

Registration Form on Reverse Side

Directions & Parking

Training Site:

Westside Pavilion,
Community Room B, Level 3, (behind Landmark Theatres)
10850 W. Pico Blvd., Los Angeles, CA 90064

Directions from the San Fernando Valley

405 Fwy South to Olympic/Pico Blvd. exit, turn left on Sawtelle Blvd., and left onto Pico Blvd. Park at the Southwest corner of Pico and Westwood at the Westside Pavilion parking lot. Take elevator to Community Room B across from Barnes & Noble and behind to the Landmark Theatres.

Directions from downtown LA

10 Fwy West to Overland Ave. exit, turn right onto Overland Ave., left onto W. Pico Blvd., left onto Westwood Blvd and right turn into the Southwest corner parking lot & follow the directions above.

Directions from the South Bay area

405 Fwy North to Olympic/Pico Blvd. exit, turn left on Sawtelle Blvd. and left onto Pico Blvd. Park at the Southwest corner of Pico and Westwood at the Westside Pavilion parking lot and follow the directions above.

Cancellations/Refunds

Registrants unable to attend should contact us as soon as possible. Full refund available for cancellations requested prior to March 17th. After March 17th there will be a refund minus a \$20 administrative fee. For Information & Special Accommodation requests, contact Sherly Khodadad, MFT at Campion Mental Health Center 310-828-6007 ext. 174 or via email: SherlyKhodadad@yahoo.com

Professional Continuing Education

Documentation of attendance will be maintained and certificates of attendance for 4 contact hours will be issued at the end of the training. Campion Mental Health Center & The Relational Center offers continuing education workshops, lectures and seminars throughout the year to help professionals support their ongoing development and to influence their practice in ways that help to implement their missions and values. Campion Mental Health Center is authorized by the Board of Behavioral Sciences to provide qualified continuing education credit to Licensed Marriage and Family Therapists and Licensed Clinical Social Workers (provider #PCE2232). The Relational Center has been approved by the Board of Behavioral Sciences (provider #PCE4127) to provide qualified continuing education to Licensed Marriage and Family Therapists and to Licensed Clinical Social Workers. The Relational Center has also been approved, and approval has also been granted by the California Psychological Association (provider #CEN056) to offer mandatory continuing education to California Licensed Psychologists.



Detach and send completed form
to:
Campion Mental Health Center
1453 16th Street
Santa Monica, CA 90404
ATTN: Sherly Khodadad, MFT



and
THE RELATIONAL CENTER
present

**“Two Perspectives in the Treatment of
Anxiety, Depression and Addiction:
The Use of Nutritional Supplements
and a Relational Model of Care.”**

A Training Workshop
led by
Hyla Cass, M.D.
and
Mark Fairfield, LCSW, BCD

Saturday, March 28, 2009
Westside Pavilion
9:00 am – 1:30 pm

Registration 8:15 am – 9:00 am

Book Included With Your Registration



*“Natural Highs: Supplements,
Nutrition, and Mind-Body Techniques
to Help You Feel Good All the Time”*
Hyla Cass, MD and Patrick Holford
Penguin Putnam, 2002

Book signing with Dr. Hyla Cass
is scheduled from 1:30-2:00 pm



1453 16th Street
Santa Monica, CA 90404



Campion Mental Health Center

Campion Mental Health Center is a project of OPCC (formerly known as Ocean Park Community Center), a 501 (c) (3) non-profit organization. Founded in 1963, OPCC has grown to become a network of shelters and services whose aim is to empower individuals who have been impacted by violence, poverty, homelessness, and discrimination to rebuild their lives. Campion serves people who are experiencing trauma, including a vulnerable population of battered women, abused children, and homeless individuals and families. We also have an internship training program in-place for mental health interns, and provide monthly in-service trainings to the local mental health community. Please visit our website: www.opcc.net



Founded in July of 2007, The Relational Center is a 501(c)(3) non-profit public charity whose mission is to increase diversity in the helping of professions to expand access to culturally competent counseling, coaching and consulting for individuals, families, organizations and communities. We are committed to serving people of color, sexual minorities, and people who are multiply diagnosed with mental and physical illness, chemical dependency and poverty. The Relational Center achieves these important aims through training programs to helping professionals while conducting that training in the context of providing wellness services directly to the public. For more information please visit our website: www.relationalcenter.org

Hyla Class

Hyla Cass, M.D. will present on Using Diet and Supplements in Medication-Free Treatment of Anxiety, Depression, and Addiction. Dr. Cass will address how anxiety, depression, addiction and even bipolar disorder are often due to underlying physical or metabolic problems, largely undetected and under-diagnosed by mainstream psychiatry. The medications often prescribed in these cases address symptoms only, do not deal with the root cause, and can have a range of often debilitating side effects. Dr. Cass will explain how anxiety, depression, addiction and other mental and emotional symptoms are related to imbalances in brain and body chemistry. Medication, with its attendant side effects, should be used only as a last resort in recovery. Diet, supplements and lifestyle changes can eliminate cravings and mood problems, and enhance behavioral interventions. She will present nutrient protocols that can substitute for and be used along with medication, as well as to safely transition off medication.

1. Internal biochemistry including levels of blood sugar, hormones and neurotransmitters affect mood and cognition.
2. Specific lab testing can help determine the nature of the imbalance.
3. Imbalances in biochemistry can be treated with specific diet and supplements, including vitamins, minerals, amino acids and herbs.
4. This approach provides a more physiological alternative to prescription medications.
5. Using appropriate precautions, supplements can be used adjunctively both to enhance pharmaceutical effects, to allow for lower dosing, and to aid in medication discontinuation.

Hyla Cass M.D. is a board-certified psychiatrist and nationally recognized expert on integrative medicine. She has integrated nutritional medicine with psychiatry in her clinical practice of over 20 years. She has appeared on such TV shows as E! Entertainment, The View, and NBC-TV, numerous radio shows, and is widely quoted in national magazines. A former assistant clinical professor of psychiatry at UCLA School of Medicine, she is also the author of several popular books including: Natural Highs, 8 Weeks to Vibrant Health, and Supplement Your Prescription. Dr. Cass' years of experience have yielded three guiding principles: Treat the whole person - mind, body, spirit, and environment. Look first for the deepest root problems beneath any symptoms. Apply a continuum of treatments, always beginning with the safest, most natural, and most benign. She has developed many specialized nutritional supplements, and has a private practice in Pacific Palisades, CA. For more information see her website www.DrCass.com

Mark Fairfield

Mark Fairfield, LCSW, BCD will present a relational perspective on the phenomena of anxiety, depression and substance misuse, exploring how what is traditionally regarded in the medical model as a "symptom" can be understood as a signal pointing to challenging conditions present in the broader context (including environmental and biological factors). Furthermore, culture plays a significant role in determining the standard of "health" or "well-being" to be used in both assessment and treatment of any mental illness. Working from a contextual stance, Mark will discuss ways of thinking about mood imbalances and compulsive use patterns as opportunities for clients to investigate their contexts, identify elements open to change, and experience themselves as creative, empowered and responsive in their families and communities.

1. Participants will identify a range of alternative frameworks to the medical model of mental illness.
2. Participants will develop and expand an appreciation of the role of social context in the emergence and ongoing maintenance of cases of mood imbalance or substance misuse.
3. Participants will acquire information about harm reduction interventions and learn about how some assumptions and strategies best support work with clients who are not able to abstain from substance use.
4. Participants will experience opportunities to integrate the concepts presented in the workshop through discussion of clinical cases.

Mark Fairfield, LCSW, BCD (Board Certified Diplomate in Clinical Social Work), is the Founder and Executive Director of The Relational Center. He is the former Clinical Director of Common Ground – The Westside HIV Community Center in Santa Monica, California, and is a former Faculty member of the Pacific Gestalt Institute. Mark is a Past-President of the Gestalt Therapy Institute of Los Angeles. In addition to his work with The Relational Center, he maintains a private psychotherapy and consulting practice in Los Angeles, where he continues his work to improve the quality of mental health care for people of diverse cultural backgrounds and for those who are multiply diagnosed. He has considerable experience working with substance users from a harm-reduction perspective. Mark has over 10 years of experience in mental health care and organizational management and supervision and continues to focus his organizational consulting work in the areas of strategic planning, leadership development, and participatory decision-making models of governance. Mark has been building on Gestalt theory to support dialogue in groups and large systems, working to develop the relational emphasis in Gestalt practice specifically with organizations and communities. For more information please visit his website: www.MarkFairfieldLCSW.com

Registration Form

- ___ \$65 Early Registration by March 10th & student /intern rate
- ___ \$75 Registration after March 10th
- ___ \$10 additional fee for CEU's

\$ _____ Total

*Included with Your Registration:
Natural Highs: Supplements, Nutrition, and Mind-Body
Techniques to Help You Feel Good All the Time
(Hyla Cass, MD & Patrick Halford) \$14.95 value
Penguin Putnam, 2002*

By Phone: 310-828-6007 x178

By Fax: 310-828-4617

Mail: **Campion Mental Health Center**
1453 16th Street
Santa Monica, CA 90404
ATTN: Sherly Khodadad, MFT

Mr. Ms. Dr.

License Type: _____ License #: _____

License Expiration date: _____ / _____ / _____

Phone: (_____) _____

Fax: (_____) _____

Email: _____

Address: _____

City: _____

State: _____ Zip: _____

Method of Payment

Check (make payable to Campion Mental Health Center)

Enclosed: \$ _____

Charge my: VISA MasterCard America Express

Card #: _____

Expiration date: _____ / _____ / _____

Amount to be billed: \$ _____

Cardholder's name: _____

Signature: _____