



## STAR Center Summer Teleconference Series

**Topic:** Mental Health and Wellness: Self-Help Tools and Practices to Support Your Personal Recovery and Growth (In English)

**Date:** Tuesday, June 30, 2009

**Time:** 5:00 – 6:00 p.m. Eastern Daylight Time

*This session will present some ideas, information, resources for consideration and discussion on mental health recovery with the intention of supporting our learning together, encouraging self- and community-empowerment, and affirming or discovering helpful thoughts and practices.*

**The co-learning objectives of this session will be:**

- *To present and discuss several self-help tools (including the Wellness Recovery Action Plan by Mary Ellen Copeland), activities, ideas, practices, and resources*
- *To invite participants to share their questions, comments and add information and suggestions from their own experience*
- *Encourage creative and effective self-help work, recovery activities, and shifts in thinking from an illness model to a strengths-based/self-responsibility and self-accountability model*

**Speakers/Presenters:**

**Debbie L. Whittle** is a consultant, counselor, writer, artist, educator, motivational speaker, and change agent. She has transformed her own experience of suffering and has been a student of psychology, process therapy, holism, quantum mechanics, new thought and the healing process. She is passionate about helping to birth a new paradigm in mental health care by moving away from pathology toward wholeness-based perspectives. Debbie is Director of the SAMHSA-funded Technical Assistance Center of the National Empowerment Center, [www.power2u.org](http://www.power2u.org).

**Kerrie Fallon** and **Marina Colonas** are from the Transformation Center (TC). The TC is run by and for people with lived experience of Mental Health and Dual Diagnosis Recovery needs. The TC is a new initiative launched by M-Power, Inc. which has been around since 1987. The focus of the work of the TC is Peer Support, Training, and Advocacy and Best Practices. The TC is also the certifying organization for Peer Specialists in Massachusetts. The Transformation Center also works closely with six Recovery Learning Communities (RLCs) across the state. RLCs offer training and support for peers working and volunteering to promote wellness and recovery in the local communities. For more information, visit [www.transformation-center.org](http://www.transformation-center.org).

**Stephen Kiosk** is the Director of the SAMHSA-funded STAR (Support, Technical Assistance, and Resources) Center at NAMI. Steve has transformed his own past mental health challenges and diagnoses into strengths and new skill sets, has worked in ministry as a member of a religious order and as an ordained minister/priest, has supported others as a peer in the GLBTQI community as well as a mental health practitioner, and has been a life-long student of spiritual traditions, extraordinary human capacities, and attitudinal and holistic wellness practices. Steve has used many different tools, technologies, readings, activities and methods for his own innovative wellness path, and has also applied creative recovery approaches in his work as a peer/support advocate, trainer, licensed professional counselor, social services program director, and group facilitator. For more information on Steve's background as well as the STAR Center, please visit [www.consumerstar.org](http://www.consumerstar.org).

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**Financial disclosure of the STAR Center Director:** *Stephen Kiosk receives no financial benefit whatsoever from any company, individual, or source by mentioning the books, materials, Web sites, and tools in this document or that are reference during any presentations, and has no financial relationship with any source, company, or individual—nonprofit or for-profit—other than through employment at the SAMHSA/CMHS-funded NAMI STAR Center.*

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The STAR Center and the National Empowerment Center gratefully acknowledge SAMHSA as the funding source for the STAR Center's work and activities. Please visit SAMHSA/CMHS at <http://mentalhealth.samhsa.gov/cmhs> for many helpful resources, self-help tools and guides, and links.

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The views and opinions that may be presented and discussed during the teleconference will not necessarily reflect those of SAMHSA or the U.S. Department of Health and Human Services, and should not be construed as such.

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## **Books/Written Resources (descriptions from [www.amazon.com](http://www.amazon.com))**

**The New Personality Self-Portrait: Why You Think, Work, Love and Act the Way You Do.**  
By John Oldham and Lois Morris.

### **From Library Journal**

Beginning with a questionnaire based on the American Psychiatric Association's DSM-III-R, published in 1987, the authors have the reader chart his or her profile according to 13 individual personality styles. Each following chapter describes a dominant character pattern, what jobs that person may be most suited for, appropriate personality-type mates, parenting styles, and ways of capitalizing on strengths and minimizing weaknesses. Advice is given the reader on how to deal with different styles, and a page or two describes the mental illness associated with the extremes of each dominant trait. Case histories and anecdotes make the personalities come alive to create an enjoyable and informative analysis of personality types.

**Healing the Hardware of the Soul: Enhance Your Brain to Improve Your Work, Love, and Spiritual Life.** By Daniel Amen.

### **Product Description**

Dr. Daniel Amen's breakthrough brain-healing program has helped hundreds of thousands to overcome depression, anxiety, obsessive-compulsive disorder, and attention deficit disorder. The maverick author of *Change Your Brain, Change Your Life* and *Healing ADD* now presents his proven program for repairing and strengthening our relationships, child-rearing practices, work and study routines, and, ultimately, our soulful connections, in the deepest ways possible. Guided by this book, each of us can learn to balance and optimize the parts of the brain responsible for inner growth, intimacy, and spiritual health.

Drawing upon his experience with over fourteen thousand brain-imaging studies of patients from all walks of life, Dr. Amen has developed an essential tool called the Amen Brain System Checklist, a 101-question self-test used to evaluate the five brain systems that are key to achieving and maintaining a healthy brain-soul connection. The questionnaire identifies the problem brain areas readers may need to work on, offers insight into the degree to which these imbalances affect their lives, and provides targeted strategies for each area of the brain involved with spiritual issues.

These are just a few of the many "brain prescriptions" to be found in *Healing the Hardware of the Soul*:

- Develop focus and improve decision-making with the One-Page Miracle for the Soul
- Use prayer, meditation, and diaphragmatic breathing exercises for superior emotional and spiritual flexibility
- Heal painful deep soul memories through thought and behavior exercises
- Learn how forming strong, positive new bonds actually controls impulsive behavior and stabilizes mood swings

Dr. Amen's recommendations include cutting-edge advice on diet, nutritional supplements, and the judicious use of medication when needed. He also explains which medications can unbalance the brain when used improperly. Dramatic before-and-after pictures of the brain demonstrate the medical effectiveness of these clinically based healing techniques.

**E-Motion Picture Magic: A Movie Lover's Guide to Healing and Transformation.**  
By Birgit Wolz.

### **Product Description**

Like no other medium before it, the popular movie presents the potential of a new power for illuminating the depth of human experience. E-Motion Picture Magic employs that power as a tool to increase consciousness. Cinema therapy offers more perspective on life, prompting the viewer to step back from his or her problems in order to feel less insecure, worried, or discontented. Using films for self-improvement allows a shift in perspective when viewed with conscious awareness. The use of movies for personal growth and healing carries forward a long-standing connection between storytelling and self-reflection that may date back to the beginnings of spoken language. The movie experience used in very specific ways can have significant benefits for those who are willing to apply themselves using E-Motion Picture Magic that can be both beneficial as well as enjoyable.

## **Secrets of Shamanism: Tapping the Spirit Power Within You. By Jose and Lena Stevens**

### **Product Description**

Throughout history, shamans have possessed the power to journey deep within themselves to tap the universal source of information and wisdom. Bypassing the stumbling blocks of the outer, material world, they perfected techniques of communication with the innermost world of the spirit in order to find answers to questions, foretell the future, and achieve, profound understanding. Now psychologist Jose Stevens and his wife Lena demonstrate how the ancient techniques of Shamanism can be adapted to the needs and concerns of the modern world. Through a series of simple exercises, lessons, and rituals, they teach you how to identify and communicate with your inner spiritual guides -- and how to achieve professional success, psychological enlightenment, and personal fulfillment. Shamanism will help you harness the power you never knew you had. It is an exciting way of thinking and perceiving that will completely change the way you live your life.

## **The Owner's Manual for the Brain: Everyday Applications from Mind-Brain Research, 3rd Edition. By Pierce J. Howard.**

### **Product Description from Library Journal**

Howard, director of the Center for Applied Cognitive Studies (Charlotte, North Carolina), has digested an assortment of brain research and created what he hopes will be a practical "reference work for consumers." Targeting an audience of lifelong learners, educators, and managers, he has selected research on intelligence, stress, learning, creativity, memory, and the emotions. Brief synopses of the research are followed by suggested applications ranging from the familiar (drink warm milk to promote sleep) to the novel and impractical (schedule math tests for females during the first half of the menstrual cycle). While this book lacks formal references for the research cited, it does offer a variety of ideas and perspectives and some excellent reading lists for the general reader.

## **The Symptom Path to Enlightenment: The New Dynamics of Self-Organization in Hypnotherapy : An Advanced Manual for Beginners. By Ernest Rossi.**

### **Comments from Ernest Rossi**

We began this book with the quixotic quest of bringing together the psychodynamics of hypnosis with the nonlinear dynamics of modern Chaos Theory. We are under no illusion of having completed in this quest. We honestly acknowledge that we are still in a preparatory stage where we sometimes appear to be tilting at windmills. We have seen how similarities in the language of psychodynamics and nonlinear dynamics are intuitively compelling. We do not yet have a generally accepted scientific methodology, however, to explore their apparent association either empirically or by formal proof. The first half of this book has only begun the assembly of the types of theory, data and research that are needed to reformulate the foundations of hypnotherapy from the first principles it shares with the current mainstream of mathematics, physics and biology. Even this beginning, however, is sufficient to clarify how hypnotherapy may move from mystery and magic to genuine understanding.

## **Invisible Heroes: Survivors of Trauma and How They Heal. By Belleruth Naparstek.**

### **From Publishers Weekly**

In the wake of 9/11, there was much media coverage of post-traumatic stress disorder, or PTSD—the long-term stress response whose symptoms include chronic pain, nightmares and panic attacks—and how to treat it. Naparstek, a therapist for more than 30 years, is an advocate of guided imagery, as opposed to talk therapy, and in this book she uses case histories to illustrate how it works; she also looks at recent research on the brain that shows why this method is effective and offers step-by-step instructions on using guided imagery, which she defines as "deliberate, directed daydreaming," for healing trauma. According to Naparstek, trauma damages the left brain, which is language oriented, and talking about the trauma can

actually worsen symptoms. Imagery, on the other hand affects the right brain, the seat of the emotions. Guided imagery is "fast, powerful, costs little or nothing," says the author; it can be done alone or in groups, with the help of tapes that walk the stress victim through the process of finding images that help heal the trauma. Clinicians will find the entire book useful; people seeking help may not need explanations of the biochemical processes underlying PTSD, but will respond to Naparstek's passionate advocacy of a simple, gentle healing method.

## Spiritual Technologies. By Edward Stevens.

### From Library Journal

Stevens provides a creative tool kit of 28 techniques for spiritual awareness through body, breath, mind, sound, and action; for gaining acceptance and love, inner wisdom, and bodily absorption of parabolic texts; and for psychological techniques, such as fantasy, to facilitate spiritual growth. This tool kit is supplemented by a perceptive section on problems of interpreting religious experience, including discerning what is truly meditative, truly spiritual, truly of the divine. Stevens offers a good blend of Eastern and Western influences in this manual; recommended for seminary and public libraries as a very practical how-to guide.

## Audio Resources/Tools

Guided Imagery CDs by Belleruth Naparstek. Available at [www.amazon.com](http://www.amazon.com) & [www.healthjourneys.com](http://www.healthjourneys.com).

Guided Imagery CDs by Tom Condon. Available at [www.thechangeworks.com](http://www.thechangeworks.com)

Guided Imagery CDs by Lloyd Glauberman. Available at [www.mindperk.com](http://www.mindperk.com)

Time management tools/online resources: [www.taylorintime.com](http://www.taylorintime.com)

## Visual Tools/Creative Images



### Sacred Mirrors Cards. By Alex Grey.

#### Description/notes:

A set of 23 meditation cards with art and poetry

- Contains the complete series of Sacred Mirrors paintings plus two additional transformative images
- Includes guided meditations, reflections, and poetry by Alex Grey
- By the author of *Transfigurations* (25,000 sold) and *Sacred Mirrors*

The Sacred Mirrors are a journey through our physical, socio-political, and spiritual anatomy. *Sacred Mirrors Cards* contains twenty-three meditation cards featuring reproductions of all twenty-one of Alex Grey's Sacred Mirrors paintings plus two additional transformative images: *Oversoul* and *The Angel*. Grey's visionary poetry on the back of each card leads the meditator through contemplation of the image on the front of the card, culminating in a one-word theme for reflection. The twenty-three cards in this boxed set lead the viewer through the process of transformation. (information from amazon.com)



### Creative Whack Pack Cards. By Roger von Oech

#### Product Description

An illustrated deck of 64 creative thinking strategies that will whack you out of habitual thought patterns and enable you to look at your life and actions in a fresh way. Use the cards alone or with others to seek innovative solutions to issues. Created by best-selling author von Oech, the cards have been used by many organizations, including NASA, in strategy development and problem solving. Complete with detailed instructions.

## High Tech Tools



A light and sound input device, the Sirius has 23 professionally designed preset sessions. German scientist Dr. Gerhard Bittner designed 23 sessions for the Sirius that include Relaxation, Peak Performance and Learning Enhancement, which range from 10 to 60 minutes per session. Manual operation is from 0.1 - 30 Hz. and you can control the frequency yourself in manual mode. In addition, you can choose between FOCUS (both light and sound on/off) and EXPAND (lights and sounds alternate left/right).

Sites: [www.toolsforwellness.com](http://www.toolsforwellness.com) and [www.photosonix.com](http://www.photosonix.com) for MANY devices.

## Low Tech Tools



MotivAider: repeated massaging timer. At <http://habitchange.com> .

A watch with many alarms or count down timers with repeat function.

“Sticky notes,” taped paper sheets with your own messages, list of goals, steps, etc.

Voicemail, any kind of audio recording device, recording/note function on cell phones.

## Wellness Recovery Action Plan: [www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)

Key elements of WRAP:

- Wellness Toolbox
- Daily Maintenance Plan
- Identifying Triggers and an Action Plan
- Identifying Early Warning Signs and an Action Plan
- Crisis Planning

Post Crisis Planning:

- WRAP is designed and managed by you and is designed to:
- decrease and prevent intrusive or troubling feelings and behaviors
- increase personal empowerment
- improve quality of life
- assist you in achieving your own life goals and dreams.

People who are using WRAP say:

- With WRAP I feel prepared
- I feel better more often and I've improved the overall quality of my life
- WRAP has fast-forwarded my recovery

- WRAP gets me in touch with my inner manager

## **Activities**

- Use some of the resources, above.
- Do something out of your usual pattern to explore novelty, and open up new creative and curious approaches in your life.
- Do your own WRAP.
- Spend time in nature, touching or leaning against a tree, laying on the grass, putting your hand or foot into a lake.
- Watch powerful movies with specified intentions. (See E-Motion book, above)
- Go to an energy worker/healer.
- Let your own creativity break through and guide you.
- Write your challenges and struggles on a piece of paper. Crumple it into a ball. Write your strengths, hopes, interests, and goals on another sheet, wrap that sheet around the first/crumpled ball, and intentional invite your inner power to transform your current situation. In a safe space/outdoors, light the crumpled ball and watch the flame consumer them, and imagine your own “inner fire” building to “shed light” on your direction.
- Other? Add to this list for yourself!

## **Summary:**

- Changing thought and behavior patterns is a process
- There’s a reason these tools are called “practices”
- Mention involves moving through one’s “edge” as in yoga practice
- See your life as “living Into Wholeness”
- First step in changing thoughts and behavior is bringing awareness to the old behavior pattern...noticing.
- Stop sign: symbol, tool, and practice that interrupts unhelpful thoughts, feelings, and behaviors
- Using the breath to be in the moment
- Building a tool kit-backpack- to stay open and flowing
  - breathing and grounding practices
  - music
  - affirmations/mantras
  - pleasing pictures/images
  - positive/inspirational sayings

## ***Other Resources***

- **The National Research and Training Center on Psychiatric Disability (NRTC) promotes access to effective consumer-driven and community-based services for adults with serious mental illness. The Center is located at the University of Illinois at Chicago in the Department of Psychiatry. <http://www.cmhsrp.uic.edu/nrtc>**

This site has many self-help tools for self-determination and other topics. HIGHLY RECOMMENDED.

- **The UPENN COLLABORATIVE ON COMMUNITY INTEGRATION is the Rehabilitation Research and Training Center (RRTC) devoted to promoting community integration for individuals with psychiatric disabilities. <http://www.upennrrtc.org>**
- **SAMHSA/CMHS online resources: <http://mentalhealth.samhsa.gov/publications/browse.asp>**