

Healthy  
Marriage,  
Healthy Heart



# SOLUTIONS

A publication of Samaritan Counseling Center of the Capital Region

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Fall 2007

## Is Your Marriage Bad for your Health?

It could be. According to a recent study quoted by CNN, 9000 British civil servants with conflicted personal relationships were shown to be 34% more likely to have heart attacks than those with healthy relationships. Older research cited in the APA Monitor suggests that women in unhealthy marriages fare worse than men.

But that's not all ... ***your marriage could also be bad for your job.*** A 2005 study indicates that a bad marriage may lead not only to health problems, but poor performance at work. The second largest cause of missed work days is mental health issues, so it is not much of a stretch to suggest that much of those missed days are caused by relationship stress, as couples who have spent much of the night fighting are too worn out to go to work in the morning.

Biology compounds the problem. ***Powerful marital disagreements can impact blood pressure and heart rate.*** Chronic marital unhappiness can lead to depression that in turn correlates with many physical problems, including heart failure, obesity, and weakened immunity. On the other hand, recent studies tell us that when we have loving, intimate connections our bodies produce a hormone called oxytocin that induces feelings of closeness and trust and may also help to balance the immune system. While more research is needed about this fascinating subject, there is a growing body of evidence pointing to the need to address marital problems before they seriously affect your health and overall functioning. **What can you do?** If you have heart problems, you would obviously see a car-

diologist who specializes in these issues. Similarly, if you have relationship problems, seeking help from a therapist who is a relationship expert can be good for your marriage, help your kids, and actually help your heart! A therapist who specializes in relationship problems, and has additional extensive training in couple therapy, just might be the person to consult for both your marriage *and* your health.

**What does a relationship expert do?** A therapist trained in couple and family therapy can clarify how to create a happier and healthier marriage. By understanding your relationship patterns, subjective interpretations, and the powerful and often unconscious marital map that fuels them, **major change is possible.** And, given the latest research, your health may be on the line.

In the early stages of couple therapy, a relationship expert can help you track counterproductive, choreographed arguments. These arguments have a life of their own. They block problem solving, create intense emotional distress, and often contribute to feelings of despair. A trained relationship expert helps identify and shift these patterns.

Going deeper, relationship patterns are fueled by interpretations. That is, you are constantly interpreting the "meaning" of what your partner is saying and making assumptions about what they really mean. "He knows what I need and won't give it to me." "She is saying that just to make me angry." Couple's therapists help identify, challenge, and reframe these powerful interpretations that add fuel to intense and

negative interactions.

Finally, relationship experts can help you identify unconscious marital maps, created within your family of origin, that may be contributing to your unhappiness. When these unconscious maps are made conscious, healing can begin.

Take care of yourself. For the good of your marriage and your health, contact one of the relationship experts at the Samaritan Center, and draw on their years of post-graduate training in marriage and family therapy. 📞

[David C. Olsen, PhD, Executive Director](#)

### Positive Parenting

Creative Solutions for  
Common Behavior Problems

Thursday Nights • 6:00 - 8:00 PM  
Starting November 29th  
Draper Middle School, Rotterdam  
\$20 per person per week  
(includes all materials).

This 12-week program presented by Patty Gillen, LCSW, EMDR II will teach parents how to identify and redirect their children's behavior.

Register now by calling (518) 374-3514. A non-refundable \$40 fee is due when you registration to confirm your spot. Remainder of fees paid weekly.

# Thank you! Thank you! Thank you!

We wish to express our sincere gratitude to the following people and organizations made our building renovation possible. Because of your generosity, we were able to get the matching funds from the Wright Family Foundation for the construction of two new offices. We are a mere \$500 away from getting the matching funds from the Carlillian Foundation for furniture and computers. If you would like to make a donation, please mail it to Samaritan Counseling Center, Extreme Makeover Fund, 220 N. Ballston Ave., Scotia, NY 12302.

Arnold Amell • Bertha Berman • Frederick & Sheelagh Baily • Phyllis Bornt • Mary Jane Dike • Thomas Donohue • Dr. Philip & Linda Drew • Fennimore Asset Management • First Reformed Church of Schenectady • GE Foundation • John & Marie Gorman • Louise Gundrum • Randy & Mary Lou Hammer • Alicia Hermance • Phyllis Holzhauser • George

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**Thanks to the Wright Family Foundation for their Matching Fund Grant of \$10,000 which enabled us to convert our existing conference room into two offices for our Internship & Residency Program.**

*A special thank you to Trudi Thun for donating her time to design plans for the renovation.*

**As we approach 2008, some exciting changes are taking place, as well as some frightening challenges...**

- Mental health problems are the second most common cause of missed working days (U.S. Surgeon General's Report on Mental Health in America, 1999).
- Workers with depression cost employers in this country \$31 billion in lost productivity (Journal of the American Medical Association, 2003).
- Mental health problems rank #2 behind heart disease as the reason individuals cannot lead a productive life.
- Project Recovery, which has served women with histories of sexual trauma for over a decade, is in danger of ending due to a discontinuance of funding from United Way.
- Most managed insurance companies' reimbursement for therapy is lower than our break-even cost, making it more challenging for the Center to meet its goal of serving the community.

**The 2008  
Silent Samaritan  
Campaign  
is Under Way!**

**GE Employees  
register your  
donation for  
matching funds!**

But there is a solution ...

**Silent Samaritans are People of Strength helping People in Need**

The quiet generosity of Silent Samaritans provides a scholarship fund for those who cannot afford the cost of therapy. All donations are used to subsidize funds for uninsured and under-insured clients.

**If 300 Silent Samaritans give \$100 this year, we can reach our fund raising goal of \$30,000!**

## *Covenant Congregations Make Our Mission Possible*

Delmar Reformed Church  
First Reformed Church of Schenectady  
First Church in Albany  
First Reformed Church of Scotia  
First United Methodist Church (Schenectady)  
Jonesville United Methodist Church

Lisha's Kill Reformed Church  
Loudonville Presbyterian  
Pine Grove United Methodist Church  
Prince of Peace Lutheran Church (Clifton Park)  
Shenendehowa United Methodist Church  
Union Presbyterian Church

Covenant Congregations support a local mission field by making a commitment to donate to the Silent Samaritan Fund several times per year. Last year these worshipping communities subsidized 650 counseling sessions for people who could not afford the full cost of therapy. In doing so, they have not only improved the quality of life for these individuals, but strengthened the greater community as well. If your worship community would like to become a Covenant Congregation, please contact Keli Rugenstein at (518) 374-3278 x441

# Look what Silent Samaritans have Accomplished!

*Extreme Makeover!* We are in the process of adding two new offices to our headquarters in Scotia. The additional office space will allow us to expand our Internship and Residency Program to meet the needs of people who would otherwise not be able to afford the cost of therapy.



## *Project Recovery* has

helped women with histories of sexual trauma for more than a decade. The program has recently been expanded to address other forms of trauma, such as military service, alcohol abuse and domestic violence. However, this much-needed program is in danger of ending due to discontinuance of funding.



## *Project PASS*

has seen continued success and now has offices in five Schenectady County Schools. Since 2003 more than two hundred individuals and families have participated in Project PASS. The majority of students in our program passed their grade level last year!



## *The Relationship Institute*

helps build healthy families on a foundation of strong marriages. The reality of today's society is that 50% of all marriages end in divorce. The Institute maximizes support for couples working to build healthy marriages in the midst of multiple pressures.

Please use the enclosed envelope to make a donation today.

You can also donate online via secure server at our website [www.samaritancounselingcenter.org](http://www.samaritancounselingcenter.org)

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Fall 2007  
Healthy Marriage,  
Healthy Heart  
The 5th Annual Silent Samaritan Campaign is Under Way!

Samaritan Counseling Center  
of the Capital Region  
220 N. Ballston Ave., Scotia, NY 12302



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## **Address Change? Duplicate Mailings?**

*If your address has changed or if you receive more than one copy of our newsletter, please alert our office at (518) 374-3514 so that we can streamline our database. Thank you!*

**Solutions** is published by Samaritan Counseling Center of the Capital Region, 220 North Ballston Ave., Scotia, NY 12302, (518) 374-3514, fax: (518) 374-9193, online at [www.samaritancounselingcenter.org](http://www.samaritancounselingcenter.org).

**Samaritan Services:** Individual, Couples, Family & Group Therapy, Educational Workshops, Professional/Organizational Consultation.

**Office Locations:** Schenectady/Scotia, Albany, Rensselaer, Clifton Park, Jonesville, Wilton. Please call the Scotia office at (518) 374-3514 to schedule an appointment. Financial statements for Samaritan Counseling Center of the Capital Region are available upon request through the New York State Attorney General's office.