ABUNDANT LIFE NEWS
Newsletter of Abundant Life Counseling Center

Sharon Stamper Thompson, Editor *FALL 1993*

STAFF CHANGES AT ALCC

In the past few months, Abundant Life has bid sad farewells to many staff members. These wonderful folks have spent at least a year with Abundant Life but God has now called them on to new challenges. They are missed already but we look forward to reports on how God is working through them in other places.

After five years on staff, **Marsi Beschel** has moved with her husband, Bob, to Washington, D.C. A prestigious position as Clinical Director of Boston University's Danielson Institute enticed **Dr. Don Hommen** away. This position sounded perfect for Don, building on his experience both as pastor and psychologist. **Mark Godin** decided his work with Tufts Health Plan Health Systems Management required his full energy. **LaDelle Kay,** office manager, felt called to focus her ministry with Southern Baptists at Metropolitan Baptist Church in Cambridge. **Elizabeth Mansfield** is taking a leave of absence to work on her MSW degree. And in November, **Tim Englemann** will begin as Director of Behavioral Medicine at Philhaven in Pennsylvania.

This list makes it sound like everyone has left the agency---but they haven't. Sharon returned from her maternity leave in March. **Astra, Debbie, Mike, and John** are still here and working hard.

New recruits have joined us. **Amanda Bowers** is our new secretary and receptionist. You'll recognize her by the Arkansas drawl. This summer, **Alesa Galvin** from Taylor University helped with special projects including a grant proposal and "Women in Ministry Luncheon." **Kimberlee Johannesen**, MA, LMHC, is seeing clients in Braintree and leading a group on overcoming overeating. **Anne Kaminski**, an MSW intern from Boston College, is with us for the year in Boston and hopes to start a cult survivors support group. **Kathy Robertson**, LCSW, from Southern Baptist Seminary just joined the staff and is seeing clients in Boston and supervising Anne.

We're thankful for the new 1993-94 ALCC board. Officers and members are:

Rev. Jeff Tippner, *President;*
Keith Conant, *Vice-President;*
Ben Trust, *Treasurer;*
Bob Pomerene, *Secretary;*

Members are **Emad Abdelmessih; Kathryn Benjamin; Rindy Bennett; Doug MacSwan; Don Thompson, Sharon Stamper Thompson,** and **Bobbie Tsukahara**.

HELP WANTED

FROM CLIENTS, FORMER CLIENTS, STAFF

We are putting together a brochure describing how God has used ALCC in the lives of people touched by its ministry. We would value your answer to the question:

How has God used Abundant Life Counseling Center in your life?

Send your answer by Dec. 31 and we may use it in our new brochure or next newsletter.

PREPARE AND ENRICH

Alesa Galvin, Summer Intern

Did you know there is a way to predict marital success? Psychologist David Olson, Ph.D., has developed a test that can predict the probability of divorce. It is designed to help couples contemplating engagment or already engaged.

PREPARE is given to those who are participating in premarital counseling to assess the future success or difficuties of the relationship. It has 85% accuracy according to the sample of couples studied in two longitudinal studies.

ENRICH is another test, designed by Olson, given to those already married who want to look at their marriage. ENRICH examines marriage strengths as well as weaknesses. ENRICH predicts divorce with 85-90% accuracy.

There are seven types of marriages that Olson has developed based on the ENRICH inventory. For example, the ideal type of marriage is called *Vitalized*. Couples who score high on every axis of the test are given this title. The other end of the spectrum is the *Devitalized* couple, who receives all low scores. There is an estimated forty percent of all couples who fit in this category, while only nine percent score in the Vitalized range. Once the type of marriage is determined, the couple has a basis for developing an appropriate plan for grooming the relationship. The test can also be used as a marriage enrichment tool on its own for those not in counseling.

Testing consists of several steps. First, an initial interview is conducted and the test is admimistered to each participant. Next, the information is scored, and the counselor receives a summary report. Then, the counselor conducts feedback sessions with the couple. Each test measures the couple in several catagories, even tallying the score taking into account the degree of idealization present. Each session includes this material to build on strengths of the relationship as well as to work on weaknesses.