

Let's Talk About It!

September 2019

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 September 2 nd	Psychological Impacts of a Polarized Culture (Originally aired on February 2015) 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 the utter exclusion of competing points of views, is killing us-and has been for millennia.	Kirk J. Schneider, Ph.D. Author, Past President of the Society for Humanistic Psychology of the American Psychological Association
Week of September 9 th	The Mental Health Support of Pet Ownership The mental health benefits of owning a dog or cat have been proven by many scientific studies. Animals help bring joy, a sense of companionship and responsibility. Join Devon Apodaca, the Executive Director of the Imperial County Humane Society as we celebrate the mental health support of pet ownership.	Devon Apodaca Executive Director Humane Society of Imperial County
Week of September 16 th	Mindfulness (Originally aired on May 2016) 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.	Dr. Ellen Langer, Ph.D. Social Psychologist Professor in the Psychology Department at Harvard University
Week of September 23 rd	The Superstars: Live at World Mental Health Day For the past two years, the World Mental Health Day celebration has been punctuated by a lunch hour performance by the Imperial County Behavioral Health Wellness Center Band, The Superstars. Preparing for their third year, we meet with band director Sergio Alberti and talk about the work that goes into the performance, aspects of personal recovery through music, and the joy of performing for our community.	Sergio Alberti Music Instructor Wellness Center Imperial County Behavioral Health
Week of September 30 th	Trauma-Informed Substance Treatment (Originally aired on February 2015) Tonier "Neen" Cain's joyous spirit and astonishing inner-strength leaps through the radio directly into listeners hearts, inspiring renewed hope and compassion for those still living on the fringes. Her recovery, focused on trauma-informed treatment is a story that inspires all.	Tonier Cain CEO & Author of Healing Neen

