



Wondering on the Pathways of Life

Editor's Note By Safdar I. Chaudhary, MD

Our view of the world around us and within us, is accumulated knowledge over years. Learning to change can encourage us to question and re-think the world inside and outside, build a more equitable, multicultural society, and thereby foster inner peace and growth. Change of misperceptions and enhancing our knowledge can be beautiful and self soothing experience. Traveling inside of our own heart, our neighborhoods and globe with an open mind, a keen eye and a kind heart can be a powerful self expanding and often fulfilling experience. Learning new ways of life and enjoying the beauty of the world around us requires no prescription and is yet very effective antidote to rushed multitasking complex tension headaches we often endure. From a cocoon to become a

butterfly is a journey of beautiful transformation.

Can we develop the capacity to fully appreciate and enjoy the blessings we are given, but at the same time do what we can to share them with those not so fortunate. Can we find the balance, not walling off pain of others, and doing whatever we can to help?

At s'eclairer our dedicated staff offers multitude of services for human beings suffering from psychiatric and addictive disorders. These services include individualized confidential assessments, for individuals families and couples. Dual diagnosis care and Intensive outpatient level of care are provided to prevent inpatient level of care. We

firmly believe in recovery and attaining joy of life through effective use of medications and counseling whenever such care is appropriate. Learning effective skills to cope with life challenges is offered in variety of manner. State of the art Dialectic Behavioral Therapy (DBT) trained staff conducts groups and individual care matching your needs. Free support group "Let's talk" are offered for patients and families to overcome stigma and foster expanding horizons.

Come enjoy the difference- Relax, Rejuvenate & Enjoy a book! 724-468-3999 tel



Training with Music & Meditation

How
Did the rose
Ever open its heart
And give to this world
All its
Beauty?
It felt the encouragement of
light
Against its
Being,
Otherwise,
We all remain
Too
Frightened

Shams-ud-Din Mohammad (Hafez)

Meeting your training needs in an affordable manner? Do you and your staff return from trainings and educational seminars happy or counting the hours when the

seminar is going to be over?

Want to have fun and learn at the same time. There is more than one way to learn and be a happy human being employee, consumer an educator or a family member.

Training With music and meditation We create unique environment for the

Upcoming Events

Thursday, April 12 —Psychiatry Grand Rounds, 5:30-7:00PM, S'eclairer

Saturday, April 21—Wellness Retreat, 9AM -2PM, S'eclairer

Family Support Group—Second Thursday of the month, 6-7:30, S'eclairer

DBT Training — March 23,30 & June 22, 29 2007 for more information 814-269-2939 www.cscouncil.com

training and development of personal. We offer leadership skills and train-the-trainer workshops for those who are looking for newer and more engaging methods to work with people within all types of organizations.

Inside:

Directories	Page 2
Nature Nook	Page 2
What is on your Mind	Page 2
Moon the Beautiful!	Page 3
Keeping you in the loop	Page 3
The Music of our Molecules	Page 3



What is on your Mind ?

Sleep is crucial for learning

A number of fascinating experiments suggest that second stage of sleep is the daily session of memory maintenance and that during this time, the brain reviews and sorts the knowledge that it has encountered during the day. Some of it is discarded and some of it is stored in the appropriate context. According to this theory, sleep is required for learning and memory.

Emotions are beautiful

Emotions are now considered integral to our over-all mental health. Emotional brain overlays our thinking brain. The two exist forever intertwined. There is a critical interplay between reason and emotion. We are well aware of how brain malfunctions can cause pain & depression. We must also understand that the brain affects positive emotional responses such as laughter, happiness, and love.

Can you believe your eyes ?

Our perception of the world is not without a certain amount of 'misreading.' Our visual nervous system approximates color, shape, and dimension. Understanding what we see mostly happens in the brain, which is why a person with perfect vision is still susceptible to optical illusions. Do we know what the world looks like?

The Teenage Brain

When examining the adolescent brain we find mystery, complexity, frustration, and inspiration. As the brain begins teeming with hormones, the prefrontal cortex, the center of reasoning and impulse control, is still a work in progress. For the first time, scientists can offer an explanation for what parents already know -- adolescence is a time of roiling emotions, and interesting judgment.

A Kind Welcome!

Help us welcome



Shakeel Ahmed Khan, MD, A general adult psychiatrist with expertise in forensic psychiatry.

He graduated from the University of Pittsburgh, and is presently serving as a Clinical Assistant Professor of Psychiatry at Western Psychiatric Institute and Clinic. He completed his fellowship at UCLA, and returned to serve Western Pennsylvania. He has a wide range of experience treating serious mental illness, substance

abuse, and enjoys teaching and community work.

Dody Wellock, RN, CARN, RNCD, has completed a counseling internship at S'eclairer, and recently joined our staff as a nursing specialist. She acquired her bachelor's



degree in nursing from Duquesne University, and attended Indiana University of PA to complete her Master's degree in counseling. Dody has 20 years of experience in behavioral health and addictions.

Nature Nook

Birds sing in their sleep



When little songbirds go to sleep, what do they dream about? Why, their songs, of course, researchers say. Findings suggest that singing is very

serious business indeed for birds and they can also shed light on the theory that rehearsing new skills during sleep is important in the human learning process.

Singing is serious business for birds, used to communicate in many ways, from marking territory to attracting mates. So it is important to get it

right. Songbird dreams of singing, Scientists have recorded the firing of the brain cells when the bird sang. Zebra finches are favored by biologists because they thrive in captivity and sing constant, complex songs.

As in humans and other animals, the brain stem shuts down movement during sleep, so that the dreamer does not act out the nightly dreams.

A Blue bird size compared to a cup



Services at S'eclairer

- Psychiatric Evaluation and Treatment
- Substance Abuse Treatment
- Buprenorphine Treatment for Opiate Addiction– Recover with Dignity
- Individual and Family Counseling
- Children Evaluation and Follow up
- DBT Skills Group Therapy
- Education and Training– Internships
- Specialized Out reach

Health and Wellness Association Practitioners

www.Access2Health.org

Donald Valentine, DC, MSW
Chiropractic & Physical Therapies
(724) 539-1633

MSN, CNRP
Guided Meditation
(724) 532-6668

Ruth Fowler, MA
(724)-325-3366.

Melissa Marasia, RYT
Yoga
(412) 980-8714

Ruthanne Valentine, DMin, APRN
Counseling
(412) 372-1465

Donna Beadle .
Massage & Yoga
(724) 327-0025

Diane Dean, RN
Counseling
(412)-427-9058

Joseph Perry, PhD
Biofeedback & Behavioral Coaching
(724) 832-3851
Athanasius Cherry,

People like you to be happy
Don't keep serving them your pain
If you could untie your wings
And free your soul of jealousy
You and everyone around you
Would fly up like doves"
—Rumi

Moon the Beautiful By Safdar I. Chaudhary, MD

But how about the earth? As we look up to the skies and enjoy the heavenly bodies, moon's reflection seems to be calming and not as blazing. Moon - the most dramatic sight in the heavens. The Sun is glorious but cannot be looked at. The stars are unchanging points of light. The Moon, however, is an object of soft and glowing light that changes its shape steadily. It just let's us enjoy its presence. Countless folk stories and poetry has been written about moon. Human curiosity for eternity, growth, survival and love is reflected by the distant moon, however are we doing

justice to the earth which offers us the life and its comforts? The beautiful water in oceans, lakes, rivers and skies, fresh breeze chiming through trees and shrubs, singing birds, butterflies, fireflies, cicadas and whales the recipe of life as we know it only exists on this beautiful earth. Are we protecting this miracle of universe - Earth by doing something about our pollution, curbing the wars and increasingly destructive human capacity and arsenals? Are we destroying the others or ourselves? Can we be called anymore a really *smart* animal -homosapien? What would be smart?

Living the moment and incredible beauty and bounties of this earth with harmony and peace or planning to live where life does not exist.

"For those who have seen the Earth from space, and for the hundreds and perhaps thousands more who will, the experience most certainly changes your perspective. The things that we share in our world are far more valuable than those which divide us.

- Donald Williams Astronomer

Keeping you in the loop !

Like to enhance your business and foster healthy communities? Reaching an extended readership? Come join forces with S'eclairer and its partners in health, business and community leaders . We are very excited to launch a state of the art quarterly publication reaching more than 10, 000 readership. in Westmorland County and adjacent Communities

First publication April 2007 This several pages publication will provide rich easy to read resources across the system of health care and related businesses. We plan to foster and highlight regional assets and platform for growth and understandings among various health care fields and people we serve. This publication in addition to being available in print will also reach to millions via web. Call 724-468-3999 for further information.

Training & Educational Opportunities at S'eclairer.

Seeking internship ? Call Physician Assistant Students from Chatham & Duquesne Universities currently rotate at S'eclairer.

DBT Skills Group

At S'eclairer we offer medically monitored weekly Dialectic Behavioral Therapy Skills groups for serious and significant disorders like

Depression, Anxiety , Sleep difficulties, Chronic Pain, Substance abuse and Personality disorders.

The Music of our Molecules Ruthanne Valentine, DMin, APRN, BC



Listening to the music of our molecules is an art of science. Ask a person of science what is the truth, beauty and godness of a flower. botanical explanation of how its parts operate will be heard. Now ask a mystic or poet what is the truth, beauty and godness of the same flower that blooms into a white rose. "Why the blooming flower itself, the perfect flower whose essence or pattern of molecules that shines and glows as a white rose while it is throned on its

stem." The beautiful and mysterious essence that lies within the ideal science calls out to be heard, for those who have ears to hear. Rumi, one of the greatest Persian mystics, teaches us how to listen and hear the essence of the white rose within an ideal botanical science. He calls us to listen from our heart and in this listening, our hearts will hear and sing...La ilaha il Allah..."There is no reality but God" in this white rose. In this higher state to which Love is leading us, we enter into the root of science where the music of the molecules or essence of God's idea exists. Here, we

experience the bliss of convergence or the consciousness of well-being which gives ultimate value to science. This bliss is available to all of us if we are willing to go into this musical depth of essence or the heart of our molecules. Connecting with this essence calms and deepens the potential for healing of our human existence.

Dr. Valentine can be reached at
412-372-1465
1212 Harvest Drive, Monroeville, PA
15146:

S'ECLAIRER, P.C.

341 Story Road
Export, PA 15632

Phone: (724) 468-3999
Fax: (724) 468-0039
www.seclairer.com

We're on the web!
www.seclairer.com

(fr) to shed light on or illuminate

Publishers

Safdar I. Chaudhary, MD
Ruthanne Valentine, DMin,
APRN, BC

A crow once flew into the sky with a piece of meat in its beak. Twenty crows set out in pursuit of it and attacked it viciously. The crow finally let the piece of meat drop. Its pursuers then left it alone and flew shrieking after the morsel. Said the crow, "I have lost the meat and gained the peaceful sky."

The opinions expressed in this publication do not necessarily reflect the opinions of the editorial board. They should not be interpreted as medical advice, nor used as advice for



The Butterfly

As love falls down from the sky,
It lands on the wings of a butterfly.

The butterfly sings its songs and rhymes,
And flies through the air, No concept of time.
It is the messenger of patience and change,
From flower to flower, it's odd and it's strange.
The butterfly can transform its world.
And give way to new beginnings, unfurled,
It is the keeper of transformation,
And flies on faith and imagination.
The butterfly has no fear of change,
It bravely escapes its homemade cage.
To change, it knows is necessary,
For all the burdens we need not carry.
The butterfly soars, and merrily sings,
For, without change, it could never grow wings.

Heather Reneé Adamkiewicz

Conversations

"Why do you keep talking about my past mistakes?" said the husband. "I thought you had forgiven and forgotten." I have, indeed, forgiven and forgotten." said the wife. "But I want to make sure you don't forget that I have forgiven and forgotten."
Love keeps no records of wrongs.

Riches

Husband: "I am going to work hard, and someday we are going to be rich."
Wife: "we are already rich, dear for we have each other. Someday maybe we'll have money."

Like what you see? Place an ad:
Tel: 724-468-3999
Fax: 724-468-0039