

22 STOCKTON STREET  
PRINCETON, NJ 08540  
609.924.0060



healing minds,  
strengthening hearts,  
enhancing lives...one at a time.



Letter from the  
Executive Director

Spring 2017

On April 30th, the TCS Junior Board organized a game of "Giant Jenga" at Princeton's town-wide community fair, known as *Communiversy*. People loved it. Potential stressors like "school," "taxes," and "transitions," were written on the Jenga blocks that passersby were invited to stack in order to create a giant tower of life's stressors. Blocks were added and then removed until the tower eventually became fragile, and ultimately, fell over, again and again, throughout the day. The metaphor, of course, was that in all of our lives, stressors pile up, and while we try our best to balance them, they can weigh us down, and sometimes even cause us to collapse. But it's important to remember that we can rebuild, reinforce, and move forward.

At *Communiversy*, groups of all ages enjoyed playing Jenga. Playing is a fun way to connect - with our families, friends, and as a community. At Trinity Counseling Service, we talk a lot about ways to create opportunities for meaningful connection. Counseling provides possibilities for meaningful connection between clients and therapists. And there are a number of ways that TCS has been reaching out to our community to provide interesting and useful opportunities to engage each other, focused on mental health.

Our 2017 Winter Speaker Series was well-received again this year (you will see a summary of the sold-out talks inside); we grew our mindfulness workshop offerings (and there are more to come); and we are excited to announce several psycho-education groups focused on stress-reduction and other topics for adolescents and adults beginning this fall.

In addition, plans for our second annual *Summer Soiree* are well underway. On June 23rd, the TCS Junior Board will host and run an evening of music, fun and fare, made possible by over 20 local vendors, all of whom have donated food and beverages to help create an unforgettable evening devoted to mental health awareness. Research shows that at the most basic level, people want to feel listened to, heard, and understood. Talking about and working through challenges in counseling can move us from a place of isolation and disconnectedness into a space where we can better navigate our sometimes complex experiences and feelings.

At TCS we strive to help all those in our community who reach out for help. Whether it's through counseling, education, or referrals, TCS exists to provide the highest quality mental health services.

Mental health support is a resource; and a vital one. We can all benefit from talking with a mental health expert. Our trained clinicians offer support to people who feel stuck for a variety of reasons, including those who are suffering as a result of anxiety, depression, and issues resulting from loss. There are many reasons why members of our community reach out to Trinity Counseling Service. We are here to offer support, resources, and above all, connection.

Sincerely,

A handwritten signature in black ink, appearing to read "Whitney B. Ross".

Whitney B. Ross, Ed.M., Ph. D.

## The Childhood Intervention Initiative Soars to New Heights

For over twenty years, Trinity Counseling Service has been providing important, free counseling services to our area's most economically disadvantaged families. Through a referral partnership with Princeton Public Schools, West Windsor-Plainsboro School District, and, as of 2017, the Cranbury Schools, the Childhood Intervention Initiative serves more than 200 individuals each year.

This year, TCS was honored with a generous multi-year grant from The George H. and Estelle M. Sands Foundation to support this critical program. In addition, we are grateful for grants from Janssen Pharmaceuticals, the Roma Bank Community Foundation, Investors Bank, The PNC Bank Foundation and The Bunbury Fund at Princeton Area Community Foundation.

# Mindfulness Trainings Enter Third Year at TCS

Since 2015, Trinity Counseling Service has offered regular workshops on mindfulness to the community, through the TCS Community Outreach, Prevention, and Enrichment (C.O.P.E.) Program. Through TCS's mindfulness workshops, more than 100 individuals have learned how mindfulness can be incorporated into everyday life, enhancing one's ability to be present and to appreciate moments more fully. Led by Certified Mindfulness-Based Stress Reduction Instructor and psychologist, Dr. Robin Boudette, each workshop brings the fundamentals of mindful meditation and techniques to newcomers and experienced practitioners alike.

**"Mindfulness in Nature was an invaluable experience for me. The workshops have been really wonderful each time."**

*- Alicia Rivera, Mindfulness in Nature participant Jan. '16 and May '17.*



Trinity Counseling Service presents...

## Mindfulness in Nature

with Robin Boudette, Ph.D.

Being in nature can effortlessly bring us into the present moment to feel connected and alive. Mindfulness heightens awareness of surroundings and enables us to be immersed in the environment without constant distraction. Join us for Mindfulness in Nature at the Hopewell Creative Arts Studio and Hopewell Borough Park. This workshop will include an exploration of the principles of mindfulness and an exploration of the trails, forest, and meadows, engaging in nature-based practices that help you to cultivate a deeper awareness and support you in discovering a sense of freedom that is available to you at any moment.

**Sunday, July 16th 9am - 12pm**

Hopewell Creative Arts Studio  
17 Seminary Ave., Hopewell, NJ

**\$50 per person. Register at TCS or online:  
[www.trinitycounseling.org/mindfulness](http://www.trinitycounseling.org/mindfulness)**

# Winter Speaker Series Provides Mental Health Education to Community

TCS's third annual Winter Speaker Series was a success with three sold out evenings. Steven Tuber, Ph.D., professor, clinician, and Director of clinical training at City University of NY, presented on the topic: *Parenting Across the Lifespan*. Caroline Lind, 2x Olympic Gold medalist and 4x world champion, addressed strategies for pushing through stress and anxiety in high performance situations, and Sharon Powell, Ed.D., psychologist and marriage and family therapist, discussed a multigenerational approach for caring for critically ill family members.

**Dr. Tuber** shared his recent paper on being "essential" to becoming "relevant" to one's children across the parenting lifespan. Dr. Tuber talked about how, in this age of being so connected, invested, and attached, the "text me when you get there... parents writing essays for their children" model of parenting, "essentialness" has taken on new meanings, and boundaries have gotten very blurred. He pointed out the importance of stepping back and of helping children explore and take risks without us -- to help children/adolescents feel a sense of competence, and to develop a sense of self, separate from us. In addition, we discussed different ways people might share moments of pride and joy with their children and what that might look like – and that moving from being essential to our children, to becoming relevant, can be a hopeful development if we've been, as Winnicott said, "good enough" parents.

**Caroline Lind** was ranked the #1 female rower in the world in 2014. Caroline suffered a critical injury soon after, and despite training furiously after surgery, she was not boated for the 2016 US women's team that ultimately went on to win the Olympic Gold in Rio this past summer. What many people took away from Caroline's talk was her description of how she has trained her body and her mind to "hold steady" at times of extraordinary stress (until she feels ready and strong), and then focuses on "the push" to move herself forward (sometimes just a fraction) to the next level of where she needs/wants to be. Caroline's audience included junior prospective rowers, master rowers, and those who had followed her rowing career and seen her perform in prior Olympics.



TCS's Dr. Whitney Ross with Olympic Rower Caroline Lind at the Winter Speaker Series

**Dr. Powell's** talk was focused on a multigenerational approach to caregiving responsibilities when dealing with critically ill family members. Dr. Powell led us in an engaging discussion around some of the many challenges and complexities of caring for family members who are mentally or physically ill. We examined ways to begin conversations with loved ones when they are suffering, and different ways to support each other at difficult times. Dr. Powell also addressed the issue of recognizing and coping with some of our own feelings and emotions when we find ourselves in a caregiving role, and the importance of healthy communication in challenging relationships.

## **Mirroring, Validation, and Empathy: The Imago Relationship Therapy Model**

by TCS Clinician, Kelly Rosenberg, LPC, Certified IRT Therapist



Imago Relationship Therapy (IRT) was created by Dr. Harville Hendrix, the author of the best-selling book, "Getting the Love You Want: A Guide for Couples." The Imago approach helps partners better understand the family histories they bring to their relationships and how these histories affect their marriage or partnership. Your "Imago" is the inner image of an ideal mate your unconscious has been developing since birth. The Imago is a composite picture of your primary caretakers; parents, siblings, close relatives, etc. that have influenced you most significantly since childhood. Although we would all consciously seek out positive traits in a partner, our unconscious leads us to seek both positive and negative traits of our early caretakers.

Imago Relationship Therapy uses "Intentional Dialogue" to help create connection and increase vulnerability using techniques called Mirroring, Validation, and Empathy. The model explores life experiences and childhood wounds that are at the root of reactions and defenses getting in the way of the relationship.

The therapist's role in Imago Relationship Therapy is important, but it is not the central role. The therapist facilitates and models effective communication techniques and holds the frame of the dialogue for the couple. But ultimately it is the couple, working together, who sets the agenda and communicate directly with each other.

I am particularly drawn to this modality because of its focus on creating an emotionally safe relationship in which individuals can heal and grow their relationships. I have seen that amazing transformations can occur - at times in just one session. Techniques learned in IRT not only help couples in their relationships but are helpful in building awareness, compassion, and understanding useful for interacting with colleagues, children, and other loved ones. The principals can be applied to any relationship. IRT takes fewer sessions to get to the core patterns that fuel most conflict and disconnection. The work can be truly life changing.

## **Psycho-educational groups for all ages coming to TCS this fall**

Groups provide an opportunity to learn and connect with people experiencing similar situations. Being in a group focused on skills and education related to mental health should feel empowering, helpful and useful. In groups, people work with licensed clinical facilitators in an environment designed to help participants look at where they get stuck (why we get anxious, sad, mad, etc.) and to think about challenges in a safe and supportive environment. Groups provide a space for people to talk with others about their thoughts and feelings, and about experiences in the world without experiencing being criticized or judged. For more information and to register, please call 609-924-0060.



### **GROUP OFFERINGS FALL 2017**

#### ***Developing and Enhancing Relationships***

*A Group for Couples*

#### ***Mastering Skills to Restore Healthy Balance***

*A Group for Adults*

#### ***From Stress to Success***

*A Group for Adolescents*

# Seniors Explore Developing and Maintaining Connections

As part of TCS's Community Outreach, Prevention, and Enrichment (C.O.P.E.) Program, TCS's Associate Executive Director, Kim Casarona, LCSW, LCADC, led a workshop and discussion at Lawrence Plaza Apartments on February 28th (as part of an on-going series) on developing and maintaining social connections in later life. Many older adults experience loss associated with a

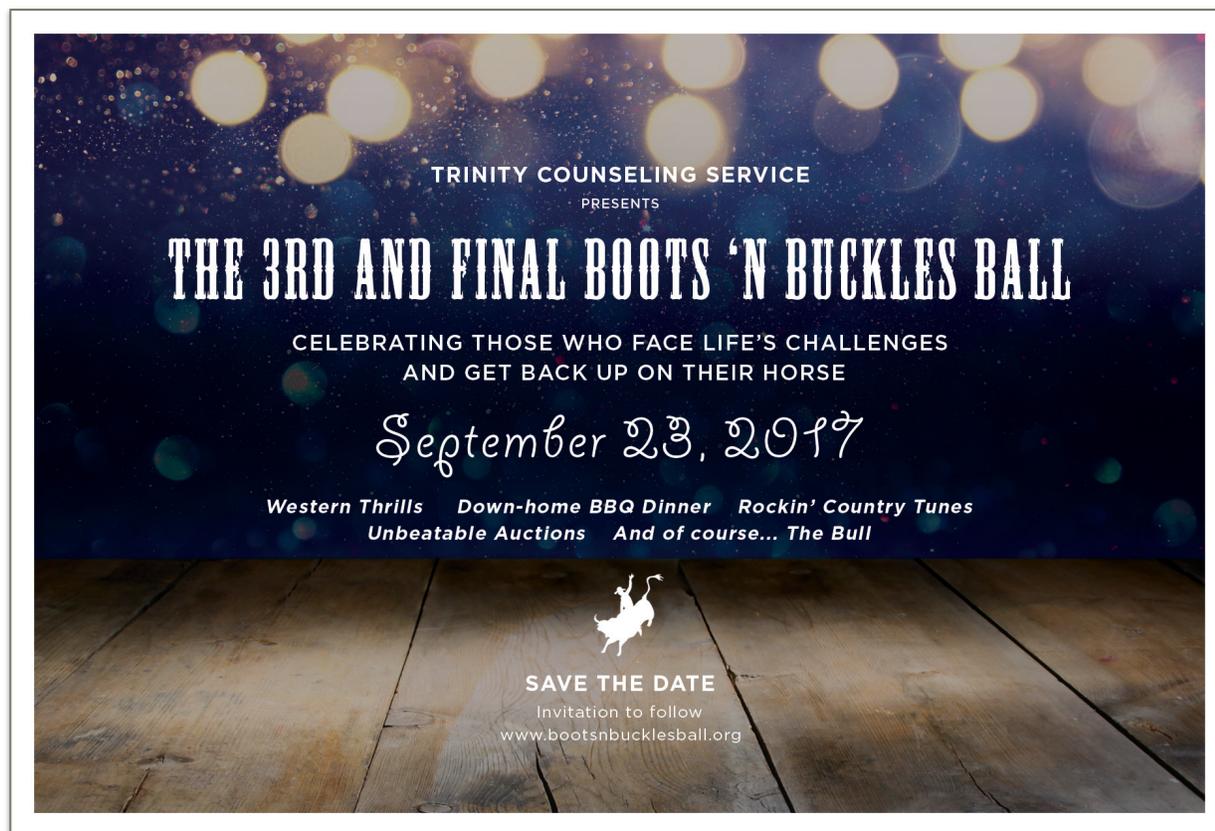


reduction in their level of social connections due to life stage factors including: withdrawal from the work force, moving or down-sizing their home, the death of a spouse or friends, and losses associated with changes in health and mobility. This workshop provided an opportunity for positive, solution-focused discussion on ways we can develop new social connections, while honoring and maintaining previously valued connections in new ways. Lawrence Plaza is an apartment building in Lawrenceville that contains 160 rent-assisted units for seniors and other income-eligible adults.

Ms. Casarona also gave a talk at Princeton Senior Resource Center (PSRC) on May 19th on "Anxiety and Depression" in seniors. This talk focused on common signs and symptoms of anxiety and depression, including risk factors, when to seek treatment, available treatment options, and some ways to improve overall quality of life when symptoms might be challenging. For more information about ways TCS is reaching out to our community, please visit [www.trinitycounseling.org/cope](http://www.trinitycounseling.org/cope).

## TCS Gives Back During Holiday Season

In December, 2016, TCS staff and clinicians participated in a holiday fund drive in the spirit of giving back to our community partners. TCS internally raised funds to donate to *Urban Promise Trenton*, an organization that supports positive youth development in underserved downtown Trenton. Since 2015, TCS has supported Urban Promise Trenton with psycho-educational workshops to their youth participants.



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THE TRINITY COUNSELING SERVICE JUNIOR BOARD PRESENTS

The  
**SUMMER SOIRÉE**  
*A Taste of Hope*

FRIDAY, JUNE 23 7-10 PM

*at* THE  
**D&R**  
GREENWAY  
*Princeton,*  
NEW JERSEY

TASTINGS *of*  
**FOOD,**  
**BREWS,**  
**& WINE**

TICKETS AVAILABLE @ [WWW.TCSSUMMERSOIREE.ORG](http://WWW.TCSSUMMERSOIREE.ORG)



*...and many more!*

On June 23rd, the TCS Junior Board will host the 2nd Annual Summer Soiree: A Taste of Hope. This exciting tasting event brings together 20+ restaurants, breweries, distilleries, and cafes for an evening of sampling, sipping, and celebrating for mental health awareness. For more information or to sponsor the event, please visit the event website below.

Tickets for the Summer Soiree are now on sale! Get yours at: [www.tcssummersoiree.org](http://www.tcssummersoiree.org)



22 Stockton Street  
Princeton, NJ 08540

## Why Trinity Counseling Service?

Each day, Trinity Counseling Service welcomes children, adults, couples, and families into our building located at 22 Stockton Street. TCS strives to serve everyone in our community. At TCS we have exceptional clinicians working from many different theoretical orientations, providing services to clients across income levels. At the core of what we do is our belief that professional and empathic care changes lives.

**But providing services comes at a cost.** While many of our clients are insured, often their deductibles and copays make their plans unaffordable. Nearly 25% of our clients are living at or below the Federal Poverty Line. Many of our clients require financial assistance from TCS to be able to afford counseling.

To continue to provide expert clinicians to each of our clients, TCS must fundraise more than \$500,000 per year - just to meet the gap between what a client is able to pay and the actual cost of services.

The transformative work of Trinity Counseling Service depends on the generosity of individuals, organizations, and corporations. Your investment in our mission is an investment in the health and stability of our community. We thank you for your support as we continue to heal minds, strengthen hearts, and enhance lives - one at a time.

To learn more about ways to support our work, please visit [www.trinitycounseling.org/donate](http://www.trinitycounseling.org/donate)