

# Mental Health Resource and Education Network

MHREN ✘ P. O. BOX 1799 ✘ Jacksonville, Oregon 97530  
www.mhren.org ✘ info@mhren.org

## Winter 2009 Newsletter

Best wishes to all of you as we transition into winter. We hope happiness, warmth and health abound. We on the board are settling down into our new rhythm and we want to thank everyone for your patience as we have adjusted to the absence of Paul's and Corinna's leadership.

We are excited about carrying forth the MHREN mission: to provide training and networking opportunities to the Rogue Valley in a spirit of camaraderie and cooperation; to help create a community of learners who grow together, making us all better therapists, enhancing the public will of therapy, and enhancing the lives of our clients and our world.

The Board: Blandine Leavitt, Fern Snogren, Gary Woodring, Maria Connolly, Mary Martin

### 2010 MHREN Sponsored Workshops

Please see the inserted fliers as well as our summary line-up of presenters for 2010. We appreciate your ideas for future presenters and take each into consideration. We will continue to collect ideas for 2011 presenters through the winter. Suggestions can be emailed to us at info@MHREN.org.

We have had many requests to continue hosting an Ethics workshop every other year and are committed to continuing to do so. Our hope is to establish a rhythm of offering it at approximately the same time of year each time we offer it. The next one will be in 2011.

### Newsletter & Referral Book Updates

We no longer list active members in the newsletter. Rather, we will maintain an updated list on our website. Also, in order to facilitate greater ease in the semi-annual production of the Referral Book, we changed the MHREN membership renewal cycle to October 1<sup>st</sup> – September 31<sup>st</sup>. Please contact us if you have any concerns about your membership status after you have checked it on our website.

We thank all our members for the willingness to support the Therapist Referral Book through their memberships. All who provided a referral book submission form that included an e-mail address should have received a draft PDF for your approval. The finished book will be mailed mid January to the 709 recipients on our mailing list as well as to a large list of local primary care physicians. It will also be posted on our website. We toyed with adding an agency resource section but have decided instead to keep our focus on individual therapists for now.

### A Request

We thank those of you who have been diligent about informing us of address changes and request that all newsletter recipients keep us in mind when relocating. The post office charges MHREN 50 cents for each returned newsletter.

## Announcements

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

### Workshops, Classes and Groups

**Choose the Optimism Option** Are you an optimist or pessimist? The meaning you give to your successes as well as your setbacks, largely determines the answer. Studies show a positive outlook brings increased health, joy and vitality. Come explore strategies to develop healthy optimism! Allan Weisbard is a counselor who enjoys helping people find new solutions to old problems. Learn more at [www.healthyoptimism.com](http://www.healthyoptimism.com). Free Class on Monday, Jan. 25, 2010, 7-8:30 PM at the Ashland food co-op community classroom located at 195 A Street in Ashland.

**Coming into Fullness in the Company of Others** Get the support you want to create change within a small group. Activate and engage in life through coming into relationship with your body and others. In a safe, nonjudgmental environment, you are welcomed into greater expression and acceptance of your authentic self. \$30 per group with an 8 week initial commitment starting in January, morning and late afternoon times on Wagner Creek Road, Talent. Led by Suzanna Nadler, LPC who integrates the body, movement, Gestalt, meditation and focusing into her leadership. 535-3338 ext. #3.

**Cultivating Emotional Balance** This 6-week group is a skill-based experiential group aimed to improve wellness. Participants will practice introspection, mindfulness and self-expression. The group includes exercises and techniques for dealing with negative emotional experiences, enhancing compassion and empathy, decreasing stress and ultimately promoting balance. Group will begin January 8<sup>th</sup>, 9-11. Cost: \$210. Contact Maria Connolly, MS, LPC, CHT at 973-9673 or see [www.newwayscounseling.com](http://www.newwayscounseling.com).

**Enneagram Personality Typology Training** Deepen self-awareness; better understand your clients; guide others with confidence. Introductory Enneagram Workshop will be offered within late January - February timeframe. Sat/Sun format. \$200. Call 787-9246 to receive current schedule and details. Kristen Tussey, LPC, has been working with the Enneagram since 1986. She has trained with world-renowned teachers and has taught the Enneagram at Naropa University, in myriad small group settings, and within her counseling practice.

**Mindful Living Series** Join others in a 6-week series designed to enhance participant self-awareness and skillfulness in the following areas: stress management; mind management; boundaries and personal space; releasing unwanted core beliefs; authenticity and self expression. Series begins in January in Ashland. Facilitated by Fern Snogren, MSW, CSWA, MA, CHT. Contact Fern at [snofernie@hotmail.com](mailto:snofernie@hotmail.com) or 482-3328.

**Mixed Gender Process Groups** A here and now group in which members are brought together for the purpose of developing intimacy and relieving 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 open to new members January of 2010: 2<sup>nd</sup> and 4<sup>th</sup> Mondays or 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays monthly, 6:30-8:30 pm. Counseling & Mediation Center. Cynthia Becker White: (541) 776-9166; [cbeckerwhite@charter.net](mailto:cbeckerwhite@charter.net).

**NAMI Southern Oregon Sponsors Three Educational Programs**

\**Family to Family*, a twelve week program for people who have a loved one with a mental illness;  
\**Peer-to-Peer*, a nine week course for people with a mental illness; and,  
\**In Our Own Voice*, a presentation to educate groups about what it is like living with a mental illness.  
For more information, call 541-774-7872.

**Neuro-Linguistic Programming for Professionals** Jump start your practice by adding powerful tools for effective and fast change. Group will meet in Ashland for 8 weeks starting January 7<sup>th</sup>, 9-11.  
Cost: \$280. Contact Maria Connolly, MS, LPC, CHT at 973-9673, or see [www.newwayscounseling.com](http://www.newwayscounseling.com).

**Parent Support Group** continuing with Mary Shaffer, MA this winter. This group will provide psycho-educational, practical, hands-on parenting techniques to parents of children 12 and under. Mary is a psychotherapist and child development specialist who has worked with children and families for 27 years, in both counseling and school settings. For more information call 890-2593.

**Southern Oregon Eating Disorder Network Professional Group** Kim Grynck is coordinating this professional group for clinicians, physicians, nutritionists and other wellness treatment providers who are committed to promoting balanced eating, positive body image, and mental health in our community. The goal of SOEDN is to increase community collaboration and awareness in the prevention and treatment of eating disorders and related conditions. The network will offer a forum of support and exploration around challenging clinical questions. Our first meeting will be held on Wednesday, January 13<sup>th</sup> at 5:30 at Creekside Counseling in Ashland. Please RSVP with Kim at 541-488-9530 or [creeksidekim@msn.com](mailto:creeksidekim@msn.com).

**Suellen Willi, LCSW Calendar of Events for Winter 2010**

\* *Classes* in "Energy Techniques" for laymen and professionals  
\* *Workshops* exploring "The Energy of Hope" and "Energy Techniques and Healing the Body"  
\* *Women's circle*, "Bringing Life into Balance"  
All events are held at New Hope Healing Arts Center, 2576 New Hope Rd., Grants Pass. 541-479-1544.  
For details and registration go online to: [www.suellenwilli.com](http://www.suellenwilli.com).

**Taming the Body Thief** Therapy group for adults struggling with body image and eating problems. Facilitated by Fern Snogren, CSWA, MA, CHT, participants will work toward reclaiming and re-embodiment themselves through mindful, body-centered explorations, art therapy and group support. Initial mutual interview and commitment to 8-week series required. Next series starts week of Feb. 1<sup>st</sup> in Ashland. Day and time TBA. Contact Fern at 482-3328 or at [snofernie@hotmail.com](mailto:snofernie@hotmail.com).

**WinterSpring Grief and Loss Training** Includes an experiential weekend workshop January 30-31, 9:00 – 5:00, four evening sessions and two observation sessions totaling 30 hours. CEU's are available for an additional \$25. The classes are designed for anyone who encounters grieving people in the course of work or personal life and wants to learn more about how to help. The training is required for people who want to volunteer at WinterSpring. The training fee is \$195. A limited number of scholarships are available with a volunteer commitment. Call 552-0620 to register or visit [www.WinterSpring.org](http://www.WinterSpring.org).

## Events

“America the Beautiful” documentary: Creekside Counseling in Ashland and RainRock Residential Treatment Center in Eugene invite you to a performance of the important documentary “America the Beautiful”. The movie will be shown at Southern Oregon University during National Eating Disorder Awareness Week (February 21-27th) highlighting the theme “It’s Time to Talk about It”. Please extend this opportunity to clients, family members, friends and other professionals. Admission is free. Panel discussion with eating disorder specialists to follow the show. Contact Kim Grynck at 541-488-9530 for specific date, time, and additional information.

## Services

Medical Insurance Billing, Bookkeeping, and Credentialing for Mental Health Professionals. \$20 per Hour. Call Tracy at 541-941-7792.

Nancy B. Hackleman, M.A., is an Ashland writer and editor (and former R.N.) who is available to assist mental health care professionals with their professional writing: dissertations, proposals, articles to submit for publication, book-length manuscripts. Her areas of focus are all nonfiction, including health care, higher education, business and technical, and memoir. She can be reached at 541-482-6351 or [northstar632@hotmail.com](mailto:northstar632@hotmail.com).

NAMI SO (the National Alliance on Mental Illness of Southern Oregon), an affiliate of NAMI ([nami.org](http://nami.org)), has a library at 1005 East Main Street in Medford. The library has material about mental illness. It is open Monday through Thursday afternoons.

## Office Space

**Ashland** Charming 1<sup>st</sup> floor office with three large windows in a former Victorian house on Siskiyou Boulevard in downtown Ashland. Large parking bay in front and parking lot in back. The environment is quiet, peaceful and healing. It includes a waiting room, kitchen area & bathroom with filtered water, and landscaped yard. While not officially wheelchair accessible, rear entrance is more conducive to people who have difficulties with stairs, as there is a concrete path and then just one small step up once inside the building. Available 4 days per week at \$275/month. Call 261-3923 for more information.

**Ashland** office space available to rent by the day - Monday, Tuesday or Thursday available. Nice location on A Street. Please call Carolyn Potts Metzker, LPC at 541-778-6518.

**Medford** Established group of women practitioners has office space for rent to a part time or full time PMHNP, LCSW or LPC. Many office management services are included in the rent. Contact Linda Stead, LCSW at Heartline Mental Health Practitioners, LLP. (541)772-5992, Box #4.

**Medford** Office spaces available: 11x12 and 11x14. Nice, quiet, professional area in Medford. Full time \$500 or \$550. Part-time available for smaller room \$300. Eric Morrell at 770-2469. 724 Cardley Ave., Medford.

Mental Health Resource and Education Network  
P.O. Box 1799, Jacksonville, OR 97530

Address service requested

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Medford, OR

For more information on our upcoming workshops  
go to [www.mhren.org](http://www.mhren.org) or see enclosed fliers.