

2004 Oklahoma County Medical Society Officers Announced



Dr. R. Murali Krishna, M.D., was recently elected president elect of the Oklahoma County Medical Society for 2004 and president for 2005. The society is a physician services organization providing services to approximately 1,750 medical doctors and osteopathic physicians in Oklahoma County.

Serving the society as its 2004 officers are Jay P. Cannon, M.D., secretary-treasurer; R. Murali Krishna, M.D., president-elect; James R. Clafin, M.D., president; and K. A. Mehta, M.D., vice president.

INTEGRIS James L. Hall Jr. Center for Mind, Body and Spirit.

The James L. Hall Jr. Center for Mind, Body and Spirit is a not-for-profit educational organization committed to improving health by increasing awareness of the healing power of the connection between mind, body and spirit. The center, associated with INTEGRIS Health, is intended as a community resource. For more information, please call (405) 943-3921, or write:

4900 N. Portland, Suite 102
Oklahoma City, OK 73112

R. Murali Krishna, M.D.
President and COO

William Hawley, M.D.
Chairman, Advisory Board

Charlotte Lankard, M.Ed., LMFT
Director

Kerry Ann Richards
Administrative Assistant

4900 N. Portland, Suite 102
Oklahoma City, OK 73112

INTEGRIS
James L. Hall Jr.
Center for Mind, Body and Spirit.

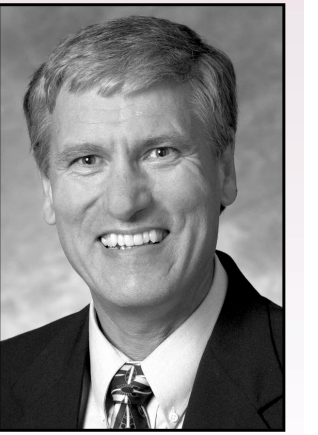
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HARMONY

News from the James L. Hall Jr. Center for Mind, Body and Spirit

Forgiveness Training: Train the Trainer

Friday, Feb. 20 – 8 a.m. to 4:30 p.m.
Epworth Villa Conference Center, 14901 N. Pennsylvania



Richard Tibbits, D.Min.

This all day seminar is designed to provide the necessary training and materials that will allow participants to go back to their communities, practices or parishes and offer the Heart of Forgiveness Training Program. The training program is an eight-week program of instruction, group support and assignments designed to help men and women gain control of their anger and disappointments by learning how to effectively forgive, which in turn provides health benefits. The program is delivered in a group format which meets one and a half hours each week for eight consecutive weeks.

Through this seminar, participants will learn the program philosophy, science, content and group setting skills. All the materials necessary to begin will be provided including a facilitator's notebook, a CD disk with the complete eight-week set of PowerPoint presentations, and 10 participant manuals.

The cost for the workshop is \$35, payable to the Center for Mind, Body and Spirit. The cost of the workshop materials will be paid directly to Dr. Tibbits, and are as follows:

- a. For the first registrant from any organization, the cost of materials is \$70, which includes the facilitator's notebook with answers to workbook questions, a CD disk with complete PowerPoint presentations for each session, and a set of 10 participant manuals.
- b. For each additional attendee from the same group, the rate is \$5 and they receive a participant's manual. Additional attendees can get the full set if they desire to pay the higher fee.

Speaking on Relationships and How They Affect Health and Illness

Coming Tuesday, March 2 • Paul Brenner, M.D.

Public Presentation – 7 p.m., Auditorium,
INTEGRIS Baptist Medical Center

Mastering the Art of Relationships: Enhancing Relationships at Work and at Home

Join psychologist Paul Brenner, M.D., as he discusses relationship myths and strategies for identifying strengths, resources and coping skills. The author of *Buddha in the Waiting Room* and *Seeing Your Life Through New Eyes*, and moderator of the PBS series *Healing through Communication*, Brenner will offer resources for enhancing communication, building trust and ultimately achieving better relationships. He will also help us understand how relationships affect one's health.

Dr. Brenner's Family Triangles process enables individuals to determine their personal weaknesses and strengths and therefore work more synergistically and effectively with one another.

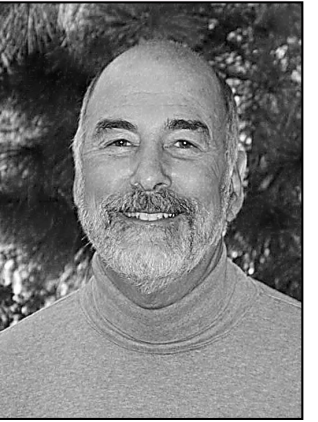
For reservations, please call the INTEGRIS HealthLine at (405) 951-2277.

Professional Workshop –
9 a.m., Auditorium,
INTEGRIS Baptist
Medical Center

The Stages of a Healer: The Health Professional's Journey

A guide for enhancing client/patient outcome as well as the healer's effectiveness and well-being. This professional workshop is designed to aid anyone in the healing arts to tap into their inner resources that lead to personal growth as a healer, identifying obstacles that limit clarity of service.

Cost: \$35. Please call (405) 943-3921 for reservations. CEUs available.



Paul Brenner, M.D.

Tuesday Nights in the Spring of 2004 at the Center Library

Join the James L. Hall Jr. Center for Mind, Body and Spirit this spring on Tuesday evenings in February, March, April and May, as we feature four very different educational seminars – all of which will be fun as well as useful. Each session is designed to encourage you to be creative in stress management and self care.

Presentations will be from 6:30 to 8 p.m. in the Crowe & Dunlevy Library at the center, located at 4900 N. Portland. Call Kerry Ann at 943-3921 for reservations; seating is limited.

Tuesday, Feb 10

Mud Therapy for the Health of It – Bob Willis

Mud Therapy for the Health of It demonstrates the process of developing a bust in clay, plus the potential for using the medium of clay to work out the stresses of life. Bob Willis will sculpt a bust while leading a discussion on healthy ways to deal with stress and the importance of adding laughter, self care, and playtime to life.



Bob Willis is the bereavement coordinator for Hospice of Oklahoma County and provides grief support and counseling for families, facilitates grief recovery groups for the community, and is a frequent speaker on grief and loss issues to health care workers, nursing homes staff, churches, and civic groups.

To provide emotional balance in his life, Bob is a member of the Oklahoma Sculpture Society, a Western art and sculpture gallery owner, and has been a sculptor for more than 10 years. His works include commissioned bronze busts of college presidents, and numerous portrait busts.

Tuesday, March 9

Just Drum – Dr. James Arnold

Medicine Drummer Dr. James Arnold was a radiologist until 1993 when he retired to follow his heart by sharing his joy of life through the African hand drum. He uses the drum to help himself and others to a more enjoyable and healthy life, because drumming reduces stress and brings you joyfully into the present moment.



Jim has a large collection of drums and will provide one for each person attending. The gun gun, go do, pa ta method of drumming will be taught as each hand position is demonstrated. Simple West African rhythms will be used.

You do not have to have any previous training with drums or music. Jim is quick to tell you he is not a professional drummer or performer and cannot read music. But we can tell you from first hand knowledge – the man can drum! And before you know it you are drumming right along with him. We must warn you, though, if the drumming becomes expressive enough, Jim has been known to dance (as well as he can, anyway).

Tuesday, April 13

STRETCHING – Alan Moring

STRESS. We know that it's unavoidable, and we all have ways to cope with it, but how can we minimize its impact on our body?

You can take a yoga class and/or you can come relax with Alan Moring as he shows us methods of relieving tensions that we can do as we move through our normal daily routine. Simple adjustments to how we carry ourselves and light stretches will be among the techniques taught. The goal is to increase the awareness of our own bodies so that we can relax into a state of better health, physically and mentally – every day.



Alan Moring is an architect and yoga teacher in Oklahoma City. He lives in Norman with his wife Jana and their 8-year-old son Quin. Alan is also a member of the advisory board of the James L. Hall Jr. Center for Mind, Body and Spirit. This evening will provide you with tools that are simple, useful and fun.

Tuesday, May 11

Benefits of Relaxation Training in Living With a Chronic Illness – Charlotte Lankard

Have you been diagnosed with an illness such as chronic non-bacterial prostatitis, irritable bowel syndrome, interstitial cystitis or other chronic painful pelvic disorders? Or do you live with chronic pain and discomfort for other reasons? Your doctor is doing his part. He or she is recommending treatments and therapies and medications. What can you do?



"Consider stress management classes," says Urologist Dr. Phil Mosca, a member of the James L. Hall Jr. Center for Mind, Body and Spirit advisory board. "It is well known in all of the chronic pelvic pain disorders that stress is an aggravating factor. This is not to say that you may not have a disease which is aggravated by other items such as diet, medications, etc. But in all of these processes, environmental stress can also aggravate the disease symptoms. Learning how to handle the stress and learning how to live with chronic pain can often make the disorder tolerable."

If you live with chronic pain for any reason, join Charlotte Lankard to learn some relaxation techniques that can be useful to you in managing it. Charlotte is director of the James L. Hall Jr. Center for Mind, Body and Spirit. She lived with chronic back pain for 22 years following a climbing accident, before surgery provided relief.

From the DIRECTOR

Do you sometimes find yourself wasting precious energy in anger about something you cannot change? Studies show us that anger kills. Studies also show that forgiveness reduces anger and results in lower blood pressure, thus making you healthier.

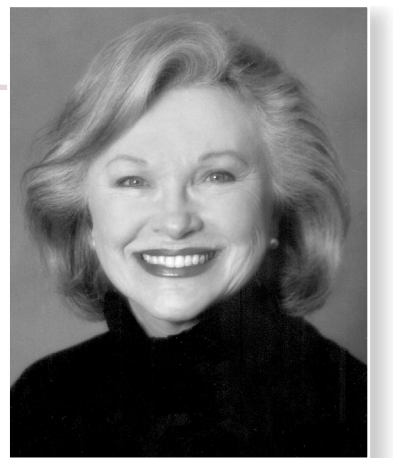
What is forgiveness? According to Dr. Richard Tibbits, it is the process of reframing past hurts with the goal of releasing resentment and recovering contentment in the present, and revitalizing one's life purpose for the future.

Tibbits says forgiveness is not forgetting, excusing, denying, condoning, par-

doning, or even reconciling.

Does forgiveness sound like a good idea? All the religions of the world teach us that we should forgive, but none teach us how to forgive. Until now. There is a process that can be taught and used for anyone ready to let go of hurts and resentments and anger.

The Center for Mind, Body and Spirit is bringing Dr. Tibbits to Oklahoma City for an all-day seminar on Friday, Feb. 20, to show us how to help people move through the forgiveness process. We hope many of you will join us.



By Charlotte Lankard, LMFT, director, James L. Hall Jr. Center for Mind, Body and Spirit

The Sounds of Music

Imagine leaving your doctor's office with a prescription for a violin concerto, says Christine Haran, a writer for Healthology Press.

Throughout the last decade, music therapy has been used to treat a variety of conditions, including chronic pain, nausea, depression and anxiety. It has also been found to improve cognitive function in people with Alzheimer's disease and other forms of dementia, and to provide comfort during the end-of-life process.

A recent study has found that music therapy is beneficial in cancer patients undergoing bone marrow transplant,



an often-difficult procedure in which bone marrow is temporarily removed so that high dose chemotherapy can be given.

There is also a theory that music can improve your immune functioning. How does it work? The current thinking, neuroendocrinologically, of what might be happening is that music has an effect on a part of the

brain known as the amygdala, which is considered the seat of emotion. The amygdala has a lot of neuronal connections with the hypothalamus and the pituitary. And both glands have an effect on the adrenal glands. It's in the adrenal gland that cortisol, a stress reactant, is manufactured. When you have levels of cortisol circulating in the body, you tend to be in sort of a fight-or-flight kind of tense state. Being in this heightened, hyper-alert state for a long period of time can become very exhausting.

But if you are able to slow amygdala firing, you can slow down firing to the hypothalamus and the pituitary, which in turn will slow down firing to the adrenal gland and slow the production of stress reactants. When you're able to decrease the amount of circulating cortisol, you facilitate production of immunologic agents.

In other words, music can be good for your health.

Try This

In biofeedback training for muscle relaxation, the frontalis muscle of the forehead is often used as a focal point. This is because it has been found that as the muscles of the face relax, the rest of the body relaxes.

Depending upon your circumstance, you can do this exercise either sitting or lying down, in private or during your workday. Simply imagine that you can smooth the wrinkles out of your forehead. With every exhale, imagine your forehead becoming more relaxed. You can concentrate on different thoughts to enhance your relaxation. Imagine that your eyebrows let go. Your scalp eases. You may even use your fingertips to lightly stroke your forehead in a slow, soothing manner.

Notice that as you do this, a general feeling of warmth and well-being arises in your entire body as you deeply relax.