



Dr. Sherry Baker
Christian Counselor

May the
God of hope
fill you with all
joy and peace
as you trust in him,
so that
you may overflow
with hope
by the power
of the Holy Spirit.
Romans 15:13

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hope

Hope is something we all seek. It gives us a booster shot of adrenalin when little in life seems to make sense. No matter what issues a new client brings with them, my goal is to send them from my office with:

- specific behavior steps to take
- Scriptures to read
- some tasks to do between sessions to bring back for discussion

The hope I have experienced as a licensed counselor comes when I hear these things from clients:

I like being able to focus on a list of positive things, rather than focusing on problems.

I love the visual aides you use because I can see how far I've come in just a few weeks of counseling.

I feel hope when I leave your office with a book or writing assignment that will lead me out of the problem.

According to Everett L. Worthington Jr, professor of psychology at Virginia Commonwealth University:

God is the author of hope. Hope involves the guarantee that God is with us through difficult times, even when he has not made a way around those circumstances. Hope involves a motivation to endure when we cannot change circumstances.

A Hope-Filled Update

Since May 15, 2011, I am excited to say I'm completely independent with my own business/counseling services here in Bay City. With that, I decided it was time for me to have a website and update my materials. I'd love for you to take a look:

www.DrSherryBaker.com and tell me what you think! My desire is to provide hope and healing tips to all my visitors. Feel free to subscribe to my updates and recommend it to your friends!

Speaking engagements are coming in left and right, and my Substance Abuse and Domestic Violence/Anger Management Groups are doing so well since I transitioned into a completely Christian worldview. All my materials changed with the emphasis on moral choices. When the focus is on moral choices, cause and effect, leadership, and the road map for life - the Bible - change happens quickly. The result is that members, for the first time in their lives, feel real hope.

Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the flesh.
Romans 13:14

With my clients, I have seen so many hope-filled blessings from God: marriages turning around for the better, rebellious teens becoming responsible and polite, families returning to church, and a heartfelt turning from sin.

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My daughter-in-law, Lori, is nearly a fourth of the way through her fifth year as cancer-free (diagnosed January 2008). We remain hopeful as we continue to pray for her and the family. My grandsons are growing so quickly into fine young men. At 15 and 13, they respect their parents and so far don't have quite all the answers as many teens today believe they do.

Regardless of the weather conditions, I continue to walk each morning with my Grand-dog Lexie. My days are numbered with her as my son and his family will be moving to Troy where he manages the Sears store. The blessings in the move are that he will not have to be on the road three hours each day, he'll be able to keep the family together, and attend the boys events. I will miss them terribly, but he deserves to live close to his employment.

This past October I had a wonderful visit with oldest son Jim and family in Glastonbury, Connecticut. We headed to Bar Harbor, Maine, for three nights and four days. What a wonderful opportunity to bond. Each morning, Jim and I were up at five photographing the sunrise in Acadia National Forest while Tanya and Megan slept in. Each evening all four of us were oceanside photographing the sunset. Jim walked the shoes right off of me! We stopped by Stephen King's home in Bangor, Maine, and we rang the bell hoping he would invite us in for tea and crumpets. No such luck!!!

You're invited...

Self-Care: The Remedy For Stress

Sunday, May 20 • 2-4 p.m.
(refreshments to follow)

Cross Lutheran Church
200 Ruppert Street, Pigeon

Cost: Love Offering

Contact Betty {989.856.7170}
to reserve a seat.

Note... to schedule Dr. Baker for your church or community event, contact our office: 989.895.8356

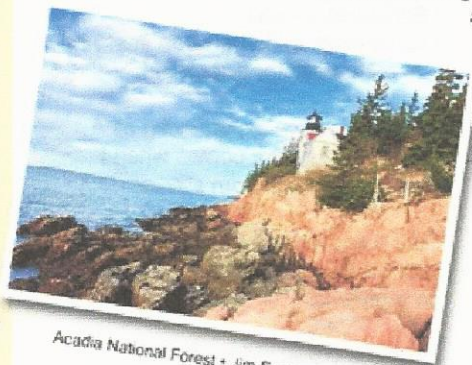
Hero - noun - a person who is admired or idealized for courage, outstanding achievements, or noble qualities.

I have many heroes in my life, but the ones I want to mention this time are my three Christian interns. I admire their persistence even when they know they face a long road of study, exams, financial responsibility, and supervision before licensing.

Julian, a licensed local pastor, is completing a doctorate degree. Married with grown children, he brings the voice of strong leadership with gentle, heartfelt words. He helps the men in the Anger Management Group look at their leadership skills, especially in communication and in how to treat their wives. He is always humble, speaking truth and hope no matter how discouraged a member might be about their situation.

Terri, along with her husband and family, has been actively involved in Michigan Lutheran Seminary since 1984. She is completing her bachelor's degree in Social Work. With a special needs husband and son, she brings hope to members in the group with regard to holding the family together and having healthy boundaries. No matter how taxing her week has been, Terri always beams and helps group members keep a healthy perspective when it comes to their challenges.

Kellie has worked in a substance abuse treatment center for six years and brings the voice of experience to our Substance Abuse Group. She is looking to complete a Master's Degree in the near future. When members talk about the challenges of changing their lives and leaving old playmates and unhealthy playgrounds, Kellie brings hope to the members. She is very patient, soft spoken, and professional.



Acadia National Forest • Jim Evans, Photographer

Hope-Filled Reading Recommendations

The Book of Romans
Sacred Marriage, Gary Thomas
If Only He Knew, Gary Smalley
Man's Search for Meaning, Viktor Frankl
Love and Respect, Dr. Emerson Eggerichs
Changes That Heal, Dr. Henry Cloud
Amish Grace, Kraybill, Nolt, and Weaver-Zercher
Loving Your Marriage Enough to Protect It, Jerry Jenkins
Power of a Praying Wife (Husband) (Parent), Stormie Omartian

Healthy Habits

Hope-focused counseling intentionally directs the client to discover *their own solutions* and recognize *their freedom to act*. This technique invites the client to look honestly at their behavior and lifestyle, to recognize their strengths, to clarify what kind of person they want to be, and to make decisions about how they want to change and grow.

One of the techniques I use is the Hope Journal filled with hope, blessings, gratitudes, and fulfilled prayers. Clients love to go exploring for their journals at Barnes & Noble, Target or Meijer. They return with a fresh tablet of blank pages eager to title and personalize it. They begin their entries with the date and log in only gratitudes, blessings, and hope for each day. Some of their entries are about their families, their self-care, even a simple cup of tea while reading scripture. I encourage them to find a favorite place to keep their journal and return there at a specific time to reflect on their gratitudes, hopes, and blessings for the day.

Last Christmas I was given a journal and felt the excitement my clients must have at the prospect of filling the pages with hope, gratitudes and God's blessings! ✕