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S'eclairer

April 2011

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Greetings!

It's Spring time and April showers are falling down on us all. It's a time for reemerging beauty in nature and refreshing! As you will see in this edition, we are addressing both with an event focused on beauty at S'eclairer, and our upcoming DBT Training courses to refresh your mind with new knowledge!

[DBT Groups](#)
[Free Meditation](#)
[Yoga](#)

Upcoming Events

Join us in the Garden of
Beauty & Wisdom at
S'eclairer

April 16

9:00am - 12:00pm

[Register Online](#)

[Event Info on Facebook](#)

**Certification For
Dialectical Behavioral
Therapy In Clinical
Practice**

Fridays Starting May 20
Westmoreland Community
College

[Register Online](#)

[Event Info on Facebook](#)



Online Event Registration Now Available!

We are always looking for ways to move ahead with technology.
For current and future events, you can now register and pay
online!

Including:

**Join us in the Garden of
Beauty & Wisdom at
S'eclairer**

Saturday, April 16, 2011

9:00am to 3:30pm

[More Information](#)



All who seek to participate
in the dance of life are
invited into the meaning of
"breath inside breath" through the practice of dance, movement,
gardening, love of the silent fragrances in nature, and
the panoramic view of color infusing itself into this living dance.
This retreat will cultivate the experience of calming oneness
within yourself, with nature, and with all other human beings.
Remove yourself from the stresses of life and rest in the oneness
of the living universe.

**Certification For Dialectical Behavioral Therapy In Clinical
Practice**

Fridays May 20, 27, June 3rd & 10th, 2011

Course Director - Safdar I. Chaudhary, MD

Location: Westmoreland Community College

[More Information](#)

The intensive program will provide the participants with a review

of the Dialectical Behavioral Therapy (DBT) theory and strategies as well as DBT skills modules through lectures and role playing exercises. Also it will implement the use of the DBT through case presentation and program development.

Target Audience: This program is intended for psychologists, psychiatrists, nurses, social workers, medical providers, law enforcement, families and other health care professional.

More Video From S'eclairer!

Dr. Chaudhary loves his stories. We've seen them in the past, and they're still coming! Head over to our [YouTube page](#) to watch his readings of **Nasruddin is Dead and The Temple Bells** from "The Song of the Bird" by Anthony de Mello.



And while you are there, check out other selections from previous [DBT Training sessions](#), [What's on Your Mind](#), and more!

Visiting S'eclairer any time soon? We have just installed our new video system. Those in the waiting room can now see selections from our former PCNC television show and new videos from our YouTube channel while they are there! Another piece of mindfulness to our visitors!



Marcellus Shale's effect on Life and thus our Health

It is exciting to hear about the discoveries of extraterrestrial planets like earth and any evidence of

perhaps human life getting supported abroad a space ship in a distant place. As we seek water and signs of life in the galaxies and earth like planet, we are so careless to let our own ecosystems and thus life sustaining water systems get destroyed by greed and Marcellus Shale's gas drilling. The debate is about our health the health of our children by preserving our natural beauty, wonderful wild life and our own health. The enormity of diseases caused by many manufactured chemicals on our health is increasingly becoming very evident in scientific literature. Our fast pace lifestyles are leading to much stress and life of dis'ease.

It is time to slow down the economy and our lives and not keep rushing to destroy our habitats, wild life, plants and our own communities. Residing in front of a TV watching illusions of life rather than 3 D orchestra of life is not healthy. Increasingly many physicians are alarmed by rush to destroy nature's filtration systems by fracturing the fabric of earth and seeking more gas to do more running. Perhaps it is time to slow down and watch a movie **GASLAND** by Josh Fox and start to learn the impact of current practices of Marcellus Shale gas extraction. For our survival as humans clean water rather than more gas is critical. It may be hard to find WATER elsewhere in the universe. *Everything on Earth has a purpose, every disease an herb to cure it and every person a mission.* Let's become mindful of the precious gifts of earth than be an

instrument of its destruction. We all need to learn the impact of gas drilling and grim prospect of losing our precious nature and clean drinking water.

Mindful Blogging



Check out the [S'eclairer blog](#) where you can find submissions from S'eclairer staff members, contributors, social media mindfulness, and more!

From there you can follow us on your [Facebook](#) or [Twitter](#) where we can continue the mindful discussions even when you can't be here with us at S'eclairer!

About S'eclairer

A commitment to strengthening individuals and communities through personalized treatment and educational programs for mental health and addictive disorders.