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Even Caring  
Families Encounter  
Problems...but  
Healthy Families  
Seek Solutions



Give us a  
call at 918.745.0095

Dear Friends, Welcome to our summer edition of the CFI Newsletter. We hope that you find our articles and announcements helpful.

Featured Articles:

1. Ms. Krista Caveny, LPC, brings us an article about Surviving the Summer: Family Reunions. She highlights some important self-care concepts to remember as we engage with friends and family this summer.
2. Mrs. Lois Trost, LCSW, helps those in the early-marriage season of life to continue adjusting in healthy ways.
3. We continue our series of FAQ's regarding Christian counseling, mental health, spiritual health, and overall well-being.

## Surviving the Summer: Family Reunions



Summer is a time for "baseball and apple pie", for relaxing and being outdoors. Children are out of school and families take vacations. It's also a time for **family reunions**. Although these reunions are exciting, they can also lead to increased stress for individuals and families. Whether it's trying to maintain a happy facade when your marriage is struggling or enduring Uncle Bob's lengthy stories, these gatherings can be highly emotional. If there has been discord or abuse in the family, reunions might reignite uncomfortable memories. It's important to be aware of your own state of mind and emotional well-being prior to entering this possibly stressful situation. The Mayo Clinic recommends strategies to help you thrive. *To see the strategies and read the full blog article: [click here](#).*

Brenda, Tina and Terri are available to help!

**Quick Links**  
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[Krista Caveny, M.A](#)

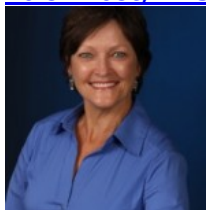
Some of Our Staff Maintain their Own Professional Webpages: Bowden McElroy Eric Clements Salley Suttmiller Jamie Brandon Tim Doty

## Adjustments in the Early Years of Marriage



When couples realize marriage is not what they expected, they often think life would have been better in a different marriage to a different person. Many couples experience some level of disappointment while adjusting to the first year of marriage. Spouses may accuse each other of changing after marriage, but more likely, they are now seeing each other without the benefit of "rose colored glasses." Once a spouse accepts the other for who they are, a bond that is durable, secure, and rewarding begins to develop. [Click here](#) to see Mrs. Trost's suggestions for what you can do to keep the relationship on solid ground.

[Lois Trost, M.S.W., LCSW](#)



Audio Clips on Website



Check out our new Podcast feature at CFItulsa.com Click here to [listen](#)

## Featured Frequently Asked Questions



From time to time, we are asked questions about the field of mental health, families, communication, etc. In this newsletter we are featuring two FAQ's written by our staff. We hope you find these useful and will check our website for further FAQ's.

- **Why do Christians get depressed? Â Â**

Take a look at our [answer](#).

- **Will medication help?**

Click [here](#) for answer. **Â**

For these and more [FAQ's](#), please take a moment to visit our site.

If we can be of service, please [contact](#) CFI to set up a time to consult with one of our counselors. **Â** We also provide psychological assessments and evaluations for ADHD and educational needs as well as pre-marital evaluations and counseling. **Â** To view our full range of services, please visit [www.CFItulsa.com](http://www.CFItulsa.com).

**Sincerely,**



Timothy Doty, Psy.D. on behalf of Christian Family Institute Our Staff includes: [Dale R. Doty, Ph.D.](#) [William B. Berman, Ph.D.](#) [G. Bowden McElroy, M.Ed.](#) [Eric L. Clements, M.S.](#) [Salley Suttmiller, M.S.](#) [Lois K. Trost, M.S.W.](#) [Jamie Brandon, M.S.](#) [Amber R. Sherrell, M.S.](#) [Timothy D. Doty, Psy.D.](#) [Krista Caveny, M.A.](#) [Stephen Harnish, M.D.](#)

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