

# *the* COALITION

No. 85

Newsletter of the South Shore Coalition of Independent Therapists

[www.sscit.org](http://www.sscit.org)

September, 2011

Hello SSCIT members,

We're off and running. Our 2011-2012 year has begun! The Coalition is brimming with potential and ideas for this year alone. Navigation adjustments are likely to be made to the website this winter for increased ease of use. We are beginning to plan for a technology fair we hope to conduct by Spring / Fall 2012. And we're looking to our membership to add new elements to the function and format of this newsletter. For example, members can initiate a social action column or brief article of interest or even vignettes from practice. I really want to hear your ideas. Included in this newsletter is an article from Lauri Klein, LICSW that should inspire you all to do similar contributions.

There have also been requests for folks interested in peer supervision / consultation groups both ongoing and otherwise. If you are interested in this, please utilize the listserv to comment about what area(s) you wish to collaborate and invite others to experiment with this terrific model.

I would like to send out a special thanks to **Lori McCarthy, LADC, CAI, Shelly Stormo, MA, LMFT and Holly Carroll, CAS. CAI** for their presentation on Substance Abuse Interventions. Great to know what is available for families and to learn much about the Gosnold Program in Cape Cod. It was so enlightening to know how many ways interventions can be used! This talk was infinitely helpful and resourceful.

The next newsletter will be sent out in early January. All announcements must be received by December 30, 2011 to be included. You can send them to me by e-mail: [frazzled4@comcast.net](mailto:frazzled4@comcast.net) (kindly ***do not*** send them to me via the email listserv) or they can be mailed to me at 41 Popple Bottom Road, Sandwich, MA 02563.

Sincerely,

Kenneth Freedman, LICSW  
President, SSCIT

## WWW.SSCIT.ORG

### To sign Up for the SSCIT Listserv – \*members only, please

If you have not already subscribed to the SSCIT e-mail listserv, you may do so by going to <http://groups.yahoo.com/group/SSCIT> and clicking on “Join This Group” or clicking on the “Yahoo Groups” icon on the bottom left of our home page at [www.sscit.org](http://www.sscit.org) and follow the prompts. This will notify Ken Freedman, the listserv administrator, and he will enroll you. This may take a day or so. Registering at the site includes you choosing a Yahoo e-mail address. If the address name of your choice is taken, you might choose SSCIT\*, where \* is your name or a number of your choosing. e.g.: JohnDoeSSCIT23@Yahoo.com Not to worry, you will be able to use your current email to receive and send messages on the listserv even though you sign on to a Yahoo email address. You will know you are enrolled when you receive a welcome letter from Ken Freedman in your e-mail.

If you have any problems, send an e-mail to Ken Freedman [frazzled4@comcast.net](mailto:frazzled4@comcast.net) and put SSCIT in the subject.

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Changes in **mailing addresses** should be directed to **Ann Anderson** at  
200 Cordwainer Drive #202, Norwell, MA 02061. 781-749-3963.

Please direct all correspondence for the Coalition to:

SSCIT c/o Kenneth Freedman, LICSW

41 Popple Bottom Road

Sandwich, MA 02563

or

[frazzled4@comcast.net](mailto:frazzled4@comcast.net)

Visit us online at:

[WWW.SSCIT.ORG](http://WWW.SSCIT.ORG)

# **OFFICE SPACE AVAILABLE**

*\*(some of these are repeat ads and may not be currently available)*

**1)** Professional office space is available for a psychotherapist with a private practice. There is one office available in a suite of 5. The group consists of a psychiatrist, 2 nurse practitioners and 2 therapists. The office is conveniently located in Hingham close to route 3. If interested, please call **Lesley at 339-200-8033**.

**2)** Office available in an attractive 3 room office suite in Braintree; large waiting room; kitchen; copier/fax; available part or full time. Contact **Rich Rein** at **781-848-7745** or [rrein@relationshipresources.biz](mailto:rrein@relationshipresources.biz)

**3)** Office space available at desirable Derby St. location. Established multi-disciplinary practice with many cross referrals. Contact **Steve Allison** at **781-741-9991** or at [stevenallison@comcast.net](mailto:stevenallison@comcast.net)

**4)** Office space available in my very nice suite in Quincy. (Tues, Wed. & Sat.). It's a great bldg, beautiful suite, fully furnished and includes high-speed internet. The location is excellent (near the Braintree split) right off of the ramp and a short walk from the Quincy Adams 'T.' We offer cross-referrals and peer consultation. Please call **Barbara Mordini** if interested: **617-471-6322** or [bmordini@comcast.net](mailto:bmordini@comcast.net).

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## **ANNOUNCEMENTS**

**1) Lauri Klein, LICSW** will be offering a *MINDFULNESS BASED STRESS REDUCTION PROGRAM* this Winter beginning in February, this will be offered. Meetings will be conducted at the Dancing Crow Yoga at the Derby St. Shoppes in Hingham. Please see her website for further information: [www.mindful-path.com](http://www.mindful-path.com) \*Reminder: Social Workers can earn 20 CEU credits for participating in this class. Call Lauri at **781-740-9044**.

**2) Lauri Klein, LICSW** is offering a divorce support group meeting alternate Saturdays at 9:15am. \$40 per person. This group is designed for any stage of separation or divorce process. This will meet at 210 Whiting St. Suite #3 in Hingham.

**3)** Greetings to SSCIT as we start another fall of service to the South Shore Community. As a member of the Coalition Board who specializes in Addictions, I am pleased to see the number of new members interested in the Addictions. I would like to extend an invitation to all those who deal with Addictions to meet in my office on Thursday October 20th from 1:00 to 3:00 to exchange information about your work and increase our awareness of the services on the South Shore. My address is 80 Washington Square, Suite F-31 in Norwell. Please RSVP at 781-878-2822. **Bonnie J. Broe LICSW, CADACII, LADC I**

**4) Confidential Care** is now offering men's and women's early recovery support groups, please call the office for more information at 781-878-9809.

**5) Jillian C. Scribi, LICSW**, announces her newly established private practice, Oceangate Counseling, located at 225 Water St., Suite A109 Plymouth, MA 02360 (business phone: 339-793-1417). Jillian accepts clients ranging from early adulthood through later middle age (18yrs.-65yrs.) and sees individuals and couples. Jillian specializes in couples therapy and also works with clients on the following issues: postpartum depression, pregnancy-related transitions, infertility, sexual dysfunction, life-transitions, anxiety, depression, grief/loss. Jillian works with health care, law enforcement, and other professionals. Insurances accepted: Harvard Pilgrim, UBH, some BCBS products, and self-pay with a sliding fee. Jillian offers a comfortable experience for clients, as they book appointments directly with her.

**6) Debbie Issokson, Psy.D.** is part of the newly formed South Shore Postpartum Depression Support Network. The task force is working on increasing public awareness of prenatal and postpartum mood disorders, educating mental health and medical professionals about perinatal mental health issues and creating a resource list of mental health providers who can provide appropriate treatment for women and their families. Our territory is Quincy to the Sagamore Bridge. If you are interested in being included on the resource list, please contact Debbie at [info@reproheart.com](mailto:info@reproheart.com) or 617-314-9571.

**7) Karen Wischmeyer** has 4 on-going psychotherapy process groups. These groups are effective treatments for many of life's difficulties and diagnoses. They offer an environment of support, feedback, mirroring, practice with conflict and more to individuals who want to make changes in their lives. Please call 781-871-3834 to check out the potential of a referral of your patient for a group evaluation.

Monday- 7-8:15pm – Women's group;

Tuesday- 5:30-6:45pm - Co-ed group

Wednesday- 7-8:15pm - Women's group;

Thursday- 11:15am-12:30pm- Co-ed group

**8) Matthew Manela, LICSW, LADC I.** has an early addiction group. This group is designed to help people in early recovery gain support from others who are experiencing similar difficulties, learn to identify triggers, thoughts and feelings that result in certain behavior. This group also helps people develop new ways to counter their triggers. This group meets every Tuesday at 6p and currently has 3 openings.

**9) Joanne M. Struzziery, Ed.D.** is actively seeking referrals to her practice as a divorce mediator at 167 Washington St., Norwell, MA. She can be reached at **781-329-5509**. Joanne completed the Alternative Dispute Resolution Certificate Program at the University of Massachusetts and has mediated a variety of types of disputes since that time. Recently she completed a certificate program designed specifically for mental health professionals in divorce mediation. Joanne continues to practice as a Licensed Psychologist in Norwell.

**10) Leslie A. Powers, LMFT, offering Divorce Mediation Services!** As a divorce mediator she offers couples a viable alternative to litigation. Through a non adversarial process, she helps couples reach a fair and equitable settlement. Her approach is strength based and she encourages solutions which work for both the couple and the best interests of the children. She received her certification through Conflict Resolution Training and she is the Vice President of the South Shore Chapter of the American Association of Mediators. You can reach Leslie at **781-812-5265**.

# COALITION MEMBERS AND FRIENDS LUNCHEON

## **The Lure of Internet Pornography**

Presented by:

*Dr. Joseph Doherty, Ed.D., CGP*

*Wednesday, December 7, 2011*

*11:30am-1:30pm*

**CEU Credits will be offered for this event (LMHC, LICSW & Nurses).**

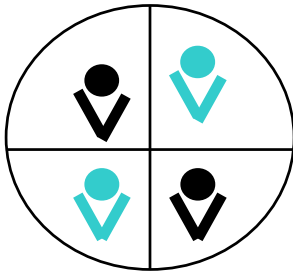
**Asian C Restaurant, 48 Whiting St. (Rt. 53) in Hingham**

**Cost: \$20 (\$25 with CEU's) (Make checks payable to "SSCIT")**

**R.S.V.P. Helene Lieb at 781-383-6950 (please, no calls after 9pm) or via  
email at: [bigred8487@aol.com](mailto:bigred8487@aol.com) by December 2, 2011.**

**Cancellations made less than 48 hours in advance will be charged. Call Ken  
Freedman at 781-248-9888 for alerts about inclement weather.**

41 Popple Bottom Road  
Sandwich, MA 02563



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**MBSR An Effective Adjunct to Psychotherapy**  
**(a note to my colleagues and friends in SSCIT)**

Lauri Klein, LICSW

As many of you know I have been teaching Mindfulness Based Stress Reduction since 2003 and wanted to share some of my observations while encouraging you to consider this remarkable program for your clients. I have offered three eight week series since last Fall and the next one begins in a few weeks on September 26th.

Of the 30 participants in these most recent programs, many have suffered from anxiety and/or panic disorders, four have had chronic pain issues related to back injuries, two have had trauma histories and several with moderate to severe ADD. There were a cancer patient and one with a rare stress induced medical condition. The results have been extraordinary and beyond what I had hoped with almost everyone who has taken the class. What I witnessed consistently was:

- ~ improved capacity to tolerate unpleasant affect
- ~ major reduction in incidence of panic attacks
- ~ reduced frequency and intensity of anxiety (reduction in use of anti-anxiety medications)
- ~ increased ability to "hold" pain whether physical or emotional
- ~ increased self awareness and self acceptance
- ~ a sense of wonder with all that their lives contain
- ~ enhanced ability to see and experience positive experiences
- ~ reduction in concerns about "noisy brains"
- ~ exceptional improvement and reduction in symptoms, evidenced in follow up medical testing (for the person with the "rare" condition)

In view of the above, one can see the potential for improved progress in psychotherapy as participants gain these skills for self knowing and self regulation. When taken concurrently with individual psychotherapy, my clients are able to move with more ease through the process.

*From a recent Boston Globe article: The latest evidence suggests that the practice of paying attention leads to anatomical changes in the brain. Healthy volunteers given MRI scans both before and after they attended weekly mindfulness classes for eight weeks experienced a 1 to 3 percent increase in their brain's gray matter in particular areas responsible for learning, memory, and **emotional regulation**, according to a Massachusetts General Hospital study published last week in the journal Psychiatry Research. Two years earlier, the same researchers found that mindfulness training led to a decrease in gray matter in the brain's **amygdala**, the area of the brain that perceives stress.*

A component of MBSR is the introduction of Self Compassion or Loving Kindness meditation. I have recently started offering workshops that focus on the development and practice of Self Compassion. Participants express a great sense of relief in seeing that it is acceptable to cultivate good feelings towards themselves. Mostly women, many come with co dependency issues, ingrained to care for others before themselves.

*From an article about Self Compassion researcher Kristin Neff: "...research suggests that giving ourselves a break and accepting our imperfections may be the first step toward better health. People who score high on tests of **self-compassion** have less depression and anxiety, and tend to be happier and more optimistic. Preliminary data suggest that self-compassion can even influence how much we eat and may help some people lose weight."*

*This is only the tip of the iceberg. Thanks for reading.  
Wishing you all ease as we leave Summer behind,  
Lauri*