

RETHINKING PSYCHIATRY

**Second Annual
Symposium**



PROGRAM & RESOURCE GUIDE

May 11 & 12, 2012
First Unitarian Church of Portland

Our Mission Statement

Mental health disorder labels often act as a cover for societal and situational problems. This Paradigm is encouraged and exacerbated by powerful financial interests. By providing a safe, respectful and inclusive space for the sharing of the wealth of information, tools and experiences available to us all in meeting the challenges of mental, emotional and spiritual wellness, Rethinking Psychiatry is creating a more hopeful, humane and effective mental health care model.

Movement Building

This mental health care movement is ongoing and depends on all of us carry it forward. For the latest information and to become involved:

Website

rethinkingpsychiatry.org

Facebook

facebook.com/rethinkingpsychiatry

Contact

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This Symposium is dedicated with love to our children, friends, family, and community, in appreciation for the light that their lives have shed on the limits of the current psychiatric paradigm, and the inspiration to help co-create a more holistic, compassionate, effective, human rights-oriented mental health care system.



Special Thanks to Attorney Jim Gottstein for his generosity and participation in this year's symposium, and to our host, The First Unitarian Church of Portland.

Gratitude to our hardworking planning committee: Marcia Meyers, Harriet Cooke, Sarah Smith, Cindi Fisher, Oren Glick, Ron Hattenberg, Diana Ospina, Judy Bennett, Dorothy Rasche, Mary Saunders, and Grace Silvia.

Rethinking Psychiatry is an independent project of the Economic Justice Action Group of the First Unitarian Church.

We accept no funding or control from, nor do we promote any religion, other organization, government entity, corporation, or drug company.

Program

Friday, May 11th 7:00–9:00 pm



Addressing Psychotropic Drugs, Forced Medication and Children

Jim Gottstein and a panel of professionals and peers will speak on the current issues of forced medication in the name of mental health care and the national movement to create a mental health care system that is more holistic, effective and humane.

PANEL MEMBERS

Jim Gottstein, JD is an attorney, author, psychiatric survivor, Harvard Law School Graduate, and founder of PsychRights (psychrights.org).

Pamela Butler, JD, a former foster child, is now a Child Welfare Policy Manager and Oregon Foster Youth Connection (OFYC) Program Director as well as the Founder of OFYC (cffo.org | ORYouthConnection.org).

Beth Englander, JD is an attorney at Disability Rights Oregon, a non-profit organization that helps Oregonians with all types of disabilities advocate for their own rights.

Steve McCrea, MS is a mental health professional, author, and Court Appointed Special Advocates (CASA) supervisor.

Program

Saturday, May 12th 8:00 am–5:00 pm



Renaming and Reclaiming Our Mental Health Story: Using Our Personal Journeys, Experiences and Legal Rights

8:00–9:00	Registration & Tabling — Buchanan Room	
9:00–10:15	Workshops Session 1	page 5
9:00–10:20	Video Project (1) — Elliot Chapel	page 9
10:30–11:45	Workshops Session 2	page 6
10:30–12:00	Video Project (2) — Elliot Chapel	page 9
10:30–2:30	Healing Room staffed by and students from NCM — Channing Room	
11:45–1:00	Lunch and Tabling — Buchanan Room <i>Lunch provided by Miranda Lovelong and the OCCUPY PORTLAND community</i>	
1:00–2:30	PLENARY : Jim Gottstein <i>Claiming Our Mental Health Rights in Oregon, Individually and as a Society</i>	page 27
2:45–4:00	Action Groups for Community, Societal, and Personal Healing	page 7
4:15–5:00	Next Steps, Closure — Buchanan Room	

Workshops Session 1

9:00–10:15 am



Workshop Disclaimer: As an inclusive organization, workshop presentations are offered by those with both professional and lay experiences. We do not advocate or endorse any particular presentation. It is up to participants to choose workshops aligned with their needs and interests and the experience and work of presenters.

ROOM	PRESENTER/ TITLE OF WORKSHOP	PAGE
B 202-3	Steve Goldsmith, MD <i>Psychiatry's Seven Bad Ideas and How You Can Get Well Despite Them</i>	26
B 201	Elissa Mendenhall, ND <i>Broken Brains: Mental Health, the Brain and the Body</i>	33
B 302-3	Harriet Cooke, MD, MPH & Gabriel Aidra, MD <i>Mysticism, Madness and Mental Health</i>	15/11
A 204	Sue Davis, MA, LPC <i>Tapas Acupressure Technique for Mental and Physical Health</i>	18
A 108	Portland Hearing Voices members <i>Intro to Voices and Extreme States Support Groups</i>	34
B 204	Jen Crowell, MFA <i>Not Quite Zen, But on the Mend: Recovering from Self-harm and Emotional Dysregulation and Living to Write the Tale</i>	17
B 301	Ben Luskin <i>Five Stages of Recovery</i>	31
B 304	Chris Foulke, BS, NTP <i>How Fat Fear, Carb Confusion and Sugar Seduction Enslave Us and How to Get Free</i>	24
A 203	Karyn Armstrong <i>Grounded Clarity through Practice of Shamanism</i>	12

Workshops Session 2

10:30 am–11:45 am



Workshop Disclaimer: *As an inclusive organization, workshop presentations are offered by those with both professional and lay experiences. We do not advocate or endorse any particular presentation. It is up to participants to choose workshops aligned with their needs and interests and the experience and work of presenters.*

ROOM	PRESENTER/ TITLE OF WORKSHOP	PAGE
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B 201	Krista Tricarico, ND <i>Experiences with Body-Mind Healing</i>	37
A 108	Mary Hammond, MA, LPC <i>Alive Again! Depression Free with Energy Psychology and Energy Medicine</i>	29
B 204	Tim Shannon, ND <i>The Hypothyroid-Pituitary Axis and its Role in Depression and Anxiety Treatment</i>	35
B 304	Eva Edelman <i>Nutritional and Herbal Approaches for Schizophrenia and Bipolar Syndromes</i>	19
B 301	Charles Simpson, DC, DABCO <i>Evidence Based Review of CAM for MH</i>	36
B 302-3	Pam Butler, MA <i>MH System Wisdom from Former Foster Children</i>	14
A 204	Shannon Batts, MS, LPC, LMFT <i>Relationship Gardening</i>	13
A 203	Pam Savory and Barb Westover <i>Shamanic Breathwork, Spiritual and Energy Healing</i>	25
A 201	Phillip Marc Fabr�e – <i>Fixing the Witch Hunt</i>	22

Afternoon Sessions

Healing our MH System and Ourselves



1:00–2:30 Plenary

2:45–4:00 Action Groups

Disclaimer: *As an inclusive organization, presentations are offered by those with both professional and lay experiences. We do not advocate or endorse any particular presentation. It is up to participants to choose workshops aligned with their needs and interests and the experience and work of presenters..*

ROOM	PRESENTER/ TITLE OF ACTION GROUP	PAGE
<hr/>		
1:00 pm	PLENARY: Jim Gottstein, JD	27
Main Chapel	<i>Claiming Our Mental Health Rights in Oregon, Individually and As a Society</i>	
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2:45 pm		
Fuller Hall	Jim Gottstein, JD, Beth Englander, JD & Alex Bassos, JD <i>Strategizing for Making Effective Mental Health Change in Oregon</i>	27 & 20
B 204	Ann Gonzalez <i>A System Too Bad Not To Fail</i>	28
A 204	Cindi Fisher, M.Ed, Founder M.O.M.S. <i>Alternative Healing and Recovery Models</i>	23
A 203	Harriet Cooke, MD, MPH <i>Turning Lead into Gold: The Alchemy of Writing a Healing Story</i>	16
Channing	Cassidy Marino, LCSW, CADCIH, RYT-200 <i>Yoga for Sleep</i>	32
A 108	Miranda Lovelong <i>Creating a Healing Retreat Center</i>	30
A 201	Betty Estelle, RN <i>Alignment and Identification with Nature to Help Balance and Heal the Mind</i>	21

Community Resource Tables

Buchanan Reception Area



Table Disclaimer: *As an inclusive organization we have offered tables to all who share our mission of being a safe, inclusive organization working to co-create a more hopeful, humane, just, and effective mental health care system. We do not advocate or endorse any particular table materials or organization.*

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Video Your Story

9:15 am–10:20 am — Elliot Chapel

10:30 am–12:00 noon — Elliot Chapel



MindFreedom International: “It Gets Better!” Campaign

Tell YOUR story in an exclusive 10-minute film shoot by documentary filmmaker David Heine (producer of *Big Pharma*, *Little Brother* and *Care Farms*)!

Do you identify with having been labeled with a psychiatric diagnosis? More importantly, do you identify with having recovered? Consider today a good day to come “out of the closet” about your psychiatric diagnosis and recovery! Inspire others with your personal pathway to healing, wellness, and self-empowerment. Be among the first to participate in a national *I Got Better* Campaign!

All participants should plan on attending a brief, ten-minute orientation by Sarah Smith of MindFreedom International (see orientation times below). To guarantee a spot in the *I Got Better* film shoot, sign up for one of twelve, ten-minute slots.

Sign-up sheet will be located at the main registration desk. Some afternoon shoot sessions may be available by special arrangement, depending on demand.

Orientation #1: 9:00–9:15 am

Elliot Chapel

Film shoot: 9:15 am–10:20 am

Orientation #2: 10:30–10:45 am

Elliot Chapel

Film shoot: 10:45 am–12:00 noon

A signed consent form is required.

M.O.M.S. Video Project

Friday 1:00–4:00 pm



The M.O.M.S. ... Mothers tell their Stories Shining our Light

Our Mothers' Stories will bear witness to how our loved ones, locked IN against their will, experienced horrendous violations of human and constitutional rights, including torture, and also to how we, their loved ones, were locked OUT and/or silenced, threatened, maligned, ignored, refused contact and arrogantly denied the right to be involved in the recovery of our loved ones in any way.

We tell our stories to share our pain, struggle together for change, and use our stories to rebuild the Village, ReClaim our Children, and Shine a light on our broken mental health model and system.

Videos will be posted on the M.O.M.S. website:

MentalHealthRightsYES.org

Gabriel Aidra, MD

Gabriel Aidra received his MD from the University of Kansas, completed an internship in Internal Medicine at Virginia Mason, & practiced at University of Washington. He believes that “mental health disorders” are reactions to trauma, pain & humiliation, & that “diagnostic labeling” is a form of discrimination which perpetuates the problem. With empathy, love & support, many can recover & live an awakened life. Currently Dr. Aidra works at The Dream Temple & helps managers understand their employees so they can improve their communication & get more done with less effort.

Mysticism, Madness and Mental Health

With Dr. Harriet Cooke (see p. 15), Dr. Aidra will co-facilitate a brief presentation of key work of Drs. A. Maslow and P. Breggin, followed by a brief sharing of our stories, and a lively discussion that looks at the experience of mysticism, its relationship to mental health and mental illness, the challenges of mystical experience in our culture, and how we can integrate our personal mysticism into our lives to bring the greatest joy, wisdom, richness, and depth into all that we do and all that we are.



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Karyn Armstrong

Karyn's shamanic journey began in 1998 with a trip to Peru. She has studied at the Foundation for Shamanic Studies, founded by Michael Harner, is a graduate of Sandra Ingerman's Teacher Training in Shamanic Healing Practices, and is a graduate of Tom Cowan's two-year Celtic Shamanism Training. Karyn continues her studies by apprenticing with indigenous shamans in the United States, Peru, Bali, Egypt, and Canada, and teaches workshops nationally and internationally. Karyn offers a variety of Shamanic healing practices, including Soul Retrieval, Soul Recovery, and Soul Remembering, and mentors others who are called to the Shamanic way of life. She was one of four shamanic practitioners in a clinical trial successfully demonstrating shamanic healing. She created Harmonic Visions twelve years ago to provide a faculty of leading Shamanic Teachers who practice with integrity, and compassionate, heart-centered personal experience. Karyn is also the Founder of Shamanic Life, an emerging online collective offering balanced, spirit-guided, humble service along with helpful information for life and healing informed by the art and time-tested tradition of shamanic methods.

Grounded Clarity through Practice of Shamanism

Karyn will present a brief personal history that includes three near-death experiences before age 21 and successful healing stories, and then lead a group healing experience.



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Location: Portland, OR

Shannon Batts, MS, LPC, LMFT

Shannon Batts is founder of Relationship Gardening online and in the Hollywood district of Portland. Shannon, a counselor and coach since the 1980's, worked first on a crisis line, then psychiatric and addiction treatment facilities, and later as a county social worker for drug exposed newborns and their families. Shannon has Advanced Training from the Gottman Institute in "Assessment, Intervention and Co-Morbidities With Couples," and Gottman's "From Betrayals to Trust," for affair recovery. Shannon delivered relationship strategies for the Clackamas County Probation women's group, and offers an 8 week relationship tools group, Women Connect. She is married for almost 17 years after changing her own love habits.

Relationship Gardening

While problematic relationships are disturbing and can create a climate for mental health disorder, developing the tools that enhance our relationships can add to our ability to function in a healthier way physically, mentally and emotionally. Shannon will show you how to be a Master Gardener of your relationships by growing emotionally healthy *everyday* habits, and weeding out stress-producing *conflict* habits.



Contact Info:

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Website: relationshipgardening.com

Location: Northeast Portland, OR

Pamela Butler, MA
**Oregon Foster Youth Connection/
Children First for Oregon**

Pamela Butler is the Child Welfare Policy Manager and Oregon Foster Youth Connection Program Director at Children First for Oregon. She is responsible for implementing the organization's Fostering Success initiative. She aged out of Oregon's foster care system at 18, and has been an advocate for child welfare reform for nearly ten years. The Oregon Foster Youth Connection trains and empowers foster youth to participate in the development of policies, programs, and practices that affect the daily lives of over 13,000 kids in foster care in Oregon, and over 300 that age-out each year.

***Mental Health System Wisdom
from Former Foster Children***

Attendees will hear from a panel of current or former foster youth with knowledge of what it's like navigating the foster care system, and how the mental health system affects and/or affected their lives while in care. There will be time for Q&A and discussion of ideas with the youth panelists. Attendees will leave the workshop with concrete suggestions from youth on how to better work with children in foster care, as well as a greater sense of how foster youth view diagnosis, medications, and mental health services.



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Location: Portland, OR

Harriet Cooke, MD, MPH, ABIHM

“How come if we talk to God, they call it prayer, but when God talks to us, they call it schizophrenia?”

—Thomas Szasz, Lilly Tomlin & Jane Wagner

Dr. Harriet Cooke was trained in conventional medicine and practiced outpatient internal medicine for 14 years prior to a mystical experience that led to the suspension of her license for 8 months. She is the author of the book, *Ghostwoman*, a memoir of her experience and the problem our society has understanding the validity of mystical experiences, and their differentiation and sometimes overlap with mental illness. She has led meditation and writing groups for over a decade, and has been a student and practitioner of energy medicine since 2002. She has a small private practice primarily limited to holistic mental health and energy medicine.

Mysticism, Madness and Mental Health

With Dr. Gabriel Aidra (see p. 11), Dr. Cooke will co-facilitate a short presentation of key work of Drs. A. Maslow and P. Breggin, followed by a brief sharing of our stories, and a lively discussion that looks at the experience of mysticism, its relationship to mental health and mental illness, the challenges of mystical experience in our culture, and how we can integrate our personal mysticism into our lives to bring the greatest joy, wisdom, richness, and depth into all that we do and all that we are.

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Contact Info:

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Location: Southwest Portland, OR

Harriet Cooke MD, MPH, ABIHM

See previous page

Turning Lead into Gold: The Alchemy of Writing a Healing Story

There is an art to writing a healing story. The way we frame our stories and share them with the world can be a profound opportunity for healing, or an opportunity for further harm to ourselves or others. This workshop will look at these issues, recommend some approaches to how to begin, frame, and edit our stories for deep healing and creativity. We will have a facilitated discussion on this topic, review resources, and if time, do a short free write to demonstrate one of many ways to get our stories started.



Contact Info:

Email: holisticcooke@aol.com

Phone: 503-975-4571

Location: Southwest Portland, OR

Jenn Crowell, MFA

Jenn Crowell is the author of the critically acclaimed novels *Necessary Madness* (Putnam, 1997) and *Letting the Body Lead* (Putnam Penguin, 2002). She holds an MFA in Creative Writing from Antioch University, and identifies as both a consumer and survivor of mental health services. Her latest recently completed novel, *Etched on Me*, tells the story of a recovered self-harmer's fight for custody of her daughter. She is currently at work on a nonfiction book—part memoir, part investigative reportage—on trauma-informed care (or lack thereof), the Hearing Voices movement, and restorative justice.

Not Quite Zen, But on the Mend: Recovering from Self-Harm and Emotional Disregulation and Living to Write the Tale

In this presentation, I will relay a personal narrative of how, with the help of DBT (dialectical behavior therapy) and my own creative process, I recovered from self-harm and chronic emotional distress. I'll also touch upon such topics as trauma-informed care and the stigmatization of people living with the controversial diagnosis of borderline personality disorder, and share local and national resources with participants.

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Location: Portland, OR

Sue Davis MA, LPC

Biofeedback therapist since 1986, Sue has been teaching clients and patients skills to work with chronic pain, illness, anxiety, and depression. Sue has worked as a behavioral health therapist/consultant for Kaiser Permanente for 20 years, and is certified in TAT. She has incorporated energy therapies including EFT, TAT, and some Donna Eden energy balancing techniques into her practice over the past 12 years. Sue currently works only with Kaiser Permanente patients and, as a TAT trainer. She also can do consultation to professionals who want to add TAT to their practice. Sue participated as one of three TAT trainers in the NIH study at the Center for Health Research, NW Kaiser Permanente, for weight loss maintenance.

Tapas Acupressure Technique for Mental and Physical Health

Sue will lead group participants through the steps of TAT so they can experience it. TAT is a simple, effective, method that we all can use to help us move towards fuller physical and emotional health. She will teach the TAT pose, we will each pick a problem or condition we would like to have improved, then the group will do the steps together and share experiences. Time for Q & A. Handouts provided.



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Eva Edelman

Eva Edelman has studied and taught as a nutritionist/ herbalist for 35 years. Twenty years ago, after a close friend was diagnosed with schizophrenia and put through the pharmaceutical gauntlet, Edelman began to focus extensively on nutritional approaches in mental health. She is the author of *Natural Healing for Schizophrenia and Other Common Mental Disorders* (English and Spanish editions), and *Natural Healing for Bipolar Disorder: A Compendium of Nutritional Approaches*. Edelman has lectured and presented workshops in various settings, including NCNM, NARPA, Alternatives, Well Mind and ISOM conferences, and numerous others.

Nutritional and Herbal Approaches for Schizophrenia and Bipolar Syndromes

This talk will offer participants knowledge about the existence of effective nontoxic therapies, and afford a glimpse into the nature of a variety of nutritional approaches. Participants will get an overview of how nutrients, tailored to each person's unique requirements, are used to address major factors contributing to symptoms. Ultimately, this talk should encourage people to learn more about nutritional approaches, help empower people to get the kind of treatment they want, and introduce professionals to highly effective therapeutic tools. Q&A as time allows.



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Website: boragebooks.com

Location: Eugene, OR

Beth Englander, JD

Beth Englander is an attorney at Disability Rights Oregon, a non-profit organization which helps Oregonians with all types of disabilities advocate for their own rights. Beth's practice focuses on the civil rights of adults with mental health disabilities who live in the community and in institutions throughout Oregon.

FRIDAY NIGHT

Addressing Psychotropic Drugs, Forced Medication, and Children

Panel with Jim Gottstein JD, Pamela Butler, Beth Englander JD, and Steve McCrea MS

SATURDAY ACTION GROUP

Strategizing for Making Effective Mental Health Change in Oregon

Building on his plenary presentation, Jim Gottstein, joined by attorneys Beth Englander of Disability Rights of Oregon and Alex Bassos from the Public Defenders Office, will facilitate as together we create strategies to make effective changes in the mental health care system of Oregon.

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Website: droregon.org

Location: Southwest Portland, OR

Betty Estelle, RN

Betty is an 85-year-old, semi-retired RN. She has studied Humanistic psychology, and with Oscar Ichazo, Rabbi Zalman Schacter-Shalomi, Moshe Feldenkrais, Elana Rubinfeld, Oscar Ichazo, Grand Master Share K. Lew and others. This has informed her creation of *Body Enlightenment*, an integrative healing practice that she has taught to psychotherapists in Germany, sponsored by the Gestalt Institute of Wortsberg. Betty continues to work with clients in her private practice using *Body Enlightenment*.

Alignment and Identification with Nature to Help Balance and Heal the Mind

Betty will introduce participants to her work, and the profound relationship between the body and nature. After time for Q&A, she will then lead a guided visualization from her program to help give group participants a new tool to help become more grounded in the body, while connected to our “true self.”

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Website: BodyEnlightenment.info

Location: Vancouver, WA

Phillip Marc Fabr 

Phillip endured two civil commitments under Oregon law, lasting 6 and 9 months respectively, and about four different abductions by police officers, over a two year period. He met Governor Kulongoski in his struggles against the mental health care system in Oregon and was “given a serious chance” which inspires him to create new laws along with new economics when it comes to the great width of Mental Health.

Fixing the Witch Hunt: A Hodgepodge of Ideas and New Laws Which May Just Control Mental Health

Phillip offers a personal story to help highlight how once we have a reputation in the computer systems in Oregon, there is no fair trial, and no way to end the witch hunt that ensues. Once one is labeled dangerous, that label is situationally applied at each meeting with a police officer in Oregon. This can lead to danger.

There are specific changes that can be made to the laws and policies in the field to do away with the lack of due process and liability facing our first responders and doctors in Oregon. These will be covered specifically in this succinct presentation.

Stay tuned for the unveiling of a new currency concept which may focus the hearts and minds of first responders on legal duty and not so much on the differences and debts of a society.

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Contact Info:

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Location: Portland, OR

Cindi Fisher, M.Ed.

M.O.M.S.

Cindi Fisher is a 60-year-old grandmother, former public school teacher, and cofounder of the M.O.M.S.: Movement Of Mothers Standing-up-together. M.O.M.S brings mothers, fathers, and others, across the country together to stand-up and advocate to “Rebuild the Village, Reclaim our Children, and Shine a Light” on our broken and often dangerous mental health system. At the age of 17, Cindi’s oldest son was prescribed his first psychiatric drug , risperdal, at 1200% above the maximum dose for his age. His struggle and “treatment” are the inspirations for the work se does today.

Alternative Healing and Recovery Models: House of Music Clubhouse and Best Drug Rehabilitation Center

We as parents often find that when our adult children return home after forced drugging and hospitalization, they suffer from increased delirium, delusions, aggression and violence, which are side effects of the medication; they also suffer from a deep sense of loss of connection to friends and the community, leading lives of alienation and isolation. Learn about alternatives explored by the M.O.M.S Movement that support recovery and that they are hoping to create grassroots support for in the Portland/Vancouver area.



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Phone: 360-254-8703

Website: MentalHealthRightsYES.org

Location: Vancouver, WA and Portland, OR

Chris Foulk, BS, NTP

Chris defines himself as contrarian, outdoor-loving, healthy and passionate about nutritional education for “bio-behavioral health.” He offers nutritional therapy and education, and has done a number of talks, workshops, and panels. He writes readertorials on various topics, uses sarcasm and analogy to explain how “health care” became “wealth snare” and has little to do with health. He has walked around the Globe twice inside Oregon, run 14 marathons, and survived 6 triathlons. He loves cats, foreigners, and bicycles.

How Fat Fear, Carb Confusion, and Sugar Seduction Enslave Us and How to Get Free

Chris will discuss the cause of so many health problems today—the Standard American Diet (SAD), still medically promoted, and how to free yourself of false foods (phude). Anthropological nutrition is the most advanced genetic model—science, while nice, has taken us backwards. He will discuss problems with carbohydrates and sugars; and how shifting to a higher-fat diet can reap many health benefits including weight loss, energy gain, & a clearer brain!

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Contact Info:

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Location: Corvallis, OR

Pam Savory / Barb Westover

Freedom Rising Spiritual Community

Pam Savory and Barb Westover are co-founders of Freedom Rising Spiritual Community, and have been facilitating circles for 12 years. Practitioners of shamanism, they define themselves as ministers, breathwork facilitators, shamanic counselors and Reiki masters. They facilitate groups through their program.

Shamanic Breathwork, Spiritual and Energy Healing

Barb and Pam will offer a short description of their program and the results they have witnessed. They will then offer an experiential exercise with chakras, attuned music, art, and sharing as time allows.

“We are committed to recognizing each person as whole and facilitating each person’s inner power to align themselves with their higher truth. Our circles are safe and loving and each person feels heard and loved.”



Contact Info:

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Location: West Linn, OR

Steve Goldsmith, MD

Dr. Goldsmith MD is a Board Certified psychiatrist with a private practice in “green psychiatry.” He has particular interest in natural treatments that enable people to stay off or get off psychiatric medication. He has held staff positions with the Tufts, Boston University, and New York University Schools of Medicine and is the author of a book, *Psychotherapy of People with Physical Symptoms: Brief Strategic Approaches* (1986). He has practiced homeopathic medicine for twenty years, specializing in its use for psychological difficulties.

Psychiatry’s Seven Bad Ideas and How You Can Get Well Despite Them

In this talk Dr. Goldsmith discusses seven ideas that prevent contemporary psychiatry from helping its patients become safely and lastingly well. These ideas include the myth of treatment resistance, a belief in chemical crutches instead of inner self-healing resources, a treatment of parts instead of the whole, a treatment of diagnoses instead of people, a deification of diagnoses, disrespect for organismic resistance, and an overly superficial approach to human dysfunction. He will then present an overview of alternative forms of treatment for psychological difficulties that are safe and effective.

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Website: www.greenpsychiatrist.com

Location: Milwaukie, OR

Jim Gottstein, JD
PsychRights

Since late 2002, Attorney Jim Gottstein has devoted the bulk of his time *pro bono* to the Law Project for Psychiatric Rights (*psychrights.org*) whose mission is to mount a strategic litigation campaign against forced psychiatric drugging and electroshock across the United States. Starting in 2004, Jim has made addressing the alarming and horrific increase in the psychiatric drugging of children and youth a high priority. He has won four important Alaska Supreme Court cases, including a June 2006 decision, *Myers v. Alaska Psychiatric Institute*, which ruled Alaska's forced drugging procedures unconstitutional. *Myers* has been called "the most important State Supreme Court decision" on forced drugging in 20 years.

PLENARY SESSION

Claiming Our Mental Health Rights in Oregon, Individually and as a Society

Jim will discuss his experience navigating and confronting our legal and medical systems as he has worked over 30 years to create a more effective, humane, and just mental health system. He will discuss individual as well as legislative strategies that we can use to claim our mental health rights in Oregon.

ACTION GROUP

Strategizing for Making Effective Mental Health Change in Oregon

Jim will be joined by Oregon attorneys Beth Englander, JD of Disability Rights of Oregon and Alex Bassos, JD from the Multnomah Public Defenders Office to facilitate a discussion on effective strategies to improve our mental health care system in Oregon.

Ann Gonzalez

Ms. Gonzalez earned her B.A. in Communications in 1976. After making several documentaries, including one on COYOTE, the San Francisco-based prostitute's union, she moved to Los Angeles where her speaking engagements led her to an extensive career in education. For decades Ms. Gonzalez has been an active researcher on childhood sexual abuse, domestic violence and psychology/psychiatry. A member of Amnesty International for 30 years and an ACLU board member in her city, she brings her academic research and activism skills to the subject of psychiatric abuses/ineffectuality. She is a writer and professional advocate for psychiatric reform.

A System Too Bad Not to Fail

Ms. Gonzalez will speak about the critical intersection of constitutional freedoms, legal precedent, social belief systems, psychiatric trends in the past ten years, using her personal experiences with psychiatry. Her particular focus will be the highly dangerous and abusive aspects of false diagnoses, involuntary commitment laws, forced drugging and the lack of legal recourse for those caught up in the mental health system through error or malice. References and resources for those wishing to publicize their stories and gain support for psychiatric reform will be provided.

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Contact Info:

Email: ilustre@sbcglobal.net

Mary Hammond, MA, LPC

Mary Hammond, MA, LPC, Diplomate in Comprehensive Energy Psychology, is a counselor, trainer, consultant writer, healer, and seeker from Salem, Oregon. She has a background in human development, play therapy, and teaching as well as energy work. She is a developer of Dynamic Energetic Healing® (DEH) and is the author of numerous professional publications as well as her book, *Living Your Soul's Purpose: Wellness and Passion with Energy Psychology and Energy Medicine*. Mary lives her soul's purpose teaching seekers, healers and leaders, as well as parenting two generations of children in Salem, Oregon.

Alive Again! Depression Free with Energy Psychology and Energy Medicine

Having healed from depression and cancer, Mary demonstrates how we can use Emotional Freedom Techniques (EFT) with the components of (DEH) to release psychological reversal, neurological disorganization, the origins of trauma, loss and grief, death wishes, shattered energy fields, soul loss, out of body & limiting beliefs/identities—the energies of dis-ease. Mary will also outline research in energy psychology (EP), as well as her own DEH® clinical data following over 200 clients who are depression free and 95% medication free.



Contact Info:

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Phone: 503-585-8992

Websites: onedynamicenergetichealing.org
maryhammond.net
energyoflearning.com

Miranda Lovelong

Miranda Lovelong's personal story is that her heart was broken open in December by working with people living on the streets of Portland, and she ended up in a psyche ward with a first-time psychotic experience. Coming out of the hospital, she longed for a retreat center she could go to where holistic modalities for mental wellness are available in a natural setting outside of the city, but found none in the Northwest. Ms. Lovelong is a retired Retreat Center Director.

ACTION GROUP

Creating a Healing Retreat Center

Creative brainstorming/planning session with others who are interested in initiating a program for holistic mental/emotional wellness retreats here in Oregon.

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Contact Info:

Email: Miranda@gocamping.org

Phone: 503-348-7498

Ben Luskin

Ben Luskin is a Life Coach, Peer Support Specialist, author, and voice for empowerment in Eugene, Oregon. He is the founder and director of Launch Empowerment Mentoring, a support service that assists individuals in realizing fulfilling lifestyles, and serves on a handful of boards and councils statewide. Following a lifetime of recovery, Ben has become convinced that all individuals hold within themselves the tools they need to succeed. Often, he notes, failures can be turned into successes through simple shifts of perception. His work focuses on encouraging individuals to accept themselves as they are—helping them to identify with their strengths and potential, rather than their perceived weaknesses and limitations. He shares life with his loving partner, Mary, and their two beautiful daughters, Avi and Pearl.

Five Stages of Recovery

As a survivor of a severe traumatic brain injury (TBI), Ben has become intimately familiar with the road of recovery. In this presentation, Ben will briefly tell the story of his own experience, before facilitating group discussion around five stages of recovery. His presentation will provide opportunities for consumers/survivors to relate to each other's experiences, tearing down walls of isolation and clearing the way for a free interchange of tools, techniques, and strategies.



Contact Info:

Email: launchmentor@gmail.com

Phone: 541-999-1217

Website: launchmentor.com

Location: Eugene, OR

Casadi “Khaki” Marino, LCSW, CADC III, RYT-200

Casadi Marino, is a student in the PhD in Social Work and Social Research program at Portland State University. She worked for seventeen years in community mental health programs. She is a vinyasa yoga teacher registered with the National Yoga Alliance. She taught a series of classes on the therapeutic uses of yoga to employees of Clackamas County Mental Health and led a class on yoga for advocacy at last year’s Rethinking Psychiatry conference. She was a co-presenter at Alternatives 2011 on a research project regarding self-determination and career planning for transition aged adults with mental health histories. She identifies as someone in recovery from bipolar disorder and substance abuse.

Yoga for Sleep

This workshop will be a yoga class with a lecture component. The session will include a breathing technique, a meditation, and asanas (yoga poses). Yoga allows the individual to turn down the level of arousal and shift from the sympathetic (get up and go) nervous system to the parasympathetic (calm and stop) nervous system. The poses allow for the release of muscle tension and the lowering of cortisol and adrenaline levels. Participants will gain skills in directing awareness and letting go of tension.



Contact Info:

Email: casadimarino@hotmail.com

Phone: 503-490-5856

Location: Oregon City, OR

Elissa Mendenhall, ND

Dr. Elissa Mendenhall is the founder and director of Amenda Clinic for holistic mental health and addiction treatment and she also serves as the medical director for the Center for Behavioral Health in Albany, Oregon. Dr. Mendenhall's early discovery that people could treat illness using plants, and personal struggles with anxiety and depression that led her to biofeedback and meditation, kindled a lifelong interest in mental health and mind-body medicine. Her long-established yoga practice, a cornerstone to her own emotional wellness. Dr. Mendenhall has studied holistic mental health with Julia Ross, author of *The Mood Cure*, William Walsh, a founder of the Pfeiffer Treatment Center, and Eva Edelman, author of *Natural Healing for Schizophrenia*, among others. Her practice incorporates healing modalities, from orthomolecular to homeopathy, nutritional analysis to medication, biofeedback to counseling, and always starts with the basic tenets of medicine: First, do no harm, treat the cause, and listen well.

Broken Brains: Mental Health, the Brain and the Body

A brief presentation/storytelling/discussion of how people have experienced mental health issues, and recovery, by looking at all aspects of mental health, from brain chemistry to the energetic body, from insight to nutritional deficiencies, and from genetics to meditation, and everything else.

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Contact Info:

Email: dr.elissa@yahoo.com

Phone: 503-239-8181

Website: www.amendaclinic.com

Location: Portland, OR

**Chaya Grossberg / Carole Jean
Casadi Marino / Nicole Zell
Portland Hearing Voices**

Portland Hearing Voices is a community group that promotes mental diversity through public education, discussion groups, training, and community support related to hearing voices, seeing visions, and having unusual beliefs and sensory experiences often labeled as psychosis, bipolar, mania, paranoia, schizophrenia, and other mental disorders. We aim to reduce fear and misunderstanding, question stereotypes, promote holistic health options, overcome isolation, and create a more inclusive community.

***Introduction to Voices and
Extreme States Support Groups***

Over the past three years Portland Hearing Voices has organized peer-run Voices, Visions and Extreme States support groups at Empowerment Initiatives, reaching hundreds of people. These groups offer people who experience such extreme or unusual states a place to share and discuss what they experience in a non-judgmental group setting, learn new wellness and coping tools, study alternative ways of understanding, make friends, and build community. Come learn about how these groups are changing lives and how can you or your agency/group can set one up.



Contact Info:

Email: portlandhearingvoices@gmail.com

Phone: 413-210-2803

Website: www.portlandhearingvoices.net

Location: Portland, OR

Tim Shannon, ND

In his private practice in Portland, Dr. Tim Shannon specializes in the treatment of mental health and cancer. He uses classical homeopathy, botanical products, and precise nutritional-supplements for a wide range of complaints including ADHD, OCD, PMS, Autistic Spectrum, PTSD, Eating Disorders, Bi Polar, Schizophrenia and more. Shannon lectures at NCNM as well as to the local community on a variety of mental health and cancer related issues.

The Hypothyroid-pituitary Axis and its Role in Depression and Anxiety Treatment

This talk will cover the vital role of the HPA on mental health. For many people suffering from anxiety or depression, dysfunction of the HPA is either preventing full recovery or impeding it. In this talk we will discuss how the HPA relates to mood and the experience of one's energy (both physical and emotional). We'll look at resilience expectations, some of the natural treatments that can be effective at getting the HPA back into balance. The talk is designed to be non-technical and interactive. Participants should expect to come away with simple treatment options they can try on their own, and know when it is more realistic to get professional help.



Contact Info:

Email: drt@drtshannon.com

Phone: 503-236-8853

Website: solasclinic.com

Location: Southeast Portland, OR

Charles A. Simpson, DC, DABCO

Dr. Charles Simpson is a chiropractic physician and a certified managed care executive. He is a member of the Oregon Chiropractic Association, American College of Medical Quality. And the Chiropractic Ethics Committee among others.

Evidence Based Review of CAM for MH

Dr. Simpson will review the evidence base for complementary and alternative interventions for mental health disorders, with a focus on chronic pain, substance abuse, and anxiety/depression. He will discuss his experience in a commercial insured population of mental health diagnosis and treatment by CAM practitioners.

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Contact Info:

Email: csimpson@chpgroup.com

Phone: 503-619-2041

Location: Beaverton, OR

Krista Tricarico, ND

Dr. Krista Tricarico has been working in the mental health field since the early 1990s. Disappointed in the conventional approaches, she has steeped herself in holistic medicine and is committed to providing options to those experiencing mental and emotional concerns. She is a naturopathic physician and owner of Open Mind Medicine, a private practice specializing in holistic mental health.

Experiences with Body-Mind Healing

Just as thoughts and attitudes affect our physical well-being, the health of our bodies has a direct effect on our moods, outlook and mental clarity. Dr. Tricarico has long been fascinated with the mind-body connection. Drawing from her personal as well as professional journey, she will share experiences with healing the mind through the body, and then lead a discussion of yoga, meditation, and mindfulness somatic counseling as well as naturopathic approaches to mental health including, nutrition, environmental medicine, hormone therapy and blood sugar balancing. Come explore your own body-mind conversation and learn ways to access this communication for your own healing.



Contact Info:

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Phone: 503-593-8900

Website: openmindmedicine.com

Location: Portland, OR

Ron Unger, LCSW

Ron Unger, LCSW is a therapist and educator specializing in cognitive therapy for psychosis, and in understanding and working with the relationships between trauma and spiritual, creative, and “psychotic” experiences. He is also the author of the blog *recoveryfromschizophrenia.org* and the coordinator for the Lane County chapter of MindFreedom.

Dialog at the Edge of Reason:

Addressing Spiritual Issues w/in Mental Health Treatment

Mental health professionals are trained to empathize with people, and to use a person’s own language and metaphors where possible. Yet these same professionals typically base their explanations on reason and on science, while many people, especially those diagnosed with psychosis, often speak in ways that defy or transcend “reason,” and use spiritual concepts or metaphors instead. Professionals are likely to view such spiritual talk as “hyper-religiosity” and as part of a mental disorder, or at best as something they lack the expertise to discuss. These differences create a barrier to an effective therapeutic relationship. This workshop is geared to help even atheistic professionals learn to see spiritual language and metaphors as potentially meaningful ways of discussing complex dynamic processes related to trauma, attachment, and identity. By becoming willing and skillful participants in discussing spirituality within experiences like psychosis, professionals can make recovery more likely.



Contact Info:

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Phone: 541-513-1811

Website: recoveryfromschizophrenia.org

Location: Eugene, OR

National College of Natural Medicine (NCNM)

NCNM, established in 1956 in Portland Oregon, is the oldest programmatically accredited naturopathic medical education institution in North America, providing four and two year degree programs in naturopathic and Chinese medicine, and also in natural medicine research. NCNM offers a post-graduate certificate botanical medicine geared for professionals who wish to provide clients and patients with practical, accurate, and up-to-date information about safe and appropriate uses of herbal medicines.

NCNM has multiple clinics throughout Portland. The College's Helfgott Research Institute is central to the academic and clinical education NCNM students receive. Naturopathic graduates are trained to provide full scope of health care practice as licensed primary care physicians. Chinese and naturopathic medicine practitioners turn to clinical practice, research, and increasingly working alongside medical doctors within hospital integrative medicine centers. The Northwest Commission on Colleges and Universities accredits NCNM.

ncnm.edu

Association for Comprehensive Energy Psychology (ACEP)

The Association for Energy Psychology is an international organization of energy practitioners from dozens of disciplines. We provide education, information, training and support for practitioners and patients/clients seeking deep healing strategies based on ancient traditions.

energypsych.org



Dynamic Energetic Healing® Institute

Developed by Mary Hammond, MA, LPC, Dynamic Energetic Healing provides counseling, healing and in-depth training in a specialized model of energy psychology and energy medicine.

dynamicenergetichealing.org

Disability Rights Oregon

As Oregon's designated Protection and Advocacy System for more than 30 years, Disability Rights Oregon (DRO) has a unique role: to uphold the legal rights of people with disabilities. DRO promotes Opportunity, Access and Choice for individuals with disabilities by assisting them with legal problems directly related to their disabilities.

We do this in a variety of ways, which include:

- Promoting awareness among people with disabilities of their rights under the law
- Providing information, tools and referrals that empower individuals to advocate on their own behalf
- Investigating and, when appropriate, addressing reports of abuse and/or neglect
- Representing individuals in cases where legal expertise is needed
- Pursuing policy changes that benefit many people with disabilities, both now and into the future
- Litigation when necessary

Mission: Our Mission is to promote and defend the rights of individuals with disabilities.

Vision: We envision a society in which persons with disabilities have equality of opportunity, full participation and the ability to exercise meaningful choice.

disabilityrightsoregon.org

MindFreedom International (MFI)

MindFreedom International is an independent nonprofit that unites 100 grassroots groups and thousands of members to peacefully take action for human rights in the mental health system. While we are open to the public, a majority of our members identify themselves as “psychiatric survivors,” that is, individuals who have personally experienced human rights violations in the mental health system. All who support human rights are welcome to join. MFI members and leaders include mental health professionals, advocates, attorneys and family members.

MFI’s main goals:

- Win human rights campaigns in mental health, such as opposing coerced, forced and fraudulent mental health procedures.
- Challenge abuse by the psychiatric drug industry.
- Support the self-determination and voice of psychiatric survivors and mental health consumers.
- Promote safe, humane and effective options in mental health.

mindfreedom.org

Folk Time

Folk Time is the tri-county peer-run mental health socialization/relapse prevention program. We are a community of adults with persistent mental illness who come together to support each other, make friends, and become healthier. Admission criteria is an axis I diagnosis and the desire to participate in a positive atmosphere focused on wellness and recovery.

Folk time is also launching a new program for peer provided services to military veterans and people returning to the community from the Oregon State Hospital. Folk Time currently has over 300 registered members who attend regularly or rarely as they see fit.

folktime.org



Recovery International

Recovery International is an international nonprofit peer-to-peer self-help organization founded by neuroscientist Abraham Low, MD to help people with nervous and emotional disorders improve their mental health. They are celebrating their 75th year! The RI method parallels principles found in cognitive/behavioral therapy and can be use by individuals or with professional help. Meetings led by trained and experienced peers are held weekly, and last approximately two hours.

recoveryinternational.org

The Amenda Clinic

The Amenda Clinic is an integrative clinic providing natural mental health and addiction treatment in a safe and respectful environment. Our practitioners focus on whole-person care from a holistic perspective by examining and healing the underlying causes of disorders or imbalance.

We treat a wide range of mental health issues with the fundamental idea that true recovery from mental illness is possible. OPENING JULY 2012.

amendaclinic.com



D'Anne Olsen, PhD, LMT, EFT Cert-II **EFT Energy Healer and Therapist**

As a former English professor, mental health counselor and massage therapist, D'Anne Olsen has spent her life looking for ways to help folks achieve greater health and happiness. EFT found her about 12 years ago, and, "It feels like home." D'Anne is an EFT Energy Healer in private practice, and adores teaching and doing presentations. Her table is an opportunity to share about EFT and its powerful role in healing. Also available is her book, *Return to Joy*.

PeacewithEFT.com

M.O.M.S.

The M.O.M.S. Movement is the
Movement Of Mothers-and-Others
Standing-up-together Raising the Village
And Taking Back our Children from psychiatric
Drugging, from mental institutions, from the state,
From institutional insanity.

We also educate people about suppressed research and
information regarding the use of psychiatric meds.

MentalHealthRightsYES.org



Celiac Disease and Gluten Sensitivity

Dorothy Rasche, BSN

Celiac Disease is the most common genetic disorder in the world today. Gluten sensitivity is also the most undiagnosed autoimmune disease. The only treatment known to date is to follow a gluten-free diet. 97% of gluten-intolerant Americans go undiagnosed and untreated. While classified as a digestive disease, it is actually a multi-symptom disorder with many nervous system involvements. It affects infants, children and adults. Left untreated, gluten-intolerance can lead to other serious conditions including osteoporosis, seizures, infertility, cancer, and “mental illnesses.”

glutenfreechoice.com

Talking Drum Bookstore

The Talking Drum Bookstore is located at Reflections Coffeehouse, a privately owned, civically minded community gathering cafe at 446 NE Killingsworth Street in NE Portland. It is “Your Best African American Literature Source and Espresso Bar.” Reflection Books will be selling Robert Whitaker’s book, *Anatomy of an Epidemic* and more.

503-288-4070

talkingdrumbookstore.com



Borage Books

Eva Edelman

Goals: To make information on alternative mental health treatments, particularly nutrition-based approaches, widely available, to educate both the public and mental health professionals, and to inspire further research.

Ms. Edelman will be leading a workshop at 10:30 and will otherwise be intermittently available for questions.

boragebooks.com

Citizens Commission for Human Rights

CCHR is a non-profit, non-political, non-religious mental health watchdog organization. CCHR is responsible for helping to enact more than 150 laws protecting individuals from abusive or coercive practices. CCHR has worked for more than 40 years for full informed consent in the field of mental health, and the right to all information regarding psychiatric diagnoses and treatment, not just the information coming from those with a vested interest in keeping patients in the dark.

The CCHR table will focus on Informed Consent—what it is and what it means to consumers seeking mental health services. Handouts available include CCHR’s Mental Health Declaration of Human Rights, and the Psychotropic Drug Series booklets, *The Facts About the Effects*.

cchr.org



Critical Thinking and the Medical Model

Steven Spiegel

An opportunity to dialogue with Steven Spiegel about fundamental scientific anomalies of the medical model advanced by biological psychology/psychiatry. Steven is an independent natural scientist whose experiences with mental distress gave him a unique perspective of human psychology, and encouraged investigation of the scientific tenets of the prevailing paradigm.

Sisters of the Road

Sisters of the Road is committed to building community power with people who society has oppressed because of their socioeconomic status. We believe in the work this movement is doing and we think it would be beneficial to attendees and our organization to learn about the powerful political work Sisters is doing around housing, health, and civil rights- all of which affect people surviving mental health issues.

sistersoftheroad.org



Freedom Rising Spiritual Community

Pam Savory and Barb Westovder are both: Usui and Tibetan Reiki masters; Shamanic Reiki masters; Master Shamanic Breathwork facilitators; and ministers of Venus Rising. They both have PhDs in Shamanic studies from Venus Rising University. Their congregation is part of the Venus Rising Shamanic Healing Arts congregation, allowed to operate as independent entities. They both have studied with many shamans from around the world and are master students of the universe with a keen interest of transforming the world one person at a time.

freedomrisingspiritualcommunity.org

We would like to thank the following organizations for their support and promotion of this event:

National College of Natural Medicine
MindFreedom International
Folk Time
Portland Hearing Voices
Disability Rights Oregon
The Real Wealth of Portland
The Economic Justice Action Group
Association of Energy Psychology
Dynamic Energetic Healing Institute
M.O.M.S. Movement
Empowerment Initiatives
Talking Drum Bookstore
Recovery International
Occupy Portland
Sisters of the Road
The Amenda Clinic

**We want to especially thank
First Unitarian Church of Portland
for their ongoing support for this
essential social justice work.**



*All donations go to support this symposium
and future Rethinking Psychiatry events.*



In celebration and appreciation
of all who are creatively and courageously
Rethinking Psychiatry.