

Mental Health Resource and Education Network
MHREN, P. O. BOX 1082, Ashland, Oregon 97520 www.mhren.org

Fall 2006 Newsletter

Greetings to members and colleagues! Please join us for our last two workshops of 2006 that are listed below. In this issue, you will find an article and an interview by our fall presenters.

You'll notice that this issue also contains the entry form to be included in the 2007 MHREN Therapist Referral Book. Please fill it out and return by September 30th if you want to be listed. You must fill it out each year to continue to be listed in the directory. You can now access our newsletters and fliers, workshop/membership registration forms, the 2006 Therapist Referral Book, and the 2007 Therapist Referral Book entry form at www.mhren.org

MHREN-sponsored Coming Attractions

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

Right use of power is a dynamic, inspirational, and relational approach to ethical awareness and the respectful use of power. The practice of using power benevolently calls us to fully own and engage our personal and professional power. Cedar's workshop offers the opportunity to explore beliefs, habits, and expectations we may have that interfere with our ability to understand, own, and use the increased relationship power we have as therapists in ways that truly serve our clients and maximize our therapeutic effectiveness. Call Fern at 541-482-3328.

November 17 – Helping Parents with Challenging Children: Positive Parenting with a Plan

Matthew Johnson, Psy.D., MSW will provide mental health professionals with a very thorough, positive plan for parenting for grades K-12. He will teach a behavior modification program that is easy to learn and implement in the home. Attendees will be able to teach "Positive Parenting with a Plan" to the families with whom they work and help to monitor their clients for correct implementation within their homes. Help confused and overwhelmed parents improve communication and enhance family relationships. Call Blandine at 541-773 7503.

2007 MHREN Therapist Referral Book

If you wish to be included in the 2007 edition of the book, please be sure to fill out the 2007 entry form enclosed in this newsletter. **You must complete the form each year or you will be deleted.** This is necessary to maintain an up-to-date, quality publication. We will be listing only individual therapists in this edition but will give some links to sites that list community services. We will again have the intake form available to download on our website www.mhren.org 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. See page 7.

New 2006 MHREN Members (since 3/6/06)

In the last newsletter, we acknowledged and thanked those of you who joined MHREN for 2006. Since then, several more colleagues have joined or renewed their memberships and we would like to add them to that list:

**Susan Scorso, Jim Stumbo, Ron Gardner, Chelsea Davis, Elaine Fielder, Susan Haskell
Anne Wright, Gaia Laysner, Rogue Community College, Louie Ann Goldberg, Susan Berryhill, Kate Balcom, Family Friends**

Groups, Workshops, and Announcements

If you would like your announcement to be listed next time, please email information to info@mhren.org

Workshops and Classes:

Come and join us at the Self & Soul center and increase your skills in **Psychotherapy Training and Consultation**. In this class, skills from mindbody medicine, meditation, psychoanalytic, gestalt, and cognitive-behavioral therapies will be introduced through readings, exercises and discussions. An ongoing theme will be deepening our capacity to be present with clients and respond to them in an authentic style. Additionally, the group will provide a supportive environment to bring cases for consultation. Taught by **Rod Birney MD**, a board certified psychiatrist. Classes held one Tuesday a month September - July. For information/registration, call 541-535-3338.

The Soul's Orientation – Using the Enneagram to Know Oneself A 5 day live-in retreat, *The Wisdom of Being Embodied*, combines spiritual practice, body awareness, movement, inquiry and psychological understanding to awaken grounded presence of the belly center Sept. 15-19th at the Self and Soul Center in Talent. \$285 with additional expenses for room/board. Teachers: **ZM Suzanna Nadler**, M.Ed, Riso-Hudson certified Enneagram teacher & **Rod Birney MD**. For more information call 541-535-3338 or visit www.selfsoulcenter.org.

Receptivity and the Sacred Feminine

There comes a time when our beingness is most receptive to the energy of the sacred feminine. Now is such a time. Join us for a 4-week class to establish the practices, connections, and embodiment experiences necessary to open these inner doors. The Sacred Feminine is a universal energy available to all: men, women and children are welcome.

Dates: Thursdays, 9/14; 9/21; 9/28; 10/5 (6:30 - 8:30 p.m.)

Cost: \$75.00 (children and students \$55) Taught by: **Suellen Willi, LCSW**

Location: New Hope Healing Arts Center, 2576 New Hope Rd., Grants Pass, Oregon 97527 (541) 479-1544

Applied Energy Psychology: Integrating These Effective New Techniques Into Your Clinical Practice

On Friday, December 8, 2006 the Rogue Valley District of NASW presents **Nando Raynolds, M.A., LPC** for a full day experiential workshop that will provide Energy Psychology tools and the knowledge of how and when to use them within the context of skillful traditional therapy. Nando has been practicing psychotherapy in southern Oregon for almost twenty years. He has extensive post-graduate training including Hakomi, NLP, Voice Dialogue, NVC and Energy Psychology. Brochure and registration information will be available in early October 2006, or contact gthiel@pdx.edu. CEUs will be available.

The 5th Annual Conference of Jackson County Courts and Community: Caring for Children presents **Lisa M. Najavits, Ph.D.**, Associate Professor in Psychiatry at Harvard Medical School and Director of the Trauma Research Program in the Alcohol and Drug Abuse Treatment Center of McLean Hospital. She is the author of *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse*, and her website is www.seekingsafety.org. The conference will be held Friday, October 27, 2006, at the Smullin Center Auditorium. Registration information will be available in late August/early September 2006. Contact gthiel@pdx.edu, for more information.

For Women in Transition-----Horizon Institute presents a one-day retreat, *Transition: The Call To A Larger Life*, October 14, 2006, in Ashland. This holistic, interactive program teaches strategies to transform confusion, frustration, overwhelm and isolation into clarity, courage, peace, hope, joy, and endless possibilities. Guest speakers include a physician and a nutritionist. Also includes a follow-up group conference call and one private coaching session with certified life coach **Elizabeth Austin**. Contact: Elizabeth 541-482-4132, mycoach@mind.net.

Announcements:

MHREN colleagues,

I'm a member of the **political action committee of the American MH Counselors Association (AMHCA)**. I regularly receive information about Federal issues that would benefit from grass roots action, such as a phone call to your Senator or Representative. Many of these issues are important to all mental health professionals, regardless of licensure. With that spirit in mind, I invite you to send me an email (jjwilson@sou.edu) expressing your interest to be

on a listserv. When I receive notices I will forward them on to you in hopes that you will have the interest and time to support these efforts. Thanks, Josie Wilson, Ph.D. Dean - School of Social Sciences, Southern Oregon University, Ashland, OR 97520 552-6946 jwilson@sou.edu

Portland State University's School of Extended Studies is offering **Therapy with Adoptive Families: A Post-graduate Training Certificate Program** beginning in September 2006. This is a combined face-to-face and online program which provides a series of advanced, evidence-based courses for mental health professionals in the specialized theories and practices for treating adopted children who have histories of abuse and neglect, for strengthening their family systems, and for enhancing parental and children's resiliencies. Mental health professionals will be able to extrapolate new skills to work with other nontraditional families, such as blended, kinship, and foster families. For more information, see <http://www.ceed.pdx.edu/adoption>

From Haight-Ashbury to Southern Oregon: A Genesis Open House for Dr. Darryl Inaba

Genesis will host a mid-day reception to honor **Darryl S. Inaba, PharmD**, the new clinical supervisor for the center for chemical dependency treatment and mental health services. The open-house style reception, with a light buffet lunch, will be on Friday, September 22nd from noon to three PM at Genesis headquarters at 600 South Second Street in Central Point. Mental health and chemical dependency treatment providers are encouraged to come and meet this enthusiastic and knowledgeable pioneer in drug abuse prevention and treatment. Call Donna Taylor at 541 789-9037 for additional information

Groups:

Mixed Gender Process/Support Groups - 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 well-being, and self-empowerment. Issues may include depression, anxiety, compulsiveness, personality, relationships, intimacy, communication, assertiveness, stress and stress reduction.

The evening group is held on the 1st and 3rd Mondays monthly from 6:30 to 8:30pm and the afternoon group for the folks who work a swing shift is held on the 2nd and 4th Wednesdays monthly from 12 to 2 pm. If you are interested in joining a group or referring, please contact **Cynthia Becker White** (541) 776-9166, cbeckerwhite@earthlink.net

Power and Heart

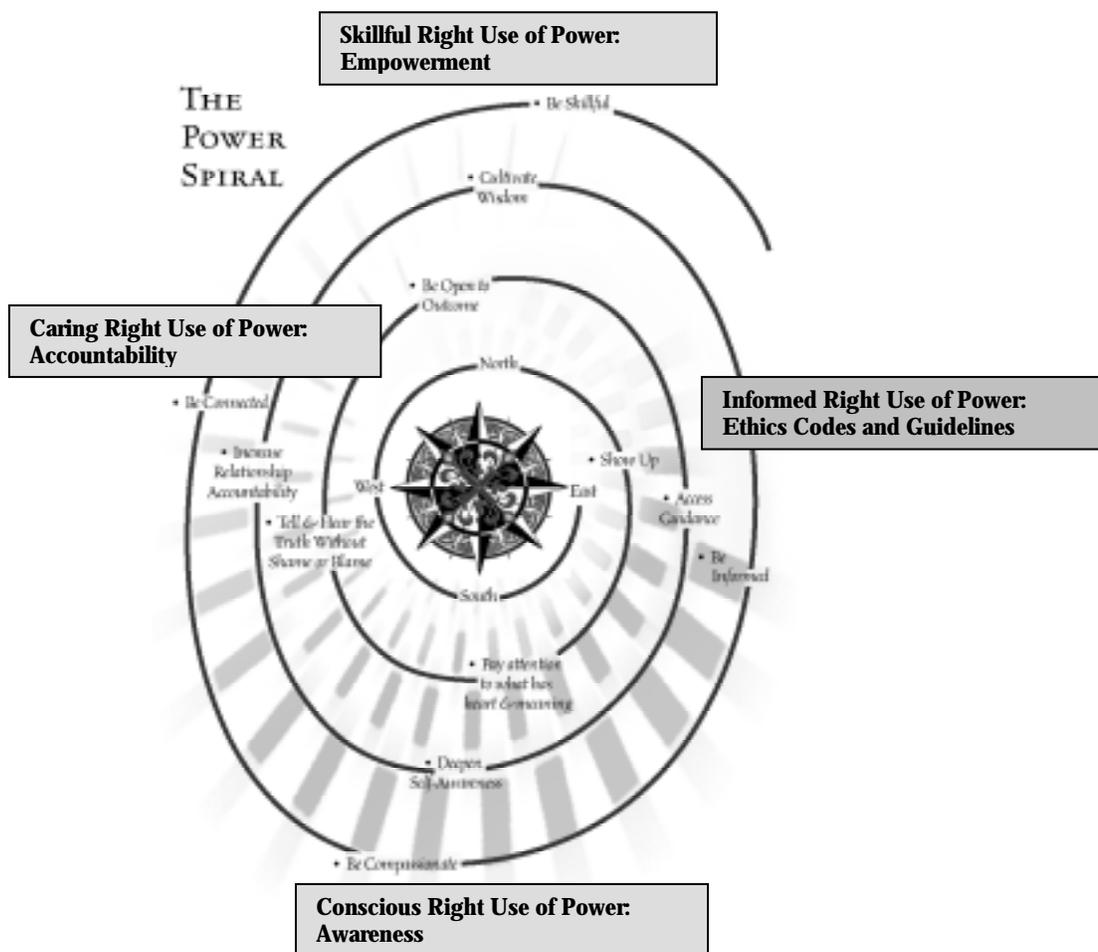
Cedar Barstow, M.Ed., C.H.T., Hakomi Trainer and Therapist

(Cedar Barstow, of Boulder, Colorado, will be presenting a MHREN workshop on September 15, 2006)

The *Right Use of Power* is one of the most crucial needs of our time and one of the greatest challenges we face in leadership arenas as well as in personal development. While basic goodness is inherent, right use of power is learned. Using power in an ethical way is learning to use power wisely. We have the capacity for wisdom in our use of power, yet we have been wounded by misuses and abuses of power by those in positions of trust. We have also inevitably and inadvertently misused or under-used our power in professional and personal situations.

Power is simply the ability to have an effect, or to have influence. However, the right use of this influence is complex. The right use of power in positions of trust is not simply the result of good intentions. It is also the ability to act sensitively, creatively, and effectively in the service of others and yourself. This requires engaging attention, relationship mastery, and a lifetime involvement in increasing sensitivity to the many impacts of the professional power differential. Ethics in this context builds on and transcends the accumulated wisdom about behaviors which "do no harm" as recorded in ethics codes and guidelines, in order to focus on one's relationship with power and authority, and the dynamics of power.

The fundamental shift in ethics that is advocated here brings together power and heart. We have been conditioned to think that we need to choose between heart and power. Of ultimate importance in ensuring mutual well-being and resolving conflict, this shift is hinged on ownership and full use of our personal and professional power. The Right Use of Power method engages compassion, and teaches us to stay related through conflict and to repair relationships. By revising our ideas about power, we begin to embody an ethic that includes both power and heart. This heartfelt ethic builds peace with dignity, and truth with compassion, and strength with vulnerability.



Power Spiral

Through my many years of personal and organizational experience with both wise uses of power and painful misuses of power, I have developed an innovative ethics program and a resource and training manual for practitioners, teachers, and consultants. The Right Use of Power learning components are organized along a spiral to emphasize the spiraling process of gaining understanding and skillfulness at higher and higher levels of complexity, inclusivity, and transcendence. The Power Spiral serves both as a map of the territory of ethics and power issues and as an acknowledgement that the learning process is a spiral of increasing depth and complexity. Learning is less linear and more like an ascending spiral toward mastery, punctuated by moments of fresh new awareness and skill. It is more a gestalt than a line.

Working with the Power Spiral is a feedback loop. You give to it. It gives to you. You may work with the spiral by moving around it clockwise. You may work with it from the center, receiving at each aspect information from a different vantage point. You may approach the Power Spiral by starting exactly where you are. For example, you might be well informed about behavioral ethical codes, but need more awareness about the impact of your personal history with power wounding, so you may enter through the aspect of awareness. Or, you might have enough awareness but be so crippled by shame that you have difficulty being accountable and thus approach the spiral through the relationship aspect in the West. You may be caring and accountable but naive about power dynamics and need to acquire more skillfulness in the North.

Power and Heart

Power is the capacity or potential to bring change. Influence is the realized potential for change. The spiraling journey to mastery in the use of power and influence is numinous and potent. It brings together personal development and soul work (being) with creation and accomplishment (doing). Love and creativity yearn to be expressed in form. Use of personal and role power in the full use of Self is both a right and a responsibility.

Much is accomplished when we can embrace and use our personal and professional power with heart and are actively engaged in the right use of this power for the good of all. Becoming familiar with our profession's code of

ethics and with contemporary ethical issues combined with doing personal work with our power history and beliefs, we become more skillful in staying related through conflict and keeping our relationships repaired. We are willing to be held responsible for our behavior. We can self-correct. We have proactively self-assessed for our ethical edges, and understand key dynamics around power.

Spiral by spiral we can reach out our hands, not to strike or defend, but to compassionately relate. Our power and influence will be felt as peace and mutual well-being. This ethic synergizes power with the resonating concern of compassion. The formula is simple and yet mastery is a lifetime practice. Right Use of Power is power with heart, activated from the inside out. Be informed. Be compassionate. Be connected. Be skillful. A revolution in ethics and spirit is no longer waiting in the wings. *(Thanks to Fern Snogren for arranging for this article to be published here)*

MHREN donates funds to support local programs

MHREN's board members are proud to announce that MHREN recently made financial contributions to two excellent organizations, **Casting for Recovery** and **Boys to Men Northwest**. **Casting for Recovery** describes its mission as follows: a non-profit group of support and education for women who have, or have had breast cancer, offering weekend retreats to help promote healing both physically and mentally while learning the sport of fly fishing. The retreats are held in natural settings and offer counseling, stress relief, as well as the gentle exercise that fly fishing offers. **Casting For Recovery** offers these retreats at no cost to participants. See www.castingforrecovery.org

Boys to Men Northwest is a non-profit mentoring network made up of volunteers whose purpose is to assist primarily teenage boys in receiving guidance and support from mature men in our community. They provide a weekend retreat and ongoing follow-up groups. They offer scholarships to all youth who are unable to afford the minimal fees. Check out www.boystomennw.org for more information about the organization.

Interview with Matthew Johnson, Psy.D., MSW (MJ) and Blandine Leavitt, Board Member (BL). Dr. Johnson will be presenting for a MHREN workshop on November 17, 2006

BL: Dr Johnson, I am very much looking forward to hearing your presentation November 17th on how we, as therapists, can help our clients who are parents raise their difficult children in a healthier way. I have heard great reviews of your workshops from some of our local therapists who have attended in Eugene. I'm sure others are also curious about your background, where your passion and interest in the field of mental health and, particularly, parenting, first developed?

MJ: First, I want to say that it's exciting to hear that some local therapists from southern Oregon enjoyed my past workshop in Eugene and that you invited me as a speaker for your upcoming seminar on November 17th. My passion and interest in parenting first developed when I grew up in a dysfunctional family. My mother's alcoholism kicked in when I was in the 9th grade. During her drunken rages, she would, occasionally verbally and physically abuse us four children. My father had a very stressful job and would occasionally bring that stress home and also bestow it upon us four children in the forms of verbal and physical abuse. I know what it's like to grow up in chaos and dysfunction. I was inspired by my upbringing, to develop a system of parenting that targeted the entire family for change – not just the children. I realized that unless parents were provided with a game plan for parenting, they were going to be vulnerable to making the same mistakes my parents did. Ultimately, my interest and passion are driven by the

desire to help other children experience a healthier and more functional home environment than I did when I was growing up.

BL: How did you create the “Positive Parenting with a Plan”, otherwise known as “FAMILY Rules”?

MJ: About twenty years ago, I came up with “FAMILY Rules” after working with approximately 200 families over a two-year period of time. We tried this and it worked so we kept it. We tried that and it didn't work so we got rid of it. After two years and 200 cooperative families, we came up with a “one size fits all” parenting program, that is tried, true, and effective. It's easy to teach, easy to learn, and simple to implement.

BL: How many years have you now been teaching and using the philosophy and treatment of “FAMILY Rules”?

MJ: For 20 years. I implemented FAMILY Rules within my own family of a 15, 13 and 10 year old and it has worked wonderfully.

BL: Who are your mentors in this work?

MJ: I am often asked, “Who are your mentors” when it came to putting “FAMILY Rules” together? Was it Minuchin? Was it Bowen? Was it Adler? No! It was none of the above. My mentors were the moms, dads,

and kids from the 200 families that I worked with over a two-year period, approximately 20 years ago. This parenting program wasn't forged in some ivory tower on a university campus. Instead, it was forged in the foxholes and trenches out on the battlefield of parental warfare. The reason why this program is so effective and successful is because it was put together with my guidance, by real live parents and children. It's incredible what we can learn from our clients if we're willing to listen to them.

BL: What makes "FAMILY Rules" so effective?

MJ: "FAMILY Rules" works with your most healthy and functional family with compliant children to your most unhealthy and dysfunctional family with out of control children and every family in between. "FAMILY Rules" has teeth, empowers the parents, and does it all without utilizing corporal punishment. Parents maintain control and aren't controlling dictators, but maintain a benevolent, kind, caring compassionate parent, they call the shots, but are loving and compassionate and care about what their kids feel and it is about accountability, and responsibility, with involvement of the entire family system for change.

BL: How long does it take a parent to learn "FAMILY Rules" and implement them?

MJ: I used to work with families for a year or longer. Since using "FAMILY Rules", I can have most parents in and out of my office within two to four months – six at the most. Instead of fishing for them, cleaning the fish, and cooking the fish for them, I put the pole in their hands and teach them how to fish, clean it, and cook it themselves. I work myself out of a job. Isn't that what we're supposed to do? Work ourselves out of a job? FAMILY Rules is easy to teach and implement. It does not require a lot to learn for the family, and kids learn it easily and they end up holding their parents feet to the fire of accountability. Similar as in The Dog Whisperer, he helps them get a handle on their out of control dogs, but he is really teaching the owners new behaviors and attitudes, it should be called The Owner Whisperer.

BL: Can you give me some examples of positive changes in your work with parents?

MJ: I'll give you three examples: (1) I had a single mother who was being verbally and physically abused by her teenage son and daughter. This woman sought help from her children's school, their church, child protective services, the police, and a community agency that offered wrap around support services. Nothing changed. When she came into my office, I taught her "FAMILY Rules" and everything changed in the family within four months.

She became empowered and we stopped her children from abusing her. (2) There was a family that I worked with who had a 16 year-old male who got booted out of his third public high school in his community. He had alcohol and drug problems. He also had a conduct disorder. This kid was in and out of the mental health system for 8 years. Within two months, I helped the parents to get their son off of the alcohol and drugs. He also graduated from a public high school. (3) Finally, I had this mother who brought her 9 year-old son into my office because he was booted out of his elementary school on three occasions. She also called the police on him twice. The last time because he was chasing mommy around the house with a butcher knife trying to kill her. Within two months, I had the mother empowered and the child loved getting along with his mother, teacher, and classmates. "FAMILY Rules" really works!

BL: How does FAMILY Rules give kids confidence:

MJ: They know the expectations, they don't have to live by their parents' moods and energy level and which rule a parent comes with at the moment. Instead, they get clarity of the expectations, and they are motivated by knowing that dad and mom live by the same rules and sense of fairness. Family Rules puts more responsibility on the child, alleviates blame, and helps parents walk the talk.

BL: How do parents then still hold the position of being in charge?

MJ: FAMILY Rules clearly relies on the hierarchy model of authority and empowers the parents to do their job while at the same time requiring parents to walk their talk and do as they preach, because it is a "do as we say and as we do" parenting method.

BL: Is there anything else you would like to let readers know who are considering attending the training?

MJ: After the six hours of training, therapists will have a good philosophical foundation for the FAMILY Rules program and the complete meat and potatoes, nuts and bolts of the program, ready to take to their office and implement with the families with whom they work.

At this workshop I am offering a free Power Point Program for attendees to teach this in their community as well as a free list server with other parents and other professionals.

BL: Thank you Dr. Johnson, I appreciate your time, your humor and your passion for your program and your work with families. **(I want to make attendees aware that Dr. Johnson's book will be on sale at the workshop)**

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 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 541-245-2961 or info@mhren.org before the early registration deadline.

September 15, 2006 - Right Use of Power: Ethics for the Helping Professions

MHREN members: postmarked by 9/1/06 _____ \$65; after 9/1/06 _____ \$85 (free CEUs)
Non-MHREN members: postmarked by 9/1/06 _____ \$85; after 9/1/06 _____ \$105 (free CEUs)
Full time students: half price. Some scholarships are available

November 17, 2006 - Helping Parents with Challenging Children

MHREN members: postmarked by 11/3/06 _____ \$65; after 11/3/06 _____ \$85 (free CEUs)
Non-MHREN members: postmarked by 11/3/06 _____ \$85; after 11/3/06 _____ \$105 (free CEUs)
Full time students: half price. Some scholarships are available

Cancellation policy: \$25 fee 2 weeks or more in advance; 50% charge 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 541.245.2961 or info@mhren.org

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

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November 17

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

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