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# S'eclairer

Enlightening self with knowledge



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## Regular Sessions

## Greetings!

May is here. The flowers are blooming, and the leaves have returned. It's a time of renewal and growth. A time where we're inspired to get outdoors and enjoy the world around us. We look forward to sharing the beauty and growth!

## Dancing With Life Wisdom

[Women's DBT](#)  
[DBT Groups](#)  
[Free Meditation](#)  
[Yoga](#)

## Upcoming Events

### Certification For Dialectical Behavioral Therapy In Clinical Practice

Fridays Starting May 20  
Westmoreland Community  
College

[Register Online](#)  
[Event Info on Facebook](#)

  
  

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We can either dance with life forces or become a victim, the choice is ours. Well-being is really about accessing our inner reserves when things are not going well. Nourishing that reserve mindfully allows it to flourish and flow within creativity.



*Deep within me  
moves the ocean of his Splendor and all creation springs from it.  
(Rumi)*

## [DBT Training This Month!](#)

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

**Fridays May 20, 27, June 3rd & 10th, 2011**  
**Course Director - Safdar I. Chaudhary, MD**  
**28 CE Credit Hours Available**

Location: Westmoreland Community College, Youngwood, PA  
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 Information](#)



[You can register online now!](#)

**Warm Welcome to Dr. Khan and Crystal At  
Seclairer !**

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**Consultation now available with  
Dr. Mehernosh P. Khan, MD, NMD at**

## Seclairer



Struggling with depression, anxiety, tiredness, lack of energy, poor motivation and moodiness? You could be deficient in some essential body nutrients and thus benefit from supplements. Dr. Khan is a family practitioner with additional training in naturopathic medicine. With years of clinical experience, he offers sound medical advice for your unique clinical needs.

**Please call 724-468-3999 at S'eclairer to set up an appointment with Dr. Khan.**

## Crystal Longanecker, MFT



Crystal is a Marriage and Family Therapist. She graduated from Penn State in December of 2006 with a Bachelors degree in Applied Psychology, and just received her Master's Degree in Marriage and Family Therapy from Seton Hill University in May of 2011. Crystal has previously worked as a Therapeutic Staff Support for Family Behavioral Resources with children who have autism as well as children with behavioral issues. She works with individuals, couples, and families, and

co-facilitates the Adolescent DBT group on Tuesday evenings. She enjoys spending time with her husband and young daughter, and is excited to join S'eclairer as a therapist. She can be reached at [crystal@seclairer.com](mailto:crystal@seclairer.com) or 724-468-3999.



## Take a Hike

Last month, our own [Sandi Blystone](#) shared pictures and a story leading to a hike in the Laurel Ridge State Park on her Facebook and our [Blog](#).

*"On January 3, 2007, I promised a young woman who had died from cancer just weeks before that in her honor... I would become healthy, and someday I would hike 10 miles for her! 4 years ago i was severely over weight, not that it matters, but i was very unhealthy, couldn't walk to my car without having difficulty breathing. I was in and out of this hospital with, lung problems, stomach problems..... couldn't sleep lying down! .....and there was this woman in a hospital fighting for her life, dying from cancer, yet kept positive, and even had a stationary bike brought into her Bubble while they killed her immune system! She died shortly after Christmas of 2007, After reading her journal she kept, during her last year of life,..... it changed me..... it humbled me, and I knew that somehow this stranger on earth had become my guardian angel in heaven. I promised her that someday I would hike 10 miles in her honor...."*

Read the rest of her story at the [S'eclairer Blog!](#)



## More Video From S'eclairer!

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We've been posting plenty of videos talking with our staff. On our [YouTube page](#) you can find videos where you can get to know Haranath Parepally, Ricardo Stephen Marsili, Gail G. Kubrin, and Father Athanasius Cherry, as well as videos from February's Sounds of Silence retreat!



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

## House Call

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EARN FREE HEALTH REWARDS

We are releasing a new magazine in the coming months called "Rumi Nations"!

Care to contribute an article, photograph artwork or poetry?

How about a scientific article review or book review?

If your submission is accepted, you could win a Free Retreat, Self-Soothing Basket, Health Related Gift Card or a T-Shirt!!!  
Just call Ruminations at 724.468.3999 or email [rumi@seclairer.com](mailto:rumi@seclairer.com) and lets us know  
What's On Your Mind!

## About S'eclairer

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