

Let's Talk About It!

August 2018

Wellness Radio



With **Scott Dudley**
 & **Maria Wyatt**

Tune in:



Thursdays at 8:00
 a.m.



Sundays at 7:00 a.m.

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SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of August 1 st	<p>The Whole-Brain Child: Revolutionary Strategies to Nurture Your Child's Developing Mind (Originally aired on September 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 parent's 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>, explains the new science of how a child's brain is wired and how it matures.</p>	<p>Dr. Dan Siegel Clinical Professor of Psychiatry UCLA School of Medicine Founder and Co-Director of the UCLA Mindful Awareness Research Center</p>
Week of August 6 th	<p>Mindfulness (Originally aired on May 2016)</p> <p>What is mindfulness? Mindfulness is defined as placing ones attention to the internal and external experiences occurring at the present moment. Join us as leading Mindfulness researcher, Dr. Langer explains how Mindfulness works and it's benefits to our health.</p>	<p>Ellen Langer, Ph.D. Social Psychologist Professor Harvard University</p>
Week of August 13 th	<p>Youth and Young Adult (YAYA) Clinic Overview</p> <p>Teenagers. Sometimes it seems we can't get them to do simple chores, how can we convince them to participate in mental health treatment? One in four youth and young adults suffers from treatable mental health conditions that affect all aspects of their lives. As it turns out, youth are pretty savvy: when they find themselves getting positive results, from better grades to happier lives, mental health treatment shifts from "meh" to "lit". Join us as we discover what makes the life-changing difference.</p>	<p>Maricruz Bermudez, LMFT Supervising Mental Health Counselor Youth and Young Adult Services</p>
Week of August 20 th	<p>Coping Cat Therapy for Childhood Anxiety Disorders</p> <p>Anxiety is a growing source of concern for our children and youth. Over 30% of youth report anxiety-related problems in their lives affecting school, friends, family and their self-regard. Coping Cat is an evidenced-based therapy model employed by Imperial County Behavioral Health to solve anxiety problems in youth. Join us as the developer of Coping Cat, Dr. Phillip Kendall, describes how and why Coping Cat works.</p>	<p>Phillip C. Kendall, Ph.D., ABPP Professor of Psychology Director of the Child and Adolescent Anxiety Disorders Clinic Temple University</p>
Week of August 27 th	<p>Children and Adolescent Clinic Overview</p> <p>One in four children suffer from treatable mental health conditions every day in our community. These conditions affect grades, self-esteem, social relationships and can affect lifetime outcomes if not treated. Yet many do not seek treatment. Let's introduce the community to Imperial County Behavioral Health's Children and Adolescent Services. Walk with us through a virtual tour, as our guide Jose Lepe seeks to share the ease, comfort and care of accessing behavioral health support for our children.</p>	<p>Jose Lepe Behavioral Health Manager Children Services</p>



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