

# Mental Health Resource and Education Network

MHREN ✘ 385 E. Main St. Suite 1 ✘ Ashland, Oregon 97520

www.mhren.org ✘ info@mhren.org

## Spring 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: Maria Connolly, Tracy Gonzalez, Sharon Bolles, Taffy Clarke-Pelton

### MHREN Announcements

#### **Big Personnel Changes on the Board of Directors**

At last, spring is here! We feel this time of change and renewal on the board. Three of our dear board members, Fern Snogren, Blandine Leavitt, and Mary Martin are moving on to direct more energy to family, creativity, and personal time. Blandine's ten plus year tenure included her recent year's support in managing board finances and registrations since Corinna's departure. Fern's eight year tenure included her recent year's supportive leadership and guidance since Paul's departure. Although Mary served for only a year, she brought much focus to our group. The board thanks each of you for your commitment to MHREN's mission and dedication to its growth and development.

To take their places, we welcome two new members. Sharon Bolles, M.A., L.P.C., has been in private practice for 22 years and has worked as an adjunct faculty member at SOU and as a supervisor for most of the last 17 years. In addition to adult and couple's counseling, Sharon enjoys quilting, gardening, reading, and her family life with Nando Reynolds and their two teenagers. Taffy Clarke Pelton, MA, LMFT, LPC, has a passion for helping herself and others live rich, healthy, balanced, meaningful lives. She loves music, playing the violin, fitness, dance, and the outdoors. A published author, speaker, yoga teacher and radio show co-host, Taffy's primary focus is her psychotherapy practice. Please help us welcome Taffy and Sharon.

#### **MHREN Goes Electronic**

We would love feedback on this, our first electronic newsletter. Please share your thoughts. In addition to the tri-annual newsletter, we will also use e-mail 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 proving to be a year of significant change for MHREN. If you would like to be part of keeping MHREN alive in the valley and helping guide its mission and activities, then we would like to hear from you. We are seeking persons with some of the following qualities: 1 to 5 hours/month to donate; good written and/or verbal communication skills; computer savvy; creativity; resourcefulness; organizational skill; collaborative ability; an interest in future MHREN board leadership.

## **MHREN Workshops**

### **Juvenile Onset Bipolar Disorder: Diagnosis and Treatment**

June 3

Katherine Warner, Ph.D., has worked in the mental health field for over 20 years and has a doctoral specialty in juvenile onset bipolar disorder. Dr. Warner will present information on juvenile onset bipolar, including symptoms and rates of this diagnosis, differential diagnosis with AD(H)D, and the potential impact on diagnosis of its proposed addition to the DSM. She will compare and contrast the symptom presentation of the juvenile and adult forms of the illness. Parenting issues will be discussed and helpful interventions and education will be reviewed.

<http://www.mhren.org/pdf/mhren-bipolar.pdf>

### **Legal & Ethical's Greatest "Hits": Most Frequent Problems for Mental Health Professionals Revealed**

September 23

A. Steven Frankel, Ph.D., J.D., clinical and forensic psychologist & attorney, is currently a Clinical Professor of Psychology and a Fellow of the APA. He has authored over 50 articles and book chapters, won the USC Award for Teaching Excellence & is nationally recognized for his expertise and ability to bring course material to life. This workshop reviews the mental health professional functions most associated with regulatory problems, including sexual and non-sexual boundary violations, "law-psych" interfaces, competence, "moral" offenses, licensing board and malpractice actions. The workshop covers problem causes, prevention, and management. See flier here:

<http://www.mhren.org/pdf/mhren-ethics.pdf>

### **Love and War in Intimate Relationships: A Psychobiological Approach to Couples Therapy®**

November 18

Stan Tatkin, Psy.D. is developer of A Psychobiological Approach To Couples Therapy® (PACT). In addition to running PACT certification programs along the West Coast, he has a family, maintains a private practice, and is an Assistant Clinical Professor at the UCLA David Geffen School of Medicine. Using didactic, experiential, and multimedia approaches, Dr. Tatkin demonstrates a fresh, focused approach to couples therapy drawing on principles of mother-infant attachment, developmental neuroscience, and autonomic nervous system arousal. Focusing on the crucial role of arousal and affect regulation in the adult primary relationship, Stan presents a treatment approach gaining a reputation for its effectiveness in treating couples typically considered untreatable.

<http://www.mhren.org/pdf/mhren-intimate-relationships.pdf>

## Community Announcements

### Classes, Groups, and Workshops

***Cultivating Emotional Balance*** This experiential group is based on new bio-behavioral research on emotions and the benefits of Mindfulness practice on emotional regulation and physical wellbeing. Participants will: learn to cultivate emotional balance through meditation and emotional-regulation strategies; practice strategies to counteract destructive thought patterns and negative emotions; incorporate useful techniques for bringing mindfulness into everyday activities, sensing the body/mind connection; discover how to use the *relationship to self* as an instrument in opening up to growth and transformation. This group is ongoing and meets in Ashland. Contact Maria A. Connolly, MS, LPC, CHT for more information: 541-973-9673

***Integrative Recovery Therapy™*** A unique program for addiction recovery begins the next twelve week session April 26th (Medford). Drop-ins welcome. Contact Laura Winslow at (541) 210-1952. [www.yogaforrecovery.net](http://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](http://www.jenniferdowns.net)

***Rebuilding When Your Relationship Ends*** This straight to the heart 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](http://www.jenniferdowns.net)

***The Optimism Option*** Allan helps people explore whether they are an optimist or pessimist. The meaning we give to our successes as well as our setbacks, largely determines the answer. Studies show a positive outlook brings increased health, joy and vitality. Allan utilizes the work of Dr. Martin Seligmann among others. Come explore strategies to develop healthy optimism! Allan Weisbard is a counselor who enjoys helping people find new solutions to old problems. Tuesday, May 3, 2011. Ashland Public Library 5-5:45 PM Free admission. For more information: <http://healthyoptimism.com/>

## Classes, Groups, and Workshops (continued)

**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: 2<sup>nd</sup> and 4<sup>th</sup> Monday evenings monthly from 6:30 to 8:30 pm and 2<sup>nd</sup> and 4<sup>th</sup> Wednesday evenings monthly from 6:30 to 8:30 pm. Contact Cynthia Becker White at The Counseling & Mediation Center (541) 776-9166, email [cbeckerwhite@charter.net](mailto:cbeckerwhite@charter.net)

**Meditations from the World's Wisdom Traditions** Learn different meditations to promote health, and inner and outer peace, followed by a healing service. Check our website link for the monthly focus. <http://www.selfsoulcenter.org/classes-and-events/42.html>. Sunday Mornings: 10 am - 11:30 am. 9820 Wagner Creek RD, Talent. April 3, May 1, June 5. Cost: Donation. Led by Rod Birney MD and Suzanna Nadler Med

**Ashland School Of Hypnotherapy** Our 200 hour Professional Certification Program beginning June 2, will prepare you to become a nationally certified hypnotherapist. 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 transformative experience for your clients. At Ashland School of Hypnotherapy, our emphasis is on helping you to develop your individual strengths and interests within a learning environment that fosters highly professional growth and development. This program will give you skills that you can immediately incorporate into your practice. To register: [www.ashlandschoolofhypnotherapy.com](http://www.ashlandschoolofhypnotherapy.com), 541-488-3180

**Enneagram Personality Typology Ongoing Group** Deepen self-awareness, better understand your clients, guide others with confidence. Call to receive current schedule and details. 541 787 9246. Kristen Tussey, LPC, has been working with the Enneagram since 1986. She has trained with world-renowned teachers and taught the Enneagram at Naropa University, in myriad small group settings, and within her counseling practice. This group will include individuals and couples, in an exploration of personality dynamics, and offer tools for personal growth and expression

**New Hope Healing Arts Center Events, facilitated by Suellen Willi. LCSW**

*Shasta Women's Retreat:* Fri., 4/15 - Sun. 4/17 at Mt. Shasta, CA ✨ *Women's Circle: Open Circle:* Thurs., 5/12/11 6:30 - 8 p.m. \$20 ✨ *Women's Circle: Journey to the Redwoods:* Fri., 7/1/11 10 - 4 p.m. \$50 ✨ *Labyrinth mini-workshop:* Sat., 5/14/11 9am - noon \$45 ✨ For information/registration, contact: 541.479.1544. [www.suellenwilli.com](http://www.suellenwilli.com). 2576 New Hope Rd., Grants Pass, OR 97527

**Spirit Journey - A Medicine Wheel Pilgrimage** Retreat on the Greensprings. September 10, 24 & October 8, 22, 2011. 10 a.m.-6 p.m. Guided by Nancy Bloom, M.A., CHT. Deepen resilience, joy and renewal, through the Seasons of the Soul and of the Natural World. Find enduring support through The Universal Sacred Wheel. Let it nurture, empower and guide you. "Tools for spiritual living to last a lifetime!" S.M., Mother, Wilderness Guide. Excellent for those navigating a Life Passage, loss or transition. Incorporates teachings, sound, writing, inner journeys, shamanic work, solo questing, movement, meditations, supportive sharing. Call 541-488-5795. [www.SpiritInBloom.com](http://www.SpiritInBloom.com)

## Employment Opportunities

**Director of Youth & Family Services** 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 preferred, and three years experience providing program, grants, and budget management preferred. Position# 1028-420DM. See website for details: [www.community-works.org](http://www.community-works.org). Send Cover Letter & Resume to Staffing: [staffing@community-works.org](mailto:staffing@community-works.org) or 900 E. Main, Medford, OR 97504 Colleen A. Dorr, SPHR *Director of Human Resources* (541) 779-2393 x233.

## Office Space

**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. \$125/month for 1 day each week. For more information, please contact Guy Perrin at [gperrin@centerpointonline.com](mailto:gperrin@centerpointonline.com) or ph 245-0789 x1.

## Services/Resources

**Medical Insurance Billing, Bookkeeping, and Credentialing** for Mental Health Professionals. Fee: 7% for claims billing and \$20 per hour other services. Call Tracy 541-941-7792 [jmartin1791@earthlink.net](mailto:jmartin1791@earthlink.net) or [www.billingroguevalley.com](http://www.billingroguevalley.com).

**Monster Basher Night Lights** Children overcome their fear of sleeping alone or fear of the dark with Monster Basher Night Lights. These Special night lights come with a story for parents to read to their child. The light color and aroma of the organic spray have therapeutic benefits as well. The child feels safe and protected, the parents regain their bed and sleep. It's been very successful for children between the ages of 2 years to 7 years. For more information or to purchase go to [www.monsterbasher.com](http://www.monsterbasher.com)

**Professional Writing** 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).

**RESET: Rediscovering Sexuality Together** Shavana Fineberg, Ph.D. is now offering her sexuality specialty and her short-term couples program "RESET: Rediscovering Sexuality Together" in Ashland (for Medford and Ashland clients) as well as in Grants Pass. Couples can remain with their primary therapist while Shavana works on the sexuality piece on a short-term basis. Insurance is welcomed. 541 846-0590.

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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.