

# Let's Talk About It!

# June 2016

# Wellness Radio

SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of June 6 <sup>th</sup>	<p><b>Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma</b>            (Originally aired on 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 us how these areas can be reactivated through innovative treatment that include: neurofeedback, mindfulness techniques, play, yoga, and other therapies in a way to reclaim our lives.</p>	<p><b>Bessel Van Der Kolk, MD</b>            Founder of Trauma Center at Justice Resource Institute</p>
Week of June 13 <sup>th</sup>	<p><b>Post-Traumatic Stress Disorder (PTSD): Rates in Community Mental Setting</b>            (Originally aired on November 2015)</p> <p>Going through trauma is not rare. Over half of us experience at least one trauma in our lives. Yet only a small percentage of us develop PTSD, about 7-8%. However, research indicates that upward of 40% of adults seeking mental health treatment for other primary disorders that also have PTSD. We talk to the researchers about their findings and the implications.</p>	<p><b>Kim Mueser, Ph.D.</b>            Executive Director of the Boston University College of Health and Rehabilitation Sciences: Sargent College and</p> <p><b>Steve Dilsaver, MD</b>            Staff Psychiatrist            ICBHS-EI Centro</p>
Week of June 20 <sup>th</sup>	<p><b>Imperial County Veteran's Service Organization</b>            (Originally aired on October 2014)</p> <p>Veteran's have a range of needs and supports, join us as we speak to the local Veteran's Service Officer about access, supports, and how Imperial County supports those who put their lives on the line for our freedoms.</p>	<p><b>Roberto H. Avila</b>            Veteran's Service Office            Workforce Development            Office of Veteran's Affairs</p>
Week of June 27 <sup>th</sup>	<p><b>Mindful Warrior Project: Bootcamp for Re-Entering Civilian Life</b>            (Originally aired on October 2015)</p> <p>Why Mindfulness for Veterans? Mindfulness is an evidence based therapy that has been proven in hundreds of research studies to have a positive impact in the following areas: quality of life (depression, stress &amp; anxiety, performance, sleep, addiction, etc.), PTSD, TBI, and suicide. These are areas that are of significant importance in the veteran community.</p>	<p><b>Gail Soffer</b>            Founder and Executive Director            Mindful Warrior Project</p>



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](mailto:wellnessradio@co.imperial.ca.us)



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