

Laurel Hill Center Celebrating 35 Years

**Laurel Hill Center's
*WELLNESS
WORKSHOPS*
PROGRAM**

***Saturday, May 17, 2008
noon to 4 p.m.***



*Celebrating 35 Years serving Lane County adults
with mental illnesses, and mental health month*

History

Over 35 years Laurel Hill Center has witnessed and played an active role in how mental health services are delivered in our community, state, and nationally. We began providing services in 1972 when many people were discharged back into their communities after long stays at state mental hospitals. Unfortunately, there was little support for them in the community and many returned to the state mental hospitals time and time again.

We began by offering a safe place for social support. Volunteers located donated space for a social drop-in center at the former Lincoln School and later in the downtown urban renewal area and provided staff support. The drop-in center was a place where ex-patients could exchange stories, drink coffee, play table games and reconnect with people they had lived with at the state hospital.

Marked by innovation and research, Laurel Hill Center's leadership and services have also contributed to the field of psychiatric rehabilitation—nationally and internationally. We began offering employment services in 1978, supported housing services in 1981 (helping people get and keep “regular” housing in the community), participated in research studies in the early 90's, (supported housing services for people most at risk for hospitalization and supported housing and employment services for patients leaving long-term state hospital care), peer-delivered services in 2001, integrated treatment for mental illness and substance abuse in 2005, Pathways Learning Center in 2006 and supported education in 2007.

Now in 2008, recovery is the guiding mission for services. Our nationally certified staff (by exam and demonstrated practice), are expected to assist people in their individualized change process—helping them to identify their strengths and personal goals, motivating, educating and using evidence-based practices. Research studies have shown that people who actively participate in their treatment and who develop effective coping skills have the most favorable course and outcome, including a better quality of life. They gain more control over their lives, their confidence increases, and they can realize their vision of recovery. This is our commitment to the nearly 600 people we serve each year.

Presenters

Richard Marcus, M.D., board-certified in Neurology and Sleep Medicine, Medical Director of Sacred Heart Medical Center, Sleep Disorders Center (541) 686-7224, www.peacehealth.org/phmg

Peter Moulton, Ph.D., has been a licensed psychologist in Oregon since 1983. He also has a doctorate in computer science and has over 15 years experience serving on the faculties of the University of Oregon, California State University at San Jose, and the University of Edinburgh. www.brainagility.com

NAMI: In Our Own Voice

Contact: Judy Clancy at NAMI office – (541) 343-7688

Kiernan Powers, CBT, CNT (Certified Biofeedback Therapist, Certified Nutritional Therapist), kiernanpowers@comcast.net

Jay Powers, M.A. in Psychology

Verna Reidy - (541) 343.3198, www.yogabydesign.org

Cindy Rice - Reflexology & Massage Therapy, ofc: Tamarack Wellness Center, suite #125, 3575 Donald St., Eugene, OR 97405, (541) 686-3593

Robin Rose Training & Consulting

(503) 873-3649, robinrose.com robin@robinrose.com

Matthew P. Sieradski, M.Ac.O.M., L.Ac. - Acupuncture and Qigong for Balancing the Body-Mind, 21 E 28th Ave., Suite C, Eugene, OR 97405, (541) 344-0073 www.eugenehunyuan.com

Caroline Smythe, M.D. - Mind-Body Electric of Eugene
1892 Willamette St., Eugene, OR 97401, (541) 484-2101, fax (541) 344-4620

Sandi Thompson Nutrition - Nutritional Therapy Practitioner
(541) 953-8715, sandi.nutrition@gmail.com

Ron Unger, LCSW - is a therapist specializing in cognitive therapy for psychosis.
(541) 513-1811, ronunger@efn.org

Presenters

Bjo Ashwill, LAMHP - Program director, counselor and teacher
(541) 607-7020 (LILA), bashwill@lilaoregon.org

Ker (rhymes with bear) **Cleary** is a counselor in private practice in Eugene. She specializes in Contemplative Psychotherapy, helping people use mindfulness-awareness and compassion practices to uncover their own mental & emotional health.
(541) 349-0595, Ker@ContemplativePsychotherapy.com

Patty Earl, M.A., DTR
Dance Therapist Registered

Thomas Fauria, PhD, CEAP - Clinical Manager / Licensed Psychologist -
Reliant Behavioral Health, LLC (541) 344-6929

Aaron W. Harding, M.S., RCEP - Clinical Exercise Physiologist
Coordinator, Cardiac & Pulmonary Rehab - Oregon Heart & Vascular Institute,
(541) 686-7216, aharding@ohvi.org

Janet Hollander, Certified Nia Technique Instructor - Moving Toward Health
(541) 729-2894, janet@movingtowardhealth.com

Diane Kasle, Reiki Master - Usui Shiki Ryoho - Classes & Treatments
(541) 895-2637

Cindy Kaufman

Paula Koger, BSN, MA, DOM (Fl.&Rhode Island), Vibrational Healing
(541) 895-8786, paulakoger@centurytel.net

Carolyn Scott Kortge is the author of *The Spirited Walker: Fitness Walking for Clarity, Balance, and Spiritual Connection*. She is a former Register-Guard reporter and a cancer survivor who has presented walking programs nationally at wellness centers, fitness resorts, and health conferences. www.spiritedwalker.com

Lynne Mahan
Yoga and Creating Health instructor - Lifestyle coach and counselor
(541) 520-9284

Welcome

Welcome to Laurel Hill Center's first annual Wellness Workshops! Please join us as we celebrate our 35th year serving Lane County adults with mental illnesses, and mental health month.

These free, holistic workshops are Laurel Hill Center's gift to the community. Twenty-six workshops presented by area experts are scheduled from 12:15 until 4 p.m. Many of the presenters are hosting informational tables, including Oregon Heart & Vascular Institute whose staff will perform free blood pressure checks.

Staff from SWEEP Optical, a subsidiary of Laurel Hill Center, will offer a tour of our ophthalmic laboratory that annually produces 55,000 pairs of prescription eyeglasses.

Mayor Kitty Piercy and Lane County Commissioner Pete Sorenson will be on hand to help us celebrate.

We hope you enjoy these workshops and leave with valuable information for the health of your body and mind.

*Mary Alice Brown Johnston, Ph.D.
Executive Director*

Schedule

12:00 p.m. - Ribbon Cutting, remarks by Lane County Commissioner Pete Sorenson

12:05 p.m. - Welcome by Eugene Mayor Kitty Piercy

12:15 p.m. - First workshops begin - page 5

1:00 p.m. - Second workshops begin - page 6

1:45 p.m. - Third workshops begin - page 7

2:30 p.m. - Fourth workshops begin - page 8

3:15 p.m. - Fifth workshops begin - page 9

4:00 p.m. - Workshops end

3:15 p.m.

Main Stage

PETER MOULTON, Ph.D. - *Brain Agility - Keeping a Healthy & Youthful Brain.* As most of us grow older, we find memory less reliable and our brain less sharp. In most cases, this is normal age-related cognitive decline. Brain Agility will discuss how the brain ages and how cognitive decline can be prevented, forestalled, and in many cases, reversed.

CAROLYN SCOTT KORTGE - *An Active Walk* follows Carolyn's 2:30 p.m. presentation!

Tyler Room

PAULA KOGER, B.S.N., M.A., DOM - *Vibrational Healing* - Frequencies of electromagnetic energy, sound, light, computerized evaluations, thought and feelings, flowers, homeopathy and herbs. A synthesis of 55 years' healing experience.

Buttercup Room

SANDI THOMPSON, N.T.P. - *Do I Need to Detox?* Learn how to wade through the overabundance of information about eliminating toxins from your body by recognizing and supporting the Seven Pathways of Elimination: kidneys, liver, circulation, lymph, digestion, lungs, and skin.

Spring Room

JANET HOLLANDER - *Nia - Moving Toward Health* - Nia exercise involves the mind and the soul as well as the physical body. All levels of fitness (or un-fitness) are welcome to attend and any level can have fun!

Pathways Learning

KER CLEARY, M.A. - *Stress Reduction* Mindfulness Meditation and Stress Reduction with Ker Cleary. Stress is hard on our bodies, minds and spirits. Come learn simple practices anyone can use to help relieve stress in everyday life. No experience necessary!

Small Room

KIERNAN POWERS, CBT, CNT & JAY POWERS, M.A. - *Quantum Biofeedback* - Identify imbalances and stresses which may be resulting in symptoms of disease. A delivery of very mild electrical impulses then stimulates healing at a cellular level.

2:30 p.m.

Main Stage

CAROLYN SCOTT KORTGE - *Mindful Walk* - Don't just take a walk. Take a Mindful Walk that turns daily exercise into a path of healing for body, mind, and spirit. Carolyn Scott Kortge encourages you to stretch not only your legs, but also your imagination with focusing tools that increase stress release and wellbeing. Presentation will be followed by an active walk, open to walkers of all fitness levels.

Tyler Room

STEVE GELMAN - *Drumming* - Learn one part of a poly-rhythm in two groups. Then we'll combine the groups to play a poly-rhythm so you can feel the power of the rhythm inside yourself.

Buttercup Room

MATTHEW SIERADSKI, M.Ac.O.M., L.Ac. - *Acupuncture & Qigong for Balancing the Body-Mind* - Acupuncture and Qigong are two classical Chinese methods for accessing the body's subtle energy in order to bring the body-mind back into balance.

Spring Room

LYNNE MAHAN - *Yoga* is balancing body, breath and mind. It can also be easy and fun! Come to enjoy stretching and breathing with Lynne.

Pathways Learning

TOM FAURIA, Ph.D., CEAP - *Emotional Resilience* - Stress is unavoidable. Adjusting to life stressors requires resilience. Resilience is the confidence and skill to deal with new and different stressors. Resilience is the capacity to recover following a stress reaction. There are many ways to recover from stress. This presentation will discuss a variety of strategies that people can use to gain resilience. There is no one right or better way to recover from stress, so a variety of strategies and tools will be described.

Small Room

KIERNAN POWERS, CBT, CNT & JAY POWERS, M.A. - *Quantum Biofeedback* - Identify imbalances and stresses which may be resulting in symptoms of disease. A delivery of very mild electrical impulses then stimulates healing at a cellular level.

12:15 p.m.

Main Stage

ROBIN ROSE - *Your Brain, Your Breath and Your Immune System* - Learn how breathing can have a profound impact on your health and function of your brain, why three key daily practices positively impact your life-long health, plus develop an understanding of which stressors negatively impact your health and how to avoid them

Tyler Room

BJO ASHWILL, LAMHP - *Use Your Dreams to Wake Up to A Better Way of Fixing Your Current Difficulties* - We all dream six or more times a night even when we don't remember them. I believe dreams come to us for health and wholeness. Dreams are a wake up call to change what you are doing, to make a better life.

Buttercup Room

RON UNGER, LCSW - *Radical Innovations in Cognitive Therapy* - How conscious decisions to change thoughts and behaviors, learned through talk therapy can reduce paranoia, problems with voices and other distress.

Spring Room

VERNA REIDY presents a "Meet the Person Where They Need to be Met" Yoga Class. Yoga is an ancient healthy approach to wellness of the whole human being. Come and enjoy several techniques which are useful in everyday life.

Pathways Learning

NAMI - *In Our Own Voice* - Join the In Our Own Voice team as we talk about how to live successfully with mental illness covering dark days, acceptance, treatment, coping skills, and successes, hopes and dreams.

Small Room

KIERNAN POWERS, CBT, CNT & JAY POWERS, M.A. - *Quantum Biofeedback* - Identify imbalances and stresses which may be resulting in symptoms of disease. A delivery of very mild electrical impulses then stimulates healing at a cellular level.

1:00 p.m.

Main Stage

AARON HARDING, M.S., RCEP - *Reducing the Risk of Heart Disease and Stroke* - Learn the steps to good cardiovascular health by taking control of the major risk factors that lead to heart disease and stroke.

Tyler Room

CINDY KAUFMAN - *The Use of Voice in Healing* - Learn to use your voice in the form of humming, toning and other sounds to provide some relief of symptoms of pain, anxiety and stress or frustration as well as to give yourself a life of energy.

Buttercup Room

DIANE KASLE - *Usui Shiki Ryoho: Reiki* - Universal Life Energy supports our body, mind and spirit through the healing power of touch.

Spring Room

STEVE GELMAN - *Tai Chi* - Yang Style Universal Short Form of Tai Chi Chuan, the 8 form of Chi Gung and Tai Chi warm up. The class will give participants a workout and a feeling of being grounded, in their breath and in their bodies. We will practice Tai Chi warm up during the demo.

Pathways Learning

ROBIN ROSE - *How Do You Talk to Yourself?* - Find out how to enhance your health and healing systems through the focus and selection of your words and thoughts.

Small Room

KIERNAN POWERS, CBT, CNT & JAY POWERS, M.A. - *Quantum Biofeedback* - Identify imbalances and stresses which may be resulting in symptoms of disease. A delivery of very mild electrical impulses then stimulates healing at a cellular level.

1:45 p.m.

Main Stage

RICHARD MARCUS, M.D. - *Sleep Disorders* - Sleep and Wellness: Proper Sleep Habits that promote quality sleep

Tyler Room

CINDY RICE - *Reflexology* - Learn easy ways to achieve relaxation and pain/stress relief by using your fingers and thumb on specific reflex points on hands, feet, and ears.

Buttercup Room

CAROLYN SMYTHE, M.D. - *Alpha Stim* - Cranial Electrotherapy Stimulation is a safe and effective treatment for anxiety, depression and insomnia. It may also be used to treat some pain disorders, such as fibromyalgia.

Spring Room

PATTY EARL, M.A., DTR - *Dance Therapy* - Using movement as a way to access emotion from a body-felt perspective.

Small Room

KIERNAN POWERS, CBT, CNT & JAY POWERS, M.A. - *Quantum Biofeedback* - Identify imbalances and stresses which may be resulting in symptoms of disease. A delivery of very mild electrical impulses then stimulates healing at a cellular level.