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# Let's Talk About It!

# June 2021

# 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 June 7 <sup>th</sup>	<p><b>Dialectical Behavior Therapy</b></p> <p>Dialectical Behavior Therapy (DBT) provides clients with new set of skills to manage painful emotions and decrease conflict in relationships. This therapy focused on four areas: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. DBT is an evidenced-based treatment program incorporating individual therapy, group therapy, and a therapist consultation team. This comprehensive approach is a new addition to the stable of evidence-based practices embraced by Behavioral Health, join us to hear more.</p>	<p><b>Daphna Peterson, LCSW</b>            DBT Therapist  <b>Christopher Conley, MSW, RSW</b>            DBT Clinician            Portland DBT Institute</p>
Week of June 14 <sup>th</sup>	<p><b>Mindfulness</b>            (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><b>Dr. Ellen Langer, Ph. D.</b>            Psychologist            Professor Harvard University</p>
Week of June 21 <sup>st</sup>	<p><b>Mental Health During a Pandemic and Emerging From a Pandemic</b></p> <p>We are still experiencing a global pandemic event caused by a communicable novel (new) virus, COVID-19. This virus has already demonstrated its effects on our daily lives, our routines, and even our mental health. One of the best coping tools for anxiety is information discernment, gathering information, verifying the accuracy of the information, and then specific planning to manage the information is an effective anxiety reduction strategy. We have invited Sun Valley Research Center, Dr. Ng to discuss all things COVID-19, including the adaptations and adjustments from pandemic life to post-pandemic life. What have we learned from the past year? How can we bring that knowledge to bear for a better post-pandemic life and community.</p>	<p><b>Bernardo Ng, M.D.</b>            Sun Valley Research Center, INC.</p>
Week of June 28 <sup>th</sup>	<p><b>Split Thought: Media Isn't The Enemy, It's The Solution</b>            (Originally aired on November 2019)</p> <p>Youth are subject to ever-increasing amounts of media, from social media to phones that act as televisions, the world of media is sometimes described as a brave new world hazard, contributing to anxiety and stress. Rico Rivera, the pioneer of <i>Split Thought Videos and Podcasting</i> finds mental health support and healing in using the media and all of its forms to create self-expression, putting his truth out into the world of media.</p>	<p><b>Rico Rivera</b>            Founder            Split Thought</p>

