

**“PSYCHOLOGICAL
& SPIRITUAL
WELLNESS FOR
ALL AGES”**



The Armstrong Center for Hope
Psychological and Spiritual Wellness for All Ages

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“One is never afraid of the unknown... One is afraid of the known coming to an end.”

~J. Krishnamurti

Anti—Resolutions: How Not to Succeed in 2018

It’s a brand new year, that time when nearly everyone is giving at least a passing thought on how to create positive changes in the upcoming year. Many people, however, have soured on the concept of making New Year’s Resolutions. After all, some research shows that most of us don’t make it past January in carrying forward any permanent changes. They say that habits require at least 22 days of consistent practice, yet many of us concede defeat after just a few days. Other data reveal that 92% of us don’t meet our goals. With statistics like these, who cares to even attempt any positive change. Won’t be saving ourselves a lot of trouble if we just keep the bar low and comfortable? Isn’t it easier to protect ourselves from the inevitable risk of actually succeeding at what we’ve desired as a goal?

Before we answer those questions affirmatively, let’s remember that positive change through self-improvement can have many lasting benefits. If I strive to quit smoking or to lose weight, I’m not only saving money that can be redirected toward other needs and wants, but I’m also hopefully improving my health outcomes for decades to come. It feels good to achieve a goal, even a small one, as the feat builds our confidence for the next challenge. Positive change helps us to feel better about ourselves, and although impressing other people should not be the primary motivator for reaching our goals, positive change does influence others to see us in a better light. And while we’re talking about others, let’s remember that self-improvement is not just for the self. Very often, positive change not only improves how we are perceived, but helps us to make more lasting contributions in others’ lives. For example, as God has allowed me to establish and sustain The Armstrong Center for Hope, the lives of many clients, their family members, clinicians, and staff experi-

encing purpose and better quality of life.

- Come out of 2017 like gangbusters with every resolution under the sun. Swear upon your firstborn that you will lose 75 pounds and become vegan and eliminate \$50K of credit card debt. In fact, you’ll probably be done by August.
- In order to show just how strong you are, don’t rely on any support to achieve your goals. In fact, don’t even tell anyone what you’re striving to do. Others will admire you more if you go it alone.
- There’s no need to make any accommodations in your schedule, your budget, your relationships, or your diet to make room for you new goals. These kinds of great feats are usually accomplished by sheer willpower.
- Believe every negative thing anyone has ever said about you. Their voices in your head should be louder than you positive voice and God’s voice, combined.
- Keep your goals as vague and unspecific as possible, and give yourself as much time as you want to achieve them. It doesn’t really matter if you run that 5K in 2018, or 2020, or 2025. They usually give special consideration to folks with joint replacements, anyway.
- If you should reach February and find that you are slipping further and further behind on your goals, go ahead and thrown in the towel. The journey of a thousand miles begins with a single, thousand mile bound.



These tongue-in-cheek pointers are intended to lighten up your journey. Be well in 2018!
—*Dr. Tonya D. Armstrong*



*Ego-boosting
through excuse-
making can lead
to reverse
effects.*

~Anonymous

Meet Our Newest Staff Members



Gina Dees is native to Goldsboro, NC and currently resides in Durham as she pursues her undergraduate degree in psychology from North Carolina Central University. During her tenure

at NCCU, Gina has been an active member of the National Council of Negro Women (NCNW) and Queen in You, holding executive positions in both organizations. Upon graduation, Gina plans to continue her education in a graduate program studying clinical psychology. With a particular interest in human sexuality, Gina intends to specialize in this area to educate and support others to navigate involved socioemotional landscapes.

With Gina being added to our team as an office clerk in January of 2018, she is excited to gain experience in a workplace that promotes psychological wellness, as she aspires to be in this field.

Gina has a warm personality and finds the most joy interacting with her friends and family. In her free time, Gina enjoys reading about various topics, listening to music, and staying abreast on current events in pop culture and politics.



Melanie McIntyre is a native of Winston-Salem, NC and currently resides in Durham. She is currently

pursuing her Masters Degree in Clinical Psychology with a concentration in Mental Health Counseling from Capella University. She completed her undergraduate degree in Psychology from the University of North Carolina at Chapel Hill.

Melanie volunteers with CAPS4U to support individuals with mental health concerns and/or those striving to overcome issues of substance abuse. She describes herself as a passionate learner with a desire to help others. She has a particular interest in supporting vulnerable populations, such as children, elderly, the mentally ill, and those whose lives have been altered by physical and emotional trauma. Melanie's current research interests are directed at helping at-risk youth to build resiliency and reduce delinquent behaviors. She is fervently working to develop a special skill set that will allow her to recognize and treat individuals requiring support managing symptoms of postpartum depression and Posttraumatic Stress Disorder (PTSD). Melanie manages her work-life balance through singing, dancing, travel, creating art projects all while nurturing mutually supportive friendships.

About Our Organization...



Are you looking to create positive changes and transformation in your life?

Welcome to The Armstrong Center for Hope, an interdisciplinary mental health practice for children, adolescents, adults, couples, families, groups, and organizations. Our theoretical approaches include Cognitive-Behavioral, Family Systems, Psychodynamic, and Eclectic styles. Psychoeducational and personality testing are available resources at the ACFH as well. We currently accept several insurance plans, including Aetna, BlueCross BlueShield, Cigna, Magellan, Medicaid, and Tricare.

We also offer sliding scale rates to fit almost any budget.

In addition to daytime appointments, some evening and weekend appointments are available. Our current office hours are as follows:

**Monday-Thursday, 8 am to 8 pm
Fridays and Saturdays by appointment only**

Call for an appointment today at (919) 418-1718 or e-mail us at acfhinfo@armstrongcfh.com.

Local Opportunities for Promoting Wellness



- **Ethics of Cultural Humility**, Monday, Feb 19, 12—2p at the UNC Chapel Hill School of Social Work Auditorium. Contact **Dr. Tonya Armstrong** at tarmstrong@armstrongcfh.com or visit: <http://ssw.unc.edu/sswevents/>
- **Resolve. MIND. BODY. FOOD.** Saturday, Feb 21, 6:45 - 8:30p at Revolution Chiropractic. Register: <https://tinyurl.com/y7rmhkgq>
- **Beyond Meditation:** Every 3rd Sunday from 12:30—1p at the Triangle Eckankar Center. For more information visit: www.meetup.com/SpiritualExperience
- **Yoga for People With or Surviving Cancer**, every Monday & Thursday from 11a—12:30p at the UNC Comprehensive Support Program, 6013 Farrington Rd, Chapel Hill, NC. Call: (919) 966-3494
- **“Women’s Healing Group with EFT: A Simple Process with Amazing Results”** on the First Thursday each Month at 6:30pm, at Health Touch Conference Center
www.EmotionalWellnessCoaching.com
- **How to Rock Your Relationships**, Wed, Feb 14, 12—1p at The Frontier, RTP, NC. Presented by Coach Brett Blair. Register: www.bit.ly/RockYourRelationships.com
- **“Unity of the Triangle Men’s Group”**, presented by **John Pelligrino**, every First and Third Monday, 6:30pm to 8:00pm, at Unity of the Triangle
www.unitytriangle.org
- **Breast Cancer Support Group:** Every 2nd Tuesday from 6:30p—8:30p, Duke Cancer Patient Support Program, Call: (919) 684-4497 or visit: <http://tinyurl.com/hpegqzp>
- **Unity of the Triangle Boomer’s Group**, every 2nd and 4th Sunday from 10a—11a at The Unity of the Triangle
www.unitytriangle.org
- 2018 Harambee 14th Annual Awards Luncheon, Sat, Feb 17, 12 - 2:30p, at DoubleTree by Hilton Hotel Raleigh-Brownstone—University. Hosted by National Council of Negro Women. <https://tinyurl.com/y84say2z>
- **Charter Bus Trip to NMAAHC & Museum of the Bible** with Ezy2go Travel at 6a on Apr 6, 2018 thru 9p on Apr 7, 2018 www.eventbrite.com
- **Understanding Grief and Loss**, Friday, May 11, 8a—3:30p at Camp Lejeune Marine Corps Base (MCB), Presented by **Dr. Tonya Armstrong**.
- **Ethics of Cross-Cultural Counseling and Supervision**, Friday, May 18, 9a—12p, NC State University Counseling Center. Presented by **Dr. Tonya Armstrong**. Contact Dr. Armstrong at tarmstrong@armstrongcfh.com.

“The Is No Greater Agony Than Bearing an Untold Story Inside You. ~Maya Angelou



The Armstrong Center for Hope

Psychological and Spiritual Wellness for All Ages

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Our Clinical Interests include:

- Stress Management
- Wellness Consultations
- Depression
- Trauma
- Anxiety
- Grief and Loss
- Anger Management
- Attention-Deficit/Hyperactivity Disorder (ADHD)
- Behavior Disorders
- Learning Disabilities
- Parenting
- Marriage, Family, and Relationship Issues
- African-American Concerns
- Religious and Spiritual Concerns
- Women's Issues
- Conflict in the Workplace
- Mind/Body Connection

A Word from our Founder and CEO



It's a new year, bringing along multiple viewpoints of what 2018 means. Here are some thoughts and phrases recently heard around the ACFH:

- “Out with the old, in with the new.”
- “Start right, end right.”
- “New year, new you.”
- “My New Year's Resolutions are...”
- “I *hate* making New Year's Resolutions!”

Dr. Tonya Armstrong Founder & CEO

Have you thought, or even more bravely, uttered any of these ideas? If so, you're not alone. As our cover article

tells us, many of us sense a spirit of renewal in the New Year. After recovering from the holidays, the New Year gives us an opportunity to reflect on this one life that we have to live, and how we can make the most of our time remaining on this earth.

During this quarter, we also have a chance to celebrate the Martin Luther King, Jr. Holiday and Black History Month in February. These are great opportunities to learn more about our great civil rights leader beyond his “I Have a Dream” speech and his Letter from Birmingham City Jail. A quick Internet search will yield the text, if not actual audio files, of some of his greatest speeches, which reveal even more of his compassion and conviction around social justice issues. His daughter, Bernice King, continues her father's push for

progressive social change through her Tweets at @BerniceKing. Check her out.

In the month of February this year, we also have the curious collision of Ash Wednesday and Valentine's Day, which I believe carries a special spiritual significance. Valentine's Day is usually thought of as a celebration of love, especially *eros*, or romantic love. Ash Wednesday, on the other hand, is the first day of Lent in the Christian calendar, the 40 days (weekdays, actually) leading up to Easter when many Christians adopt a period of fasting or abstinence, similar to the 40 days in the gospel accounts when Jesus was fasting in the wilderness. For both of these important observances to occur on the same day, there must be a deeper meaning for us to embrace this February 14th. Maybe, just maybe, we can think of Valentine's Day this year not just from the perspective of *eros*, but from the broader vantage point of *agape*, or unconditional love. God's *agape* is the sacrificial love that allows us to look beyond our own desires and needs and beyond the faults and shortcomings of others to see *their* needs and preferences. Perhaps Valentine's Day can be a great opportunity to love on our nuclear and extended family members, our co-workers, community members, friends, and strangers. (Jesus actually did teach us to love our enemies, but let's start with the basics first!) Reflect on how different Ash Wednesday (and the season of Lent) can be this year if you sacrifice yourself by sharing loving thoughts and gestures to many valentines! “Dear children, let us not love with words or speech, but with actions and in truth (I John 3:18, NIV).”