

Let's Talk About It!

July 2016

Wellness Radio

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Thursdays at 8:00 a.m.



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SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of July 4 th	<p>Betrayal Blindness and Institutional Betrayal How can a person seemingly be blind to extremely abusive experiences, seemingly forgiving their abusers even though their personal lives and wellness are left shattered? Join us as psychologist, teacher, author and researcher, Dr. Jennifer Freyd reviews the research and challenges associated with intrapersonal abuse and trauma.</p>	<p>Jennifer Freyd, PhD Professor of Psychology University of Oregon</p>
Week of July 11 th	<p>Youth and Young Adult Programs: Clinic Overview These services are integrated, individualized, and developed to promote individual and family-centered recovery, resiliency, and wellness for individuals 14-25 years old. The program focuses on the individual's strengths and unique needs in an effort to promote healthy and stable living.</p>	<p>Luz Marina Vasquez Mental Health Rehabilitation Technician and Norma Avila Mental Health Rehabilitation Technician Youth & Young Adult Services</p>
Week of July 18 th	<p>Youth and Young Adult : Anxiety and Depression Therapy Some feel and research suggests that modern society is more stressful for youth and young adults, with social media, difficulty starting careers and social pressures all impacting wellness. Evidence-based therapy practices have been proven effective in targeting specific mental health symptoms and promoting recovery.</p>	<p>Andrea Platero, PCCI Mental Health Clinician Youth & Young Adult Services</p>
Week of July 25 th	<p>Youth and Young Adult Full Service Partnership: Program Overview Sometimes conventional mental health services alone don't seem to be enough. Full service programs help youth and young adults with specialized needs for an individualized, innovative and integrated service designed to instill hope and inspire recovery.</p>	<p>Guadalupe Torres, MFT Intern Mental Health Rehabilitation Technician Youth & Young Adult Services</p>



With Scott Dudley & Maria Wyatt

If you have any questions that you would liked answered on the show, please send an email to wellnessradio@co.imperial.ca.us

