

Connections

The Newsletter of the Connections Program

A Partnership between the Health District of Northern Larimer County and SummitStone Health Partners

Bootcamp for the Brain: Utilizing EMDR and Brainspotting to Process Difficult Events

Submitted by: Anca Niulae, MA, LMFT

EMDR and Brainspotting are both tools of therapy, typically used after the client and therapist have built a relationship with unconditional rapport, and have come to an agreement that one of these tools would be beneficial in their work together.

Eye Movement Desensitization and Reprocessing (EMDR) has been around since the 1970's, and has become fairly popular amongst therapists in the last two decades. In a typical EMDR session, the therapist follows a scripted protocol to process a difficult memory, while using bilateral movement (alternate eye movements, audio or tactile). A memory can be processed during one session, or can be revisited throughout several sessions, until the emotional reaction subsides.

David Grand discovered Brainspotting in 2003, mainly through exploration of Somatic Experiencing and EMDR. David Grand believes the way a person gazes and certain points in their vision can stimulate the emotional memory stored in the body. During a typical Brainspotting session, the client and therapist decide on a 'target' which can be a difficult memory, a future event which causes emotions, a certain emotion or physical sensation which is often unexplained by the situation. The two then find one still point in the vision field ("brainspot"), where the client then gazes the entire time, while allowing the brain and the body to bring up whatever is necessary: memories, thoughts, sensations, etc.

Both modalities focus on utilizing the brain (central nervous system) in order to process through stored memories of trauma, and rewire the brain, leading to significant breakthroughs in therapy. Both can utilize the vision field, although EMDR has progressed to use other types of bilateral movement, such as tapping or audio. Both access the information stored in the amygdala, which is not accessed through verbal processing. Both therapies tend to be cathartic and fairly exhausting, leading to clients needing a slow pace the rest of a day, or possibly even a nap.

A main difference between EMDR and Brainspotting is that Brainspotting is more flexible, without a written script. This puts the client in the lead position, allowing the therapist to follow the client's natural direction, without needing to stick to a protocol. I have found that clients often process memories at a much faster rate than in EMDR, and often describe their internal experience as "watching a movie on fast forward". Brainspotting utilizes client's own descriptions of their experience throughout the process to decide which direction to follow, and the 'disturbance' of a memory may go from a 10 to a 1 within a short amount of time. In this sense, and from my personal experience, Brainspotting tends to work at a significantly faster pace than EMDR. Also from my experience, clients tend to be able to process through difficult memories at a high intensity, then self soothe and calm the body in an impressively quick manner, as opposed to EMDR, which can have lasting disturbance for the rest of the day.



Since the entire process of Brainspotting is similar to focused mindfulness or meditation, clients tend to naturally learn how to become more aware of their own body sensations, as well as their innate ability to self soothe their body by utilizing their breath and visualizations.

The decision of which modality will work best is made by the client and therapist; my personal preference is a slight combination of the two, which involves the brainspotting modality, while also utilizing bilateral stimulation. Through brainspotting, I have seen clients have significant breakthroughs in processing traumas of childhood, professional and performance anxiety, traumas of adulthood such as accidents, infidelity and divorce, as well as addictions, grief and emotional dysregulation.

Anca Niculae, MA is a Licensed Marriage and Family Therapist in Fort Collins. After being trained in EMDR for several years, Anca decided to also receive the training for Brainspotting in 2013. She has seen great results in using Brainspotting when processing traumas of childhood, as well as adult traumas such as accidents, sports injuries and disappointments, and significant life transitions. You can find out more information about Anca at www.lifechangellc.com or by emailing her at anca@lifechangellc.com.

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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.

January-February 2019

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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. The purpose of the newsletter is to offer information on community happenings of interest to mental health and human services providers and updates on services available through the Connections Program. Thank you.

Job Announcement

Behavioral Health Therapist

Restoration Counseling is currently growing, and we are looking to add the right people to our team. We have an interdisciplinary team of therapists, coaches, support group facilitators and lay counselors, and are excited to expand in the coming months. Our unique ReStory approach offers clients a premier counseling experience, and creates a culture of hope in our community. We offer training in our Restoration Institute, clinical supervision, business development coaching and much more. If you are tired of practicing alone or just getting started and looking to be part of a dynamic family of healers, we want to hear from you.

join our team

Visit us at www.restorationcounselingnoco.com/join-us for more information.

Behavioral Health Counselor



UCHealth is looking to hire a full time, 3rd shift, Behavioral Health Counselor for their PVH Crisis Assessment Center (CAC). The Behavioral Health Counselor provides triage, assessment and treatment of patients and families, assists with disposition planning and provision of education and resources, and initiates psychiatric holds.

Licensed clinician desired. Will also accept applications from LPCC, LSW, or LMFTC.

For more information, contact Dawn Williams at 970-207-4800.

Resources for the Professional

Play Therapy Supervision Group

Meet monthly with Jane Johnson, LCSW, Registered Play Therapist Supervisor, to receive consultation for play therapy clients, expand your skills in play therapy and network with other play therapists.

Beginning Tuesday, January 8, 2019, 9:30-11:30am

Please contact Jane at 970-266-2678 for more information.



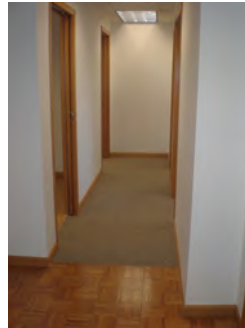
Resources for the Professional

Office Space Availability

Seeking experiential therapist (somatic, Hakomi, psychodrama, etc.) to rent office space full time in established practice. Nice windowed office with new paint and carpet. Includes shared waiting room and storage room with fridge and microwave. All utilities and internet included. Wheelchair accessible. Drake Professional Park. Available first week of January. \$550. Contact Dustin Johnson at Peak Clarity at 970-444-2815.

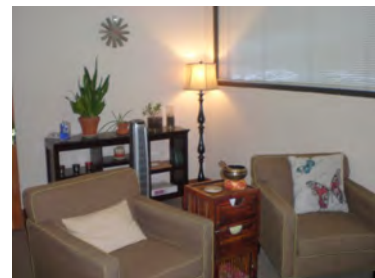
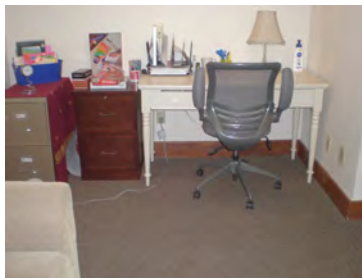
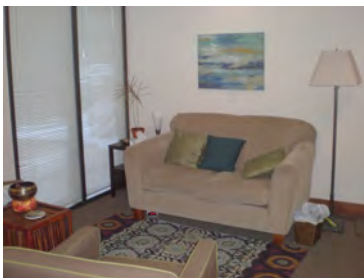


1 large office available Feb. 1st on the 1st floor in a 3 office suit. Other 2 offices are rented to mental health providers. Central location at the corner of Harvard and McClelland. Large parking lot with plenty of free parking. Includes furnished waiting room, private entry/exit, kitchen, cleaning of common areas, fax, internet, and association fees. Office has large windows with plenty of sunlight. \$650 per month. Call 970-218-0612.



1000ft² Office Suite - Central Fort Collins (155 W Harvard Ave)

4 office suite in professional office building in central Fort Collins at Harvard and McClelland. Has large parking lot with plenty of free parking. On the Max line. 1 office has private entry/exit, 1 office without windows that is perfect for copier, files, supplies. Includes waiting room, kitchenette with sink/garbage disposal, cabinets, room for full size refrigerator. New carpet, secure building. Rent includes taxes and association fees. Very bright with large windows in passive solar building. Available Jan 1st. \$1,500 per month, pro-rate Jan. Required 1st month's rent, and \$500 security deposit. Call 970-691-2160.



Resources for the Community

Office Space Availability

Office space available in Loveland. Looking for a therapist/counselor to share office with, starting January 1st. Days/times are flexible. Beautiful building near McKee Medical Center, on a lake, second floor office with lake view. Other tenants in building are mental health providers. Nicely furnished, file storage available, and waiting room. Contact Ingrid Brummet for further information at 970-667-9595 or imbrummet@gmail.com.



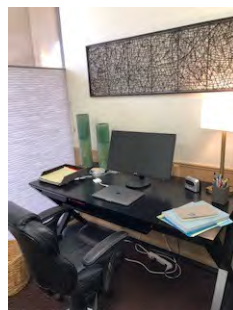
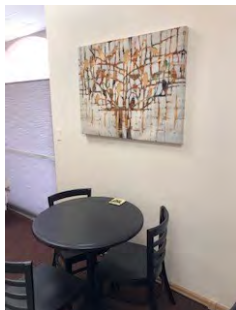
Private office for rent in south Fort Collins along Harmony Road corridor. The building is located within the Landings area office park with ample parking and the suite is on the second floor (not ADA accessible). The available office is part of a larger suite and is co-located with other established mental health professionals in private practice. Suite amenities include a waiting area, internet, water cooler, tea station, and microwave. Rent is \$450 and office is available January 1st. Please contact Carrie Thomas or Tracy Hunzeker for further information:

Carrie Thomas: 970-646-6566 or lifewellcounseling@gmail.com.

Tracy Hunzeker: 970-988-5814 or hunzeker-counseling@gmail.com.



Looking to share a spacious, nicely furnished office space located on Howes near Mulberry in Fort Collins. The office is part of a suite of thriving therapists with a shared waiting area. The space is available Tuesday, Wednesday, and Friday as well as some evenings and weekends. The exact schedule is somewhat flexible, so feel free to call to discuss your needs. Rent includes Internet and will be \$200 to \$250 a month depending on the final scheduling arrangement. Month to month with 30 days' notice, no lease required. If interested, email Carrie at carrie@pink-sky.net.



Resources for the Community

Criminal Justice Mental Health Diversion Program

Interested in partnering with the Larimer County Justice System? The 8th Judicial District is a pilot site for the new Mental Health Criminal Justice Diversion Grant Program and is looking to partner with therapists and psychiatrists in the community to provide behavioral health services. Providers will be expected to perform brief biopsychosocial assessments on inmates who screen positive for mental health concerns and provide individual and/or group therapy and psychiatric services in the community, following release from custody.

The target population has mild to moderate mental health concerns and faces low level criminal charges, likely related to untreated mental health concerns. All Victim Rights Act offenses are excluded from program eligibility. This pilot anticipates up to 50 participants at a time, served by a number of mental health and psychiatric service providers. Payment sources will include Medicaid, private insurance and program funding.

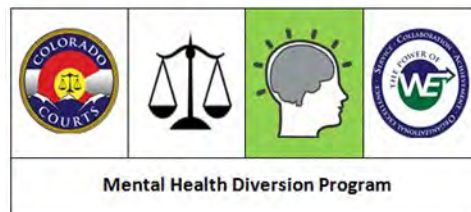
Individuals arrested for eligible offenses will be screened for criminogenic risk and mental health concerns. Potential participants with positive mental health screens will undergo brief biopsychosocial interviews, often conducted by providers in a jail setting. Selected participants will sign a diversion agreement prior to release from custody, with treatment beginning shortly thereafter. Initiation of treatment and the absence of new charges for six months will result in dismissal of charges.

Provider Profile:

- Experience working with criminal justice involved populations
- Knowledge of criminogenic risk factors
- Successful background check conducted by the Colorado Judicial Department
- Good standing with the Department of Regulatory Agencies
- Ability to meet Colorado Judicial Department contractual requirements
- Ability to provide services on an expedited basis
- Ability to assist clients with connecting to ongoing access to treatment (e.g., Medicaid application, private insurance access)
- Willingness to work with a multi-disciplinary group including representatives from the courts, jails, District Attorney's office, Public Defender's office and others to create workable processes for program success
- Ability to serve individuals with limited English proficiency desired but not required.

The program will launch in January 2019 and is authorized until December 2021.

If you are interested and would like to learn more,
contact Kara Martin at 720-625-5963 or by email at kara.martin@judicial.state.co.us.



Resources for the Community

New Psychiatric Practice



Local prescriber Robert Owens, PMHNP-BC has recently opened a new psychiatric practice, *Owens & Porter Mental Health and Addiction Treatment*, with offices in Fort Collins and Boulder, in addition to offering in-home care.

Rob takes a holistic, evidence-based approach in his practice, believing that medications are not always the answer and often choosing to recommend therapy, dietary changes, exercise, and lifestyle modification when indicated.

Rob has practiced in a variety of settings and has had a wide range of expertise. He has several years of experience working in both inpatient and outpatient settings with a diverse range of diagnoses. He enjoys working with anyone needing his help but his main focus is on helping clients on their journey through opiate addiction, ADHD, PTSD, Depression, and Anxiety disorders.

For more information please see his website: www.owensporter.com.

Vision Map Workshop

A vision map is visualization technique to aid in recreating your life, your identity, your possibilities. The transitional experience of grief can leave you feeling lost; a vision map can help guide you forward. To go from where you are to where you'd like to be requires directed thought, and this can help you focus on that direction by clarifying your dreams, goals and hopes for the road ahead. This workshop is great for men, women, and teenagers 16 years old and up. All supplies are provided, but if you have something in particular you would like to put on your vision board or magazines to share, please bring them with you.

When: Saturday, January 19th from 1:00-4:00pm

Cost: \$15 per person

Location: Pathways for Grief and Loss
305 Carpenter Road
Fort Collins, CO 80525



Registration is required. Call 970-663-3500 to register or register online at www.pathways-care.org.

Daring Way Group

Show Up, Be Seen, Live Brave

8 Week Women's Group

During this group, explore topics of vulnerability, courage, shame, and worthiness. Examine thoughts, emotions, and behaviors that hold you back and identify new practices and choices to move you toward more authentic and wholehearted living.

Groups starts February 6th and meets every Wednesday from 6:00-8:00pm for 8 weeks.

For more information or to join the group,
contact Bree Hough at Beyond The Mirror, LLC at 970-413-2264.

Resources for the Community

Teen Group for Girls at Beyond The Mirror

For girls in high school and middle school - Group members learn to identify uncomfortable feelings and what to do with them, practice healthy communication skills and learn to be successful when making important life choices. Members learn coping skills, emotion regulation techniques, and ways to practice bringing mindfulness into their lives. Topics include healthy relationships, self-esteem, self-respect, healthy eating/body image, coping tools, living a balanced life, and self-care.

The High School group meets on Mondays from 5:00-6:30pm.

The Middle School group meets on Wednesdays from 5:00-6:00pm.

Both groups have an 8-week commitment and require an intake. For more information or to schedule an intake, contact Bree Hough with Beyond The Mirror, LLC at 970-413-2264.

Which Way?

A transformative talk that moves one from the grips of PTSD to a place of hope and peace

Please join Authors and Speakers **Jann and Shari Simmons** as they discuss *Which Way?*, their memoir and self-help book that highlights the power that rests within the human spirit. This unique combination of mother and daughter telling their parallel stories about trauma and its impact on the generations that follow is captivating.

Jann's story is a heart-wrenching account of an orphaned child who suffered brutality at the hands of her mother, as well as many others. As an adult, Jann's mind was closed to the horrors of her abuse, betrayal, and abandonment until the day they all came flooding back to her conscious mind. That awareness began a 40-year transformation from a passive victim to resilient warrior.

As a career mental-health therapist, Shari offers strategies for those suffering from past or present trauma. She drives home the fact that the choices we make can lead to self-hatred and resentment or to a life of courage, healing, and beauty.

Who: Therapists, mothers/daughters, trauma survivors, and those who love them

When: January 15, 2019
6:30pm - 8:00pm

Where: The Articulate
324 Jefferson St, Fort Collins

Cost: \$25 at the door

For more information or to RSVP,
please contact Shari Simmons at sharisimmonspeaks@gmail.com.



Resources for the Community

Groups, Groups and More Groups!

Different Planets Counseling Group:

Supporting partners of those who have Autism Spectrum Disorder (ASD)

Living with someone with Autism Spectrum Disorder can be extremely challenging, and it can sometimes feel like you live with someone from a different planet. Those with ASD typically have a hard time with emotional connections and social communication, making living with a partner/spouse with ASD potentially a lonely, frustrating, and isolating experience. This group offers a chance for those married or partnered with an ASD adult to be with others from the same planet, to compare and contrast experiences, and gain understanding of the experiences others have when living with ASD.

Starts Monday, January 14th, 6:00-6:50pm. Runs weekly. Cost is \$40 per session.

Yoga for Gamers: Unplugging for Tweens and Teens

This active group is for tweens or teens who seem to be glued to their games/electronics. In this group, we put down our devices, unplug from technology, and plug into ourselves. Yoga and breathing techniques are taught as an alternative to plugging in. Benefits to slowing down can include decreased muscle stress, increased calm, better sleep, and connecting with friends and family. Come learn the butterfly technique! Taught by Dr. Lorna Hecker, psychotherapist and certified hatha yoga instructor.

Starts Saturday, January 19th, 12:00-12:50pm. Runs weekly. Cost is \$40 per session. For ages 11-15.

SHED Weight Loss Groups

Join a high accountability group for weight loss that integrates cutting edge behavioral research where psychological techniques are taught that allow you to move past typical stalling points. Groups are structured to include weigh-ins, food diaries, education, feedback from a nutritionist, but move beyond standard diets by delving into the emotional aspects of dieting that typically thwart weight loss. The program is based on research from the National Institute of Health, where studies found these techniques to be up to twice as effective as commercial weight loss programs (individual results vary).

Two groups are available. One is Wednesdays from 6:00-7:00pm starting January 16th, and one is Saturdays from 8:00-9:00am, starting January 19th. Cost is \$50 per session. Runs for 12 weeks.

SHED Weight Loss Group for Couples

Do something healthy for your relationship! Join a high accountability group for couples' weight loss that integrates cutting edge behavioral research where psychological techniques are taught that allow individuals to move past typical stalling points. Research consistently shows that support from others aids in weight loss; support each other in your efforts! Groups are structured to include weigh-ins, food diaries, education, feedback from a nutritionist, but move beyond standard diets by delving into the emotional aspects of dieting that typically thwart weight loss. The program is based on research from the National Institute of Health, where studies found these techniques to be up to twice as effective as commercial weight loss programs (individual results vary).

Starts February 20th at 7:00-8:00pm, runs for 12 weeks. Cost is \$50 per person (\$100 per couple).

**If you would like to learn more about these groups or to sign up,
contact Dr. Lorna Hecker at 970-617-4035 or by email at lorna@heckercounseling.com.**

Connections Community Education

Mental Health Speaker Series

Connections is holding six weeks of dinner and mental health and substance use education courses free of cost for community members! Learn about the important mental health and substance use issues in our community and how you can help yourself and others cope with these issues.

2/6 — Marijuana in Larimer County

Presenter: FCPD Officer Jim Lenderts

2/13 — Older Adult Mental Health

Presenter: TBD

2/20 — Medication Assisted Treatment for Substance Use

Presenter: Jess Fear, MA, LPC

2/27 — Men's Mental Health

Presenter: Chuck Hancock, MEd, LPC

3/6 — Eating Disorders

Presenter: Rebekah Knight-Baughman, PhD

3/13 — Anxiety

Presenter: Jeri Newlin, MS

When: Wednesday evenings from 5:30-6:30pm

Where: Health District, 120 Bristlecone Drive, Fort Collins

Please reserve your space by emailing Emily Leetham at eleetham@healthdistrict.org.

2019 QPR Trainings

Connections is offering QPR training, which stands for Question, Persuade and Refer. QPR is an hour long suicide prevention training for community members, which covers warning signs, how to talk with someone who is suicidal and local resources to refer to.

Daytime training dates:

Daytime trainings are held from noon-1:00pm

- ◆ Friday, January 25th
- ◆ Monday, February 25th
- ◆ Tuesday, March 26th
- ◆ Wednesday, April 17th
- ◆ Monday, June 10th
- ◆ Thursday, July 18th
- ◆ Monday, August 12
- ◆ Friday, September 6th
- ◆ Wednesday, November 13th
- ◆ Tuesday, December 10th

Evening training dates:

Evening trainings are held from 5:30-6:30pm

- ◆ Thursday, May 9th
- ◆ Tuesday, October 8th

To register for a QPR class, please contact Emily Leetham at eleetham@healthdistrict.org or call 970-530-2883.



Mental Health First Aid Trainings

Mental Health First Aid is an all day training designed to assist community members with identifying symptoms or behaviors of developing mental illness and equip them with the tools they need to reach out and offer help in a crisis or non-crisis situation.

Upcoming Trainings:

Adult MHFA—Friday, January 11th

Youth MHFA— Thursday, February 28th

To learn more about Mental Health First Aid, visit www.mentalhealthfirstaid.org.

If you would like more information or to RSVP to any of the MHFA trainings listed above, please contact Emily Leetham at eleetham@healthdistrict.org or call 970-530-2883.