

Let's Talk About It!

January 2016

Wellness Radio

SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of January 4	<p>Trauma-Informed Behavioral Healthcare</p> <p>Trauma-informed care is a commitment that Imperial County Behavioral Health is undertaking to support the recovery of persons impacted by trauma who seek our services. Join us as we explore what trauma-informed care is and how Behavioral Health is adapting in response to consumer needs.</p>	<p>Lynne Marsenich, LCSW Consultant and Trainer</p>
Week of January 11	<p>The Whole-Brain Child: Revolutionary Strategies to Nurture Your Child's Developing Mind (Originally aired August 2015)</p> <p>Your toddler throws a tantrum in the middle of a store. Your preschooler refuses to get dressed. Your fifth-grader sulks on the bench instead of playing on the field. Do children conspire to make their parents' lives endlessly challenging? No-it's just their developing brain calling the shots! Daniel J. Siegel, neuropsychiatrist and author of the bestselling book <i>Mindsight</i>, explaining the new science of how a child's brain is wired and how it matures.</p>	<p>Dan Siegel, MD Psychiatrist and Author Clinical Professor of Psychiatry at UCLA School of Medicine, Founder and Co-Director of the UCLA Mindful Awareness Research Center</p>
Week of January 18	<p>Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma (Originally aired January 2015)</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 Author Founder Trauma Center at Justice Resource Institute</p>
Week of January 25	<p>Rat Park Revisited: Rethinking Addiction (Originally aired March 2015)</p> <p>Dr. Alexander posits that the most effective response to a growing addiction problem is a social and political one, rather than an individual one: to reshape society with enough force and imagination to enable people to find social integration and meaning in everyday life. Then great numbers of them would not need to fill their inner void with addictions.</p>	<p>Bruce K. Alexander, PhD Author Professor Emeritus Department of Psychology Simon Fraser University</p>

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

