



**CHRISTIAN
COUNSELLING SERVICES**

CHRISTIAN COUNSELLING SERVICES CHRISTMAS NEWSLETTER 2023

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In Celebration of 50 Years of Service



As I highlighted in our Christmas Newsletter last year, 2023 represents Ken Van Wyk's 50th year at Christian Counselling Services (CCS)!

I am incredibly grateful for and humbled by Ken's legacy at CCS. From intern, to staff member, to co-director, to Executive Director, to director of the TCPCE program, the stewardship of CCS has been Ken's life project, a task that has entailed much personal sacrifice.

Ken has supported the mission, lived the mission, and embodied the mission of CCS of *providing compassionate psychotherapy, honouring the whole person, regardless of the person's ability to pay from their own resources.*

For this reason, we named our fund that supports mental health care for our most marginalized clients in his honour:

the Ken Van Wyk Legacy Fund. I know that

many of you have chosen to partner with CCS because of your connection with Ken. So to bless Ken, and to bless you by letting you know how we feel about him, I decided to ask a few colleagues and students to write a few words about our friend, teacher, colleague, and mentor –Ken!

- Jon Stanley, ICCI Executive Director

Ken has been foundational in my formation as a therapist. He is able to call out the best in someone, and has unleashed so much of my potential by believing in me before I even believed in myself. Ken has inspired me to risk loving my clients deeply, to trust my intuition, and to look beyond structures and stereotypes. I love the therapist I am growing to be, and that is in large part due to the grounding presence and teaching I have gained from Ken.

- Angela Gray, TCPCE graduate and former CCS intern



Photo: Courtesy Ken - St. Augustine, Florida

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Our Mission

**To provide compassionate
and caring psychotherapy
honouring the whole person**



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I deeply appreciate Ken's dedication, vision, generosity of spirit, non-anxious presence, and wisdom. I feel blessed to have been a student of Ken's as well as a colleague. Blessings in the coming years, Ken!

- Debbie Walsh, TCPCE graduate and CCS Staff Member

I have known Ken for many years, initially as a good generous friend who has always been there for me. He brought me into the fold of CCS many years ago as a board member. I experienced his administrative and leadership skills as he led and maintained CCS as an effective God-serving counselling agency. May we continue to experience his guiding hand over the agency for many years to come.

- Peter Dale, ICCI Board Chair



Photo Courtesy Ken - Ken & Lucy at Allen Gardens, Toronto

What stands out to me is that, while Executive Director of CCS, Ken's contribution was essential to its continuation. He extended his abilities and CCS benefited. I recall in particular, the way that he (1) developed his own computer skills and therefore knew how to set up and maintain the system of computers at CCS, (2) obtained his MBA and thereby organized and led the business aspects of CCS, (3) postponed receiving his salary during months when the money was temporarily not available, and (4) maintained his own network within the Christian community in ways that developed relational and financial support. Currently he continues to supervise and mentor all of us in various ways, some obvious and others known only to himself.

- Dr. Tory Hoff, CCS Staff Psychologist

Ken. Caring, insightful, and supportive, both with clients and colleagues. Committed to growth in himself and others. Dedicated to carrying out an active and effective part in the ongoing work of the Spirit, Jesus, and the Creator.

- Ross Gibson, retired CCS Staff Member

Ken has been a fantastic supervisor. I mean who else can say their supervisor has 50 years of experience :) I have so appreciated that Ken remains humble and eager to keep learning. He is even willing to receive feedback and insights from us rookies. He shows great patience and discernment and holds silence with grace. I know you believe in me and champion my own learning and growth. In fact, I'm starting to dish out all kinds of my own arm and hand motions. You are rubbing off on me - and I am thankful for it!

- Rolf Nanninga, TCPCE student and CCS intern

Thank you, dear Ken, for your generous, stalwart service as the mainstay of CCS for fifty years!

- Dr. Jim Olthuis, retired CCS Staff Member, Professor Emeritus ICS

Suppose I could humbly say Ken – "A man of mark" for the CCS and TCPCE communities and to all those who know these two programmes. The two great qualities he embodies are "Withing" & "Otherness". Since I have known Ken, he has always had your back in every situation, so to say he is "with you". From my 12 years of acquaintance with Ken, he has always put others first, even at his own cost. And these traits have led both both CCS and TCPCE to grow and thrive. I want to say "Thank you, Ken" as we celebrate your 50th anniversary. I pray for more power and blessings to you and Lucy.

- Raymond Antao, CCS Staff Member, TCPCE Teaching Staff



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I first met Ken as he participated in our deliberations and negotiations about the future of TCPCE. It is no exaggeration to say that, from our side at TCPCE, it was a matter of the survival of the programme. Ken both threw out a lifeline and became that lifeline in bringing the two ministries (TCPCE and CCS) alongside. In the process Ken invited me to join the board as a representative of TCPCE. Speaking in that capacity I can say how appreciative we have been of his role in making that happen. Thumbs up Ken! We owe you much.

- Rev. Patrick White, ICCI Board Member

Dear Ken, I feel blessed to have you as a guide. Thank you so much for dedicating such a significant portion of your life to helping others and developing CCS and TCPCE. Both communities have provided me with a space to feel safe, respected, and cared for. A space where growth and authentic expression are encouraged and supported. You are such an exemplary mentor to me. Thank you for helping me along my path.

- Sarah Caggianello, TCPCE student and CCS intern

Dear Ken, I am sitting at my desk for almost one hour, wrestling with thousands of words about you but no words seem to be enough to do you justice. No one can deny that most of us stay at CCS because of you. You are one of few people that I try to emulate in the world.

- Eunjung Shin, CCS Staff Member

I first met Ken in 1994. Since then I have known him in the capacity of Therapist, Employer, Co-worker, and friend. Ken is an intelligent, humourous, and compassionate individual who gives so much of himself and asks for nothing in return. My life has been tremendously enriched by our association. For 50 years Ken Van Wyk has given dedication to CCS and his gifts will carry on indefinitely. Thank you and congratulations Ken.

- Barry Jones, ICCI Business Manager



Photo Courtesy Ken
Ken & Lucy at the Family Cottage Cabin, Colorado

Ken's amazing leadership and generosity at TCPCE as well as his care and compassion at CCS helped me overcome many obstacles, empowering me to complete my Psychotherapy Certificate and internship. Thank you, Ken!

- Elizabeth Dettweiler, TCPCE Graduate and former CCS intern

In 2017, the TCPCE program was no longer able to continue at the Toronto School of Theology, thus beginning a time of uncertainty and transition. Ken saw the dilemma and immediately envisioned a possibility – to include TCPCE alongside CCS within ICCI. Ken, a visionary, initiating a challenging process of CRPO recognizing in 2020 TCPCE as an approved training program. Ken, a person of humility, dedicated to transformation in the lives of persons, families, and communities. Grounded solidly in the Christian faith, Ken is the epitome of faith, hope and love embodied in one person. We together celebrate and are deeply grateful for who you are and who you will continue to be in each of our lives.

- Rev. Larry Beech, TCPCE Founder and Teaching Staff

As an intern, and now as a staff member, I have witnessed Ken's significant influence on CCS. Ken, who always gives wise feedback based on diverse perspectives and rich experience, became a model I wanted to learn from and follow. He has shown great perseverance by staying in the service for so many years. May God strengthen you, Ken, and continuously use you to build His people and His glory!

- Sunye Hong, CCS Staff Member

I celebrate Ken as the fundamental pillar who, faithfully and sacrificially, has sustained and enlarged CCS for 50 years. Personally, among many things, I will always be grateful to Ken (and to Lucy too) for supporting me to become part of CCS, for joining me in promoting services in Spanish in the GTA, and for being my supervisor for years. What a learning experience! Thanks, Ken, for always being on the side of your colleagues, our clients, CCS, and the profession. Thanks, God, for always being on Ken's side!

- Macaria Romero-Cardenas, CCS Staff Member



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Partnering With Us

There are a number of ways we invite you to support the life and mission of Christian Counselling Services.

Praying: Pray with us for God's blessing on Christian Counselling Services, our counsellors and the people we serve.

Promoting: Promote the life and mission of Christian Counselling Services by spreading the word about our services among your friends and in your circles of influence.

Connecting: Connect Christian Counselling Services with others by inviting a counsellor to be a guest speaker, teacher or facilitator on a relevant issue or topic in your workplace, Bible Study, small group or church community.

Sharing: Share your resources with Christian Counselling Services with a tax-deductible financial gift.

If you would like to make a donation to Christian Counselling Services, contributions may be made by cheque, credit or debit card. Some people have chosen to direct their United Way employee contributions to us by using our registration number (11896 9922 RR0001). You may also use the link to Canada Helps on our website www.christiancounsellingservices.com. We are incorporated as a not-for-profit agency and a registered charity.

Staff Members:

Raymond Antao, Joan Black, Judith Cooke, Dr. Tory Hoff, Janice Lang, Lynn Marsh, Macaria Romero, Eunjung Shin, Jon Stanley, Richard Tamas, Ken Van Wyk, Debbie Walsh, Karen Willis, Siyoon Yu

Associate Staff: Isabella Beaver, Sunye Hong, Timothy Vickery

Interim Clinical Director: Dr. Gloria Fiati

Interns:

Joseph Addy, Sarah Cagginello, Martina Gomes, Stephanie Kopko, Rolf Nanning, Rod Rud

Office Administrative Staff:

Alan Beattie, Barry Jones

Board Members:

Peter Dale, Catherine Dirks, Anita Gaide, Patrick White

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Our newsletter is available at our web site www.christiancounsellingservices.com or at your email address. If you would like to receive the newsletter at your email address please let Adrienne, our office manager know. You can contact her at admin@christiancounsellingservices.com



Introducing the Newest Members of our Clinical Staff

In previous newsletters I have written about the ways CCS has grown and adapted over the past few years in order to faithfully respond to the mental health crisis occasioned by the pandemic. We have certainly “staffed up,” having grown our internship program three-fold, and hired six additional members of our clinical staff. The need for spiritually-informed mental health services remains strong, so we continue to grow and adapt to fulfill our mission. And it is my pleasure to introduce you to our two newest Associate Staff members, Timothy Vickery and Sunye Hong.

Every staff member brings a range of gifts and experiences both to our therapeutic community and to the clients we serve. Both Tim and Sunye draw upon a wealth of inter and cross-cultural ministry experiences. Tim has extensive experience working with street involved and severely marginalized persons through the Sanctuary community. And in addition to providing counselling services in English and Korean, Sunye is the first member of our clinical staff that is also able to provide services in Mandarin. Welcome Sunye and Tim!

Timothy Vickery BIS, MRel, RP (Qualifying)

After studying theology at Wycliffe College, I served for many years as a pastor - first in the Yukon and then in Kingston. I completed a Graduate Certificate in Psychotherapy at the Toronto Centre for Psychotherapy and Counselling Education (TCPCE) and started my internship at CCS in 2021.

I draw from rich and broad life experience, having worked extensively with university students, seniors, families, and First Nations community members. I also have experience with marginalized populations experiencing homelessness and addictions, I find it a special joy to build relationships that are cross-cultural or inter-faith.



It's a privilege to walk alongside people as they struggle on the journey of life. I have experience helping individuals with trauma, anxiety, depression, anger, addictions, family conflict, self harm, grief, abuse, life transitions, ADHD, and spiritual issues. I work with women and with couples, but I have a special passion for working with men who feel stuck or overwhelmed.

My approach is patient and non judgemental, drawing from a wide range of modalities. I look for strengths, potential, and hope. Even in the darkest of situations, when one looks deeply within the self, they may find a light that can help them - not just to survive, but to flourish.

I'm active in the Sanctuary community in Toronto, the Anglican Order of the Holy Cross, and the World Community of Christian Meditation, and I've run marathons, designed and built a house, and I enjoy travelling to places that are off the beaten track.



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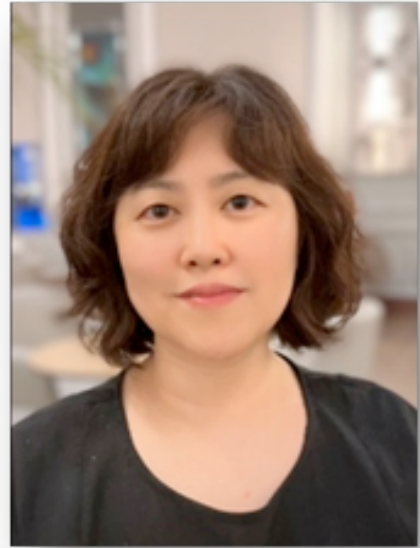


Sunye Hong MTS (Counselling), RP (Qualifying)

This past year has been absolutely fascinating. Not only did I graduate from Tyndale Seminary and complete my internship at CCS, but I also more clearly experienced God's guidance and affirmation in my new calling after serving for the past thirteen years as a missionary.

During my internship at CCS, I was able to establish my identity as a Christian psychotherapist through the examples and mentorship of several senior psychotherapists. I'm grateful to have received both spiritual care and professional training in the context of my internship, and I look forward to continuing to grow and learn as the newest staff member at CCS.

I am passionate about journeying with people through their life challenges, and my warm, affirming, collaborative, and non-judgmental approach is intended to create a safe space to help people feel heard and experience healing.



I am interested in helping people work through anxiety, depression, addiction, life transitions, family problems, grief, self-awareness, personal development, trauma, spiritual issues, and OCD. And I draw upon cognitive behavioral therapy, solution-focused therapy, as well as trauma-informed and mindfulness techniques in order to facilitate positive change in thoughts, feelings, behaviours, and help clients discover and embrace their unique gifts. In my free time, I enjoy listening to music, singing songs, and spending time with my husband and three young adult sons.

