



www.mhren.org info@mhren.org

Fall 2021 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; to enhance the public will toward therapy; and to enhance the lives of our clients and our world.

The MHREN Board of Directors: Sharon Bolles, Kate Caldwell, Martha Hutchison, Maire Murphy, Kristen Caron, and Kalia Feldman-Klein

FROM THE BOARD PRESIDENT

11/17/2021

Dear Colleague,

Where has the time gone? As we approach the New Year, I find myself using more than the calendar year to measure how fast time is flying. We're technically in the eleventh month of the 2021 calendar year, but it has also been over a year and a half since the COVID pandemic upended our normal routines. While the lens of COVID time accounting can be a bit bleak, another metric I have found to be more heartening is the time I have had the privilege to serve on the MHREN Board—almost a year.

The cancellation of MHREN 2020/2021 workshops is a sharp contrast from the activity of hosting four workshops a year, but I have been delighted that our work on the Board has been far from stagnant. First, as Sharon alluded to in the MHREN Summer Newsletter, there have been some changes in MHREN Board positions: I stepped into the President role in July of this year, Kalia Feldman-Klein as the Treasurer, and Kristen Lorange Caron as the Secretary. Yet these changes have been wonderfully supported and eased by the experience and mentorship of the rest of the Board, including Kate Caldwell, Martha Hutchison, and previous President Sharon Bolles (big shoes to fill...!). Thanks to the culture these powerhouse women cultivated, the delineation of positions on the MHREN Board—President, Secretary, Treasurer—serve solely as a formality and general template of workload and task acquisition. At the heart of this Board is a community of clinicians and women, all of us at various stages of our careers—who share in the same desire to continue building and strengthening our Southern Oregon community of mental health practitioners.

Although our work as therapists is inherently relational, between therapist and client, the work of being a private practice clinician can carry a tinge of disconnection and isolation from clinician to clinician, colleague to colleague, peer to peer. This was the reason MHREN was founded—to build the network of clinicians in Southern Oregon—and hosting workshops provided not only a way to get CEUs, but perhaps more importantly, as a way to meet and connect with one another.

For this reason, the MHREN Board decided that it was worth pausing on hosting workshops until we could have them in person. Dear Colleague, how thrilled we are to announce that, in year 2022, we will be rolling out in-person workshops. With strict adherence to COVID-19 protocols and guidelines, MHREN can resume a modicum of normalcy.

Please stay tuned for the announcement of upcoming workshops in 2022. Thank you for your continued support, and we are very, very much looking forward to seeing you all again in person.

Warmly, and with gratitude,
Maire Murphy
MHREN Board President

MHREN NEWS

It is now time to submit your information if you wish to be in the new **Referral Book** which will be published January 2022. **Attached to this newsletter** are the instructions and form for submitting your information. 2022 membership dues plus a \$35 fee (to cover the cost of printing and mailing) must accompany your form. This referral book is mailed to over 400 agencies and professionals in Southern Oregon to use as a referral source for potential clients. It is also published on our website for the general public. This marketing tool has been established in this region for about 25 years, and is well regarded among regional professionals. In addition, unlike other more generic marketing tools, this directory allows a quick and easy reference to professionals with specific expertise.

In 2022, the Board of Directors of MHREN would like to offer several more opportunities for CEU's and socialization for mental health service providers. We would like to assess if there would be enough interest in these offerings.

- Join a book group that would read cutting edge books on psychology and discuss on a regular basis.
- Gather with colleagues to watch videos of master therapists, followed by a discussion period.

If you are interested in participating in either of these opportunities, contact MHREN at info@mhren.org

MHREN would like to help compile a list of counselors who would offer a professional courtesy to psychology graduate students by seeing them for a reduced fee for a certain number of required sessions. Graduate students in mental health counseling programs (such as the one at SOU) often are required to have a certain number of personal counseling sessions during their graduate years (SOU requires 10). These students often ask for referrals and usually have to pay out of pocket for their counseling. This may be an opportunity for those who are actively building their private practice, or for those LPC Interns who may not be able to contract with insurance companies as of yet. If you would be interested in being on that list, please write to MHREN at info@mhren.org and let us know what your fee or sliding scale would be.

MHREN would like to provide a workshop or several mini-workshops for those who are new to private practice or thinking of moving to private practice. Topics could include "Billing", "OHP", "Ethical Considerations", "How to Survive an Audit", etc. If you would be interested in taking part, either as a registrant or as a panel member/speaker, please contact us at info@mhren.org

As always, please scroll down to see the announcements and fliers from fellow therapists and service providers.

TRAININGS, GROUPS, & CLASSES

Training Group: Emotion-Focused Therapy for Individuals Begins October 2022

Learn our accessible, cutting edge approach to emotion-focused therapy. Increase your effectiveness and facilitate enduring emotional change by using interventions based on the latest EFT research. Our training connects theory with practice to keep the learning experience lively, clinically relevant and interactive. The training is a combination of lectures, videos, and therapy practice in small groups. 40 CE hours. Held in Portland, For more information visit edwardspsychotherapy.com or call **Jamie Levin-Edwards, Psy.D.** at **503-222-0557**.

Group being offered for people living with chronic pain or illness. This weekly group will be organized around support and the shared experience. Chronic pain and illness can be felt similarly to grief and loss, greatly healed in the company of others. Gentle psychoeducation will be incorporated, but sessions will be compassion-based and flexible to member needs. Meetings will be held in-person at the Community Counseling Center of Ashland, led by counseling intern Samantha Corn, supervised by Sharon Bolles. Session cost is \$15, 3 Thursdays per month from 6:00-7:30 p.m., January through March 2022. Contact **Samantha Corn** at **970-275-4724**.

PRACTICE ANNOUNCEMENTS

Couples Counseling - Focused on understanding attachment styles and dynamics, reducing conflict, NVC based communication skills, and building a mutually compassionate team. Happy to collaborate on treatment. **Nando Raynolds, LPC 541-821-6623.**

SERVICES

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Tracy Gonzalez – Direct Ph (541)941-7792

If you would like your announcement to be listed in the next newsletter, please email your entry of 100 words or less and flyers in jpeg or pdf format to newsletter@mhren.org with the subject line: “Newsletter announcement for Winter 2022.” No charge to members; \$20.00 for non-members

2022-2023 HELPING PROFESSIONALS REFERRAL BOOK SUBMISSION FORM

The new Southern Oregon Helping Professionals Referral Book for 2022-2023 will be coming out in January. The book will be mailed to the 400+ recipients on our mailing list. An electronic PDF version will be posted on our website for downloading.

PLEASE NOTE: ONLY ACTIVELY PRACTICING THERAPISTS WHO ARE OPEN TO REFERRALS AND ARE MHREN MEMBERS WHO HAVE PAID FULL DUES FOR 2022 PLUS AN ADDITIONAL \$35 FOR THE REFERRAL BOOK WILL BE INCLUDED.

As always, a new submission form is required each year we update. We do not cut and paste from previous books. Forms must be **emailed by midnight, December 5th, or postmarked by December 4th, 2021**. An electronic draft of your submission will be e-mailed in late December to those providing their e-mail addresses below, so that you may proof-read your entry.

Instructions:

- 1) Individual membership dues are **\$60** for the calendar year. Cost to be in the referral book requires membership dues for 2022 **AND** a \$35 fee. There are two methods of payment: 1) you can mail your check for \$95 (preferably with your form) to the post office box listed below, or 2) you may use PayPal through our website, www.mhren.org. Professionals who wish to be in the new referral book **must have their payments in by December 6th, 2021**.
- 2) Check as many specialties as apply.
- 3) **Put two checks next to your top three areas of expertise.** These are the top three topics or modalities for which you would most like to be known. *More than three categories being double-checked will result in only the first three being listed in the book.*
- 4) **Circle any topics in which you have 30 or more hours of training.**
- 5) There are two options for submitting your form: you may mail your completed form to **MHREN, P.O. Box 1349, Talent, OR 97540**; or you can scan your completed form and attach it to an email to info@mhren.org.
- 6) There is a section for **professionals' biographies**. If you wish to be included in this section, please write a 100 word description of yourself, your background, your specialties, and anything else you feel is pertinent to a prospective client getting to know you. (If you would like to see a sample, please refer to the 2020-2021 Referral Book available on our website.) Submissions over 100 words in length will be returned to the clinician for editing.

You may include a photo (must be in "jpeg" format), which we will publish with your bio, but note that it will be in black and white in the hard copy and color in the electronic version.

We have expanded our list of helping professionals to encourage all professionals who work in the mental health field to send submissions. The list now includes psychiatric nurse practitioners, psychiatrists, and coaches.

We also want to expand our list of therapeutic agencies. Membership is not required of agencies who want to be listed, nor is there a cost. Those practitioners affiliated with an agency who want to ensure their agencies receive submission forms should direct the agencies to the Agency Submission Form posted on our website: www.MHREN.org.

We have a section for ads at the end of the book. If you know of anyone who would like to place an ad in the referral book, especially those businesses which provide support services to our profession, please encourage them to contact us. Once the referral book is published, please check out the ads for the professionals who advertise.

If you have any questions, please email us at info@MHREN.org

Your printed name _____

Credentials you would like listed after your name _____

City/cities where you practice _____ Business phone _____

Email address _____ OK to publish email? _____ Website _____

Mailing address for hard copy of referral book: _____

Licensed Medicare OHP Provider Which one(s)? _____

Insurance Accepted (Which one(s)? _____) Sliding Scale

Age groups you serve:

Children 6 and under Adolescents Groups (Please list kinds) _____
 Children 7 – 12 Adults _____

1) **Check** all specialties under which you would like to be listed; 2) **Put a second check** on your **top three areas of expertise** (your three favorite areas to work in, or the three you most want to be known for); 3) **Circle** any areas in which you've had **30 or more hours of training**:

ACT

Addictions:

- Gambling
- Internet/Gaming
- Sex/Pornography
- Drug/Alcohol

Adoption Issues for Families

Adoption Issues for those who have been Adopted

ADHD/ADD

Anger Management

Animal Assisted Therapy

Anxiety/Panic Disorder

Art Therapy

Attachment

Autism Spectrum/Asperger's

Biofeedback/Neurofeedback

Bipolar Disorder

Borderline Personality Disorder

Brainspotting

Career Counseling

Christian Counseling

Chronic Illness/Chronic Pain

Coaching

Cognitive Behavioral Therapy (CBT)

Constellation Work

Couple/Marriage/Divorce

Dementia

Depression

Developmental Disabilities

Dialectical Behavior Therapy (DBT)

Disablement

Dissociative Identity Disorder

Psychiatric Evaluations

Domestic Violence/Intimate Partner Abuse

Dual Diagnosis

Eating Disorders

EMDR

Emotionally Focused Therapy

Energy Work/Tapping

Family Therapy

Focusing

Gay/Lesbian/Bisexual

Gender Non-conforming/Queer

Geriatrics

Grief

Hakomi Therapy

Hypnotherapy

- Internal Family Systems
- Jungian/Depth Psychology
- Mediation
- Medication Management
- Men's Issues
- Mindfulness
- Motivational Interviewing
- Music Therapy
- Narrative Therapy
- Neuro-linguistic Programming
- Nutritional Consultation
- Obsessive-Compulsive Disorder
- Parent-Child Interactive Therapy
- Parenting
- Perinatal/Post-partum
- Personality Disorders
- Phobias
- Play Therapy
- Post-Traumatic Stress Disorder
- Psychiatric Evaluations
- Psychiatric Nurse Practitioner
- Psychodrama
- Psychodynamic
- Sandtray Therapy
- Self-Injury
- Sensorimotor
- Sex Offenders
- Sex Therapy
- Sexual Abuse
 - Sexually abused youth
 - Adults abused as children
- Sexual Assault/Rape/Sexual Trauma
- Sexuality
- Sleep Disorders
- Solution Focused Therapy
- Somatiform Disorders
- Spiritual Abuse
- Spirituality
- Supervision
 - Board Approved
- Transgender
- Transpersonal
- Trauma
- Violent Death/Suicide
- Voice Dialogue
- Women's Issues

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° Professional Practice, LLC – Tracy Gonzalez ° Phone (541)941-7792 °
° Email billing@professional-practice.org °
° Web www.professionalpractice.net °