

Staff

Our staff represents a variety of disciplines, including: clinical social work, pastoral counseling, psychology, mediation, and marriage and family therapy. At minimum, counselors hold a masters level degree. Staff members are all certified and/or licensed by their respective professional organizations. They represent a variety of faith traditions and are well equipped to assist with a wide range of areas of concern. As professionals, they understand and respect religious clients and, if appropriate, incorporate these values into the therapeutic process.

Your privacy is of the utmost importance to us. All of your information will be completely confidential when you choose to seek help at Samaritan.

Anthony Garascia, MA, LCSW,
Clinical Director

Rev. Keith Munneke, LCSW,
LMFT, Senior Pastoral Counselor

Dr. Auna Preston, PhD, HSPP,
Clinical Psychologist

Lorraine Karam, MA, LMHC,
Staff Therapist

Karen Zeck, MA, LMHC,
Staff Therapist

Jeremy Linton, Ph.D, LMHC,
Staff Therapist

More About Us

The Samaritan Center, a 501(c)3 non-profit organization, has provided individual, family and group counseling services in our South Bend location since 1974. We believe in the multi-disciplinary approach—incorporating mind, body and spirit—and work together with pastors, physicians, and other health care providers to best serve our clients. We are familiar with the needs of those seeking help with marriage problems, family issues, anxiety, depression, stress, grief and other life concerns.

We are accredited by the Samaritan Institute of Denver, Colorado and are one of almost 100 Samaritan Centers in the United States and Japan.

Our Locations



Christ the King Lutheran
Church

17195 Cleveland Road
South Bend, IN 46635



Clay Church

17646 Cleveland Road
South Bend, IN 46635

Phone: 574-277-0274

Fax: 574-271-7202

www.samaritan-counseling.org

Eye Movement Desensitization and Reprocessing (EMDR)

Revolutionary treatment for
trauma symptoms and other
issues



SAMARITAN
counseling center

Helping People Find Their Way

What is EMDR?

EMDR is a therapeutic technique discovered in 1987 by Francine Shapiro, PhD. Since then, it has been developed, used in therapy, and extensively researched.

How does it work?

During EMDR, the therapist assists the client by stimulating both sides of the brain visually through directed eye movements (although sounds and hand taps are sometimes used) while the client processes the traumatic event(s). A pathway forms between the “thinking” brain and the “feeling” brain to complete “digestion” of the disturbing material, resulting in reduction of symptoms.

In EMDR terminology, “trauma” is defined as either “Big T” (combat experience, rape, assault, molestation, child abuse, disaster) or “Small T” (constant put-downs, experiences that leave a person feeling out of place or unable to measure up).

Trauma is conceptualized as being a spectrum from “Small T” to “Big T” and is dealt with accordingly.

Traumatic life experiences often result in “life theme” self-talks or beliefs such as “I can’t be safe,” “It’s all my fault,” “I dare not fail,” “I don’t deserve any better,” “I’ll never be good enough,” or “I can’t trust anyone else”. EMDR deals with these feelings directly and effectively.

How long does it take?

EMDR is increasingly being used in therapy as more clinicians become trained in the technique because the results are faster than traditional therapy alone. Each EMDR session requires about 60-90 minutes, however, the number of sessions required depends on the person.

EMDR does NOT replace therapy; it is a technique used by your therapist to help the process. Results are not only faster, but appear to be longer lasting in preliminary studies.

Is it only for trauma?

No, EMDR is not only treatment for trauma. It can also be used to help with panic attacks, complicated grief, phobias, eating disorders, stress, addictions, personality disorders, or the reinforcement of positive images regarding future performance.

Are there risks involved?

Any therapy involves risk because the client “returns to the scene” to process events that were painful and distressing. Such “stirring up” of the event can be disturbing at the time. As with many forms of treatment, things often ‘get worse’ before they get better. Comparisons have been made between the process of EMDR and removing a splinter. EMDR therapy works at removing the “splinter memories” that become “infected” with emotional reactions and physical symptoms.

Is EMDR right for me?

Your therapist will discuss with you any questions you have regarding EMDR risks and benefits. Some people who come for help find that they do not wish to give up their pain after all. Ask yourself “Who will I be without my pain?” EMDR is not effective for people who do not wish to recover.

NOTE: Because some “blurring” of the trauma may occur during treatment, EMDR is not recommended for people who need to give detailed testimony in a court trial until after the case has been resolved.

Samaritan Center Therapists Certified in EMDR

Anthony Garascia, MA, MS, LCSW and Karen Zeck, MA, LMHC are fully accredited by the EMDR International Association (EMDRIA).

Our trained and licensed professionals care. We offer hope through treatment for these issues by affirming the needs of the whole person—body, mind, and spirit.

Inherent to this philosophy is a respect for each client’s faith and values and their decision whether or not to incorporate these into treatment.

When you schedule an appointment we will do an initial assessment and then work with you on treatment options that best suit the diagnosis.