

**Mental Health Resource and Education Network**  
**MHREN, P. O. BOX 1082, Ashland, Oregon 97520 www.mhren.org**

## Winter 2009 Newsletter

Our schedule for 2009 is complete and we are very proud to announce an incredible series of trainings. See the enclosed flier with the lineup for the whole year so you can save it and refer to it. We have two returning presenters this year: **Pat Ogden** who was here in 2007 and **Steven Frankel** who has presented three times in the past ten years or so. We are also happy to bring for the first time **John Briere, Cathy Moonshine and Ed Tick**.

Our goal is to bring quality, diverse trainings with the best presenters we can find on the various topics. We want to honor your requests for specific learning areas, so, back by popular demand, we have asked Pat Ogden to expand on her fabulous work--she will focus on movement, mindfulness and emotion this time. Another request has been for a training on work with veterans with PTSD. Ed Tick will teach his new and effective ways of understanding and working with veterans returning from combat zones. Many of you have asked for a Dialectical Behavior Therapy workshop. Cathy Moonshine will offer her dynamic presentation on DBT. John Briere is an internationally known presenter on advances in trauma treatment and we are so fortunate to have been able to book him in the Smullin auditorium.

**Please note that MHREN's \$50 membership dues are based on the calendar year and are due in the next month or so. We so appreciate your support! See the registration form on page 7 to join.**

### 2009 MHREN-sponsored Trainings

**January 30 – Mindfulness, Emotion, and Movement: Expanding the Boundaries of the Window of Tolerance with Pat Ogden, Ph.D.-** This workshop is for psychotherapists of all backgrounds who wish to refine their understanding of emotion and affect regulation in the formation and regulation of psychopathology. Building on her 2007 presentation on Trauma and the Body, Dr. Ogden will discuss and demonstrate non-verbal interventions for working with the regulatory boundaries and will illustrate ways to integrate cognition, emotion and the body in order to affect trauma resolution.

**February 13 –War and the Soul: Healing the Wounds of War with Dr. Ed Tick-** This workshop helps mental health professionals explore the inner world of combat and the universal dimensions of veterans' wounding as revealed through history, archetypal psychology and cross-cultural perspectives. Participants learn about Post-traumatic Stress Disorder as an identity disorder and soul wound and learn about psycho-spiritual interventions and social activism that rebuild veterans' identities, shrink trauma and restore wounded dimensions of soul. Co-sponsored with The Welcome Home Project.

**March 6 – Reconsidering Trauma: An Integrated Approach to Complex Trauma for Older Adolescents and Adults with Dr. John Briere-** Drawing on the latest trauma research and theory, Dr. Briere will present a nonpathologizing, developmentally-informed therapy for complex posttraumatic presentations. His approach incorporates relational, cognitive-behavioral, and mindfulness principles to support (a) the processing of implicit and explicit traumatic memories through carefully titrated exposure, (b) the development of increased self-capacities (especially identity and affect regulation), and (c) the reworking of cognitive responses and activated relational schema within the therapeutic relationship.

**September 18 – Paradoxes of Law, Ethics and Professional Regulation in Psychotherapy with Dr. Steven Frankel-** In his lively and rivetting style, psychologist and lawyer Steven Frankel will present updated information on legal and ethical issues and regulations via licensing boards. He will also cover such crucial issues as: informed consent, out of office therapy, confidentiality and privilege, custody, termination principles, and psychotherapy notes and records.

**November 13 – Dialectical Behavior Therapy with Cathy Moonshine, Ph.D.-** This course will give you specific DBT interventions and teach you how to use them and work effectively with challenging clients. You will learn to empower clients to establish mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness. Dr. Moonshine is on the faculty at Lewis and Clark College and Pacific University.

## **Groups, Workshops, and Announcements**

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

### **Workshops and Classes:**

#### **Enneagram Personality Typology Training**

January 2009- Ashland & Medford programs.

Introductory & Advanced Levels ~ Call for details. 541-787-9246

The Enneagram Personality Typology is a profound system of spiritual psychology describing nine distinct personality styles, as well as their interconnected relationships and dynamic movement.

- Deepen self-awareness
- Understand your clients
- Guide others with confidence

**Kristen Tussey, M.A., LPC** has been working with the Enneagram since 1986. She has trained with renowned teachers including Don Riso, Russ Hudson, and Sandra Maitri. She has taught the Enneagram at Naropa University, in myriad community settings, and within her counseling practice.

**12 CEU's! Save the date for the Genesis 4<sup>th</sup> Annual Educational Conference** scheduled for Thursday, April 23 & Friday, April 24, 2009. The lead speaker for *New Connections: Advances in Chemical Dependency and Mental Health Treatment* will be **Dr. H. Westley Clark**, Director of SAMSHA's National Center for Substance Abuse Treatment. More information will be mailed to licensed counselors (except for CADC's) in February. If you are CADC licensed or it does not arrive in your mailbox please contact [dtaylor@asante.org](mailto:dtaylor@asante.org).

#### **Women's Circle- "Transforming the Energy of Fear"**

4 week session 1/6/09; 1/13/09; 1/20/09; 1/27/09; 6:30 - 8:30 p.m. at New Hope Healing Arts Center, 2576 New Hope Rd., Grants Pass, 479-1544. The 4-week session includes the teaching of energy techniques and innerwork strategies; \$85. Facilitated by **Suellen Willi, LCSW**.

#### **Enneagram & the Holy Ideas ~ a Diamond Heart Approach** - weekly class, meets for 10 weeks, begin again

Jan. 2009 and Intermediate Enneagram Group (ongoing)

Ashland Transpersonal Counseling Center Kristen Tussey 541-787 9246

**SOUL MEDICINE with Ashland School of Hypnotherapy:** Hypnotherapy offers a safe and resourceful space in which to transform old patterns and connect with a deep, authentic sense of self. Join us for a 40 hour course over 2 week-ends in which you will learn the theory and techniques- the art and science- of hypnotherapy as it is used to cultivate the client's capacity to experience all aspects of their unique and multi-faceted being.

ACHE and NBCC certified for CEUs. \$450 (\$405 before January 20) Feb 20-22 & March 6-8. To register: 541-488-3180.

Visit our website at [www.ashlandchoolofhypnotherapy.com](http://www.ashlandchoolofhypnotherapy.com)

#### **Mining the Gold: From the Inner Critic and Child Self to True Nature**

Learn to recognize and: Disengage from the inner critic; Self-soothe agitated states with empathetic statements; Own positive and negative parts of oneself; Transform old patterns of relating; Synthesize these skills and develop presence.

Weekend Format Dates: Part 1- Saturday February 14 and Sunday February 15

Part 2: Saturday March 14 and Sunday March 15

CEU's are available for LPC's

Taught by Suzanna Nadler, MEd, LPC and Rod Birney, MD. Call 541-535-3338 [www.selfsoulcenter.org](http://www.selfsoulcenter.org)

Self & Soul Center & Retreat Sanctuary 9820 Wagner Creek Road Talent, OR 97540

### **Announcements:**

**2 like-new books (Study Guide for the NCE and Encyclopedia of Counseling)** and a set of CDs that would support someone who was studying for the National Counselors Exam. They will be available at the MHREN library. Kristen Tussey 541-787-9246

**Office space:** 12X'11'- full time availability. Nice professional location in Medford. Reasonable and negotiable rate. 770-2469.

**I am a new counselor in Ashland.** I work with individuals, couples, children and families and specialize in healing trauma (and the symptoms of anxiety, depression and compulsions), as well as relationship issues, and personal and spiritual development. My background includes a Masters degree in Depth Psychology from Pacifica Graduate Institute, EMDR training, NLP Certifications, and decades of meditation and Enneagram study and teaching. My approach is holistic, including dreamwork, body-awareness, and powerful tools for healing and growth. I would appreciate any referrals and offer a complimentary 1/2 hour consultation. I would also welcome learning about you and your work. **Kristen Tussey, LPC,** Ashland Transpersonal Counseling Center, 787 9246.

**Referral list at SOU-** The mental health counselors at SOU are compiling a referral list for students who need longer-term therapy. If you want to be included, please email your responses to the following questions to: [ChangV@sou.edu](mailto:ChangV@sou.edu).

1. Contact information if not listed in MHREN directory.
2. What is your regular session fee?
3. What is your sliding scale if any?
4. Which insurance plans do you work with or are you a preferred provider for?
5. Would you be willing to provide any pro-bono services to SOU students?
6. What are your top 3 specialties or areas of expertise?

Thank you for your participation.

**The Coalition for Mental Health Protection and Choice** is underway for the 2009 legislative session. Our measure lost by one vote in the 2008 February session. It looks much better this session and we need your help. Donations for our lobbyist should be sent to the Coalition c/o Evelyn Evano, LMFT  
550 East 50th Ave., Eugene, OR 97405. Also, we need callers for our area. Please contact Gary Woodring, LMFT @ 535-8542.

### **Groups:**

**Eating and Awareness Women's Support Group** (ongoing) Following Marion Woodman's work with Conscious Femininity. Ashland Transpersonal Counseling Center. Kristen Tussey 787 9246

**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.

**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**

Groups run for 6 months and are closed after the first group. New members have two sessions to decide if it is right for them. These groups will be open to new members in January of 2009. Anyone interested will need to sign up mid-December of 2008. If you are interested in joining a group or referring someone please contact **Cynthia Becker White at The Counseling & Mediation Center (541) 776-9166, email [cbeckerwhite@charter.net](mailto:cbeckerwhite@charter.net)**

**Important Notice: We have recently had to turn away late registrants due to reaching the legal (fire marshal) capacity of the workshop venue. Please help us avoid this dilemma by registering early. If your agency is paying for you, it is your responsibility to confirm with your office that we have received payment prior to the event. We don't send out confirmation notices. Feel free to check in with us to see if your agency has indeed followed through with payment. If we haven't received payment before the day of the training, you will need to pay for the workshop and then be reimbursed by your agency.**

### **MHREN Membership Renewal**

Professional membership dues for 2009 remain at \$50 per person or \$100 for organizations. Dues are based on the calendar year so, if you haven't already joined or rejoined, please support our efforts to bring you the high quality, diverse trainings and networking services we have been able to provide for 19 years. Memberships paid for after September 1<sup>st</sup> will be honored through 2009. Thanks to all our members. Fill out the form on page 5.

## **MHREN board co-president Corinna Scheibler completing board service**

Corinna Scheibler will take leave of the MHREN board on December 30<sup>th</sup> after ten years of dedicated service to our mental health therapy community. She stepped into the responsibility of sharing the presidential duties with Paul Giancarlo after founding president Ellen Clephane moved on in the late 90s. The remaining board members want to express our gratitude to Corinna for volunteering hundreds of hours of hard work over the years to guide this growing and improving organization. She has always been dependable, wise, and a pleasure to work with. Good luck to you, Corinna, in all that you do! We will miss you.

## **Pat Ogden returns!!**

Due to exemplary evaluations by previous participants and a hunger for more of Pat Ogden's wisdom and teaching of her dynamic practice, we have invited her to return in 2009. She has accepted our invitation and our request to expand upon her work. She has agreed to present new information with a different focus and use different materials and audiovisual aides and case presentations on DVD.

Of her book, Trauma and the Body, Bessel A. van der Kolk, M.D. says, "Pat Ogden's book is the first to integrate our knowledge of body-oriented therapy, neuroscience, and attachment theory into a composite treatment method" and Allan Schore, Ph.D., says her work is "...essential reading for clinicians of all schools of psychotherapy." This workshop is open to returning participants and also to those who have never attended one of her trainings. Please don't miss her this time! She is such an excellent clinician and is growing in recognition as a leader in the field.

## **Introducing Ed Tick, Ph.D. - author of War and the Soul**

**By Bill McMillan**

(Note: MHREN is proud to collaborate with The Welcome Home Project to bring Ed Tick to Medford on Feb. 13)

As we began the research necessary to put together The Welcome Home Project, a program for returning and returned veterans and their families that took place last May, I was told about a book, War and the Soul, by Ed Tick, that was a "must read". From the first sentence I was transfixed. I read it cover to cover and called the office of Soldier's Heart, the organization run by Ed and his wife, Kate Dahlstedt, in Albany, NY, and asked if it would be possible to speak with him. Several days later, he called me back and we spent an hour on the phone discussing his work, veterans, and our idea for the Welcome Home Project. He was remarkably generous with his time, insight, and, most important for us, his heartfelt support for what we were up to out here in S. Oregon.

Ed Tick has been a therapist since the early '70's, and has been working mostly with veterans all of that time, since before there was an official diagnosis of Post Traumatic Stress Disorder. He came to see PTSD and the general ravages on veterans and their families in the aftermath of war not as a Stress Disorder with symptoms to be treated and managed, but as a wound of the soul, where a fundamental assault on the identity of a combat veteran - or their family members - has transformed them beyond recognition. Traditional therapy, whether individual or group, while valuable, will not address the more fundamental issues involved, which can only really be understood and healed on a spiritual level.

The key to healing, says psychotherapist Ed Tick, is in how we understand PTSD. In war's overwhelming violence the true self flees and can become lost for life. He redefines PTSD as an identity disorder with radical implications for therapy. First, Tick establishes the traditional context of war in mythology and religion. Then he describes PTSD as an identity issue and a soul wound. Finally, he presents ways to nurture a positive identity based in compassion and forgiveness.

I was fortunate enough to participate in one of the Soldier's Heart Veteran's Retreats last February, where I was able to witness Ed's and Kate's approach to working with veterans. It was an unforgettable experience.

We are truly fortunate to have Ed and Kate come to the Rogue Valley this coming February as they bring their work to several locations in Oregon (MHREN will co-sponsor a professional training on Feb. 13, 2009 and there will be an interview on the Jefferson Exchange on February 12<sup>th</sup> as well as some public events to be announced). This is a great opportunity for any therapist working with trauma (virtually all of us!), and especially those working with veterans and/or their families, to understand this work on a much deeper level, and to experience an approach that may transform our work as well. Please join us. Check the website ([www.thewelcomehomeproject.org](http://www.thewelcomehomeproject.org)) for updates on Rogue Valley events taking place on February 12, 2009.

Bill McMillan  
The Welcome Home Project  
Ashland, OR  
[www.thewelcomehomeproject.org](http://www.thewelcomehomeproject.org)

**Workshop Registration and Membership Form**

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

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

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

**Membership Fees for Calendar Year (payment after September 1st includes the following year)**

Membership includes 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 is 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 to pay at the door and be reimbursed by your agency. Please arrange payment early.

**Some scholarships are available.** Inquire at 541-245-2961 or info@mhren.org

**Cancellation policy: \$25 fee 2 weeks or more in advance; 50% fee 1-2 weeks; no refund less than 1 week**

**January 30, 2009 – Mindfulness, Emotion, and Movement with Pat Ogden**

MHREN members: postmarked by 1/16/09 \_\_\_ \$80; after 1/16/09 \_\_\_ \$100 (free CEUs)

Non-MHREN members: postmarked by 1/16/09 \_\_\_ \$100; after 1/16/09 \_\_\_ \$120 (free CEUs)

Full time students: half price.                      Some scholarships are available

**February 13, 2009 – War and the Soul with Ed Tick**

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**September 18 – Paradoxes of Law, Ethics and Professional Regulation in Psychotherapy**

MHREN members: postmarked by 9/4/09 \_\_\_ \$80; after 9/4/09 \_\_\_ \$100 (free CEUs)

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**November 13 – Dialectical Behavior Therapy with Cathy Moonshine, Ph.D**

MHREN members: postmarked by 10/30/09 \_\_\_ \$80; after 10/30/09 \_\_\_ \$100 (free CEUs)

Non-MHREN members: postmarked by 10/30/09 \_\_\_ \$100; after 10/30/09 \_\_\_ \$120 (free CEUs)

Full time students: half price.                      Some scholarships are available

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

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

Mental Health Resource and Education Network  
P.O. Box 1082, Ashland, OR 97520

Address service requested

Nonprofit Org  
US Postage  
Paid  
Permit #125  
Medford, OR

January 30

Mindfulness, Emotion, and Movement: Expanding the Boundaries of the Window of Tolerance  
with Pat Ogden, Ph.D

February 13

War and the Soul: Healing the Wounds of War for our Veterans, Families and Communities  
with Dr. Ed Tick

March 6

Reconsidering Trauma: An Integrated Approach to Complex Trauma for Older Adolescents and  
Adults with Dr. John Briere

September 18

Paradoxes of Law, Ethics and Professional Regulation in Psychotherapy  
with Dr. Steven Frankel

November 13

Dialectical Behavior Therapy with Cathy Moonshine, Ph.D

Go to [www.mhren.org](http://www.mhren.org) for more info