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Let's Talk About It!

January 2020

Wellness Radio



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



Thursdays at 8:00 a.m.



Sundays at 7:00 a.m.



Sundays at 7:00 p.m.

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SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of January 6 th	<p>Teen Challenge: Stress, Anger Management & Mindfulness (Originally aired on December 2017)</p> <p>Youth and young adults face an emerging world of cellphones, social media, academics, relationships, and parents, all while experiencing the biological changes and challenges of adolescence. Debilitating stress or anger, either internalized against self or externalized against others can result. Mindfulness techniques, framed towards youth, can help.</p>	<p>Dalia Pesqueira, LMFT Licensed Marriage and Family Therapist Program Supervisor Youth and Young Adults Services</p>
Week of January 13 th	<p>Interpersonal Psychotherapy (IPT)</p> <p>Interpersonal Psychotherapy (IPT) is an empirically validated treatment for a variety of psychiatric disorders at ICBHS. IPT is a time-limited, focused, evidenced-based approach to treat mood disorders. The main goal of IPT is to improve the quality of a client's interpersonal relationships and social functioning to help reduce their distress. IPT may be used with any age consumer, from children and adolescents to the elderly. IPT provides strategies to resolve problems within four key areas: grief or complicated bereavement, role dispute, role transition, and interpersonal deficits.</p>	<p>Marilyn Moskowitz LCSW, LMFT Licensed Clinical Social Worker Licensed Marriage and Family Therapist</p>
Week of January 20 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>Dr. Ellen Langer, Ph.D. Psychologist Professor Harvard University</p>
Week of January 27 th	<p>Positive Engagement Team (P.E.T.)</p> <p>Imagine a clinic with a dog hanging out. Not a therapy dog, just a well-behaved, friendly, and loving dog there to meet you, receive and give affection, and give support to showing up for a behavioral health appointment. ICBHS and the community imagined that this would make clinics more inviting and that our community members receiving behavioral health care would enjoy the atmosphere more sharing time with our furry friends. In conjunction with trained handlers and the Humane Society, the innovation is coming true.</p>	<p>Devon Apodaca Director of Imperial County Humane Society Cynthia Jimenez Community Service Worker</p>

