



DETAILED HARVEST OF HOPE WORKSHOP DESCRIPTIONS – 2017

MORNING

A. Hearing Voices Network (HVN) Self-Help Support Groups – Laurie Goldman, BA, CRSP

This workshop is designed for voice hearers, family members, caregivers, and support staff, along with anyone interested in learning about the experience of hearing voices. Laurie will explain how Collaborative Support Programs (CSP) NJ's HVN support groups have been extremely successful in helping voice hearers and their families. She will provide historical background on how the phenomenon of hearing voices has been regarded and treated. There will be information about group meeting times and how you can get involved in support groups as a participant and/or a facilitator.

CSPNJ is a peer led not-for-profit organization that offers flexible community-based services to promote responsibility, recovery, and wellness. These services include community wellness centers, supportive and respite housing, human rights advocacy, and educational and innovative programs.

B. Ask the Doctor – William Hayes, MD, and Michael Chen, MD

Medical professionals do not always have time in their schedules to answer all of our questions. As a result, we sometimes leave their offices with incomplete understanding of our illnesses or the complete range of treatment options and their side effects. Knowledge is power. What do you need to know to help yourself or a loved one? Dr. William P. Hayes and Dr. Michael Chen will answer your questions about mental health issues affecting adults, adolescents, and children.

C. Borderline Personality Disorder (BPD): A Workshop on Hope for Families

Ann Costello, MA, and Matt Costello, MA

Ann and Matt will review basic information about BPD, including the major symptoms, co-occurring disorders, prevalence, and origin. They will discuss how emotional dysregulation occurs and the role families can play in helping loved ones 'manage' their emotions. Then they will discuss the National Education Alliance (NEA) BPD Family Connections Program, sharing the research about the effectiveness of this program in reducing grief, loss, sharing, and sense of burden while increasing mastery. Next, Ann and Matt will review a few of the core Dialectical Behavior Therapy skills that are taught to families, such as Validation, Radical Acceptance, Primary Emotions, and Observing Limits. You will learn how to enroll in a Family Connections class.

D. How to Help Those Who DON'T Want It – Carol Rickard, LCSW, TTS

Advising friends or family members to take medication, stop drinking, or seek treatment may

seem like good ideas when you observe that they are not doing well. However, this approach will often fail and can sometimes make the situation worse. Many people don't acknowledge that they have a problem. Many resent being told what to do.

So how can you help? Carol will suggest an approach that research shows to be successful. You will learn how to gauge the level of a person's motivation for change and some critical strategies to help him/her move forward towards wellness and recovery.

E. Inside/Outside Masks – Lisa Brown, MA

Lisa will lead a hands-on workshop where she will discuss how our outside persona is different from what we truly feel. We hide ourselves safely inside to protect ourselves from being too vulnerable. To represent this dichotomy, you will make a mask using pictures and words from a magazine to show what you are willing to present outwardly while illustrating your true feelings on the inside of the mask. We will share our feelings about wearing the mask with each other.

F. T'ai Chi Ch'uan for Health and Growth – Todd Tieger, PhD

T'ai Chi Ch'uan, distilled from centuries of Chinese martial arts, is a gentle exercise that is often described as a "moving meditation." Todd will begin the session by providing some background on the history and Taoist philosophy at the core of T'ai Chi. He then will give a brief demonstration of the traditional Yang style T'ai Chi Ch'uan form, which he has studied for more than 42 years. Hopefully, you will wish to participate in an actual class where you can join in and learn T'ai Chi for yourself and how it can inform your life.

G. Animal-Assisted Therapy – Tricia Bake, CPDT-KA

Dogs are good for our mental health. Petting a dog releases serotonin, dopamine, and oxytocin, all good de-stressing brain chemicals. Petting a dog also lowers cortisol, our primary stress hormone. What is intriguing is that the dog's cortisol level drops as well.

Join us as we discuss the healing power of pets and the benefits of adding a dog to your routine. Learn about emotional support animals, therapy dogs, and working psychiatric service dogs. This workshop includes a PowerPoint presentation and discussion. Meet therapy dogs and get your "puppy fix". Learn about the AIR Dogs: Paws for Minds Program™.

H. Reiki/Meditative Movement

Reiki -- Deb Branson, Debra Rogers-Boehm, Patricia Korsak, Kathy Puca

Need a relaxation break? Leave your worries outside the door. Come inside and unwind. The Japanese word "rei" means "universal spiritual wisdom" and the word "ki" means "life force energy." Reiki is a way to tap into that energy to promote healing. A reiki practitioner works like an extension cord connected to the energy source, transmitting healing to wherever it is needed. You will either lie on a reiki table or sit in a chair while a reiki practitioner places her hands on or above your head, shoulders, back, stomach, hips, knees, ankles and feet. The flow of energy will heal you physically, emotionally, and/or mentally.

Meditative Movement – Joan Malchow (GFI, CYI, CPT)

This calming, centering, mindful, and meditative workshop is rooted in the practice of chair yoga, low-impact, gentle, compassionate, slow-moving and deeply relaxing movement. It is designed to open up the joints of the body making them smooth, fluid, and less "sticky." The benefits include improved strength and flexibility, reduced stress, greater mental clarity, and less pain.

Meditative yoga techniques combine meditation with physical routines using controlled breathing throughout the simple chair yoga poses. Joan will guide you through easy breath

practices and movements to help clear your mind and body of negative influences. A brief guided meditation with no movement will end the workshop.

AFTERNOON

I. Ask the Doctor – William Hayes, MD, and Michael Chen, MD

Medical professionals do not always have time in their schedules to answer all of our questions. As a result, we sometimes leave their offices with incomplete understanding of our illnesses or the complete range of treatment options and their side effects. Knowledge is power. What do you need to know to help yourself or a loved one? Dr. William P. Hayes and Dr. Michael Chen will answer your questions about mental health issues affecting adults, adolescents, and children.

J. Borderline Personality Disorder: A Workshop on Hope for Families

Ann Costello, MA, and Matt Costello, MA

Ann and Matt will review basic information about BPD, including the major symptoms, co-occurring disorders, prevalence, and origin. They will discuss how emotional dysregulation occurs and the role families can play in helping loved ones 'manage' their emotions. Then they will discuss the National Education Alliance (NEA) BPD Family Connections Program, sharing the research about the effectiveness of this program in reducing grief, loss, sharing, and sense of burden while increasing mastery. Next, Ann and Matt will review a few of the core Dialectical Behavior Therapy skills that are taught to families, such as Validation, Radical Acceptance, Primary Emotions, and Observing Limits. You will learn how to enroll in a Family Connections class.

K. Ask the Social Worker –Carol Rickard, LCSW, TTS

In this workshop, Carol wants to answer *your questions*. Having spent 25 years as a mental health provider, she has an insider's knowledge of how the mental health system works. Not sure where to go or whom to turn to with a particular problem? Let Carol point you in the right direction. She may not have ALL the answers, but she will put you on the right path.

L. Music Wellness: From Anxiety to Presence

Tanya Gabrielian, MA, and John Haag, D.Min

Most anxious concerns are rooted in ruminations over past events or in anticipation of upcoming ones. We are pulled away from the present moment and become caught in a cycle of worry. Music can be an object of focus to anchor us to the present. Active listening to music that holds our attention has a positive effect on our autonomic nervous system, augmenting the calming parasympathetic mode, while simultaneously diminishing the anxiety-producing sympathetic mode. Our response to music causes physical hormonal changes, decreasing adrenaline and cortisol, and increasing nitric oxide, thereby calming the body, mind, and spirit. These changes trigger other positive physiological responses including lowering of blood pressure and blood glucose, pulse, and respiration rate.

Guided by John Haag, you will listen to live music performed by pianist Tanya Gabrielian and pay attention to breath, experience, focus, and being present. They will follow up with a group discussion about active listening.

M. Metta/Zen Meditation – Serita Scott

The target audience for this workshop is anyone who has a sincere aspiration to be liberated from suffering. Serita will begin by discussing metta and zen, two methods of meditation and their history over centuries. She will explain how research has shown that regular practice of these methods brings about positive changes in the brain. Serita will lead a group meditation

with oral recitations of the metta intentions of loving kindness towards ourselves. Then, there will be one or two 15-minute rounds of silent meditation, with walking meditation after the metta and between the two rounds of silent zazen.

N. A Support Group Experience – Ethan Evans, MS

It is difficult when someone you care about is experiencing symptoms and is diagnosed with a serious mental illness such as schizophrenia, bipolar disorder, panic disorder, obsessive-compulsive disorder or major depressive disorder. When a loved one is living with a serious mental illness, the whole family is usually affected. Workshop participants will have the opportunity to share personal experiences and listen to others' experiences with the hope of gaining knowledge, information, and support. The class is for families of an **adult** with mental illness. All family members and concerned loved ones are welcome provided they agree to confidentiality and other group guidelines. Helpful resources will be provided.

O. Working with Dreams: Energizing Your Life – Rev. Diana Doyle Clark, M.Div

Diana and others who work with dreams have found them to be amazing resources for enriching one's work and relationships with others and God. Her workshop will give you ways to access your dreams and begin to build a relationship with the wisdom of your psyche/soul. It is an especially good opportunity for those of you who feel "stuck" or are pondering, "what's next?"

The workshop will be interactive, although participation in discussion is not required.

Participants will play with a sample dream that Diana describes. In preparation for the class, you might set an intention to remember a dream, give it a title, and consider the context within which you had the dream.