

Mental Health Resource and Education Network

MHREN □ P.O. Box 1349 Talent, OR 97540

www.mhren.org □ info@mhren.org

Summer 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, Victor Chang

President's Corner

Summer is finally here and I hope you are enjoying this glorious weather. As your new board president, I am honored to serve you and this organization that I think is essential to our growth as therapists and as life long learners. Thank you in advance for your support as I attempt to learn the ropes of this exciting and challenging new position. For the past 15 years MHREN has been dedicated to the support of learning and networking in our lovely community. Our main goal is to further that endeavor by continuing to update, revive and renovate.

As we look ahead at what is possible for next year, we are excited about the new line-up of presenters. Your board is working diligently toward enlivening our workshops and bringing you cutting edge topics and nationally known names.

New Board Member

Please join us in welcoming our new MHREN Board Member Victor Chang. Victor Chang, MA LPC is the Mental Health Services Coordinator at the Student Health and Wellness Center at SOU. Besides carrying a clinical caseload, Victor coordinates mental health services on campus; conducts crisis intervention and high-risk client case management; collaborates with staff and faculty on initiatives to increase campus holistic health; conducts and oversees mental health outreach/promotion activities; and works daily to help manifest a responsible, aware, and thriving campus community. Victor is happily married and has two beautiful children who are the joy of his life. Besides his work and his family, Victor enjoys being outdoors – trail running, cycling, backcountry skiing, and taking leisurely family hikes.

Membership Renewal

Please note that we have included our membership renewal form along with this newsletter. We are extending our 2011 membership period to December 2011. Renewals will now be due by December 31st instead of October which will change our membership period to coincide with the calendar year.

Non-member advertising

We are happy to announce the addition of a new section of our newsletter exclusively for non-member advertising. These submissions will create revenue for MHREN and give outsiders a chance to show us what they have to offer. Currently we are offering an advertisement fee for 100 words or less for \$20. We will solidify our fee structure for ads and flyers prior to our next newsletter. ***Advertising remains free for all members.*** Please contact Taffy Clarke Pelton at Taffy@TaffyClarkePelton.com for specific information.

As always, we sincerely thank you for your continued support of our efforts, and look forward to seeing you at our events in 2011 and beyond!

MHREN Workshops

Legal & Ethical’s Greatest “Hits”: Most Frequent Problems for Mental Health Professionals Revealed

September 23

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

Sexuality Program for Couples. This is especially for BABY BOOMER COUPLES and CANCER/HEART ATTACK SURVIVORS. Shavana Fineberg, Ph.D., will be offering the couples group version of her short-term couples' sexuality program, RESET: Rediscovering Sexuality Together, in October in both Grants Pass and Ashland. The RESET program offers couples the opportunity to approach physical intimacy from a relaxed, open-hearted, playful perspective. It is designed to increase emotional intimacy and sensual/sexual pleasure. (Dr. Fineberg also offers the program for couples individually in a session series, and offers single sexuality consultations for couples and individuals.) (541) 846-0590.

Cultivating Emotional Balance: The Seven Keys. Nando Reynolds, MA, LPC, and Maria Connolly, MS, LPC, CHT, have blended their personal development programs and will present the new and improved version this fall in Ashland. Join us for a transformative journey of self discovery and growth! Work on these core skill areas in a supportive group setting: Physical self-care, Emotional balance, Releasing the past, Emotional intimacy with others, Spiritual development. Times: October 1-2 & 8-9. Tuition: \$275. Please contact Nando at 541-821-6623 or Maria at (541) 973-9673 for more information.

Rebuilding When Your Relationship Ends. This straight to the heart ten-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

Integrative Recovery Therapy™. This is a unique self-help program for addiction recovery as well as depression and anxiety that weaves recovery themes with Mind/Body practices such as Deep Breathing, Meditation, Mindfulness, Deep Relaxation, Guided Imagery, Yoga, Qi-Gong and more. Participants learn tools that focus the mind, calm the emotions and rejuvenate the body. The program has been approved as a Life Skills Training (RSS) Provider through Oregon Access to Recovery and can serve eligible clients individually. The next twelve week session begins September 21st. (Medford). Drop-ins welcome. Contact Laura Winslow at (541) 210-1952. www.yogaforrecovery.net. Contact Joel Turgesen for references.

WinterSpring's Comprehensive Grief and Loss Training. This is for professionals, volunteers and community members. **October 20th is the registration deadline for WinterSpring's Comprehensive Grief and Loss Training.** The training includes an experiential weekend workshop October 22 & 23, 2011, 9:00 – 5:00, five subsequent evening sessions and two experiential/observation sessions totaling 30 hours. Classes include Issues of Death and Dying; Bereavement; Child and Teen Grief; Murder, Suicide and Complicated Grief; Communication Skills; Laughter and Play Therapy. CEU's are available for an additional \$25. The training fee is \$225. Limited need based scholarships available. Call (541) 552-0620, e-mail info@winterspring.org, or visit www.WinterSpring.org. Pre-registration is necessary.

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 and 2nd and 4th 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

Spirit of the Depths: Dreams. Each of us has a place of depth and mystery that is accessible through dreams. Through the perspective of depth psychology we will learn to understand and translate the images of dreams on individual, group and world levels. Dreams help us recognize patterns of our personalities and communications from the depths of our being to give us guidance in our lives. Fall 2011 Semester: Wednesdays 5 - 6:30 pm (5 sessions) 8/10, 9/7, 10/5, 11/2, 12/7. \$150.00 for the fall semester. To register call (541) 535-3338.

Moving Into Fullness. Through the support of a small group and the process of connecting feelings and thoughts to movement, experience fuller relationship with your body, others and the creativity that heals. Sept. 8, 22; Oct. 6, 20; Nov. 3, 17; Dec. 8: 2:30 – 4:30 pm. \$200 for fall semester (\$180. If paid in advance) For questions or to register: (541) 535-3338 www.selfsoulcenter.org

The Matrix Experience: Redefines leadership and group interaction from hierarchical systems to relationally based living systems. This experiential workshop, creates a model for sustainable groups and communities. Participants learn to connect on a foundational level, in the open, creating the "matrix" or web, of relationships. This web becomes stronger, with more capacity. Sustaining these connections, participants learn a new model for appreciative & differentiating feedback; look at their "old story" roles in groups; experiment with "new story" roles; experience the distribution of roles in the group field; discover the leadership that lies in these connections, not in the individual. The workshop has benefits for managers, facilitators, group leaders, therapists, families, etc. Nov 4-6, Ashland. Led by Amina Knowlan, MA, Hakomi trained, founder of Matrix Leadership Institute, Boulder, CO. Visit: www.matrixleadership.org. For more information, contact Toni Lovaglia at (541) 708-0085, or toni@matrixleadership.org. (Referred by Fern Snogren)

Medicine Wheel Workshop- Retreat. On the Greensprings, immersed in nature. September 10, 24 & October 8, 22, 2011. 10 a.m.-5 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

It's All in the Family: A Process Work Approach to Working with Children and Families.

This one-day training in Ashland on October 21, 2011 is geared towards practitioners who would like to add process work skills to their tool box. Based on the pioneering work of Dr. Arnold Mindell, Process Work with children and families reveals the inherent wisdom within problems and brings a spirit of play and curiosity. Dawn Menken, Ph.D., is a senior teacher at the Process Work Center of Portland, an extraordinary therapist and a parent. Call Mary Shaffer, MA, at 541 482-3314 for more info. See workshop flier in MHREN newsletter.

Practice Announcements

Camille Bianco, LPC is happy to announce the opening of her counseling and art therapy practice in downtown Ashland. She works primarily with individual adults, but is also available for child, family and couples work. She welcomes opportunities to connect with colleagues and offers free phone consultations for potential clients. Please call (541) 261-5858 to speak in person.

Emanuelle (Em) Gomez, LCSW is pleased to announce that she now has offices in Medford and downtown Ashland. She specializes in Women's Issues; Substance Abuse & Families in Recovery; Elder Care: Caring for aging parents and loved ones. She was the Elder Care Consultant for faculty and staff at UC Berkeley prior to moving to Ashland. To make referrals or to inquire as to services available, please contact her at (541) 301-7414.

Employment Opportunities

Intern position available. For a small caseload of adolescent clients at Creekside Counseling Center in Ashland. Interested applicant must have some background (clinical or academic) in eating disorders and be available to see clients in the afternoon/early evening. Supervision will be provided for school or licensure hours. Please mail resume and cover letter to Kim Grynck at creeksidekim@msn.com.

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 or (541) 245-0789 x1.

Office space available in Ashland. A beautiful, 12' by 16', downtown Ashland office, across from Bloomsbury Books is available in September. The office is in a suite that includes a waiting room that is large enough for groups. \$400/month includes utilities. Call Paul Giancarlo at (541) 482-7070

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.com or www.billingroquevalley.com.

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