

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

Fall 2007 Newsletter

Greetings to our members and readers as we enter into the homestretch of 2007. Please check out the two remaining workshops, September 28 and November 2. Both presenters are tops in their field.

We receive many questions about membership renewal every year. Membership is by the calendar year so renewal is each January. If you renew after September 1st, your membership will extend through 2008. For now, memberships remain at only \$50. Your memberships help us to continue our work.

Please note:

The **2008-2009 Therapist Referral Book** submission form is enclosed in this newsletter. Please note that this edition will be used for the next two years. **We will not publish a new edition in 2009.** The form will also be available to download online at www.mhren.org but a hard copy must be sent to the address on the form. The final deadline for forms is September 30th.

2007 MHREN-sponsored Trainings

Sept 28 - Clinical Approaches to Chronic Self-Injury, Self-Mutilation, and Self-Harm Syndromes

David Calof, D.A.P.A. will address typical motivational frameworks for self-injury among adolescent and adult survivors of abuse and neglect, along with guidelines and strategies for intervention illustrated with ample case material. Participants then will engage in powerful supervised exercises and feedback sessions designed to: Clarify their experience of client self-harm, explore idiosyncratic reactions, and identify and work through countertransference vulnerabilities in current practice.

David L. Calof, D.A.P.A., is a highly regarded clinician from Seattle who has lectured and consulted across the US and overseas for over 32 years on the treatment of PTSD, post-abuse and self-injury syndromes.

November 2 - Group Therapy: Process, Structure and Ethical Considerations

Matt Modrcin, Ph.D., LCSW will focus on the possibility of change that group therapy offers through a relational experience. Group leadership is critical in creating an atmosphere that encourages group interaction, emotional connection, reflection, and attention to behavior that constrains or enhances or relational capability. A framework incorporating attachment, systemic, and existential perspectives for understanding and working with group dynamics will be presented. Group structure, the use of process interventions to work with resistance, and ethical issues will be discussed

Matt Modrcin, Ph.D., is a Ph.D. and LCSW, group facilitator, trainer, clinical supervisor, and teacher with over 30 years experience. He teaches a course on Clinical Social Work with Groups in the Graduate School of Social Work at PSU and specializes in family and couples therapy in his clinical practice. His family therapy workshop a few years ago was one of MHREN's highest rated trainings ever.

Groups, Workshops, and Announcements

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

Workshops and Classes:

Essential Principles of Sand Tray/Sandplay, Ashland

October 19th and 20th, (Fri./Sat.) This 2-day experientially based intensive training is designed to provide a foundation to use this technique in a private or agency-based setting. 14 CEU's; \$300.00.
Call Roxanne Rae, LCSW, BCD, instructor, for flyer/info. 541-292-9277.

Workshop:

"The Creation and Use of Light Forms"

Attendees will learn and explore an inner spiritual process that weaves heartspace, geometric form and sacred universal energy to deepen spiritual journey, strengthen self-healing, and safely accelerate evolutionary movement.

When: Saturday, December 1, 2007 9:30 a.m. - 4:30 p.m.

Where: Southern Oregon location TBA

Fee: \$125.00

Instructor: Suellen Willi, LCSW (541) 479-1544

The 6th Annual Conference of Jackson County Courts and Community: Caring for Children presents Claudia Black, Ph.D. on Friday, October 26, 2007 Claudia Black is a renowned author and trainer internationally recognized for her pioneering and contemporary work with family systems and addictive disorders. She has offered models of intervention and treatment related to family violence, multi-addictions, relapse, anger, depression and women's issues. Dr. Black designs and presents workshops to professional audiences in the field of family service, mental health, addiction and correctional services. Registration information will be available in late August/early September 2007. Contact gthiel@pdx.edu, for more information.

Mindfulness Based Stress Reduction

Bill McMillan, MFT, and Kim Shelton, MA, will be offering an eight-week program in **Mindfulness Based Stress Reduction**, in Ashland and Medford, beginning in October, 2007.

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 feel as stress. Many studies have shown these practices to be extremely effective for patients with chronic illness or pain, caregivers, family members, parents, health workers, or anyone living with on-going difficult life situations. There will be classes on Thursday mornings in Medford (9-11:00am), and Thursday evenings in Ashland (7-9:00pm.) Eight classes, beginning on October 18th, 2007.

Please contact **Bill McMillan (482-1072) or Kim Shelton (482-7090)**

MindBodyOne - A Course in Mindfulness and Self-Defense

MindBodyOne is physical exercise executed with a profound inwardly-directed focus. Inspired by traditional eastern martial arts and western psychology, this series of six weekly classes will introduce a highly choreographed moving meditation designed for women and men of all ages and skill levels. As a practice in both mindfulness and self-defense, the goal of MindBodyOne is to foster physical and psychological well being in all aspects of daily life. Benefits include stress management, healthy personal boundaries, flow, balance, & coordination, self-esteem & confidence, cardio-vascular conditioning, and de-escalation and conflict resolution skills.

Instructor: Jeff Borchers, Ph.D. has been teaching traditional martial arts for over 30 years. He currently works as a mental health counselor, and has a background in teaching, research, and organizational development.

Where: Smullin Health Education Center, RVMC, 2825 E. Barnett Road, Medford, OR

When: Thursdays, 5:30-7:00 pm, Sept.13-Oct. 18 Attire: Appropriate for exercise

Price: \$40.00 (six, 1½-hour sessions). Cost center billing available for Asante employee education credits)
Contact: Asante Counseling Services EAP Email: jwilson@asante.org; Call to Pre-Register: 541.789.4238

The Soul's Orientation: Using the Enneagram to Know Oneself

September 14 – 18 Residential Retreat

Exploring the urge to merge; the search for intimate connections. Led by ZM Suzanna Nadler, LPC and Rod Birney MD. CEU's available for LPC. Teaching Fee: Before August 15th, \$275. After August 15th, \$290. Deadline for all registration September 1st. Shared rooms available or camping. Room and board additional. Location and Registration: Self & Soul Center, 9820 Wagner Creek Road, Talent Oregon. www.selfsoulcenter.org. 535-3338

ARTrageous Women in Transition (WiT) Camp: Sept. 20-23, near Seattle, WA. This 4 day intensive retreat is designed for women who are ready emerge from a life transition and/or have an idea, project, or business to bring into the world. The camp fee includes pre and post camp life coaching to craft goals and follow through activities, time to present your ideas through a Playshop format and get group feedback, and accommodation/organic meals at a vacation home in the forest. Fee is: \$875. Visit: www.artrageouscamp.com for more details. Contact Judy Dolmatch, LCSW at 541-488-2181.

Ashland School Of Hypnotherapy offers a 200 hour Professional Certification Program in Hypnotherapy, as well as short courses on particular issues, including a 20 hour Introduction to Hypnotherapy, Medical and Dental Hypnotherapy, and Motivation, Habits and Addictions. All courses are nationally certified, and offer CEUs through NBCC and other organizations. Call 541-488-3180 or visit us at www.ashlandschoolofhypnotherapy.com to register.

Announcements:

Bilingual / Bicultural Mental Health Therapist

Come join our team of health professionals dedicated to providing quality medical services to those most in need. Due to our tremendous growth, we are currently seeking a Bilingual / Bicultural Mental Health Therapist. Kids Health Connection (KHC) is a school based health center dedicated to providing mental health services to elementary students and their family members who are part of our KHC program.

This position is full-time based on a school year. Experience working with young at risk children and their families is preferred. A Masters degree in counseling, social work or a related field is required. Excellent communication skills in English and Spanish required. Creative and caring individuals who want to make a positive change in the lives of children are strongly encouraged to apply.

For more information please visit our website at www.lcdv.org or call Victor Chang @ 541-842-3771. Interested applicants should mail a resume and cover letter to 3617 S Pacific Hwy. Medford, OR 97501 Attn: Human Resources, or email to employment@lcdv.org

GENESIS is seeking an on-call Licensed Clinical Social Worker to work in our outpatient mental health program. We provide chemical dependency, dual diagnosis, and mental health services regionally. The person filling this position will develop their own caseload as a result of doing mental health assessments. Flexible hours, best pay rate in the valley. This position is ideal for a LCSW in private practice needing supplemental income, a retired LCSW, or a LCSW not currently in the work force. To apply for this position, visit our web site at www.Asante.org or contact us at 877-270-4693.

Portland State University's School of Social Work is offering it's fifth cohort of a three-year, Master of Social Work program, based in Ashland, Oregon. The program begins in September 2008 and utilizes classroom and online

instruction with a focus on direct human services. Applications are due February 1, 2008. For more information contact: Gretchen Thiel at 541.552.8111, gthiel@pdx.edu.

Office space for rent in Ashland - Available on Monday, Tuesday and Thursday until 5 pm, \$80 a day. Carolyn Potts Metzker 778-6518

Looking for office space - either hourly or 1 day/week as I develop my practice here. I am new to Ashland - have moved here from Chicago almost 1 month ago.
Bonnie Holstein, Psy.D. 541-552-5415 email: bonnieh3333@aol.com

Medford office space available by day or week in downtown area. Furnished, handicapped accessible with copier and waiting area. Month to month lease. Call 245-9610 for more information

Groups:

Women's Circle Intensive

Four intensive circles for women interested in jump-starting their spiritual path. Includes: setting personal circle; sharing our stories; how to set/focus intention; instruction/practice of mind/body energy techniques; basic Light Form creation/use.

When: 4 Thursdays in October, 2007: 10/4; 10/11; 10/18; 10/25 6:30 p.m. - 8:45 p.m.

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

Fee: \$100

Instructor: 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, and intimacy, communication, assertiveness, and stress reduction.

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

Afternoon group is held on the 2nd and 4th Wednesdays monthly from 12 to 2 pm.

Sign up now for the afternoon group, both groups open to new members in January 2008. To join a group or to refer someone, contact **Cynthia Becker White** (541) 776-9166, cbeckerwhite@charter.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. Dates and times TBA. Contact **Cynthia Becker White CADCI** at the Counseling and Mediation Center (541) 776-9166, email cbeckerwhite@charter.net

Questions and Answers about Groups with Matt Modrcin, Ph.D.

(Dr. Modrcin will present a MHREN workshop on group therapy on November 2, 2007)

MHREN: What is your background in the field?

Matt Modrcin: I have an M.S.W. and a Ph.D. in Social Work. I am licensed as a clinical social worker in the State of Oregon. I teach at the School of Social Work at Portland State University. I have worked in a

variety of clinical settings and currently maintain a private practice specializing in work with families, couples, and men.

How did you get into running groups?

My first exposure to groups was in 1972-73 when I was working at a drug treatment center and was fascinated by the process and skills of the facilitator.

How long have you been facilitating groups?

I have been doing group work in some capacity in a variety of settings since 1974.

How long have you been doing trainings?

For over 20 years.

What is the most exciting thing for you about group work?

The energy in the room when a group is functioning, and observing and working with the tension between change and the resistance to change that we all experience.

How do you see groups fitting into the overall field of therapy?

I think that they are powerful and often underutilized especially in private practice.

Do you find that group therapy is more effective if combined with individual therapy?

No, sometimes having a person in individual therapy can limit what a person will bring to group therapy. We will discuss this at the workshop.

The subtitle of the workshop mentions ethical considerations. Can you briefly touch on how those considerations might be different than with individual therapy?

It is more difficult to ensure that confidentiality can be kept in a group setting since you have little control of what folks will do with the information that they hear in a group setting. Members of the group need to be informed of this in advance so that they can decide what information about themselves, their histories, etc., they want to bring to a group setting.

How will the workshop be structured? Will it include experiential components?

The workshop will have both a structured presentation and also time for some experiential learning.

Will you be using examples from your casework experience?

Yes and hopefully those attending the workshop will also bring examples from their practice.

Which issues do groups work for best, and which least?

Relationship issues for sure, support for specific life events such as cancer, divorce, substance abuse, anything that helps reduce the isolation that people may be experiencing. Some folks are not ready to use a group format and that needs to be assessed by the practitioner.

See enclosed flyer for more details of the workshop on November 2, 2007

Update on legislation affecting mental health professionals:

“No Known Reason” for the Killing of HB 2687

In the final days of the 2007 legislative session, our “Consumer Mental Health Protection & Choice” bill was in a veritable “ICU” -- death or life was in the balance. What began with a meeting on November 9, 2006, helped along by a MHREN mailing, grew into an energized and statewide, powerful coalition of licensed mental health professionals.

From this powerful grassroots Coalition came experts who testified before both Senate and House Committees, who met and educated legislators on the need and merits of HB 2687, a bi-partisan bill co-sponsored by Ashland area Democrat Peter Buckley and Medford Republican Sal Esquivel. These two legislators have an amazing ability to work together based on their mutual trust and their focus on what is in the best interests of Southern Oregon. Republican Representative Ron Maurer of Rogue River-Grants Pass, who is also co-chair of the Mental Health Caucus, was a staunch and dedicated advocate for HB 2687 throughout its process.

What killed HB 2687 is still to be discovered. Who killed HB 2687 is not in doubt. Despite the efforts of several key and formidable senators throughout Oregon, Democratic Senator Kurt Schrader (Canby/Clackamas County), Co-Chair of the Ways & Means Committee, refused to let HB 2687 move, thereby killing it. Even Schrader's Co-Chair on Ways & Means, Representative Mary Nolan, wanted HB 2687 to move forward as did other hard-working, compassionate representatives. They had voted for our bill in the House where it won by a whopping 51-7 vote. These representatives, too, lobbied Senator Schrader on our behalf. He would not budge.

Who "got to him" to determine "the hit" is still unclear, but members of the Coalition, still going strong, are researching this. We want to be able to address the problem, thus need to know what the "problem," is -- perceived or real.

Apparently the only senator who had the influence to wrest HB 2687 from Schrader's control was Democratic Senate President Peter Courtney (Salem/Gervais/Woodburn). Senator Courtney did not do so.

Certainly there is a problem with the "system" when one person has so much power that a bill that generates such strong support in both houses of the legislature can be killed by one person. I refer to Senator Kurt Schrader as "the Karen Minnis of the Democrats."

On July 7, Saturday, eighteen members of the statewide Coalition met at the University of Oregon, Eugene, to debrief and strategize. We are preparing a "new and improved" bi-partisan bill to be offered in the February '08 session. Our Coalition is held in high regard in Salem. We are visible in person, e-mails, letters, and phone calls. We will continue to practically implement the mental health parity bill by making licensed mental health professionals' qualifications more transparent and insurance reimbursement more available to those seeking therapy/counseling. Please hop on board! www.oregonmentalhealth.info

Mary Lou Brophy, LMFT, LPC (541) 621-7390

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.

Rave review for David Calof, our September 28th presenter:

"I am in private practice and also work fulltime on an agency crisis response team. I recently attended the workshop, "**Clinical Approaches to Chronic Self-Injury, Self-Mutilation, and Self Harm Syndromes.**" I feel compelled to state my appreciation for that experience. David Calof's abilities are known and respected internationally. Still, I was surprised by the quality of information he presented. It was also surprising to see the connection he and the subject matter made with the audience. Considering all the clinics and conferences I have attended -- this is the only time I have seen every attendee still onsite and actively participating until the last minute of a seminar! Thanks again for a great clinic."

-- **Frank E. Shull, M.Ed. LCPC, LMHC, DMHP, Portland, OR**

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 for paying at the door and being reimbursed by your agency. Please arrange payment early.

Some scholarships are available. Inquire at 541-245-2961 or info@mhren.org

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

September 28, 2007 - Clinical Approaches to Chronic Self-Injury

MHREN members: postmarked by 9/14/07 _____ \$65; after 9/14/07 _____ \$85 (free CEUs)

Non-MHREN members: postmarked by 9/14/07 _____ \$85; after 9/14/07 _____ \$105 (free CEUs)

Full time students: half price. Some scholarships are available

November 2, 2007 Group Therapy: Process, Structure and Ethical Considerations

MHREN members: postmarked by 10/19/07 _____ \$65; after 10/19/07 _____ \$85 (free CEUs)

Non-MHREN members: postmarked by 10/19/07 _____ \$85; after 10/19/07 _____ \$105 (free CEUs)

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: _____

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.

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

**Mental Health Resource and Education Network
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September 28, 2007

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David Calof, D.A.P.A.**

November 2, 2007

**Group Therapy: Process, Structure and Ethical Considerations
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sending a quick email to info@mhren.org**