense of all that transpired**. We as a community and society experienced a global pandemic, economic crisis, racial justice movement, contentious political environment and election, and a dramatic impact on our education system. This has led to **chronic uncertainty** and with that, increased feelings of anxiety, isolation and depression. We finally come into 2021 after a long 2020 and then the event that happened at the US Capital occurred that was another unprecedented event and shook so many of us. And, all the stressors we experienced in 2020 are **still felt and possibly even exacerbated** moving into this new year.



As a therapist, and my own experience as a human being, I know that one of the most significant **protective factors to help us through challenging times** in life is a strong support system; support of family, friends, co-workers, organization we are members of, such as churches, even gym buddies...

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

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### 5-Week Parenting Workshop Starts January 27



## Learn Real, Applicable Tools To Connect With And Help Your Child

You will leave armed with tools, knowledge, and new ideas to implement in your home. This training is meant for any parent that has a child that struggles with behavioral outbursts and non-compliance while enhancing the parent-child relationship.

The [Trust-Based Relational Intervention \(TBRI®\) Introduction and Overview Class Series](#) is an introduction to principles that enhance your understanding about how to interpret behavior and respond appropriately. At this training, you will learn and practice:

- Empowering Principles to address physical needs
- Connecting Principles for attachment needs
- Correcting Principles to disarm fear-based behaviors

WHEN: **Wednesdays starting January 27, 2021, 5:30 – 7:00 pm**

COST: \$200 per individual, \$300 per couple (strongly encouraged in 2-parent homes)

- cost includes all 5 weeks plus a workbook
- scholarships available

REGISTER: Call 512-451-7337, option 8 or email [frontoffice@samaritan-center.org](mailto:frontoffice@samaritan-center.org)

**\*Registration Deadline: January 13, 2021 due to required check-in with group leader prior to start**

WHAT IS TBRI®?

TBRI® offers practical tools for parents, caregivers, teachers or anyone who works with children, to see the “whole child” in their care and help that child reach his highest potential.

TBRI® is an attachment-based, trauma-informed intervention designed to meet the complex needs of vulnerable children or children from “hard places.” TBRI® is based on years of attachment, sensory processing, and neuroscience research. As TBRI® addresses the child’s physical needs, attachment needs, and tools to disarm fear-based behaviors, it is applicable to all children and parents.

ABOUT THE FACILITATOR – [Kamini Verma, LCSW-S, RPT-S](#)

Kamini Verma, LCSW-S, RPT-S completed the TBRI® Practitioner and Educator training in 2014 and for the past 10 years has specialized in working with children and adolescents.

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## Sponsor Our 4th Annual ATX Virtual Veterans Ball



**Friday, March 5, 2021**

The [4th Annual ATX Virtual Veterans Ball](#), presented by [PCSI](#), raises awareness and garners support for the mental health needs of veterans and military families in Central Texas. This year’s gala will be a one-of-a-kind virtual event raising funds to support Samaritan Center’s no cost and low cost mental health services.

There are [sponsorship levels](#) to fit every business and individual. For more info, please contact [jenny@samaritan-center.org](mailto:jenny@samaritan-center.org) or call (512) 451-7337, ext. 212.

[Learn more about Veterans Ball](#)

# 2021 Groups & Wellness Classes



**Discovering Gratitude & Self-Care Practices: A Group for Women to Nourish Mind, Body, & Spirit - \$10/class or FREE to veterans/family members with proof of eligibility**

Mondays, 5:00-6:00PM via Zoom

[Learn more](#)



**Healing Trauma: Group for Veteran Survivors of Military Sexual Trauma - FREE**

Wednesdays, 4:30-5:30PM via Zoom

[Learn more](#)



**Veterans Helping Veterans: Wellness & Resilience Group for Veterans - FREE**

Wednesdays, 6:00-7:00PM via Zoom

[Learn more](#)



**Pilates - FREE**

Fridays, 2:30-3:30 PM via Zoom

[Learn more](#)

## Meet A Therapist

### Staff Spotlight: Teresa Shigemasa, LPC, RPT-S

Teresa Shigemasa, a native Dallasite, who lived and worked in Hawaii for several years, is a Licensed Professional Counselor, Registered Play Therapist Supervisor and works with all ages at Samaritan Center.

Teresa has worked with Samaritan Center since 2011. She is trained in EMDR (Eye Movement Desensitization and Reprocessing) and implements the intervention for all populations, including veterans. It is effective in addressing trauma.

Teresa is also the Training Coordinator for Samaritan Center.

Teresa tell us that she is "enjoying providing Telehealth more than I realized, even to the little ones! My clients and I have found ways to be effective, creative and fun through virtual means. And I enjoy incorporating a variety of spiritual practices and integrating those with traditional counseling, always keeping within the confines of the client's individual belief system."

[Learn more about Teresa](#)



# Newsletter Archive Now Online

## ICYMI: Past Newsletters Online

Did you know that you can now read [past newsletters](#) from Samaritan Center? They are online in our [Newsletter Archive](#). Peruse recent and former articles and noteworthy topics. You can also access the [Blog](#) on our website.

Read recent articles like the [story from a military client](#) or our [Veterans Day edition](#). You can go all the way back to [March](#)!



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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.

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