

Mental Health Resource and Education Network

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

Spring 2006 Newsletter

Spring greetings to all! We hope this season finds you enjoying the new life bursting out all over and relishing in the pleasures and challenges of doing effective, gratifying work in your offices, agencies, hospitals, clinics and wherever else your influence is felt.

Our workshop offerings continue to be appreciated by our professional community. MHREN has really taken a leap forward over the last few years in that we now consistently have well-attended and financially successful trainings which allows us to take risks on more experienced presenters whose fees may be higher. Your membership and attendance have made that possible. Thanks! Be sure to consider the remaining four trainings in March, June, September, and November.

Don't forget that you can now access our newsletters and fliers as well as the 2006 MHREN Referral Book at www.mhren.org

MHREN-sponsored Coming Attractions

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. Call Gary for more info at 541-535-8542 and to check on space availability to pay at the door.

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 or see flier enclosed or on website www.mhren.org

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 or visit www.mhren.org or see the flier enclosed.

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.

Groups, Workshops, and Announcements

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

Workshops and Classes

Mediation Works Basic Mediation Training will be held over four days, Monday April 10th, Tuesday April 11th, Monday April 17th and Tuesday April 18th from 8:00 am to 5:00 pm each day.

This dynamic training teaches all the basic skills to become a mediator. These skills can help any one deal with conflict anywhere from one's home turf to [the](#) workplace.

Mediation is a process in which a neutral third party facilitates a structured, problem-solving conversation between disputing parties. The training will cover topics such as conflict theory, the mediation process, effective communication skills, brainstorming, developing solutions and crafting agreements. In this experiential and interactive training, participants will have an opportunity to practice their skills in simulated mediation scenarios. The training meets Oregon state requirements for basic mediation training. For an information packet call Mediation Works, (541) 770-2468. Early registration is recommended. Registration fee is \$465. Limited scholarships are available. Payment Plans are accepted. For more information, call Mediation Works, 770-2468. www.mediation-works.org.

The Soul's Orientation: Using the Enneagram to Know Oneself. May 19-21st. This weekend is part of a three-year foundational training that combines spiritual practice and psychological understanding with a focus on the belly, heart and mind centers. Taught by: **ZM Suzanna Nadler, MEd and Rod Biney, MD.** Cost \$185 or \$10 off if paid by April 19th. zahira1@earthlink.net 535-3338

The Collaboration of Career Counseling and Therapy: Southern Oregon Brown Bag Seminar Sponsored by the Graduate School of Social Work Alumni Association

When: April 28, 2006, 12 to 2 pm **Where:** SOU Medford Campus, 229 N. Bartlett St., Room 103, Medford

Details: There are two aspects to job and career transition – the emotional one and the practical one. When clients are in career transition and job change, they may experience symptoms similar to life crisis. Creating focus and direction may require a collaboration of career counseling and therapy. This seminar will explore the process of collaboration between therapists and career counselors with the goal of building a client's psychological foundation and providing professional career management and development for those clients in career or job transition.

Presenter: Linda Rolie, M.A., CVC. Linda has over 25 years experience as a professional career counselor and is the founder of Career Counseling Services. She has a Masters in Counseling Psychology from Lewis and Clark College.

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 www.ssw.pdx., click on "For Alumni & Friends" and the "Brown Bag Seminars". Two (2) CEUs available. Direct questions to Gretchen Thiel at 541-552 -8111, or gthiel@pdx.edu

Mindful Speech and Mindfulness of Emotions, are two innovative classes, beginning mid-March in Grants Pass, developed and taught by **Jem Mara, LCSW**, a counselor and workshop facilitator for over twenty-five years who has spent most of the past six years doing intensive meditation training at Buddhist Vipassana (Insight) Meditation retreats and in residence at a Zen monastery. Jem also teaches Mindful Eating, Changing Habits with Mindfulness, and Meditaiaon for Helping Professionals, in which a number of meditation methods are taught with focus on how to make use of meditation in our work-life and with clients. For information: 541-761-7576 or go to mettajem@yahoo.com

Cultural Competence for Health and Human Service Professionals. SOU Psychology Department is offering this 10-week seminar designed to provide a deeper understanding and working knowledge of Hispanic culture. The course is lead by **Dr. Paul Murray** and many leaders and experts in the Hispanic community. May 17 - July 19, 5:30-8:30 in Medford. 30 CEUs available, \$500 cost. Call 552-8100 or www.sou.edu/medford for info.

Cultural Immersion Experience in Mexico As a follow-up to the above Seminar, the SOU Psychology Department provides an intensive immersion in Guanajuato, Michoacan and Jalisco. 15 participants will attend a two-week seminar interacting with Mexican social service and mental health leaders, visiting agencies, meeting service providers and families. Participants must be enrolled in the Medford seminar. July 22 - August 6. 50 CEUs available. \$1035, airfare not included. Call 552-8100 or www.sou.edu/medford for more information.

Your Fool's Desire: Inviting the Archetypal Trickster Out to Play

An expressive arts workshop designed to give sound, motion, and image to your inner fool and the wisdom it has to offer you. April 1st from 1-5pm at Phoenix Clay and Steel Works \$75 includes all materials
For info call Delaine Due 301-3059; to register call Phoenix Clay and Steel Works 512-2000

Mindfulness Based Stress Reduction - Bill McMillan, MFT, and Kim Shelton, MA, will offer this eight week program beginning in April, at Peace House, in Ashland, and ASANTE Integrated Health Center, in Medford. (These are part of an on-going series of 8 week classes.)

Created in 1979 by Dr. Jon Kabot-Zinn, **MBSR** uses a mixture of meditation, mindful yoga, body scans and other concentration practices to work with the thoughts and feelings that create what we know as stress. These practices are extremely useful for patients with chronic illness or pain, caregivers, family members, parents, health workers, or anyone living with on-going difficult life situations. Please contact **Bill McMillan (482-1072) or Kim Shelton (482-7090)**

Personal Journey with the Universal Medicine Wheel Sat., April 8, 9:30 - 4:30 p.m. \$125 includes Personal Altar with tools for the Journey. Call for registration materials
New Hope Healing Arts Center, 2576 New Hope Rd., GP 541-479-1544. **Suellen Willi, LCSW**

Groups:

Women's Circle - Bringing Life Into Balance

Open, on-going circle meeting Alternate Tuesdays 3/7, 3/21, etc. \$10 per circle.
New Hope Healing Arts Center, 2576 New Hope Rd., GP 541-479-1544. **Suellen Willi, LCSW**

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.

Evening group is held on the 1st and 3rd Mondays monthly from 6:30 to 8:30 pm.

Please contact before mid-May if you are interested in the evening group. The group will be open to new members in June of 2006.

Afternoon “munch a lunch” group for the folks who work a swing shift is held on **the 2nd and 4th Wednesdays monthly from 12 to 2 pm**. Sign up now for the afternoon process/support group beginning in April.

If you are interested in joining a group or referring please contact **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. Call **Cynthia Becker White** at the Counseling and Mediation Center at (541) 776-9166, cbeckerwhite@earthlink.net.

Announcements and Office Space Available

Office Space to Share: In the heart of downtown Ashland, prime location. Completely furnished, rent also includes utilities and cleaning service. DAY TIME USE ONLY, start as early as you like. Weekdays, office must be available for my use by 5PM. Weekend days a possible option as well. Call for more information: 482-6135.

Office Space for Rent: I am a Medford attorney with two offices for rent @ \$500 apiece. Utilities and parking is included, as is use of the reception area, kitchen and bathroom. The building is located at 712 East Jackson Street with great visibility and room for signage. Interested parties should contact me @ 772-5600 or e-mail seangeletti@yahoo.com. My practice area is family law (divorce and custody) so referrals are a distinct possibility.

Carolyn Potts, LPC recently opened her practice in Ashland. Her specialties include Trauma, Grief/Loss and Relationship issues, working with all ages. Her skills also include EMDR and Somatic Trauma Resolution, which provide alternatives to talk therapy producing quicker results with some clients. Carolyn is accepting new clients, and referrals from other therapists to provide EMDR to their existing clients as needed. She welcomes calls to discuss how this cooperative therapist relationship could work. A women's support group is currently forming, call for details. Senior discounts, a free consultation and insurance accepted. She can be reached at 541-778-6518.

Susan Berryhill, MA, LPC, and Phil Miller, MS, have relocated the offices of Potential Unlimited, our counseling and biofeedback practice, to 850 Siskiyou Blvd., Suite 9, Ashland. Our phone and fax number are still the same at 482-2780. We also have some new neurofeedback and heart rate variability software that we are finding to be very helpful for ADD/ADHD, anxiety, headaches, insomnia, PTSD, brain injuries, and other mind/brain issues. Watch for our upcoming website at www.HealthyBrain.biz.

New! ParkPlace Counseling Center is opening April 3rd! Marcia Overstreet LPC and Barbara Massey LMFT co-founders. Mood, affective, and anxiety issues involving individuals, couples and family relationships will be the focus of the center. Marcia and Barbara both have experience in a wide variety of settings including teaching at RCC and SOU (Marcia), in Silicon Valley businesses for training and development (Barbara) and in faith-based professional counseling organizations. Located at 201 West Main Street Suite 3C Medford at 541-245-9610 or see us on the web at www.parkplacecounselingcenter.com

Questions and Answers with Julie Rosenzweig, LCSW, Ph.D., MHREN's June 2, 2006 presenter

The questions were prepared by MHREN board member Paul Giancarlo, LCSW

Paul Giancarlo: Dr. Rosenzweig, I am excited that you will be coming to Medford on June 2nd to offer your workshop called ***Mind Matters: Neurobiology and Attachment Narratives in Clinical Practice***. I would also like to let readers know that we first met when I was a student in the Graduate School of Social Work at Portland State University where you have been teaching and doing research since 1985. I'm sure readers are curious about your background and how you became interested in the field of mental health as well as what sparked your more recent interest in brain studies. Would you say a few words about that?

Julie Rosenzweig: My interest in mental health extends back to my undergraduate education when I

studied child development at U.C. Davis. I even took a class from Emmy Werner, who many will know as the pioneer in children's resilience. After receiving my bachelor's I worked with children and adolescents in residential treatment. My masters and post-masters work includes clinical work in the schools, public health, juvenile justice, and child abuse. My focus on the brain, specifically, was sparked by Dan Goleman's 1995 book on Emotional Intelligence. Since then I have followed the work of Shore, Siegel, Damasio, Cozolino, Main and others. Studying neurobiology has been the most significant influence on my clinical practice in the past ten years.

PG: In your flier for this workshop, you refer to "The Decade of the Brain." When did brain research

really begin to take off as a field of study with regard to how neurobiology affects our work with the mind, emotions, and the psyche?

JR: Neuroscience is certainly not new; nor is mental health's interest in the mind-body connection. The Decade of the Brain, initiated by a presidential proclamation in 1999, showed a renewed interest in understanding neural processes. The goal was twofold: to expand research efforts by dedicating more funding to federal programs and enhance public knowledge of the brain, through Brain Awareness Week.

PG: I also gather from your flier that you will be focusing on how the new information about the mind and brain affects attachment patterns and thereby our relational capacity. How much of your workshop will be devoted to the technical aspects of brain research versus the ways to apply the findings in clinical practice?

JR: Brain and mind functioning is enormously complex from a neuroscience view. The morning will be devoted to presenting about the brain structure and functions, including memory processes and effects of trauma. Understanding these fundamentals is essential to applications. Knowing the brain and mind from a physiological perspective alone allows therapists to better "see" what they are influencing and, therefore, sharpen their intent without changing practice techniques. During the afternoon, the focus shifts to applying interpersonal neurobiology in practice, including understanding reparative attachment, memory consolidation, and neural integration.

PG: Could you please explain what you mean by attachment narratives?

JR: On the most basic level, the attachment narrative is an individual's story of self and other, reflecting the quality of the early infant-caregiver bond. An individual's attachment narrative functions as their relational GPS (global positioning system) mechanism, continually directing cognitions, affective states, and behaviors. These neuropsychobiological processes regulate physical and emotional proximity to others. Experience shapes neurology and neurology shapes behavior. Careful listening to a client's attachment narrative for coherence or chaos coupled with the practitioner's self-reflective processes yield points of entry for change.

PG: The origin of the idea to invite you to come to do this MHREN workshop was a conversation I had with a close colleague of yours on the uniqueness of the adolescent experience in terms of hormones and brain development. He mentioned that you do a specific training on the topic of the adolescent brain. How much of the upcoming day will be about adolescents?

JR: Adolescent brain development and attachment processes are fascinating. A complete presentation of the information and applications would require a day-long workshop. During the discussion of brain development and functioning, I will include a glimpse into the adolescent brain and relate some of the most recent understanding of attachment processes in this developmental time period.

PG: I attended a presentation by Dr. Bessel VanderKolk several years ago at which he showed slides of brain images derived from MRIs that demonstrated the difference between areas of the brain being activated in a person experiencing Post Traumatic Stress Disorder and those who were not. He praised the results of using EMDR to bring about positive changes for the PTSD client. Do you believe that neurobiological influences can be altered in other ways such as through more traditional techniques of therapy?

JR: Yes. I think many therapists using more traditional techniques are already affecting reparative neurological processes but they don't realize it. Interestingly, there is recent research on the psychophysiology of empathy between client and therapist related to change that is quite impressive. We have to remember that there are parallels between primacy, the original attachment relationship, and the therapeutic relationship. Neuroscience is helping therapists to understand how to bundle and direct specific human capacities and therapeutic techniques that target interpersonal neurobiology.

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

JR: Practitioners working in a variety of settings and across all ages will find this workshop useful. It's a bonus for parents as well. We all have a brain, so learning more about how it functions humbling and inspiring!

2006 MHREN Therapist Referral and Community Resource Book

If you are on our mailing list, you should have received the 2006 Therapist Referral Book. You will have noticed an improvement in layout for ease of use. Feedback has been very positive and it seems it will be a very well used item for years to come. 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. **You must complete the form each year.** We now have the book available to download on our website www.mhren.org 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. See the membership form on page 7.

2006 MHREN Members (as of 3/6/06)

We would like to thank and acknowledge all of those who have renewed or become members for 2006. It is by far the largest number of members we have had in our 16 plus years. Thanks for your important support of what we are doing together. If we have inadvertently left you off this list, please let us know and we will correct our records. Membership runs through the calendar year. If you'd like to join those below, please see the membership form on page 7.

Sandra Abell
Addictions Recovery Center
Asante
Marianne Bailey
Kristine Bales
Cynthia Becker White
Barbara Blaszak
Jeff Borchers
Carole Ann Castler
Ellen Clephane
Elizabeth Coker
Counseling NW
Family Counseling Center
Lorna Forbes
Genesis
Paul Giancarlo
Judith Gove
Roberta Greene
Stacey Guss
Elaine Hamlin
Jan Harrell
Connie Harris
Tony Haro

Gayle Hites
Rochelle Jaffe
Pam Johnsen
Melanie Kelsey
William Kirkman
Kolpia Counseling
Barbara Knox
Taylor Kohn
Jeanette Larson
Blandine Leavitt
Donna Locke
Leslie Hartley Lowe
Bill McMillan
Maureen Mahoney
Merle West Medical Center
Michele Martin
Rod Newton
Brooks Newton
Sue Orris
Marcia Overstreet
Jeannie Phillips
Jesse Phillips
Carolyn Potts

Nando Raynolds
Toni Richmond
Judy Rudy
Rebecca Ruffing
Corinna Scheibler
Lee Schnitzer
Dale Schumacher
Susan Scorso
JoAnne Smith
Fern Snogren
SOU Counseling Center
D'Arcy Swanson
Susan Ann Waterman
Rose Watne
Diane Werich
Suellen Willi
Gary Woodring
Lori Worden
Ann Wright
Susan Wrona
Christina Yager

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

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

MHREN members: postmarked by 5/19/06 ____ \$65; after 5/19/06 ____ \$85 (free CEUs)

Non-MHREN members: postmarked by 5/19/06 ____ \$85; after 5/19/06 ____ \$105 (free CEUs)

Full time students: half price. Some scholarships are available

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

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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 541.482.3314 or info@mhren.org

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

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Should we take you off our mailing list?

If you would rather not receive this newsletter, please take a minute to let us know by simply sending a quick email to info@mhren.org and we'll all save paper, money and wasted energy. Thanks.