

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

Personality Disorders

Dealing with chronic
behavioral problems in adults



Overview

The American Psychological Association defines personality disorders as “an enduring pattern of inner experience and behavior that deviates markedly from the expectations of the culture of the individual who exhibits it.” In other words, personality disorders are a group of conditions in which chronic behavior patterns interfere with and cause serious problems with everyday life.

Diagnosis of personality disorders can be very subjective; however, they are usually clustered into four categories:

- **Cluster A (odd):** Paranoid, Schizoid, or Schizotypal disorders
- **Cluster B (dramatic):** Antisocial, Borderline, Histrionic, or Narcissistic disorders
- **Cluster C (anxious):** Avoidant, Dependent, or Obsessive Compulsive personality disorders (not the same as Obsessive Compulsive Anxiety Disorder)
- **Not Specified:** Depressive, Passive-Aggressive, Sadistic, or Self-Defeating disorders

People with personality disorders usually do not seek help on their own. They usually wait until the disorder has caused severe problems in relationships, school, or work, or until they have been diagnosed with another psychological disorder. If untreated, personality disorders may get worse and can cause significant disruptions in your life.

Potential Signs and Symptoms

- Frequent mood swings
- Stormy relationships
- Social isolation
- Angry outbursts
- Suspicion and mistrust of others
- Difficulty making friends
- Poor impulse control
- A need for instant gratification
- Emotional detachment
- Hostility
- Lack of interest in emotions or social relationships
- Persistent disregard for others and/or the law
- Fear of being alone
- Constantly seeking attention
- Believing that you are better than others
- Constantly fantasizing about power, success, and attractiveness
- Excessive concern with physical appearance
- Failure to recognize the emotions and feelings of others
- Hypersensitivity
- Extreme shyness
- Inability to discard broken or worthless objects
- Inflexibility
- Tolerance of poor or abusive behavior
- Excessive dependence on others
- “Magical thinking”- believing you can influence people and events with your thoughts

- Between 9% and 16% of the U.S. population meet the criteria for a personality disorder.
- 50% of people with a personality disorder suffer from clinical depression as well.
- 69%-75% of those with borderline personality disorder exhibit self-destructive behaviors such as self-mutilation, substance dependency, eating disorders, or suicide attempts.

How we can help:

At the Samaritan Center, our therapists are trained in various strategies to assist someone with personality disorders.

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

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