

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

## **Spring 2009 Newsletter**

We wish you all a very happy, energetic spring. As things sprout around town and get ready for a season of growth, we are proud of how MHREN has blossomed over the past few years through your excellent support. Since 1991, we have been fine tuning our offerings and trying to build a community of therapists learning together and maturing as a whole. As you will see in this newsletter, we have reached a new record of members this year—over 100! We appreciate your support and look forward to continuing into the decades to come.

### **2009 MHREN-sponsored Trainings**

#### **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. See the enclosed flier for more details or go to [www.mhren.org](http://www.mhren.org)

#### **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. See enclosed flier or go to [www.mhren.org](http://www.mhren.org) for details

### **New Therapist Referral Book to be published in January 2010**

The submittal form you will need to fill out in order to be listed in the 2010-2011 Therapist Referral Book will be enclosed in the Fall 2009 newsletter which is due to be delivered in mid-August, 2009. A download of the form will also be available online at [www.mhren.org](http://www.mhren.org) after August 15<sup>th</sup>. The form must be received by September 30, 2009 in order for you to be included. Even if you are currently listed, you will need to fill out the form again.

Due to high cost of publication and distribution, **we will be including only 2010 MHREN members** in the book. You may submit your membership dues for 2010 along with your submittal form or you may pay anytime beforehand. Any membership paid for after August 15<sup>th</sup> will be good through 2010. Membership is only \$50 per year and also allows you discounts on all of our workshops along with other privileges. We are considering adding a community resource section for this edition. If you are associated with or know of any agencies, organizations, resources which are available to our clients, please let us know so we can contact them to invite them to be listed in the book.

## 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:

#### **Strengthening Sacred Space: Creating Light Form for Transformative Work**

This original work combines inner journey, geometry (8 basic 3-dimensional figures) and universal sacred energies to construct specific "containers" as intensive support for all healing and growth intentions.

Saturday, April 4, 2009 9:00 - 3:30 p.m. (includes lunch) New Hope Healing Arts Center 2576 New Hope Rd. Grants Pass 541-479-1544. Facilitated by Suellen Willi, LCSW \$100

#### **Energy Technique Class**

Three evening class sessions, 3/31; 4/7; 4/14 6:30-8pm. \$75 at New Hope Healing Arts Center, 2576 New Hope Rd., Grants Pass. *This class will allow participants to learn and practice energy techniques for reducing stress, resolving trauma and building stamina.* Facilitated by Suellen Willi, LCSW. 479-1544 for more info.

#### **NLP for Helping Professionals**

Seminars and trainings in Ashland for LPCs and Ph.D.s representing a collaborative approach supporting the individual's right to self-determination. Approved for CEUs by NASW.

- o 2-day Introduction to NLP, March 28 - 29, \$195, 11 CEUs
- o 12-day Core Competencies Professional Development
- o 20-day Coach-Practitioner Certification

Lindagail & Associates NLP Institute of Oregon [LgNLP@aol.com](mailto:LgNLP@aol.com) 541-535-5932

Free New 28-page NLP Resource Guide available at [www.NLPOREGON.com](http://www.NLPOREGON.com)

#### **Enneagram Personality Typology Training**

- Deepen self-awareness
- Better understand your clients
- Guide others with confidence

Call for current schedule of classes & workshops ~ 787 9246

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 groups, and within her counseling practice.

#### **Psychotherapy Training & Consultation with Rod Birney MD, Dipl ABPN**

In this class skills from psychoanalytic, Jungian, gestalt, and cognitive-behavioral therapies and meditation will be introduced through readings, exercises and discussions. An ongoing theme will be deepening our capacity to be present with clients and respond to them in an authentic style. Additionally, the group will provide a supportive environment to bring cases for consultation.

Rod Birney MD has over 25 years experience in psychotherapy, supervision and meditation. Once a month at the Self & Soul Center in Talent. Cost: \$240 for 8 sessions in 2009. **535-3338.**

#### **Using Mandalas for Self-Awareness and Transformation**

Fundraiser Workshop for the Kagyu Sukha Choling Buddhist Center Building Fund

In this workshop you will explore the personal meaning of mandalas that you draw and color, and will receive helpful feedback from the group. You will also learn about color symbolism and how to use it for growth and self-healing.

Saturday, March 21<sup>st</sup> 10 a.m. to 4 p.m. Fee of \$65 includes all drawing materials, snacks and lunch.

All proceeds after expenses will be donated to the KSC Building Fund. Pre-registration is required, space is limited to 10.

Call Janet London at 608-9238 to register.

## **Announcements:**

MHREN's recent training and other events with Drs. Ed Tick and John Fisher were a great success. Many were inspired by their work with veterans and want to know how to help. Listed below are two organizations that have been established to connect returning veterans with professionals who are willing to provide pro bono services. Both organizations ask for practitioners to be willing to offer one hour per week at no charge. These are great opportunities to offer service to those who have given a tremendous service to all of us. Contact these sites for more information: [www.returningveterans.org](http://www.returningveterans.org) and [www.giveanhour.org](http://www.giveanhour.org)

## **Groups:**

**Domestic Violence Group:** A support group for survivors of domestic violence meets every Tuesday in Eagle Point. The sessions are free, confidential and facilitated by trained domestic violence advocates. Snacks are provided. For information on time and location call 541-864-8715.

**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 2009

### **Evening groups:**

**2<sup>nd</sup> and 4<sup>th</sup> Monday evenings monthly from 6:30 to 8:30 pm.**

**2<sup>nd</sup> and 4<sup>th</sup> Wednesday evenings monthly from 6:30 to 8:30 pm**

The groups will be open to new members July of 2009.

These groups fill up fast, so if you are interested in joining or referring someone, please contact before June to set up an interview. Cynthia Becker White (541) 776-9166, email [cbeckerwhite@charter.net](mailto:cbeckerwhite@charter.net)

**Would you like to learn more about the Hakomi method,** do some personal work and gain some group skills all at the same time? Nourishing the Heart is a small (4-8 people) group process based on the Hakomi method. I am starting a group exclusively for practicing therapists. Time and dates TBA.

Nando Reynolds, MA, LPC, 821-6623, [www.nando-r.com](http://www.nando-r.com)

**Eating and Awareness Women's Support Group (ongoing)** is dedicated to healing disordered eating issues, and supporting each woman's unique beauty and worth. Meets weekly in Ashland. Call for current schedule of classes & workshops ~ Kristen Tussy, LPC - 787 9246

*"The feminine soul is what grounds us; it loves and accepts us in our totality. Our challenge today is to embody this."*

Marion Woodman, *Conscious Femininity*

## **A Crash Course in Queer Competency by Julie Weber, MSW**

(Below is a brief description of a longer article that may be accessed through our website at [www.mhren.org](http://www.mhren.org))

Transgender, Queer and Transsexual are words often misunderstood outside the Queer Community. In the Queer Community, we are in the midst of a Gender Revolution, partially triggered by the synthesis of testosterone, and the wider availability of hormones and androgen blockers. Many queer people no longer identify as distinctly male or female, but find identities instead outside the gender binary. While most therapists mean well, confusion harms clients and can be embarrassing to professionals. In that light, I have written and am making available, for free, a primer, called "A Crash Course in Trans Competency." Please follow the links below to access it and learn how you as a professional (whether you work with children or adults) can become Trans competent. Go to [www.mhren.org](http://www.mhren.org) and click on trans competency article.

## MHREN 2009 membership

2009 is a milestone year for MHREN in that we have reached and surpassed the 100 member mark! We are grateful to all of you who have supported us for many years and welcome those of you who have recently joined. Your membership fees help us to finance our organizational costs and allow us to take risks in providing a variety of presenters. If you are a member and we missed you in this list, we apologize. Please let us know and we will add your name to our next newsletter

Adams, Carol	Gardner, Ron	Long, Herb	Snogren, Fern
Bailey, Marianne	Gates, Jocelyn	Malott, Michele	Spangler, Lynda
Baker, Janet	Giancarlo, Paul	Marier, Dee	Starr, Marie
Bandoroff, Scott	Geiger, Bonnie	Martin, Mary	Starr Morgan, Virginia
Bales, Christine	Glass, Rawland	Martin, Michele	Stevens, Claudia
Becker-White, Cynthia	Gove, Judy	Massey, Barbara	Swanson, Carol
Berger, Frederick	Grabarz, Tawana	Milano, Scot	Talley, Pamela
Bloom, Nancy	Gram, John	Morrell, Eric	Tussey, Kristen
Bolles, Susan	Greene, Roberta	Morse, Bob	Vaughn, Jan
Bonsi, Wendy	Guss, Stacy	McClintock, Karen	Verner, Carolyn
Breckenridge, Sarah	Haas, Trish	Wienke, Kimberlee	Viccaro, Marilyn
Brook, Susan	Hall, Jennifer	McLain, Libby	Zern, Catherine
Buckmaster, Jaci	Hamlin, Elaine	Nadler, Suzanne	Waterman, Susan
Brown, James	Haro, Tony	Noonan, Richard	Weisbard, Allan
Caldwell, Kate	Harris, Connie	Nudelman, Richard	Werich, Diane
Cazares, Daniel	Hathaway, Bryan	Orris, Sue	Wilbur, Kim
Chambers, Mary	Holstein, Bonnie	Rae, Roxanne	Willi, Suellen
Classen, Marea	Huston, Doug	Randall, Holly	Wilson, Josie
Clarke-Pelton, Taffy	Jaffe, Rochelle	Randall, James	Woodring, Gary
Downs, Jennifer	Johnson, Shirley	Raynolds, Nando	Worden, Lori
Everson, Cecile	Kalvelage, Joan	Reder, Hyiah	Wright, David
Fansler, Adrienne	Kemp, Anita	Richmond, Toni	<b>ORGANIZATIONS:</b>
Ferreira, Gretchen	Knox, Barbara	Rodine, Marcia	Options for South. Or.
Fielder, Elaine	Kohn, Taylor	Ross, Catherine	Genesis
Fine, Susanne	Krugel, Meredith	Rudy Beckman, Judy	RCC
Fineberg, Ellen	Lafleur, Kelli	Schumacher, Dale	Family Friends
Fineberg, Shavana	Larson, Jeanette	Scorso, Susan	Southern OR University
Forbes, Lorna	Leavitt, Blandine	Shapiro, Russell	
Funkhouser, Annie	Locke, Donna	Snell, Mahabat	

### Board Co-President and newsletter editor Paul Giancarlo stepping down from board duties

After about twelve years of service on the MHREN board and about ten as your co-president along with Corinna Scheibler, I will be taking leave as of June 1<sup>st</sup>. It has been a difficult decision for me because I have thoroughly enjoyed my work. However, due to my young children becoming involved in more activities and a growing need to prioritize my time, it is the right moment for me to step down. I have also felt a draw to serve the larger community in some way and wanted to open up some space to follow that urge.

It seems like my energy has quickly found another good cause in need of organizing. I have recently become involved in trying to organize efforts to have a sustainable food collection process in place to supply our local emergency food banks. This started out as a family project in the neighborhood and is now spreading throughout Ashland. At the same time, unbeknownst to us, there was a group forming called the Ashland Food Project with whom we have since joined. We intend to canvass every house in Ashland to see if people will donate food items on a regular basis with a crew of volunteers picking it up at their door. If you live in Ashland and would like to be a part of this, please email me at [gianffer@mind.net](mailto:gianffer@mind.net)

I feel confident that MHREN will continue on without missing a beat because we have an excellent volunteer board that is dedicated to carrying on the mission of MHREN's founders in 1991—to provide training and networking opportunities to the Rogue valley in a spirit of camaraderie and cooperation. Blandine Leavitt and Fern Snogren will take over the roles of co-president and Gary Woodring, Maria Connolly and Jaci Buckmaster will continue as active organizing board members. Fern will take over as newsletter editor.

When I became involved with MHREN in 1997, we were a small band of folks with a couple dozen members. We had mostly local presenters and did video presentations for CEUs. Slowly, we have solidified our base of members and through that support have been able to bring in more widely-known teachers. For a small population area, we have the great privilege to be exposed to some of the leaders in our field. Many presenters have told me they are amazed at the caliber of the professionals here and the kind of offerings we make available without ever having to get on a plane go to a workshop.

My personal mission has been to help create a community of learners who grow together, making us all better therapists. The more we all succeed as therapists, the more the public will view therapy in a positive light, the more work we will have and, hopefully, the more we can help enhance the lives of our clients. It has been satisfying to see our community respond with such enthusiasm.

This isn't really "good-bye" because I intend to continue to attend MHREN workshops and be an active member of our community. I will look forward to seeing all of you at future trainings. Thanks for all of your support over the years. -----Paul Giancarlo

**Workshop Registration and Membership Form**

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

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

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

**Membership Fees for Calendar Year (payment after August 15 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 is 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 541-773-7503 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**

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

**September 18 – Paradoxes of Law, Ethics and Professional Regulation in Psychotherapy**

MHREN members: postmarked by 9/4/09 \_\_\_\_\_ \$80; after 9/4/09 \_\_\_\_\_ \$100 (free CEUs)

Non-MHREN members: postmarked by 9/4/09 \_\_\_\_\_ \$100; after 9/4/09 \_\_\_\_\_ \$120 (free CEUs)

Full time students: half price.                      Some scholarships are available

**November 13 – Dialectical Behavior Therapy with Cathy Moonshine, Ph.D.**

MHREN members: postmarked by 10/30/09 \_\_\_\_\_ \$80; after 10/30/09 \_\_\_\_\_ \$100 (free CEUs)

Non-MHREN members: postmarked by 10/30/09 \_\_\_\_\_ \$100; after 10/30/09 \_\_\_\_\_ \$120 (free CEUs)

Full time students: half price.                      Some scholarships are available

Please write on check's memo line if you are paying for a workshop(s) or membership.

Total of membership dues and workshop costs: \_\_\_\_\_

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September 18

Compassion's Boundaries:

Paradoxes of Law, Ethics and Professional Regulation in Psychotherapy

With Steven Frankel, Ph.D., J.D.

November 13

Dialectical Behavior Therapy with Cathy Moonshine, Ph.D.

Go to [www.mhren.org](http://www.mhren.org) for more info