

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

## **Winter 2008 Newsletter**

### **2008 MHREN-sponsored Trainings**

#### **March 7 – Emotionally Focused Couples Therapy: The Power of Attachment and Affect**

Participants will learn how to effectively work with and use emotional processing from an adult attachment perspective. EFT is one of only two empirically validated approaches to treating couple distress. The presenters' own research findings, in-session videos segments, small group discussions, and role-plays will be used to enhance clinical relevance and applicability.

Brent Bradley, Ph.D. and Jim Furrow, Ph.D. are colleagues of and endorsed by Dr. Susan Johnson, developer of EFT. With her, they co-authored *Becoming an Emotionally Focused Couple Therapist: The Workbook*

#### **June 6 – Assisted Self-Study: the Refined Hakomi Method**

Through lectures, experiential exercises and demonstrations, this workshop will teach participants the basics of the art of facilitating mindful therapeutic experiments. Such experiments evoke reactions, emotions, and memories that help access the implicit beliefs influencing the client's habitual behaviors. Attention will be given to the therapist's state of mind, attending to the client's present experience, and recognizing indicators of unconscious material.

Ron Kurtz is the originator of the Hakomi Method of Body-Centered Psychotherapy. Author or co-author of six influential books, he has led trainings and workshops around the world and has challenged mainstream ideas about psychotherapy.

#### **September 19 – Diagnosis and Treatment of Sexual Issues**

This workshop is for psychotherapists of all backgrounds who wish to understand and influence their clients' sexual functioning and decision-making. Participants will learn a compelling model of sexuality that focuses on its positive aspects; challenges clients' impulses to self-identify as inadequate; sees society's sex-negativity as a source of psychosexual pathology; and acknowledges non-traditional ("kinky") sexual expressions that are actually quite common. As a result, participants will be able to empower clients to make better sexual choices, function more as they would like to, and better integrate eroticism into their relationships. We'll examine specific clinical approaches to desire discrepancies, health and aging issues, pornography, power struggles, affairs, and inhibited communication.

Marty Klein, Ph.D., is an international presenter and author of several books on sexuality.

#### **November 14 - Asperger Syndrome: Diagnosis and Collaborative Treatment**

This seminar will help mental health clinicians and educators acquire practical assessment and intervention skills. Attendees will improve their diagnostic abilities and obtain skills-based techniques designed to address the social-interaction, social-communication and social-emotional concerns present in this population. Extensive recommendations designed for professionals to help these individuals succeed in the academic and employment settings will be provided. Case studies and an appropriate amount of time for questions and answers will be provided.

Timothy Kowalski, M.A., C.C.C., is a speech-language pathologist nationally known for his work with Asperger Syndrome.

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

If you would like your announcement to be listed, please email information to [info@mhren.org](mailto:info@mhren.org)

### **Workshops and Classes:**

**Mediation Works will be holding a Basic Mediation Training** in Medford on January 10, 11, 12, 18, and 19, 2008 from 8:30 am until 5 pm each day. Participants will receive a solid foundation for mediating in various settings – workplace, family, community and the courts. The training is strongly recommended to organization and workplace professionals seeking advanced skills. Tuition, including materials, for the 40-hour training is \$495. Lunch and snacks are provided. Limited scholarships and payment plans are available. For an information packet, please call Mediation Works, (541) 770-2468.

Save the date for the **3<sup>rd</sup> Annual Genesis Educational Conference**, April 17<sup>th</sup> and 18<sup>th</sup>. *New Trends in Chemical Dependency and Mental Health Treatment* will focus on prescription drugs, their uses, abuses, and advances in treatment. Speakers include Dr. Andrea Barthwell, former National Deputy Director for Demand Reduction in the Office of Drug Control Policy; Dr. Chuck Jackson, founder of Human Factor Seminars, and Dr. CC Nuckols, author of *Healing an Angry Heart: Finding Solace in a Hostile World*. Call 541 789-9037 to request a detailed announcement

### **Mining the Gold of our Personalities:**

#### **From the Inner Critic and Child Self to True Nature**

**Learn to:** Recognize and disengage from the inner critic, self soothe agitated states, use of empathic statements, recognize and own positive and negative parts of oneself, recognize and transform old patterns of relating, synthesize these skills and develop presence.

#### **Seven Classes from January to June, 7 to 9:30 pm.**

Beginning: **Wednesday, January 23 at 7pm.** And Feb. 13, March 5, April 2 & 23, May 14, June 4

**Cost: \$175. / To repeat - Cost: \$90. To register:** Send tuition (\$175.) with your name, address, phone numbers and email address. You may either send a check or your debit or credit card info (including your billing address, card number, expiration date and security code - from the back) to the address below by Monday, January 13th.

Certificates of attendance are available for health care professionals.

**Taught by Suzanna Nadler MEd, LPC and Rod Birney MD of the Self & Soul Center 9820 Wagner Creek Road, Talent, OR 97540 (541)535-3338**

### **Experience Your Innate Creativity through Improv Painting**

The healing benefits of self-expression in the arts are well documented. Improv Painting is a way to play directly and spontaneously with color and imagery free from any constraining techniques or concepts about Art. Given permission to express themselves authentically in the painting studio, people overcome their fear of painting, open to their inner world, and discover the power and joy of their own creativity. Improv Painting is for someone who has never painted before, who was told as a child that they weren't good in art, or is a professional artist feeling stuck."

Instructor: **Shoshanah Dubiner** is an accomplished artist, designer and teacher. She has been studying process painting since 2000 with Michele Cassou, Stewart Cubley and Barbara Kaufman, and since 2006, has been guiding others in this way of painting. Where: Studio Viva, 258 'A' Street, Ashland, OR

When: Saturday, January 12, 2008, 2-5:00 p.m. Attire: bring painting apron or shirt. Price: Free. For more information: [www.cybermuse.com](http://www.cybermuse.com) and/or to pre-register email [cybermusing@earthlink.net](mailto:cybermusing@earthlink.net) or call 541-292-4284.

**Ashland School of Hypnotherapy** offers nationally certified courses, including CEUs through NBCC and other organizations. Courses include a 200 hour Professional Certification Program, as well as short courses on particular issues, including a 20 hour Introduction to Hypnotherapy, Hypnotherapy for Health and Healing, Trauma Recovery, and Soul Medicine. Hypnotherapy is an especially supportive method for working with trauma, and for working with issues related to illness and recovery. Please call 541-488-3180 or visit us at [www.ashlandschoolofhypnotherapy.com](http://www.ashlandschoolofhypnotherapy.com)

### **The Painting Experience with Stewart Cubley**

January 25-27, 2008 at the yoga/dance studio at 310 Oak Street, downtown Ashland

We emphasize the creative process rather than technique. All levels of experience welcome.

Tuition is \$395 + \$25 Studio fee, and CE credits are available for Therapists, Nurses and Students  
Local contact: Margaret Brownlie: 541-488-1108  
To register, go to [www.processarts.com](http://www.processarts.com). Or call: 888-639-8569.

### **Empowering Tools for a Challenging Time**

Mindfulness Based Stress Reduction was designed by Dr. Jon Kabat-Zinn for treatment of chronic pain and has been shown to reduce symptoms of anxiety, depression, stress and insomnia, high blood pressure and many other medical conditions. Clients are trained in gentle yoga, sitting, walking and eating meditation and a body scan. In this seven-week class you receive four practice CD's and a retreat day. I am a Licensed Counselor and in 2004 I trained at Mass Medical Center. I have practiced yoga and meditation for many years and teach locally. Student feedback, "I recommend this program to anyone with chronic stress or pain." Marie. "I got my meditation practice back plus new ways to meditate" Marcia.

Please call for more information and a free interview. Cathleen Katz 488-1148.

### **Announcements:**

**The Mental Health Counseling master's program at Southern Oregon University** is seeking qualified internship settings and supervisors (LPC or related professional license) in the Rogue Valley. If you are interested in serving as a community partner with the Department of Psychology at SOU, please call Fraser Pierson, Ph.D. at 552-6949 or e-mail, [pierson@sou.edu](mailto:pierson@sou.edu).

**Office for Rent:** Great office to share with other therapists or take over the lease of entire office. Located in Cobblestone Village in Medford, just south of the RV Mall on Riverside Ave. Central location in the valley, nicely furnished, plenty of parking, reasonable rent. To see, call (541) 857-1201

**Not Straight Not Sure** is conducting a community assessment survey as part of a grant they have received from the MRG Foundation. If you would like to be included in taking the survey, please email [notstraightnotsure@hotmail.com](mailto:notstraightnotsure@hotmail.com) and the survey link will be sent to you in electronic form. Thank you for your assistance. Delaine Due, volunteer director 800-466-7005 ext 3

### **Mary Lou Brophy reports:**

On November 1, 2007, the House Committee on Human Services and Women's Wellness voted to make our "**Consumer Mental Health Protection and Choice**" bill their "one and only" bill which they will submit to the full House. Our local representative, Peter Buckley, had been diligently working behind the scenes with Committee members to make this happen.

Rep. Buckley testified before the Committee on the overall justice and need for the "Consumer Mental Health Protection & Choice" bill. Mary Lou Brophy testified on the three revisions to the bill: 1) removing the investigator position from the bill; 2) removing two words to protect registered interns and remove redundancy; and 3) exempting Certified Alcohol & Drug Counselors (CADC's) from non-use of the words "counselor" and "counseling."

The February Supplemental 2008 Session is an experiment with annual legislative sessions, and is only 4-weeks long. Therefore, new procedural rules were adopted. One is that each House committee could introduce one bill; no individual House member is allowed to introduce any legislation for this session. Thus, we are extremely grateful that the Committee on Human Services and Women's Wellness chose to sponsor the revised HB 2687.

THE OREGONIAN published an article (10/23/07), then an editorial (10/24), which highlighted the need for consumer mental health protection. The legislators were impacted by this coverage.

Also, the Coalition for Consumer Mental Health Protection & Choice has been advised by trusted legislators to hire a lobbyist, which we have done. Kristin Leonard will help to pass our legislation on the Senate side, particularly. See the Coalition website for further information: [www.oregonmentalhealth.info](http://www.oregonmentalhealth.info).

## **Groups:**

**Not Straight Not Sure** is a support group for queer youth, young adults and their families. There is a confidential safe-space support group meeting once a month and an open social support event once a month. The confidential support group is facilitated by Delaine Due, M.A. Please refer to the group by contacting us at 800-466-7005 ext 3 or [notstraightnotsure@hotmail.com](mailto:notstraightnotsure@hotmail.com). The group has also received a grant to support completion of their non-profit status and is accepting both Board and Volunteer applications. This group's philosophy is strongly rooted in a model of abundance and a belief that activism and service does not equal burn out. For an application, please contact us.

**Clinical Supervision Group led by Joan Kalvelage** in Ashland will offer discussion/practice of helpful strategies, plus intimate sharing of cases and mutual support. Scheduling to reflect members' needs. Call Joan at 541-482-3418.

**Mixed Gender Process Groups** – A here and now group process for personal growth in which members are brought together for the purpose of relieving their cognitive and emotional conflicts, such as: guilt, shame, anxiety, depression and suppressed personal expression. We address reduction of personality dysfunctions while strengthening personality assets, and changing patterns that limit growth by exploring maladaptive defenses and other self-defeating behaviors.

**Evening groups are held on:**

**The 1<sup>st</sup> and 3<sup>rd</sup> Mondays monthly from 6:30 to 8:30 pm.**

**The 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays monthly from 6:30 to 8:30 pm.**

These groups will be open to new members in January of 2008. Please reserve your space by the end of December 2007. If you are interested in joining a group or referring someone please contact **Cynthia Becker White at the Counseling & Mediation Center (541) 776-9166, email [cbeckerwhite@charter.net](mailto:cbeckerwhite@charter.net)**

### **Weekly Men's Psychotherapy Group**

This weekly psychotherapy group helps men: identify emotions; develop ways to talk about those emotions with other men; and develop skills for developing and maintaining supportive relationships. Group members find that they are not alone in their struggles and observe and experience alternative strategies for relationships with other men as well as the women in their lives. Group members gain an accurate view of themselves through the feedback of group members, observe how others manage their relationships and explore alternative means of living in the world.

In Grants Pass, Oregon Every Wednesday at 6:30pm - 8:30pm John **Gram, Psy.D. 541-471-7010**

### **Bi-weekly Men's Psychotherapy Group**

This psychotherapy group meets on 1st and 3rd Tuesdays. With a similar format and structure to the weekly men's group, this bi-weekly group provides access to men whose schedule or finances might prevent them from a weekly commitment. Also, men who have been involved in individual psychotherapy often find the support they need as they transition from their individual psychotherapy into life beyond therapy.

In Grants Pass, Oregon Every other Tuesday at 5:30pm - 7:30pm John **Gram, Psy.D. 541-471-7010**

### **Bi-weekly Mixed Gender Psychotherapy Group**

This psychotherapy group of men and women meets on 2nd and 4th Tuesdays. Members benefit not only from feedback and interaction but also from the specific responses that men and women have towards them. This group is especially helpful in developing sensitivities with the opposite gender. Group members see themselves through the feedback of group members and observe how others manage their relationships both within the group as well as in their intimate relationships outside of the group. Members not only come to see themselves more accurately, but also explore alternative means of interacting with others in their life outside of the group.

In Grants Pass, Oregon Every other Tuesday at 5:30pm - 7:30pm John **Gram, Psy.D. 541-471-7010**

## **MHREN Membership Renewal**

Professional membership dues for 2008 remain at \$50 per person or \$100 for organizations. Dues are based on the calendar year so, if you haven't already joined or rejoined, please support our efforts to bring you the high quality, diverse trainings and networking services we have been able to provide for 17 years. Our membership in 2007 topped any previous year. We have over 75 members! Thanks to all our members. We will print the list of members in our March newsletter. Fill out the form on page 5.

## **Mental Health Professionals Helping Returning Veterans**

**By Bill McMillan, MFT**

As all of you know, there is a growing wave of veterans returning from Iraq and Afghanistan. The statistics of mental health needs for these men and women are alarming enough, and the news seems to be triggering more and more Vietnam Veterans as well. The VA system is honestly trying, but they simply cannot cope with the numbers needing mental health services at this point in time. And it will only get worse as the numbers grow.

You can help. An organization based in Portland, The Returning Veterans Project NW, has created a website - [www.returnsveterans.com](http://www.returnsveterans.com) - which lists mental health providers willing to offer an hour a week of pro-bono counseling to veterans and their families. They have generously offered to include providers from S. Oregon on their list. Simply go to the website, read the requirements and obligations (very few) and consider whether you are called to offer your services. If so, the registration process is very easy and will be an important contribution to the community.

On a related note, we wanted to let you all know about a project for Veterans that will take place in S. Oregon next spring. **The Welcome Home Project** will be a five-night retreat for Veterans and family members,

culminating on Memorial Day with a public gathering and welcome home ceremony at the Bowmer Theater in Ashland. The Oregon Shakespeare Festival has generously donated the space for this event.

***“Healing only happens where and when the burdens of war can be shared by the greater community. A public gathering allows citizens to become compassionate witnesses to the stories of war and the necessity of a conscious and genuine return.” (Michael Meade, main facilitator of the Welcome Home Project retreat).***

We are looking for veterans willing to participate in the retreat and public event, so if you are working with veterans or family members of veterans, please let them know about this opportunity and suggest that they contact us.

For further information please see the website: [www.thecominghomeproject.org](http://www.thecominghomeproject.org), or you can contact **Bill McMillan, MFT at 541-482-1072.**

**Editors Note:** *The MHREN board would like to support this amazing project and has voted to donate money to the cause. If you would like to add to our financial support of the Welcome Home Project, please contact Bill McMillan at the above number.*

*In addition, many of us would like to become part of the team that is available to vets returning from Iraq and Afghanistan. We are considering offering a free training to therapists who would like to acquire or hone skills to work with this specific population. If you know practitioners who have extensive experience in this area and might be willing to present a portion of the training please let us know at [info@mhren.org](mailto:info@mhren.org)*

**Important Notice: We have recently had to turn away late registrants due to reaching the legal (fire marshal) capacity of the workshop venue. Please help us avoid this dilemma by registering early. If your agency is paying for you, it is your responsibility to confirm with your office that we have received payment prior to the event. We don't send out confirmation notices. Please feel free to check in with us to see if your agency has indeed followed through with payment. If we haven't received payment before the day of the training, you will need to pay for the workshop and then be reimbursed by your agency.**

## **Regarding your evaluations of workshop presenters and facilities:**

As you know from attending our trainings, we always ask you to fill out an evaluation of your experience that day. Although, these forms are required by the NASW, we on the MHREN board value the input we receive from you. The evaluations have informed us of whom you think we should invite back and give us a sense of what your perceptions are regarding the quality and professionalism of our presenters. We are proud to have enhanced the quality of practice in our area by providing excellent growth opportunities to mental health practitioners.

We have certainly noticed over the years that we receive many complaints about various aspects of the Smullin Center including poor lighting, heating/air conditioning problems, and uncomfortable chairs. We are also bothered by these inconveniences and have talked with the folks at Smullin about them. As a board, we have debated the virtues and deficits of the Smullin Center and we keep coming back to the reality that the plusses seem to outweigh the minuses. The plusses include its central location, abundant parking, audiovisual service, familiarity and continuity and, especially, the fact that the rental of the room and catering are much, much cheaper than other venues in Medford.

These rates have allowed us to keep our prices low and the services Smullin provides have made it easier on our all-volunteer board. Most professional workshops like ours now cost from \$135-175 per day. As a MHREN member, you can attend ours for \$80. We have also had a scholarship program available to anyone who asks for assistance and half-price for students and Asante employees. We remain a non-profit organization and continue to have the goal of breaking even at our workshops. Due to the tremendous support from many of you through your membership and because our workshops have been so successful over the last several years, we are able to take some risks and bring in more expensive, well-known presenters and to offer a wide variety of topics while remaining financially solvent.

In recent years, we have published the Therapist Referral Book at no charge to either the therapists listed or those receiving the book. This has helped us to live up to the "resource and network" parts of our name. We are open to your ideas about what you think might be a useful addition to MHREN's activities.

We would also appreciate hearing from you about whether you would rather pay more for our trainings if it meant being able to change venues away from Smullin. You can contact us at [info@mhren.org](mailto:info@mhren.org)

Paul Giancarlo, LCSW

## **Therapist Referral Book 2008-2009**

This edition of the Therapist Referral Book will be mailed out by mid-January free of charge to all of those who receive this newsletter and to most of the general practice doctors in the valley. We hope that you will find it useful in your practice. Due to expense and effort, we will only publish every other year. You can always access and download the book from our website [www.mhren.org](http://www.mhren.org). We would like to thank Barb Barasa for her excellent work again this year.

## Workshop Registration and Membership Form

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

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

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

### **Membership Fees for Calendar Year (payment after September 1st 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 to pay at the door and be reimbursed by your agency. Please arrange payment early.

**Some scholarships are available.** Inquire at 541-245-2961 or [info@mhren.org](mailto:info@mhren.org)

**Cancellation policy: \$25 fee 2 weeks or more in advance; 50% fee 1-2 weeks; no refund less than 1 week**

#### **March 7, 2008 – Emotionally Focused Couple Therapy**

MHREN members: postmarked by 2/22/08 \_\_\_ \$80; after 2/22/08 \_\_\_ \$100 (free CEUs)

Non-MHREN members: postmarked by 2/22/08 \_\_\_ \$100; after 2/22/08 \_\_\_ \$120 (free CEUs)

Full time students: half price.                      Some scholarships are available

#### **June 6, 2008 – Assisted Self-Study: the Refined Hakomi Method**

MHREN members: postmarked by 5/23/08 \_\_\_ \$80; after 5/23/08 \_\_\_ \$100 (free CEUs)

Non-MHREN members: postmarked by 5/23/08 \_\_\_ \$100; after 5/23/08 \_\_\_ \$120 (free CEUs)

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#### **September 19, 2008 – Diagnosis and Treatment of Sexual Issues**

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Full time students: half price.                      Some scholarships are available

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

**Total amount (membership and/or workshops) enclosed: \_\_\_\_\_**

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Newsletter published March 15, August 15 and December 15. Deadline is 30 days prior to these dates. To include your listing, contact newsletter editor Paul Giancarlo at 541.245.2961 or [info@mhren.org](mailto:info@mhren.org).

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

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**March 7, 2008**

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