

Let's Talk About It!

January 2015

Wellness Radio



With Scott Dudley & Maria Wyatt

If you have any questions that you would like answered on the show, please send an email to wellnessradio@co.imperial.ca.us

SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of January 5	<p>Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma</p> <p>Renowned trauma expert Bessel Van Der Kolk has spent over three decades working with survivors. In <i>The Body Keeps the Score</i>, he transforms our understanding of traumatic stress, revealing how it literally rearranges the brain's wiring—specifically areas dedicated to pleasure, engagement, control, and trust. He shows how these areas can be reactivated through innovative treatments including neurofeedback, mindfulness techniques, play, yoga, and other therapies, a way to reclaim lives.</p>	<p>Bessel Van Der Kolk, MD Founder Trauma Center At Justice Resource Institute</p>
Week of January 12	<p>Wellness Recovery Action Plans: Wrapping up Recovery</p> <p>WRAP® works! It has been developed by a group of people who experience mental health and other health and lifestyle challenges. These people learned that they can identify what makes them well, and then use their own Wellness Tools to relieve difficult feelings and maintain wellness and a higher quality of life. The result has been recovery and long-term stability.</p>	<p>Julie Lizarraga Mental Health Rehabilitation Technician ICBHS - El Centro Resource Center</p>
Week of January 19	<p>Real Play: How It Promotes Intellectual, Social, and Emotional Development</p> <p>In this talk, Dr. Peter Gray compellingly brings attention to the reality that over the past 60 years in the United States there has been a gradual but, overall dramatic decline in children's freedom to play with other children, without adult direction. Over this same period, there has been a gradual but overall dramatic increase in anxiety, depression, feelings of helplessness, suicide, and narcissism in children and adolescents.</p>	<p>Peter Gray, PhD Research Professor Emeritus Boston College</p>
Week of January 26	<p>Families in Crisis: A View from the Bench</p> <p>Years of judicial service have given Hon. Judge Ulloa a unique perspective on the inherent strengths, challenges and lives of the people of Imperial County face the impacts of family crises.</p>	<p>The Honorable Juan Ulloa Judge of the Superior Court of California Imperial County</p>

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