

Two Locations. One Mission.



Franciscan Life Process Center

TROUBADOUR

SPRING 2019

OUR MISSION:

To promote a relationship with God that brings dignity and hope to the sacred process of all life through programs that assist, educate, enrich and inform.

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Counseling Services Help People of West Michigan

The Franciscan Life Process Center (FLPC) has offered counseling services to the West Michigan community since 1983. "We believe in the potential of every human person to grow, change, and develop a better life," Center Director and therapist Sister Colleen Ann Nagle, FSE states. "We hope to guide our clients to know what is normal and healthy and to develop meaningful relationships in their lives."

Specialties

Marriage and family therapists work with individuals, couples, and families with an emphasis on relationships in the clients' lives.

School counselors offer individual counseling to help students resolve personal and interpersonal issues that interfere with success in the classroom and at home.

Play therapy, a method of psychotherapy used with children ages 3 - 12, utilizes both play and verbal communication to provide the counselor with a means of communicating with young children through a medium that comes naturally to them, play and toys.

Staff

Sister Colleen Ann Nagle, FSE, MA, LPC sees private clients and is the director of the Franciscan Life Process Center.

Sister Mary Paul Moller, FSE, MS, LMFT, LPC, RPT-S is a certified play therapist. She works as a school counselor in several area Catholic schools and sees private clients. She also trained and works with a certified therapy dog named, Piccola (Picco for short).

Laura Brandt, MA, LLP provides testing and assessments when therapists and their clients believe it is needed in the therapeutic process. Her clinical interests include self-esteem issues and shame, grief and loss, and relationship concerns.

EMDR (Eye Movement Desensitization Reprocessing) is used in the treatment of traumatized individuals and relieves many types of psychological stress in people of all ages. Mindfully creating a safe "here and now" allows clients to look back at past events.

Psychological assessments and tests are tools used to help better understand and work with each client. There are a multitude of psychological tests, and they can be administered for a variety of reasons. The decision to administer assessments and tests is done on an individual basis.



Emily Andersen, MSW, LMSW, OSW-C is a clinical social worker who brings a unique perspective to the counseling staff through her work with family systems.



Deena Cantu LaPres, MA, LLP, LPC, who is EMDR certified, specializes in working with families and individuals who have suffered with trauma, anxiety, eating disorders, marital issues and post-abortion healing.



Jamie LaFleur, MA, LPC has worked in both public and private schools as a teacher and counselor. Jamie enjoys working with children and adolescents helping them to become effective and competent problem solvers.



"The entire universe speaks of God's love, his boundless affection for us. Soil, water, mountains: everything is, as it were, a caress."

Pope Francis, Laudato Si'

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News Around the Center

Dear Friends,

As you read this issue of our newsletter, please note our offerings for summer classes, enjoy being introduced to our Counseling Staff, read a bit more about our Sister Barbara Cline and all that she has done and continues to do in her professional life. I hope you can anticipate possibly participating in our Bowl-a-Rama at Northfield Lanes at the end of July.

Please consider visiting our Lowell campus this summer or fall. As I write to you, the spring flowers are blooming, and you can literally see the sap rising in the bushes and trees. As the seasons progress, our fields and gardens will be planted, our trails are waiting to be enjoyed and we would love to see you visit and enjoy our 230 acre campus.

You have our prayers for a safe and enjoyable summer season. Please stay in touch.

Sister Colleen Ann Nagle, F.S.E.

Sister Colleen Ann, F.S.E.

Counseling Services... (cont.)

Johanna Denton, MA, LLMFT works with couples, families, and individuals to find solutions which work best for them.



Kristin Lothschutz, MA, LPC joined the staff after completing a year-long internship at the Center. Kristin, a recent graduate of Aquinas College, will work with individuals, groups, and married couples.



Today, the eight members of the FLPC counseling staff work at both the Lowell and Grand Rapids Campus to provide a variety of services including individual, married couple, and family counseling. In addition, they provide services for nine area Catholic schools and offer consultation and crisis intervention services.

To learn more about our Counseling Services, go to www.lifeprocesscenter.org. To schedule an appointment, please call Sister Colleen Ann Nagle at 616-897-7842 ext. 339.

Roots Will Rock

June - August, Grand Rapids Campus

Roots Will Rock is a group rock band class for teens ages 13-18 who have an interest in learning to play music in a rock band format. It is directed by Eric Busch, MT-BC. Questions? Please email Eric at ebusch@lifeprocesscenter.org. Cost: \$20 for eight week summer session. New members always welcome. For registration information, contact Fredna Rayford at frayford@lifeprocesscenter.org or call (616) 647-5257.

Lindsey Perrault, MT-BC, NMT, recently attended a specialty training on Neurologic Music Therapy in Toronto, Canada. Neurologic Music Therapy opens doors for rehabilitation and independence for patients suffering from stroke, Parkinson's, autism and traumatic brain injury, to name a few. To learn more about this type of music therapy and to see if you or your loved one qualify for services, please contact Sandy Koteskey, Assistant Director, Music Therapy Program, at skoteskey@lifeprocesscenter.org.



Dr. Michael Thaut, Dr. Corene Hart-Thaut, Lindsey Perrault, Suzanne Oliver all MT-BC, NMT

The FLPC music therapy department partnered with **Grand Rapids Community College** music department to offer an Introduction to Music Therapy course during the winter 2019 semester. This course offered a cohesive overview of all aspects of a music therapist's career. It included guest speakers, field observation, and practical music application. If interested in learning more about the course, contact Sandy Koteskey, Assistant Director, Music Therapy Program, at skoteskey@lifeprocesscenter.org.

The farm's former "milking parlor" is under renovation to become a woodworking shop. When it is finished, the Center will use the room with school and retreat groups and possibly offer woodworking classes.



Milking parlor

Amanda Partlo, MT-BC, provides music therapy to Cindy Donahue's class at Alto Elementary School thanks to a grant from the **Lowell Education Foundation**. The 10 sessions are aimed at helping students with cognitive impairments improve language, social and emotional skills.



Amanda Partlo and students

Men's Summer Retreat

July 16 9:00 - 5:00 pm Lowell Campus

All men are welcome to this diocesan-wide retreat led by Msgr. Gaspar (Gus) Ancona. The day will include presentations, quiet reflection time, Confession, Mass and lunch. Cost: \$60 Please go to www.lifeprocesscenter.org to register.



From the Art Director

The 2019 Workshop season brings some wonderful workshops that you won't want to miss. Outstanding teachers, some who are new to us and others have taught here previously, return this summer. Each teacher brings excellent art training and teaches artists how to find their voices in their work.

Please visit our Guardian Galleries from 9-5 M-F at the Lowell campus and Noon-5:30 pm M-Th at the Grand Rapids Campus.

To learn more about our Art Workshops, please go to www.lifeprocesscenter.org

Know the Franciscans

Sister Barbara Cline, FSE MA, PhD

Sister Barbara Cline, FSE currently works for the Diocese of Grand Rapids as Director of Faith Formation. "Our job is to support parishes in developing effective programs that lead children, youth, and adults to faith and to what it means to be Catholic." It includes meeting with parish catechetical leaders, supervising the certification program for catechists and Catholic school teachers, and planning the Parish Ministry & Catechetical Conference each fall.



Sister Barbara grew up in northwest Iowa and had one sibling. She has a Master of Arts in Early Childhood with a minor in developmental psychology, a Master of Arts in Theology, and a PhD. in Special Education Administration.

Prior to her employment at the diocese, Sister Barbara has worked with children and youth with disabilities and their families for over 50 years. This work led her to the Middle East as the Director of Catholic Relief Services for the West Bank including the West Bank, Gaza Strip, Egypt and Morocco. "Much of our time there involved helping mothers and their infant children in their homes and villages," Sister states. In Cameroon, West Africa, she worked in a physiotherapy center for children, youth and adults who came from numerous countries around Cameroon. Upon her return to the US, Sister helped establish Michigan's *Early On*, an early intervention program for children where she served as a state trainer and technical assistant coordinator.

Sister Barbara has close ties to the Lowell Campus. She was one of the first sisters who arrived in Grand Rapids in 1972 and founded the Franciscan Life Process Center in June of that year. In addition to her work in the diocese, she meets with 30 individuals seeking spiritual integration, sometimes called spiritual direction, at the Center. "The purpose of spiritual integration is to help people integrate their spiritual life with their daily life. How does Christ inform us, bring us to see his presence daily?" Sister smiles, "What we often call 'coincidence' is God at work in our lives."

ASK and FLPC Music Therapists Help in Area Classrooms

Autism Supports of Kent County (ASK) has partnered with the FLPC for over 10 years to provide music therapy services in autism classrooms throughout Kent County. Each summer, classroom teachers apply for services through ASK and, after contributing \$100, enroll in our music therapy program to receive services in their classrooms once a month. These services provide an opportunity for students with autism to receive the specialty music therapy services that shape experiences to the learning style of the students. Without the support of ASK, this program could not happen since public schools often do not have the funding available to provide such service.

"Our students love music therapy!" shares Jenneth Wright, autism resource teacher at Emmons Lake Elementary School in Caledonia. "They show a high level of engagement during the activities, and they enjoy having time to sing with their friends. We have noticed growth for them in the areas of flexibility with turn-taking and with communication. Thank you for giving us the chance to participate in a worthwhile and meaningful program through the collaboration of Autism Support of Kent County and the Franciscan Life Process Center."

To learn more about ASK, go to www.autismsupportofkentcounty.org. To learn more about our music therapy services, go to www.lifeprocesscenter.org.

Summer Children's Programs

Summer Groovin' Groups

Grand Rapids Campus

The Franciscan Life Process Center is offering music therapy groups for children with special needs. Groups will use fun and motivating interventions to work towards therapeutic goals such as social interaction and communication. Parent participation is welcomed.

A group for ages 5 - 9 and a group for ages 10 - 17 will meet weekly for 45 minutes on Thursdays for 7 weeks, June 20 - August 15 at our Grand Rapids Campus. (no groups June 27 or July 4) Cost: \$140

Please contact April (616) 897-7842 x308 or afcullum@lifeprocesscenter.org.

Day Camps

Lowell Campus

Integrated experience of the natural world for children ages 6 - 15, with Sister Mary Paul Moller, FSE

Art from Nature in the Native American Style

June 26-28, 2019 (ages 8 - 12)

Bugs, Bees & Creepy-Crawlies

August 7 - 9, 2019 (Ages 6-9)

Where Did this Come From: Food from Seed to Table and Animal Cycles that Help the Process Along
August 14 - 16, 2019 (Ages 10-15)

Cost: \$100 Please go to www.lifeprocesscenter.org for camp descriptions and to register.

Fertility Education and Support

NEW! Are you preparing for Marriage or looking into Natural Family Planning (NFP) options? We are offering a new class to educate you on the benefits of NFP and the options available to you! This introduction may also help fulfill marriage preparation requirements.

Introduction to NFP/FABM

May 21 6:30 - 8:00 pm Grand Rapids Campus
June 18 6:30 - 8:00 pm Grand Rapids Campus
July 25 6:30 - 8:00 pm Grand Rapids Campus

This one-time session is perfect for anyone looking for basic information about Natural Family Planning, also known as a Fertility Awareness Based Method (FABM) of family planning. The introduction will cover the basics of how FABMs work, effectiveness, differences between the various methods, and some basic Church teachings. Attendees will not learn a specific method but will be able to make an informed decision when selecting a course of instruction. This introduction may also help fulfill marriage preparation requirements.

Cost: \$20 Individuals \$30 Couples Fee waived for clergy

- Our support groups for women, **Healthy Wives, healthy Marriages** and **Embracing Motherhood** will meet through the first two weeks in June, break for the summer, and reconvene in September.
- Both Creighton Method Introduction Sessions and SymptoPro Classes are scheduled in the coming months.

To learn more about the support groups and/or the Fertility Education classes, please contact Georgia Schmitz, BSN, FCP, RN at gschmitz@lifeprocesscenter.org or Laura Chapin, LMSW, at lchapin@lifeprocesscenter.org



SAVE THE DATE!

5th Annual Franciscan Rhythms Trail Run/Walk

Saturday, October 5, 2019, 9am
Lowell Campus

West Michigan's most unique race is back! The Franciscan Rhythms Trail Run/Walk, is returning for our fifth year! Join us Saturday, October 5, 2019 for a 5K run or walk, 10K run, and kid's run on our beautiful 230-acre property. Seven live music stations sprinkled throughout the course will keep you entertained and motivated as you traverse our rolling hills, meadows, orchard and forest at the peak of autumn. You'll also receive a custom tee shirt showing your proud support for the Franciscan Life Process Center and our music therapy scholarship fund.

After the race, enjoy hot Franciscan stew, our famous freshly-baked bread, and more live music. Early bird registration is \$10 for the kid's run, \$30 for the 5K run and walk, and \$35 for the 10K. Please go to trailrun2019.eventbrite.com to register.

Bowl-a-Rama!

Thursday, July 25, 5:30 - 9:00 pm

Northfield Lanes, 2222 Plainfield Ave, NE
Grand Rapids



Gather family, friends or office staff on Thursday, July 25 for the 10th annual Bowl-a-Rama. Purchase a lane for a team of six people, and you'll enjoy bowling, delicious food, a team photo, and a team t-shirt. Proceeds from this event support Center programs.

Please contact Sarah Kelly
skelly@lifeprocesscenter.org for more information.

Troubadour

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The Troubadour is published three times a year. To be added to or deleted from the Troubadour mailing list, or to change/correct an address, please call 616 897-7842, or email registrar@lifeprocesscenter.org. Be sure to include the old address and the changes or corrections.

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LIFefest 2019

SAVE THE DATE

Proceeds will support our counseling services

Thursday September 26th 2019
6pm
Revel Center
1535 Monroe Ave NW
Grand Rapids, MI 49505



Harpist William Jackson Concert

Friday, September 13 7:00 pm
Lowell Campus

Join us as we host internationally known Scottish composer, harpist and multi instrumentalist, William Jackson.

Cost: \$20 online \$25 at the door
Please go to williamjacksonconcert.eventbrite.com to order tickets.