

Mental Health Resource and Education Network

MHREN ✘ P. O. BOX 1799 ✘ Jacksonville, Oregon 97530

www.mhren.org ✘ info@mhren.org

Fall 2009 Newsletter

Dedicated to

Paul Giancarlo and Corinna Scheibler

We hope everyone has been enjoying our summer heat. The MHREN board has been working double time trying to cover all the bases Paul and Corinna handled so gracefully for so many years. Thank goodness Paul is only an e-mail away. Sadly, we lost another board member, Jaci Buckmaster, this month. But happily, we gained a new one, Mary Martin. We are shuffling duties, restructuring how a few things are done, and hoping that nothing falls between the cracks. We are busy with the front-end tasks for the semi-annual MHREN Referral Book and also deciding on our lineup of presenters for 2010. Thanks to those of you who offered suggestions for potential presenters. We are following up on them.

We are excited about carrying fourth the mission set by the MHREN founders in 1991: *to provide training and networking opportunities to the Rogue valley in a spirit of camaraderie and cooperation*, as well as Paul's beautifully articulated personal mission: *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

A Few Newsletter Changes

We will no longer list the 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 are changing the MHREN membership renewal cycle to October 1st – September 31st. Please bear with us as we make this change and feel free to contact us if you have any concerns about your membership status after you have checked it on our website.

Two Remaining 2009 MHREN-sponsored Trainings

(See the enclosed fliers for more details or go to www.mhren.org)

September 18, 2009

***Compassion's Boundaries: Paradoxes of Law, Ethics
and Professional Regulation in Psychotherapy
with Steven Frankel, Ph.D., J.D.***

In his lively and riveting style, Dr. Steven Frankel, professor, psychologist and lawyer will present updated information on legal and ethical issues and regulations via licensing boards. He will also cover such crucial issues as: informed consent, out of office therapy, confidentiality and privilege, custody, termination principles, and psychotherapy notes and records. Steven Frankel has presented for MHREN three times over the years and continues to be one of the best trainers we have ever had. He is widely known as the leading presenter in the United States on law and ethics in the mental health field.

November 13, 2009

***Dialectical Behavior Therapy
with Cathy Moonshine, Ph.D.***

This course will give you specific DBT interventions and teach you how to use them and work effectively with challenging clients. You will learn to empower clients to establish mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness. Dr. Moonshine is on the faculty at Lewis and Clark College and Pacific University.

2010 Therapist Referral Book to be published in January

The submittal form you need to fill out to be listed in the 2010-2011 Therapist Referral Book is enclosed and must be returned to us by September 30th 2009 in order for you to be included. Please read its instructions carefully, as we have made some changes. A download of the form will also be available online at www.mhren.org after August 15th. Even if you are currently listed, you will need to fill out the form again.

We are adding a community resource section for this edition. If you are associated with or know of any mental health agencies, organizations or resources available to our clients, please let us know right away so we can invite them to be listed in the book.

The book will be mailed to the 650 recipients on our mailing list as well as to a large list of local primary care physicians. We also hope to post it on our website this coming year.

Announcements, Workshops and Groups

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

Announcements

Free New 28-page NLP Resource Guide available at www.NLPOREGON.com

Clinical Supervision for LPC interns working towards licensure - Nando Reynolds, M.A., LPC (541) 821-6623

Office space: 12'X11' full time availability. Nice professional location in Medford. Reasonable and negotiable rate. 770-2469.

Counseling offices available for rent by the day in an office with an on-going practice group. Call Blandine Leavitt, LMFT or Barb Knox, LCSW for more details at 776-7601.

We are looking for an established PMHNP, LCSW or LPC who would like to rent office space and some office management services. Contact Linda Stead at Heartline Mental Health Practitioners, LLP. 541.772.5992 Box #4.

Counseling & Mediation Center offers Marital Mediation: an effective way for couples experiencing problems to plan and prepare for their future. With the guidance of a skilled mediator, it empowers couples to address and resolve their issues in ways not attempted in family therapy. A collaborative process, Marital Mediation is effective, short-term, and structured to target the problems and issues, respectfully helping couples negotiate terms and solutions toward harmonious, rewarding outcomes. Issues where Marital Mediation is helpful: Financial; Stress/ lack of trust; Childcare/parenting; Household; Power imbalance; Considering divorce. Counseling & Mediation Center – 541-776-9166 - cbeckerwhite@charter.net

Lotus Rising Project: Youth Led Social Change serves youth, young adults and their families hosts a Free Supply program offering organic, natural foods, sustainable and green household and personal care items as well as clothing and school supplies. To make referrals contact us at 800-466-7005 ext 5 or email lrp@lotusrisingproject.org or website lotusrisingproject.org

Workshops and Classes

Developing Healthy Optimism 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 while reducing anxiety. Come explore strategies to develop healthy optimism that are based on the seminal work by Dr. Martin Seligman. Allan Weisbard is a licensed clinical social worker specializing in anxiety and stress reduction. The free lecture is Monday October 26 at 7pm at the Ashland Food Cooperative Community classroom 195 'A' St.

Energy Technique Classes In this 3-week class participants will learn and practice 3 energy techniques. \$75 includes hand-outs (\$50 for repeat students). Thursdays, 6:30 - 8 p.m. 9/10; 9/17; 9/24. New Hope Healing Arts Center, 2576 New Hope Rd., Grants Pass 479.1544. Instructor: Suellen Willi, LCSW

Joan Borysenko, Ph.D., author of New York Times bestseller *Minding the Body, Mending the Mind* and 12 other books is coming to Ashland! The conference topic, Spirituality and Healing, integrates her training as a biologist, psychologist, spiritual educator. She will explore the ways spirituality heals the rift between human beings and life by restoring a sense of deep connection to a larger, meaningful whole. Friday night Dec 4, all day Saturday Dec. 5 and Sunday morning Dec. 6 at Havurah Shir Hadash. NASW CEU credits granted. Contact Havurah Shir Hadash 541 488 7716

Mining the Gold: Compassion, Strength and the Inner Critic From a transpersonal perspective this course teaches basic skills to identify and work with your personality. Learn to recognize and disengage from the inner critic, self-soothe agitated internal states, use empathic statements, own projections, understand old patterns and their effect in the present. Classes are available as audiofiles. Taught by: Suzanna Nadler, LPC and Rod Birney, MD. Part A: September 11 (7-9:30pm), 12th (9:30-4:30pm), 13th (9:30-12pm) \$150. yahya@selfsoulcenter.org or 541-535-3338 ext#3. At Breitenbush Parts A & B: November 8th - 11th. Register through Breitenbush: breitenbush.com/events/schedule.html

Qualities of Being From the perspective of Sufi psychology, explore and own aspects of your True Nature through the vibrational medicine of chanting, movement, inquiry and the Dances of Universal Peace. Sundays 3-6pm. August 9th - introductory class for fall semester \$10. Plus Sept 11, Oct. 18, Nov 15, Dec. 6. Total cost for fall: \$99. Taught by Suzanna Yahya Nadler, MEd and Raphael Rod Birney, MD at the Self & Soul Center, 9820A Wagner Creek Road, Talent 535-3338

Transformation Series This workshop series brings participants a methodology for transformation by addressing the patterns of thought, feeling and body sensation that habitually accompany the themes of grief, judgement and impatience. The innerwork strategies taught and practiced cover a broad spectrum of energy techniques in the safety and respect of the Circle. \$100/workshop includes lunch and materials. New Hope Healing Arts Center, 2576 New Hope Rd., Grants Pass 479.1544. Instructor: Suellen Willi, LCSW

Words That Change Minds: Language and perception tools for Helping Professionals Learn what to say and how to say it to help yourself and others get motivated and take action using these easy-to-learn patterns. Improve your motivational interviewing by gathering key information that reveals the patterns for triggering and sustaining motivation. Learn to predict and influence behavior based on a person's key words. November 7 – 8, SOU Stevenson Union. \$195 early registration. Approved for 11 CEUs by NASW. Lindagail & Associates • NLP Institute of Oregon • LgNLP@aol.com • 541-535-5932

Groups

BodyPrayer A safe, intimate group will be joining to explore and express the divine incarnate through both guided and spontaneous, mindful movement in a field of evocative music. Facilitated by Fern Snogren, CSWA, MA, CHT. Commitment required after first group. Eight week series starting in Ashland in October. Contact Fern at 482-3328 or at snofernie@hotmail.com

Case Consultation Group Forming For licensed clinicians, 1.5 hours monthly, \$30/meeting, 6 month commitment, space for 6. Get professional support and explore clinical and ethical issues, personal and

counter-transference issues through case presentations and live skill practice with Nando Reynolds, M.A., LPC, trained in Hakomi, NLP, Energy Psych, specialization in attachment focused work with adults and couples. 20 years experience in private practice. www.nando-r.com (541) 821-6623

Couples Support Group Forming Through both individual and couples exercises and group process, the group will explore issues of intimacy, sexuality, power, boundaries and communication. Facilitated by Fern Snogren, CSWA, MA, CHT. Mutual interview and commitment to 3 month session required. Beginning in October in Ashland. Contact Fern at 482-3328 or at snofernie@hotmail.com

Into the Body: A Small Group Come out of your head and into your body! This group removes the words, using sound and movement to own the energy behind your reactions and stories. In a safe nonjudgmental, relational environment you are welcomed into greater expression and acceptance of your authentic self. Wednesdays • 4:30 - 6:30pm • September 9, 23 • October 7, 21 • November 4, 18 • December 2, 16. At the Self & Soul Center, 9820A Wagner Creek Road, Talent. Cost: \$240. Must pre-register by August 28th. Taught by: Suzanna Yahya Nadler MEd in Movement Therapy

Lotus Rising Project Youth Led Social Change serves youth, young adults and their families • Not Straight Not Sure Support Group for 14-25 year olds with diverse sexualities and gender identities (LGBTQQI) • a Social Justice Teen Theater. To make referrals contact us at 800-466-7005 ext 5 or email lrp@lotusrisingproject.org or website lotusrisingproject.org

Mixed Gender Process Groups Here and now group in which members come 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, by exploring patterns, defenses and other self-defeating behaviors that limit growth. Evening groups are held on the 2nd and 4th Monday evenings monthly from 6:30 to 8:30 pm; 2nd and 4th Wednesday evenings monthly from 6:30 to 8:30 pm. Contact Cynthia: The Counseling & Mediation Center (541) 776-9166, email cbeckerwhite@charter.net

Parent Support Group being offered with Mary Shaffer, MA this Fall. 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

Self-Relations Group “The Art of Transforming Problems into Solutions” This ongoing women’s group includes centering exercises, inductions and processing. During the course of six weeks participants will learn: the art of opening to painful experiences and transforming them into pathways toward solutions; the art of learning to "dance with the symptom", to BE WITH what is present; how to speak the language of the symptom on multiple levels; how to use the *relationship* to self as an instrument in opening up transformational possibilities. Please call Maria Connolly, LPC 973-9673 or Liz Towill, LCSW 531-6523 for information

Subduing 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-embodying themselves through mindful, body-centered explorations, art therapy and group support. Initial mutual interview and commitment to 4 month session required. Starting in October in Ashland. Contact Fern at 482-3328 or at snofernie@hotmail.com

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P.O. Box 1799, Jacksonville, OR 97530

Address service requested

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