



NEWSLETTER

THE CENTER FOR COUNSELING & CONSULTATION



p. 02

EXPANDING HOPE: UNDERSTANDING PTSD

PTSD can affect anyone—not just veterans. Discover the signs, learn how to support someone living with trauma, and explore healthy coping strategies that can make a difference.



p. 09

SMASHING STIGMA: HOPEFEST 2026

Exciting new details are being announced every week! Discover what's in store, learn how you can participate, and grab your tickets for Mark Lundholm's special evening performance.



PROVIDING HOPE: UNDERSTANDING PTSD

When many people hear Post-Traumatic Stress Disorder (PTSD), they often think of military veterans. While PTSD can certainly affect veterans, it can happen to anyone who has experienced or witnessed a traumatic event.

Trauma can take many forms, including serious accidents, abuse, violence, natural disasters, medical emergencies, childhood adversity, the sudden loss of a loved one, or other deeply distressing experiences. PTSD isn't a sign of weakness—it's the brain and body's response to overwhelming events.

What Does PTSD Feel Like?

PTSD looks different for everyone, but common symptoms may include:

- Intrusive memories, flashbacks, or nightmares
- Feeling constantly on edge or easily startled
- Avoiding people, places, or situations that remind you of the trauma
- Difficulty sleeping or concentrating
- Feelings of guilt, shame, anger, or emotional numbness
- Losing interest in activities you once enjoyed

These symptoms can come and go, change over time, and sometimes appear months—or even years—after a traumatic event.

If Someone You Know Has PTSD

One of the most helpful things you can do is simply be patient.

You may not always understand why someone reacts the way they do, but remember that trauma changes how the brain responds to stress. Loud noises, crowded places, certain

smells, dates, or seemingly ordinary situations may trigger intense emotions or anxiety.

Instead of saying:

"Just move on."
"That happened a long time ago."
"Everything's fine now."



Try saying:

"I'm here for you."
"How can I support you?"
"Thank you for trusting me with your story."

Feeling believed, heard, and supported can make an enormous difference.

If You're Living with PTSD

Healing doesn't mean forgetting what happened. It means learning how to move forward without your trauma controlling your life.

While everyone's journey is different, these strategies can help:

- Create predictable routines. Daily structure can help your brain and body feel safer.
- Practice grounding techniques
- Focus on your breathing or notice five things you can see, four you can touch, three you can hear, two you can smell, and one you can taste when anxiety rises.

- Stay connected. Isolation often makes symptoms worse. Reach out to trusted friends, family members, or a support group.
- Take care of your body. Sleep, movement, balanced meals, and limiting alcohol or substances all support recovery.

- Give yourself grace. Healing isn't linear.
- Difficult days don't erase the progress you've already made. There Is Hope

PTSD is highly treatable. Many people experience significant improvement through therapy and other evidence-based treatments that help the brain process traumatic experiences in healthier ways.

At The Center for Counseling and Consultation, we understand that every person's story is different. Whether you've been struggling for years or recently experienced a traumatic event, you don't have to face it alone. Healing is possible, and reaching out for help is one of the strongest steps you can take.

Because every story deserves support—and every person deserves hope.

TREATMENT FOCUS: BRAINSPOTTING

While June 27 was PTSD Awareness Day, conversations about trauma don't have to be limited to just one day—or one diagnosis. Trauma can affect every part of our lives, and the way our brains and bodies respond to difficult experiences often extends far beyond Post-Traumatic Stress Disorder (PTSD).

While PTSD is commonly associated with military service, it can affect anyone who has experienced or witnessed a traumatic event. Survivors of abuse, violence, accidents, medical trauma, natural disasters, childhood adversity, and many other life experiences may develop symptoms such as intrusive memories, anxiety, hypervigilance, difficulty sleeping, emotional numbness, or avoiding reminders of the traumatic event.

The good news is that effective treatments are available—and healing doesn't always have to begin with finding the "right words."

What is Brainspotting?

Brainspotting is an evidence-informed therapeutic approach developed by Dr. David Grand, whose research demonstrated the powerful connection between where we look with our eyes and how the brain and body process emotional experiences.

Many people who have experienced trauma know it isn't simply a memory—it can feel as though the experience remains "stuck" in the body. Brainspotting is based on the understanding that emotional pain, trauma, and stress are often stored in parts of the brain and nervous system that aren't always easily accessed through conversation alone.

By identifying specific eye positions, therapists help clients safely access and process those experiences while remaining grounded and supported throughout the session. Rather than focusing solely on talking through an experience, Brainspotting creates space for the brain and body to do what they were designed to do: heal.

More Than a Trauma Therapy

Although Brainspotting has become well known for helping individuals living with PTSD, it is also used to support treatment for a wide range of concerns, including:

- Anxiety and panic disorders
- Depression
- Grief and loss
- Childhood trauma and attachment wounds
- Chronic stress and burnout
- Emotional regulation difficulties
- Performance anxiety for athletes, musicians, and professionals
- Low self-esteem and negative self-beliefs

Because every person's experiences are different, Brainspotting is often integrated into a broader treatment plan alongside traditional talk therapy and other evidence-based approaches.

Understanding the Nervous System

Rachel Hemken, one of The Center's Brainspotting-trained therapists, explains it this way:

"The nervous system builds walls of protection inside of you to keep you safe; however, it does not know the difference between the then child-

hood threat and the present you who continues to feel unsafe and functions in a state of fear. The pathway to your power is exploring and understanding where the fear originated and release it."

This understanding is at the heart of Brainspotting. Our brains are incredibly effective at protecting us—but sometimes those protective responses continue long after the danger has passed. Therapy can help the nervous system recognize that what once kept us safe may no longer be necessary, creating space for healing and growth.

Brainspotting at The Center

At The Center for Counseling & Consultation, we're proud to offer Brainspotting as one of the many therapeutic approaches available to our clients.

Rachel Hemken has specialized training in Brainspotting and works with individuals experiencing trauma, PTSD, anxiety, and other emotional challenges. She is passionate about helping clients discover a path toward healing that honors their unique experiences and goals.

You Don't Have to Carry It Alone

Whether you're living with PTSD, struggling with anxiety, working through grief, or carrying the weight of experiences that still affect your daily life, healing is possible.

Seeking help is not a sign of weakness—it's an investment in your future. At The Center, we're committed to helping people move beyond survival and toward a life filled with greater hope, resilience, and healing.

EMPLOYMENT WITH THE CENTER

Fernanda is one of 120+ dedicated staff members who make up the team at The Center for Counseling and Consultation.

Our impact in the community is possible because of the incredible people who show up every day to care for our clients.

If you're compassionate, hardworking, and ready to make a difference, we invite you to explore our open positions and join our team.

Together, we'll cultivate help, hope, and healing in our communities.

SCAN HERE TO VIEW THE CENTER'S CAREER OPENINGS TODAY.



CULTIVATING CARE: STAFF FEATURE

Behind every follow-up call, every connection to care, and every compassionate check-in is someone making sure our clients don't have to navigate their journey alone. This month, we're proud to shine our Staff Spotlight on Maggie, a dedicated Care Coordinator whose empathy, resilience, and genuine heart for helping others make a meaningful difference in the lives of those we serve every day.



"YOU WILL FACE MANY DEFEATS IN LIFE, BUT NEVER LET YOURSELF BE DEFEATED."

- Maya Angelou

As a Care Coordinator at The Center for Counseling and Consultation, Maggie plays an important role in helping clients stay connected to the care they need after a hospital or emergency room visit.

A typical day starts by reviewing hospital notifications to identify clients who have recently visited

the emergency room. From there, Maggie reviews discharge information, reaches out to check on each client's well-being, helps coordinate follow-up appointments, and connects individuals with a primary care provider if they don't already have one.

For Maggie, helping others has always been a calling.

"I have always liked helping people. I feel that it is a rewarding job knowing that I can help someone get the help that they need."

The most meaningful part of her work is seeing people move toward healing and feeling better about themselves. Every phone call and every connection is an opportunity to remind someone that they don't have to navigate life's challenges alone.

Maggie's own life experiences have shaped her compassion in powerful ways. She shares that she en-



STAFF SPOTLIGHT: MAGGIE DELZEIT

"Maggie's calm and compassionate nature makes her someone clients instantly trust. She has a gift for making people feel comfortable during difficult conversations."

— Jamie Blew



"HELPING PEOPLE GET THE CARE THEY NEED—AND REMINDING THEM THEY AREN'T ALONE—IS WHAT MAKES THIS WORK SO REWARDING."

tered state custody at the age of 13 and remained a Child in Need of Care (CINC) until she turned 18. That journey has given her a unique perspective and deep empathy for those facing difficult circumstances.

Outside of work, Maggie stays busy with a part-time job and enjoys going for walks, reading, listening to music, and spending time with her kids—"when they let me," she adds with a laugh.

When life gets challenging, she draws inspiration from a quote by Maya Angelou:

"You will face many defeats in life, but never let yourself be defeated."

A few fun facts about Maggie:

Comfort snacks: Sunflower seeds and string cheese
Mood-boosting song: "This Is Me" by Keala Settle

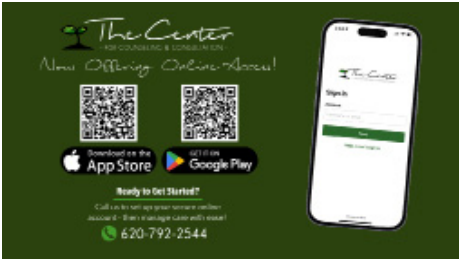
According to Care Coordina-

tion Supervisor Jamie Blew, Maggie's greatest strength is the way she connects with people.

"Maggie's calm and compassionate nature make her someone clients instantly trust. She has a gift for making people feel comfortable during difficult conversations, and her genuine care for every client is evident in every interaction."

We're grateful to have Maggie as part of The Center team. Her compassion, resilience, and dedication help cultivate hope and healing for the clients and communities we serve every day.

DID YOU KNOW WE HAVE AN APP?



CHECK OUT OUR NEW CLIENT PORTAL APP

Services with The Center are now easier than ever!

With our new Client Portal, clients can

customize their appointment settings, secure telehealth access, streamline their document management, and set

up easy billing and payments.

Call (620)792-2544 to get your set up link today!



FOR COUNSELING & CONSULTATION -

PATIENT PORTAL GETTING STARTED GUIDE

Let's Get Started

★ **Step 1: Download the App**

- Apple App Store (iPhone/iPad)
- Google Play (Android)
- Web Portal (link on our website)

★ **Step 2: Create Your Account**

- You'll automatically get a secure link after scheduling an appointment.
- Or, call our front desk and we'll send one.
- Follow the link → Create username & password → Log in.

★ **Step 3: What You Can Do in the App**

✓ **Appointments**

- View upcoming & past visits
- Join secure Zoom telehealth sessions
- Confirm or cancel appointments

✓ **Messaging**

- Secure provider messages

*Must be started by your provider

✓ **Billing**

- Pay bills right in the app
- See your payment history

✓ **Reminders**

- Choose text, voice, email – or all three
- Change anytime in settings

✓ **Forms & Signatures**

- Complete forms online
- Sign instantly with e-signature

✓ **Records**

- View session notes
- See your medications
- Update personal info

Quick Tips

- Turn on notifications for reminders.
- Keep your login secure.

Need Help?



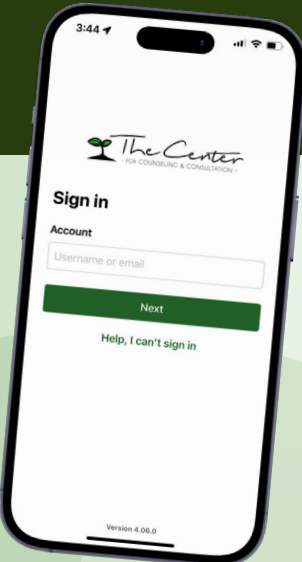
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5815 Broadway, Great Bend, KS
620-792-2544 | thecentergb.org



Download on the App Store

GET IT ON Google Play

GET STARTED WITH OUR HOW-TO GUIDE!





JULY SCHEDULE

Mental Health & Related Calendar Recognitions:

JULY

- National Minority Mental Health Month
- National Make a Difference to Children Month
- UV Safety Month
- International Self-Care Day - July 24
- National Disability Independence Day - July 26
- International Day of Friendship - July 30

FIND THE CENTER OUT AND ABOUT THIS MONTH

July 18	Laundry Love - Great Bend, Hosted by United Way
July 29	Laundry Love - Larned, Hosted by United Way



DO YOU WANT THE CENTER TO BE AT YOUR EVENT?

Scan the QR code above to request The Center be present at your event. We can't wait to hear from you!

CULTIVATING LEARNING: WILD ABOUT WELLNESS



Wild About Wellness Brings Nearly 500 Together for an Evening of Fun and Connection

Families from across our community gathered at Brit Spaugh Zoo on June 18 for our inaugural Wild About Wellness event, and what an incredible evening it was! Nearly 500 attendees joined us for a wellness safari adventure designed to make conversations about mental health engaging, interactive, and fun for children and families.

Guests explored nine hands-on wellness stations where they practiced coping skills through

activities like bubble breathing, animal yoga, sensory play, emotional regulation games, and creating sensory bottles. One of the evening's most popular attractions was the Safari Shake Station, where 95 children made their own sensory bottles to take home, while 78 participants completed the full wellness adventure by visiting every activity station.

"One of the things I loved most about the evening was watching families learn and practice wellness skills together without it feeling like a lesson," said Event Coordinator Sara Arnberger. "We wanted to create a space where wellness felt exciting, and I think our community embraced that wholeheartedly."

The evening was made even more special through the support of our community partners, sponsors, volunteers, and the incredible staff at Brit Spaugh Zoo, who created memorable animal encounters throughout the event. We also extend our heartfelt thanks to Brand 17 BBQ, Soda Bop, On Point Entertainment, Becky Wasson, Barton County Youth Crew, Heart of Kansas, The Family Crisis Center, Sunflower Early Education Center, the Great Bend Recreation Commission, and our generous event sponsors for helping bring this vision to life.

The overwhelming response from our community reinforced what we already know: when families have opportunities to learn, laugh, and grow together, everyone benefits. We're already looking forward to making Wild About Wellness an annual tradition as we continue cultivating help, hope, and healing throughout our communities.

SMASHING STIGMA: HOPEFEST 2026

HopeFest 2026 Is Coming—Join Us for a Day of Hope, Healing, and Community

Mark your calendars for **Saturday, September 19**, because HopeFest 2026 is shaping up to be a day unlike anything our community has experienced before!

This free, family-friendly event will begin with a Sunrise

Remembrance Ceremony, honoring loved ones lost to suicide and addiction while offering hope to those continuing their journey. From there, the day comes alive with morning fitness on the courthouse lawn,

interactive activities, community resource vendors, live entertainment, delicious food trucks, specialty drinks, desserts, and plenty of fall-themed fun for all ages.

Throughout downtown Great Bend, you'll also experience "Because Every Story Deserves to Be Seen," our pop-up community art gallery showcasing works inspired by mental health, healing, resilience, recovery, and hope. As you explore, you'll discover hands-on wellness activities, learn practical tools for positive mental and physical health, and connect

with a special evening performance by nationally recognized comedian Mark Lundholm, whose powerful blend of comedy, storytelling, and recovery inspiration has impacted audiences across the country. Tickets are on sale now and are just \$10. This is the only ticketed portion of HopeFest—all daytime activities are completely free to attend.

- Sponsors are still needed to help make HopeFest possible.
- Mark Lundholm tickets are on sale now.

New activities and announcements are being added regularly, so be sure to visit www.thecentergb.org/hopefest to stay up to date.

We can't wait to spend the day with you as we celebrate hope, remember loved ones, support recovery, and build a stronger, healthier community—together.



with resources focused on suicide prevention, recovery, and overall well-being—all while enjoying a fun fall day with family and friends.

The day concludes

There are plenty of ways to get involved:

- Artist submissions are being accepted now for the "Because Every Story Deserves to Be Seen" gallery

JOIN OUR TEAM



WE ARE HIRING

Join a team that’s making a difference every day. At the Center for Counseling & Consultation, we’re cultivating help, hope, and healing in our community—together. Apply today and be part of something meaningful.

APPLY
NOW!

LICENSED MENTAL
HEALTH THERAPIST

1

21 years or older

2

Master's degree in psychology, counseling, social work, or marriage and family (dual license in SU preferred)

CRISIS THERAPIST

1

21 years or older

2

Master's degree

3

Ability to work after hours

For More Information:
www.thecentergb.com/jobs



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CONTACT
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