

Mental Health Resource and Education Network

MHREN, P. O. BOX 1082, Ashland, Oregon 97520 www.mhren.org

Winter 2006 Newsletter

As we enter into our 16th year of presenting professional trainings in the Rogue Valley, we are excited to announce our line-up for the 2006 season. As you can see from the enclosed half-page announcement, we have tossed a wide net to bring you a diverse program. We hope that you will find something of interest to you. **It is also the time of year to renew your MHREN membership.** We have decided to maintain our low rate of \$50 per year for professionals and only \$25 for students. Considering that it entitles you to \$100 worth of discounts, it has to be the best deal in town. Thanks to everyone for your continued support in 2005. Our workshops were all successful, including our biggest ever with Dr. David Schnarch, and we now have more members than ever. We are always open to feedback regarding our choices and operations. Don't forget that you can now access our newsletters and fliers at www.mhren.org if you want to help us spread the word.

MHREN-sponsored Coming Attractions

February 3, 2006 - Bipolar Disorder: Clinical Course and Effective Strategies

Bill Bond, LCSW examines the clinical elements of mania and mixed states of bipolar disorder and its occurrence among a cluster of conditions in adults and children. Learn effective interventions to address chemical dependency, medication and compliance, and family-focused treatment. Mr. Bond has been teaching about bipolar disorder around the country and will provide a workbook with the latest research and practice protocols for this challenging problem. For info, see flier or call Corinna at 541-734 9014.

March 17, 2006 - Harm Reduction Psychotherapy: Working with People with Multiple Problems

Patt Denning, Ph.D. presents an innovative approach to working with clients whose drug or alcohol problems are complicated by ambivalence, chronic relapse, psychiatric or emotional problems, and medical illness. This workshop teaches participants specific therapeutic interventions and strategies for assessment, goal negotiation and treatment of people with concurrent difficulties. Dr. Denning draws on 16 years in community mental health in San Francisco and is the author of *Practicing Harm Reduction Psychotherapy* (2000) and *Over the Influence: The Harm Reduction Guide for Managing Drugs and Alcohol* (2004). See flier or call Gary for more info at 541-535-8542.

June 2, 2006 - Mind Matters: Neurobiology and Attachment Narratives in Clinical Practice

Julie Rosenzweig, PhD., LCSW offers a fascinating look at how neurobiology affects psychological functioning and interpersonal relationships. Her presentation will focus on the interweaving of brain, mind, memory, and attachment processes, including unique adolescent issues and will include discussion of applications in therapy. Dr. Rosenzweig has been a professor at the Portland State University School of Social Work for 20 years and is also active in clinical practice. She brings her remarkable teaching skills and great passion to this topic. Call Paul at 541-245-2961 for more information.

More information about these workshops in future newsletters:

September 15 – Right Use of Power: Ethics for the Helping Professions w/Cedar Barstow, M.Ed.

November 17 – Positive Parenting with a Plan with w/ Matthew Johnson, Psy.D., MSW

Groups, Workshops, and Announcements

If you would like your announcement to be listed next time, please email information to gianffer@mind.net

Mixed Gender Process Group – A here and now group process working towards changing patterns that limit our growth. We explore our personal sensitivities, issues that are relevant to emotional and social, and self-empowerment. Issues may include depression, anxiety, obsessions and compulsivity, personality, relationships, intimacy, communication, assertiveness. Groups are held at the Counseling and Mediation Center in Medford on the 1st and 3rd Mondays monthly from 6:30 to 8:30. Group open to new members beginning January 2006. If interested in joining or referring please contact us by December 15, 2005. Cynthia Becker White (541) 776-9166, email cbeckerwhite@earthlink.net.

Relapse Prevention Education/Process Group – Addressing issues relevant to identifying and intervening on warning signs and symptoms leading to relapse of addictive behaviors. Group members will gain an understanding of relapse dynamics and develop a working relapse prevention plan. Meeting dates and times TBA. Cynthia Becker White at the Counseling and Mediation Center at (541) 776-9166, cbeckerwhite@earthlink.net.

ARTrageous Camp, a playful exploration of creativity and community, offers it's Rites of Spring weekend, April 28-30, in the Rogue Valley. Learn to identify your passions, develop your creative abilities, and have fun through arts Playshops co-created by Campers and Organizers. When we live life as art and inspire others to be creative leaders, we can be the change we want to see in the world. Place and fee TBA. (This experience is great for clients who are ready to move into empowered presence and action).
More info: www.artrageouscamp.com or contact Judy Dolmatch at 488-2181.

The Soul's Orientation - Using the Enneagram to Know Oneself The Enneagram combines ancient spiritual wisdom and modern psychological understanding mapping out 9 different personality and motivational styles. The 3-year Foundational Training is an in-depth study of the 9 enneatypes and instinctual variants. The training includes chanting, meditation, body awareness, learning to recognize the inner critic and use of empathy. Next training: January 20-22. Cost: \$185. Taught by ZM Suzanna Nadler & Rod Birney.

SOCSTC needs play therapy equipment- Southern Oregon Child Study & Treatment Center is expanding its play therapy services in out patient mental health. If your children (grandchildren) are outgrowing small play things, please consider donating to us. We are equipping two rooms to include sand trays and miniature figures, so we need items other than toys. If you have a donation or are a member of an organization that may be willing to assist in this project, please call me at 482-5792 ex214. Roxanne Rae, MSW, BCD.

SOCSTC's Client Assistance Program (CAP) - Southern Oregon Child Study & Treatment Center is now able to provide outpatient mental health counseling to children and families who do not qualify for the Oregon Health Plan (OHP), do not have private insurance, and are unable to pay for services. There is no cost for this service if the family meets the above criteria. These services are provided in both our Ashland and Medford offices. Please contact Leslie Kurlan at 482-5792 x211 to make a referral or to receive more information.

Intro to Art Therapy will be offered through SOU Extended Campus Programs Winter and Spring 2006 terms. This course is both academic and experiential. Delaine Due (301-3059) is a professional art therapist who presents basic theory and practice of art therapy with great passion and humor. Call Extended Campus Programs for more information. 552-6331

Southern Oregon Brown Bag Seminar

Sponsored by the Graduate School of Social Work Alumni Association

Understanding Integrated Dual Diagnosis Treatment- This seminar will present information on an integrated curriculum for mental health and addictions treatment, including assessment for co-occurring disorders. The presenters will discuss how to integrate professional approaches between addictions counselors and mental health therapists. Valuable resources for integrated treatment in the Rogue Valley will be discussed.

Presenters: Lonny L. Mayeda, LCSW, BCD & Michael Miller, LCSW

January 20, 2006, 12-2pm, SOU Medford Campus, 229 Bartlett St., Room 103. 2 CEUs available.
Cost: \$20 for Alumni Association members, \$35 for non-members. Free for GSSW students, \$5 other students with ID. To register call 503-725-7067 or at the "For Alumni & Friends" GSSW web page. Questions can be directed to Gretchen Thiel (Ashland) 541-552-8111, or gthiel@pdx.edu

Portland State University's Graduate School of Social Work is offering a three-year, part-time program based on the SOU Campus in Ashland beginning Fall 2006. The distance option utilizes classroom and online instruction with field instruction provided, whenever possible, in your community. The program focuses its studies on social work practice with children and families. Tuition assistance and educational support are available to students interested in a long-term career in child welfare with the Oregon DHS. For info contact: Gretchen Thiel, 541.552.8111, gthiel@pdx.edu or Erika Gitchell at 800.547.8887, ext.8065, erikag@pdx.edu

For Rent: Office to share in Medford with two mental health therapists. Includes fax/copy, waiting room, individual office, and toy room in a lovely, park-like setting. Kate Caldwell, LCSW (541) 857-1201

Shavana Fineberg, Ph.D., a 30-year practitioner from Hawaii and Colorado, recently Oregon-licensed, is contributing to the breadth of Mental Health services available in our area. Practicing out of three offices, she offers Sexuality as one area of specialty (a focus in her Ashland practice), offers a female Psychologist option in Grants Pass, and is also serving rural communities with her practice in Murphy. She can be reached at 846-0590.

Private practice opportunity with well-established state certified counseling center:

If you are interested in a group setting to build your private practice, **COUNSELING NORTHWEST** has an opening for one full-time 20 hours/plus PH.D, LCSW, LMFT or LPC, in our Medford office and one part-time opening in our Ashland location (License is necessary). For information contact Blandine Leavitt, 1016 Court St., Medford, OR 97501, 541-773-7503.

Women's groups forming in Jan/06: 1) Surviving infidelity and moving beyond 2) Emotional support and personal growth. Topics include self-esteem, self-care, relationships, boundary and goal setting. Contact Carolyn Potts, LPC, 541-778-6518 for more information.

Questions and Answers with Patt Denning, Ph.D., our March 17, 2006 presenter

The questions were prepared by MHREN board member Gary Woodring.

What is Harm Reduction Psychotherapy?

This is a model for assessment and treatment of substance use disorders that is based on sound public health principles combined with cognitive/behavioral interventions- all in the context of a supportive therapeutic relationship. I developed this model over a period of 10 years and many others are now expanding on it.

Tell us about you, your background and non-professional life?

I developed this treatment model out of 20 years of frustration trying to help people with substance use and other emotional disorders. Systemic problems as well as clinical methods prevent most clients from getting better, especially those who have co-occurring disorders. The disease model is, in addition to being overly simplistic, not useful in actually developing *treatment* methods.

My non-professional life has dwindled over the past 5 years as a result of traveling around the country to teach. But as often as possible, I combine business travel with as many extra days of sightseeing as possible. Other than that, I enjoy international travel, kayaking in SF bay, hiking with friends and our multiple dogs (I'm a Standard Poodle fanatic), hosting formal and informal dinner parties with my partner. In fact, I'd rather be cooking and laughing with friends more than just about anything (other than being in Paris or on a beach in Hawaii!)

What attracted you to the Harm Reduction Psychotherapy approach?

The failure of most people to engage, stay in, and be successful at traditional treatment approaches. HR Psychotherapy is meant to address all of the person's concerns simultaneously, not just substance use. Also, a recognition that all substance use is NOT

abuse, so a 100% abstinence requirement is not often necessary.

Tell us about the biggest surprises with clients, during the several years of using this approach?

That so many clients who would not consider abstinence at first actually became abstinent during treatment (up to 42%!!). That clients became active in their families and friendship circles talking about their struggles and encouraging others to seek HR treatment.

What do client's report that they appreciate after treatment with this approach?

They all talk about how shocked they were at first that we were so accepting of them. They also really appreciated the opportunity to really examine all of the benefits of their use, not just the problems.

What will be the focus of your March 2006 workshop with us?

I'll be explaining the underlying principles that guide this type of work and how it differs so completely from anything traditional treatment offers. I will explain the interactions of street drugs with emotional states in order to help show that people use drugs for reasons that can be best understood through psychological means, not by relying on a "disease" model. I will use the Drug, Set, Setting model to explain the complexities of this view.

Can you expand on some of the Harm Reduction Psychotherapy strategies you will be teaching us?

The absolute requirement of no punishment for drug use while in treatment; Working with ambivalence; Joining with the Client; Substance Use Management (including Controlled Drinking), How street drugs

interact with various mental disorders; The use of psychiatric medications with active drug users.

Will your workshop be helpful to those working in substance abuse treatment centers?

Absolutely, staff will learn not only the principles of harm reduction treatment, but come away with a blueprint for how to organize complex information into a grid to facilitate treatment planning. I will also talk about integrating HR into traditional settings and what the staff and client issues are likely to be (triggering, contamination, "enabling" etc.)

I learned a few years ago that our Oregon Health Sciences internal program for substance abuse uses the Harm Reduction Psychotherapy approach. So, how do you see the current acceptance of Harm Reduction Psychotherapy?

It is growing in acceptance across the country, however, there are still the majority of treatment programs that will not even consider using it in its full form. Many programs are using Motivational approaches and the Stages of Change as a "Pre-Treatment" phase, but few are actually allowing the client to have the final say in treatment goals or to allow clients who are actively using to participate in groups with others who are abstinent. Also, there are no residential programs that I am aware of outside of SF that totally integrate all clients.

Before we close, what else can we expect from the presentation you will bring to us?

I pride myself on offering people an intellectually exciting, humorous, sophisticated experience that will increase their interest in working in this way. I combine extensive research with real life examples and believe that the more fun we can have, the more people will remember what they've learned.

2006 MHREN Therapist Referral and Community Resource Book

We are in the final stages of preparation for the publishing of the 2006 Referral Book. Our plan is to have it delivered to your mailbox by mid-January. You will notice a new format that will facilitate efficient use. If you wish to be included in the 2007 edition of the book, please be sure to look for the 2007 entry form in our Fall 2006 newsletter that will come out in August 2006. Our intent is to have the book on our website at some point in the future. The MHREN board is pleased to be able to offer this service free to the whole community. We have not required membership to be listed in the book but would certainly welcome your support and camaraderie by having you join us this year. A membership and workshop registration form is on page 5.

Workshop Registration and Membership Form

Name: _____ Agency (if applicable): _____

Mailing Address: _____

Email _____ Phone #: _____

Membership Fees for Calendar Year (payment after September includes the following year)

Membership includes benefits such as: newsletter 3x/year, substantial workshop discounts, free newsletter advertising, free access to video library, good feelings of supporting your profession, and it's tax deductible.
___ \$50/yr Professional ___ \$25/yr Student ___ \$100/yr non-profit agency

Note: If your agency is paying for you, payment must be received prior to the event or you will be responsible for paying at the door and being reimbursed by your agency. Please inquire early to the person who disburses checks.

Some scholarships are available. Inquire at 541-482-3314 or gianffer@mind.net before the early registration deadline.

February 3, 2006 – Bipolar Disorder: Clinical Course and Effective Strategies

MHREN members: postmarked by 1/20/06 ___ \$65; after 1/20/06 ___ \$85 (free CEUs)

Non-MHREN members: postmarked by 1/20/06 ___ \$85; after 1/20/06 ___ \$105 (free CEUs)

Full time students: half price. Some scholarships are available

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Cancellation policy: \$25 fee if cx more than 2 weeks early; 50% between 1-2 weeks; no refund > 1 week

SEND THIS FORM AND PAYMENT TO: MHREN, PO BOX 1082, Ashland, OR 97520

Total amount (membership and/or workshops) enclosed: _____

Newsletter published March 15, August 15 and December 15. Deadline is approximately 30 days prior to these dates. To include your listing, contact newsletter editor Paul Giancarlo at 541.482.3314 or gianffer@mind.net

MHREN Board members: Corinna Scheibler, Paul Giancarlo, Blandine Leavitt, Gary Woodring and Fern Snogren.

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