

Mental Health Resource and Education Network

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

2008 is MHREN's 18th year! We are no longer "minors." Recently, we have received lots of feedback and appreciation from the community of Rogue Valley therapists about our work. As we have grown more solid and our workshops more consistent, we've developed a healthy support system and have attracted more members than ever. Because of this support, we have been able to venture out into unknown territory. It's good to have all of you there, joining up and making MHREN a core touchstone for our therapist community. There are many ideas about what we could do as a group and we are always open to hearing and considering them. Please check out the remaining three trainings we are offering in 2008. They are diverse and will all be presented by nationally known teachers. Our popular Therapist Referral Book went out to 680 therapists and 144 local primary care physicians. If you haven't joined MHREN for 2008, please send in your \$50 and add a brick to our strong foundation so we can leap into our "adulthood" with grace and vitality.

2008 MHREN-sponsored Trainings

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, educators, speech/language pathologists, and occupational therapists 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

Workshops and Classes:

NLP Training begins March 15 at Hidden Springs in Ashland.

Choose from 2-day Foundation Skills, 12-day Core Competencies, or the comprehensive 20-day NLP Practitioner Certification, meeting one weekend a month through November. Taught by Lindagail Campbell, founder and director of the NLP Institute of Oregon, international trainer who has taught over 3,000 students around the world, and Katrina Patterson, NLP Guest Trainer from London, England. Attend the first weekend, March 15-16, for \$195. Gain practical tools you can put to work immediately. According to Psychology Today: "Neuro-Linguistic Programming is the most powerful vehicle for change in existence." 541-535-5932, LgNLP@aol.com www.NLPOREGON.com

DREAMSCAPES: Dreams and Decisions, an Experiential Workshop in Ashland, OR.

Instructor: Roxanne Rae LCSW, BCD

- ? Are there times you wonder about the meaning of your dreams?
- ? Would you like an opportunity to explore your own personal meanings of the images which emerge from deep within your own life?

Meanings of our non-verbal images can readily be discovered through the use of the Sand tray/Sandplay method. In a hands-on, three-dimensional, interactive process with sand and miniatures, you will be gently guided to uncover your personal truths. In a very small group setting you will begin to learn to link your dream images to your daily life, lending clarity to life's challenges and choices. **April 12th, 12:15 to 4:15 PM (Saturday). Fee: \$70.00, including 4 CEU's. Advanced registration is required. Call 541-292-9277 for flyer/ information.**

Essential Principles of Sand Tray/Sandplay, Ashland

April 26-27, Sat/Sun. 9 a.m. to 4 p.m.-14 CEU's Cost: \$300.

Participants in this intensive, small-group training course will create their own sand trays and will learn how to use specific sand tray/sandplay methods in a private or agency based practice. This comprehensive beginning level course includes multiple learning approaches with emphasis on experiential exercises. Attendees will gain the essential skills to use sand tray/sandplay methods and to understand and appreciate their own human processes and those of their clients. Training spaces are limited so that each person can receive the special attention necessary for a rewarding professional and personal training experience. Call instructor, Roxanne Rae LCSW, BCD 541-292-9277 for information/flyer, or see: roxannerae.com for information on the Sand tray/Sandplay method.

Mining the Gold: From the Inner Critic and Child Self to True Nature

Learn to recognize and disengage from the inner critic, self soothe child states with empathic statements, own projections, understand old patterns of relating and their effect in the present, and practice synthesizing skills.

Weekend Format Dates: Part 1; May 30, 31, June 1, Part 2; June 27, 28, Starts Fri. Eve. at 7:00 p.m.

Cost \$175. Certificates of attendance are available for health care professionals. Web audio files are available. Taught by Suzanna Nadler, M.Ed. LPC and Rod Birney, MD at the Self & Soul Center 535 – 3338 for registration or zahira1@earthlink.net Self & Soul Center & Retreat Sanctuary, 9820 Wagner Creek Road, Talent, OR 97540 selfsoulcenter.org (541)535-3338 Register early, this class quickly fills!

The 3rd Annual Genesis Educational Conference, April 17th and 18th,

New Trends in Chemical Dependency and Mental Health Treatment will focus on prescription drugs, their uses, abuses, and advances in treatment, and offers 12 hours continuing education credit. Speakers include Andrea Barthwell MD FASAM, former National Deputy Director for Demand Reduction in the Office of Drug Control Policy; Chuck Jackson PhD, founder of Human Factor Seminars; Darryl Inaba, PharmD, Genesis Clinical Manager; CC Nuckols PhD, author of *Healing an Angry Heart: Finding Solace in a Hostile World*. More information: call 541 789-9037 or email dtaylor@asante.org.

LGBT Cultural Competency Workshop for counselors

Saturday, April 5, 2008 from 10 AM – 4 PM.

This workshop presented by *Advancing Paradigms*, a local LGBT Consulting and Training group, will focus heavily on Transgender topics as presented by Dr. Lydia Sausa, who presented a workshop in the Ashland area in October of 2007. Attendees will learn to better serve clients who are part of the LGBT community. Contact Lori Warfield at 324-7888 or lori@mtashland.net for more information on cost, location, and facilitators. Registration is limited to 30 and the deadline is March 31st. Limited sliding-fee scale slots for new counselors will be offered.

Announcements:

The WELCOME HOME PROJECT

A Memorial Day Retreat for Veterans and Family Members
May 22 through May 27, 2008 In Southern Oregon

The Welcome Home Project is a community centered welcome home program for veterans of foreign wars, in particular Iraq and Afghanistan, and their family members. The event will be five nights long, to be held at a retreat center outside of Ashland, OR, (www.buckhornsprings.org) where the focus will be on creating a community of veterans and encouraging expression and healing through story-telling, art, writing, meditation and movement. This part will be primarily facilitated by Michael Meade, Vietnam era veteran, and Peggy Rubin, both renowned scholars of mythology, ceremony and ritual, along with other experts in issues faced by veterans and their families. (www.mosaicvoices.org, www.sacredtheater.org).

The final evening of this event, Memorial Day, 2008, will be a coming together of the veterans and the civilian public in a ceremony of re-connection and welcoming home, bridging the parallel worlds of veterans and those who do not know the experience of war. **All expenses will be paid for the participants.** This is open to all veterans but space is limited. We are supported by many veteran organizations in the Northwest, and we have no political or religious agenda. We are actively recruiting veterans now, so if you are working with vets or their families and feel this could be a good fit for your clients, please contact us to discuss it further.

For more information please see our website: www.thewelcomehomeproject.org

Bill McMillan, MFT & Kim Shelton, MA 565 A St. Ste. #201 Ashland, OR. 97520 (541) 482-1072 or (541) 482-7090
mcmillan@ccountry.net shelton@ccountry.net

A Note from Kay Faight, Southern Oregon Regional Director for the Alzheimer's Association.

Thank you for the opportunity to introduce myself to all of you! I am the new Regional Director for the Southern Oregon Office of the Alzheimer's Association. The Alzheimer's Association is the leading voluntary health organization in Alzheimer care, support and research. The Medford office covers a 4-county area and we offer: Information and Referral, Support Groups, Education, Safe Return Program, and a 24hr. Helpline, to those dealing with Alzheimer's disease throughout Southern Oregon.

Currently there is no cure for Alzheimer's and although there have been huge strides over the years, early diagnosis and intervention is essential in helping those dealing with the disease. Many of us have been affected by Alzheimer's and know the impact it has on the patient, family, friends, the health care system, and caregivers.

Together, we can make a difference. I personally believe in touching all aspects of a community in order to utilize resources, build teams, and share knowledge of the problem. I urge all of you in the mental health field to become educated on Alzheimer's and to utilize our Association for any resources we can offer to you or your clients. Please visit our website at www.alz.org. I also welcome any feedback from those of you that may "specialize" in counseling or assistance specific to clients with Alzheimer's, and urge you to contact me. Thanks for all you do.

Kay Faight Southern Oregon Regional Director Alzheimer's Association 2860 State Street Medford, OR 97504
541-774-9348 Main 541-776-6215 Fax

A new Substance Abuse Treatment Program for women veterans has been created at the VA Southern Oregon Rehabilitation Center and Clinics (formally known as the DOM) in White City. The program runs 4 hours a day, Monday through Thursday for 6 weeks, and then 1 hour a week for 10 weeks of continuing care. Eligible women veterans can participate as an inpatient or outpatient for no cost, although inpatient beds are limited. If you have clients that may benefit from this service, or would like more information, please contact Carolyn Potts Metzker, LPC at 541-826-2111, X3163.

Office in Ashland to share with parking and lobby right next to Safeway. Half of building is business, other half therapists. Times are negotiable but will include 3/4 afternoons and Saturdays for \$200 a month. Contact Diane Werich if interested at 621-9833.

CENTERPOINT Employee Assistance & Development has moved. We are at 801 O'Hare Parkway, Medford, OR 97504. O'Hare is off Biddle, across from the airport's main entrance. Our new fax number is 857-9883. Our phone is the same (245-0789) and emails are the same.

Groups:

Not Straight Not Sure is a group that provides services and support to queer and questioning youth, young adults, their families and providers. The group provides a monthly confidential support group for youth ages 14-25 in a safe space. This group is facilitated by a QMHP. The group organizes social, educational and activist events each month which are open to friends, family members and community. For more information, please call 800-466-7005 ext 3. NSNS is a program of Lotus Rising Project which has filed for non-profit status

Mixed Gender Process 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, stress and stress reduction. Groups are held from July to December 2008

Evening groups :1st and 3rd Monday evenings monthly from 6:30 to 8:30 pm.

2nd and 4th Wednesday evenings monthly from 6:30 to 8:30 pm

Daytime group: 1st & 3rd Wednesday afternoons monthly from 12 to 2 pm.

Open to new members July of 2008. Cynthia Becker White (541) 776-9166, email cbeckerwhite@charter.net

Do your clients need more social support? I'm offering consultation in the creation and deepening of small (4-8 people) support groups using **Nourishing the Heart**, a process I designed based on the Hakomi method. Start the group with one 2 hour consultation and a workbook. Nando Reynolds, MA, LPC, 821-6623, www.nando-r.com

Mindfulness-Based Group: This is an 8 week closed group beginning April 2008. The group is based on DBT, ACT and Mindfulness-Based Stress Reduction. Participants will learn: How to cultivate emotional balance through mindfulness and training in emotional regulation strategies; Useful techniques for bringing mindfulness into everyday activities; How to deal with urges, cravings, and addictions by remaining open and curious to subtle discomfort in the body and mind; New strategies to counteract destructive thought patterns and negative emotions; How to handle emotions during stressful situations with greater skill and consideration; and enhanced skills in resolving emotional conflicts, stress reduction and immune strengthening. Please contact Maria A. Connolly, MS, LPC. 541-973-9673

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. 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.

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 18 years. Our membership in 2007 topped any previous year. We are hoping to do even better in 2008. Thanks to all our members. Fill out the form on page 7 to join those below who have already joined.

2008 MHREN members (as of March 2, 2008)

Carol Adams	Cecile Everson	Taylor Kohn	Jo Anne Smith
Marianne Bailey	Gretchen Ferreira	Meredith Krugel	Fern Snogren*
Christine Bales	Elaine Fielder	Blandine Leavitt*	Jim Stumbo
Judy Rudy Beckman	Susanne Fine	Donna Locke	Fredrick von Tress
Fredric Berger	Ellen Shavana Fineberg	Libby McClain	Carolyn Verner
Leslie Ritner Bogue	Ron Gardner	Dolores Marier	Susan Waterman
Wendy Bonsi	Bonnie Rose Geiger	Karen McClintock	Allan Weisbard
Sarah Breckenridge	Paul Giancarlo*	Carolyn Potts Metzker	Aylee Welch
Susan Brook	Rawland Glass	Starr Morgan	Kim Wilbur
James E. Brown	Judy Gove	Suzanna Nadler	Suellen Willi
Jaci Buckmaster*	John Gram	Susan Orris	Gary Woodring*
Centerpoint-Guy Perrin	Stacy Guss	K. Taffy Clarke-Pelton	Lori Worden
Noel Chatroux	Roberta Greene	Toni Richmond	Susan Wrona
Maria Connolly*	Connie Harris	Rogue Community College	
Chelsea Davis	Bonnie Holstein	Corinna Scheibler*	* = MHREN board
Alexis Rewcastle Delgado	Rochelle Jaffe	Dale Schumacher	
Jan Elliott	Joan Kalvelage	Susan Scorso	

If we missed anyone in this list, please let us know and we will add your name in the next newsletter.

More about Hakomi Therapy from Ron Kurtz

Come and learn from the originator at our June 6th workshop

Drawing from a wide range of sources, Hakomi has evolved into a complex, elegant, and highly effective form of psychotherapy. At its most basic level, Hakomi is the therapeutic expression of a specific set of universal Principles, such as the use of mindfulness, organicity and non-violence. Hakomi also draws from modern body-centered psychotherapies such as Bioenergetics and Psychomotor, plus some aspects of Gestalt and Moshe Feldenkrais' Functional Integration.

Hakomi is a synthesis of philosophies, techniques, and approaches that has its own unique artistry, form, and organic process. As both a method and a school of thought, Hakomi embraces modern scientific thinking about consciousness, mind, complexity, and interdependence.

It is appropriate in most therapeutic situations, including work with individuals, couples, families, and groups. It finds its full potential, however, in the processes of self-study and emotional healing. Because Hakomi attends to the very nature of being human, it is easily adapted to support whatever tasks and adventures people pursue.

HB 3616: Its Dramatic Reversal of Victory

Editor's note: *This is an update report by Mary Lou Brophy, fellow therapist and a leader in working on legislative changes in the area of consumer mental health as it relates to therapists. See contact information for her below*

After winning in the Salem House of Representatives on February 5 by a huge 53-5 vote, then winning in the Senate on February 22 by a squeaker of one vote, the revised "Consumer Mental Health Choice" bill, HB 3616, was killed by the House in its concurrent vote.

After amendments alter a bill, it must go back to its originating legislative body for concurrence since it has been changed since its first vote there.

This February '08 Supplemental Session of 3 weeks held lots of melodrama for HB 3616. A headline in THE OREGONIAN of 2/8, "Bill to Ban Unlicensed Therapists Progresses," flushed out panicked art/music therapists who bombarded the Senate Committee on Health & Human Services. This Committee heard from several of them testifying to their training, code of ethics, and certification. The irony is that many of them could be licensed but, as one wrote to Sen. Monnes Anderson, Committee chair: "It does not serve the public to FORCE qualified mental health professionals to JUMP THROUGH THE BUREAUCRATIC HOOPS OF LICENSURE after we have shown our commitment to healing and provided ethically sound service to our clients." This negative view of licensing confused the Committee which voted to exempt recreational, art, music and dance therapists from the "Consumer Mental Health Protection" piece of HB 3616.

Next in the melodrama was the exchange of e-mails among members of the Oregon Psychological Association with much DIS-information, MIS-information and some hysteria. They activated their several lobbyists to seed the minds of legislators with confusion, doubt, and bits of information, e.g., this is not a Practice Act, there is no investigator in this bill, LPC's & LMFT's are not sufficiently trained. One of the senators in the Floor discussion clearly named OPA's efforts a "turf battle."

Representative Peter Buckley, who spearheaded our bill again, wrote: "Our bill was killed by one vote at the last minute through fierce lobbying by Mark Nelson, the highest paid lobbyist in Salem..." The lobbyist for our Coalition, Kristen Leonard, continues to research which of Mark Nelson's clients funded this effort to defeat HB 3616.

While the Coalition's legislative effort has always been bipartisan, Mark Nelson's many clients contribute heavily to Republican campaigns. The final House vote to defeat HB 3616 evidenced this as ALL Republicans voted "NO" in lock-step, including Rep. Sal Esquivel of Medford and Rep. Ron Maurer of Grants Pass. Rep. Buckley writes: "Of particular distress is the decision by Rep. Maurer, Rep. Esquivel, and Rep. Olson to break faith and side with the insurance lobby at the last minute to defeat our effort. All three representatives assured me that they would definitely support the bill, even with the changes made on the Senate side." They did not keep their word. The Republicans were joined by one Democrat, Rep. Phil Barnhart, a psychologist.

If you want to more information on this or want to be on the Coalition mailing list please e-mail me: LouLouB4@mind.net. Also, check the Coalition website: www.oregonmentalhealth.info.

Therapist Referral Book 2008-2009

The latest edition of the Therapist Referral Book was mailed out in January free of charge to all of those who receive this newsletter and to 144 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. If you benefit by either receiving referrals or using the book to refer to colleagues, please think about helping MHREN with the considerable cost to publish. You can do this by joining MHREN if you haven't already and/or by making a special contribution to defray costs. Thanks.

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

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

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)

Full time students: half price. Some scholarships are available

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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.

We would like to welcome new board members Jaci Buckmaster and Maria Connolly. We are glad to have them with us!

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Please see the membership form on page 7

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