

THE AACCS ANCHOR

A Publication of Asian American Christian Counseling Service, Inc.

“We have this hope as an anchor for the soul, firm and secure.” Hebrews 6:19

March 2013

What Is Integrative / “Wholistic” Behavioral Health? (Or, Is “Harry Potter” Relevant to Mental Health?)

By Joseph Ozawa, Ph.D., Clinical Psychologist
Former Licensed Anglican Pastor, Singapore

*“May God himself, the God of peace, sanctify you through and through. May your **whole spirit, soul and body** be kept blameless at the coming of our Lord Jesus Christ.” I Thessalonians 5:23*

I just completed teaching a brief class at AACCS on *“The Spiritual Dimension of Psychopathology: A Holistic, Integrative Healthcare Intervention Strategy.”* Sounds pretty complicated, if not totally dull! But let me let you in on a secret. This course may even be relevant to Harry Potter fans! Let me explain.

Having been the Director of Behavioral Health of a federally funded community health center in Honolulu, we began to use the term, “integrated behavioral health.” This is related to what we also call “wholistic” mental health. To reduce it down, I call it the “**bio-psycho-social-spiritual-cultural**” approach to mental healthcare. This is related to Paul’s description of our “whole spirit, soul and body” in I Thessalonians.

In essence, health involves the “whole person.” Dr. Kirk D. Strosahl, Associate Clinical Professor at the School of Medicine, University of Washington, began years ago to forward the idea that physical and mental healthcare are linked together. For example, a heart attack, cancer or diabetes can cause a person to be depressed. On the other hand, a highly anxious person might develop gastrointestinal problems. But even further, a person’s culture can also be relevant to mental healthcare.

Having lived in Asia for 16 years, I know that “Asian values” (for example, “filial piety”) may have a significant impact on relationships. I have counseled Asian families where the grandparents feel that, in their villages, the eldest grandson is “their” child. Conflict, even violent exchanges can take place in families where a child is sent to America to be educated and as a result, develops values which are inconsistent with traditional Asian patterns.

Last, but hardly least, there is the “spiritual” interaction effect. Probably one of the world’s foremost missiological anthropologists, Dr. Paul Hiebert of Fuller Seminary and later of Trinity Evangelical Divinity School, presented an article on *“The Flaw of the Excluded Middle”* in which he discussed the vexation arising when missionaries who are trained in a highly rational, scientific worldview are confronted on the field with what appears to be superstitions, magic, and occult practices. Can “supernatural” forces such as curses, idol worship, satanic symbols, and the like affect a person’s

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Message from the Board

Eleanor Huang, LCSW, Board Member, Executive Director Consultant

Early last year I had the joy of making a new friend. Little did I know after getting acquainted that she and her son were former clients of AACCS. Over the year, we had an opportunity to talk more about her experience with AACCS -- what led her to seek counseling, how she was referred, and whether it was helpful. With her permission, I'd like to share a portion of her story with you.

This new friend was abandoned by her husband 19 years ago. Her son was three years old at the time, and she was left with limited means to support herself. In her grief and despair, she sought the comfort of God and found her way to a local church when her son turned five. The pastor there was a compassionate shepherd, who arranged with AACCS to provide counseling for her and her young son through AACCS' Campbell Fund. Through counseling, my friend found the comfort and hope she was seeking to rebuild her life. Her son, especially, benefited from the play therapy he received from the same therapist.

It has been more than 17 years now since those early days in counseling, and her praises abound for the wonderful pastor who was sensitive to her need, who made the connections with AACCS on her behalf, and for the therapist who was able to connect with her deepest hurts as well as with her son, who would grow into his new world without a father.

I was blessed to hear my new friend's story, to meet her son, who is now 22 years old, and to know that AACCS made a difference in their lives. Their journey together over the years were not always easy, but they learned to be resilient. They have a wonderful bond as mother and son, and their faith in Christ continues to be a light in their lives.

I was very moved by this friend's transparency and willingness to share her story. She offered it as encouragement to us who have been laboring these many years to sustain the mission of AACCS. It was wonderful to know that we made a difference and that this difference continues to resonate for them even years later.

This year is AACCS' 27th year of operation. As I look back to where we were 17 years ago in 1996, I am deeply humbled. We had many sleepless nights wondering if we were going to keep our doors open. Yet God's faithfulness has endured not only for AACCS but for those who came to us for help. Please join me in praising Him as the divine overseer of our mission of hope and healing, for bringing our clients through times of trouble and doubt, and for the many more stories that have yet to be told because of God's unfailing love.

*"Give thanks to the Lord, for he is good; his love endures forever.
Let the redeemed of the Lord tell their story..." Psalm 107: 1,2 (NIV)*

Note: the *Campbell Fund* honors the late Dr. Emory C. Campbell, former Executive Minister of the Los Angeles Baptist City Mission Society, who was instrumental in the founding of AACCS. It was with his support and belief in the mission of AACCS that a start-up grant was received from the American Baptist Churches, U.S.A in 1985. Dr. Campbell was also instrumental in securing a second grant from the American Baptist Churches in 1994. The *Campbell Fund* is used to subsidize therapy for clients in need of services who cannot afford our minimum fee.

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1st Place—Bob Okada, 54
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3rd Place— Rodney Tanaka, 66

Men's "C" Flight

1st Place — Vincent Woo, 70
2nd Place — Steve Choi, 70
3rd Place — Frank Cutrone, Jr, 71
4th Place— Bob Yamaguchi
5th Place—Yutaka Anegawa
20th Place — Mark Tsujimoto, 77

Women's "C" Flight

1st Place —Kari Yahiro, 73
2nd Place—Jenna Kawashima, 73
3rd Place — Macy Lew, 76

Closest to the Pin

Hole #3—Takao Takuchi
Hole #12—Bob Yamaguchi
Hole #17—Bob Yamaguchi

Longest Drive

Men's—Mike Dote
Women's—Karen Woo

AACCS Welcomes New Board Members

We are delighted to introduce two new members of our Board of Directors, Aileen Hong and Jessica Chen, who joined us in August 2012. Both of these new members have extensive leadership experience in the Asian American Christian community through their churches and other para-church organizations. They have been in professional practice for many years and are also active in various professional affiliations.

Aileen is a graduate of UCLA and received her M.S. in Marital and Family Therapy from Fuller Theological Seminary. She is currently a Licensed Marriage and Family Therapist at Westminster Center in Pasadena as well as Executive Assistant for Fuller Institute for Relationship Education, a program of Fuller seminary which seeks to strengthen the witness of Christian congregations through marriage and family education workshops. Aileen is also a certified instructor in various couples and parenting curricula (including World Class Marriage, Family Wellness, Mastering the Mysteries of Love) and is a former board member of the San Gabriel Valley Chapter of the California Association of Marriage and Family Therapists.

Aileen shares the following thoughts about joining the AACCS Board of Directors:

"I decided to join the Board because I have admired AACCS from the very first day I heard of it (about 14 years ago). I had thought, "Wow, there's a counseling center geared specifically for Asian American Christians? How splendid!" Ever since then, I've been a big fan and would often recommend AACCS whenever asked for counseling referrals. However, I never imagined that the AACCS Board would actually consider me as a candidate to serve as a board member! ...I decided to accept the invitation because I believe that the work that AACCS does is extremely important to the kingdom of God. Having served in an Asian church while hearing stories from many hurting families, I find it to be such a privilege to be involved in AACCS' ministry to people whom I care about."

Jessica is also a graduate of UCLA and later received her M.S. in Marital and Family Therapy at Fuller Theological Seminary. She is currently completing her Ph.D. in Marriage and Family Therapy at Loma Linda University and is in private practice in South Pasadena as a Licensed Marriage and Family Therapist. Her experience additionally includes teaching, research, presenting at local and national conferences, and writing.

Jessica greets you with the following message:

"I grew up in the Asian American first/second generation Christian church and believe that as a community we are living in such a unique time and place to be serving Jesus with the beautiful and complex ways in which our Asian American culture and Christian faith intersect. Sometimes these complexities also have its set of challenges, and I am so grateful that AACCS has been here to faithfully, humbly and actively serve our communities with cultural sensitivity, strong faith, and clinical competence. I have spent the last few years in a doctoral program reading, researching and understanding how our Asian American Christian individual identities, relationships, families, churches, and communities can grow together towards healing and wholeness and hope that somehow this research can add to our ministry together. It is an honor to serve alongside the dedicated staff and board members of AACCS. May we pursue Jesus wholeheartedly as we fully embrace the beautiful identities, families, and communities we have been given..."

We are grateful for the fresh talent and energy these two new board members bring to AACCS and look forward to how God will guide the Board in shaping the future of AACCS' mission and practice.

Therapist Corner

June Sano, LMFT, Clinical Director

AACCS is pleased to introduce our newest clinical staff member, Joseph Ozawa, Ph.D, who is currently seeing clients at our Alhambra office as a clinical psychologist. His long curriculum vita includes experience as a former private practitioner, directing a counseling center, and managing psychological services for the court system in Singapore. He is also a licensed Pastor. With his dual training and skills, he has ministered, taught, consulted, and counseled many pastors, missionaries, and lay leaders around the globe. Most recently, Joseph left his position in Singapore to minister in Japan after the catastrophic disaster of 2011. He trained and counseled volunteers and survivors, dealing with post-traumatic stress, acute stress, depression and anxiety. You may read a bit about his experiences and expertise in his article included in this newsletter. We are blessed that he has joined our clinical staff, and look forward to his continued ministry with us.

As we welcome Joseph, we are sad to say ‘goodbye’ to our clinical psychologist, Dr. Thomas Chen. He has made a life changing decision to relocate to Hawaii. Our prayers and thoughts are with him as he is taking on the ‘American dream’ and changing his life to relocate to a place that he has vacationed and loved for many years. He plans to continue providing counseling services in his new location. We are saddened to lose his presence on our clinical staff and his work at the Alhambra and Torrance offices. Tom blessed our agency with his ministry to our clients and by providing décor for our offices, along with the upkeep of our restful fish tanks in both the Alhambra and Torrance offices. We will miss him but we wish him the very best in his new home in ‘paradise’.

Second Asian American Christian Counseling Symposium

Coming Together to Connect, Share and Empower

Back by popular demand, the Second Asian American Christian Counseling Symposium will be held on Saturday, May 11th, from 8:00am – 3:00pm at Evergreen Baptist Church of San Gabriel Valley.

Dr. Siang-Yang Tan will be returning as the featured speaker to offer instruction on *Spiritually Oriented Psychotherapy and Inner Healing: A Biblical Perspective and Approach*. Dr. Tan is a distinguished Professor of Clinical Psychology at Fuller Theological Seminary, author, internationally known speaker, and academic researcher. He is also a busy clinician as well as Senior Pastor of the First Evangelical Church (FEC) of Glendale. His instruction will be energetic and rich in knowledge, professional insights, and spiritual wisdom.

Four hours of continuing education credits will be available to LMFTs, LCSWs and LPCCs who attend the entire Symposium. (For psychologists, approval for AACCS as a California Board of Psychology provider is pending.)

As with last year’s Symposium, we hope to provide an opportunity for Asian American Christian therapists to meet, share expertise, and network. Pre-registration fees are \$75 per person and an additional \$40 for therapists wishing to receive four units of CEUs. Students are encouraged to attend at the student rate of \$35. Continental breakfast and lunch will be provided. Online information and registration will be available on our website at www.aaccs.org.

Afternoon of Kindness Luncheon

A Legacy of Faith: Stories of Life as a Missionary Kid

It is our pleasure and honor to have Kathy Narramore of the Narramore Christian Foundation, as the featured speaker for the 9th Annual Afternoon of Kindness Luncheon, AACCS' major spring fundraising event. Scheduled for Sunday, April 21, 2013 from 12:30-3:30pm at Almansor Court in Alhambra, this year's theme centers around the passion for Christ that is passed on through the generations.

Born in Beijing, China to missionaries, Kathy spent most of her formative years growing up in China, Japan, and Taiwan. This personal experience, along with her training as a pastor and missionary member-care counselor, prepared her for a life of ministry with a special sensitivity to the emotional and spiritual needs of missionaries and their families. She and her husband, Bruce, a renowned Christian psychologist, author, and co-founder of both the Rosemead School of Psychology and the Narramore Christian Foundation, have dedicated their lives to serving pastors and missionaries throughout the world by offering literature, counseling, and training seminars. With Kathy's particular interest in children of missionaries (MKs), for over 20 years, the Narramore Christian Foundation has sponsored an annual 12-day summer re-entry program for missionary kids coming or returning to the U.S. or Canada.

Please join us to hear Kathy's vivid and stirring memories of missionary life in Asia in the years before and after World War II. Woven into her stories will be a glimpse into the lives of her parents, Mildred and Rolland Rice, who served for decades as missionaries under the historic Oriental Missionary Society (OMS). Many of today's Christians and churches in China, Japan, and Taiwan are the legacy of the Rice's faithful and obedient service to the Lord.

Kathy has referenced II Timothy 1:5-7 for us as we look forward to meeting her. *"I have been reminded of your sincere faith, which first lived in your grandmother Lois, and in your mother Eunice and, I am persuaded, now lives in you also. For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands. For God did not give us a spirit of timidity, but a spirit of power, of love, and of self-discipline."*

The Jean and Ryo Komae Graduate School Scholarship recipients will also be awarded at the event. For more information about the luncheon, please visit our website at www.aaccs.org, email luncheon_info@aaccs.org, or contact Eleanor Huang at (310) 918-6488.

Is "Harry Potter" Relevant to Mental Health?)

(Continued from page 1)

emotional or physical state? Can acupuncture, yoga, even following Harry Potter lead to spiritual, if not even to mental health problems? Can children or youth be influenced by "demonic" rock music or Harry Potter "magic"? Do "demons" exist and can they have any negative influence over Christians? Are pastors or counselors in any way "struggling" against *"rulers...authorities...powers of this dark world and...spiritual forces of evil..."* (Ephesians 6:12)? Is it in any way relevant to counselors or pastors today that Jesus sent us out by giving us *"power and authority to drive out all demons..."* (Luke 9:1)?

These are exciting times for counselors and pastors at AACCS and elsewhere if we remain open minded to the wholistic nature of reality, to the interplay between biological, psychological, sociological, spiritual, and cultural factors. Answers are rarely simple, yet issues are challenging for us. With the power of our salvation through Jesus Christ, the over-arching love of our Father in heaven, and the counsel of the Holy Spirit who grants us increased wisdom and revelation, we can examine "integrative"

Presentations/Events by AACCS

- 10/06/12 - *Parenting Seminar*, Bread of Life Church, English Parent Group, Torrance, Peggy Wang, MFT
- 10/12/12 - 20th Annual Art & Sharon Yokoi Memorial Golf Tournament, Los Verdes Golf Course, Rancho Palos Verdes
- 11/18/12 - *Parenting Special Needs Kids*, Evergreen Baptist Church SGV, La Puente, Peggy Wang, MFT
- 12/16/12 - *Parenting Special Needs Kids*, Evergreen Baptist Church SGV, La Puente, Peggy Wang, MFT
- 01/11/13 - AACCS Cerritos Office Open House, Cerritos
- 01/26/13 - AACCS Clinical Staff Training, *Spiritual Dimensions of Psychopathology: A Holistic, Integrative Healthcare Intervention Strategy*, Evergreen Baptist Church SGV, La Puente, Joseph Ozawa, Ph.D.
- 02/10/13 - *Parenting Special Needs Kids*, Evergreen Baptist Church SGV, La Puente, Peggy Wang, MFT
- 02/16/13 - *Evangelism with the Ear: The Ministry of Listening*, Reaching Japanese for Christ RJC International Conference, Northshore Baptist Church, Kirkland, WA, Ken Yabuki, MFT
- 3/6 -3/8 - Member Care Consultations, Japan Evangelical Missionary Association (JEMA), Annual Women in Ministry Retreat, Nikko, Japan, Rie Mizuki, Ph.D. and Arlene Yee, LCSW
- 03/10/13 - "*Parenting Special Needs Kids*", Evergreen Baptist Church SGV, La Puente, Peggy Wang, MFT
- 3/11-3/13 AACCS Exhibition Table, Asian American Leadership Conference, Young Nak Presbyterian Church, Los Angeles, Eleanor Huang, LCSW and Carol Miyake, LCSW
- 04/14/13 - *Parenting Special Needs Kids*, Evergreen Baptist Church SGV, La Puente, Peggy Wang, MFT
- 04/21/13 - AACCS 9th Annual Afternoon of Kindness Luncheon, Almansor Court, Alhambra
- 05/11/13 - Second Asian American Christian Counseling Symposium, Evergreen Baptist Church SGV, La Puente, Dr. Siang-Yang Tan

New Cerritos Office Location

11879 Del Amo Blvd., Cerritos, CA 90703

A grand Open House for the new Cerritos office was held on January 11. AACCS therapists welcomed 14 guests from the local community, including representatives from churches, Los Angeles County Department of Mental Health, and ABC Unified School District. It was an encouraging time as the guests welcomed AACCS and validated the felt needs of the Cerritos area for Christian counseling services.

Serving by appointment in this office is Jean Un, LCSW, Jane Shintaku, LMFT, Rie Mizuki, Ph.D, Peggy Wang, LMFT, and Emi Bojan, MFT Intern. For more information or to schedule an appointment, please call (800) 970-1112 or (626) 457-2900.

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21TH ANNUAL ART & SHARON YOKOI MEMORIAL GOLF TOURNAMENT

October 11, 2013

Los Verdes Golf Course

7000 West Los Verdes Drive

Rancho Palos Verdes, CA

1:00 PM Shotgun Start



More information to come

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