

Let's Talk About It!

July 2017

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 July 3 rd	<p>Psychological Impacts of a Polarized Culture (Originally aired on February 2015)</p> <p>What do a school shooter, a corporate swindler, and a bullheaded ideologue have in common? They all converge on what Dr. Kirk Schneider terms "the polarized mind." The polarized mind, which is the fixation on one point of view to utter exclusion of competing point of view, is harming us-and has been for millennia.</p>	<p>Kirk J. Schneider, PhD Author, President of the Society for Humanistic Psychology of the American Psychological Association</p>
Week of July 10 th	<p>Betrayal Blindness and Institutional Betrayal (Originally aired July 2016)</p> <p>How can a person seemingly be blind to extremely abusive experiences, forgiving their abusers even though their personal lives and wellness are left shattered? Join us as psychologist, teacher, author and researcher, Dr. Jennifer Freyd reviews the research and challenges associated with intrapersonal abuse and trauma.</p>	<p>Jennifer Freyd, PhD Professor of Psychology University of Oregon</p>
Week of July 17 th	<p>Quality Behavioral Healthcare for LGBT Populations (Originally aired on May 2015)</p> <p>Research suggests that LGBT individuals face health disparities linked to societal stigma, discrimination, and denial of their civil and human rights. Discrimination against LGBT persons has been associated with high rates of psychiatric disorders, substance abuse, and suicide. Experiences of violence and victimization are frequent for LGBT individuals, and have long-lasting effects on the individual and the community. Join us as ICBHS shares their training plan to provide quality behavioral healthcare for our brothers and sisters in the LGBT community.</p>	<p>Scott McClure, PhD National Institute of Corrections (NIC) Contract Consultant Trainer Evidence-Based Correctional Practices</p>
Week of July 24 th	<p>Friends, Family, Facebook: Friends or Foes? (Originally aired on March 2014)</p> <p>Are the people in your life keeping you afloat or weighing you down? Licensed Marriage and Family Therapist, Juan Jose Flores, helps us explore, decide, and manage our relationships.</p>	<p>Juan Jose Flores, LMFT Manager Crisis and Engagement Services ICBHS</p>
Week of July 31 st	<p>Tai Chi and Mental Health</p> <p>Tai Chi is a traditional Chinese low-impact martial art, practiced by over 3 million people in the U.S. for its health benefits. Studies indicate that Tai Chi has been associated with psychosocial wellbeing, by reducing stress, anxiety and depression. Longtime local Tai Chi instructor, Marco Calderon, now provides classes for Youth and Young Adult groups at Behavioral Health Services. Join us as he shares his technique insights with us.</p>	<p>Marco Calderon Sifu Tai Chi Instructor Youth and Young Adult Services ICBHS – El Centro</p>

Tune in:



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