

mmct communiqué

The MMCT COMMUNIQUE is a periodic digest of member care resources and events delivered to your agency or personal e-mail. We welcome your comments and suggestions. Click [here](#) to subscribe or unsubscribe.

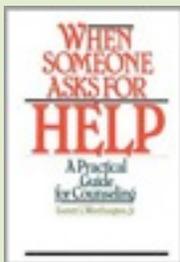


QUICK links to features in this issue:

ONLINE RESOURCES
Brochures and inventories

BOOKS

Improve your ability to help hurting colleagues



PROFESSIONAL SERVICES

When lay-counseling isn't enough



MMCT COUNSELING
How we can help

GOODSEARCH
Support member care when you search the web

This Month's Communiqué Focus:

Counseling Issues Common to Cross Cultural Workers

Dear Friends,

To the right is a list of “presenting issues” addressed in counseling offices around the world. It’s also a list of counseling issues common to cross cultural workers.

In fact, a teammate or someone you supervise -- perhaps even you yourself or your children -- could be struggling with any of these typical mental health concerns right now. All of us are vulnerable and no one is exempt, however mature they might be. That’s how Bill Hybels saw it in his article [Reading Your Gauges](#).

This issue of the Communiqué provides [links to websites](#) with information about these matters. Follow them and you’ll find articles, brochures and booklets on mental health concerns like those to the right. There are links to [self-assessment inventories](#) for stress and burnout and links to [counseling services for cross cultural workers](#) in the US, Germany and the UK. With information like this at your fingertips, you’ll be able to understand and address counseling concerns when they come up, whether in your life or the lives of others.

Want to prepare yourself to help others when they’re facing these issues? We’ve surveyed a handful of [books about lay-counseling](#) that will show you how to do that. And should you face needs in W. Africa that warrant professional intervention, we’ve provided information about [MMCT’s West Africa counseling services](#) and a link to an article that describes [our counseling philosophy](#).

Many blessings to you and your teams.

The Mobile Member Care Team

Accra, Ghana

- [Anger](#)
- [Anxiety](#)
- [Burnout](#)
- [Depression](#)
- [Eating disorders](#)
- [Doubts](#)
- [Loneliness](#)
- [Marital stress](#)
- [MK issues](#)
- [Sexual struggles](#)
- [Sleeplessness](#)
- [Stress reactions](#)
- [Suicidal thoughts](#)
- [Trauma reactions](#)

Counseling Issues Common to Cross Cultural Workers: Web-Based Resources

There's no need to be in the dark about mental health and psychological matters: Many organizations provide spiritual and psychological support to cross cultural workers world-wide through downloadable articles, brochures and booklets. Here are some of the best:



Dr. Ron Koteskey and his wife Bonnie provide mental health brochures and e-books for cross cultural workers on their [Cross Cultural Workers](#) website. Written in question-and-answer format, these articles contain practical information about many mental health topics.

[Psychology for Living](#) is the website of the Narramore Christian Foundation, "dedicated to preventing and solving mental health problems through psychological counseling." In addition to [counseling services](#), many brochures and booklets are available under three subject headings: [Emotions and Personality](#), [Relationships](#) and [Psychological Disorders](#).



The [Troubled With](#) website, sponsored by Focus on the Family, provides "credible advice, practical solutions for today's problems and hope for tomorrow" at an easy-to-navigate website that offers hundreds of excellent articles on mental health topics.



Among the many excellent resources offered by the [Headington Institute](#) for [cross-cultural workers](#), [managers](#) and [human resources personnel](#) are [self-assessment questionnaires](#) on stress, burnout, trauma and coping. Completing and scoring these inventories (they emphasize that they are not clinical diagnostic instruments) provides a measure of where one is on the stress/burnout continuum.

French speakers: Here's a resource mentioned in the last Communique that's worth repeating. If French is your first language or if you're looking for resources for French speakers, check out [Relation d'aide](#) for an extensive collection of [counseling-related articles](#) for cross-cultural workers.



German speakers may find Dr. Samuel Pfeifer's website, [Seminare-PS](#), especially useful. Dr. Pfeifer addresses mental health concerns like Borderline Personality Disorder, Online Addictions, Stress & Burnout and Surviving the Suicide of a Loved One. All articles are also available in French and English.

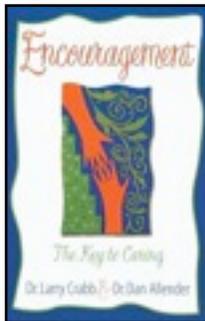


A second German website, [Klinik Hohe Mark](#), provides links to [mental health resources](#); [self-help articles](#) can be found under the heading *Betoffene und Selbsthilfe*.

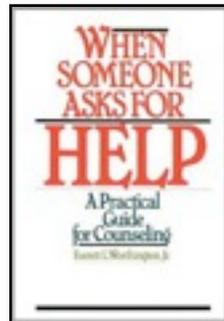
Books about Lay Counseling

For those who want to improve their ability to bear the burdens of others...

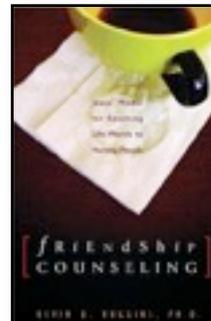
Encouragement: Key to Caring is about how to fulfill the biblical exhortation to "encourage one another." It explores the process of encouragement, the development of an encouraging vocabulary, cultivating active listening skills, recognizing subtle requests for help and sharing biblical truth in the context of a caring Christian community.



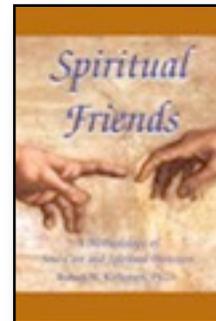
When Someone Asks for Help examines the causes of emotional and mental health problems and how to address them. It journeys from exploring what's going on in people who are distressed to helping them work through their problems, and then concludes with a section on "moving back into the give-and-take of routine friendships."



Friendship Counseling takes readers on a journey through the complexities of "spiritual friendship." "Friendship Counseling will help you sensitively offer hope to people in pain, pointing them toward building character and drawing closer to God." It's a way of thinking about friendship that could change how you interact with others.



Spiritual Friends You love people and you love God's Word, but how do you relate these two loves? This book is a biblically centered training manual for relating God's truth to human relationships. It includes practical interactions and hundreds of skill-building exercises that teach readers how to sustain people through hurt and offer them hope.



RED FLAGS : When the situation calls for professional intervention

Sometimes the change in activity and energy level is dramatic, the decrease in cognitive functioning can't be covered up, the bodily aches and pains are on the increase, the emotional pain is prolonged, the negative moods are intense and overwhelming, the relational fallout is spreading and the thoughts of death feel too compelling... Red flags like these could signal the need for professional intervention. Here's a short list of agencies that are dedicated to providing counseling services for cross cultural workers and their families:

- [Alongside \(US\)](#)
- [Headington Institute \(US\)](#)
- [Klinik Hohe Mark \(Germany\)](#)
- [Interhealth \(United Kingdom\)](#)
- [Link Care Center \(US\)](#)
- [Marble Retreat \(US\)](#)
- [Narramore Christian Foundation \(US\)](#)

MMCT's counseling ministry



MMCT's Resident Staff: Alan, Karen, Sherri, Darlene and Marion

MMCT believes counselors have a lot to contribute to the well-being of cross cultural workers: "Our presence has the potential to be as Aaron and Hur were to Moses when they offered a very tangible way of providing strength, endurance, and courage in the battle (Exodus 17:12)," writes MMCT's clinical director, Dr. Karen Carr. "We can offer workshops, consultation, assessment, and counseling." MMCT's approach to counseling is spelled out and illustrated in her article, "[A Guest in Their World.](#)"

Arranging for MMCT counseling services in West Africa

MMCT provides brief, short term counseling for crisis situations or problems that may lead to a crisis if they are not quickly addressed. Counseling by [masters and doctoral level counselors](#) is available for cross cultural workers and their families located in West Africa. To inquire about the availability of counseling for your particular situation, contact Dr. Karen Carr, MMCT's clinical director, by [email](#) or through the [MMCT website](#).

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