

Biblical Counseling: True Soul Healing

Reports of anxiety and depression have been steadily rising. A 2022 report from GoodRx revealed that from 2019 to 2022, one in ten prescription fills was for anti-anxiety or antidepressant medications - a dramatic increase. While the COVID-19 pandemic played a major role in this surge, these numbers have not returned to pre-pandemic levels.

What can we do? The Society of Clinical Psychology states that talk therapy, or counseling, is as effective as medication. Their research shows psychotherapy is often more effective than medication, with little added benefit when the two are combined.

Now, let us reason together. In Isaiah 1, God spoke to a fearful and anxious society, calling them to seek justice, correct oppression, and care for the vulnerable. He promised that though their sins were like scarlet, they would be made white as snow. As believers, we recognize this as pointing to Christ - His life, death, and resurrection - our ultimate source of cleansing from guilt, fear, anxiety, and depression.

God, in His mercy, has provided many means of help. Medication may ease symptoms, but it cannot

address the root problem: fear. The term psychotherapy comes from Greek words meaning "soul healing." Who better to heal the soul than the One who created it? Psalm 139 tells us God uniquely and wonderfully formed each of us, and He alone knows the perfect prescription for every soul.

If you seek the freedom God offers, call us to schedule an appointment with a certified Biblical counselor. Let us reason together through the Word of God.

Fear entered the world through sin, severing our connection with God. Since then, humanity has struggled, but in His love, God sent His Son to redeem us and restore our security in Him. This is the Good News of the Gospel. Yet, many have forgotten how to be God's children—how to live in the freedom Paul describes as being free from bondage and decay.



*Lanie Bishop
Biblical Counselor*

Message from the Executive Director



*Diane A. Ludwig
Executive Director*

I recently spoke with a friend who was facing some challenges. It could cause some great anxiety and depression, especially when people were free to put their "two cents" in about the situation. Upon reflection, prayer and literally "talking through it" she came to the realization it didn't matter what others had to say, what mattered was what God had to say. She had the assurance

God knew the truth and He was giving her comfort in the present and wisdom for the future. Leaning on His Word in 1 Cor. 1:30 NRSV "He (God) is the source of your life in Christ Jesus, who became the wisdom from God, and righteousness and sanctification and redemption . . ." May you experience release from fear and find freedom through counseling by His Word.

From our family, to yours!

Happy
Mother's
Day



25th Health and Wellness Forum and Luncheon

May 7, 2025
Oak Harbor Club
11am-2pm

Register Now! www.womensrefugevb.org/HealthandWellness

A Heart Made Whole Again



Maria

Two weeks ago, I came to the refuge feeling lonely, anxious, and uncertain about my life. I had taken a leave from work, but when it was time to go back, I knew I wasn't okay. I've tried other programs before, but still didn't feel ready, so I quit my job when I got accepted here. I had lost my identity as a Christian and didn't know where God wanted me. At the refuge, I found women who truly listened and showed me Christ's love. I came with the intention to obey and be open. Now, I feel joy, peace, and a clearer sense of purpose. I know I'm redeemed, and I'm ready to walk in what God has for me. I have a much better understanding of God's Word and what is my purpose and what it is that he wants from me, not what I want from him.

Board Member Spotlight

Wayne Creelman, MD, received his bachelor's degree, magna cum laude, from Boston College, followed by a medical degree from Georgetown University. He completed his psychiatry residency at The Institute of Living and holds master's degrees in business, medical management, and theological studies. Before joining the University of Florida faculty in 2006, he held academic and leadership roles at several institutions, including the University of Connecticut, University of Vermont, SUNY Buffalo, and Michigan State. Board certified in psychiatry and medical management, Dr. Creelman is a distinguished life fellow of the American Psychiatric Association. He is also an ordained Catholic deacon, a chaplain to the Knights and Dames of Malta, and a passionate advocate for mental health and spirituality.



Dr. Wayne Creelman

Support Groups:

Monday - Overcomers (7-8:30 PM)

Tuesday - Conquering Codependency (3-5 PM)

Thursday - Shelter from the Storm (3-5 PM)

Friday - Anger Management (3-5 PM)



Scan QR code or visit link below to see dates & learn more!
www.womensrefugevb.org/counseling/support-groups



**Volunteers
needed**

Area's Needed:

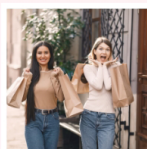
- Campus
- Events
- Office
- Resale Shop

Call 772-770-4424 or visit:
womensrefugevb.org/opportunities/



Shop 🛒 Donate 🛒 Volunteer

Proceeds benefit the Women's Refuge of Vero Beach



WOMEN'S REFUGE
RESALE SHOP



Mon & Sat 10am-3pm/Tue - Fri 10am-4pm

(772) 567-3598 | wrrstore@gmail.com | 1615 10th Ave. Vero Beach, FL

poshmark.com/closet/womensrefuge



chairish.com/shop/wrrresale



Stevens Printing

Thank you to our
newsletter sponsors!

**LEVCO
TECH.COM**

You're invited!

MEET & GREET

MEET THE STAFF - CAMPUS TOUR - LEARN MORE

RSVP: womensrefugevb.org/MeetAndGreet

When?
Wednesday
Apr. 30, May 28, June 25
10:30-11:30 AM

Where?
Women's Refuge Campus
1850 Lemon Ave
Vero Beach, FL 32960