

WHAT CLIENTS HAVE WRITTEN

The following unsolicited statements have been taken 'word for word' from thank you notes and letters received by Chaplain Nash within the past several years:

“I appreciate the wonderful help you have given to the patients I have referred. The feedback is very positive. You are fulfilling a very significant need for these folks. God’s blessings.”

51-year old, married father of three children

Profession: Internal Medicine physician who provides referrals – not a client himself

“Just a note to tell you your efforts have had a lasting impression. I often reflect [now] on the good fortunes and the pleasures (my wife) and these children Love brought to me. Your input has brought me to an enlightened awareness of my purpose and the meaning of it all.”

57-year old married father of three children; auto/truck dealership owner;

Dx: Major Depression & Substance Dependence

“Our marriage and my own emotional health has been truly blessed by my counseling experience with you, Chaplain Nash.... You have practical solutions for problems, not just talk and theory.... I have the utmost faith and respect for your personal and professional abilities....”

39-year old married mother of two children; homemaker;

Dx: Generalized Anxiety & Serious Marriage Problems

“Hi Roy, Just a quick note to let you know how much my life has changed because you took the time and care I needed. You are a special blessing, Roy, a reflection of God’s love. Happy Thanksgiving to you and yours.”

46-year old 3x married father of three children; full-time state employee;

Dx: Major Depression, Dysthymia and CFS

“Thank you so very much for your ... counseling as I go through this challenging opportunity to grow. I know your knowledge, wisdom, and caring will help me do just that.

I truly feel that God, the Master Creator, is a work ~ all the time ~ and I choose to do what is mine to do. ‘Create in me an instrument of peace and healing’ is my prayer.

Blessings, and I know God is blessing you.

50-year old divorced mother of four children;

Second career protestant pastor;

Dx: Acute Stress; Mood Disorder due to a General

Medical Condition: Breast Cancer

“Regardless of how difficult the circumstances have been lately, you always manage to be a catalyst in stirring up the flame of “hope, integrity & courage” at times when I have felt my spark of faith almost extinguished. I know that is God working in you out of your own deep spirituality, experience & pain.... As I said before, I have entered that office with the thought “There is NO WAY this man or anyone can make these problems/situations better!” only to emerge one hour later thinking “How did he do that!” Thank you Holy Spirit & Roy!”

47-year old mother of two children;

Protestant pastor;

Dx: Post-traumatic Stress Syndrome

I can’t tell you or express to you how much thru counseling you have helped me realize that I am a good person and I have a lot to offer. It is so nice to have someone to talk to and for you to point out or ask questions that made me look at things in a different perspective. Thank you again for being there for me.

34-year old separated mother of three girls;
sales and finance;

Dx: Dysthymia (Chronic Low Depression) and serious marriage dynamics

“We are doing well. (My wife) and I both seem to have resolved some of our “inner conflict(s).” She has (a couple of) close friends moving away soon, but continues to work on and develop other relationships. I am learning to change and grow (especially re-reading Men Are From Mars... book)... As times allows, I would still like to get together with you out on the golf course.... Thanks for your help and friendship.”

35-year old married father of two girls;
physician in Internal Medicine;
Dx: Dysthymia (Chronic Low Depression)

“I wanted to enclose a quick note along with (your personal library) materials I am returning to you to tell you how thankful I am for all your hard work, time and effort.... I truly became a better person and a healed person from the time we began working together and ever so grateful for all you have done for me.... Take Care and know your patients are in the BEST of HANDS with you guiding their way.”

26-year old divorcee for 3 yrs;
Ph.D. student in Math and Computer Science;
Dx: Major Depression & Obsessive-Compulsive Disorder

“It is clear as I start counting my blessings from this past year that your counseling has had many positive and far reaching effects on my life. In fact, I want to acknowledge that many of the steps I have taken to better my life are a result of your guidance and encouragement....

I am grateful to have your expertise.... You’re an exceptional person, and it is rare to find anyone today who takes the kind of personal interest in others that you do.... Thank you so much for your kindness and for all of your excellent help’ I feel truly blessed that you are in Springfield.”

37-year old woman married for 6 yrs;
educational consultant;
Dx: Major Depression & Dysthymia & Obsessive Compulsive Disorder

“Just want to say, ‘Thanks for listening., and listening., and listening., and listening., and listening...’ Problems never subside but just keep multiplying. Your kindness and graciousness and loving concern are so good for me. Finally, someone cared enough to help me.... Stay available to people! We need you! Your warmth is so soothing, it’s contagious. God bless your work.”

65-year old woman married 42 yrs;
retired minister’s wife, caring for 87 yr. old mother
and seriously ill husband;
Dx: Major Depression & Dysthymia

“I ... thank you for all your help and concern you have given to me and my family. I felt that God had clothed me a suit of armory made of the strongest faith. And when I became weakened, it was you who God chose to recoat that armory.... (Reflecting) back on my life ... I realized that you were my spiritual director in my time of need. And the stories you told were like the parables Jesus told.... When (my husband) and I searched for a therapist, we looked for one with a spiritual point of view because at the time he had “lost” God.... The simple gifts He has given you are like the loaves and fishes he fed the multitudes. Your words, your direction has heavenly power. God bless!

47-year old married mother of four children;
part-time employed
Dx: Acute Stress Syndrome and Major Depression

“Thank you so much for all your help, Roy. Things still are not perfect. I still feel as though I am on a rollercoaster ride (coping with my family members) by having ups and downs. You are a wonderful person with lots of wisdom who is always willing to help.... Warmest wishes for a wonderful holiday.”

45-year old married mother of two children;
teacher in public schools system;
Dx: Acute Stress, Major Depression, Generalized Anxiety

“I want to thank you for all you have done for me since this past summer. You have been such a positive influence on my life, and I truly believe my sessions with you have helped me to get through the tough times.

In the beginning, my goal was to have a closer relationship with my Dad. I do believe, because of the tools and advice you have shared with me, we have started to develop a better relationship. With your help, I have learned that I can't change him, and must simply accept him as he is now.

I also think you have helped me to grow, spiritually and mentally, because of the Healthy Life Commitments. (Attached is my final copy.) I plan to continue to grow with these tools you have given me.

I have thoroughly enjoyed our sessions.... Thank you for all the love and support you have offered as a positive male role model in my life!!.... With Love,”

17 year old single female senior high school student

Dx: Acute Stress and Grief; Tx time: 10 mos.