

Mental Health Resource and Education Network

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

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Spring 2012 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

Spring is here, or is it? Somebody pinch me - is this a dream? Will this be yet another unseasonably cold & wet spring I wonder, just like the last couple years? Well at least the daffodils in front of SOU are very colorful & lively and bring rays of hope.

The Board has been getting more settled in recent months - the newcomers have been finding their place, and I am thankful for their efforts. Each brings unique skills set and individual perspective which lends a rich diversity to the organization.

The publication of the latest Referral booklet was quite an undertaking, and I wish to thank you for your cooperation throughout the process. We will continue to streamline our methods of collecting the data and organizing it in a consistent manner. The next publication will be in 2014.

We were very pleased with the turnout of the latest workshop facilitated by Robert Whitaker, and especially with regards to the collaboration between MHREN and PI CME. It seems our region is playing a vital role in maintaining the health and well-being of our patients and clients. Let's remember to pat each other on the back from time to time.

As always, thank you for supporting our Board and we look forward to seeing you at our June event with Michael Yapko. Here's hoping that by then, I can put this umbrella away!

MHREN Workshops

June 15th, 2012

The Many Benefits of Applying Hypnosis and Directives in Strategic Psychotherapies: How Hypnosis Enhances Treatment

This workshop provides insights into the dynamics of integrating patterns and principles of hypnosis with the core skills of effective psychotherapy. Specifically, we will focus on identifying and developing some of the key skills necessary to design and deliver meaningful psychotherapeutic interventions hypnotically. This is also a training in learning to think and intervene strategically in helping people resolve their difficulties.

Michael D. Yapko, Ph.D., is an internationally recognized expert in clinical hypnosis and outcome focused psychotherapy. He has authored 13 books including *Trancework: An Introduction to the Practice of Clinical Hypnosis* and his latest, *Mindfulness and Hypnosis: the Power of Suggestion to Transform Experience*.

September 14, 2012

Relational Life Therapy™

This therapeutic model deals with the most stuck and intractable cases by dealing squarely with issues of character. We teach individuals in couples how to be relational, changing each individual's character as we change the relationship between them. Couples and individuals can learn and master the art of "relational mindfulness" - a practice of bringing your best self into play in your most heated moments. RLT™ is a radical approach to couple's therapy and produces profound, dramatic change quickly.

Terry Real is the world recognized Family Therapist and Author of *The New Rules of Marriage*, the best-selling *I Don't Want to Talk About It*, and *How Can I Get Through to You?* He is the Relationship Expert for *Good Morning America*, and has appeared in numerous venues like the *Today Show*, *20/20*, *Oprah* and *The New York Times*.

November 16, 2012

Becoming a Brain-Savvy Therapist: Exploring the Neurobiology of Attachment

With an overview of some basic brain science we will explore attachment histories and some ways to practice strengthening the emotional balance for both the client and therapist. Our goal is to not only learn about the left hemisphere, but to gain a visceral sense of the principles in our own bodies and brains.

Bonnie Badenoch, PhD, LMFT is a therapist, supervisor, teacher, and author of *Being a Brain-Wise Therapist: A Practical Guide to Interpersonal Neurobiology*, and *The Brain-Savvy Therapist's Workbook*. Bonnie has spent the last seven years integrating the discoveries of neuroscience into the art of therapy. Her work as a therapist focuses on helping trauma survivors reshape their neural landscape to support a life of meaning and resilience.

Community Announcements

The National Association of Social Workers (Oregon chapter) awarded the honor of **Social Worker of the Year (2012) to Paul Giancarlo, LCSW** for his work as co-founder of the Ashland Food Project (AFP). The goal of the AFP is to provide a consistent source of food to the local food bank through a neighborhood-based collection system made up of donors who contribute a bag of food every other month which is picked up at their doorstep by Neighborhood Coordinators. The project has expanded to Medford, Talent/Phoenix, Eagle Point as well as many communities out of this area. If you would like to become a part of a vital community effort with very little time commitment, please visit the website at www.ashlandfoodproject.com or call Paul at (541) 482 7070.

Classes, Groups, and Workshops

Got Adult ADHD? A 6-Week Coaching and Empowerment Class

There is much more to ADHD than too little attention to too much hyperactivity. It affects many aspects of how you process information and manage demands in your life. Research increasingly emphasizes that people with ADHD possess specific weaknesses in executive functioning. These functions are the highest level of brain processing. They enable us to make good decisions and take productive actions in the world. This 6-week class will focus on education about ADHD and executive functions, discuss common struggles, provide support, and present concrete strategies to help you overcome your challenges. Contact Glenn Gelfenbein, LPC at (541)326-9465 or glenn@abilityserv.com for more information.

Choose the Optimism Option by Allan Weisbard, L.C.S.W.

Monday, April 23, 7-8:30 PM Ashland Food Co-op Classroom: 300 N. Pioneer St.

Are you an optimist or a pessimist? The meaning you give to both your successes and your setbacks largely determines the answer. Now more than ever, we have the opportunity to create an optimistic perspective to help us through these challenging times. Utilizing recent psychological and sociological research, you will learn strategies for developing healthy optimism. Healthy optimism allows you to maximize your time, energy, joy and fun. **Allan Weisbard** is a Licensed Clinical Social Worker in Ashland. By combining cognitive behavioral therapy and a solution-focused perspective, he counsels patients struggling with anxiety, insomnia, and panic disorders. Allan enjoys assisting people in the midst of life transitions, helping them to envision their future with a dose of Healthy Optimism.com. Free

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

Classes, Groups, and Workshops Cont.

Life in Balance: The 7 Keys, "An Overview," April 21-22, 9:45am-5:30pm in Ashland. This is a comprehensive personal growth weekend designed to support your clients in their growth and contribute to their individual work with you. Designed and facilitated by Nando Reynolds, LPC and Maria Connolly, LPC. Look for our flier later in the newsletter for details!

Intensive Introduction to NLP: Powerful Tools for Personal Change Sat. April 28, 9am-6pm: Location: Ashland Public Library, Guanajuato room, \$119 early bird (by April 19) \$149 thereafter, walk-in registration welcome. You've wondered what NLP is all about, and how it can help you personally and professionally. This full-day, highly interactive/experiential session is for you! Facilitated by Maria A. Connolly, LPC & Adam Marx, MA

Authentic Movement: Coming Home to Yourself Through the container of authentic movement, the body is used as a tool to know yourself more deeply, find your hidden aliveness, authentically relate and discover your creative expression. These groups claim time to BE with yourself and others and hone your skills of body empathy. There are 4 groups at different times (check out the website: selfsoulcenter.org/classes-and-events/) Sign up for at least one group/month, for a minimum of 4 successive sessions @ \$120/ 4 months. Led by Yahya Suzanna Nadler, MEd.

THRIVE! For Therapists, Social Workers & Psychiatric Professionals. An 8 week consultation group using clinical art therapy designed to assist you in resolving issues related to therapeutic impasse, counter-transference, vicarious trauma and burnout. Experience immediate and powerful insights that surface from engaging in a clinical art therapy group led by Master's Level Professional Art Therapist and Licensed Professional Counselor, Camille Bianco, LPC, NCC. Cultivate vitality, fulfillment and ever-increasing competence in your work- while having fun and connecting with peers! Beginning early May through late June. Contact Camille at (541)261-5858 for details. See flyer later in newsletter for more info.

Portland Hold Me Tight - A relationship enrichment weekend to help couples enhance and protect their emotional connection to create a stable, lively, intimate relationship. This program is based on emotionally focused couple therapy and attachment/affect regulation theory. It is useful for couples who are struggling with mild relationship problems, wanting to become more emotionally engaged, or facing a major life transition such as parenthood. Meets Friday, Oct. 26 7:00-9:00 pm, Sat. Oct. 27 9:00-5:00, Sun. Oct. 28 9:00-4:00. Location: Portland. Cost: \$740. Discounted room rates of \$99 per night are available at the hotel. For more information: portlandholdmetight.com or (503)222-0557

Portland Emotion Focused Therapy™ - Couple Therapy Training Group. Provides a comprehensive theoretical and experiential foundation in this powerful, research based approach to couple therapy. Learn to work more directly with emotions to facilitate deeper and more enduring change in your couples. Although we include all the core concepts from Sue Johnson's approach to EFT-C, we are strongly influenced by Leslie Greenberg's original contributions to the approach and teach his updated model as described in *Emotion-focused couples therapy: The dynamics of emotion, love and power* (2008). The training is a combination of lecture, discussion, experiential exercises, viewing videos, and readings. Dates: Oct. 12 & 13, Nov. 10, Dec. 8 (2012); Jan. 5, Feb. 2, Mar. (2013) Time: 12:30-5:30. For more information: edwardspsychotherapy.com or (503)222-0557

Practice Announcements

Glenn Gelfenbein, MA, LPC is pleased to announce the opening of his practice, Ability Services, in Ashland and Medford. For more than 15 years, he has served children and adults with learning and attention differences (LD/ADHD) and their families. In the Bay Area, he founded and co-developed a cross-discipline clinic that provided mental health services, educational therapy, career counseling, and ADHD coaching. He is a former Vice-President of the East Bay Learning Disabilities Association, as well as a board member for the Learning Disabilities Association of California. He is currently training to be a Certified ADHD Coach. To learn more about his practice visit: www.abilityserv.com.

Barbara Beebe Long, LMFT announces the opening of her counseling office in Medford. Specializing in young adult (18-35) life issues as well as relationships, premarital, couples, and post-marriage. Welcomes opportunities to connect with colleagues. Free initial phone consultation for potential clients. Currently accepting new clients. (541)778-9360

Services/Resources

Beautiful office in a suite with other therapists, opening April 1 in Ashland. Address: 565 A St., Second floor. Spacious waiting room, fantastic view of Grizzly Peak, cozy space with lots of storage/closet room. \$320/mo for one therapist, slightly higher if shared.
Please contact: Bill McMillan (541)821-4798