

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

Panic/Anxiety Disorders

Effectively managing and coping with panic/anxiety disorders



SAMARITAN
counseling center

Helping People Find Their Way

Overview

Everybody experiences worry at one time or another in their lives—over school, work, or other pressures of day-to-day life. However, when such worries—whether they are day to day concerns or other things—interfere with your mental or physical well-being, it may be time to seek help for one of several disorders.

Generalized Anxiety Disorder: Excessive worry over big and small issues, whether real or imagined, for several months, feeling uncomfortable physical symptoms throughout the day.

Social Anxiety: The persistent fear or worry of being judged by others negatively or of embarrassing oneself in public settings. This can manifest itself in things as small as not wanting to eat or write in front of others, or fearing walking in front of a large group of people. These fears usually interrupt day-to-day-living.

Obsessive Compulsive Disorder (OCD): Obsessive and unproductive repetitive thoughts or rituals in order to relieve anxiety or prevent the occurrence of a feared event. Typical behaviors are hoarding, counting, checking or compulsive hand washing and cleaning.

Panic Disorder: Panic attack(s) followed by at least one month of intense fear of having another attack. Because of the intensity of the attack, most sufferers feel as though they are having a heart attack or stroke, going to die, going crazy, or going to lose control in some way. This can lead to secondary fears about being alone or unable to get help.

Specific phobias: Where a person has a persistent, unreasonable fear of a specific object or situation to the point where it causes marked distress. Example: fear of dogs which may prevent someone from walking in the street, or a fear of illness resulting in avoidance of social contact.

Separation Anxiety: Typically found in young children where fear and clinging is displayed in anticipation of being separated from the major parent or caregiver.

From the Panic Anxiety Disorder Association (PADA)

Symptoms of a Panic Attack

- Sudden surges of persistent/intense fear
- Nervous shaking, constant stress
- Raging heartbeat
- Trembling, sweating, shaking
- Inability to breathe properly
- Fear of death or insanity
- Choking feeling
- Feeling unreal or detached from your surroundings

- Anxiety disorders are the most common mental illness in the U.S. with over 18% of the population affected.
- Only 10% of the people who suffer from anxiety disorders receive proper treatment.
- Anxiety disorders frequently coincide with depression and substance abuse

Understanding Panic/Anxiety

You may experience one or more panic attacks, but otherwise be perfectly happy or healthy. Or you may have panic attacks as part of another disorder, such as those listed to the left or depression.

Or, you may simply experience an underlying fear that never results in a panic attack. Regardless of the cause or manifestation, *panic attacks and panic/anxiety disorders are treatable.* There are many effective solutions and coping strategies.

How we can help:

Here at the Samaritan Center, we have therapists trained in various strategies that can assist someone with anxiety or panic disorders.

Psychological therapies such as cognitive behavioral therapy (CBT) and general counseling may help your anxiety, as well as guided self help and advice on changes you can make to your lifestyle that will help you.

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 your faith and values and your decision whether or not to incorporate these into treatment.

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

The logo for the Samaritan Center (SCC) is a stylized white compass rose on a green background. The letters "SCC" are prominently displayed in the center of the rose.