

# Let's Talk About It!

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

| SCHEDULE:           | TOPIC:  | GUEST SPEAKER:   |
|---------------------|---|--|
| Week of November 2  | <b>Dispelling the Myth of Violence and Mental Illness</b><br>(Originally aired on December 2014)<br>Historically, society has perceived people with mental disorders as being more violent and dangerous than "normal folks". Dr. Grohol shares the facts in this 'best of' rebroadcast.  | <b>John Grohol, Psy. D.</b><br>Founder of Psych. Central Health Network  |
| Week of November 9  | <b>Post-Traumatic Stress Disorder (PTSD): Rates in Community Mental Health Setting</b><br>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 upwards 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. | <b>Kim Mueser, Ph.D.</b><br>Executive Director of the Boston University College of Health and Rehabilitation Sciences: Sargent College<br>and <b>Steve Dilsaver, MD</b><br>Staff Psychiatrist<br>ICBHS - El Centro |
| Week of November 16 | <b>First Steps to Success: Local Follow-Up</b><br>(Originally aired on December 2014)<br>This proven home-school intervention ensures that children have the social skills to succeed in school, including sharing, cooperating, and following rules. We follow up with Dr. Golly on local implementation, its progress, challenges, and plans.   | <b>Annemieke Golly, Ph.D.</b><br>Co- Author<br>First Steps to Success Program  |
| Week of November 23 | <b>Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)</b><br>(Originally aired on November 2014)<br>TF-CBT is a conjoint child and parent psychotherapy approach for children and adolescents who are experiencing significant emotional and behavioral difficulties related to traumatic life events. Join us as we discuss TF-CBT and its local implementation with expert trainer Dr. Laura Murray.  | <b>Laura Murray, Ph.D.</b><br>Assistant Professor in the Department of International Health, Center for Refugee and Disaster Response  |
| Week of November 30 | <b>Helping Aggressive Children Manage Their Behavior</b><br>(Originally aired on December 2014)<br>An overview of the Aggression Replacement Training (ART) model, cognitive behavioral intervention program designed to help children improve social skills and moral reasoning; better manage anger; and reduce aggressive behavior.  | <b>Robert W. Oliver, Ed. D.</b><br>Master Trainer for Aggression Replacement Training  |

*Tune in:*



*Thursdays at 8:00 a.m.*



*Saturdays & Sundays at 9:00 a.m.*

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