



Greetings!

Here's the latest news from the area's only  
**Integrative Psychiatric Medical Practice.**

When the term "integrated medicine" is used, most people correctly assume that "Eastern" and "Western" medicine are being integrated, or perhaps "complementary" with "traditional" medicine. Some people prefer "holistic" or "mind-body" medicine as well. All those are accurate for what is practiced at S'eclairer.

However two other important integrations are happening as well. First we integrate all the

## **New People and Services**

**Reiki Available on Thursdays**  
from 9:30am to 3pm

Reiki is an energy healing system from Japanese tradition. It is a technique for naturally balancing energy in the body.

Bernadette Manning has joined the staff. She is a Sister of Charity of Seton Hill. She is a National Certified Counselor and a Licensed Professional, an Usui/Tibetan & Karuna Reiki Master. and a

latest science and technology. Whether it is research from the latest study, or fully implementing the social media tools of today, our goal is to be in the forefront.

The second most important integration is YOU. To keep you fully integrated with us, we send you this email newsletter twice a month, post numerous articles, interviews and information regularly on our website and social media outlets, and host many live events where you can come and meet our experts in person.

Below is our current list of events. We hope to see YOU at one of them!

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## ***A Retreat Among Friends: Transforming Pain: Finding the Gold Within April 20, 2013***

Tired and in pain, we search for a cure. You are invited to find out what is hidden inside of your pain. During this retreat, you



Certified Labyrinth Facilitator. Sister earned a BA in Sociology from Seton Hill University, a Master in Counseling Education from Duquesne University, and Post Graduate work at the Pittsburgh Pastoral Institute. She has engaged as a therapist for 33 years, integrating Spirituality and Psychology. Bernadette offers Reiki sessions at S'eclairer on Thursdays and continues to maintain her private practice in Forest Hills.

Schedule your appointment at 724-468-3999 today.

[Read more on how Reiki can benefit you.](#)

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## **Join us for a Music Cafe with James** *Second Tuesday each Month (April 9) 12:30-1:30*

Each second Tuesday of the month we welcome back James Buckley for a Music Cafe lunch. The Café provides a place for you to spend your lunch hour having fun and enjoying some live music. If you're looking for a good

will learn how to use the transforming power of pain, instead of feeling used by pain.



[Read More on this Event](#)

[Download and print the PDF flyer](#)

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## ***Technology and Mental Health: Psychiatric Grand Rounds with Dr. Matt Keener May 3, 2013***



Fresh from his recent talk at TEDx Grandview Ave, S'eclairer welcomes Dr. Matt Keener as we

...time in a friendly atmosphere, come join us. For further information contact [james@seclairer.com](mailto:james@seclairer.com).

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## **Advances in Psychiatry**

Read the latest from  
*Pschyiatic Times*:

### **[Overcoming Challenges Associated With TBI, Intellectual Disability, and Developmental Disability](#)**

Your patient walks in with signs of traumatic brain injury or developmental disability. What special considerations are necessary in assessing and treating this patient? Dr Alya Reeve, Professor of Psychiatry, Neurology, and Pediatrics at the University of New Mexico, shares some insights in this podcast.

### **[Understanding the Neurobiological Basis of Drug Abuse: Comorbidity in Schizophrenia](#)**

Patients who receive a dual diagnosis-a psychiatric disorder and a substance use disorder-face serious challenges related to treatment and prognosis. The lack

launch a new series for professionals, clients, family members and anyone interested in the science behind psychiatry. Dr. Keener is a physician and brain imaging researcher, an Adjunct Assistant Professor at the University of Pittsburgh, and the CEO and founder of Emotd health design. Dr Keener will first review the basics of brain anatomy and how these relate to emotion. Next he will cover 5 basic dimensions of organizing emotion in the brain and lastly describe ways that individuals can take charge in navigating these dimensions.

[Read more on this event.](#)

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## **Celebrating Health and Wellness in the Community of Connellsville**

### **May 11, 2013**



**Carnegie Free Library**  
**299 S. Pittsburgh St,**  
**Connellsville, PA 15425**

### **Prevention and Wellness Retreat**

of integration of psychiatric and addiction treatment is a significant issue for these patients.

### **Grand Rounds: Neural Mechanisms of Mindfulness Training**

Mindfulness Training can be a viable treatment option for a number of psychiatric disorders, such as addiction, anxiety, and depression. In this video, Dr Judson Brewer, describes MT and why it is effective-and in some cases rivals psychopharmaceutical agents for the treatment of psychiatric disorders.

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## **Our Latest Videos**



### **Sleep: Why do we need it?**



Give yourself a moment to breathe and to enjoy a quiet pause before events rush in. Our activities will teach you how to take better care of yourself and discover a deeper sense of well being, peace of mind, and inner balance. You will learn how to reduce the stress, distress, and pain in your life.

[Read more on this Event](#)

[Download and print the PDF flyer](#)

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## Our Latest Audio Podcast



[From Vietnam to Yoga](#)

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## Stay In Touch

Our goal is not only healing you but educating you as well, as to how to live the most happy and healthy life possible. To do that, we reach out to you on the website and also all our social media



[Meet Katelyn Angeletti](#)



[Meet Melissa Hernandez](#)

[Watch More](#)

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*Unable to come to our office for Counseling or Psychiatric advise?*

*Too far away, or have no means to travel?*



S'eclairer now offers services **via web** using

outlets. Be sure to visit regularly for Event updates and the latest news and videos from our staff.

Sincerely,

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doctor.

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