

## 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](http://www.samaritan-counseling.org)

## Post Traumatic Stress Disorder (PTSD)

Recognizing and coping with  
PTSD after traumatic or  
stressful life experiences



**SAMARITAN**  
counseling center

*Helping People Find Their Way*

## Overview

After a tragic event, it is natural and likely that you will experience a variety of symptoms or emotions. Sometimes, however, these symptoms develop weeks or months after the event into a PTSD, a severe anxiety disorder characterized by the following symptoms:

- Re-experiencing the event through vivid memories or flashbacks
- Feeling “emotionally numb”
- Crying uncontrollably
- Physical symptoms that are emotionally based, such as headaches, digestive problems, or tightness in the throat/chest
- Isolating oneself from family, friends, and social situations
- Relying increasingly on drugs or alcohol to get through the day
- Feeling overwhelmed by everyday situations
- Having diminished interest in usual activities and interests
- Extreme moodiness, irritability, anger, or fear
- Having difficulty falling or staying asleep
- Extreme guilt about surviving the event and/or being unable to change it
- Having fears or a sense of impending doom about the future

## Potential Causes

There are many events that could qualify as being traumatic or extremely stressful to the point of causing PTSD. Events that may be underlying causes of the disorder can include the following:

- Terrifying ordeal: war, assault, rape, kidnapping, torture, etc.
- Child abuse
- Natural disasters
- Serious accidents (car accident, plane crash, bomb, etc).
- Women are 2-3 times more susceptible to PTSD than men
- About 30% of veterans, 45% of battered women, 50% of abused children, and 35% of adult rape victims will develop PTSD.
- PTSD affects about 5.2 million adult Americans

## Misdiagnosis

Due to a similarity in symptoms, post traumatic stress disorder can sometimes be mistaken for any of the following:

- Clinical depression
- Adjustment disorders
- Panic/anxiety disorders
- Acute stress
- Obsessive compulsive disorder

## How we can help:

Here at the Samaritan Center, we have therapists trained in various strategies that can assist someone with PTSD.

One such treatment strategy is **Eye Movement Desensitization and Reprocessing (EMDR)**. EMDR works by stimulating both sides of the brain visually through directed eye movements. This helps to form a path between the ‘thinking brain’ and the ‘feeling brain’, which assists with the ‘digestion’ of the experience, resulting in a decrease in symptom severity.

At present, several therapists at Samaritan Center are trained in this specific method.

**Anthony Garascia, MA, MS, LCSW** and **Karen Zeck, MA, LMHC** are fully accredited by the EMDR International Association (EMDRIA) If you have experienced significant trauma in your life and think you may be suffering from Post Traumatic Stress Disorder, consider seeking treatment at the Samaritan Center.

When you schedule an appointment we will perform an initial assessment and then work with you on treatment options that best suit the diagnosis. Our Samaritan professionals offer a caring, holistic approach to therapy that engages the whole person: mind, body, and spirit. Inherent to this philosophy is a respect for your faith and/or values and your decision to incorporate these into the counseling process.