

| August 1, 2013 |



Greetings!

Thank you for taking the time to read this newsletter. We know how busy you are, and we want to keep you informed on the exciting activities here at S'eclairer without taking up too much of your time.

That's one reason we do so many videos. Sometimes watching is just easier and faster than reading. We do hope you'll read what is below, however, as well as watch our informative videos.

The foundation of our practice is **Mindfulness**. Being present, being here now, is the starting place for all mental, as well as physical, emotional and spiritual health. From there, we specialize in practices that are scientifically proven to be effective, as well as safe. We spotlight two such practices below in our Meet the Staff area.

Please do reach out to us this summer if you wish to explore the many different approaches to good mental health.

The S'eclairer Staff

Meet the Staff

Art Therapy with Sigal Govrin, MA, AT

Art Therapy is a field that uses the process of art making to improve physical, mental and emotional well being for individuals, and also utilizes the art as a form of communication between therapist and client. A client will sometimes create art for the release of emotions and engage in the process as a form of catharsis. Other times the art a client makes will be used as a communication tool and the therapist can guide them in understanding the meanings or messages within the art, so the client can reach their own truths.



Art Therapy can be used by all ages and abilities and is practiced in many different settings and in individual, couples, family, and group therapy formats. Art Therapy is an effective treatment for people experiencing developmental, medical, educational, and social or psychological impairment; and may help people

Check the Online Calendar!

There are many classes, groups, meetings and events at S'eclairer each week.

Be sure to [bookmark our Calendar page.](#)

Psychiatric Grand Rounds! Tomorrow

Herbal Support for Better Mental Health with Dr. Dan Wagner 1 pm at S'eclairer

Dan Wagner opened **NutriFARMACY** -- a new concept pharmacy specializing in nutrition, wellness and health care -- in April 1997. His "integrative" pharmacy concept was awarded the "Innovative Pharmacy Practice Award" for 2000 by Dupont Pharmaceuticals.

[Please RSVP here for this Free event.](#)

LISTEN LIVE!

Dr. Dan hosts a radio show, "**Adventures in Natural Pharmacy**," every **Friday from Noon to 1pm** on WKHB, 620 AM radio. **His special guest on Aug 2: our own Dr. Chaudhary!** Call 412-825-6262 to ask your questions of Dr. Dan or Dr. Chaudhary!

[LISTEN ONLINE HERE](#)

Psychiatric Grand Rounds! Friday, Sept. 6

Will YOU Be Healthy at 100?

resolve conflicts, improve interpersonal skills, manage problematic behaviors, reduce negative stress, and achieve personal insight.

Although the art making process is a significant part of Art Therapy, one does not have to be an "Artist" to create. Materials that are often used in session are clay, drawing, painting, collage, and even movement and music can be used.

For more information [read this PDF](#) from the American Therapy Association or visit the [Art Therapy Credential Board website](#).

"I found I could say things with color and shapes that I couldn't say any other way - things I had no words for."
- Georgia O'Keefe

Movement Therapy with Greta Polo, MA, AT



Life is in constant motion.

Movement is nature's way: at every moment every organism on this planet (including you) is moving, changing, and growing. However, sometimes we get stuck and lose our ability to move through life's inevitable changes and challenges.

What part of your life have you found hard to move out of?

It is my passion and honor to help you find your flow. It could be that emotions need to move, thoughts need to move, energy needs to move, or the body needs to move. When given the chance and the proper tools, the body, mind and spirit have an amazing capacity to return to wellbeing.

I want to connect you with your own inner compass, your body's wisdom, and your ability to utilize healthy resources and make empowering life choices.

Individual Counseling

Counseling sessions involve understanding who you are, where you are at in your life, and where you ideally want to be. I help you find the internal and external resources required to move towards your goals. We will find ways to transform your sensitivities and challenges into strengths and move through life's challenges. I will be a compassionate guide to your growth and unfolding wisdom. I help those that struggle with:

- Depression & anxiety
- Addictions
- Life transitions
- Being highly sensitive (HSPs)
- Trauma
- Low self-esteem/body issues
- Relationship problems
- Existential issues

Group Classes (\$10)

KINNECT: WEDNESDAYS 6-7 PM

A holistic fitness class geared towards all levels of experience and fitness levels guaranteed to have you moving, laughing, and connecting.

MOVEMENT for HEALTH: FRIDAYS 9-10

with Jan Polansky 1 pm at S'eclairer

Do you have aches and pains that you think are part of getting older? Learn about cultures in the world where seniors are have healthy vibrant lives in their 80s, 90s and 100s.

Janice Polansky is a holistic health counselor and educator, a certified natural health professional, certified holistic health counselor, and certified digestive health specialist with the Loomis Institute.

[Please RSVP here for this Free event.](#)

New Videos!

Educational Grand Rounds

with S'eclairer staff

Each week the S'eclairer staff takes to Google Hangout to broadcast information and the latest science around a mental health topic. Each Monday around Noon, you can watch live on the S'eclairer [YouTube Channel](#) or [Google+ page](#). Follow us on [Twitter](#) to know exactly when we go live.



Educational Grand Rounds: Memory



Educational Grand Rounds: Addiction

Other Videos:



AM

Get in the spirit of movement! This class helps you experience the healing resource of movement as I guide you through varied movement experiences each week. The goal of this class is using movement for self-care and general well-being.

GRETA POLO MA, R-DMT

Greta Polo has a master's degree from Columbia College Chicago in Dance/Movement Therapy and Counseling. She has worked clinically with refugees, adults with mental illness and substance abuse, adults with traumatic brain injuries, and adults with autism and cerebral palsy, offering group psychotherapy, dance/movement therapy, and individual counseling.

MINDFUL NUTRITION SERIES:

Flavor Your Life with a Wise Appetite

with Janet McKee

Wed, Aug 7,
(and Sept 4 & Oct 2)
11:30am-1pm

Food is naturally beautiful and designed to create health for your mind, body, and soul. During this retreat, you will learn about the natural science and beauty of food and its impact on your state of being.

It is known that beautiful food can prevent and/or reduce the negative effect of a disease state in your being. In addition, you will learn how to taste and eat food mindfully so you will experience your ultimate appetite for wisdom from your soul. This wisdom will guide your lifestyle forward in health and well-being.

- Mindfulness and Joy
- Science and Beauty
- Food that Sustains
- Wisdom: One Taste at a Time

[Please Register Here.](#)

Save the Date:
Friday, Sept. 20

A Social Event for Professionals

"Meet, Eat, and Greet"
with the Staff at S'eclairer

Starting at 6pm, we are planning a "Celebration of Life" -- a chance to Meet, Eat and Greet with other Integrative Medicine Professionals. We hope to have a bonfire and drum circle, so mark your calendar for a relaxing evening of socializing and relaxing.

We are hosting this event to connect with other **Integrative Medicine Professionals**, so please [RSVP here](#). This Meetup Group is designed to help build the community of like-minded Professionals.



Sandi's Smoothies

Sandi Blystone takes a group through how she has changed her diet and how she feels by mixing fruit, kale, and more!



Jan Polansky presents *Healing from the Inside Out*

As a preview to September's Psychiatric Grand Rounds, here is Jan Polansky giving a very interesting talk to the Integrative Medicine Professionals Meetup Group in July.

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

Too far away, or have no means to travel?



Seclairer now offers services **via web** using established telepsychiatric tools to connect you with your therapist or doctor.

Call **724-468-3999** to see if you could benefit from this service.

Stay Connected

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Find us on **Google+**

Follow us on **twitter**

Join Our List

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

Sincerely,

S'clairer