

MU DISCUSSION DAY 2017 -- WORKSHOP & FILM DESCRIPTIONS **(Session I - 1:30-2:30 pm, Session II - 3-4 pm)**

CONCURRENT SESSIONS I - 1:30 – 2:30 pm

Strong at the Broken Places: More on Resilience

Science Center, Flory Auditorium

SPEAKER: Lynn Sanford, LCISW

This workshop will continue the themes of resilience covered in the keynote given by Ms. Sanford in the morning. It will offer ample opportunity to further discuss the possibilities of healing through using individual strengths and a supportive community.

The Emotional Cost to Unresolved Conflict

ACEN 101

Conflict brews all around us. Sometimes, it is the catalyst to positive life change. Sometimes, we allow conflict to simmer to its boiling points, creating turmoil in our everyday lives.

Consequently, this can lead to taxed interpersonal relationships, difficult work environments, and superficial familial bonds. An exploration into the benefits of healthy conflict resolution.

SPEAKERS:

Angie Briner, M.S. Ed. Mediator for the State of Indiana, and 3 B co-author/ Instructor. Angie has a passion for helping individuals improve their interpersonal relationships and their physical well-being, as shown in her twenty-five years of teaching, training and counseling with children and adults. She provides training for the Indiana State Bar Association, nonprofit organizations, churches and colleges on topics of negotiation, mediation and communication and has taught courses on mediation, communication and psychology at various colleges and universities. She served as Director of Social Services for Peabody Retirement Community in North Manchester, IN. Presently, Angie works with the Smock Senior Ministries Foundation in Ft. Wayne, IN writing curriculum and instructing classes in the 3 B Senior Exercise Program.

Theresa Onderko, BA ('93). Director, ECR-MU Collaboration (Education for Conflict Resolution is a nonprofit housed here on MU's campus). ECR is involved in conflict management training for area schools and businesses and in community mediation services. Theresa's current work also includes collaboration initiatives between MU and ECR -- geared to create a culture of healthy conflict on Manchester University's campus, through training, educational and mediation opportunities. Her background in community mental health, and current involvement in local Manchester youth athletics leads her to see a plethora of benefits to developing communication finesse and productive problem solving.

Eating Disorders: It's Not About the Food

ACEN 364

Anorexia, Bulimia and Binge Eating Disorder include extreme emotions, attitudes and behaviors surrounding weight and food. To better understand the complexity of eating disorders we will explore underlying issues related to their development and maintenance. We will also discuss the ways an eating disorder impacts a person's quality of life. Both clinical data and examples will be provided to enhance knowledge and empathy for those living with eating disorders and those in recovery.

SPEAKER: Valerie Staples, MSW ('79). Coordinator of eating disorder services at Notre Dame's University Counseling Center. Therapist for over 25 years, specialization in eating disorders, in both inpatient and outpatient settings.

Addiction and the Opioid Epidemic – How Did We Get Here and What’s the Solution?

ACEN 369

What exactly causes addiction and what does it look like in those who struggle with it, as well as their families? Why have we found ourselves in one of the biggest drug epidemics in history, with opioids and heroin raging in our communities nationwide? Whether it is ourselves, our families, our co-workers and friends, or our neighbors, we all seem to be affected by addiction nowadays. Learn the basics of addiction concepts, the history leading up to the opioid crisis, and how our communities can rally toward a solution.

SPEAKER: **Megan Fisher, MA, MHS, LMHCA, CADAC.** Director of Addiction Services at The Bowen Center. Megan's clinical experience includes service provision in the residential, outpatient, and community corrections environments. She is actively involved in the Indiana Council for Community Mental Health Centers, advocating for education, stigma reduction, and widespread services for addictions issues. Megan is also a founding Board member for the not-for-profit, A Bridge to Hope, a resource organization for addictions services.

Alzheimer’s Disease and Related Dementias: Considerations for Professionals and Families.

ACEN 149

One in 9 people over the age of 65 are living with Alzheimer’s disease. That means that this condition, which is growing in prevalence, will direction impact many of us at some point in our lives. This workshop will increase your understanding of Alzheimer’s disease and related dementias, including current treatment and caregiving considerations.

SPEAKER: **Tasha Williams, PhD, HSPP, ABPdN.** Dr. Williams is a 2001 graduate of Manchester University. She currently works as a neuropsychologist at Fort Wayne Neurological Center with a wide variety of patients from pediatric, adult and geriatric populations.

Integrative Healing for the Whole Person

Jo Young Switzer Center, Hoff Room

At Oaktree Guidance and Wellness Center (Fort Wayne), we believe in the power of mind/body connection, and strive to treat the whole person through holistic counseling and healing modalities. This workshop will focus on the benefits of 5 integrative methods we use at Oaktree: (1) Life Coach Counseling, (2) Yoga Therapy, (3) Ayurveda, (4) Healing Touch Therapy, and (5) Reiki Therapy. We will describe each method and how each relates to the treatment of individuals suffering from mental health issues. No matter what integrative methods we employ, our goal is always the same: that each individual will be empowered to live authentically.

SPEAKERS:

Renee Devine, MA in Adlerian Studies and Psychotherapy, is an accountability partner who helps individuals gain clarity and assists them in making an action plan, troubleshooting the pitfalls along the way. Renee has worked with adolescents through those in their later years. She has helped individuals start their own business, define goals, create effective time management strategies, define their purpose, and walked with them on their journey.

Dani McGuire, IAYT, ERYT, Yoga Therapist and Ayurveda Wellness Counselor, has practiced yoga for over 20 years and is the creator of the movement therapy known as the Sattva Vinyasa (TM) Method. Utilizing her knowledge, she works as a yoga therapist and has founded one of the first 25 yoga therapy schools in the world, training others in yoga therapy. She is also the founder of Pranayoga Foundation non-profit, providing adaptive yoga classes to people with cancer and chronic illnesses and addiction.

Myra Tovey, RN, BS, is a Certified Healing Touch Practitioner and Instructor, as well as a Certified Holistic Nurse with the American Holistic Nurses Association. She has served on Boards of Directors for both Healing Beyond Borders and American Holistic Nurses Association.

She has a wide variety of experiences in health care, including surgical nursing and office care, and was awarded Indiana School nurse of the year in 1986.

Lyndy Guevara, MS, is a Reiki Master/Teacher. She has 10 years of experience in this healing modality, with positive results working with clients suffering from Parkinson's Disease, anxiety, depression, ADHD, as well as other physical and emotional issues. She is passionate about helping people through the use of this gentle, non-intrusive healing method. Lyndy also has experience in a variety of spirituality-related practices.

Death and Grief: As Difficult As It Is Unavoidable

ACEN 238

You probably don't want to come to this presentation. Who does? Who wants to talk/think about death and grief? The reality is that we will all experience grief and be forced to engage with people who are grieving –many times throughout our lives. For those brave individuals who are willing to come, this presentation will focus on the following topics: What is normal grieving? What do I say to someone who is grieving? What if someone is stuck, can't get over it, or never goes back to normal? The presenter will try to keep the discussion light-hearted and hopefully get you to chuckle a couple of times despite the difficult topic.

SPEAKER: Tim Polakowski ('08), MSW, LISW-S, ACHP-SW. Social Work Hospice Educator for Hospice of Northwest Ohio in Toledo, OH. He graduated MU with majors in social work and Spanish, and a gerontology minor. With a Fulbright grant, he taught in Korea; then he finished a masters at the University of Michigan where he was selected as "MSW Student of the Year." In his six years of working in a nursing home then hospice, Tim has already been honored to walk alongside the journey of death with hundreds of patients and their families. Tim has a knack for educating about death, dying and grief while keeping it fun, engaging, and informative.

Let's talk about Infant Mental Health – Yes, it's for real!

Jo Young Switzer Center, Speicher Room

Do babies have mental health? Babies are born ready to experience the world. The experiences they have in the early years set the stage for their future mental health and success. Let's talk about what mental health looks like in infants and toddlers, how to identify concerns and how to help.

SPEAKER: Stephan Viehweg, MSW, ACSW, LCSW, IMH-E® (IV). Associate Director of the Riley Child Development Center, a nationally recognized interdisciplinary leadership training program supported by the Maternal and Child Health Bureau. He is on faculty at the IU School of Medicine, Department of Pediatrics and the IU School of Social Work. He currently serves as the CDC's Learn the Signs Ambassador to Indiana. He is founding chair of Infancy Onward and founding president of Family Voices Indiana. Steve's experience as a social work provider with families and their children with delays as well as adults with disabilities, and his ability to communicate in Spanish and American Sign Language, make him a well-respected, sought after presenter and consultant. Steve is a 1982 graduate of Manchester University.

Mental Health and The Affordable Care Act: Where Do We Go from Here?

ACEN 236

Since 2014, the Affordable Care Act (ACA) has led to more people getting mental health and addiction services than at any time in United States history. Coupled with the Mental Health Parity and Addiction Equity Act of 2008, all private insurance policies are required to pay for these services as "essential health benefits", the same as other medical and surgical care. But because of the election of President Donald Trump and Republican majorities in both the US House and Senate, there is much uncertainty about the future the ACA and of the mental health and addiction care people have been getting. This workshop will provide evolving up-to-the-minute information on the status of mental health services in the US.

SPEAKER: Brad Yoder, MSW, PhD. Professor of sociology, social work, and criminal justice at Manchester University. He practiced social work in the field of mental health, helped to

develop Midtown Community Mental Health Center in Indianapolis, and served on the Board of Bowen Center, which provides mental health services in eight counties in northeast Indiana

Art: How it Can Nurture, Heal, Inspire? *

Wine Auditorium

How can both the process and product of art be used to find centeredness, expression and identity? Panelists will discuss how the process of art-making, the expression in the resulting work, and the ensuing conversations evoked by the art can promote healthy ways to engage in mental health-related issues. Artists will share their individual experiences, including artistic objectives, selection of media, and techniques employed in artmaking. Audience members will be invited to ask questions as well as to share their own experiences of using art as escape, exploration, and expression.

SPEAKERS: Members of Indiana Women's Caucus for the Arts (IWCA) -- Marsha Heck, Carol Myers, Tina Hepworth, Lea Goldman, Katharine Schmidt (Panel coordinated by Ejenobo R. Oke, MFA, Associate Professor of Art, MU.)

*Related to this workshop, in Link Gallery of Winger Hall, will be a collaborative exhibition entitled *Roots and Wings*. The show will include works from 17 IWCA members, paired with the *Max '55 and Joyce '56 Wheeler Douglas Nativity Collection*, as an exploration of diverse artistic expressions of mindfulness and spirituality.

CONCURRENT SESSIONS II - 3 - 4 pm

The Future is Now: Using Genetics to Improve Drug Selection for Psychiatric Disorders

Science Center, Flory Auditorium

This session will focus on the science and current place of pharmacogenomics, specifically in mental health. Pharmacogenomics is the use of individual patient DNA to determine appropriate therapy. The field of mental health is one of the most robust in terms of adopting this new science.

SPEAKER: Thomas Smith, Pharm D, BCPP. Assistant Professor of Pharmacy Practice, Manchester University. At MU since August 2012. Completed specialized residency in psychiatry and neurology at the University Medical Center at Princeton and Robert Wood Johnson University Hospital in New Jersey. In addition to core faculty responsibilities, he provides clinical services and practices pharmacy at Parkview Behavioral Health. Dr. Smith earned his Doctor of Pharmacy degree from Rutgers University.

Taking the wonder out of understanding children's behavior and development: Identifying autism and other developmental delays

Jo Young Switzer Center, Speicher Room

Do you wonder about young children's behaviors? This workshop looks at the current knowledge about autism and other developmental delays and provides concrete ideas and materials to help identify developmental concerns and refer children and their families to diagnostic and intervention services. Come check out the CDC's *Learn the Signs. Act Early.* campaign materials and how to access these free resources. Oh, and actually see, touch and use some of these materials at the workshop.

SPEAKER: Stephan Viehweg '82, MSW, ACSW, LCSW, IMH-E® (IV). Associate Director of the Riley Child Development Center, a nationally recognized interdisciplinary leadership training program supported by the Maternal and Child Health Bureau. He is on faculty at the IU School of Medicine, Department of Pediatrics and the IU School of Social Work. He currently serves as the CDC's *Learn the Signs* Ambassador to Indiana. He is founding chair of *Infancy Onward* and

founding president of *Family Voices Indiana*. Steve's experience as a social work provider with families and their children with delays as well as adults with disabilities, and his ability to communicate in Spanish and American Sign Language, make him a well-respected, sought after presenter and consultant. Steve is a 1982 graduate of Manchester University.

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SPEAKER: Tasha Williams, PhD, HSPP, ABPdN. Dr. Williams is a 2001 graduate of Manchester University. She currently works as a neuropsychologist at Fort Wayne Neurological Center with a wide variety of patients from pediatric, adult and geriatric populations.

ADHD: Myths, Misunderstanding and Medication

Jo Young Switzer Center, Hoff Room

This session will focus on the science and practice of diagnosis and treatment of ADHD. We will explore the history of ADHD, how it is currently diagnosed, as well as treatments supported by science. Special attention will be given to common myths surrounding ADHD.

SPEAKER: Rusty Coulter-Kern, Ph.D., H.S.S.P. MU Professor of Psychology. Graduate of Notre Dame. He is a licensed psychologist and therapist and has consulted with a wide variety of individuals, companies, and mental health organizations. He has worked in Community Mental Health in both inpatient and outpatient settings as well as in private practice. He has conducted thousands of psychological evaluations over the last 24 years.

Suicide Prevention – The Community Response

ACEN 101

What are communities doing regarding suicide prevention? What are mental health providers doing to promote awareness and to connect with young adults to teach about suicide prevention? Shelly Snyder and Ted Westerhof will discuss how Bowen Center is helping community leaders develop effective ways to overcome the stigma of mental health and create effective plans to reduce suicide through prevention and better access to mental health service.

SPEAKERS: Shelly Snyder, BA, and Ted Westerhof, BA, MBA. Shelly Snyder has worked at Bowen Center for 10 years, and is the Huntington County Director. She is also a member of the Huntington County Suicide Prevention Task Force, and has the following training: Columbia Suicide Severity Rating Scale, Applied Suicide Intervention Skills Training, and Zero Suicide Academy. Ted Westerhof is the Public Relations & Marketing/Student Assistance Plan Coordinator, who has worked at Bowen for 23 years. He is also a QPR Gatekeeper, certified in Critical Incident Stress Management.

Art Therapy: When Words Are Not Enough

ACEN 234

Art therapy is an integrative mental health profession that combines psychology with visual arts and the creative process to facilitate a unique and accessible approach to healing. Come learn about the profession, the process, and ways to use artmaking for self-care (and make your own accordion book!).

SPEAKER: Kay Guyer, BA. Manchester Alumna in Peace Studies. She is currently a graduate student of Art Therapy counseling program at Southern Illinois University at Edwardsville.

The Seductive Allure of Neuroscience (What Brain Imaging Can and Cannot Tell Us about the Disordered Mind)

ACEN 369

Brain imaging technologies offer great hope in increasing our understanding of the human mind and mental illness. But flawed studies and misleading public reports have led to many misconceptions about what brain imaging is capable of telling us.

SPEAKER: David Johnson, PhD. MU Assistant Professor of Psychology. He has taught at MU since 2015, after teaching at Barnard College and City University of New York (CUNY). Dr. Johnson completed BA in psychology at NYU and PhD in neuroscience at Cornell Medical College. He has published multiple articles in prominent journals such as *Nature*, *Proceeding of the National Institute of Sciences* (PNAS) and *Nature Communications*. Dr. Johnson is currently carrying out multiple research projects at MU with undergraduate researchers.

Don't Label Me!

ACEN 238

Being diagnosed with a mental illness carries stigma. Too often, we focus on the diagnosis and lose sight of the whole person. This workshop will discuss pros and cons of using mental health diagnostic labels, as well as strategies for reducing stigma and staying person-centered. We will explore the bizarre history of misguided forays in medicalization that have pathologized a wide range of human behaviors and experience—usually with a political agenda. Students who have formed a new mental health club on campus will also be present to tell about it.

SPEAKER: Barb Burdge, PhD, MSW. Associate professor and director of the Social Work Program at Manchester University, with professional social work practice experience in the fields of mental health and child welfare. Now teaching social work and gender studies at MU, Dr. Burdge completed a BA in psychology at Indiana University-Bloomington and an MSW and PhD at Indiana University-Purdue University Indianapolis.

Anxiety – Real Solutions

ACEN 364

This workshop will clearly define what anxiety is, what causes it, and the impact on the lives of those who suffer from it. Concrete and varied coping skills will be discussed.

SPEAKER: Tammy VanBaalen '82, MSW, LCSW. Tammy has spent the last 35 years working in mental health at all levels of care. After working over 20 years in a hospital setting, she currently works in outpatient offices providing therapy and employee assistance services to individuals with anxiety, depression, grief, and doing couples counseling. At MU, she majored in social work and minored in psychology.

Forest Walk

ACEN 146

Forest bathing, forest therapy, and *shinrin-yoku* are terms used interchangeably to describe the experience of immersing oneself in the forest or in nature -- mindfully opening one's senses. This practice is backed by substantial scientific data showing its ability to boost serotonin, lower stress hormones, and heighten immunity. On a walk, the guide encourages participants to interact with their surroundings in ways that open a dialogue of curiosity and wonder regarding the non-human world surrounding them. These interactions are often then shared with the others in the group, allowing validation and support for their experiences. Walks are typically 2 1/2 hours, but this one is scheduled for an hour.

SPEAKER: Christina Thomson. A musician by trade, she is currently directing a music program in the Fine Arts School at Parkview Huntington Family YMCA. She is a student at MU studying Environmental Studies. She is certified as a Forest Therapy Guide through the Association of Nature and Forest Therapy. The process of certification is focused on

relationship repair regarding the human and non-human world. She sees her relationship with this environment as her main motivation behind her studies here at MU. She is married to Dr. Shane Thomson, in English Department and is the mother of four children: Josef (17), Hannah (14), Eva (13) and Lizzie (10).

DISCUSSION DAY FILM FESTIVAL

All films begin at 7 p.m.)

THE DHAMMA BROTHERS (2008) – 80 minutes

Flory Auditorium, Science Center

Discussion Leader: Christer Watson, MU Professor of Physics.

An overcrowded, violent maximum-security prison, the end of the line in Alabama's prison system, is dramatically changed by the influence of an ancient meditation program. Behind high security towers and a double row of barbed wire and electrical fence live over 1,500 prisoners, many of whom will never again know life in the outside world. But for some of these men, a spark is ignited when it becomes the first maximum-security prison in North America to hold an extended Vipassana retreat, an emotionally and physically demanding program of silent meditation lasting ten days and requiring 100 hours of meditation. [*The Dhamma Brothers*](#) tells a dramatic tale of human potential and transformation as it closely follows and documents the stories of the prison inmates at Donaldson Correctional Facility as they enter into this arduous and intensive program. This film has the power to dismantle stereotypes about men behind prison bars and demonstrates the potential of meditation to impact psychological well-being.

STRESS: PORTRAIT OF A KILLER (2008) - 60 minutes

ACEN 101

Discussion Leader: David Johnson, MU Assistant Professor of Psychology and Student, Taylor Crisman.

Stress helps ensure survival, but for humans the modern world presents a never-ending catalogue of worries that may, in fact, prove fatal. This *National Geographic* documentary looks at the impact of stress on the body, including brain shrinkage and DNA damage, and what can be done to prevent it. Neurobiologist and author Robert Sapolsky (Stanford) hosts this fascinating film that takes viewers inside the laboratory and across the world in search of answers.

WARTORN (2010) - 68 minutes

Wine Auditorium

Discussion Leader: Sam Torgerson, MU Peace Studies Coordinator. After the Civil War more than half of the patients in mental institutions were veterans. In 1980 post-traumatic stress disorder (PTSD) became an accepted diagnosis for veterans with psychological wounds. Based on personal accounts of American soldiers whose physical and mental health was torn asunder by the shock and fear of bloodshed and PTSD, the documentary narrates the chronic effects of battle agony and post-traumatic anxiety on military personnel and people close to them throughout American history... from the Civil War through today's modern warfare in Iraq and Afghanistan.

There much confusion about post-traumatic stress. What are some manifestations? Are there people who don't get it? It is rare for anyone who experienced intense combat to come back completely fine. There's that mythology of the warrior who should not feel much after shooting an enemy. But in fact, nobody is really unscathed unless they really have no compassion for human life. Almost everybody carries something with them.

THE ANONYMOUS PEOPLE (2013) - 88 minutes

Jo Young Switzer Center, Speicher Room

Discussion Leaders: April White, MSW, LCSW, Assistant Director of Counseling Services, and students, Zack Clark, Sarah Arney, and Sydney Brobst. A feature documentary about the 23.5 million Americans living in long-term recovery from addiction to alcohol and other drugs. Deep entrenchment of social stigma and discrimination has kept recovery voices silent and faces hidden for decades. The vacuum created by this silence has been filled with sensational mass media depictions of people in active addiction that continue to perpetuate a lurid public fascination with the dysfunctional side of what is a preventable and treatable health condition. "Recovery is OUT – to change the conversation from problems to SOLUTIONS."