

Connections

The Newsletter of the Connections Program

A Partnership between the Health District of Northern Larimer County and the Larimer Center for Mental Health

Attachment and Spirituality

By: Rebekah Knight-Baughman, Ph.D., MAT

The integration of psychotherapy and spirituality is complex and necessary. It seems that the mental and spiritual health of individuals is inextricably connected, for when journeying through suffering and celebration with those who seek psychotherapy, often we end up in existential neighborhoods. We search for meaning together and we stand together without answers to the questions that beckon us. These are places where no other force or person can contend with the human experience like the Divine can. However, due to relational and spiritual wounding spiritual resources may seem inaccessible to some. I posit that regardless of how tangled or enriching one's attachments, the spiritual attachment to the Divine is resilient, profound, and tailored to our attachment narrative and history.

Developmental psychologist, Mary Ainsworth (1979) has categorized infant attachment styles as either insecure or secure. In her research, the nature of the infant's attachment style correlated to the caregiver's level of responsiveness toward the child. Other research (Maine) indicates that attachment styles learned in infancy may persist into adulthood. It follows that spirituality, the attachment to a Higher Power, would contain traces of our early attachment experiences. To define authentic spirituality amidst projections from early attachments is the challenge of spiritually sensitive psychotherapy.



There are certain attitudes and skills that foster a spiritually sensitive psychotherapy. The examination of our personal spiritual heritage and biases is paramount to understanding our clients. To be a student of our clients' spirituality we must intimately know our own spiritual leanings. Our respect for spiritual diversity is also key to nurturing a safe space wherein a client's spirituality may emerge. Moreover, we need to acknowledge that the worldviews and identities of our clients is likely informed by a spiritual tradition. We must recognize that the client's relationship with the Transcendent may run deep to the roots of who they are. Finally, we need to notice our helping styles and determine if they match the spirituality of the patient. A confrontational and direct psychotherapy style may not resonate with a Buddhist client, they may require a more reflective or meditative helping style. And lastly, as we all heard infinitum, consult and refer when necessary.

Elements of spirituality may be utilized as resources in spiritually sensitive psychotherapy. The common components of spiritual traditions are a Higher Power, prayer, ancient writings, worship, healers, ritual, and community. For instance, prayer might be a way for the client to lament to the Divine, achieve grounding and containment when distressed, and gain mindfulness about his or her deep desires and fears. By meeting our clients with reverence for their spiritual traditions, we demonstrate that we are responsive and trustworthy, thereby cultivating a secure attachment.

(Continued on page 2)

In this issue

Attachment and Spirituality	1-2
2012 Now, Empowering the Transformation	2
Resources for the Community	3-6
Insight for Change-Spring 2009 Classes	4-5
The Sister Mary Alice Murphy Center for Hope	6

We encourage you to submit short articles (50-500 words) on therapeutic approaches, mental health topics, case studies, or therapeutic book/movie reviews, etc., & will publish them as space allows. We reserve the right to edit all submissions.

Connections

Dee Colombini, Mental Health Services
Program Coordinator for
Health District of Northern Larimer County
dcolombini@healthdistrict.org

Candace Mattos, Program Coordinator
and
Adult Services Director of
Larimer Center for Mental Health
Candace.Mattos@larimercenter.org

Mental Health Specialists:

Andrea Atherton
andrea.atherton@larimercenter.org

Joan Cmar
jcmar@healthdistrict.org

Ann Cope
acope@healthdistrict.org

Anne Marie Cronin
Anne.Cronin@larimercenter.org

Bonnie Inscho
Bonnie.Inscho@larimercenter.org

Susan Jacobs
Susan.jacobs@larimercenter.org

Stacy Overton
soverton@healthdistrict.org

Stefan Price
sprice@healthdistrict.org

Patti Marqui-Hilker
Consumer Advocate
pmarquihilker@healthdistrict.org

Admin. Phone: 970-494-4370

Fax: 970-494-4303

Direct Services: 970-221-5551

Web: www.mentalhealthconnections.org

To view Connections Newsletter and the
Professional Bulletin Board online:
www.healthdistrict.org/connections

Connections is published 6 times/year. The purpose of *Connections* is to offer information on current therapy groups and services in the community; provide updates on services available through the Connections Program; and offer a place where information on community happenings of interest to mental health and human services providers can be shared.

Submissions are welcome. E-mail them to Carrie Husted at chusted@healthdistrict.org by the following deadlines:

NEXT EDITION: May/June 2009
Article Deadline: April 15, 2009

Submissions printed in *Connections* do not necessarily reflect the views of the Connections Program. Our editorial staff do not check the credentials of individuals wishing to submit groups or other listings. If you have concerns regarding credentials or other issues, please contact the group leader or author of the article directly. Thank you.

Spiritually sensitive psychotherapy can play a critical role in reviving a resource that some clients would not utilize because of human error. The therapist can serve as an intermediary between the client and his or her spirituality. As the client and therapist cultivate a corrective emotional experience, she may learn that some relationships are safe and consistent. She may conclude that if a human could serve as an emotionally responsive secure base, the Spirit could too. The sanctity of therapy becomes evident and the therapist becomes the facilitator of psycho spiritual growth and connection.

Rebekah Knight-Baughman, PhD, MAT is a licensed clinical psychologist with a private practice in Fort Collins. She specializes in spirituality, eating disorders, and trauma. Please contact her at (970) 232-4206 or rjkbaughman@yahoo.com if you would like to dialogue about this article or other topics.



2012 Now, Empowering the Transformation

Join internationally renowned authors, and researchers as they explore the transformative dynamics necessary for a successful transit through the year 2012 and beyond. This exciting two day conference boasts a stellar lineup. **John Major Jenkins, Richard Tarnas, Stanislav Grof, Robert Sitler, Christine Page, William Henry, Sobonfu Some', Duncan Campbell**, host "Living Dialogues" KGNU Boulder, will MC all events.

Location: Lincoln Center, Fort Collins, CO.
Dates: May 29, 2009 through May 30, 2009.

For more information please visit www.unveiling2012.org.

*"With his book **Cosmos and Psyche** Richard Tarnas has succeeded in unveiling what only a few years ago might have seemed impossible: an accessible bridge between the mainstream high culture and an emerging world view that returns the soul to the cosmos."*

-Renn Butler - New Age Journal Reviews

"Western science is approaching a paradigm shift of unprecedented proportions, one that will change our concepts of reality and of human nature, bridge the gap between ancient wisdom and modern science, and reconcile the differences between Eastern spirituality and Western pragmatism."

*-Stan Grof - from **Beyond the Brain***

*"Incredibly, at the early Maya site of Izapa in southern Mexico, the galactic cosmology and a profound spiritual teaching are preserved. Izapa speaks to us of **Galactic Alignment in 2012** as a transformative nexus in time, a still-point turnaround, inviting us to reconnect with our cosmic heart and eternal source...."*

~ John Major Jenkins

Resources for the Community

EMDR Supervision and Consultation Available

Dorinna Ruh, LCSW, CACIII, who is certified in EMDR and a consultant-in-training, is offering EMDR supervision and consultation both individually and in groups. She has studied individually with nationally recognized EMDR practitioners Jim Knipe (who specializes in dissociation and EMDR) and Marcia Whisman (who works with EMDR and OCD). Much of her current work with clients involves combining ego state therapy and EMDR. Fees: \$50 for individual consultation and \$25 for group. You can contact her at dorinnalcsw@aol.com or (970) 494-0631.

Larimer County Alliance for Grand-families: Supporting Grandparents and Relative Caregivers Raising Children



The Larimer County Alliance for Grand-families (LCAG) is a coalition of grandparents, relative caregivers, professionals and other community members. Our mission is to work collaboratively to support the health and well-being of grand-families through community education, development of support systems, and advocacy for change. Through this coalition we offer resources on support groups, community awareness, navigation of systems support, respite care and education programs.

For more information about LCAG or about becoming a community volunteer, LCAG partner, or accessing resources for a grand-family please contact:

Josh Rabe, Namaqua Center by phone at (970) 622-7311 or by email at josh.rabe@larimercenter.org, or Jacque Miller, CSU Larimer County Extension by phone at (970) 498-6014 or by email at jmiller@larimer.org. Or visit us online at <http://www.fortnet.org/lcgrg> to learn more about LCAG or to see support group schedules.

Looking Again at Dreams in Therapy - a Presentation for Therapists and Other Helping Professionals

Dreams are being effectively used by therapists to further the aims of therapy and emerging as an ally in the therapeutic process. Cognitive therapists, group therapists and couples counselors are using dreams as a means to help clients reach core issues quickly and communicate difficult and important feelings. This presentation will focus on new methods of dream work including the Hill Cognitive-Experiential Model of Dream Interpretation.

Presenter: Marueen McVicker Trump, Psy.D., LPC
Date/Time: Thursday April 2, 2009
8:30 a.m.—12:00 p.m.
(Light breakfast will be available before the presentation).
Cost: \$40.00
Location: To be announced

Contact Dr. Trump at (970) 391-3141 or email at dmrmt@hopefulway.com for more information or to register.

Resources for the Community

Insight for Change - Workshops for Therapists and Counselors

Important Dates
Mark Your
Calendar!

Following are a list of workshops for therapists and counselors offered through Insight for Change....

When: April 24, 2009

Topic: NLP and EMI-- with Jan Prince, NLP Master Trainer. The quick and powerful alternative to EMDR: Helping your clients make swift changes.

Learn the basic principles behind NLP and why it works so rapidly. Long ago, NLP innovators identified the mind/brain ability to represent experiences in different visual, auditory and kinesthetic processes. Out of that discovery came Eye Movement Integration (EMI) - a process that allows clients to rapidly release unwanted states. You will have the opportunity to experience and replicate this powerful tool.

Jan Prince has been practicing NLP since 1984 and is co-author of From the Inside Out, a step by step workbook for therapists and coaches. www.janprince.com

When: May 1, 2009

Topic: Experiential Couples Work: with Jaci Hull, LMFT. www.jacihull.com
Using Mindfulness, Bodies and Brains in Relationship Counseling

Participants will learn to observe and identify relational dynamics based on mainstream, Body-Centered (Hakomi) and other current relational theories as well as mindful and body-centered interventions that instill empathy, collaboration and unity in the couple.

Teaching will include lecture, demonstration and practice.

When: May 22, 2009

Topic: The Enneagram for Therapists and Counselors, with Carolyn Bartlett, LCSW, author of The Enneagram Field Guide, and John Reynolds, LCSW. www.insightforchange.com

Learn how this transpersonal typing system can be applied to enhance the therapy modalities you use in your practice. Teaching, video clips, and case consultation will be included in this content rich day.

Note: A basic understanding of the Enneagram system is assumed in this workshop.

Location for each workshop: 205 S. Meldrum St., Fort Collins, unless they outgrow the space.

Cost: Discount offered if you register early - NLP and EMI, \$95 if paid by April 15, 2009 - \$120 after. Experiential Couples Work, \$125 if paid by March 20, 2009 - \$140 after, and The Enneagram for Therapists, \$95 if paid by May 10, 2009 - \$120 after. Mail your check, with your contact information to P.O. Box 343, Fort Collins, 80522.

Questions? Check the web at www.insightforchange.com or email us at carolyn@insightforchange.com and ask to be notified of updates and information.

Resources for the Community



Insight for Change–Introduction to Enneagram

When: March 19, 2009, 6:00 p.m. - 9:00 p.m.
Topic: Introduction to the Enneagram

In this “big picture” workshop you will learn: identifying characteristics, underlying motivations, spiritual gifts and common relationship patterns for each of the nine personality styles.

Followed by, the... NINE POINTS OF VIEW PANEL SERIES

Thursday evenings from 7:00 p.m. - 9:00 p.m.: These interviews provide a depth of understanding people that you just cannot get any other way. Talking with those who experience the world just as you do invites self-observation. Learning how other types have a completely different perspective from you encourages relationship insights.

- **March 26:** Type One, ethical and fair, while trying to be good enough.
- **April 2:** Type Two, genuinely caring, yet generous to a fault.
- **April 9:** Type Three, heart-based, while hiding behind performance.
- **April 16:** Type Four, artistic and unique yet something is missing.
- **April 23:** Type Five, rich thoughts and observations, but is there enough to share?
- **April 30:** Type Six, loyal and doubting while searching for certainty.
- **May 7:** Type Seven, fun, positive planning while not looking scared.
- **May 14:** Type Eight, in charge and powerful, are you with me?
- **May 21:** Type Nine, seeing all points of view. Angry? Not me!

Hosted by John Reynolds, LCSW and Carolyn Bartlett, LCSW

Location: Plymouth Congregational Church Building
916 West Prospect Road, Fort Collins

Cost: \$35.00 (\$20 for each evening or \$135 for the series -paid in advance).

Questions? Check the web at www.insightforchange.com or email us at carolyn@insightforchange.com and ask to be notified of updates and information.

Group Supervision

This is an ongoing group providing supervision for people who need hours for licensure. Space is limited. This group meets two time per month for an hour each time.



The cost is \$35.00 per session. The location is in Old Town, Fort Collins. There are two facilitators: Rachel Isenberg, LCSW, ACSW and Maggie Tibbitts, LCSW.

If you are interested in participating in this group, please call Rachel at (970) 490-6851 or Maggie at (970) 988-4173.

The Sister Mary Alice Murphy Center for Hope

The Sister Mary Alice Murphy Center for Hope is a resource center for people who are homeless or at risk of homelessness. At the Murphy Center, people will be able to access a wide range of services under one roof, making it easier for them to stabilize their lives. Services include case management, housing assistance, mental health and substance abuse treatment, employment resources, healthcare assistance, emergency assistance and basics such as access to a phone, voicemail, computer, shower, storage, etc. It is a true partnership between multiple agencies, with Larimer Center for Mental Health as the managing agency.

The Murphy Center is located at 242 Conifer which is on the corner of Blue Spruce and Conifer in North Fort Collins. A ribbon-cutting ceremony was held on February 27, 2009, where the building was dedicated to Sister Mary Alice Murphy, a long time advocate for this population. The Center will open for business on Monday, March 2, 2009 with hours for 8:00 – 5:00 p.m., Monday through Friday.



Infertility-Psychological Support and Education

Infertility is inherently stressful. Psychological education and support can ease the emotional highs and low of your fertility journey. Psychological support provides assistance in areas such as:

- Managing Stress
- Depression or anxiety
- Pregnancy grief and loss
- Spouse and relationship issues
- Understanding you are not alone
- Coming together and making treatment choices

When: March 24th, March 31st and April 7, 2009
Tuesday Evenings 6:30—8:00 p.m.

Location: 205 South Meldrum Street, Fort Collins

Facilitator: Bonnie Cochran, LCSW

Please join us for this opportunity to validate and better understand the psychological aspects of fertility and treatment.

For more information regarding this group, please contact Bonnie Cochran, LCSW at (970) 222-1517 or visit www.growtobestrong.com.

• connections •

mental health & substance abuse resources

525 W. Oak Street
Fort Collins, Colorado 80521

If you wish to be removed from the *Connections* mailing list, your address is wrong, or you would like to receive the publication via email, contact Carrie Husted at chusted@healthdistrict.org or call 970-494-4370.