

# Mental Health Resource and Education Network

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

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## Winter 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

As Winter and the end of 2011 approaches, we find this to be a time of introspection and review. We on the Board are looking back at 2011 with a mixture of sorrow, awe and appreciation. January 2011 began in an atmosphere of excitement for the year ahead, with a full schedule of promising events. By February, things started to shift internally and we became aware of some needed changes. This set in motion a very hard and deep transition by late spring. Long term board members Blandine Leavitt and Fern Snogren decided to move on in order to spend more time with family and pursue new life ventures. Also, Mary Martin, who had joined MHREN the year prior, decided to step down at the same time. I want to take the opportunity once again to thank Blandine, Fern and Mary for the years of service and dedication to our cause.

Soon after Sharon Bolles, Taffy Clarke-Pelton and Victor Chang joined the board eager to dedicate part of their time to support the board mission. I personally applaud the efforts of our newcomers of jumping in and learning the ropes in such a timely fashion.

So, here we are at the end of 2011 experiencing this year's deep transformation, pleased with the final outcome and very excited to begin the New Year with new energy and a fresh vision! We all extend our gratitude and appreciation to our members for supporting us throughout this year and we look forward to seeing you all in 2012.

### **PayPal**

Please note that we now have a Pay Pal option on our website to facilitate your workshop registrations and membership payments.

### **Membership Renewal**

Please note that the membership renewal for the year 2012 will be due by December 31st. Especially, if you have submitted a submission form for the 2012-2013 Referral Booklet, you need to renew your membership by the end of this month in order to be included.

Again, we sincerely appreciate your continued support of our efforts. We think you will enjoy the lineup of presenters for 2012! And we hope that the cooler weather brings with it fun, fires in the fireplace and good times with friends and family. The Board wishes a joyous and peaceful holiday season to all!

### **MHREN Workshops**

#### **February 10, 2012**

##### ***Escaping the Porn Trap: Identifying and Treating Problems Caused by Pornography***

This workshop will examine why Internet pornography is so damaging and so difficult to quit. It will identify consequences of porn use – including mood disturbances, family and work disruption, sexual compulsions/addictions, and the impact on sex and relationships. We will discover interventions that facilitate healing, strengthen motivation, facilitate quitting, prevent relapse, and promote sexual healing.

**Wendy Maltz, LCSW, DST**, is an internationally recognized psychotherapist and expert on healthy sexuality and sexual recovery. Her books include *The Porn Trap: The Essential Guide to Overcoming Problems Caused by Pornography* and *The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse*.

#### **April 13<sup>th</sup>, 2012**

##### ***Psychiatric Medications, the way forward: Historical and current perspectives with a conversation about solutions.***

Many controversies are arising in our culture regarding the appropriate use, possible overuse, misuse and significant potential harmful effects of psychiatric medications in our culture. At the same time there are alternative/complimentary treatments for especially depression and anxiety that are being under-utilized. Using Robert Whittaker's book, ***Anatomy of an Epidemic***, for the basis of the conversation, this seminar will be a collaboration between the author, local psychiatrists, other mental health and primary care providers. In the morning Robert Whitaker will present his research and ideas followed in the afternoon by a panel discussion of health care providers from the community moderated by psychiatrist Dr. Ted Sundin.

**Robert Whitaker** is an award winning journalist and author of four books. Much of his writing has focused on psychiatry, the pharmaceutical industry, and medical histories. Two notable books are, *Mad in America: Bad Science, Bad Medicine and the Enduring Mistreatment of the Mentally Ill* and *Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America*.

**June 15<sup>th</sup>, 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 21<sup>st</sup>, 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

### Classes, Groups, and Workshops

#### ***Authentic Movement Group***

Group work provides a container to trust your natural impulses. There is time to BE with yourself and others without an agenda, to discover the process of unfoldment and to hone your skills of body empathy. The body is used as a tool to know yourself more deeply. Three groups from which to choose. Led by Suzanna Yahya Nadler, Movement Therapist. See our website for dates, costs, and other details. <http://www.selfsoulcenter.org/classes-and-events> (541) 535-3338

***Integrative Recovery Therapy™*** 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 Provider through Oregon Access to Recovery and can serve eligible clients individually. Drop-ins welcome. Classes 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.

***Life in Balance: The 7 Keys.*** This is a comprehensive personal growth series designed to support your clients in their growth and contribute to their individual work with you. The program is composed of experiential weekend workshops and time-limited weekly classes that can be taken as a series or individually. The "7 Keys" are: Physical self-care, mindfulness and self-understanding, freedom from the past, relationship with self, relationship with others, values and goals and relationship with your higher power. Designed and facilitated by Nando Raynolds, LPC (541) 821-6623 and Maria Connolly, LPC (541) 973-9673. Look for our flier later in the newsletter for the complete schedule!

***Chronic Illness Support Group for Women, starting January 16th, 2012.*** Co-facilitated by Lori Warfield, Lark Lovejoy, and Sharon Bolles, this group will meet the 1st and 3rd Monday of every month. This group is for women facing ongoing physical challenges, providing a supportive environment in which women can share and face the challenges of chronic illness. Call (541) 840-5922 for more information.

***Maui Therapist Workshop 1/27, 1/28 & 1/29/2012 .*** Want 18 CEUs from an experiential workshop on Maui in January? Join Maria Connolly and Nando Raynolds at their "Power Up Your Practice" workshop! Gain skills and insights that will help you become even more outstanding as a person and therapist! See flier for more information. <http://www.mylearningretreat.com/jan-2012-maui-workshop.html> (541) 821-6623 or (541) 973-9673

***Weekly Mindfulness Class:*** Tuesday mornings 8:15 - 8:45 AM starting January 8<sup>th</sup> at the Community Counseling Center of Ashland, 600 Siskiyou Blvd., donation requested. Each meeting will include a variety of brief centering exercises along with time for sharing. Although this is a drop-in group, participants need to call before attending their first meeting. Facilitated by Nando Raynolds, MA, LPC 541-821-6623 [www.nando-r.com](http://www.nando-r.com)

## 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)

**Basic Mediation Training is being offered by Mediation Works.** You will learn interest-based negotiation and how to structure problem solving conversation between disputing parties. You will benefit from the knowledge and expert guidance of instructors who have decades of mediation and training experience. This dynamic training meets the standards set by the Oregon Judicial Department for Civil Mediators. The five-day intensive training takes place on February 8, 9, 10 and February 16, 17 from 8:30 AM to 5:00 PM in Medford. Tuition is \$595.00. For more information visit our website at [www.mediation-works.org/](http://www.mediation-works.org/) or call or email Mediation Works. (541) 770-2468 or [sugarm@mediation-works.org](mailto:sugarm@mediation-works.org).

**Workshops and Trainings guided by Nancy Bloom, M.A., CHT, Master Teacher, Counselor, Hypnotherapist, Energy Healer and Spiritual Intuitive**

Offerings: **Healing Hands, Healing Hearts** : Hands on Healing, Energy Work, and Self-Healing, Intuition, Visualization, Color and Sound Healing. **Tools for Transformation: Reclaiming the Whole and Living from Soul**, through: Psychosynthesis, Art Therapy, Movement, Sound, Inner Dialogue, Intuition and Meditations. **The Universal Medicine Wheel: Find balance, inner wisdom, and resilience through the Sacred Circle.** **Soul Retrieval.** **Therapeutic Touch: Training, practicum.** **The Nurse as Healer: Holistic training, practicum.** Groups forming for fall, winter and spring [www.SpiritInBloom.com](http://www.SpiritInBloom.com) (541) 488-5795

**Kids Konnected meets the 1st and 3rd Tuesday of the month in Medford.** Kids Konnected is open to the public and a free of charge support group for children ages 4-18 who have a parent with cancer or whose parent has died of cancer. Chelsea Davis LPC and Fawn Gonzales CMSW facilitate the groups and offer friendship, understanding, education and support to children. Kate Caldwell LCSW meets separately with parents to focus on how best to understand and help their child. Referrals and registration can be made by calling Kate (541) 857-1201 or Chelsea (541) 779-2390 #2.

**Not Straight Not Sure is looking for mentors and members.** NSNS is a group for youth and young adults with diverse sexualities and gender identities. Members participate in bi-weekly meetings for support and for planning educational and recreational events that are open to the community at large. Membership is for ages 14-25 and requires a short intake. Contact Beth or Lacey at Lotus Rising Project 800-466-7005 ext 3.

## Classes, Groups, and Workshops Cont.

**An Introduction to NLP Language Patterns: Using Language Deliberately to Affect Therapeutic Change.** NLP (Neuro-Linguistic Programming) is recognized for its precise and effective use of language. In this free two-hour workshop, you will be introduced to several “language patterns” as a way to work more effectively with your clients: enhancing rapport, clarifying outcomes, and facilitating belief change. Join Adam Marx, MA, a Certified NLP Master Practitioner who has taught NLP-related workshops internationally and Maria Connolly, MS, LPC, CHT, Certified NLP Master Practitioner on Monday, January 23, 6:30-8:30 pm at the Ashland Public Library, Guanajuato Room. Please RSVP Maria Connolly at [541-973-9673](tel:541-973-9673).

## Practice Announcements

***The Community Counseling Center of Ashland, LLC is now open and accepting clients.*** The CCC of A is a community of counselors providing counseling to the community. Conveniently located near downtown Ashland and on the bus line, the Center includes graduate students, registered interns, and licensed counselors. It provides therapy on a sliding scale: including low fee counseling, full fee counseling, and counseling covered by most insurance companies. Call (541) 708-5436 for an appointment or more information. [www.CCCofAshland.com](http://www.CCCofAshland.com)

***NAMI SO (the National Alliance on Mental Illness of Southern Oregon)***, an affiliate of NAMI (nami.org), has a resource library at 1005 East Main Street in Medford. It is open to the public Mon-Thurs, Noon to 5pm. NAMI SO also sponsors educational programs and support groups for people living with a mental illness and their families and loved ones. For more information, call (541)774-7872.

## Employment Opportunities

### ***Licensed Therapist (Conversational Spanish)***

Full time position at the Children's Advocacy Center of Jackson County. Must have a current Oregon license, LCSW preferred. Experience working with abused children. Fulfilling work in a lovely environment; close knit team; work with more than 23 community partners. We offer a competitive compensation and benefits package. Email cover letter, resume and references to: Lorna Conroy at [lconroy@cacic.org](mailto:lconroy@cacic.org)

***Are you a licensed counselor?*** Are you interested in learning something new? Would you like to be part of a dynamic team? DBT of Southern Oregon is looking for therapist to join our team. We can help you get on closed insurance panels and build your practice. Please call Claudia Stevens at (541) 621-0303.

***OnTrack, a Medford nonprofit drug and alcohol treatment agency***, is seeking mental health professionals to provide dual diagnosis services, family and relationship counseling and attachment/bonding therapy. Applicants must have a graduate degree in mental health or social welfare and demonstrated experience with addiction issues. Supervision can be provided for candidates seeking licensure. PT/FT/Benefits. Fax resume to (541) 734-2410.

## 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 [ppbilling@gmail.com](mailto:ppbilling@gmail.com) or [www.billingroguevalley.com](http://www.billingroguevalley.com).

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Sheryl Karger: (541) 664-1982 [sherylkarger@gmail.com](mailto:sherylkarger@gmail.com)