



Saturday Behavioral Health Lifestyle Workshops

January – June 2009

1:00pm – 3:00pm

Except for Birding 101 = 10:00 am – 12:00 pm

Upper Level Lecture Hall

DATE	WORKSHOP TITLE	PRESENTER
01/03/09	Knitting 101	Katherine Applegate, Ph.D.
01/10/09	Birding 101 (10:00 am – 12:00 pm)	Peter Perlman, LCSW
01/17/09	Feeding the Need: Finding New Ways to Fill the Cookie Jar	Marit Weikel, LPC
01/24/09	Creativity as a Life skill	Bree Kalb, LCSW
01/31/09	Healing Spirit, Mind, and Body	Karen Ziegler, DMin
02/07/09	Birding 101 (10:00 am – 12:00 pm)	Peter Perlman, LCSW
02/14/09	Feeding the Need: Finding New Ways to Fill the Cookie Jar	Marit Weikel, LCSW
02/21/09	Crocheting 101	Katherine Applegate, Ph.D.
02/28/09	Understanding and Improving Your Relationship with Food	Sofia Rydin-Gray, Ph.D.
03/07/09	Birding 101 (10:00 am – 12:00 pm)	Peter Perlman, LCSW
03/14/09	Creativity as a Life skill	Bree Kalb, LCSW
03/21/09	Knitting 101	Katherine Applegate, Ph.D.
03/28/09	Feeding the Need: Finding New Ways to Fill the Cookie Jar	Marit Weikel, LPC
04/04/09	Birding 101 (10:00 am – 12:00 pm)	Peter Perlman, LCSW
04/11/09	Crocheting 101	Katherine Applegate, Ph.D.
04/18/09	Everything in Moderation	Kathleen Cannon
04/25/09	Feeding the Need: Finding New Ways to Fill the Cookie Jar	Marit Weikel, LPC
05/02/09	Birding 101 (10:00 am – 12:00 pm)	Peter Perlman, LCSW
05/09/09	Understanding and Improving Your Relationship with Food	Sofia Rydin-Gray, Ph.D.
05/16/09	Mind/Body Tools for Emotional Self Healing	Kathy Murray, LCSW
05/23/09	Everything in Moderation	Kathleen Cannon
05/30/09	Birding 101 (10:00 am – 12:00 pm)	Peter Perlman, LCSW
06/06/09	Knitting 101	Katherine Applegate, Ph.D.
06/13/09	How to be Happy	Karen Ziegler, DMin
06/20/09	Everything in Moderation	Kathleen Cannon
06/27/09	Birding 101 (10:00 am – 12:00 pm)	Peter Perlman, LCSW

Birding 101*** PLEASE NOTE: Time is different for this class only!! 10:00 am – 12:00 pm**

Interested in getting your exercise without noticing you're exercising? Having an activity that is interesting, involves moving your body and exploring new locations as close to home or as far off as you care to travel might just be your ticket! This workshop is an introduction to the world of bird watching, one of today's fastest growing recreational activities.

We'll start with a presentation on some of the ways people explore the world of birds, their activities, tools and resources including the Internet. We'll also introduce you to some of the birds we're likely to see here in Piedmont North Carolina this time of year. Then, if weather permits, we'll head out for a gentle walk along the American Tobacco Trail, which runs along the eastern edge of the DFC campus. So far this year we've seen over twenty different species nearby.

Creativity as a Life Skill

Many people use food to deal with distress and improve their mood. This class teaches you another way to create pleasure and satisfaction for yourself. Using simple art materials and found objects, you'll learn ways to express and release feelings and to simply enjoy yourself. Art experience or skill is NOT required.

Crocheting 101

Boredom is often cited as a trigger for snacking. Combating boredom by structuring your "down time" with on-going projects can reduce this temptation to eat and help you manage your weight. Crochet is a popular and easy needle craft that is highly portable and can be carried with you conveniently to appointments, while traveling, or during commutes. This class will first provide participants with information about the basic skills needed to begin a simple crochet project, such as a scarf or hand towel. Then, participants can borrow hooks and yarn to practice the basics of crochet during the class. Those with experience in crochet are also encouraged to attend and assist others in the learning process or to show off some of their projects.

Everything In Moderation

Julia Child Advocated the idea that everything in moderation was helpful. Many times people have a tendency to go overboard on work, food, or other types of activities. This class will talk about leading an active, but moderate lifestyle. Extremes in eating or other activities can be very taxing on the body and mind. This class will talk about keeping lifestyles on an even keel to ensure that a proper balance is being maintained.

Feeding the Need: Finding New Ways to Fill the Cookie Jar

Don't throw out that cookie jar just yet! In an effort to save the ceramic, we will use this workshop to fill the jar with new and exciting ways to comfort, uplift and even inspire!

This class has two parts. During the first part of the class we will brainstorm and strategize, as a class and on worksheets. Each participant will leave this class with new ideas and will be able to begin deciding what will be in their cookie jar at home. For the second part of the class, a variety of materials

and projects are provided for those interested in beginning to work with the ideas they have created. Instead of reaching for a cookie when you are feeling tired, stressed or bored, what will be in **your** jar?

Healing Spirit, Mind, and Body

Most people find that being at the DFC makes them feel better not only physically but also mentally and spiritually. Why is that? There are many reasons, but one is that the DFC is a remarkably safe environment, one in which most people feel accepted exactly as they are. In this atmosphere, our own inner compassion for ourselves can thrive. Another reason is that as we grow stronger and healthier, we realize there is more right with us than wrong with us. This allows us to build on our success and stop wallowing in feelings of failure. In this workshop, we will build skills in the practices of meditation and contemplation. We can do these practices at home to increase self-compassion and become increasingly grounded in our inner genius for our own continued self-healing.

How to be Happy

All human beings yearn for happiness. This yearning is part of what brings people to the DFC. How can we stop undermining the promise of happiness in our lives? How can we practice a way of life which allows us to gradually discover deeper and more lasting happiness? Through discussion, brief lectures, and exercises in self-inquiry, contemplation, and meditation, we will explore these questions.

Knitting 101

Knitting, crochet, and other needlecrafts are more popular than ever! New yarns and project ideas are not just for grandmothers anymore. In fact, knitting has been studied as an excellent form of relaxation. In this session, we will discuss how crafting in general can enhance your health and decrease your stress. Materials will be on hand to demonstrate fun and easy projects that are portable, colorful, and make great gifts. If you already know how to knit or crochet, please bring your materials and help a friend learn the art of needlecrafts. If you have other crafts that help you stress less, please bring them to show off your work.

Mind/Body Tools for Emotional Self Healing

Lifestyle change sometimes requires healing of long-standing emotional patterns and ways of thinking and acting that at times are hard to recognize. Understanding how these impact your ability to achieve sustainable change requires self-awareness, self-acceptance and self-nurture. In this workshop we will explore techniques for managing and transforming stress, self-judgment and difficult emotions into more manageable and healthy forms. The workshop will include mindfulness meditation, guided imagery, expressive art work, and other strategies for accessing intuition and inner wisdom.

Mindfulness-Based Stress Reduction

Mindfulness-Based Stress Reduction was first taught at the University of Massachusetts School of Medicine in 1979 by Dr. Jon Kabot-Zinn as a way to help patients with chronic pain and stress. Drawing on his experience of meditation, he developed an 8-week class which also included yoga, discussion, and techniques to develop awareness of the body. Since that time, use of these techniques has expanded considerably. Mindfulness-based approaches can be a useful addition to your weight loss program and a valuable tool in the management of other medical issues. In this workshop, we will explore mindfulness through brief periods of meditation, discussion, reflection, and body movement and awareness.

Self Effort and Grace

Becoming healthy physically, mentally, and spiritually requires tremendous effort. Still, in everyone's life there is also grace. Grace is the magic in our lives, the help we get from others for no apparent reason, the feeling of being accepted. It is the feeling that we are aligned with our own inner power and connected with something larger than ourselves. Grace is the experience of understanding that the true source of happiness is not outside ourselves, but within. In this workshop, we will look at ways we can balance self-effort and grace in our lives ("doing and being") so that we can accomplish our goals without exhausting or depriving ourselves, and connect with the source of grace within and around us.

Understanding and Improving Your Relationship with Food

Sometimes our relationship with food brings temporary comfort, yet holds us back from health and happiness. Come to this workshop to explore ways to change this relationship and open yourself up to experiencing and managing your emotions in a healthy way.