

I hope you enjoy reading this edition of Member Care and Counseling Resources. As always I would appreciate your comments about how to improve this mailing or suggestions for information to share with others that you have found helpful.

If you know of someone who could benefit from this information pass it on to them. If you would like to be added to the mailing list, have a change in your e-mail address or would prefer not to receive any more of these e-mails simply make your request to [john.leverington@gmail.com](mailto:john.leverington@gmail.com)

Serving one another,

John Leverington

### WOMEN WITH ADHD

ADHD affects women differently: This so-called kid's condition that can cause memory problems, depression, and more. Are you one of them? To find out click on [women's health](#). For more information about how to help someone click on [strategies to help women with ADHD](#).

### MARRIAGE AND WINTER

The snow is disappearing in many places of the world at this time of year but sometimes it feels like winter will never end. When you endure a long winter in your marriage relationship, you may be tempted to believe that spring will never come again. But with faith and prayerful work, you can welcome that warmer season and even find yourselves closer than ever. If you're in such a winter, I think you will find this couple's story of [Surviving Marriage's Winters](#) an encouragement to protect your marriage from the harsher elements and work together to usher in a new season of closeness.

### MARRIAGE AND YOUR WORK

Is your work killing your marriage? It's a question a team of researchers put to pastors and their spouses. As you read about their findings, you'll learn how to build a harmonious relationship between your ministry and family life by going to [marriage help for leaders](#).

### EMPATHY AND MARRIAGE

A study by Harvard Medical School found that men's and women's perceptions of their partner's empathy, and their abilities to tell when the other is happy or upset, are linked to relationship satisfaction in distinctive ways. Women report they are happier in relationships when men feel their pain. Men like to know when their wife or girlfriend is happy while women really want the man in their life to know when they are upset. To find out more click on [recognizing feelings](#).

### AFFAIRS – HOW TO HELP COUPLES

Beyond Ordinary is a new book written by Justin and Trisha Davis regarding their own relationship and how to help others deal with marital infidelity – both emotional and physical. To find out more click on [refine us](#).

### THRIVE

This revised and updated website is designed to encourage and empower global women to thrive. Their purpose is to provide care, resources and community for global women to equip them to serve well. Find out more by clicking on [thriving women](#).

### WHAT I HATE ABOUT SPIRITUAL FORMATION

John Ortberg uses hates intentionally, and he means it. What's more surprising, he uses it in regard to "spiritual formation," which has been a centerpiece of his ministry. But John points to elements of spiritual formation that just aren't right in his article ["7 Things I Hate About Spiritual Formation"](#). It will open your eyes to the state of your soul.

### LEADERSHIP TIMING

Click on [don't miss the bus](#) to read about the importance of timing in making effective leadership decisions.

## RESPONSIBILITY DEFICIT DISORDER

Responsibility Deficit Disorder is prevalent and is a growing problem. Those who have it do not “suffer” from it. Quite the contrary. The people who suffer are those loved ones who must deal with it. To save your sanity and learn how to deal with it go to [RDD help](#).

## SUICIDE PREVENTION IN HIGH SCHOOLS

Preventing Suicide: A Toolkit for High Schools assists in designing and implementing strategies to prevent suicide and promote behavioral health. It includes tools to implement a multifaceted suicide prevention program that responds to students’ needs and cultures. To download the free pdf click on [suicide prevention](#). For some very informative facts about adolescent suicide go to [suicidality](#).

## WHEN SUICIDE STRIKES

As the suicide of Rick Warren's son Matthew brings renewed attention to mental health, depression, and suicide, we see that his case is not uncommon. Every 15 minutes, someone in the United States takes his or her own life. That's 35,000 suicides every year—and likely more, since many suicides are disguised as accidents. Sadly, suicide occurs among Christians at essentially the same rate as non-Christians. To find out more go to [when suicide strikes](#). To read more about Matthew Warren’s struggles and Rick Warren’s response in his own words go to [broken hearts](#).

## HOW YOUR LANGUAGE AFFECTS YOUR HEALTH & WEALTH

An international study suggests languages shape how we think about the future, and how we plan for it. Click on to your health [to your health](#) to find out what English, Korean, and Russian have in common. Every time English-speakers talk about the future, they have to use future markers such as “will” or “going to.” In other languages, such as Mandarin, Japanese, and German, future markers are not obligatory.

## RING THEORY

Thanks to Kathy Trim who shared this article regarding ring theory that could be very helpful in many situations where people tend to say the wrong thing to the wrong people. Read about [kvetching](#) to increase your empathy and communication skills.

## ANCESTRAL BAGGAGE

Chuck Swindoll presents a three part series on how our parents, grandparents and even our great grandparents affect our lives today. Go to [Unpacking Our Ancestral Baggage](#) to begin the series or download to your MP3 player or podcast from programs broadcast on April 4, 5 and 8<sup>th</sup>, 2013.

## HOW ADVERSITY EFFECTS YOUNG CHILDREN

The Impact of Early Adversity on Children's Development is well documented in this video. The impact of both the bad (and the good) during the first two years of life—and the importance for a child of having steadfast support during this sensitive period—have received intensive scrutiny from psychologists, some of whom discuss their views in this video: [The Impact of Early Adversity on Children's Development](#).

## SEXUAL ABUSE

Everyone found out about the sexual abuse on my birthday. A handful of energetic fifth-graders had gathered at my house for a slumber party. Man, my parents always hated those. Probably every parent who has ever experienced a sleep-over can understand why. The rented movies went unwatched; the girls were more interested in playing Truth or Dare. At... To find out the rest of the story go to [a painful past and recovery](#).

## COMFORTING YOUR CHILD

What to do - and not do - when your child's upset. To find out the answers go to [how to comfort your child](#).

## ARE YOU TOO SENSITIVE?

Do you take things too personally? Overanalyze the situation? Feel defensive? Then you are almost certainly among the group classified as Highly Sensitive People. To read more about the topic and about research results from China and the United States click on [ouch!](#)

## ADHD – WHEN A TEACHER RECOGNIZES SYMPTOMS

More children are being diagnosed with ADHD in America. What can a teacher do when he or she observes symptoms of ADHD? To find out click on [the teacher's role](#).

## PARENTING AN ADHD CHILD

Raising a child with ADHD presents unique challenges. For advice from someone who knows what it is like click on [six tips for parenting an ADHD child](#).

## THE SECRET PAIN OF TEENAGERS

If you have a troubled teen, remember you're not alone. Even the best Christian parents have trouble with their kids. This guide provides you with encouragement and comfort in the stories of both parents and teens who've gone through hell and back and found hope at the end of their struggles. If you would like a copy of this guide that can be used for a group study about self mutilization, dieting, sex, drugs and loving your prodigal send your request to [john.leverington@gmail.com](mailto:john.leverington@gmail.com)

## THROUGH OUR EYES: CHILDREN, VIOLENCE, AND TRAUMA

Thanks to Liz Ebeling sharing this video which discusses how violence and trauma affect children, including the serious and long-lasting consequences for their physical and mental health; signs that a child may be exposed to violence or trauma; and the staggering cost of child maltreatment to families and communities. Victims lend their voices to this video to provide first-hand accounts of how their exposure to violence as children affected them. To watch it go to [Through Our Eyes](#). To find out more about the office for victims of crime and to download a free copy of the video go to [multimedia](#).

## BOOKS

### TRAUMA RESILIENCE HANDBOOK

The E-book is now available on Amazon and you can download at [handbook](#). A valuable new resource for anyone working around the world from Charlie and Frauke Schaefer

### NETWORK WEAVER

Darlene Jerome recently shared the Network Weaver Workbook by June Holley. To read more go to [networkweaving](#).

The Science of Trust: Emotional Attunement for Couples by John Gottman is new book that illustrates why he is a leader in the field of couples therapy. The book provides research, facts and useful clinical applications for couples worldwide. To find out more click on [Gottman Relationship Institute](#).

## MUSIC FOR MEMBER CARE

REFLECTIONS – Great new album of old and new songs. Sit back and listen at [Keswick Reflections](#).

## MOVIE

### SILVER LININGS PLAYBOOK

This movie is advertised as a romantic comedy, but the real silver lining is that this movie is much more. Sterling performances from Robert De Niro and Jacki Weaver as a dad and mom

struggling with their adult son's bipolar disorder make it a touching, darkly funny family drama. For a sample [watch the trailer.](#)

For a psychiatrists review of the movie and others go to [Hollywood Review.](#)