

Mental Health Resource and Education Network

MHREN ✕ P. O. BOX 1799 ✕ Jacksonville, Oregon 97530

www.mhren.org ✕ info@mhren.org

Summer-Fall 2010 Newsletter

Happy summer to all! We hope that you are enjoying the long awaited sunny season.

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: Blandine Leavitt, Fern Snogren, Maria Connolly, Mary Martin

2010 MHREN-Sponsored Workshops

October 8th, 2010

“DEGRIEFING,” Helping Clients through Complicated Grief and the Losses that Complicate their Lives

Lyn Prashant, MA, CT, CMT instructor is the founder of “Degriefing” and is a certified grief counselor. She comes with over 24 years experience in the field, having worked with Stephen & Ondrea Levine and Elisabeth Kubler-Ross. She maintains a private practice in San Francisco. In this workshop you will learn the mental, emotional and physical effects of grief, learn skillful, verbal tools to “language” grief, integrate tools and techniques for the transformation of grief. Learn to efficiently hold psychic and somatic space and prevent bereavement overload, burnout and compassion fatigue.

November 19, 2010

Introduction to Brainspotting

Lisa Schwarz, M.Ed. is a licensed psychologist in private practice in Pittsburgh, Pennsylvania. She has been teaching Brainspotting and training trainers across the country for the past 5 years. Lisa is a certified trauma therapist and EMDR Consultant. Brainspotting, developed by David Grand, PhD, is a powerful, focused treatment for adults and children that works by identifying, processing and releasing core neurophysiological sources of emotional/somatic/spiritual pain. Brainspotting identifies and de-conditions activated neurological subsystems through a combination of eye position, mindful attention to somatic distress, and the attunement between therapist and client.

MHREN Announcements

After six years of dedicated commitment to the board, Gary Woodring has decided to step down. The board would like to express its deepest gratitude for his dedication and wish him well in all his new endeavors.

Looking for New Board Members

We are looking for a one or two new members to join our board. Some of the qualities we are looking for are: good communication skills, computer savvy, creativity and resourcefulness. If you are interested in becoming part of our board please let us know via our email address: info@MHREN.org.

We Need your e-mail Addresses

There have been several instances in the past year where we have had requests for assistance disseminating information in a timely fashion about issues important to many of our readership, but we have been unable to help because we have no MHREN e-mail list. Therefore we are compiling an email list.

We will not sell or lend this list and we will use it only for those announcements we, as a board, feel are relevant to a significant portion of our readership and need to be addressed in a quicker manner than the newsletter will allow.

Here are ways you can get it to us: put it on the attached survey; email us at info@mhren.org; give it to us when you sign in at a workshop you are attending this year.

Therapist Referral Book

The Therapist Referral Book is published in alternate years and will be published again in January of 2012. Individuals interested in being listed in the 2012-2013 Referral Book are advised to keep abreast of deadlines and requirements (posted both in our newsletter and on our website) beginning in the summer of 2011. MHREN membership, active private practice and an updated referral form are required of all new and continuing listers for each new publication. Our annual membership cycle runs October 1st – September 31st and an updated membership list is maintained on our website. Please contact us if you have any concerns about your membership status or the Referral Book. We hope this book is helpful to you. We welcome any suggestions on how to improve this community service via our contact address, info@MHREN.org.

We thank those of you who have been diligent about informing us of address changes and request that all newsletter recipients keep us in mind when relocating. The post office charges MHREN 50 cents for each returned newsletter.

Community Announcements

(If you would like your announcement to be listed, please email information to info@mhren.org.)

Workshops, Classes and Groups

WinterSpring's Comprehensive Grief and Loss Training For professionals, volunteers and community members. October 7 is the registration deadline for WinterSpring Center's Comprehensive Grief and Loss Training. The training includes an experiential weekend workshop October 9 & 10, 2010, 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; and personal growth opportunities. CEU's are available for an additional \$25. The training fee is \$195. Call 541-552-0620, e-mail info@winterspring.org, or visit www.WinterSpring.org. Pre-registration is necessary.

Moving into Fullness: Six week small group using authentic movement as a springboard to group dynamics. Develop and enhance body awareness, body empathy and the nonjudgmental witness; focus and communicate how other's affect you. Authentic movement is an embodied form of active imagination; the process builds an interpersonal field to uncover blocks to being in relationship (transference and projection). Every other Wednesday Sept 8 - Nov 17. Certificates of attendance available, if requested upon registration. Group Leader and Movement Therapist: Suzanna Nadler, LPC, MEd. 535-3338 \$200-\$175. First class open to all (\$33). www.selfsoulcenter.org

Dream Worlds: A Course in Translation Learn to translate dreams on individual, group & world levels. Consider current events and translate them like a dream, to develop a symbolic & psychological understanding of world events. Dreams help us recognize personality patterns & communication from our deepest being to give us guidance. Fall: Fridays 10 - 11:30 am (6 sessions) 9/10, 9/24, 10/15, 10/29, 11/5, 12/3. Friday 9/10 open to all considering the class, then closed after 9/10. Conference call attendance possible. To Register call 541-535-3338. Cost: \$35 for 9/10 or \$150.00 for the fall semester. Taught by Rod Birney, MD

Integrative Recovery Therapy™, a unique program for addiction recovery, begins the next twelve week session September 21st (Medford). Drop-ins welcome. Contact Laura Winslow at (541) 210-1952. www.yogaforrecovery.net.

"Therapists know that for their clients to realize a more accurate self concept and come to feel comfortable in their own skins, the mind-body connection must be developed. For those clients who have gone beyond the talk-therapy stage, I know of no better homework to support their therapeutic goals than the Integrative Recovery Therapy™ course. From personal experience, I highly recommend it for counselors as well." J. Turgesen

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.

Community Announcements Workshops, Classes and Groups (cont)

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

The senior years of life present us with many issues unique to this phase of life such as decrease in energy and function, health problems, retirement and financial concerns, and losses. This group facilitated by a senior therapist will provide opportunities to discuss experiences and problems associated with the aging process. The group will be facilitated by Dr. Jennifer Hall, LCSW a therapist with 40 years experience. Medicare and other insurance accepted. The group will be held in my Ashland office. For further information: Jennifer Hall 541 890-7780

Rebuilding When Your Relationship Ends. The Fisher Divorce Seminar is the foremost divorce/relationship loss support program in the world. It provides group support while working through grief and loss with others who share experiences in a confidential, non dating environment. The group also provides specific building blocks for moving on with life in positive ways. Participants report developing close bonds with new friends and renewed resiliency to make positive choices. The 10 week group begins September 29. Jennifer Downs MA, LPC. is an experienced counselor and trained facilitator of the Fisher Divorce Seminars . Call 541 488 4872 or visit www.jenniferdowns.net.

"FOOD AND FEELINGS" with Kim Grynck, LPC and Christy Morrell, RD. An experiential small group experience for women working towards peace with food, self acceptance, balanced living, and authentic relationship. Therapeutic meals will supplement interpersonal process. This is an excellent adjunct to individual therapy for women with eating disorders and body image concerns. Group begins September 9th. Please call Kim at 488-9530 to schedule an intake meeting.

Keeping Love Alive This is a practical marriage/relationship enrichment workshop designed to deepen understanding and practice the skills necessary to maintain a loving and intimate relationship. Based on the PAIRS Relationship Training, the work of John Gottman and of Brent Atkinson, couples will practice deep listening, become aware of roadblocks, understand the neurobiology of relating, connect more deeply ,and leave with specific tools to maintain intimacy. Friday October 1, 7:00-9:00 PM, and Saturday October 2, 9:00 -3:00. Possible 4 week group to follow. Facilitated by Jennifer Downs, MA, LPC. Call 541 488 4872 or visit www.jenniferdowns.net.

Sustainable HEWSM Health • Earth • Wealth. Free Monthly Class: 3rd Mondays, 6-8pm, Ashland, 541-499-5214

Delaine Due, M.A., A.T.R. integrates 20 years of psychotherapy experience and training in practical nutrition from Shaklee and the Health Education Corp. in a new class focused on personal sustainability. Many people are aware of a connection between their mental, emotional and physical health. This class introduces basic knowledge and solutions for optimal health in our lives. With simple, sound nutritional support, clients often experience a positive shift in mood and concentration as well as in physical signs of wellbeing.

Community Announcements Workshops, Classes and Groups (cont)

Upcoming Fall Events at New Hope Healing Arts Center 2576 New Hope Rd., Grants Pass. 541.479.1544. Facilitated by Suellen Willi, LCSW. For more detailed information and registration, go online to www.suellenwilli.com

***Women's Balance Circle** reconvenes Thursday, September 23, 6:30 - 8:00 p.m. and continues on alternate Thursdays until mid-December. \$20/circle. www.suellenwilli.com

***Mini-Workshops** to explore the healing context of movement, sound, animals and more. Various Saturdays, 9am - noon, Sep. thru Dec. \$45 (space limited for some, so register early). www.suellenwilli.com

***Energy Techniques for Practitioners** - Workshop; Friday, November 5, 2010, 9 a.m. - 4:30 p.m. 6 ceu's. \$110 (limited to 12 clinicians). Includes notebook with hand-outs for clients. Experiential, interactive format with adapted energy techniques found to be most effective for a myriad of client issues. www.suellenwilli.com

***Women's Coast Retreat: On the Beach at Pistol River, Oregon;** Thurs., Nov. 11th 4 pm - Sun. Nov. 14th, noon. Fees dependent upon accommodation choices. Space limited and filling quickly. www.suellenwilli.com

***Energy Techniques and Healing the Body** - Workshop; Fri. Dec. 3 - Sat., Dec. 4. \$110. Transforming the Energy of Grief- Workshop: A Fri. evening and Sat. journey into this rich territory covers: beliefs, emotional habits, physical impact of this powerful experience & energy techniques as the vehicle to transformation. Fri., 4/30 7 - 9 p.m. & Sat. 5/1 10 - 3 p.m. \$110 incl lunch/materials
Energy Techniques for Practitioners: 11/5/10 - 6 ceu's; \$110 incl materials (note: limited to 12 clinicians). All events are held at New Hope Healing Arts Center, 2576 New Hope Rd., Grants Pass, OR 97527. 541.479.1544. For more information/registration: www.suellenwilli.com

"YOGA THERAPY" at Creekside Counseling. Encourage your clients to try something new! Gentle yoga is offered once per week to move women into a positive body experience. Reflective journaling and a didactic group process will follow yoga. Kim Grynck and Jamie Barton will facilitate this affirming experience for women who wish to increase comfort living in the body we have versus fighting self for the unattainable or elusive body ideal. An opportunity to calm the mind, create new pathways for growth and change, and discover new friendships. Please call Kim to sign up: 541-488-9530.

"RITES OF PASSAGE FOR THE MAIDEN" at Creekside Counseling. A small group for girls (age 13-17) created to successfully transition from the nest of alternative/private school to the public high school. A monthly parents group supports the girls group. Young women will experience strengthening of confidence and kindheartedness, sustained connection with like-minded peers, integration of art, music, writing & nature into self reflection, and mentorship through the complexities of social pressures and self-care. Please call or email Kim for additional information: 488-9530 creeksidekim@msn.com.

Enneagram Personality Typology Training • Deepen Self awareness • Better understand your clients and their relationships • Guide others with confidence. Call for current schedule of classes &

Community Announcements Workshops, Classes and Groups (cont)

workshops 541 787 9246. Kristen Tussey, LPC, has been working with the Enneagram since 1986, applying the teachings on both personal and professional levels. She has trained with world-renowned teachers and has taught the Enneagram at Naropa University, in myriad small groups, and within her counseling practice.

Community Works Victim Services offers support groups to women who are victims of domestic violence centered around increasing understanding of the dynamics of the abuser/abuse, safety planning, and processing their experience as someone who is/has been a victim of domestic violence. The model we use is based in empowerment; supporting women as they move from victim to survivor. The group helps women overcome isolation, build support and friendships, and rebuild their lives with the goal of living free of violence. Support group in Eagle Point 541-864-8715. Other support group locations: 541-2393 ext. 366. Spanish-speaking support groups: 541-779-2393 ext. 300

Services/Resources

Clinical Supervision for LPC interns working towards licensure with Nando Reynolds, M.A., LPC, trained in Hakomi, NLP, Energy Psych, specialization in attachment focused work with adults and couples. 20+ years experience in private practice. www.nando-r.com (541) 821-6623

Medical Insurance Billing, Bookkeeping, and Credentialing for Mental Health Professionals. \$20 per hour. Call Tracy 541-941-7792 (jmartin1791@earthlink.net).

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 Monday through Thursday Noon to 5pm.

NAMI SO sponsors educational programs and support groups: Family to Family, a twelve week program for people who have a loved one with a mental illness; Peer-to-Peer, a nine week course for people with a mental illness; and, In Our Own Voice, a presentation to educate groups about what it is like living with a mental illness. For more information, call 541-774-7872.

Nancy B. Hackleman, M.A., is an Ashland writer and editor (and former R.N.) who is available to assist mental health care professionals with their professional writing, e.g., dissertations, proposals, articles to submit for publication, book-length manuscripts. Her areas of focus are all nonfiction, including health care, higher education, business and technical, and memoir. She can be reached at 541-482-6351 or northstar632@hotmail.com.

Office Space

Furnished, professional counseling/coaching office for rent. Centerpoint has offices in Medford and Ashland. The offices are very nice 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 1 day/week (perhaps more) in either location. \$150.00/month for 1 day per week. Please contact Guy Perrin at gperrin@centerpointonline.com or ph 245-0789 ext 1.

**Mental Health Resource and Education Network
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Address service requested

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Medford, OR**

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