

# Mental Health Resource and Education Network

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

www.mhren.org ✉ info@mhren.org

## Summer 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

Welcome to this Summer edition of the MHREN newsletter! I hope this finds you in good health and enjoying the warmth of the summer days. This newsletter is intended to keep you informed of our upcoming events. In addition, this is a way to stay informed of what you - our colleagues - are offering in your practices. Anytime I browse through the announcements I am reminded of the wealth of resources in our valley and I get even more excited about living and practicing in our beautiful region.

In continuing our commitment and strengthening our efforts to promote personal development, we are working on our lineup for 2013.....I think you will be very pleased!! Stay tuned...

The Board thanks you for all your support and encourages your feedback.

### MHREN Workshops

**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*.

## **MHREN Workshops cont.**

**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**

### **Classes, Groups, and Workshops**

**The Community Counseling Center of Ashland** is offering an ongoing series of informational talks primarily designed for therapists. On the schedule for the next few months we have: Dr. Ross Pelton on "Drug-Induced Nutrients Depletion," Jennifer Downs and Lynn Whitaker on "Grief & Bereavement," Greg Jemsek on "Narrative Therapy," and Dr. Ruth Resch on "Brain Trauma Injury and Recovery." Join us at 600 Siskiyou Blvd. in Ashland, bring your lunch, learn about a new topic and connect with your colleagues. Check out our website <http://www.cccofashland.com> for correct dates. For questions call Maria Connolly at (541)973-9673.

### ***Three Evening Presentations on Parenting***

**September 18 - Parenting with Mindfulness and Collaboration**

**October 16 – Parent-Child-Interaction Therapy (PCIT)**

**November 27 – The Art and Neuroscience of Relationships and Power Struggle**

We want our kids to learn that relationships are about nurturing, warmth, consideration, cooperation, and respecting other people. \$35 each evening or \$75 for all.

**Mary Shaffer, MA**, relationship consultant at the Center for Relational Artistry draws upon her many years as a preschool teacher, Waldorf teacher, therapist and school child development specialist to guide and support you in becoming more of the parent you want to be. (541)890-2593

### ***The Space Between: A Body/Mind Exploration to Transform Your Response to Stress & Anxiety***

The space between is a place where time pauses for a moment, where the body and mind can rest and cultivate self-healing and self-growth. Through insight and body awareness practices, you'll learn how to recognize an imbalanced state of anxiety and stress and cultivate strategies to restore your body and mind to a natural, harmonious state.

**Introductory Session October 25th 6:00-9:00 p.m.**

Ashland Library \$25 (waived if attending workshop on Nov. 10th)

**Full Day Workshop November 10th 9:00am–4:30pm**

Talent Library \$150

*Sign up: [movingintoharmony.com/offerings](http://movingintoharmony.com/offerings) (541)890-7372*

**Paul Giancarlo, LCSW and Shawn M. Flot, MPT & RYT**

**See flier at end of newsletter**

## Classes, Groups, and Workshops Cont.

**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:**

**2<sup>nd</sup> and 4<sup>th</sup> Monday evenings monthly from 6:30 to 8:30 pm**

**2<sup>nd</sup> and 4<sup>th</sup> Wednesday evenings monthly from 6:30 to 8:30 pm**

**Contact Cynthia at - The Counseling & Mediation Center**

**(541) 776-9166, email [cbeckerwhite@charter.net](mailto:cbeckerwhite@charter.net)**

***“Life in Balance: The 7 Keys” weekly class.*** A comprehensive personal growth series designed to support your clients in their growth and contribute to their individual work with you. The weekly meetings will have both didactic and experiential components. Participants will be able to learn, share and practice new skills in the company of others. Designed and facilitated by Nando Reynolds, LPC (541)821-6623 and Maria Connolly, LPC (541)973-9673, the class will be on Thursdays from 6:30 to 8:30pm starting September 6<sup>th</sup>,2012. \$12 drop in, \$50 prepaid for five meetings. Please call for more information and location!

***Life in Balance: The 7 Keys presents “Key 3 ~ “Cultivating Freedom from your Past.”*** We have all learned from our experiences what to expect from ourselves, others and life. Some of what you have learned continues to be helpful, while some of it is an ongoing source of pain. Choosing what to retain and where to retrain is essential for staying current in your life. Join Nando Reynolds, LPC (541) 821-6623 and Maria Connolly, LPC (541) 973-9673 on October 6-7, 2012. See the enclosed flyer for more information!

### ***Narrative Therapy: An Introduction. March 29, 2013***

Narrative therapy is a unique approach to individual’s multistoried life. Stories are viewed as social constructions of reality, with context and culture as integral components. This allows clients to deconstruct “landscapes of identity” in ways that attend to story lines dropped from awareness or thinly interpreted during the course of life. **Greg Jemsek, M.A.**, has been a Narrative Therapist the past 18 years in Australia and New Zealand. He learned Narrative from co-founders Michael White and David Epston. His award winning book, *Quiet Horizon*, explores the role of metanarratives in ideological thinking.

***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](http://www.jenniferdowns.net).

## Classes, Groups, and Workshops Cont.

**Maui Retreat: Cultivating Emotional Intimacy.** What are you doing for self-care this January? Satisfying relationships are one of the primary sources of life satisfaction and self-care for most people, providing the emotional support we need when times are hard, as well as daily nourishment for a balanced and rewarding life. Effective and satisfying relationships are created through the methodical application of specific skills. Come practice these skills in a fun way in the company of others! Maria Connolly, LPC (541)973-9673 & Nando Reynolds, LPC (541)821-6623. Maui Beach Hotel, January 26-27-28, 2012. See the enclosed flyer for information!

**"Empowerment & Self-leadership" ~ Maria A. Connolly, LPC** ~ What does it mean for women to be "Empowered"? Personal power is a dynamic, moving force. It reflects the kind of energy we bring into our lives, our relationships, and our accomplishments. We feel empowered when we are at peace with ourselves, we are clear and deliberate, and we are fully connected. Through techniques from a variety of traditions, and energizing movement, we explore how to:

- Release shame, and self-judgment
- Learn to trust our own emotional intelligence and body wisdom
- Strengthen our connections.

**November 8/9/10 10-5:30pm, Ashland (541)973-9673**

**Chronic Illness and Pain support group for women**, first and third Thursday of every month in Ashland. Please call Sharon Bolles, LPC at (541) 840-5922 for more information. This is not a psycho-educational group. It is a group for women who want to feel support from others who understand what they are coping with.

### **Loneliness: Abyss or Gift?**

Our desire to connect is human, as is our experience of loneliness. We may spend lots of time alone, be surrounded by people or in a relationship and still feel deeply lonely. In this group we will explore the many faces of aloneness and connection - mining the pain and gold contained in each.

When: Beginning in October

Where: Downtown Medford, Monday evenings 4:30-6:30pm

Facilitators: Natasha Vilas, Ph.D. & Noel Chatroux, LCSW

Contact: (541)292-9566 [drvilas@natashavilas.com](mailto:drvilas@natashavilas.com)

### **Riding the Current of Relationship: Using connections and disturbances for greater intimacy**

Tracking energy and information in relationships as it's happening can lead to more clarity and less resentment. This experiential presentation will examine the ever-shifting nature of relationships and explore the art of using present moment interactions and disturbances for personal growth, deepening intimacy and energizing your life. Information, awareness skills, and experiential exercises will be offered to enhance relationship of all kinds. Individuals and couples are welcome.

Date: Thursday, December 6, 7-9 pm, \$25 advance/\$35 at the door

Paul Giancarlo, LCSW (541)482-7070 [paulg@mind.net](mailto:paulg@mind.net)

Center for Relational Artistry Ashland

**ADULT SUPPORT GROUP** for people with chronic health problems including Cancer, Heart Disease, COPD, Fibromyalgia, etc. Groups are limited to 6 participants and meets weekly in Ashland. Medicare and other insurance accepted. Group is facilitated by Dr. Jennifer Hall, DSW, LCSW (541) 890-7780

## Classes, Groups, and Workshops Cont.

***Parenting a Child or a Teen with Attention Differences (ADHD)?*** Ability Services offers an 8-week parent training course in Ashland on Mondays from 7:00 to 8:30 p.m. Topics covered include basic education about ADHD, neuro-imaging and genetic research, medication and behavioral treatments, comprehensive ADHD assessment protocols, ADHD as executive functioning difficulties, complementary and alternative treatments, methods to improve skill weaknesses, ways to collaborate with the school, 504 and IEP procedures, strategies for homework, and much more. Emphasizing research-based treatment methods. For more information, call Glenn Gelfenbein at (541) 326-9465 or visit [www.abilityserve.com](http://www.abilityserve.com).

***Got Adult ADHD?*** Understand your brain and get more done! Ability Services offers a 10-week course in Ashland on Wednesdays from 7:00 to 8:30 p.m. This course will cover current research in ADHD, why ADHD is really a disorder of executive functioning, research-based treatment approaches, and complementary and alternative treatments. The primary focus of the course will be on implementing pragmatic approaches and techniques to improve organization, planning, time management, initiation, project completion, problem solving, attention span, motivation, and reducing distractibility. For more information, call Glenn Gelfenbein at (541) 326-9465 or visit [www.abilityserve.com](http://www.abilityserve.com).

***Breaking Free of Chronic Pain*** is a new six-week experiential program beginning in September. Focus is on alleviating physical and emotional pain as well as mental distress using mind-body therapies. This is not a discussion group. Integrative Recovery Therapy™ for addiction recovery, depression and anxiety is continuing into its third year. Participants learn tools that focus the mind, calm the emotions and rejuvenate the body. Both programs are available to Oregon Access to Recovery eligible clients. Classes are available in Medford and Ashland. For more information, contact Laura Winslow at (541) 210-1952. [www.yogaforrecovery.net](http://www.yogaforrecovery.net). Contact Joel Turgesen for references at (541) 779-0103.

***Cognitive-Behavioral Therapy.*** Maria Connolly, MS, CHT, LPC, will inaugurate the SOU Mental Health Counseling elective series with a special seminar on CBT. We are holding a few spots for community mental health professionals and registered interns who will sign up for a Pass/No Pass course to earn 25 CEUs. When: **Fridays & Saturdays, Oct 12, 13, 26, 27.** On the SOU Ashland campus. 9am - 4:30 pm each day (with lunch break). **Cost: \$240.** To register: Go to the SOU DCE website <http://sou.edu/dce/professional/psychology.htm> or call (541)552-6331 or complete and mail in the attached form. Space is limited to 25.

***Nia White Belt – 7-Week Body-Mind Integration and Transformation:*** Seven Sundays from Sept 16-Oct 28 in Ashland. Discover Nia's practice of cultivating joy in your body and your life - irrespective of circumstance. This sensory awareness-based training includes somato emotional integration, witnessing, experiential anatomy, emotional agility, identifying and releasing habits and the use of music to support neuroplasticity. Synergize your academic and clinical training by turning every mental concept into body sensation for the benefit of your patients and yourself. 50 CEUs for LMTs, PTs, OTs, DCs. With holistic physical therapist and Nia Faculty Rachael R. Resch. [www.NiaNow.com/RachaelResch](http://www.NiaNow.com/RachaelResch) or (541) 482-8333 x2

## Practice Announcements

**Asha Goldstein, LCSW** is pleased to announce the opening of her private practice in Ashland, offering counseling, coaching, workshops, and classes. Specializing in dance/ movement therapy, embodied mindfulness, sensuality coaching, and Shadow Work. All ages from late teens onward. Asha has been a full time counselor at SOU for the last three years and is continuing her work there part time as she builds her own practice. Free initial consultation. Currently accepting new clients. For more information call (541) 646-0828 or go to [www.ashagoldstein.com](http://www.ashagoldstein.com).

**Lark L. Lovejoy, MS, NCC**, co-founder of Lovejoy Counseling Services LLC, is now taking new clients. Lark is a registered intern with the Oregon Board of Licensed Professional Counselors and Therapists and a national certified counselor. She provides individual, couples, family, and group counseling for adults and adolescents. Lark supports clients in moving toward greater wholeness utilizing a multi-modal approach founded on humanistic, psychodynamic, cognitive-behavioral, gestalt, and body-centered philosophies. As a pre-licensed professional, she can provide counseling for clients at a reduced rate. For further information, Lark can be contacted at (541) 708-2024 or [lark@lovejoycounseling.com](mailto:lark@lovejoycounseling.com). [www.lovejoycounseling.com](http://www.lovejoycounseling.com)

**Susannah Tyrrell announces the opening of her counseling practice in Ashland.** In practice for over twenty years, she is a Board Member of the Community Counseling Center in Ashland, a licensed member of the UK Council and the European Association for Psychotherapy. A Hakomi and Transpersonal therapist, she works with those in any life transitions: death, grief and loss; couples who want to part or stay together; those who suffer pain (physical, emotional and/or spiritual), that causes bewilderment and anxiety. Her earlier years as a professional classical singer help her understand artists wishing to deepen their creative connection. (541)488-5161; or [tugra@earthlink.net](mailto:tugra@earthlink.net)

**Ruth Codier Resch, PhD:** I am announcing an expansion of my clinical psychology practice with adults to children and families with catastrophic illness. As a survivor myself, I am unique in being able to look from both sides of the survival/crisis fence. I focus on teaching how to live well with illness and disability, principles of neuroplasticity, pleasure and resilience to promote the best possible recovery on all levels. -- I serve people with stroke, aphasia, brain trauma, heart conditions, MS, Parkinson's, catastrophic illnesses and the like. (541) 482-9280 [ruthreschphd@jeffnet.org](mailto:ruthreschphd@jeffnet.org)

**People's Art: Delaine Due, M.A., ATR** is pleased to announce an expansion of her practice in Ashland. Delaine provides quality art psychotherapy with expertise in adolescents and adults. Specialty issues include trauma, anxiety, gender identity and sexuality. Delaine has 13 years of experience including clinical practice in residential treatment, prisons, community agencies and private practice. She has been adjunct faculty at SOU for 10 years and is a co-founder of Lotus Rising Project. Accepting new clients at (541)499-5214.

**Greg Jemsek, M.A., has opened a Narrative Therapy practice in Ashland.** Narrative is a unique approach to examining an individual's multi-storied life. Therapist and client create the necessary scaffolding to explore the personal history, social, and cultural context of stories. This allows clients to deconstruct "landscapes of identity" in ways that attend to story lines which may have dropped from awareness or been thinly interpreted during the course of their lives. Greg is also the author of Quiet Horizon, an award winning book examining how people become captured by ideological thinking. Appointments: 541-646-5440 E-mail: [greg@quiethorizon.com](mailto:greg@quiethorizon.com) Blog: [www.quiethorizon.com](http://www.quiethorizon.com)

## Positions Available

### ***SOU Student Health and Wellness Center is seeking a Psychiatric Mental Health Nurse Practitioner.***

This is a 9 month, 30 hour/week position in a dynamic, collaborative work environment, with approximately 10hrs/week required during the summer term. Competitive wages and benefits available. We are looking to fill this position as soon as possible. For more details and to apply online: <https://jobs.sou.edu>. For questions, contact: Diane Stamper, Search Chair at [stamperd@sou.edu](mailto:stamperd@sou.edu).

## Space for Rent

***Furnished, professional space for rent (Medford and/or Ashland).*** Centerpoint has offices in Medford (801 O'Hare Parkway, near the airport) and Ashland (295 E Main, downtown across from Bloomsbury Books). The offices are very nice and private with lots of natural light, professional furniture and chairs, and hi speed internet. Medford has a shared receptionist, waiting area, conference room and kitchen. Ashland has a waiting room, high ceilings and a beautiful view. We are interested in sub-letting several days/week in either or both locations. \$150.00/month for 1 day each week. For more information, please contact Guy Perrin at [gperrin@centerpointonline.com](mailto:gperrin@centerpointonline.com) or (541) 245-0789 x1. Thanks.

***Beautiful spacious furnished office space for rent,*** available 1 to 4 days, own entrance, bathroom, skylights, all utilities, WiFi incl. Ideal for therapy or healing practices. The healing energy already in it from being a creative art studio and a therapy space quite sweet and lovely! \$145 per day monthly (i.e. \$36 a day x 4) Call Ruth Resch, (541) 482-9280 or email [ruthreschphd@jeffnet.org](mailto:ruthreschphd@jeffnet.org)

***Ashland Office for Sublease.*** Attractively decorated, comfortable, smaller office for rent on Main Street in Ashland (downtown) with skylight. Room includes access to a very nice group room. Professional and friendly colleagues in the suite. Available for rent by the day or up to two and one half days per week per month. Currently some flexibility on which days. Call for more information: Glenn Gelfenbein - 541-326-9465.

***Office space to share in Medford.*** It is in the historic Goldy building on E. Main Street between Central and Front. The office is available for up to 4 days/week in addition to weekends. There is a waiting room and an office. Please contact Susan Scorso, LMFT at 541-512-2127.

***Medford One Day Sublease Desired*** I am looking to rent one day per week in Medford in a nicely decorated and comfortable office. Prefer Tuesday, but some flexibility on the day. If possible, overtime, I may want to add an additional ½ or full day per week. I am a licensed therapist for 18+ years, professional and courteous. Contact Glenn Gelfenbein – 541-326-9465.