

# Mental Health Resource and Education Network

MHREN, P. O. BOX 1082, Ashland, Oregon 97520

## Winter 2005 Newsletter

It's that time of year again when we take stock of the past year and dream into the next one. MHREN has had a very successful 2004, presenting five well-attended trainings, increasing our ranks of members and continuing to solidify the learning community of mental health professionals in the valley. It is a pleasure to see so many of you return again and again to our workshops, creating a sense of camaraderie and familiarity and building a supportive network. In this newsletter you will find a listing of what we have lined up for 2005, an interview with Susie Snyder, LCSW who will present on March 11<sup>th</sup>, many new listings of groups, workshops and announcements, as well as flyers for the first two training days of 2005. You'll also find a half-sheet listing all of the MHREN events for 2005. We suggest you might want to save that one and stick it on your refrigerator. Membership to MHREN is still \$50/year and will be due on January 1<sup>st</sup>. **Please see the membership letter and form enclosed in this newsletter. We appreciate all your support.**

### MHREN-sponsored Coming Attractions

#### Friday, February 4, 2005 – Establishing Fundamental Sanity

**Lama Pema Clark** will explore a number of Buddhist psychological concepts, including the eight levels of consciousness through which we perceive apparent reality. Lama Clark is a Western Tibetan Buddhist teacher residing in Ashland OR. She returns to MHREN to present new material after her very well received presentation two years ago. This workshop is appropriate for both those who attended the last one and for those who didn't.

**RVMC, Smullin Center, 2825 E. Barnett Rd., Medford, OR Call 541-734-9014**

#### Friday, March 11, 2005 – Narrative and Collaborative Approaches

**Susie Snyder, LCSW** will provide an overview of narrative, solution-focused, and other collaborative theories. She will also include hands-on tools, demonstration, and training in specific skills with a section devoted to applying these techniques and ideas to work with children. She is a popular professor of clinical skills at Portland State University's Graduate School of Social Work.

**RVMC, Smullin Center, 2825 E. Barnett Rd., Medford, OR Call 541-482-3314**

#### Friday, June 10, 2005 – Client Defenses and their Clues to the Clinician

**Joe Atkin, CADC II** will present several novel and helpful concepts to help you learn to identify psychological defenses and how they inhibit intimacy and genuineness -- the basic substance of mental and emotional health. We'll review the origins and functions of defenses, primary and secondary defenses, and we'll zero in on particular defenses used by particular personalities and effective interventions to help your clients overcome them. We'll also explore our countertransference reactions that reinforce these client defenses and inhibit the therapeutic relationship.

**RVMC, Smullin Center, 2825 E. Barnett Rd., Medford, OR Call 541-482-3314**

**September 30, 2005 - Child and Teen Sexual Abuse** with Toni Richmond, MS LMFT; Ann Wright, MA, LMFT; Mary Chambers, MSW; and Detective Michael Fansler. More info in spring newsletter.

**December 2-3, 2005 – The Crucible Approach: A two day therapist workshop integrating marital and sexual therapy** with David Schnarch, Ph.D., world-renowned author of Passionate Marriage. Mark your calendars and check out the spring newsletter for details on this rare opportunity in Southern Oregon!

## Groups and Announcements

If you would like your group to be listed next time, please email information to [gianffer@mind.net](mailto:gianffer@mind.net)

**Creating Emotional Intimacy Group** - Open to men and women, meeting 5:30-7:30 PM, Wednesdays. Starting in February, \$25/meeting, **Nando Reynolds, MA, LPC**, 149 Clear Creek Dr., Ashland, 821-6623, [nando-r.com](http://nando-r.com)

**JumpStart!** - Collaboration and communication-oriented trainings using the Challenge Ropes Course at EarthTeach Forest Park outside Ashland. Available for existing groups and businesses as well as groups formed specifically for the training. Contact **Nando Reynolds, MA, LPC** at 821-6623 for more information, [nando-r.com](http://nando-r.com).

### **Embodied Knowing: Exploring the Divine and Incarnate Aspects of Self through Movement**

Experience an evening of rich discovery and deeper alignment with your true nature through guided mindful movement in community. **Fern Snogren, M.A.**, gifted *Hakomi* therapist and group facilitator, blends her body-centered therapeutic approach, cutting edge *Re-Creation of the Self* work and the rich healing aspects of *movement* into a container for deep exploration and connection.

**Jan. 14: Incarnate Being    Feb. 5: Accessing the Organic Self    Apr. 1: Dancing the Divine**

Friday Evenings at Hidden Springs in Ashland    6:30 - 10:30 P.M    \$40/evening or \$110/series

Pre-registration required. Contact Fern at 482-3328 or [snofernie@hotmail.com](mailto:snofernie@hotmail.com).

**Greetings from David Feinstein and Donna Eden** - It is now 6 years and more than 400 presentations since David and Donna went on their "sabbatical" to teach energy medicine and energy psychology courses. They never expected to be away so long, yet they are on the road now almost constantly. They asked us to give a warm hello to all of their Ashland area colleagues. You can see some of what they are up to at [www.innersource.net](http://www.innersource.net) and at [www.EnergyPsychologyInteractive.com](http://www.EnergyPsychologyInteractive.com).

**Peer Supervision Group facilitated by Joe Atkin, CADC II** - We have three openings in our Peer Supervision Group. This group, which is limited to nine members, addresses issues relevant to counselors and psychotherapists working with people recovering from the various disorders. You'll discover that being in an active group of your peers will be an expansive and rewarding experience -- in a word, *empowerment*. We'll provide you with emotional and psychological support, while exploring transference and countertransference dynamics, personal and interpersonal styles of relating, and work toward changing patterns that limit our growth. And we do this in an atmosphere of trust, respect and camaraderie.

The group meets in Medford, twice monthly, on the 2<sup>nd</sup> and 4<sup>th</sup> Mondays, 6:30 to 8:30pm from Jan thru July, 2005. The fee for 12 sessions is \$420.00, with a discount of \$35.00 if paid on or before the first meeting; or pay \$70.00 monthly. Insurance coverage will not apply. For information call 776-9166 or send an email to [joeatkin@charter.net](mailto:joeatkin@charter.net)

**WinterSpring Center for Living with Loss and Grief** would like to thank MHREN!! You contributed \$1000 to us when we were facing challenging times last winter. With your help, we've been able to continue offering a variety of support services for children, teens and adults who are grieving the death of a loved one. WinterSpring provides an opportunity to explore the nature of loss and creative paths to healing and growth. Please call 772-2527 or visit [www.WinterSpring.org](http://www.WinterSpring.org) to learn more about our services and interesting volunteer opportunities.

**Calling all creatives (especially those who don't think they are)!** - It's not too late to register for the Artrageous Community Arts Camp on the Big Island of Hawaii this January 14 -21, 2005. This adult getaway is a blend of playshops, community building, and field trips in a nurturing and supportive environment. The vision is to empower ourselves to make the world we want to live in. \$650 includes everything except airfare. For more info: <http://www.artrageouscamp.com> or **Judy Dolmatch, LCSW**, at 541-488-2181.

**Psychodrama Supervision Group** - This group will meet alternate Friday mornings from 10 am-12 noon, in Ashland, starting February, 2005. Participants will learn psychodrama methods, as we explore clinical and personal concerns that impact our work and lives. \$35/session. For dates and info: contact **Judy Dolmatch, LCSW**, nationally certified practitioner of Psychodrama and Group Psychotherapy, at [judydolm@charter.net](mailto:judydolm@charter.net) or 541.488.2181.

**Cynthia Becker White is moving into the Counseling and Mediation Center** beginning in January 2005. I have been working with the Addictions Recovery Center for the past five years helping individuals, couples, and

families struggling with addiction as well as facilitating several private groups. Current offerings include:

**Mixed gender group:** We explore our personal sensitivities; the ways in which we relate to the world and how that affects us in the here and now as well as building pathways to empowerment. We meet on the First and Third Mondays from 6:30 to 8:30 pm. Open to new members beginning January 2005.

**Couples Group:** Focuses on communication and other issues that arise in most relationships; intimacy, gender issues, authority and power struggles, affection, romance and sexuality. Thursday evenings, open to new members in March 2005. There is a waiting list for this group and if there is enough interest we will add a second group on Saturday mornings after the first of the year. Contact: **Cynthia Becker White CADC II** at 776-9166 or 840-8993

**Introduction to Art Therapy** - This is a course being offered through SOU Extended Campus Programs and the Psych Dept for winter and spring terms. It is taught by **Delaine Due, M.A.**, professional art therapist and is a valuable smorgasbord of art therapy experiences and information ranging from theory to developmental art stages. There will be lots of practice doing art therapy, and case studies supplemented with an eclectic textbook/reader. For more information call 552-6331.

**Not Straight Not Sure** - is a community-based gay youth and young adults support group. Monthly confidential meetings facilitated by **Delaine Due, M.A.** plus other events for fun and support. Call or have the youth/parent call 301-3059. Stickers and flyers available upon request.

**Men's Awakenings Group** - An ongoing, didactic/support/process group facilitated by **Scott Christie, Ph.D., LMFT, CADC III.** Its focus is the emotional, mental, and relational growth offered to and by men to support human existence. Issues addressed include anger, addictions/compulsions, relationships, and genuine living. Referrals as an adjunct to individual therapy are welcome. Call Scott at Family Counseling and Consulting at 888-432-2256 for information.

**Women and Food** - An ongoing therapeutic support group for women wrestling with body image and eating issues opens it's circle to new group members beginning Thursday, January 27th. Group facilitated by **Kim Grynick, MA.** Please call to schedule prescreening for those interested in attending, 541-535-6601.

**Teen Support Group** - A safe and empowering counseling group for girls age 12-17 who would benefit from self and interpersonal exploration/growth in self-esteem, peer group concerns, familial conflict, mood, etc. Body image and the pressures of the cultural beauty ideal will be a focus in the group. Group will be held on Tuesday evenings beginning February 1st, 2005. Group facilitated by **Kim Grynick, MA.** Call Creekside Counseling Center 535-6601.

**Book Club for Mental Health Professionals** - I am interested in forming a book club that would meet one time per month for meaningful and intellectual discussion related to a book pertinent to our field. A great opportunity for both social connection and networking opportunities! If interested, please call Kim at 535-6601.

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## **Southern Oregon Therapist Referral Booklet**

Our referral booklet project has finally come to fruition thanks to the efforts of Blandine Leavitt and other board members. We have wanted to provide this service for a long time and are pleased that the 2005 edition is here. You will be receiving it very soon. The booklet contains a page that you can fill out to update your entries for the next year. We would also like you to consider joining MHREN for \$50 per calendar year in order to support these efforts.

## **In-Depth Training with Matt Modrcin**

Due to the overwhelming positive response to a recent workshop with Matt Modrcin, Ph.D., LCSW on families and couples, he has agreed to work with a small group of those interested in advanced training with him over the course of a year. This would be a commitment of 3-4 times/year for a day each time starting this spring. Costs and dates to be determined. If you are interested in participating in this exciting group of only 15-20 and want to hear of details, send your email to Paul Giancarlo at [paulg@mind.net](mailto:paulg@mind.net) If you don't have email, call 482-3314.

## Interview with Susie Snyder, LCSW and Fern Snogren, M.A.

*Editor's note: Susie Snyder will be presenting a workshop on family therapy on March 11, 2005. Please see the flyer enclosed in this newsletter. This interview was recorded in November, 2004*

FERN: *Thank you for your time in helping us introduce you to our members. Let's start with a little about you, your background and non-work life.*

SUSIE: I have been an assistant professor at PSU for about 10 years, half time. I have a private practice the other half of the time. Before that, I worked as a child and family therapist at a community mental health center for about 7 years and I also worked as a school social worker for 3 years, and really enjoyed both those roles. I got my MSW in 1984 from PSU. In terms of my non-work life, I am married and a mother of 2 daughters who are both in high school now. We live in Southeast Portland with our dog and 2 chickens. I do yoga, run, and exercise a lot. I am very active in the community, a social activist and political activist.

FERN: *What brought you to study social work in the first place?*

SUSIE: I did not know I was going to go into social work. I was a political philosophy major in college and as I started looking for jobs, the thing that kept appealing to me was human services. I had always been interested in helping people, and I enjoyed relationships with people, and also have been very invested in social change and social justice. So, I got a job at Rosemont residential treatment center in Portland. It was a hard experience because it was a lockup center. The girls who were there did not want to be there, so the environment was antagonistic. I felt more like an enemy to the clients than helpful. I so much wanted to help them and be seen as an ally. But it made me interested in learning how to be more effective. So after a year working there, I went to get my MSW. I was attracted to the MSW in Portland because it seemed like it nicely combined the opportunity to focus on individuals and also to think about the bigger issues of social change and social injustice.

FERN: *Then in terms of our workshop focus, did Paul ask you to talk about these particular topics, or are the narrative and collaborative your favorite ways of working with people.*

SUSIE: This is definitely my favorite. Narrative therapy is based on the belief that many stories people have about themselves and about their lives are very

powerful. Our problems are encased in stories and narratives, so we live our lives according to the stories we have about ourselves and about the world. The stories we have about our problems are very powerful determinants of how much freedom we have to resist those problems or to come up with creative solutions to them. Often, the meanings according to which people are living their lives are not meanings they have consciously chosen, but are meanings that have been handed to them by the culture or by their family experience. So, they might be meanings that result from racism, classism, sexism or something about the categories they belong to. Or, they might be meanings that have to do with their own particular family experience, maybe like someone who had been sexually abused as a child and gotten a message that they were bad, or damaged, or guilty. So, in narrative therapy we are very interested in understanding those stories and in helping people look at them and decide whether they actually believe them or want to be carrying them. Often, when you hold those stories up to the light of day, they unravel a bit because people realize, "No, I am not really bad," or "I should not really see myself as less than or a failure in life," or whatever that story is. Part of narrative therapy is helping people to see where their own preferred beliefs are different than what the stories hold. If they can actually stay connected to their preferred beliefs, they are able to live a life very different than the one they are living as a result of the narratives they carry around unconsciously.

In 1989, I went to a workshop with Michael White, who, with David Epston from New Zealand, fathered narrative therapy. I was so excited with his amazing ability to work with clients with really entrenched, serious problems in a very respectful, empowering and creative way. So I learned more about narrative therapy at that point and then integrated solution-focused therapy into that. Now there is a conglomerate of collaborative approaches that dovetail nicely in my work. I continue to be passionate about these approaches because they are so respectful to clients and they allow me to feel like I am joining with people and connecting with the best in them. The work is inspirational. The other thing that keeps pulling me back to these models is how effective they are. If a session is feeling stuck, I find myself going back in my mind, "Ok, what exactly would I do if I

were being rigorous about taking a narrative approach, or solution-focused approach?" and that offers some catalyst for things to start shifting.

FERN: *I am assuming both narrative and solution-focused approaches would fall under the larger umbrella of collaborative. What is meant by collaborative? Is it collaboration between the therapist and client?*

SUSIE: I do not think there is a model of therapy that is called "collaborative." I use it in the generic sense. There is a book I really like by Bill Madsen called Collaborative Therapies with Multi-stressed Families, in which he combines solution-focused and narrative approaches. I had started teaching workshops in collaborative supervision and collaborative therapy before he wrote that and I used that term because it described what I was doing. What I mean by collaborative is that therapists both honor themselves and their clients, so there is a sense of teamwork or collaboration that goes on. There are other models where you are respecting the client as the expert, but where the therapist takes a back seat, tries to be neutral, or a reflector of the client's experiences. In the model I use, the therapist is more active-- so there is a sense that you are collaborating on their problems or their struggles. It is a relationship where you feel you are an appreciative ally to the client, but you are also an active source of problem solving, or helping the client focus on particular things. There is an honoring of both the client's expertise, but also your own.

FERN: *Do you find that most clients appreciate that? It is a more personal approach, like we are both human beings here, let's both behave like human beings.*

SUSIE: I think that is a really nice way to put it. When I ask for feedback from my clients when they are finishing up treatment, or with my supervisees, I often hear that they felt treated like a person and that I was just another person, that we were both in this process together and there was not a hierarchical division or a sense that I was distant from them.

FERN: *You had said earlier that one of the things that keeps you involved in this particular form of therapy, is that it works so well. Can you talk about some of the clinical settings and populations it works best in, and maybe a few that it does not—if there are any.*

SUSIE: I find that it works really well in the school setting where you just have an opportunity to talk with the teacher in the hallway, and maybe meet with the student for 20 minutes or you're doing phone

outreach. I found that solution-focused and narrative approaches were powerful in generating some shift or helping something happen quickly in those settings. I use them a lot in long-term work as well: with adults who are struggling with depression, anxiety, or relationship pressures. I am not currently directly working with people who are struggling with severe persistent mental illness, but I supervise a lot of people who do and they find these approaches useful. Generally, I have found that the narrative approach is especially effective when there is a problem that has become so entrenched that someone is beginning to identify with it. For example, instead of just feeling like they are struggling with depression, they feel a sense of, "I am depressed." "I am ADD," or "I am borderline." So when a problem has begun to take over a person's identity, it is especially helpful to use some specific strategies within the narrative techniques that help to extract the problem from the person and give them more freedom to resist it more effectively.

FERN: *Can you elaborate a little on some of the strategies you will be teaching us?*

SUSIE: One of the key strategies used in narrative therapy is what is called externalizing problems. The idea behind it is that one of the beliefs that allows a problem to become stuck is when a person believes, "I am the problem." So, here it is very helpful to begin to externalize it. I ask questions or use empathic reflective listening but in the language that I use, I begin to separate the problem from the person. Instead of saying, "Wow, you are depressed." I might say, "The depression really has been weighing on you." Or I might ask, "How does the depression come between you and your husband?" So I am beginning to describe the problem in words that clarify a meaning system that has the problem as separate from the person, instead of defining the person. I have found this to fairly quickly free the client up to begin to discover ways they would like to resist the problem. Suddenly they feel clear that they do not have to resist themselves, they are just resisting this problem that has been pushing them around. They get excited about this freedom. It comes automatically once they experience the problem as being separate from them.

FERN: *Often times, in the problem itself or in the state of being clients are in when exhibiting or experiencing a problem, there is an adaptation built into it, there is a reason for its existence.*

SUSIE: Exactly, so. I think they are freer to see it once you extract it a little bit, and by extracting it they begin to be able to deconstruct (the word that is used

in narrative therapy) it. You map out all the different ways it works its magic or its misery on them. They have a lot more wisdom about what it would look like to step in and take control of that or make that work more in accordance with what they want in life.

FERN: *Even as I hear you say, "It worked its wisdom on them," I can feel the power of the unspoken message: "There is you and then there are your problems." In my work, there is a lot of emphasis in helping folks access, and learn to live from what we call the Organic Self, the essential, unique, untainted self within each of us.*

SUSIE: I think that is such an important part. It is the person being able to connect with and celebrate that part of them that fits with their deepest intentions in life and their preferred ways of being. That person is there, but it has often gotten submerged under the cloud of the problem. When you separate the problem from them, they begin to reconnect with that part of themselves. It is very satisfying, I think, for clients to feel like that part of them is seen and celebrated, and also it is really fun as a therapist to get to join with that part of them as you help support them in taking on the problems. So, obviously the relationship becomes one of an appreciative ally of their preferred self. You do not have to be working against people who are engaged in destructive behavior, because you are working against the behavior jointly with the person.

FERN: *A much better use of everyone's energy, isn't it. You know you may often be one of the first people who witnesses their preferred self, so you are their preferred self's first adult, working relationship.*

SUSIE: It is true, one of the things I do a lot as part of a narrative approach is to try to help people reconnect with earlier experiences in their history when their preferred self was celebrated, or more active in the world. One of the beliefs in narrative therapy is that it is really important to go back and discover the history of the preferred story, and one of the things we are taught to do in the mental health system, unfortunately, is to be focused on the history of trauma, loss and dysfunction. We are not as likely to hear about those precious moments that contribute to the self they want to embrace. So, when you discover a time when they were able to act outside of the dominance of the problem, like when... I am working with a man right now who is struggling with the experience of being very detached from relationships. Last week he was telling me about taking his son to

the emergency room and how he had really been there for him in a very precious way, and felt so connected to loving his son. This story is very different than the detachment story. This is one of connection and love. So, as a narrative therapist, I am interested in expanding on that story, in helping him to develop it and connect with it more deeply. I am also interested in anchoring it in history so it is not a strange blip on a screen of otherwise detached behavior, but so he can understand that somewhere in his life he was able to either witness or experience the kind of love he is sharing with his son, and that is part of what allowed him to find that in himself. When I asked, "What helped you be able to do that?" he was able to remember the very loving mother of his best friend when he was growing up. Even though his own parents were not very emotionally available, he realized he had soaked it up in a wonderful way from this other family. Those memories had disappeared from his conscious experience, so just by digging around for them we were able to identify and reconnect with them.

FERN: *It sounds like very affirming work. And I am realizing we're about out of time. But before we close, what can we expect on the day of your workshop here?*

SUSIE: Well, I would like to give a theoretical overview, then provide a lot of specific information that delineates both the models in terms of the theoretical origins and the specific strategies and techniques that I think are going to be useful to people. So I will be presenting material in a didactic format part of the time. I will also use a lot of case examples. I often bring letters that I have written to clients that have been changed a bit to protect confidentiality. What we do a lot in narrative therapy is to write letters to clients; it helps to bring people into their work and get a sense of it more directly. So I will describe work with clients and share examples of that work. Then I like to do demonstrations of the work. So, if I can get people to volunteer to be clients-- if they feel comfortable sharing with the group--I would demonstrate particular techniques in action. Sometimes, if there is time, I will have people practice some of those skills with each other as well. Certainly, I will save time for questions and case consultations. I like to mix hands-on, experiential stuff with the information sharing part.

FERN: *Thank you. It sounds very exciting, Susie! We look forward to your visit. And thank you for your time today.*

## Membership and Workshop Registration Form

Name: \_\_\_\_\_ Agency (if applicable): \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Email \_\_\_\_\_ Phone #s: \_\_\_\_\_

### **Membership Fees for Calendar Year (payment after September includes the following year)**

Membership includes multiple benefits such as: newsletter 3x/year, substantial workshop discounts, free newsletter advertising, free access to video library, good feelings of supporting your profession, and it's tax deductible.

\_\_\_ \$50/yr Professional      \_\_\_ \$25/yr Student      \_\_\_ \$100/yr non-profit agency

**Note:** If your agency is paying for you, payment must be received prior to the event or you will be responsible for paying at the door and being reimbursed by your agency. Please inquire early to the person who disburses checks.

Some scholarships are available. Inquire at 541-482-3314 or gianffer@mind.net before the early registration deadline.

#### **Friday, Feb 4, 2005 – Establishing Fundamental Sanity with Lama Pema Clark**

MHREN members: postmarked by January 21, 2005 \_\_\_ \$60; after 01/21/2005 \_\_\_ \$80 (free CEUs)

Non-MHREN members: postmarked by 01/21/2005 \_\_\_ \$80; after 01/21/2005 \_\_\_ \$100 (free CEUs)

Full-time students: half price.      Some scholarships are available

#### **Friday, March 11, 2005 – Narrative and Collaborative Approaches with Susie Snyder, LCSW**

MHREN members: postmarked by 2/18/05 \_\_\_ \$60; after 2/18/05 \_\_\_ \$80 (free CEUs)

Non-MHREN members: postmarked by 2/18/05 \_\_\_ \$80; after 2/18/05 \_\_\_ \$100 (free CEUs)

Full time students: half price.      Some scholarships are available

#### **Friday, June 10, 2005 – Client Defenses and their Clues to the Clinician with Joe Atkin, CADC II**

MHREN members: postmarked by 5/27/05 \_\_\_ \$60; after 5/27/05 \_\_\_ \$80 (free CEUs)

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Cancellation policy: \$25 fee if cancelled more than 2 weeks early; 50% between 1-2 weeks; no refund less than 1 week

SEND THIS FORM AND PAYMENT TO: MHREN, PO BOX 1082, Ashland, OR 97520

Total amount (membership and/or workshops) enclosed: \_\_\_\_\_

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Newsletter published March 15, August 15 and December 15. Deadline is approximately 30 days prior to these dates. To include your listing, contact newsletter editor Paul Giancarlo at 541.482.3314

MHREN Board members: Corinna Scheibler, Paul Giancarlo, Blandine Leavitt, Gary Woodring and Fern Snogren.

We are very pleased to welcome Fern Snogren, M.A. as the newest member of the Board of Directors. Fern volunteered and has jumped right in with both feet. We all look forward to benefiting from her broad experience in the field, enthusiastic attitude, and multitude of skills. Thanks and welcome, Fern!

Mental Health Resource and Education Network  
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**MHREN-SPONSORED COMING SOON ATTRACTIONS**

**Friday, March 11, 2005**

**Narrative and Collaborative Therapies**

**Susie Snyder, LCSW**

**Friday, February 4, 2005**

**Establishing Fundamental Sanity**

**Lama Pema Clark**

**June 10, 2005**

**Client Defenses and their Clues to the Clinician**

**Joe Atkin, CADC II**

**About Mental Health Resource and Education Network**

MHREN is a non-profit organization, founded in 1991 by a group of local therapists to provide high quality professional training and educational opportunities in the Rogue Valley, to provide information about other trainings and activities available here and in the surrounding area, and to encourage sharing of ideas and networking among mental health professionals. It is operated by a volunteer board and sustained by annual membership fees and workshops.

The members of the board of MHREN wish to thank all of our current members. Your interest and participation are what keep MHREN alive. If you receive the newsletter and/or have appreciated our workshop offerings, please consider joining us and supporting your profession in the area. We appreciate your contributions to the newsletter by way of a book or movie review. The MHREN board values any feedback you give. If you have ideas, something you would like to present or teachers you would like to have us bring, please let us know. Contact us at [gianffer@mind.net](mailto:gianffer@mind.net)