



Celebrating Years of Ministry

PLUS: Trouble With Commitment? (page 7)

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PSYCHOLOGY FOR LIVING

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50 NCF Celebrates

Fifty Years Of Ministry

The year was 1958 and President Dwight David Eisenhower had just signed the Alaska Statehood Act into law. Explorer, the first U. S. satellite, was successfully launched. Fourteen year-old Bobby Fischer won the U.S. Chess Championship. The Brooklyn Dodgers moved to Los Angeles. Elvis Presley was inducted into the Army. The first International House of Pancakes was opened. You could buy a new Chevrolet Impala for less than \$3,000 and “fill it up” for about two and a half dollars. And yes, the gasoline attendant actually did “fill it up” for you! That was also the year that the Narramore Christian Foundation was officially founded as a non-profit Christian ministry.

Ten years earlier, in 1948, a young psychologist, Clyde M. Narramore, finished his doctorate at Columbia University and moved to California with his wife, Ruth, to accept a position as a Consulting Psychologist with the Los Angeles County School System. Before long he was being invited to speak at churches and Bible conferences and other meetings across the United States. Then he was asked to be on the radio. Soon people across America were writing and phoning to ask for help with all sorts of spiritual, emotional, and family problems. The overwhelming response to the radio pro-

gram, Psychology for Living, was the impetus that later led to the official founding of the Narramore Christian Foundation as a non-profit Christian ministry and to its outreach around the world.

Nineteen-fifty-eight was long before there were any doctoral training programs in Psychology at evangelical Christian institutions. It was long before James Dobson completed his doctorate and founded Focus on the Family and before Henry Cloud, John Townsend, Bruce Narramore, and others took their training and began writing books and hosting Christian counseling and psychology radio programs. From a human perspective, if there was one person who set the entire Christian psychology movement in motion it was Dr. Clyde Narramore. He saw the great need for biblically based counseling and psychology and encouraged others to follow where he opened up the way.

The ministries that Clyde and Ruth founded fifty years ago continue to flourish and change lives around the world. In honor of that half century of life-changing ministry we asked Dr. Narramore to reflect on the founding of NCF's ministries, some of the significant events and influences on this unique Christian organization, and his thoughts on the future of the Narramore Christian Foundation. ✝

An Interview With Our Founder

Editor: *Did you ever imagine when the Lord led you to begin these ministries in the basement of your home that NCF's influence would eventually extend around the world?*

Dr. Narramore: Partly yes, but mostly no! Several years before we founded the Narramore Christian Foundation, I traveled across America speaking at conferences, churches, and colleges.

During this time I saw the great need for our type of ministry. Consequently, when we started the Foundation, I felt it would grow and be a blessing to many people. But I didn't realize it would have such a broad impact in the United States, as well as Europe, Asia, and elsewhere. I never thought I would be speaking to staffs in the White House and other government agencies. And a graduate school of psychology? No. But I was well aware of the need. And God increased our ministry in wonderful ways.

Editor: *What was the environment that became such fertile soil for NCF's ministry?*

Dr. Narramore: When we first started, pastors and evangelists were stressing spiritual matters. The medical profession, on the other hand, saw most problems as physiological. But very few in the Christian community focused on the mental and emotional well-being of people, or the emotional deprivations of childhood that led to severe lifetime problems. Few people understood psychology, and, in fact, millions of Christians were leery of psychology. But people by the millions knew they had problems and were longing for help. Our biblically based approach to psychology and counseling was like water on parched ground to them. So they quickly responded to our ministry.

Editor: *How did the Lord lead you to begin a Christian psychology radio program? That was unheard of 50 years ago.*

Dr. Narramore: That was interesting! One night I was speaking at Dr. DeHaan's church in Grand Rapids, Michigan. I brought a message and conducted a question and answer period. After the meeting, a man walked up to Ruth and me and said I should be on the radio. Surprised, I asked "What on earth would I do on the radio?" "You'll discuss everyday problems," he said. "You're a good speaker, but you're even better at handling questions." Then he told me that he owned a radio station nearby, and that if I would prepare a daily radio broadcast he would air it free of charge. He also added that I could reach more people by radio in a week



than I could in a year or more traveling around the country and speaking as I did.

My wife, who had done quite a bit of radio work as a musician with Jack Wyrzten and Percy Crawford on the East Coast, agreed. So Ruth and I returned to California and began to pray about this. I called Dr. Charles E. Fuller of the Old Fashioned Revival Hour to get his opinion. He encouraged me, saying it would not only be a unique program in America, but it would also be an effective one. Then I raised the \$64,000 question. Since professional psychologists could not ask for money on the radio, how could our ministry be supported? He said he guessed I could starve! Then he emphasized that if we didn't tell people about our needs they would never know. "If you don't ask, you won't get," he said. But he still felt that a radio program dealing with problems from a Christian point of view would not only be the first in America, but also very helpful.

So with our eyes wide open Ruth and I borrowed money, bought some Ampex recording equipment, sat it on the corner of our dining table, made broadcasts and sent them to the Michigan station. The response was overwhelming.

Soon other Christian stations wrote and phoned us asking if they could air *Psychology for Living*. Several said they were just starting a Christian station and knew our broadcast would help them develop a listening audience. In time we were on more than 200 stations across America and in several other countries. Nearly all of these carried our broadcast free, as "public service."

FOUNDER, continued on page 4 ►

Editor: *Over the years NCF has published more than 100 different booklets on practical Christian psychological topics. How did that publishing ministry come about?*

Dr. Narramore: As people phoned and wrote us about their problems, we began to see certain questions or difficulties coming up time and again. So instead of writing each person an individual, but relatively brief answer, we wrote a more in-depth booklet. That saved us time and money and gave more help than we could possibly have included in a letter. Before long we were mailing out thousands of these booklets each month. After reading a booklet, people would often send it to a friend. I could write a book about people in various countries finding a booklet in markets, in trash cans, universities, and even saunas!

Editor: *What was Ruth's role in the ministry?*

Dr. Narramore: Ruth had a very important part in establishing and developing the entire ministry. In fact without her, we would never have had a Narramore Christian Foundation. She was gifted as a writer, speaker, musician, Bible teacher, and administrator. She co-hosted our radio program, edited my books, served as editor for *Psychology for Living* magazine and worked with me every step of the way. She also entertained more than a thousand pastors, missionaries and MKs when they came to our home during various conferences and seminars. Naturally, she provided a woman's point of view in many areas as well!

Editor: *God often prepares us for things we have no idea we may be doing later. Was that true of you? And if so, what experiences did God use to prepare you to found this work and to have a national and international ministry?*

Dr. Narramore: This is true. Growing up on a farm in Arizona without a father taught me the value of hard work and the importance of family. In high school a teacher saw that I had potential as a public speaker and took me aside and gave me private speech lessons that led to me finishing in third place in a stateside speech contest. The first month that I was in college an upperclassman who was taking a course in vocational counseling needed to give a vocational test to 20 people. So he gave me, a tall lanky country kid, a test and told me that I scored high in counseling and psychology and that I should consider pursuing that career. I knew a lot about milking cows, but I had to ask him what "psychology" was! So I tucked that information in the back of my mind and thought more seriously about it later on. Teaching elementary and high school students added to my background because understanding childhood development is basic to helping adults. Serving as a naval officer during World War II gave me many valuable experiences. Then, of course, receiving both a masters and doctoral degree in psychology and counseling from Columbia University was very significant. At times in university I had to take courses that seemed unimpor-

tant to me. But years later I found out they were required to get my license.

Most important in my preparation for directing these ministries was trusting Christ as my Savior at eleven years of age, then studying the Bible for many years to come. That is why it was so natural for me to look at human problems from a biblical as well as a psychological perspective. How wonderful to trust the Lord for both our present and our futures!

Editor: *How did our ministry to the sons and daughters of missionaries come about?*

Dr. Narramore: For several years different missionary organizations invited Ruth and me to come to their country and minister to their missionaries. While there, many missionary parents told us how their sons and daughters were struggling to adjust to life in the U. S. after growing up in another country. So we established a two-week program to help their transition to life in the U. S. We included personality and vocational tests to help them identify their gifts and areas in which they might need to grow. We provided recreational times and opportunities for them to make friends with MKs from other parts of the world. And we provided group and individual counseling to help them work through any problems or concerns they might have. At this time the reentry program has been in continuation for nearly 30 years, and well over a thousand have taken this life-changing training and are now serving God around the world. I believe this has been one of our most important ministries.

Editor: *Why did NCF decide to found the Rosemead School of Psychology?*

Dr. Narramore: For years we had been receiving requests for referrals to Christian psychologists in cities across America. But there were few psychologists who had their doctorates and licenses to practice and who were committed to helping clients spiritually as well as emotionally. We began by starting Christian counseling centers in three different states but soon realized even that would be limited if we didn't have qualified staff. So we decided to train young Christian men and women who would return to their home states and start their own centers. My nephew, Dr. Bruce Narramore, who had been heading up our counseling center in Rosemead, joined me in founding the graduate school in 1970. Dr. Bruce had a strong biblical, academic, and clinical background and developed a fine curriculum and faculty. When we announced the opening of the school, over 1,000 prospective students wrote us. From this group we admitted 13 students who were ready to work on their doctorates. Now nearly 900 men and women have received their doctorates and are scattered throughout the nation and around the world establishing Christian counseling centers, teaching in Christian colleges, serving missionaries overseas, and filling other needs. Well-known authors and radio personalities Henry Cloud and John Townsend, for example, are graduates of Rosemead. Several of our alumnae are currently serving our troops in Iraq.



Milestones In The Ministries Of NCF

- 1954** Psychology for Living radio program begins.
- 1956** Dr. Clyde and Ruth Narramore begin NCF ministries in the basement of their home in Pasadena, California. Clyde's first book, *Life and Love: A Christian View of Sex and Dating*, is published.
- 1958** NCF is incorporated as a non-profit Christian ministry.
- 1959** First issue of *Psychology for Living* magazine is published.
- 1960** NCF moves out of the Narramore home into nearby rented space and the Christian Counseling Center opens.
- 1960** Clyde publishes *The Psychology of Counseling* which is later named one of the 100 most influential Christian books of the 20th century.
- 1962** NCF establishes Missionary Psychological Services department.
- 1963** Mr. Harry Weaver donates 10 acres in Rosemead, California for new home for NCF.
- 1965** Clyde speaks to groups at the Pentagon, White House, CIA and Department of Justice for the first time.
- 1966** Intensive three-week training program in counseling is established for ministers and missionaries.
- 1968** NCF begins holding annual Bible conferences with personal growth emphasis at Lake Yale, FL.
- 1970** Rosemead Graduate School of Psychology is co-founded by Drs. Clyde and Bruce Narramore and the Directors of the Narramore Christian Foundation.
- 1972** Rosemead Graduate School of Psychology begins publication of the *Journal of Psychology and Theology*.
- 1973** Bruce publishes his first book, *Help! I'm a Parent*, which is selected as one of the "Choice Evangelical Books" of the year.
- 1974** First Rosemead students graduate with their doctorates in psychology.
- 1975** Rosemead is the first free-standing (not a part of another educational institution) doctoral granting institution in psychology in the United States to receive regional accreditation.
- 1975** The first of more than 400 biblically and psychologically based Personal Enrichment Clubs is established under the leadership of Col. Lee and Gloria Bendell.
- 1977** Rosemead's doctoral programs and faculty are moved to Biola College, leading to Biola's change from college to university status.
- 1979** Annual Reentry program for sons and daughters of missionaries (MKs) is founded.
- 1979** NCF is a charter member of the Evangelical Council for Financial Accountability.
- 1983** Clyde serves on Attorney General's Task Force on Domestic Violence.
- 1996** NCF moves its headquarters to Arcadia, California.
- 1999** Bruce Narramore is appointed as NCF's second president.
- 2001** NCF helps develop and sponsor the first doctoral program in Christian Counseling in the Philippines at the Asia Graduate School of Theology.
- 2002** First intensive two-week in-service Member Care and Counseling Training Seminar for missionary member care workers is offered in Thailand.
- 2004** NCF helps found the Cornerstone Counseling Center for missionaries in Chiang Mai, Thailand.
- 2005** First two-week Missionary Renewal and Restoration Counseling Retreat is offered in Thailand.
- 2007** 1,500th MK completes Reentry program for sons and daughters of missionaries.
- 2007** First graduates of the doctoral program in Counseling at the Asia Graduate School of Theology receive their doctoral degrees.
- 2008** Cornerstone Counseling Center for missionaries moves from its rented facility into its own permanent facility in Chiang Mai.



Editor: *As you look back over more than 50 years of ministry, what are a few of the most rewarding events in your life and ministry?*

Dr. Narramore: The rewards have been numerous. For example, my wife and I have worked together every day. What a blessing! Especially important has been leading people to a saving knowledge of Christ. This has been done in group meetings and with individuals. A third unusual blessing has been the ministry of speaking on numerous occasions at the White House, the CIA, the State Department, West Point, and Annapolis. More recently NCF's outreach into Asia, Europe, and Africa has also been very important. And, of course, it has been a great blessing to me to associate closely with the wonderful Christian leaders of America, like Billy Graham and the founders of other ministries like Dawson Trotman of Navigators, Bill Bright of Campus Crusade, Jack Wyrzten of Word of Life, and Henrietta Mears who founded Gospel Light Publishers and Forest Home Conference Center.

Editor: *Although God led you to found these ministries, NCF has been blessed to have many wonderful staff over the years, as well as directors and friends who supported the ministry financially. Would you tell us what it has been like to work with such a variety of Christian men and women through the years?*

Dr. Narramore: Every Christian leader realizes the value of a dedicated staff. And we have surely been blessed to have many wonderful people minister with us. Some have been teams of husbands and wives. Some moved across country to join us. And others gave up much better-paying jobs to minister with us. Many served for 25 years or more!

I have often thought that a ministry is like a large clock. On the front we may see one or two visible hands. But these hands could not function if it were not for the sel-

dom seen parts in back that are making the whole clock function. I have never thought of any NCF staff member as an employee. Rather, each one of us is a member of the staff filling an equally important position. All of God's work is important.

Editor: *What would you say to a Christian who feels led to begin a new ministry?*

Dr. Narramore: You should (1) ask yourself what gifts, abilities, and interests the Lord has given you. (2) Carefully study the need for a ministry calling for your God-given gifts. Ask yourself if there are other organizations already providing similar services. (3) Seek counsel from others. (4) Consider the steps that would be required to initiate a ministry. (5) Explore the potential costs involved and the sources of income needed. (6) Consider the evidences that God is leading and preparing you to lead a new ministry. (7) Ask yourself if your desire to lead a ministry grows out of a need to build up your own ego or to magnify Christ. We need Christian leaders, but we need ones who are well-adjusted, and called by God, not ones who are trying to build their own kingdoms.

Editor: *What do you see in the future for NCF?*

Dr. Narramore: The future of any organization depends upon a society's need as well as the organization's ability to fulfill that need. The Bible tells us that in the last days perilous times will come. This means that we are likely to have many more adult problems, marriage problems, teenage difficulties, children's maladjustments, and the like. The U. S. is the greatest nation in the world, and Satan will focus on us. So we should do everything we can to keep our country strong because as goes America so goes the world.

The need for NCF's ministries will increase greatly in the years to come. But these needs will extend far beyond the borders of the United States. They will exist in virtually every community around the world. I believe the future calls for our thinking outside the US box. As we look to the future we can have great anticipation. We are doing God's business, and He delights in meeting our needs.

Editor: *What counsel would you have for the current and future leaders of NCF?*

Dr. Narramore: NCF specializes in working with people. And what is the greatest need of human beings? It's to be saved and walking with the Lord. So our emphasis should always be on leading people to a saving knowledge of Christ, then helping them to live a dynamic, fruitful life. We must remember that man's basic emotional needs are met at their deepest level by knowing Christ and then appropriating biblical teachings and precepts to everyday living. We should not be dismayed by a Godless society. We remember the Scripture, "... But where sin abounded, grace abounded much more" (*Romans 5:20, 21*).

As a leader you can expect some bumps along the way, but keep on going because God will surely bless, and we may be nearer Christ's coming to take us to be with Him than we can even imagine. †

Trouble with Commitment and Fidelity?

by Bruce Narramore, Ph.D.

Men and women write and email our headquarters with a variety of questions and personal struggles. Many are about marriage and dating. Russell, for example, wrote, "I cannot stay committed to one person...cannot stand to be by myself...am having sexual relations with two women and one that I am dating is seeing someone else. I am a Christian and feel guilty over this but can't bring myself to stop. Can you help me?"

Russell says he has a problem with commitment and sexual immorality, which he does. But I don't believe those are his deepest problems. In fact, I suspect one reason Russell hasn't given up his sinful and destructive behavior is that he is focusing on his symptoms rather than his deeper problems. He has confessed his immorality many times to God. He has prayed to be able to faithfully commit to one person. But he still hasn't changed.

Why?

Notice that Russell tells us "I can't stand to be by myself." Russell's driven sexual temptations and his inability to commit to one person are apparently triggered by deep feelings of being cut off from others and an inability to sit quietly with himself. Russell's sexual promiscuity isn't mature adult sexuality. It is more like a baby or very young child craving to be held. He can't stand to be alone because aloneness terrifies him. He reaches out to touch someone and to be held in order to ward off that overwhelming loneliness. Sex is secondary.

Russell is not alone. Many people struggle with sexual promiscuity and unfaithfulness because they feel incredibly bad about themselves. When they are alone they become anxious, depressed, and insecure. Much like some people run to the refrigerator to eat or turn to alcohol and drugs when feeling badly, others turn to sex to temporarily quiet their loneliness and depression. But relief is temporary. Loneliness soon resurfaces and the cycle goes around again.

Let me explain how this dynamic works. When a young child has the con-

sistent, loving care of his parents, and an awareness that God is with him, he builds up an inner emotional reservoir of positive memories. Once a child has filled his emotional reservoir and reached adulthood his reservoir functions like a never-ending spring of refreshing water. Even when he is alone, he has an internal mental picture of himself in relationship with caring others. This is what enables healthy adults to be alone without being lonely. At a deep level they know that they are loved.

When a child doesn't have consistent, available and sensitive care, he or she fails to build up a reservoir of memories and feelings of being loved. That deficit carries into adulthood just like a full reservoir but with opposite results. Instead of being comforted by warm memories of meaningful relationships and using time alone to read, study, introspect, or pray, the person with an empty reservoir is battered by loneliness, fears of abandonment, discouragement, or depression. Instead of enjoying being alone, he or she is overwhelmed by loneliness. This, I suspect is one of the main causes of Russell's struggles with commitment and sexual immorality.

It will be difficult for Russell to change his behavior until he comes to grips with these feelings of isolation. When a person feels lonely, being alone (and especially being quietly alone) opens him up to a barrage of painful feelings which he yearns to block out any way he can.

What can Russell do? **First**, he needs to renew his relationship with God by focusing on God's love and care for him. The Bible says, "When my father and mother forsake me, then the Lord will take me up" (Psalm 27:10). It promises that "God will never leave us or forsake us" (Hebrews 13:5). And it tells us, "As one whom his mother comforts, so will I comfort you" (Isaiah 66:13a). In a deep and meaningful way the Bible reminds us that we are not alone, ever. Studying, memorizing and focusing on passages like these can begin to instill an increased awareness that God is with him and that he does not need to be afraid.

Second, Russell will need a good friend, pastor, or counselor with whom he

can share his feelings of loneliness and isolation. God does not just assure us that He cares. He uses others to meet our needs for love and comfort. A recovery group for addicts might be helpful for Russell. He needs to learn to recognize the moment his loneliness is about to push him into sexual immorality and to phone a friend, talk with the Lord, or find some other healthy way to be with people instead of continuing his destructive and depressing cycle.

Third, Russell may need some serious psychotherapy to get to the source of his feelings of abandonment and inability to be alone. Was he emotionally or physically abandoned by one or both of his parents? Was his mother hospitalized or ill for a lengthy period of time when he was very young so that he failed to develop a secure and solid attachment with her? Were his parents preoccupied with other things or so anxious or depressed that they couldn't enjoy him so that they essentially looked right past him or missed him even when they were in the same room? Any one or combination of these could lie at the root of Russell's inability to be alone because we learn to be alone as adults by being together when we are children.

Finally, Russell will need to grieve the losses or absences of his parents or other key figures during his developmental years. He will need to feel his sadness and face the fact that he can never replace those people through a round of sexual contacts. The adult woman he dates can never fill the void caused by the emotional absence of his mother years ago. Once he is strong enough and honest enough to face that truth he will need to mourn or grieve his unhappy childhood. And when he has finally grieved those losses or absences, much like one grieves the loss of an adult spouse, then he will be ready to relate to the women he dates as the adults they are rather than as substitute mother figures designed to make him feel better.

Only then will he not be so driven to sexual immorality. And only then will he have a mature capacity to handle temptations and to commit to one person in a faithful relationship of marriage. †

How You Feel Does Matter

For 49 years Psychology for Living has been publishing practical articles from a biblical and psychological perspective. In honor of NCF's 50th anniversary we are reprinting this still-timely article first published in 1976.

--The Editor

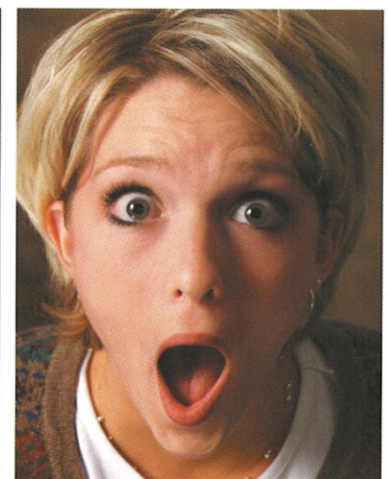
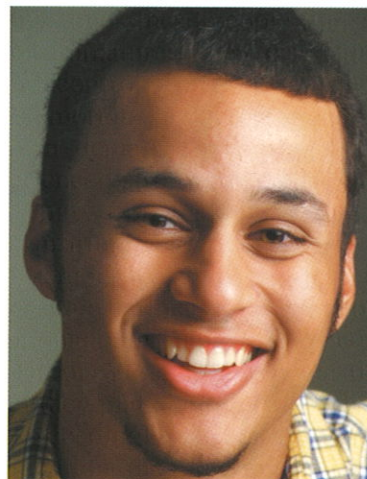
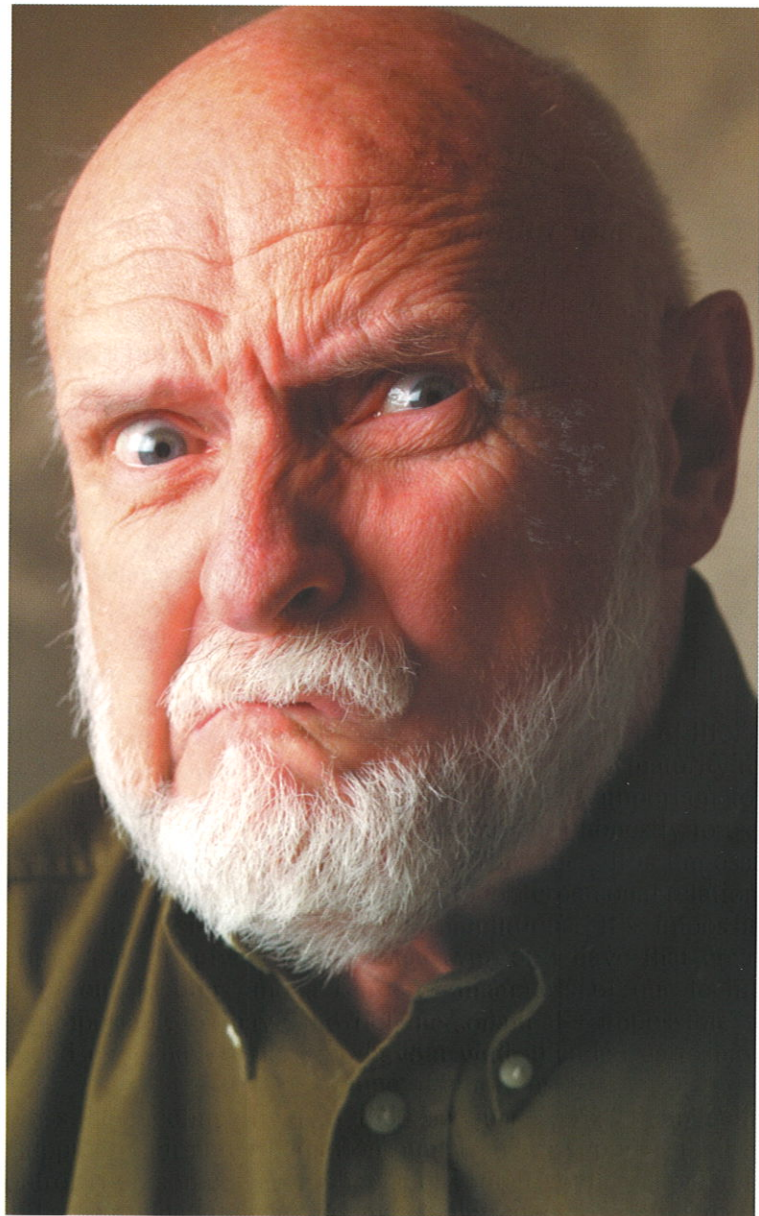
by Maurice Wagner, Th.M., Ph.D.

Emotion is an evidence of life.

While it is no sign of maturity to let our emotions gush all over the place, it is important to become sensitive to our emotions and learn honestly to experience them as we handle life's perplexities. It is impossible to have deep intimate marriage and interpersonal relationships if we aren't in touch with our emotions. It's impossible to effectively handle stress if we don't have that creative strength that springs from an awareness of our feelings and a sense of inner wholeness. And it's impossible to have the rich personal lives that God intended us to have unless we have a wide range of emotions.

Some people express their feelings freely. Others are just the opposite. They suppress their natural emotions and practice a rigid self-control. For some reason they feel more comfortable, safe and secure when they are not experiencing lively feelings. Many times these people think the show of emotion is weak or immature. They pride themselves on their "maturity" and control. But this is not a matter for pride. Everyone has emotions; a computerized, robot type of existence is simply a denial of important inner feelings. Jesus Himself experienced strong emotions. He wept (*John 11:33-36*). He was angry (*Mark 3:5*). And he was touched with feelings of our infirmities (*Hebrews 4:15*).

In marriage, a non-emotional style of living can cause significant disturbances. One partner is sensitive to feelings and needs for deep emotional communication. The other is more afraid of feelings. He or she speaks of what they do, what they think, and what they plan, but rarely share exactly what they feel. This is exceedingly frustrating to the marriage partner – not to mention the emotional side of life the



“repressive” partner misses.

Basically such a person has never learned to trust himself to others. He secretly feels afraid he will be hurt in some way if he should reveal his true feelings, so he mutes himself and stifles the meaning out of relationships.

One of the first steps in personal maturity is to acknowledge our own emotions – be true to ourselves. For some, this may be the hardest task we’ve ever undertaken. Most of us deny emotions we consider unacceptable and try to substitute more pleasant ones in their stead. We have been trained to do this by our parents who said, “You love your brother. You don’t hate him, do you?” “Give him a big hug.” “Tell the man you’re sorry.” “Smile, now. Let’s be happy.” Or “Tell the lady ‘thank you.’” Perhaps none of these expressions represented how we really felt at the time, but we tried to comply with the wishes of our parent.

This is how emotional self-deception begins. By nature, children usually express precisely how they feel. However, parents become apprehensive about this and train them to do otherwise. As the child grows to adulthood, he is trained to suppress certain emotions for the sake of being polite, respectful, and “proper.” While these attributes are desirable, there usually is a way of saying something fitting in expressing emotion without actually lying to yourself and others. For instance, instead of stating how much you enjoyed the evening when actually you were bored, it might be better just to thank your host for the time together – or keep still. Graciousness need not be a reason for telling a lie.

Some parents do more than just tell us to express a more acceptable emotion. They forbid emotions altogether. Some even humiliate their children for expressing natural emotions. “Don’t cry,” they say, “Be strong. You’re acting like a baby!” Others say “Stop being angry. Stop it! You hear.” A person who succeeds in stifling his anger feelings is scheduling himself for emotional problems later, most likely depression or passivity. Anger should be controlled and dealt with, not pressed out of awareness. Still other children are made to feel embarrassed by their desires for affection. One young woman remembered how her father used to humiliate her by saying, “Don’t be so mushy. Your kisses are too sloppy.” This hurt her deeply.

We also learn to put the lid on feelings by following a parent’s example. All of us use our parents as models. If our parents freely expressed emotions in appropriate ways, chances are we can do the same. But when parents do not express emotions, we tend to copy their patterns and grow up having difficulty coping with our feelings. We fear that free expression is dangerous or even sinful. We learn to deny normal fears and subdue honest tears. This is quite

unfortunate.

Overcoming the habit of hiding emotion is not easy. Many of us have had years of experience avoiding certain feelings and this habit does not change overnight. But we can commit ourselves to growth in being aware of our emotions. We can begin by becoming honest with our feelings. We can ask ourselves “What am I really feeling?” “Am I discouraged, angry, loving, miserable?”

The stoic can also overcome his fear of feelings and people if he can view himself as a person of worth who has a right to feel “out loud.” Sometimes the unemotional person has the illusion that no one is interested in his feelings. He fears if others knew how he felt, they might not like him, and reject him. He can overcome the gripping power of this illusion by experimenting with disclosing his feelings in conversation with safe friends.

We can also grow in emotional awareness by realizing that God is the Author of our emotions. As a matter of fact, the fruit of the spirit includes emotions. Paul spoke of love, joy and peace (Galatians 5:22). God did not create us to be robots. He created us as human beings with emotions.

Looking at our family backgrounds can also give us a better understanding of our feelings. Have we learned to bottle up our feelings because emotions were not allowed during our early family life? Or do we have a very emotionally uncontrolled parent, and we want no part of that existence?

Discussing these experiences and attitudes can do much to bring us in touch with certain emotional aspects of our personality that we may have been unaware of for years. Gradually we can incorporate these feelings into our total personality. We can balance our reason, our logic, and our work with rich and rewarding emotions and interpersonal experiences.

In a healthy friendship, there is a continual balance maintained in the sharing of self through emotions. Each is trusting the other with an expression of himself and opening himself to the other, allowing himself to be vulnerable.

Feelings are important, and they do matter. Without them, relationships are sterile. When they are expressed in a sensitive balance of exchange, there is true understanding and fulfillment. In sharing feelings, we can fulfill the second great commandment, “Thou shalt love thy neighbor as thyself” (*Mark 12:31*).

How you feel does matter. It matters to you. It matters to others. And it matters to God. ✚

“One of the first steps in personal maturity is to acknowledge our own emotions – be true to ourselves. For some, this may be the hardest task we’ve ever undertaken. Most of us deny emotions we consider unacceptable and try to substitute more pleasant ones in their stead. We have been trained to do this by our parents who said, *You love your brother. You don’t hate him, do you? Give him a big hug. Tell the man you’re sorry. Smile, now. Let’s be happy.* Perhaps none of these expressions represented how we really felt at the time, but we tried to comply.”

Dr. Wagner was a licensed family and marriage counselor who ministered for many years at NCF’s Christian Counseling Center in Pasadena and Rosemead, California.

Cornerstone Counseling Center Dedicates New Headquarters

May 30 marked another milestone in the ministry of Cornerstone Counseling Center for missionaries. More than sixty friends of the only missionary counseling center of its type in Southeast Asia gathered to celebrate the opening of Cornerstone's new headquarters!

Nestled among a grove of trees just beyond downtown Chiang Mai, Thailand, the beautifully landscaped and appointed building welcomes guests into a relaxing and nourishing environment. Missionaries arriving with heavy burdens immediately sense that someone cares and that beauty, reflection and professionalism are combined in an unusual way in this center. They are greeted by a high ceilinged lobby highlighted by small garden and the peaceful sound of two small fountains. On one side of the lobby is a waiting room with chairs, small tables and some toys for families with children. On the other is a waiting area for adults. Two receptionists and support staff work quietly behind the reception desk which is framed with a floor to ceiling wall of soft colored local stone. A ceiling fan turns quietly, keeping the warm Thai air at bay.

Once they enter a counselor's air conditioned office they find it comfortably decorated with their counselor's individual tastes. Each room has one or more windows looking out over the peaceful grove of trees outside. The offices are thoroughly sound-proofed to protect confidentiality and there is even a play therapy office for counselors working with children.

The ground level also features a community room that can seat approximately 70 people for workshops, in-service training and other meetings for the missionary community. Upstairs are the rest of the eight private counseling



New Cornerstone Counseling Center headquarters.



Meeting room for educational workshops complements Cornerstone's counseling ministry.

offices, a room for group counseling, and a conference room for staff meetings and consultations.

The Center is as nice as any counseling center you will find in the United States and NCF is deeply grateful to our many friends who cared enough to help make this place of help and healing possible. It will serve hundreds of missionaries every year and will be a beacon of hope and a testimony to the grace of God throughout the Southeast Asian region. †



Rock monument and fountain welcome guests to Cornerstone.



Cornerstone's spacious, comfortable lobby.

Second Group of Students Begins Doctoral Counseling Studies in Manila



Doctoral counseling students gather for photo after class.

They came from incredibly diverse backgrounds with a variety of interests and life experiences. They are Korean, Filipino, Chinese and Canadian. Two are experienced pastors with many years in the ministry. One teaches at an evangelical seminary. One is a practicing physician. Several are missionaries or hold positions with mission agencies. And some work as associate staff members at local churches. But they all have two things in common. They are committed Christians and they want to deepen their abilities to help others as Christian counselors. They are the fourteen new students in the doctoral program in Christian Counseling at the Asia Graduate School of Theology in the Philippines.

These fourteen students, ranging in age from their late twenties to their mid fifties, gathered in Manila last month for their first intensive two week course on the biblical and psychological foundations of counseling, team taught by Drs. Bill Kirwan and Bruce Narramore. The course met daily from 8:30 in the morning until 1:00 in the afternoon. The students were eager learners and participated actively in class discussions. Dr. Narramore commented "I was amazed at how they could sit there attentively for 4 fi hours with only two short breaks! I kept asking if they would like to finish

class early or have longer breaks but they didn't want to be shortchanged so we kept going."

Periodically a student asked for input on a particular person he or she was counseling. Occasionally they asked about a personal issue with which they struggled. After class they stayed to talk some more. Several sought out personal consultations to ask for help in their own life and growth. They wanted to soak up everything they could during the two week's time.

Judging from their active involvement in class and their rich life experiences, Drs. Kirwan and Narramore concluded they will be a very strong group of students. They already know a great deal, having at least a masters degree in counseling. Most have a significant amount of counseling and ministry experience. Now they are ready to move to the next level. Their openness and commitment to serve the Lord and their fellow countrymen effectively make them a joy to teach. And the need in their country is huge. Abuse, abandonment and broken families seem to almost be the norm. NCF is honored to help provide this unique doctoral training that will impact families throughout the country and asks that you pray with us for these precious students and the people they are called to serve. †

Teenage Insomniacs

Recent research indicates that over one-fourth of teens aged 11-17 may suffer from symptoms of insomnia.¹ Collecting data at the beginning and ending of a 12-month period from more than 3,000 teens, Doctors Roberts, Roberts and Duong have concluded that "insomnia is both common and chronic among adolescents."² Lead author Dr. Robert Roberts of the University of Texas School of Public Health indicated that "this was a surprise,"³ and argues that insomnia among adolescents is as prevalent as substance abuse and other disorders such as depression and ADHD.

Data from this study indicated that those impacted with chronic insomnia were more likely to think their mental health was poor, more likely to have health problems and trouble at school, and more likely to use alcohol and drugs like marijuana and cocaine. The proliferation of the use of high energy drinks such as Monster®, Rock Star® and Red Bull®, coffee, as well as both illicit and over-the-counter drugs suggests that adolescents may be self-medicating. They take these substances to overcome their painful emotional conditions.

The good news is that this disorder is treatable and early detection and intervention usually bears the best results. Teens who are believers have the additional encouragement that God protects us and wants us to be aware that His presence can increase our peace. As David writes in Psalm 4:8, "In peace I will both lie down and sleep, For Thou alone, O LORD, dost make me to dwell in safety" NASB. †

¹ "Chronic Insomnia and its Negative Consequences for Health and Functioning of Adolescents: A 12 Month Prospective Study." *Journal of Adolescent Health*, Vol. 43, Issue 3, March 2008, pages 294-302.

²Ibid.

³"Plight of the Teenage Insomniacs," *Newsweek*, April 7, 2008.