

Mental Health Resource and Education Network

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

www.mhren.org ✘ info@mhren.org

Spring 2010 Newsletter

Spring smiles to all. We on the board continue to learn the MHREN ropes and adjust our processes in hopes of responding to the changing needs of our constituents. 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 toward 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

June 4th, 2010

What the Self Really Wants: The Re-Creation of the Self (R-CS) Approach to Psychotherapy

Jon Eisman has taught workshops and trainings throughout the world for 30 years. Widely acclaimed for his teaching expertise and for the aliveness he inspires in his students, Jon Eisman presents a paradigm-challenging method for effecting client change through the careful facilitation of neurophysiological state change. Interweaving mindfulness and somatic, experiential psychology, this workshop will provide techniques immediately applicable in participant's practices and lives. Jon is a founding member and Sr. Trainer of the International Hakomi Institute, creator of the Re-Creation of the Self model and originator of Mindful Experiential Therapy Approaches. (www.meta-trainings.com).



Please visit our website May 1st or later to watch an interview with Jon Eisman.

October 8th, 2010

"DEGRIEFING," Helping Clients through Complicated Grief and the Losses that Complicate their Lives

Lyn Prashant, MA, CT, CMT instructor is the founder of "Degriefing" and is a certified grief counselor. She comes with over 24 years experience in the field, having worked with Stephen & Ondrea Levine and Elisabeth Kubler-Ross. She maintains a private practice in San Francisco. In this workshop you will learn the mental, emotional and physical effects of grief, learn skillful, verbal tools to "language" grief, integrate tools and techniques for the transformation of grief. Learn to efficiently hold psychic and somatic space and prevent bereavement overload, burnout and compassion fatigue.

(continued next page)

2010 MHREN-Sponsored Workshops (continued)

November 19, 2010

Introduction to Brainspotting

Lisa Schwarz, M.Ed. is a licensed psychologist in private practice in Pittsburgh, Pennsylvania. She has been teaching Brainspotting and training trainers across the country for the past 5 years. Lisa is a certified trauma therapist and EMDR Consultant. Brainspotting, developed by David Grand, PhD, is a powerful, focused treatment for adults and children that works by identifying, processing and releasing core neurophysiological sources of emotional/somatic/spiritual pain. Brainspotting identifies and de-conditions activated neurological subsystems through a combination of eye position, mindful attention to somatic distress, and the attunement between therapist and client.

MHREN Announcements

Survey about Presentation Preferences

We are gathering ideas for future presenters and presentation formats and locations. *Included in this newsletter is a brief survey* we hope everyone will respond to that will guide us in creating irresistible line-ups of presenters in future years. Please fill out your survey and *mail it back to us by May 15th*. The form is pre-addressed, and only requires a few minutes, tape and a stamp. Of course, your input is always welcome, any time of year, via our email address: info@MHREN.org.

We Need your e-mail Addresses

There have been several instances in the past year where we have had requests for assistance disseminating information in a timely fashion about issues important to many of our readership, but we have been unable to help because we have no MHREN e-mail list. Therefore we are compiling an email list.

We will not sell or lend this list and we will use it only for those announcements we, as a board, feel are relevant to a significant portion of our readership and need to be addressed in a quicker manner than the newsletter will allow.

Here are ways you can get it to us: put it on the attached survey; email us at info@mhren.org; give it to us when you sign in at a workshop you are attending this year.

Therapist Referral Book

The 2010 Therapist Referral Book was mailed out to the 700-plus recipients on our mailing list as well as to a large list of local primary care physicians. We thank all our members for their willingness to support the Therapist Referral Book through their memberships. If you did not receive a copy, would like an extra or know someone who would make good use of one, they are available at any upcoming MHREN workshop, from any board member or by contacting us at info@MHREN.org.

MHREN Announcements (continued)

The Therapist Referral Book is published in alternate years and will be published again in January of 2012. Individuals interested in being listed in the 2012-2013 Referral Book are advised to keep abreast of deadlines and requirements (posted both in our newsletter and on our website) beginning in the summer of 2011. MHREN membership, active private practice and an updated referral form are required of all new and continuing listers for each new publication. Our annual membership cycle runs October 1st – September 31st and an updated membership list is maintained on our website. Please contact us if you have any concerns about your membership status or the Referral Book. We hope this book is helpful to you. We welcome any suggestions on how to improve this community service via our contact address, info@MHREN.org.

Look for Upcoming Changes

We are looking into automating the Referral Book data collection process for next time. If anyone knows anyone who knows how to design electronic forms, please let us know.

Also, we have had several requests that we include interviews, once again, in the newsletter. We are looking into the technology we would need to post audio interviews of our presenters on our website later this year. We would appreciate leads to folks with this know-how as well.

Our newsletter has been available online for some time now. However, to accommodate those who would prefer to see only the newsletter online and no longer receive a paper copy, we are asking for your input on your preference during the upcoming year. Once we have this process complete, folks who opt to only receive a paper-copy will be notified by email each time a newsletter is available on the website, or perhaps we will send it out as an attachment via email.

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.

Community Announcements

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

Workshops, Classes and Groups

Addictions Recovery Center is pleased to announce a Brown Bag Lecture Series with Dr. Darryl Inaba.

As one of the founders of the Haight Ashbury Free Clinic, Dr. Inaba had done groundbreaking work with substance abuse treatment since 1967. This informative series is presented every Friday between February 12th and May 21st (EXCEPT April 9th, 23, and 30th) from 12:30 to 1:30pm at ARC's main campus; 1003 West Main Street, Medford. Cost is free to interns and practicum students. Community members are asked for a \$5.00 donation. Visit our website at www.addictionsrecovery.org or call 541-779-1282 for more information

Community Announcements Workshops, Classes and Groups (cont)

Ashland School of Hypnotherapy, Spring Schedule

Medical Hypnotherapy: May 14-16 & 28-30 \$395 (\$345 before April 14) Research shows that hypnotherapy is a highly effective way to create change and promote healing. Prepare your clients for surgery, support rapid healing and recovery, address specific health issues including pain, stress and sleeplessness, and work with the emotional components of illness. Learn techniques that you can immediately incorporate into your practice.

200 hour Professional Certification Program: will prepare you to become a nationally certified hypnotherapist. We have combined the advantages of in-person learning, including supervised practice, demonstration, discussion and lecture. Using a practical, comprehensive, step-by-step process, you will learn the essential techniques and skills that will build your confidence and your capacity to provide a valuable and self-enhancing experience for your clients. You will learn how to develop attitudes and mindsets that promote healing, self empowerment and effectiveness. Held in 4 5-day segments: June 24-28, July 29-Aug 2, Sept 2-6 and Oct 7-11, \$2850 (\$2500 before May 15)

Integrative Recovery Therapy™ A unique program for addiction recovery begins the next 12-week session April 19th (Ashland) and April 20th (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

Mining the Gold: Restore Strength and Compassion: This course teaches the basic skills to identify and work with your personality. Learn to recognize and disengage from the inner critic, self-soothe agitated internal states through the use of empathic statements, own projections, understand old patterns of relating and their effect, and practice a grounding meditation to connect with the Self. March 26 - 28th, 2010 Cost \$125. Taught by Rod Birney MD and Suzanna Nadler LPC, Med. Make it a live-in retreat by staying in a private or 2-person room at the Retreat Sanctuary. Certificates of attendance are available for health care professionals.

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 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 Becker White - The Counseling & Mediation Center, (541) 776-9166, email cbeckerwhite@charter.net

Community Announcements Workshops, Classes and Groups (cont)

NAMI SO Sponsors Educational Programs and Support Groups: 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.

Rebuilding When Your Relationship Ends: This straight to the heart 10 week program is for those experiencing the ending of a serious love relationship. It provides group support for getting through this challenging time by working through grief and loss with others who share your experience in a confidential, non dating environment. The group provides tools for moving on with your life in positive ways. Participants have reported developing close bonds with new friends and renewed resiliency to make positive choices for themselves. The group begins April 28. Jennifer Downs MA, LPC. is an experienced facilitator. Call 541 488 4872 and visit www.jenniferdowns.net.

Southern Oregon Eating Disorder Network is a collaborative group of treatment professionals from various disciplines who gather together at quarterly meetings to explore clinical research/interventions and consult on a case presentation. If you are interested in attending the SOEDN meetings, have a client to refer, or are looking for a treatment resource, please contact Kim Grynck at 541-488-9530 or creeksidekim@msn.com.

Suellen Willi, LCSW is offering the following events:

Bringing Life Into Balance – Women’s Circle: 4th Thurs. monthly through May, 6:30 – 8 p.m., \$20.

Transforming the Energy of Grief- Workshop: A Fri. evening and Sat. journey into this rich territory covers: beliefs, emotional habits, physical impact of this powerful experience & energy techniques as the vehicle to transformation. Fri., 4/30 7 – 9 p.m. & Sat. 5/1 10 – 3 p.m. \$110 incl lunch/materials

Energy Techniques for Practitioners: 11/5/10 – 6 ceu’s; \$110 incl materials (note: limited to 12 clinicians). All events are held at New Hope Healing Arts Center, 2576 New Hope Rd., Grants Pass, OR 97527. 541.479.1544. For more information/registration: www.suellenwilli.com

Spirit Journey-The Medicine Wheel, Way to Wholeness- Workshop/Course, meeting inside & outside. Groups forming for Spring, Summer, Fall. Open to the empowering archetypes of the Medicine Wheel as they arise in Nature, and draw upon them in your own Deeper Nature to support you from within. Integrating: South - Living the Heart’s Fire; West - Diving Deep; North - Guided by Spirit; East - En-lightening Your Life; Earth - Grounding Your Spirit; Sky - Opening to the Infinite; and Great Mystery - Practising the Presence in Your Life. Guide: Nancy Bloom, M.A., CHT – Counselor, Hypnotherapist, Workshop Leader. 35 years experience. 541-488-5795 www.SpiritinBloom

Tools for Transformation Course: Groups forming for Spring and Fall. Call to participate. Transformation is an inside job. Discover tools and keys for a lifetime of empowering yourself and others in becoming whole and living from soul. From Psychosynthesis to Soul Retrieval, from work with Inner Child, to Inner Adolescent to Inner Wisdom, from Inner Critic to Inner Creative. From meditation to awakening joy, draw upon your inner resources to live an authentic life! Incorporates teachings, and

Community Announcements Workshops, Classes and Groups (cont)

experiential work through inner journeys, expressive arts, and more. Guide: Nancy Bloom, M.A., CHT-Counselor, Hypnotherapist, Workshop Leader. 35 years experience. 541-488-5795
www.SpiritInBloom.com.

The WinterSpring Theatre Troupe offers youth ages 7 and up and adults a creative way to explore how people can support one another during many types of loss and grief and find healing in an ongoing creative process. Script development will be carried out by Troupe members as they explore their own experiences and feelings. Sheri Harding, MA and Drama Therapist will guide this troupe so that youth and adults will gain a broader understanding of grief and how it affects us all. New members are welcome. Meetings are on Thursdays, 5:30 – 7:00 in Talent. No experience necessary. 541-552-0620.

Services/Resources

Clinical Supervision for LPC interns working towards licensure 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

Medical Insurance Billing, Bookkeeping, and Credentialing for Mental Health Professionals: \$20 per hour. Call Tracy 541-941-7792 (jmartin1791@earthlink.net).

NAMI SO (the National Alliance on Mental Illness of Southern Oregon), an affiliate of NAMI (nami.org), has a resource library at 1005 East Main Street in Medford. It is open to the public. Hours are Monday through Thursday afternoons.

Neurofeedback System For Sale: Complete EEG Spectrum Neurofeedback System, including two laptops with software installed, amplifier, all connections, electrodes, manuals. \$3500, Jennifer Hall 890-7780

Professional Writing Assistance: 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.

Office Space

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.

Office for Rent: 2 or 3 days/week. Furnished, waiting room, bathroom, quiet, off street parking. 300 E Hersey, suite 1 (Hersey St Business Park). Jennifer Hall 890-7780

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

Address service requested

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**For more information on our upcoming workshops
go to www.mhren.org or see enclosed fliers.**