

## Reflections

by Judi Heide

Earlier this year I made the decision to retire from counselling and will be ending my work at Pembina Counselling Centre by the end of May. As the first counsellor hired by PCC back in 1993, I had the opportunity to invest in a new service for this region of southern Manitoba. Now in 2017, I joyfully look back on the growth PCC has experienced and offer a few reflections.

A basic question I occasionally asked clients was “what gives you direction for decisions you make” or “what are you aiming for in this situation”. This basic question has been part of my reflection on the term of service I’ve completed at PCC, the question being formed as “what were the foundational concepts and values that guided me”. The short answer to the question is provided by a description of Jesus, specifically that He is “full of grace and truth” (John 1:14). A desire to reflect grace and truth has been foundational for me as I worked with clients. The way I applied this was to the client’s situation was substantiated or models of intervention but also by

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My understanding of the practical difference in the attitude with which I compassion, empathy, acceptance, I picture is present when grace is more to grace than these few words and accountable for in working as a counsellor. Experiencing grace is potentially powerful in any relationship and it’s been my privilege as part of relationship with clients to respond with grace and see its’ power to heal.

to try to regularly assess if my approach not only by sound counselling practices evidence of grace and truth.

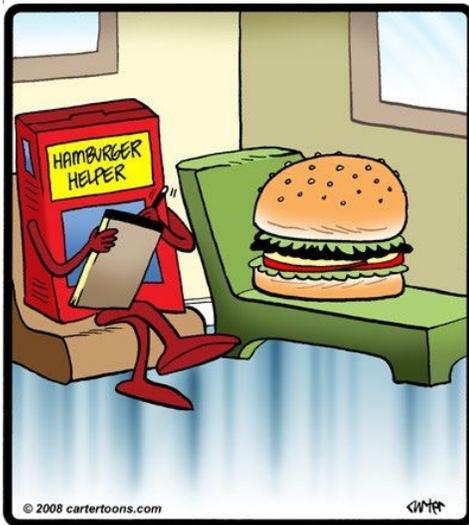
evidence of grace is that it makes a approach people. Dignity, respect, safety...these are words that match what experienced. Certainly there is much I’ve focused on what I could hold myself

My understanding of the practical evidence of truth is that it helps define the outcome in the life of the client that I as a counsellor want to contribute to. For example, because I believe child abuse is wrong, when someone who has been abused as a child seems to believe that the abuse or abuser was somehow justified, the outcome I want to contribute to is to expose the nature of that belief and expose the dynamics of shame. I’m

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so grateful for the clarity and stability I gained for the work of counselling by the meaning of both grace and truth.

I am deeply grateful for the years I was privileged to serve at PCC. First, I am grateful to God for all he provided and for his faithfulness. I give honour to Him. I'm grateful for the work of board, staff, volunteers, supporters (past and present) and the way they inspired me by their dedication and generosity. I'm indebted to clients who granted me opportunity to share in their lives and learn and grow together. And now it's time for me to say what clients sometimes heard from me when the hour was almost over..."it's time to wrap up" and I add, "Adios" (go with God).



Cover photo by Steve Hiebert

## Dessert Fundraiser Sold Out

This spring we were able to surpass last year's Fundraising donations by over \$10,000. We had a sold out event featuring Wilma Derksen (author, artist, life coach, and mother) as she shared her and her husband, Cliff's, journey regarding the loss of their daughter Candace in 1984. Many people were able to see some of Cliff's amazing art in her powerpoint and hear the story behind the artwork. You can view Cliff's art at [cliffderksen.com/art-gallery](http://cliffderksen.com/art-gallery)

Some insights on forgiveness from Wilma;

- Forgiveness is a choice, a lifestyle, a constant attitude and can free you.
- We need to forgive with our heart, mind, spirit, body.
- Men and women grieve differently. Wilma expressed grief verbally. Cliff used art to communicate and process his emotions.
- The average person gets angry 14 times a day.
- Each time we get angry, we have an opportunity to **choose to forgive**.
- It's good to practice forgiveness with the little things so when we get to the big things, we have a trained "forgiveness" muscle.
- Forgiveness has nothing to do with absolving a criminal of his crime, there are consequences. Forgiveness has everything to do with relieving oneself of the burden of being a victim, letting go of the pain and transforming oneself from victim to a survivor, every time.

To hear Wilma's story, head to our website Resource page for the audio.

**"My mission in life is not merely to survive but to thrive, and to do so with some passion, some compassion, some humour and some style."**

- Maya Angelou

## Pembina Counselling West???

by Paul Penner

Pembina Counselling Centre has been approached to consider an expansion of our service west of Morden. For the past year we have engaged in a process to examine our options and the costs associated with making such a move. An opportunity for setting up a Satellite office to offer counselling one day per week in Crystal City has gained support. We are still finalizing details and can't make an announcement yet about a date when our doors will open, but the journey has started.