



Full Circle

Where Behavioral Health and Spirituality Meet

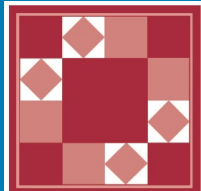
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Full Circle is a publication of Penn Foundation's Pastoral Services Department.



Seven Graduate from CPE Program

In 1925, Clinical Pastoral Education (CPE) began to offer education to multi-faith individuals interested in experimental and transformational learning.

Penn Foundation is one of only 450 accredited CPE centers nationwide.

In May, seven individuals celebrated their graduation from Penn Foundation's CPE program.

Rev. Yusavitz has supervised this graduate-level CPE "field education" course from September through May for over 20 years...

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Re-Framing

By: Rev. Carl Yusavitz, Director of Pastoral Services

A few weeks ago, while listening to talk radio, I heard a politician take exception to the way the interviewer was "framing" his questions. The politician felt that the interviewer was "putting words into his mouth" by the way he framed his questions. Later that day, I read an article in the "Philadelphia Inquirer" about how to understand the reality of thousands of immigrant children crossing our Southern borders illegally. The question in the article had to do with how politicians were "framing" the tragic experience – children who needed our compassion and care - or - children who were dumped on us by illegal human traffickers?

This got me thinking. Have you ever noticed how two people can see the same situation very differently? Like using a camera, a lot depends on the lens we use to "frame" the picture. As in: how we see actually shapes what we see.



Counselors here at Penn Foundation often use a similar psychological technique called "reframing" to help our clients see things differently. A psychological modality called "Cognitive Behavioral Therapy" does something similar, often focusing on our "negative thinking" or "cognitive distortions" as a starting place to begin this reframing process.

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So, what is reframing?

Reframing is changing how we look at things - particularly important things in our life. The hope here is that if we change our thinking, we will also change our experience. For example, reframing can help a person see the "silver lining" in a cloudy sky or, as we ask in our Recovery Center, "Where's the gift in all of this mess?"

How does reframing work?

Stress management experts tell us that there are at least four steps:

1. Notice your negative thoughts and predictions. This may take some practice.
2. "Catch yourself" when you think you can actually predict the future. Can you really?
3. Challenge yourself with other possibilities. What's another way of looking at this?
What would my best friend tell me to do?
4. Replace the negative with something more positive. For example, ask yourself: Is this situation a threat or a challenge that can make you stronger?



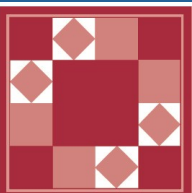
As a chaplain, I strongly believe that one of my roles here at Penn Foundation is to help people see themselves, others, their world, and their future through new eyes – God's eyes. By that I mean to see themselves as made in God's image and beloved in God's eyes. Although reframing is not always easy, it might be a helpful "tool" in your pastoral "toolbox" too. A good place to start is with yourself...

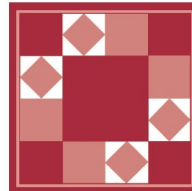
first at the University of Pennsylvania Health System, then Easton Hospital, and now here at Penn Foundation. He knows that there is always a demand for this kind of training. "I usually take about seven students, and I almost always turn people away," he explains. Half of the students spend their time at Penn Foundation and the other half spend their time in the community. Students enroll in this program as a requirement for ordination, a Master's degree in Divinity, or while on sabbatical leave from active ministry.

What makes Penn Foundation a unique clinical site is that nearly all CPE programs are conducted in hospitals - to give students the hands-on education by doing hospital visitation.



(Left to Right) Mary Eller, Penny Naugle, Peyton Petty, Madeleine Gehringer, Faith Williams, Carl Yusavitz, Greg Kammann, and Larry O'Neill

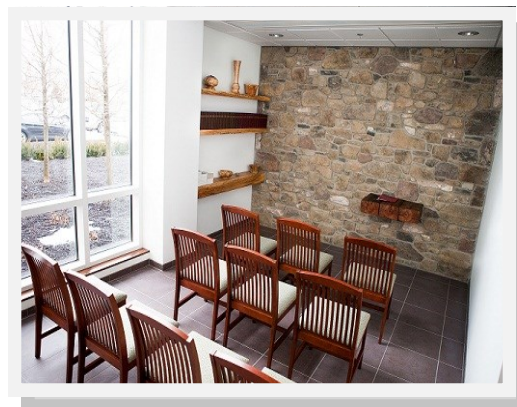




Penn Foundation Chapel Open to All

When Penn Foundation designed its new outpatient facility, there was no question about the importance of including a chapel. Penn Foundation has long recognized the significant role that spiritual care plays in recovery from mental illness and/or substance abuse. With generous support from the Clemens Family Corporation, the chapel became a reality and opened in 2013.

The chapel is especially meaningful to Rev. Dr. Carl Yusavitz, Director of Pastoral Services. "It's not a church, but a chapel, and, we hope – a place where everyone here can be at home with their God - no matter what faith background they profess," he says. On Wednesdays, the Penn Foundation community gathers to pray for the needs of the organization. A prayer box in the chapel offers clients and staff an opportunity to make prayer requests.



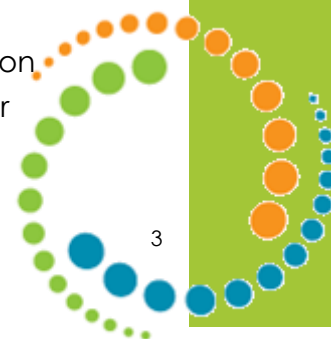
This beautiful, light-filled space features a wall showcasing stone from the foundation of Penn Foundation's founding Medical Director's original Lawn Avenue office and contains shelving made from recycled structural beams of the office. Penn Foundation's Director of Maintenance, Phil Good, made a table from wood from both the farmhouse and a tree that was taken down at the start of the construction.

Additionally, local artist Lavonda Kulp, a graduate of Christopher Dock Mennonite High School and Arcadia University, crafted a beautiful pitcher and basin specifically for the chapel. These pieces are an integral part of the chapel and were recently used in three baptisms.



In March, Daniel and Andrew Tarlo were baptized by Rev. Yusavitz, fulfilling the wish of their recently deceased mother, a former Penn Foundation client. Their mother had always wanted them to be baptized, so they chose to have it done at Penn Foundation, a place that had been so special to her. The boys were able to be officially registered and recognized for their baptism by the Federation of Christian Ministries.

In June, Devyn Grace Lofland, the 2 ½ year old daughter of a Penn Foundation employee, was also baptized by Rev. Yusavitz and was officially registered for baptismal recognition.



**For more
information
about the
CPE Program,
contact Carl
at
215.453.5170.**

*Special thanks to Public
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a senior at West Virginia
University, for her help with
this issue of Full Circle.*

At Penn Foundation, students experience an integration of theology with the behavioral sciences, logging in a minimum of 400 hours of ministry and supervision through the demanding program. Students spend about 4.5 hours a week in educational group activities, meeting the ACPE Standard of 150 hours of educational activities.

Although the course is rigorous and challenges many students, Carl is satisfied that those who graduate know themselves better in their pastoral role and have more tools in their pastoral "tool box."

The theme for this year's graduation service was gratitude, and it included three unique aspects:

1. The interns graduated in Penn Foundation's new chapel.
2. Participants included the interns' preceptors and members of the CPE community oversight committee.
3. The service was design with both Christian and Buddhist elements.

Each of the interns entered the chapel holding an unlit candle. They took turns reading a gratitude poem/blessing and lighting their candles from a larger candle. Carl read another poem, and the evening closed with a prayer and moment of silence.

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Instilling hope. Inspiring change. Building community.

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