



**Tyndale
Counselling
Services**

09/10



Facilitating Growth and Healing

Tyndale Counselling Services

09/10

At Tyndale, there is great potential for you to further discover who you are and who God is calling you to be. It is important to balance academic learning and self-discovery, but many things can short circuit this learning – old wounds, unhealthy attitudes, dysfunctional relationships and more. Our team of dedicated and experienced counsellors is here to support, challenge and encourage you toward growth and healing.

2



We Offer:

1) PROFESSIONAL COUNSELLING

- > Offered to Tyndale students (individuals, couples and families) year round, including the spring / summer semester.
- > Full-time students receive counselling free of charge and part-time students pay a small fee (\$15-25).
- > Information that is shared is confidential within the limits of the law.
- > Counsellors abide by the ethical standards of the American Association for Marriage and Family Therapy.

No concern is too large or too small to bring to counselling. Some of the things students come to talk about are:

- > career direction
- > anxiety and stress
- > low self-esteem
- > sexual issues
- > relationships
- > depression
- > addiction
- > pornography
- > faith issues
- > family issues
- > eating disorders
- > healing from abuse
- > pre-marital counselling
- > marital difficulties
- > parenting issues
- > self-care
- > coping with transition, illness, grief
- > coping with issues faced by a loved one
- > self-harm
- > conflict resolution
- > whatever is robbing you of joy and limiting your potential

2) SEMINAR SERIES

- > Seminars are offered throughout the year on a wide range of topics. These seminars are intended to help you or someone you love grow and develop in the following areas: Self-Care, Career Planning, Reaching Out and Relationships. See pages 9-11 for more information.
- > These seminars are free of charge to current Tyndale students, employees and alumni and are open to guests outside the Tyndale community for a small fee of \$25 (except where noted).

3) PERSONALITY AND VOCATIONAL INVENTORIES

- > A variety of self-awareness instruments are available, including: *Myers-Briggs Type Indicator (MBTI)*, *Strong Interest Inventory*, *Taylor-Johnson Temperament Analysis*, *Work Personality Index*, *Prepare/Enrich*, *Wagner-Modified Houts Spiritual Gifts Inventory*, *Stress Map* and *FIRO-B*.
- > Contact the Counselling Services Coordinator for information on the cost, completion and interpretation process for these instruments.

4) REFERRALS

- > Referrals can be made to other professionals or appropriate agencies for those who require further assistance (i.e. medical, financial, psychiatric, legal, etc.).



SHEILA STEVENS,
BSM, BRE, MTS, MDiv, RMFT
*Director of Tyndale Counselling Services,
AAMFT Clinical Member and Approved
Supervisor, CAPPE Specialist and Associate
Supervisor in Pastoral Counselling, Certified Focusing Trainer,
sstevens@tyndale.ca (ext. 2122)*

Sheila's professional background spans church ministry, university and seminary education and counselling. She maintains a private practice in North York, seeing individuals and couples. She also offers clinical supervision to therapists. Her interests include spending time with her husband and son, fitness, camping and kayaking.



DANIELLE ROURKE, BA
*Counselling Services Coordinator
drourke@tyndale.ca (ext. 2123)*

Since graduating from Tyndale University in 2007 with a Bachelor of Arts in Religious Studies, Danielle has worked for both church and parachurch ministries and is now happy to be back in the Tyndale community. She enjoys random acts of kindness, adventures, snowboarding and spending time with friends and family.



HERMAN CHOW,
BCom, MDiv, DMin, RMFT
*Assistant Supervisor
AAMFT Clinical Member (ext. 5018)*

Herman's passion is to build up individuals, marriages and families. He was a minister for 12 years and also worked for Family Services of Peel. Currently Herman maintains a private practice working out of Mississauga and Unionville and is an adjunct counselling professor at Tyndale. He is happily married to his wife of 16 years and they have two children.



ARLENE STILES, MDiv, RMFT
*Assistant Supervisor,
AAMFT Clinical Member (ext. 5015)*

Arlene enjoyed a creative career as an illustrator for many years before making the transition to counselling. Arlene maintains a private practice in North York, working primarily with individuals and couples. She is working toward her specialization goal of Emotion Focused Therapy certification. Away from the office her interests include spending time with her husband and three grown sons, as well as painting and photography.



VIVIAN CHAN, BSc, MDiv, RMFT
*Volunteer Professional Counsellor
(ext. 5051)*

Vivian has a youth work background and currently tutors at a learning centre. She has experience working with issues such as boundaries, self-esteem, depression, anxiety, stress, time management, obsessive-compulsive disorder, ADD and relationships. Vivian speaks English, Mandarin and Cantonese and enjoys reading, walking and spending time with family and friends.



ESTELLA CHEONG,
BRS, MDiv, RMFT, DMin (cand.)
Volunteer Professional Counsellor (ext. 5019)

Estella has worked in administration, missions and Christian education in Singapore. She has a private practice in Toronto, works as a contract therapist in two churches and also conducts seminars. She specializes in couple therapy and marriage preparation. Estella enjoys swimming, travelling and serving with her husband in his pastoral ministries.



DAVID COLPITTS, BSc, MDiv, PhD (cand.)
Volunteer Professional Counsellor (ext. 5052)

David has worked for the government as an educator in organ donation, as well as in counselling with New Direction

Ministries. He has counselling experience with issues such as pornography, same gender attraction (homosexuality), masturbation and sexual addiction and is interested in helping students with anxiety, stress, career development and spiritual issues. David enjoys movies, travel and being with people.



SUSAN FOURNIER, BRS, MDiv, RMFT
Volunteer Professional Counsellor (ext. 5011)

Susan's background is in psychiatric nursing, ministering to inner-city youth and working with dyslexic and ADD children.

She has a private practice in Unionville and has experience with issues such as anger management, divorce recovery, abuse, emotional trauma and self-esteem. Susan enjoys travelling, reading, hiking and visiting art galleries with her artist husband.



KRISTEN HODGES, BA, MDiv (cand.)
First Year Intern (ext. 5009)

Kristen has experience as a learning consultant, small group leader, ESL teacher and as a personal support

worker. Her areas of counselling interest include sexuality, spirituality, self-esteem, anxiety, depression, dating and marriage. She loves reading, fitness, walking her dog Norman and spending time with loved ones.



CAROL JOHNSON, MDiv
Volunteer Professional Counsellor (ext. 5055)

Carol has been married for 32 years to a minister and has two sons. She has an

interest in helping people with issues such as dating, preparing for and enriching marriages and in parenting. She also has experience dealing with crisis pregnancy, abortion recovery, anxiety and depression. Carol loves reading, walking and animals!



YEONG RA KIM, BA, MA
Volunteer Professional Counsellor (ext. 5012)

Yeong is the former director of the Korean Association of Biblical Counsellors in California and she had the unique

experience of hosting a marriage and family-focused radio broadcast. Yeong has an interest in working with the Korean community with such issues as marriage and family difficulties, guilt, inferiority and depression. Yeong is the wife of an ordained pastor and they have four children.



BYRON MACDONNELL, MDiv (cand.)
Second Year Intern (ext. 5029)

Byron has served in both church and counselling ministries on a volunteer basis.

His counselling experience includes spiritual crisis, depression, relationship issues and sexual brokenness. He plans to eventually open a private practice. Byron enjoys fitness, walking, listening to jazz and browsing book stores. He actively seeks the perfect cup of coffee.



JULIANNE MASLABEY, BA, ARCT, MDiv
Volunteer Professional Counsellor (ext. 5048)

Julianne has worked as a private voice teacher and also in the field of pastoral care. She has experience leading single mother, divorce care and depression support groups. Julianne currently has a private practice in Markham and has experience with pre-marital and marriage counselling, crisis pregnancy, violence, abuse and anger management. She enjoys hiking, gardening, singing and spending time with her husband and daughter.



KIMBERLEY MULLIN, BSc, MDiv (cand.)
Third Year Intern (ext. 5030)

Kimberley is a part-time student at Tyndale Seminary while working at the Ministry of Revenue. Her interests include issues in career direction, self-esteem, depression, spiritual formation and couple and family counselling. She enjoys travelling, singing and leading worship services with her husband Daniel, an accomplished pianist.



NAOMI ORVIS, BA, MDiv (cand.)
First Year Intern (ext. 5020)

Naomi spent three years in Korea teaching ESL and is currently a home-stay host to international students. Her counselling interests include self-esteem, depression, anxiety, faith issues, study skills, ADD, eating disorders, family and relationship issues. In her free time Naomi likes to exercise and ride her pink motorcycle.



STEPHEN PARR,
BTh, MDiv, MTh, DMin (cand.)
Second Year Intern ext. 5017

Steve spent 20 years in Africa as a missionary involved in theological education, leadership and personnel. He has counselling experience in self-esteem, depression, addiction, marriage difficulties and pre-marital counselling. He has a passion for personal development and spirituality and is interested in topics such as life transitions, bereavement and grief. Steve enjoys music, reading and spending time with his wife.



SYLVIA RUKKILA, RTR, RTT, MDiv
Volunteer Professional Counsellor (ext. 5053)

Sylvia is in private practice in Markham with experience in marriage preparation, couple distress, blended families, self-esteem, anxiety and depression, abuse, bullying, transitions and bereavement. Sylvia's background in the health field led her to specialize in psychosocial oncology/cancer counselling and support. She enjoys creative journalism, fabric arts, her cellist husband and the families of their two adult children.



LYNNE SAUL, BA, MDiv, DMin, RMFT
Volunteer Professional Counsellor (ext. 5021)

Lynne is a former teacher with over 16 years of counselling experience with individuals, couples and families. She has private practice experience in the areas of self-esteem, personal growth, spirituality, women's issues, adoption, abuse, grief, mid-life, marriage and divorce. Lynne's hobbies include choral singing, photography, travelling and spending time with family.



KATHLEEN SUTCLIFFE, BA, MDiv
Volunteer Professional Counsellor (ext. 5016)

Kathleen's background is in computer consulting and currently she has a private practice in Unionville. Her counselling interests include family of origin, marriage and parenting, study skills, self-acceptance and she has a heart for young adults with relational concerns. Kathleen is convinced of the impact of surrendered prayer and agape love on relational and emotional healing. She is married with grown children and enjoys spending time with people.



MELINDA VAN HALTEREN, BA, MDiv
Volunteer Professional Counsellor (ext. 5013)

Melinda has experience working in a Christian counselling service in Toronto. She facilitates bereavement support groups for women, parents and young adults. Her counselling interests include self-esteem issues, depression, relationship difficulties, sexual addictions and life transitions. She loves hiking, cycling, skiing, cooking and spending time with her husband and three children.



RON WYSE, BA, MDiv, ThM, DD
Volunteer Professional Counsellor (ext. 5028)

Ron taught Biblical Studies in Zimbabwe and also in Hong Kong, where his wife is from originally. His counselling interests include self-esteem, spirituality, inner healing, pornography and addictions, Asperger Syndrome and cross-cultural relationships. He has also written a book on the topic of marriage. He enjoys reading, taking guitar breaks and spending time with his wife and teenaged kids.



WINNIE YEUNG, MDiv, RMFT
Volunteer Professional Counsellor (ext. 5054)

Winnie comes from a corporate background and brings experience in mentoring, motivating and nurturing. She is trained in the use of play therapy with children, youth and adults. She has counselling experience in such areas as self-esteem, anxiety, stress management, grief, relational conflicts, leadership and spiritual issues. Winnie has a private practice in Toronto and she enjoys reading and antique hunting.



FOR COUNSELLING APPOINTMENTS:

To make an appointment for an initial session:

- > **Phone, email, or drop-in to speak with:**
Danielle Rourke, Counselling Services Coordinator
416.226.6620 ext. 2123, drouke@tyndale.ca
- > **Drop-in to speak with:**
The Student Life Receptionist

TO REACH YOUR COUNSELLOR:

If you are already meeting with a counsellor and would like to reach their personal and confidential voice-mailbox, please call 416.226.6620 and enter their 4-digit extension. Extension numbers can be found in the brochure or on the website.

FOR ADDITIONAL INFORMATION:

Contact Danielle Rourke
Counselling Services Coordinator
416.226.6620 ext. 2123, drouke@tyndale.ca

Check out our website at:
www.tyndale.ca/counselling, for:

- > Schedule of seminars
- > A list of our counselling staff
- > Helpful information about certain common issues
- > A downloadable version of the Marriage Preparation and Marriage Enrichment brochures.

LOCATION:

Our offices are located on the first floor on the right side of the Department of Student Life, below the Chapel.



Tyndale Counselling Services Seminar Series – Facilitating Growth and Healing

- > All seminars take place from 11:40 am-12:55 pm in room 1001 in the fall semester and room 1003 in the winter semester, unless otherwise noted.
- > These seminars are free of charge to current Tyndale students, employees and alumni and are open to guests outside the Tyndale community for a small fee of \$25 (except where noted).
- > Contact Danielle Rourke, Counselling Services Coordinator at 416-226-6620 ext. 2123 or drouke@tyndale.ca for more information.

The Self-Care Series

No matter where we are on our life's journey, it is always important to care for ourselves physically, spiritually and emotionally. Make sure you check out this seminar series, full of important information for you to apply to your own personal development!

STUDY SKILLS

Facilitator: Kathleen Sutcliffe

Date: Monday, September 21st, 2009

This seminar aims to help you determine your own style of learning and to discover how to apply that knowledge to key components of academic achievement such as taking useful notes, effective reading, essay writing and exam preparation.

TIME MANAGEMENT

Facilitator: Deepa Varki

Date: Monday, September 28th, 2009

Poor planning, over-scheduling and difficulty setting healthy boundaries can lead to exhaustion and burnout, which puts our academics, our ministry, our health and our primary relationships at risk. Join Deepa in learning about setting priorities, effective use of time and get some tips on managing your life's busy schedule.

STRESS & ANXIETY

Facilitator: David Colpitts

Date: Monday, November 9th, 2009

Stress may be a normal part of life, but too much stress can be harmful to us, creating feelings of anxiety. Join David in learning to recognize the signs of stress and how to manage it in positive ways. *"Don't let your mind bully your body into believing it must carry the burden of its worries."* —Astrid Alauda.

SELF-ESTEEM

Facilitator: Kathleen Sutcliffe

Date: Monday, March 8th, 2010

"Too many people overvalue what they are not and undervalue what they are." —Malcolm S. Forbes. All too often we base our identity on what is not lasting. This seminar will address why we easily come to accept the world's view of our worth, how that impacts our ability to lead rich and effective lives and how we can see ourselves as our Creator sees us.

The Career Planning Series

Whether you are making your first career choices or are thinking of making some career changes, the seminars in the career planning series can help you increase your self-confidence and sense of direction. The informed decisions you make today will contribute to a rewarding life tomorrow.

FINDING YOUR CALLING

Facilitator: Deepa Varki

Date: Monday, January 18th, 2010

An important step in planning for your future is to understand and assess who you are and who God has created you to be. Join Deepa as she invites you to consider such things as your personality, passion, abilities, values, spiritual gifts, situation in life and leadership style.

RESUME & INTERVIEW SKILLS WORKSHOP

Facilitator: Deepa Varki

Date: Monday, January 25th, 2010

You have already taken the time to invest in your future, now set aside this time to invest in the tools and skills that

will help you get your foot in the door. A successful resume is not just a list of dates and jobs, learn how to highlight your accomplishments to land an interview. Then discover common interview questions and how to feel prepared for the often stressful process. Deepa will facilitate this workshop and share tips on how to present yourself in a professional and memorable way on paper and in an interview.

The Reach-Out Series

It is hard to know what to do or say when a friend or loved one is going through a difficult time. These seminars will provide you with information about tough issues as well as practical ways you can reach out and offer care and support to those around you.

Reach out to a loved one dealing with...

...INTERNET AND PORNOGRAPHY ADDICTION

Facilitator: Herman Chow

Date: Monday, October 19th, 2009

Sexual addiction affects more than 18 million people in North America. With more than 1.3 million porn websites on the internet, many of us are impacted in one way or another by this addiction through a family member, a close friend, a partner or ourselves. Join

Herman to explore how sexual addiction works, how to break free or help others break free from it.

...DEPRESSION AND THOUGHTS OF SUICIDE

Facilitator: Herman Chow

Date: Monday, November 23rd, 2009

Depression is something many individuals deal with in our society. Some of these individuals also struggle with suicidal thoughts. Herman will dispel some of the myths and will give helpful information on how to recognize, face and deal with the symptoms of these common struggles. He will also discuss some of the warning signs and risk factors associated with suicide and how to respond to someone in a suicidal crisis.

...ANGER ISSUES

Facilitator: Herman Chow

Date: Monday, March 1st, 2010

Anger is a much misunderstood emotion and an important part of the palette of feelings that God has given us. We all experience it and have found ways to cope with or express it; some healthy, some not. Join Herman as he suggests ways to help people recognize, channel and manage their anger before it manages them.

The Relationship Series

*“The quality of your life is the quality of your relationships.”
—Anthony Robbins. This seminar series was designed to help you
grow and maintain the most important relationships in your life.*

SEXUALITY: GOD’S PURPOSE, GOD’S DESIGN

Facilitator: David Colpitts Date: Monday, October 26th, 2009
As sexual beings we are made in the image of God. Discover God’s intention for sexuality and how we can express our gender in healthy ways. David will lead a discussion on the joys and challenges of living sexually-honouring lives.

UNDERSTANDING FAMILY DYNAMICS

Facilitator: Kathleen Sutcliffe Date: Monday, February 8th, 2010
For good or ill the family we grew up in has tremendous influence over us well beyond childhood. This seminar will look at how our past impacts the present and how we can make changes that will be beneficial to our current and future relationships. Some of the aspects of family dynamics that Kathleen will explore include communication patterns, dealing with differences, roles and rules in the family and how to be close and separate at the same time.

MARRIAGE ENRICHMENT

Facilitator: Herman Chow
Date: Sat., March 27th, 2010 (9:45 am-5:30 pm) Location: Room 1008
Take a pit stop on your marital journey to join us for this one-day interactive marriage enrichment program. Topics are custom made to fit the needs of the group but often include improving communication, conflict resolution, financial stress, in-laws, sex and parenting. Pre-registration is required.

The early bird price is \$120/couple until Thursday, March 4th; thereafter - \$135. This fee includes course materials, refreshments and pizza lunch. Contact the Counselling Services Coordinator at 416.226.6620 ext. 2123 or visit our website to download the registration and information brochure: www.tyndale.ca/counselling.

MARRIAGE PREPARATION

Facilitators: Herman Chow and Sheila Stevens
Date: Friday, April 30th, 2010 (7 pm – 10:00 pm)
Saturday, May 1st, 2010 (9:45 am – 5 pm) Location: Room 1008
This is a two-day seminar for couples preparing for marriage. Topics will include communication, conflict, finances, sexuality, children, spirituality and more. Pre-registration is required.

The early bird price is \$150/couple until Thursday, April 1st; thereafter - \$170. This fee includes course materials, refreshments and pizza lunch. Contact the Counselling Services Coordinator at 416.226.6620 ext. 2123 or visit our website to download the registration and information brochure: www.tyndale.ca/counselling.

Seminar Schedule

2009

Sept 21	Study Skills
September 28	Time Management
October 19	Internet and Pornography Addiction
October 26	Sexuality: God’s Purpose, God’s Design
November 9	Stress & Anxiety
November 23	Depression and Thoughts of Suicide

2010

January 18	Finding Your Calling
January 25	Resume & Interview Skills Workshop
February 8	Understanding Family Dynamics
March 1	Anger
March 8	Self-Esteem
March 27	Marriage Enrichment
April 30 & May 1	Marriage Preparation



TYNDALE
University College & Seminary

TYNDALE COUNSELLING SERVICES

25 Ballyconnor Court, Toronto, ON Canada M2M 4B3
416.226.6620, ext. 2123 drouke@tyndale.ca
www.tyndale.ca/counselling