

Mental Health Resource and Education Network

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

www.mhren.org ✘ info@mhren.org

Winter 2010-2011 Newsletter

***Our 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 toward therapy, and enhancing the lives of our clients and our world.*

The Board: Blandine Leavitt, Fern Snogren, Maria Connolly, Mary Martin, Tracy Gonzalez

MHREN Announcements

Please welcome Tracy Gonzalez to the board. Tracy plans to pursue a Masters Degree in Mental Health Counseling at Southern Oregon University. She has worked with Sexual Assault Victims Services and has held several administrative positions in the past. She has enjoyed traveling, and now appreciates living in Southern Oregon.

Newsletter goes electronic. We need those e-mail addresses!!!

Beginning in 2011 the tri-annual MHREN newsletter will go electronic. Therefore, if you have not sent us your e-mail address, you can give it to us at the February workshop, or you can e-mail us at info@MHREN.org. Individuals requiring paper newsletters, please contact us at info@MHREN.org.

We will also use e-mail addresses to send reminders about upcoming MHREN workshops, interviews of upcoming presenters or to alert you of other MHREN info such as referral book deadlines. E-mail will also be used to disseminate rare, time-sensitive pieces of information from the mental health community that we deem relevant to a significant portion of our readership. It will not be used to disseminate typical newsletter announcements that did not meet publication deadlines. We will not sell or lend the e-mail list and we will not inundate your inbox with repeat or superfluous announcements.

Looking for One More New Board Member

2011 is going to be a year of significant change for MHREN. If you would like to be part of helping guide MHREN in this time of evolution, if you have 1 to 5 hours/month you could donate, if you have some of the following qualities: good written and/or communication skills, computer savvy, creativity, resourcefulness, organizational skill, detail orientation, an interest in future MHREN board leadership, then we would like to hear from you at info@MHREN.org.

Community Announcements

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

Workshops, Classes and Groups

Announcing DBT of Southern Oregon! I have been using Dialectical Behavioral Therapy with client's since 2001 and recently have expanded my program to include a second group. This evidence-based treatment helps people struggling with suicidal ideation, self-harming behaviors, addiction and eating disorders along with mood and personality disorders. We are accepting referrals for the program which involves making a commitment to weekly individual and weekly skills training group for a full year. Insurance is accepted; however we do not accept OHP as the county has its own program. Please contact Claudia Stevens at 541-621-0303 for more information.

Chronic Illness Support Group for Women A weekly support group for women coping with chronic illness. Co-facilitated by Lori Warfield, M.A. and Sharon Bolles, M.A., L.P.C. Call Sharon at 541-840-5922 for more information or to register.

Counseling/Support Group on Problems and Issues of Aging such as life after retirement, health problems, maintaining cognitive and physical health losses etc. Medicare and other insurance accepted. No charge for initial get acquainted interview with therapist/facilitator: Dr. Jennifer Hall, LCSW maximum size of group is 8. 541 890-7780 for appointment and further information.

Dream Translation: Depth Psychology Learn to translate dreams on individual, group & world levels. Consider current events and translate them like a dream, to develop a symbolic & psychological understanding of world events. Dreams help us recognize personality patterns & communication from our deepest being to give us guidance. Wednesdays 5 - 6:30 pm (6 sessions) 1/12/11, 2/9, 3/16, 4/13, 5/11, 6/8. Wednesday 1/12 open to all considering the class, then closed after 1/12. Conference call attendance possible. To Register call 541-535-3338 Cost: \$35 for 9/10 or \$150.00 for the fall semester. Taught by Rod Birney, MD.

Integrative Recovery Therapy™, a unique program for addiction recovery, begins the next twelve week session January 18th (Medford). Drop-ins welcome. Contact Laura Winslow at (541) 210-1952. www.yogaforrecovery.net. "Therapists know that for their clients to realize a more accurate self concept and come to feel comfortable in their own skins, the mind-body connection must be developed. For those clients who have gone beyond the talk-therapy stage, I know of no better homework to support their therapeutic goals than the Integrative Recovery Therapy™ course. From personal experience, I highly recommend it for counselors as well." J.Turgesen

Keeping Love Alive This is a practical relationship enrichment workshop designed to deepen understanding and practice the skills necessary to maintain a loving and intimate relationship. Based on the PAIRS Relationship Training, the work of John Gottman and of Brent Atkinson, couples will practice deep listening, become aware of roadblocks, understand the neurobiology of relating, connect more deeply and leave with specific tools to maintain intimacy. Friday, 7:00-9:00 PM, and Saturday, 9:00 -3:00. Dates TBA. Facilitated by Jennifer Downs, MA, LPC. Call 541 488 4872 or visit www.jenniferdowns.net.

Mindfulness Based Stress Reduction has been shown clinically to lower blood pressure, relieve anxiety, depression, back pain and other stress related conditions. Individual and group sessions. We train through mindful practices such as the body scan, yoga and meditation to respond rather than react out of habit. Hakomi Therapy draws on mindfulness to assist the client in releasing old beliefs and habits by coming to the heart of the problem and providing nourishment and support for new responses. Call Cathleen Katz, MA, LPC, 541-488-1148.

Mixed Gender Process Groups A here and now group in which members join 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. 13 session groups are from January- June and July-December and are held on: 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 at the Counseling & Mediation Center. (541) 776-9166, email cbeckerwhite@charter.net.

Moving Into Fullness through mindfulness, authentic movement and the intimacy of a small group come into relationship with your body, develop the witness in relationship to self and other, and share your unique expression. Every other Monday or Wednesday evenings 4:30-6:30pm for 6-8 weeks. Cost: \$30./class. Taught by Suzanna Nadler MEd, LPC, dance/movement therapist. Will start when there is a minimum of 6 people. If you are interested call for an interview: 535-3338 ext. #3.

Rebuilding When Your Relationship Ends This straight to the heart 10 week program is for those experiencing the ending of a love relationship. It provides group support for getting through this challenging time by working through grief and loss with others who share experiences in a confidential, non dating environment. The group provides tools for moving on with life in positive ways. Participants have reported developing close bonds with new friends and renewed resiliency to make positive choices for themselves. Beginning date TBA. Jennifer Downs MA, LPC. is an experienced counselor and group facilitator. Call 541 488 4872 or visit www.jenniferdowns.net.

Strengthening Your Therapeutic Competencies: Sensing Into Your Core Self Is there a better place than Hawaii to relax, revitalize and recharge? On January 29, 30, 31, 2011 take a break from your cold & wet winter blues and escape to the tropical island sunshine of Maui to connect with like-minded professionals and get your CEUs. Learn more and register at www.mylearningretreat.com or contact Nando Reynolds, MA, LPC 541-821-6623 or Maria Connolly, MS, LPC 541-973-9673 for more information.

Soul Retrieval and Healing For over 30 years Nancy Bloom, M.A., CHT, Counselor and Hypnotherapist, has worked with restoring Soul. Living from Soul strengthens our core, and deepens well-being. Statements like: "Ever since that happened I feel I've lost part of myself," or: "I'm just not myself anymore" can signal a need for Soul Retrieval to reclaim wholeness after trauma or loss. "Nancy's Soul work saved my life!" -J.H., Combat Vietnam Veteran. Nancy Bloom has adapted Soul Retrieval to the counseling setting, and to hypnotherapy. She also guides workshops and groups in Soul Work, and Healing. To ask questions & refer clients call: 541-488-5795 www.SpiritInBloom.com.

Women's Balance Circle resumes 1/6/11 then alternates Thurs. eves., 6:30 - 8 p.m., thru May 2011. \$20/circle Transforming the Energy of Grief, Fri., 2/4/11 7 - 9 p.m. & Sat., 2/5/11 10 a.m. - 3 p.m. \$110 (incl. materials/lunch). All events held at New Hope Healing Arts Center, 2576 New Hope Rd., Grants Pass, OR. and facilitated by Suellen Willi, LCSW. Register online, www.suellenwilli.com or call Suellen at 541.479.1544.

Employment Opportunities

Director of Youth & Family Services, Medford, Oregon. Community Works, a multifaceted human services nonprofit organization, seeks a dynamic leader with expertise in addressing needs of high-risk youth & their families. Must combine excellence in fiscal, personnel, grant writing, and program management with a strong capacity to build & support a team of professionals. Master's degree in clinical mental health field with current licensure, and three years experience providing program, grants, and budget management required. Position# 1028-420DM. See website for details: www.community-works.org Send Cover Letter & Resume to Staffing: EMAIL:staffing@community-works.org MAIL:900 E. Main, Medford, OR 97504.

Licensed mental health professional to supervise court-ordered visitation for a conflicted family. You would not be providing Family Therapy, but could bill the family directly for your time supervising. Visitation would likely be scheduled for weekday mornings, 2 or more times monthly. If interested, contact Ellen Wilfong-Grush, Ph.D. at 541-482-0782, or at egrush@gmail.com.

Sanctuary One is a nonprofit care farm in the Applegate Valley. We're the first nonprofit in the U.S. to import the European "farming for health" concept, infuse it with permaculture ethics, and thus create a care farm where people, animals, and the earth work together for mutual healing. We want to increase and measure the therapeutic value of our services, but need an experienced health practitioner to provide leadership. This is a volunteer position, but we have ideas to make it a win-win. For more information, please visit www.SanctuaryOne.org or call Robert Casserly, executive director, at 541.951.0014.

Office Space

Enjoy a beautiful country studio for your therapeutic practice. In the hill of Ashland, on a organic farm. Space available for \$15 per hour. Clients relax as they drive to your office 8 minutes from the plaza. Call Cathleen Katz, MA, LPC, Yoga Teacher for consultation. 541-488-1148.

Furnished office for rent 3 days/week, Tue, Wed,Thur. \$275/ month 300 E. Hersey, suite 5 (Hersey St. Business Park) Nice waiting room, bathroom, windows, good parking, wheel chair accessible . Other suites are massage, writer, travel agency, therapist. Includes use of computer, and use of eeg neurofeedback system can be negotiated if trained. Jennifer Hall, 541 890-7780.

Furnished, professional counseling/coaching space for rent in Medford. Centerpoint has an office near the airport with lots of natural light, professional furniture and chairs, and hi speed internet. We have a receptionist, waiting area, conference room and kitchen. We are interested in sub-letting 1 or more days per week. \$150.00/month for 1 day each week. For more information, please contact Guy Perrin at gperrin@centerpointonline.com or ph 245-0789 x1.

Services/Resources

Complete Neurofeedback System for Sale. System used by EEG Spectrum System Method. Includes 2 laptops, amplifier, software, all cords and connectors, manual for sale: complete neurofeedback system used by eeg spectrums method. \$2000 (new cost is \$4669). Updates are free. Should have or will take eeg spectrum basic 4 day course on neurofeedback. Jennifer Hall 890-7780.

Help a Child Reduce the Fear of Monsters and the Dark. A new product, developed in Jacksonville Oregon, is for sale. For young children ages 2-6 who have a fear of monsters, The Monster Basher Exterminite crystal night light is a rational solution to an irrational fear. It comes with the story of the crystal's discovery and its power over monsters. The light base has green LED's based on color therapy studies to promote relaxation and the essential oil spray is based on aroma therapy. It can be found at www.monsterbasher.com. Using the child's developing abstract thinking abilities, this product can ease irrational fears. Contact Scott or Sharon at 541-899-3588 (endorsed by Blandine Leavitt).

Jackson County CAN (Child Abuse Network), a collaborative of over 40 nonprofits, government agencies and adult survivors, is surveying local therapists working with child sexual abuse survivors. CAN Volunteers will call therapists listed in the MHREN Therapist Referral Book to interview them about their training, experience and availability to work with survivors. Participating therapist's responses will be listed in a booklet available for public distribution. Therapists may respond prior to receiving a call, by contacting United Way of Jackson County at 541.773.5339.

Mary Shaffer, MA is happy to announce the opening of her private practice in Ashland. She focuses on work with Children and their Families, Parenting and Couples work. She can be reached at 541-890-2593.

Paul Giancarlo, LCSW is pleased to announce that he now has offices in Medford and downtown Ashland. To make referrals or to inquire as to services available, please contact him at 541-245-2961.

Toni Richmond, LMFT will be seeing private clients one day a week in an office at the Ashland Armory beginning January 2011. She works with children, adolescents, adults and families, specializing in trauma, sex abuse, grief, PTSD, anger issues, self-injurious behaviors, and domestic violence. She has completed Phase I in Somatic Experiencing (SE) and can accept most insurance and has a sliding scale fee. 541-734-5437.

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.

Mental Health Resource and Education Network
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For more information on our upcoming workshops
go to www.mhren.org or see enclosed fliers.