

*25 years  
of  
healing*



## A Message from our Executive Director

*Dear friends and supporters,*

In 2012 Shepherd's Counseling Services celebrated 25 years of bringing healing to our community. What began as a response to individuals who had read our founder, Dr. Vera Gallagher's books and reached out to her for help, has grown to become a reliable and trusted resource for many.

It is impossible to calculate the number of lives that have been impacted as the ripple effect of healing has spread out into our community and beyond over the past 25 years.

Shepherd's Counseling Services began as a response to those who reached out for help from Dr. Gallagher who showed an honest understanding of child sexual abuse so unique that people flew to Seattle seeking her help. Bringing this depth of understanding and dedication to helping survivors reclaim their lives and heal from the scars of childhood sexual abuse has been and remains the guiding vision of our agency.

Throughout this past quarter century, Shepherd's has never wavered from its original mission to provide affordable therapy to adult survivors of childhood sexual abuse. And throughout the inevitable changes that these years have rendered, Shepherd's has shown remarkable resiliency, dedication, and tenacity—often in the face of daunting challenges - in order to continue to keep its doors open and to fulfill its mission.

Our mission is clear, and our dedication to continuing to fulfill our mission remains strong. Our dedication is fueled by the needs of those we serve. The heart of the work we do at Shepherd's is grounded in the deep and long-held needs of the survivors who come to us for help each day.

We have the privilege of seeing how it is that individuals who have held unspeakable pain inside from sexual abuse in childhood come to benefit from their work with a trusted therapist in a way that is truly life-changing. We see how it is that survivors come to group therapy and find that the experience speaking of their abuse in the safety of those who understand brings validation and longed for relief. We know that partners of survivors find rare support and understanding in gathering with other partners to support building a healthy new family system.

In 2013, we look forward to continuing to serve the needs of adult survivors of childhood sexual abuse through individual and group therapy, and our support group for partners. We will also continue to reach out towards system change through community education and advocacy, making our voice heard and leading the way to end the silence to support survivors and to create a culture that keeps children safe.

Of the many accomplishments of our first 25 years, we are most proud of the fact that we have consistently provided a place of healing where adult



*Janice Palm, Executive Director*

survivors of childhood sexual abuse in our community can find knowledgeable, focused, and affordable therapy services specifically dedicated to their healing. All of our services are specifically designed to address the needs of adults whose lives have been altered by sexual abuse in childhood. The thousands of lives that have been changed for the better throughout these years bear witness to the necessity and effectiveness of our mission.

Our mission is as relevant and urgent today as it was 25 years ago. Our tenacity and dedication to fulfilling our mission remain clear and strong. We look forward to our next 25 years with strengthened hope and dedication to creating a difference in the lives of survivors and throughout our community and ... *we're just getting started!*

Thank you for making 25 years of healing possible and for creating a community of care, hope and healing to begin our next 25 years.

Janice Palm  
Executive Director

# Celebrating 25 years of healing

## **Our Mission**

*To provide for the needs of adult survivors of childhood sexual abuse through affordable therapy, education and advocacy.*

## **Our Vision**

*To end the cycle of sexual abuse through healing and community awareness.*

## **Our Values**

### ***Excellence***

Unequivocal excellence in providing therapeutic services to adult survivors of childhood sexual abuse.

### ***Commitment***

Passionate commitment to providing affordable services.

### ***Healing***

Steadfast belief in the capacity to heal.

### ***Human Connection***

Belief in the transformative power of human connection.

### ***Human Dignity***

Unwavering respect for the dignity of all people.

*For twenty-five years, Shepherd's has remained focused on serving one purpose: providing excellent quality, affordable therapy services that meet the needs of adult survivors of childhood sexual abuse.*

*The way we provide these services has gained Shepherd's Counseling Services recognition and trust locally and nationally.*

*It is with great care and respect for each individual and understanding of the complex trauma of childhood sexual abuse that our services are delivered. We wanted to offer you this opportunity to gain deeper insight into how we provide healing opportunities for survivors of childhood sexual abuse and how it impacts their lives.*

## **Individual Therapy**

When survivors first reach out for help, individual therapy is most often the first step of their journey. Each client who comes to Shepherd's Counseling Services receives therapy from an experienced therapist who has specialized expertise in treating the complex trauma of childhood sexual abuse.

For survivors, their relationship with their individual therapist creates a trusting and healing connection that allows the survivor to address the abuse and the life effects stemming from the abuse, and to begin to regain the sense of self lost through years of coping with the effects of abuse.

*"There isn't a day that goes by that I'm not grateful to Shepherd's ... for giving me my life. It's something I have never had before."*

*~ Individual therapy client*

At Shepherd's, we understand that the journey to healing may be long and difficult and we allow the time necessary for each unique survivor's journey to unfold. It is not unusual for clients to return to therapy at Shepherd's years after their initial phase of therapy as life's challenges compound and additional support is needed. Throughout the years and the decades, Shepherd's remains a steady and trusted resource for both new and returning survivors.

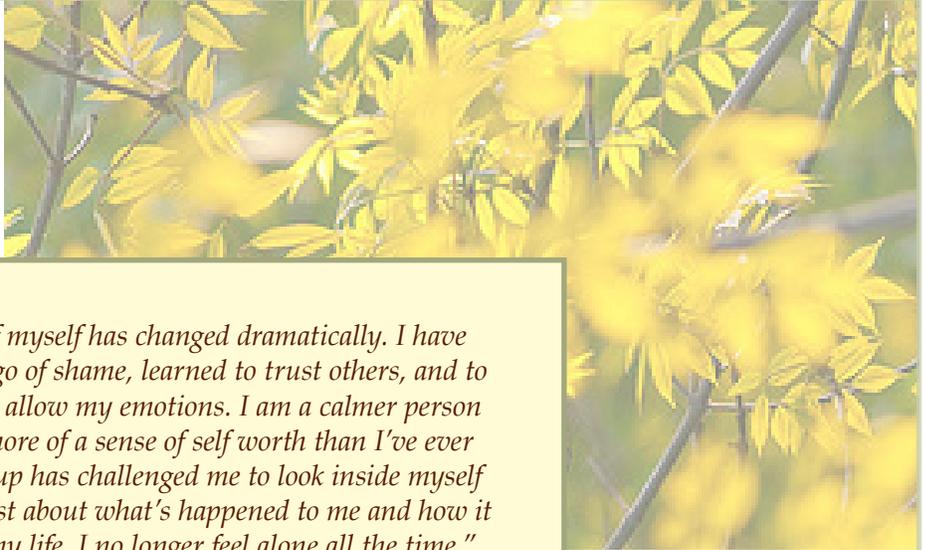
## **Group Therapy**

Shepherd's Counseling Services' founder, Dr. Vera Gallagher, developed the industry standard for providing groups for adult survivors of childhood sexual abuse. Shepherd's has been providing group therapy led by experienced therapists for adult survivors since we opened our doors in 1987.

Over the 21 weeks of each group cycle, group members often develop a therapeutic connection with other group members which allows for the lessening of shame, isolation and stigma resulting from the trauma of sexual abuse. Together with the skilled leadership of the

# sharing the journey of healing

group therapist, group members create an environment of safety and consistency, where they come to understand the effects of sexual abuse and develop trusting relationships with others.



*"My view of myself has changed dramatically. I have learned to let go of shame, learned to trust others, and to also trust and allow my emotions. I am a calmer person inside with more of a sense of self worth than I've ever had. This group has challenged me to look inside myself and to be honest about what's happened to me and how it has affected my life. I no longer feel alone all the time."*

*~ Group client*

## Partner Support Group

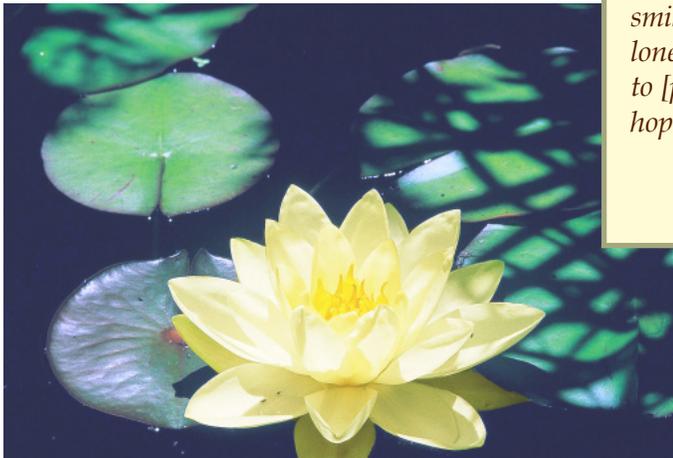
In 1993, responding to the needs of our clients, Shepherd's Counseling Services realized the necessity of providing additional support to survivors' family systems through our Partner Support Group. This very distinctive group provides a safe and supportive space for partners of survivors to gain support for the relationship challenges unique to systems affected by sexual abuse.

In 2008, Shepherd's and our Partner Support Group received national (and beyond) attention as *O, the Oprah Magazine* featured our expertise on the topic of support for partners of survivors. The unprecedented response we received from partners from across the nation, often desperate to find similar services, clearly illustrated the need that is fulfilled by our Partner Support Group.

*"I'm so grateful to Shepherd's for this amazing chance for me to be really honest and supported in something that is so difficult for me.*

*I love coming to this room full of people and seeing a nod or a smile of knowing and true understanding during this incredibly lonely and difficult time for me and in my relationship. I come to [partner support] group and every time I leave a little more hopeful."*

*~ Partner support group client*



# lighting the way to healing in community

## Community Education and Advocacy

Shepherd's Counseling Services has been at the forefront of speaking out with understanding, clarity and authenticity about childhood sexual abuse since its inception. Our founder, Dr. Vera Gallagher, spoke nationally and internationally about the reality of child sexual abuse at time when the topic was rarely acknowledged.

It is our belief that by speaking out, the silence and stigma which surround child sexual abuse will be reduced and that those who have been abused will find fewer barriers to stepping forward to ask for help.

In 2010, Shepherd's held its first Turn The Light On event – a public event intended to offer a light-filled and inspirational voice to counteract the silence and shame surrounding child sexual abuse. We know that our efforts to talk about child sexual abuse in a public setting have begun to change the culture of our community to acknowledge the reality of the harm of sexual abuse and the important difference that awareness makes in ensuring the safety of all of our children.

There's a sense of empowerment in being able to stand in action for this and I think that's what the Turn the Light On event was for me.

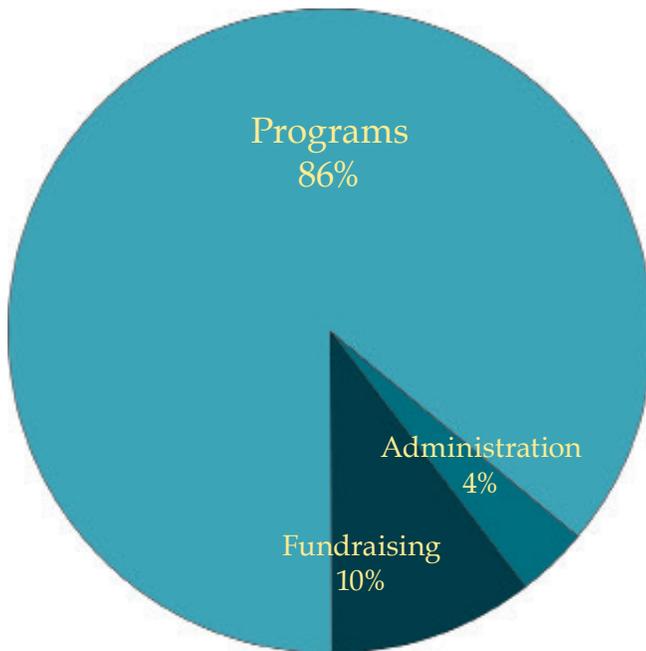
It was completely removing the veil, completely dropping the shame, completely stepping into my fullness as a human being.

~ Turn the Light On participant

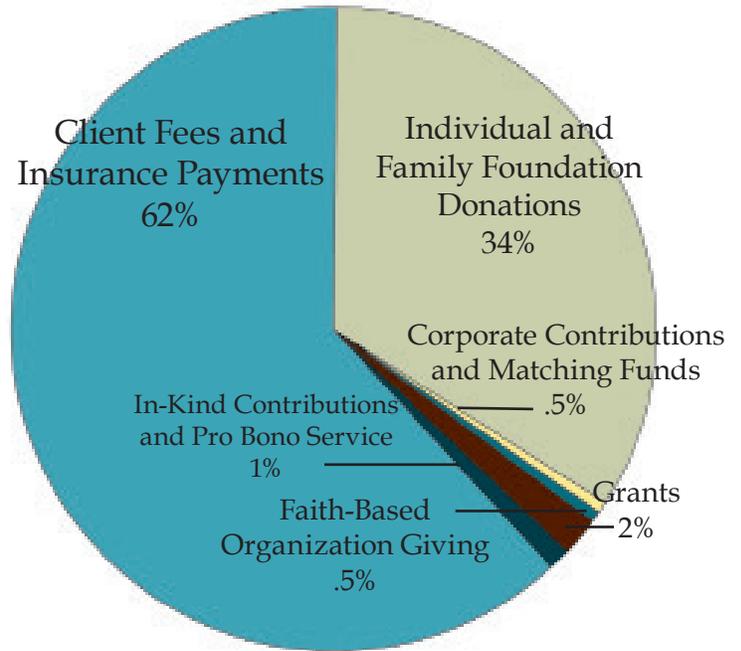


# Financial Reports

2012 Expense Allocation



2012 Sources of Funding



## Shepherd's Counseling Services Financial Statement for Year Ending December 31, 2012

### Operating Support and Revenue

Client Fees and Insurance Payments	\$244,276
Fundraising Revenue	
Individual and Family Foundation Donations	\$134,351
Corporate Contributions and Matching Funds	1,604
Faith-based Organization Giving	2,100
Grants	10,000
<b>Total Fundraising Revenue</b>	<b>148,055</b>
Miscellaneous Income	5,252
In-Kind Contributions	4,000
Interest on Investments	388
<b>Total Revenue</b>	<b>\$401,971</b>
<b>Operating Expenses</b>	
Program Services (less financial assistance)	\$279,915
General Fund Client Financial Assistance	56,005
Hope in Healing Scholarships	2,630
Fundraising	39,842
Administration	14,185
<b>Total Expenses</b>	<b>\$392,577</b>
<b>Net Income</b>	<b>\$9,394</b>

\*Net income supports future operating expenses and general fund financial assistance to clients.

# 2012 Client Service Reports

## Meeting Clients' Service Needs

The number of individuals served increased from 159 in 2011 to 172 in 2012:  
71 men and 101 women.

The hours of individual therapy provided increased by 26% from 2,440 in 2011 to 3,085 in 2012.

The number of therapy groups provided increased from 7 in 2011 to 10 in 2012:  
20 women and 20 men received group therapy in 2012.

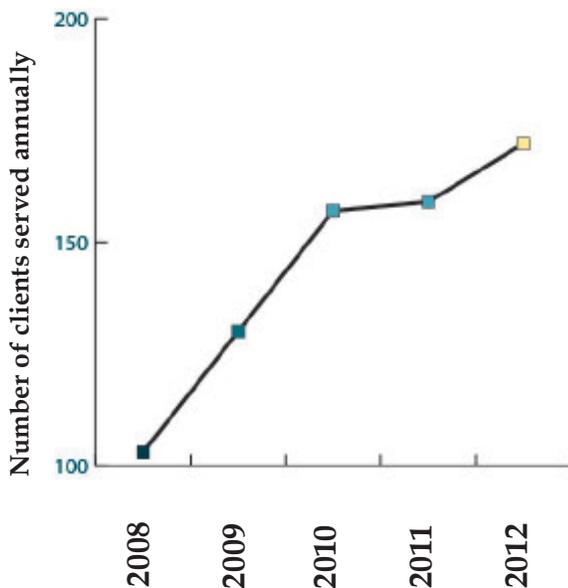
82 new clients began using Shepherd's services in 2012.

## Meeting Clients' Financial Needs

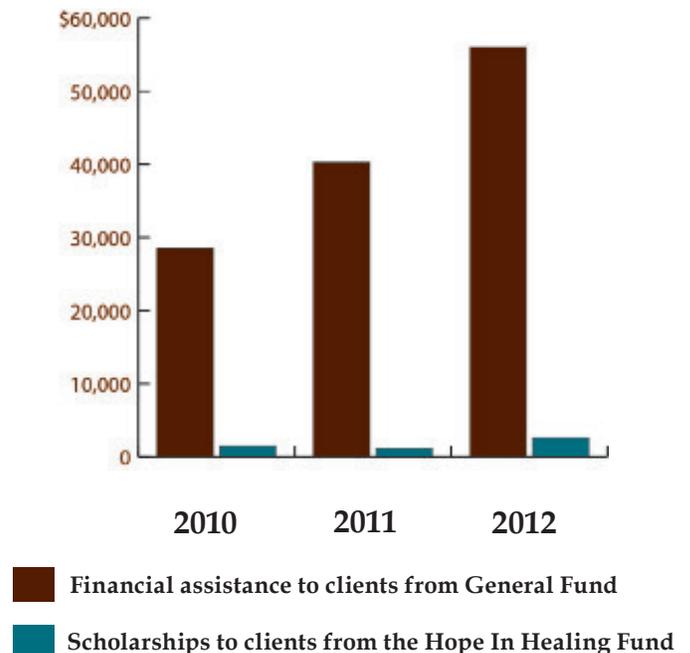
Financial assistance provided to clients from the General Fund increased by 39% from  
\$40,288 in 2011 to \$56,005 in 2012.

Individuals with the greatest needs for financial support receiving Hope in Healing  
Fund Scholarships increased from 10 people in 2011 to 18 people in 2012.

**Number of clients served annually**  
5-year perspective



**Financial Assistance Provided**  
3-year perspective





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## *Thank You!*

*It is the community of donors who make it possible for us to provide services dedicated to meeting the needs of adult survivors of childhood sexual abuse.*

*Thank you to all our supporters for making this year and the past twenty-five years of healing possible for thousands of men and women through your generous support!*

### **Leadership of Shepherd's Counseling Services**

**Janice Palm, MA, LMHC,**  
*Executive Director*

#### **Board of Directors**

**Russell Hanford,**  
*Treasurer*  
Private Practice/  
University of Washington

**Jeffery Harvey, Secretary**  
HealthPoint

**SaNni Lemonidis**  
Robblee Detwiler & Black

**Mike Gale**  
POWTEC LLC

**Cate Weisweaver**  
Salmon Bay Community  
Lending

Feel free to contact us at 206.321.2684 or [development@shepherdstherapy.org](mailto:development@shepherdstherapy.org) for a printed version of this annual report.

# *25 years of healing . . .*

# *... and we're just getting started*



*“Your work is so important for us who have no other way of understanding what has happened to us. I can say now that many of my wounds have healed and that although the scars will remain, I can finally move forward to create a new life for myself.*

*What a comfort knowing there are a few of you out there who understand and care.”*

*- former Shepherd's client*

## **Shepherd's Counseling Services 2012 Annual Report**