

**Mental Health Resource and Education Network**  
MHREN, P. O. BOX 1082, Ashland, Oregon 97520 [www.mhren.org](http://www.mhren.org)

## Fall 2005 Newsletter

We have some exciting news! We now have a **website** that contains our newsletters, interviews and listings of groups and other resources. It is in its developing stages but is ready for you to check out at [www.mhren.org](http://www.mhren.org) Many thanks to Gary Woodring, Fern Snogren and Barb Barasa for working to get it up and running. Feel free to send feedback and make suggestions for improvement.

We are also gearing up for our September and December workshops. In September, we will bring together several local colleagues to present a thorough overview of handling the initial stages of treatment of child sexual abuse. In December, we have managed to arrange a visit to the valley by David Schnarch, Ph.D., a highly respected psychologist and author who has developed and articulated a brilliant and useful paradigm of differentiation in relationships that has integrated marital and sex therapy. This is a rare opportunity to see one of the leaders in the field in our own backyard. We have already had registrants from Australia, Ontario, Canada, as well as all over the U.S.

### MHREN-sponsored Coming Attractions

#### **September 30, 2005 - Child and Teen Sexual Abuse: An overview of reporting, assessment, and the initial stages of treatment**

**Toni Richmond, MS, LMFT; Ann Wright, MA, LMFT; Mary Chambers, MSW; and Michael Fansler** will combine to offer us a complete overview of working with those who have been abused as well as the offender. Toni Richmond does assessments for the Child Advocacy Center; Ann Wright works through Jackson County Mental Health with teen sexual offenders, both individually and in groups and will illuminate the clarification process involved in these situations; Mary Chambers is employed at Child Welfare and will address her role as caseworker and reporting and intervention protocols set by the state; Michael Fansler will talk about the legal and investigative issues and his role as a probation officer

### **Special Events!**

**December 2-3, 2005 - The Crucible Approach: A two day therapist workshop integrating marital and sexual therapy** with **David Schnarch, Ph.D.**, world-renowned sex therapist and author of Passionate Marriage, Constructing the Sexual Crucible, and, most recently, Resurrecting Sex. This is an opportunity not to be missed. Dr. Schnarch is a dynamic and cutting edge thinker and a lively presenter. This is one of only two workshops that he is doing in 2005. We have already had many calls from all over the country and a few from other countries. See the flyer enclosed.

**December 1, 2005 - Passionate Marriage: Keeping Love and Intimacy Alive in Committed Relationships**. Dr. Schnarch will present a lecture free and open to the public. 7:30-9:30 pm at the Smullin Education Center. Please tell friends, colleagues, and clients about this free evening of insight about how relationships work and how sexuality and intimacy play into personal growth. Admittance is on a first come-first served basis with no reservations accepted.

## **Groups, Workshops, and Announcements**

If you would like your announcement to be listed next time, please email information to [gjanffer@mind.net](mailto:gjanffer@mind.net)

**The 4th Annual Conference of Jackson County Courts and Community: Caring for children and families** will be held Friday, October 21, 2005, at the Smullin Center Auditorium in Medford, Oregon, from 8:00 am - 5:00 p.m. The conference will feature **Dr. Bruce D. Perry**, an internationally recognized authority in the area of child maltreatment and the impact of trauma and neglect on the developing brain. The subject will be **Child Neglect And Brain Trauma: Practical Approaches To Working With Children And Youth**. Brochures and registration information will be available in early August by contacting Becky Longie at the Commission for Children and Families, 541-774-7800 or [longierl@jacksoncounty.org](mailto:longierl@jacksoncounty.org). Conference fee is \$30, which includes lunch, but space is limited so register early.

### **Out Of The Box Case Supervision: Individual and/or group instructional case supervision with a focus on relationship issues with Lenn M. Snyder, LCSW (Lic. MFT in NJ)**

He brings to the supervision process thirty-four years of training and private practice experience as well as twenty years of supervising therapists and graduate students. He offers a unique approach to supervision grounded in understanding and utilizing the patterns clients learned as safety and survival strategies in an attempt to solve the unsolvable dilemmas of their childhood.

The work he does in supervision includes and is not limited to developmental stages, family dynamics, safety and survival strategies, emotional wounding and interactive transactional patterns. Understanding how and why clients do what they do, skill building, and the role of the therapist are all part of the supervision experience. He can be reached at Lenn Snyder, LCSW, MFT 208 Oak Street, # 201, Ashland, OR 97520, 541-488-8195.

**New Grants Pass Psychologist, Shavana Fineberg, Ph.D.**, Clinical Psychologist, has joined our local team of providers after practicing in Hawaii and Colorado for 26 years. She lives in the Applegate Valley (Williams) and is now practicing in Grants Pass. In addition to designing and running programs for at-risk teens, she has had specialties in working with accident/injury cases, with artistic approaches, and with existential crises, as well as a general practice. Her approach is eclectic, having been trained in both traditional therapies (UCLA) and non-traditional, wholistic approaches (e.g. Breathwork, artistic interventions, energy techniques, nutrition, hypnotherapy, transpersonal work, etc.). She individualizes her approach, matching the technique to the issue, the client, and the session. She can be reached at 541-846-0590.

**For Rent:** Lovely furnished hillside home in Ashland. Nov. 15 - March 15. 3 BR, 2 1/2 bath. Gorgeous views. Hot tub. \$1350/month, utilities extra. Security dep. No pets/smoking. Contact: Judy Dolmatch, LCSW 488-2181, or [judydolm@charter.net](mailto:judydolm@charter.net)

**BE ARTrageous!!** Enjoy creativity and renewal in enchanted settings at ARTrageous Camp. These adult camps are a playful way to heal wounds to one's innate creativity, enhance leadership skills, and have a great time doing it. Oregon in Sept., Arizona at Halloween, and Hawaii in January-- where we meet and co-create our experience through playshops offered by campers and organizers. "You can't get it wrong!" [www.artrageouscamp.com](http://www.artrageouscamp.com). Contact Judy Dolmatch: 541-488-2181.

**Energy Psychology Group:** Learn and practice with yourself and each other a variety of different energy psychology approaches, including EFT, TAT, material from Donna Eden and many others. Appropriate for interested clinicians and general public. Meeting two hours a week in Ashland for 8 weeks. \$200. Dates and time TBA. Contact Nando Reynolds, MA, LPC at 821-6623 for more information, [nando-r.com](http://nando-r.com).

**Creating Emotional Intimacy Group:** Open to men and women, meeting 5:30 - 7:30 PM, Wednesdays. Initial interview required. \$25/meeting, Nando Reynolds, MA, LPC, 149 Clear Creek Dr., Ashland, 821-6623.

**JumpStart!** : Collaboration and communication oriented trainings using the Challenge Ropes Course at EarthTeach Forest Park outside Ashland. Available for existing groups and businesses as well as groups formed specifically for the training. Contact Nando Reynolds, MA, LPC at 821-6623 or [nando-r.com](http://nando-r.com) for more information.

### **Individualized Energy Psychotherapy (IEP) Level 1 with Dorothea Hover-Kramer, Ed.D., R.N**

In IEP Level 1, you'll learn a tightly designed method of custom diagnosis and treatment using meridian system interventions. IEP-1 is taught in a closely supervised group focusing on proficiency in custom-diagnosed Energy Psychotherapy treatment. This course is designed to meet the standards of psychologists, counselors, nurses, social workers, and addictions specialists for 16 hours of continuing education. You will receive the manual (over 60 pages) written by Dr. David Gruder and Dr. Dorothea Hover-Kramer that is a highly acclaimed, and easy-to-utilize guide as well as participating in 7 supervised experiential sessions during the workshop. Dr. Hover-Kramer is a licensed CA psychologist and licensed OR clinical nurse specialist, a counselor in private practice for over 25 years, and the author of four classic books on energy healing approaches. She is the co-founder and past president of the Association for Comprehensive Energy Psychology. **September 24 & 25, 2005, 9 AM to 6 PM. \$295 includes 16 CEUs. For registration information , call Dorothea at (541) 592-5296 or [dorothea@frontiernet.net](mailto:dorothea@frontiernet.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, social, and self-empowerment. Issues may include depression, anxiety, obsessions, compulsivity, personality, relationships, intimacy, communication, and assertiveness. Groups are held at the Counseling and Mediation Center in Medford on the 1<sup>st</sup> and 3<sup>rd</sup> Mondays monthly from 6:30 to 8:30. Contact Cynthia Becker White (541) 776-9166, or [cbeckerwhite@earthlink.net](mailto: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. Contact Cynthia Becker White at the Counseling and Mediation Center at (541) 776-9166, or [cbeckerwhite@earthlink.net](mailto:cbeckerwhite@earthlink.net).

### **Pieces of Gold, Holy Longing: Calling Our Souls Back Home**

A Community Ritual to Reclaim Soul

With Francis Weller, Director of *WisdomBridge* and *Men of Spirit*

**September 17 & 18: Saturday, 1:00 pm-11:00 pm, Sunday 9 am-12**

Private grounds on Howard Prairie Lake, Camping options available

Cost: Sliding scale \$90 - \$125

Join us for this special gathering to call home those lost pieces of soul in your life. The dreaming earth of this land has gifted this *Reclaiming Ritual* to us. It is relevant to who we are as a people and is being offered as *sweet medicine* to help us heal from cultural practices that tear us from the fabric of our selves. The Reclaiming Ritual is a ritual of remembrance, of gathering together all that must once again be held within the arms of the sacred. We must, as a people, hold in common and in a sacred way, those things that make us human, those things that bind us to one another and to this shining world in which we live. Come and gather with others in ritual space to sing, create beauty, speak from the heart and participate in a ritual of healing.

**To register: call 512-2569 or email: [taylork@mind.net](mailto:taylork@mind.net) by September 1st**

### **Announcement about WinterSpring by Donna Taylor**

New opportunities are available at WinterSpring to companion a bereaved person through the arduous and transformational path of grief. Grief education and support enhances and works with a bereaved person's core values and strengths, restores resiliency to families rocked by crisis, and enhances the ability of peers, parents, educators, caregivers and community members to appropriately support people in a time of great need.

WinterSpring's Children's Program provides peer support groups for children ages 5 to 12 who are missing a parent, sibling or friend who died. These play groups help children heal by encouraging the expression and processing that are natural parts of play. We use drama, including a puppet theater, as well as arts, crafts and simple rituals of remembrance to support a child's need for expression. Our high-energy activities help kids learn healthy ways to move through painful grief reactions. One volunteer said, "I'm amazed at how much fun I have, and how much I learn. Just watching these kids cry, laugh, play and share, even in the heart of their sorrows, gives me so much hope!" We must add at least three new volunteers to our team by September in order to start our 2005-2006 school year

program. If you truly understand that someone who is old enough to love is old enough to mourn, and to benefit from loving support, you may be our next volunteer! The groups meet on alternate Wednesdays at 5:30 PM.

Do you have personal or professional experience of your own culture(s) and traditions regarding death, dying and grief? Are you, and perhaps your friends or family, willing to share your knowledge with others through storytelling, dance, music, or speaking on a panel? Our new Multicultural Project is at the heart of WinterSpring community service. We are creating community experiences devoted to the values, beliefs and rituals of a variety of cultures. The general knowledge level of the community and the cross cultural expertise of our staff and volunteers will increase as we invite people to make individual presentations or participate in panels about their own culture. Healthier futures for grieving people will follow.

The WinterSpring Theater produces lively and insightful drama, featuring wisdom and humor gleaned from the personal grief journeys of children, teens and adults. The performances highlight personal experience and appropriate tools for grieving, while including audience participation. The troupe creates educational theater pieces that examine various issues of loss and grief and performs to audiences of all ages. With an inter-generational perspective, it is a creative way to explore how friends and family can support one another during many kinds of loss and grief.

WinterSpring's facilitator training is on September 10th. Theater and multicultural volunteers are not required to attend training, though all are welcome in the 28-hour bereavement volunteer training scheduled for October 1, 2, 8 and 9. Pre-registration is necessary. Will you help with one of these projects? Please call WinterSpring Center for Living with Loss and Grief at 772-2527.

### **MHREN 2005 Referral Book**

Included in this newsletter is an insert that you may fill out in order to have a listing in the 2006 Mental Health Referral Book. It also appears in the back of last year's edition but this one has a few more specialties added. Please complete the form and return by September 30, 2005. Our intention is to mail a copy of the book to everyone on our mailing list by January 2006. If you are satisfied with the way your listing appeared in the last edition and you have no address, phone, or specialty changes, you still need to send in the form and indicate that your information is the same. **You won't be included in the book if we don't receive a 2006 form.**

### **Volunteers needed for David Schnarch Workshop**

**1) Are you willing to share your home with a colleague** who will be coming from out of town to attend the David Schnarch workshop on Dec 2-3? We have had calls from all over the country (and some from beyond) from those who plan to attend and are asking about accommodations. We would like to be able to offer some home stays but need to know if there are those of you would like to open your home up to a traveler. Also, let me know if you would be willing to coordinate this program and receive a discount on the workshop. It would just entail hooking up participants with local volunteers and being willing to receive some phone calls. If you wish to be a host(ess), contact Paul at 541-482-3314 or send an email to [gianffer@mind.net](mailto:gianffer@mind.net)

**2) Would you like to do a session with Dr. Schnarch?** We need two therapists to work with David Schnarch in a live demonstration of doing therapy with a couple struggling with sexual issues in their relationship. Both participants will be actors portraying a couple with whom one of them has worked in therapy. Volunteering to do this will give you a great experience of having a session with a master therapist and to work with a colleague in talking about a case you'd like help with. These demonstrations are a vital part of the two day training and an excellent learning opportunity for you and all of the workshop participants. The two persons chosen to do the live demo will be awarded a full scholarship for the workshop. Contact Paul at 541-482-3314 or [gianffer@mind.net](mailto:gianffer@mind.net)

## A Conversation with Dave Schnarch about *Resurrecting Sex*

by Jill Malcolm

Editor's note: Dr. Schnarch will be in Medford on December 1-3 His two-day workshop is open only to mental health professionals. The Dec. 1<sup>st</sup> lecture is open to all. This article came out after his latest book, *Resurrecting Sex* was released and first appeared in the New Zealand Herald on July 20, 2002. For more information about Dr. Schnarch, visit [www.passionatemarriage.com](http://www.passionatemarriage.com)

"You will hear me use the word marriage a lot," he says. "Working with sexuality in committed relationships is a major fascination for me. But I only use 'marriage' as a form of shorthand. The principles apply equally to newly formed couples, singles and golden-anniversary marriages."

In the world of sex-perts this man has been given the persona of a deity for his three ground breaking books, *Constructing The Sexual Crucible*, *Passionate Marriage* and *Resurrecting Sex* and for his paradigm-smashing theories developed from 20 years of conducting seminars on sexual matters and unraveling the truth for struggling couples. In some circles he is hailed as the best thing since William Masters and Virginia Johnson and, the blurb says, he has inspired audiences in many countries through his books and workshops.

When I ask him how many copies of *Passionate Marriage* have sold he is dismissive: "I've no idea but I know it's had 25 reprints."

That's any publishers' dream. So what makes this man's work so effective? "What you hear or read from me you won't have come across before," he says. "My methods show couples how to turn the worst sexual disaster into growth and connection and the promise of the best sex in their lives."

He has my complete attention.

His first paradigm-smashing premise is that sexual problems are normal. They are an inherent part of a relationship. Everybody has them sometime and they happen for a purpose. Healthy people have sexual difficulties to help them resolve their personal and relationship issues and grow as human beings."

But surely life behind two sex-perts' bedroom curtains is sizzling and seamless? "Not at all," he says. "I have had almost every problem you can think of at one time or another. Any one who has ever been in a committed relationship knows that its not 'happily every after'. Many therapists say 'you have to work on your marriage.' I say stop working on your marriage. Let your marriage work on you. Your marriage is there to teach you lessons. The biggest problem is that you just don't want to learn them."

"Resurrecting your sexual relationship," Schnarch continues, "isn't as simple as learning new touch techniques, improving your communication skills or rescheduling your time priorities. It involves growing. A sexual problem is not just about genitals that won't do as their told. It involves two people with very complex feelings about themselves, each other and the world. Context is everything. Your sex life shapes your relationship and your relationship shapes your sex life. If you have a sex problem, you have to get your relationship to a state that supports good sexual functioning."

According to Schnarch one of the things that makes us quintessentially human is our ability to be intimate, which in turn gives meaning to sex. But people can become so adept at hiding, even from themselves, that a couple can live side by side, do what society tells them to do, don't divorce, raise their children and pay their taxes - and they're living next to a stranger.

"That's one reason why people stop having sex," he says. "It's not that they are afraid of intimacy, but there is so little intimacy available to them that the sex is not worth having."

In *Resurrecting Sex* Schnarch states that solving sexual dysfunctions involves modifying the three components of total stimulation: first is body responsiveness. Response thresholds differ greatly, but for you to have "normal" sexual function, sensation must be transmitted from a remote part of your body to your spine and brain and then back to your genitals. Your genitals have a complex biochemistry all their own that must be intact. Anything that interferes with this process reduces your sexual responsiveness.

Next is physical stimulation, which involves the amount and quality of sensory input you receive during sex. However it's not as simple as how many places you're touched, or how fast or how long or how hard. A setting that is comfortable, pleasant smelling and a joy to the eye works better than rumpled bed sheets and smelly socks.

The final component comprises emotions, thoughts and feelings. These can so profoundly impact your sexual function that you might swear you have a serious physical problem when none exists. "Some people have

come to see me, mistakenly reporting they feel 'absolutely nothing' or have 'absolutely no response' during sex," says Schnarch.

"I get to see so much unhappiness in committed relationships. I get to see people who can't even touch each other anymore, who feel totally inadequate, or who are falling over each other to measure up and failing. I have to tell you that there are many people in pretty horrible relationships who would do things differently if only they knew what to do."

And doing things differently is what Schnarch says he is all about.

He reiterates: "My stuff is not about pole vaulting into bed or having better erections or orgasms or a better roll in the hay. I don't isolate any part of the actual workout as the problem but look at what happens in the bedroom as a result of what is happening in the relationship."

This is not so ground breaking in itself but Schnarch's approaches to therapy tend to turn existing theories upside down.

"One of the old ways was to try and improve couples' communication, and while there is some validity in that, it often doesn't work because the causes of the problem are much more complex than they first appear. You know the old thing about 'ask for what you want (in bed)' and there was the expectation that he or she was just dying to give it to you. Well, there is a lot of withholding in relationships for all sorts of reasons and sex is a perfect place for withholding. Your partner knows what you want all right but pretends that he/she doesn't. So 'why' that is happening is what you have to unravel."

"You see, most people think it's the absence rather than the presence of a connection that makes sex and marriage grind to a halt. But the most common picture I see is what I call emotional fusion, when partners become enmeshed in a kind of gridlock - like Siamese twins - fused at the hip, passing anxiety, validation of identity and lack of self-worth back and forth between each other. That type of relationship can soon become a cesspit of contention, alienation and resentment. Arguments are repeated over and over and go nowhere, and left unraveled the situation will most likely end up in divorce for irreconcilable differences."

"It's not a pretty picture but," he says, "gridlock is actually the people-growing machinery of marriage in its early stages. It's when the comfort-safety cycle of a relationship ends and you and your partner are into the growth cycle."

"Now comes one of the paradoxes," says Schnarch, "Intimacy is the key to great sex but the path to intimacy

is a process I call differentiation - that means keeping hold of your individuality."

Schnarch pauses with his hand in the air to let me absorb this.

"Uh huh." I can feel myself looking blank.

"That is the cornerstone of my therapy," he goes on. "You see, whatever your sexual situation is, or is not, it is a picture of who you are and you have to play hard ball with yourself to see the picture. It takes work and courage to figure yourself out."

"The less differentiated partners are, the more likely it is that their sex life will disintegrate, their marriage will bog down and it will require a crisis or a therapist to get them through their emotional log jams."

"Intimate connection with a partner first requires solid connection with yourself. Even though it sounds ironic, it is the development of your own identity - an *internal* sense of self that you value, maintain and live by - that will lead you to greater sexual pleasure and intimacy. Giving up your individuality to be together is as defeating in the long run as giving up your relationship to maintain your individuality."

This sounds good, but I have to dig deeper to find out exactly what he means.

"I also call it 'holding on to yourself,'" says Schnarch, "and it comprises a four-pronged tool: the art of holding to your values in the face of opposition from your partner; the ability to sooth yourself in the face of hurt and anxiety; to stay non-reactive when you partner is anxious or provocative; and to tolerate pain for growth."

Another important influence on the way we carry on in the bedroom, he says, has to do with the attitudes and expectations instilled in us by society and family. If you look at sexual desire, for instance; for a long time Western people's self-worth was measured by their ability to destroy their sexual desire with their mind. In the last three decades that view has reversed and now we've gone beyond making it okay to want sex to the point where we're *supposed* to want it (unless you are excused for a medical or mental condition).

"When I was training as a sex therapist," says Schnarch, "I was taught that low desire was a characteristic of people who were poor candidates for treatment. Two decades later therapists see low desire as treatable disorder - and in some cases a lucrative industry."

"What is often not pointed out is that desire is not necessarily something that occurs naturally. Our thinking ability modulates desire to a large extent and so does the way we attribute meaning to sex. If that sounds complex, it's because it is.

## Workshop Registration and Membership Form

Name: \_\_\_\_\_ Agency (if applicable): \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Email \_\_\_\_\_ Phone #s: \_\_\_\_\_

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

Membership includes multiple 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.

### **September 30, 2005 – Child and Teen Sexual Abuse w/Richmond, Wright, Chambers and Fansler**

**MHREN members: postmarked by 9/16/05 \_\_\_ \$60; after 9/16/05 \_\_\_ \$80 (free CEUs)**

**Non-MHREN members: postmarked by 9/16/05 \_\_\_ \$80; after 9/16/05 \_\_\_ \$100 (free CEUs)**

**Full time students: half price.      Some scholarships are available**

### **December 2 & 3, 2005 – The Crucible Approach: Two-day therapist workshop with David Schnarch**

**MHREN members: postmarked by 11/21/05 \_\_\_ \$150; after 11/21/05 \_\_\_ \$170 (free CEUs)**

**Non-MHREN members: postmarked by 11/21/05 \_\_\_ \$190; after 11/21/05 \_\_\_ \$210 (free CEUs)**

**Full time students: half price.      Some scholarships are available**

**December 1- Public Lecture is free and open to the public. No Pre-registration**

### **Cancellation policy:**

**\$25 fee if cancelled more than 2 weeks early; 50% between 1-2 weeks; no refund less than 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

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

**Mental Health Resource and Education Network  
P.O. Box 1082, Ashland, OR 97520**

**Address service requested**

**Nonprofit Org  
US Postage  
Paid  
Permit #348  
Medford, OR**

**MHREN-SPONSORED COMING ATTRACTIONS**

**September 30, 2005**

**Child and Teen Sexual Abuse**

**Toni Richmond, Ann Wright, Mary Chambers and Michael Fansler**

**SPECIAL EVENTS**

**Dec 1<sup>st</sup> – Free Public Lecture with David Schnarch, Ph.D.**

**December 2-3, 2005**

**The Crucible Approach Two-Day Therapist Training**

**David Schnarch, Ph.D.**