

Connections

The Newsletter of the Connections Program

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

Crisis and Healing Traditions

Submitted by: Rebekah Knight-Baughman, Ph.D.

Part of being human is to emerge resilient from crises which leave us baffled by the abruptness of change and loss. Crisis is defined as an outcome of mounting stress and tension in a person's life (Greenstone, 2002). A relationship exists between the amount of stress experienced during crises and the effectiveness of coping skills. As we become increasingly distressed, our management of emotions dwindles and may even become maladaptive. We need our coping resources to increase and become even more fortifying in times of crisis. As counselors, we have the honor of fostering an environment where clients can process crises and locate internal and environmental resources. Moreover, it is an ethical imperative for therapists to assist clients in utilizing meaningful wells from which the client may draw during crises.

Be it the loss of a job or the birth of a child, both negative and positive forms of stress may be disruptive. Stress from crises can lead to infection, illness, disease and death (Seyle, 1974). Crises deplete us and cause our normal coping mechanisms to become ineffective. We must return to the proverbial drawing board in order to locate the most robust coping resources.

Deeply held beliefs are often at the core of our coping skills (Beck, 1970; Ellis, 1957). More specifically, spiritual beliefs can be integral to overcoming crises (Anno & Vasconcelles, 2004; Pargament, Koenig, & Perez, 2000). By remembering traditions and narratives that sustain us we create a forum for meaning-making (Frankl, 1957) in adversity and hope for the future.



Hope often originates from traditions which sustain us. Drawing from our subjective spiritual traditions may offer us access to untapped resources that don't necessarily fall into the realm of traditional behavioral health resources. Prayer, silence and meditation, worship, gathering with others in a spiritually meaningful place, shared meals, reading spiritual writings, and more are examples of spiritual practices which may become coping resources in crises. For instance, a Judeo Christian client may find hope in the psalmist's words of orientation, disorientation and reorientation (Brueggemann, 2001). He or she may find comfort in the words written millennia ago by a human being experiencing crises just as people do today. The client may note the shared pattern of pre-crisis serenity of hope that is followed by consternation in crisis. The disorientation resultant of crises leads to an authentic and informed faith. The Judeo Christian client turning to his or her faith, especially during crisis, may also notice the grace extended to people through the Divine and through others, both in the times of King David and in modern day. Grace comes when the client experiences the gift of unexpected relief from suffering. Reading the psalms may inspire the client to hold firmly to a hope that transcends crises and allows for meaning making of crises.

All of humanity experiences crises to one extent or another. Our typical ways of dealing with life stressors may become ineffective during crises. As counselors, we must assist our clients in pulling from all resources

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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

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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 2010
Article Deadline: April 15, 2010

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.

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available to them, including spiritual beliefs. For these beliefs are rooted in traditions which transcend time and crises allowing for a template of meaning-making and hope. In times of crisis and unexpected personal or corporate anguish it is paramount that we remember, or begin to cultivate, practices which sustain us and allow us to transcend our circumstances with a vision for a time when crisis abates.

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Mitch Albom's Tuesdays with Morrie



Mitch Albom's Tuesdays with Morrie

By Jeffrey Hatcher and Mitch Albom,
based on the book by Mitch Albom

Directed by Sandee Robinson Brown

When: March 19, 20, 26 and 27, 2010 at 7:00 p.m.
March 21 and 28, 2010 at 2:00 p.m.

Cost: Evening - \$15.00
Matinee - \$10.00
(\$12 each for Seniors or groups of 8 or more people)

Performance's at: Pathways Hospice
305 Carpenter Road
Fort Collins



Proceeds benefit Pathways Hospice. For more information visit www.pathways-care.org or call (970) 663-3500.

Resources for the Community

Book Drive and Sale

Book Drive:

The Suicide Resource Center is holding a book drive that began on January 25, 2010, and will end on March 12, 2010.

Book Drop Off Location: Harmony Presbyterian Church
(400 E. Boardwalk, Fort Collins).

Book Sale:

Friday, March 19, 2010 from 3:00 p.m. - 7:00 p.m.
Saturday, March 20, 2010 from 9:00 a.m. - 2:00 p.m.



Book Sale Location: Harmony Presbyterian Church (400 E. Boardwalk, Fort Collins)

EMDR Supervision and Consultation Available

Flo Holt, M.A., L.P.C., who is certified in EMDR and a consultant-in-training, is offering EMDR supervision, and consultation both individually and in groups to therapists working with children and adults on trauma and PTSD issues. If you are interested or wish to learn more please contact Flo by phone at (970) 596-2522 or by email at floholt@livethejourney.com.

Adjusting to Motherhood - Postpartum Support Group



Find support, friendship, and a welcoming environment to discuss the highs and lows of your experience of becoming a mother. The challenges catch many off-guard, and the hormonal or physical reactions some experience can be overwhelming at times. Some women in this group may be experiencing postpartum depression or anxiety, and some are simply surprised at the complexity of their experience and want a safe place to think out loud. Potential topics of discussion include sleep (or lack thereof), anxiety, nutrition, and breastfeeding, and how all of these relate to postpartum depression.

The group is confidential. It is facilitated by Katie Godfrey, Marriage and Family Therapist, and Lia Closson, Postpartum Doula. Newborns are welcome!

When: Tuesdays, 2:15 p.m.- 3:45 p.m. (New members please arrive at 2:00 p.m.)

Location: 218 Peterson Street, Fort Collins
(across from the front doors of the Poudre River Public Library in Old Town)

Cost: \$25 per session. Please call Katie to learn about sliding scale options

For more information please contact Katie at (970) 231-2945 or Lia at (970) 581-9204

Resources for the Community

Interested in Working with CSU Students?

The CSU Health Network is compiling a list of community therapists who have an interest in working with CSU students. If you are interested, please click on the link below. Follow the directions indicated, and fill out the informational survey and return it to Student Voice.

<http://studentvoice.com/col/health>

If you have questions or need more information, please contact Stephanie Mora DeRosby LPC, LAC at (970) 491-4693.

Group Supervision

This is an ongoing group providing supervision for people who need hours for licensure. Space is limited. This group meets two times 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.

Alcohol Awareness

Is your life "On the Rocks"? Have you shown up late for work, disappointed family members or discovered you couldn't remember what happened the night before because you had too much to drink? Are you concerned that you might have a problem with alcohol? You are not alone.

One in every 13 adults suffers from alcohol abuse or alcohol dependence. Millions more drink in ways that can place themselves or others at risk.

April is *Alcohol Awareness Month* and Connections invites you to take advantage of our free, anonymous online alcohol self-assessment.

If you want to assess your drinking habits, please visit www.mentalhealthconnections.org and complete a simple online questionnaire.

If you have concerns and want to talk to someone, please contact Connections and speak with one of our Mental Health Specialists. You can reach us Monday through Friday from 8:00-5:00 by calling (970) 221-5551; or walk-in without an appointment from 8:00—4:00 at 525 W. Oak Street, Fort Collins.

• c o n n e c t i o n s •

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.