

HARMONY

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Mind, Body, Spirit Honored by CONTACT Crisis Helpline

R. Murali Krishna, M.D., president and COO of INTEGRIS Mental Health and the INTEGRIS James L. Hall Jr. Center for Mind, Body and Spirit, and Charlotte Lankard, LMFT, director of the INTEGRIS James L. Hall Jr. Center for Mind, Body and Spirit, were recently honored by CONTACT Crisis Helpline during their 2003 Festival of Hope Celebration at the Oklahoma City Golf and Country Club.



R. Murali Krishna, M.D., and Charlotte Lankard, LMFT

Krishna and Lankard were honored for their dedicated service to INTEGRIS' James L. Hall Jr. Center for Mind, Body and Spirit, an educational organization dedicated to improving health by increasing awareness of the healing power of the connection between mind, body and spirit.

Along with Dr. Krishna and Lankard, CONTACT recognized United Way of Metro Oklahoma City for

The recognition dinner and auction was part of an evening of acclamation and admiration designed to celebrate the progress in mental health and honor outstanding leaders in physical, mental and spiritual wellness.

its outstanding service to the community, Stewart R. Beasley Jr., Ph.D., Rev. Glenn Cranfield, with the City Rescue Mission and Steven A. Crawford, M.D., with OUHSC Family Medicine.

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

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

Coming Tuesday, Nov. 11 • Joan Borysenko, Ph.D. Workshop for Physicians and Health Care Professionals: Body, Mind, Spirit Connection

The root of the word medicine means right inner balance. In a modern world in which stress-related disorders account for two thirds or more of visits to family practice physicians, how can we find that balance? The word healing has its roots in the Anglo-saxon word haelen, to make whole. Healing is the emerging process of re-establishing right relationships among the fragmented parts of our lives; the relationship with self, others, the environment and spirit as we understand it. Two thirds of all patients believe that spirituality is an integral part of medical care, and nearly half want their physicians to pray with them,

yet this sacred dimension of medicine has been largely disowned. Through research data, teaching stories, anecdotes, poetry and a guided imagery experience, we will reclaim the sacred in the healing art of medicine. The workshop, co-sponsored by the INTEGRIS James L. Hall Jr. Center for Mind, Body and Spirit and the Susan G. Komen Foundation, will be 9 to 11:30 a.m. in the James L. Henry Auditorium at INTEGRIS Baptist Medical Center. Cost: \$35. Please call (405) 943-3921 for reservations. CMEs/CEUs/CEs available.

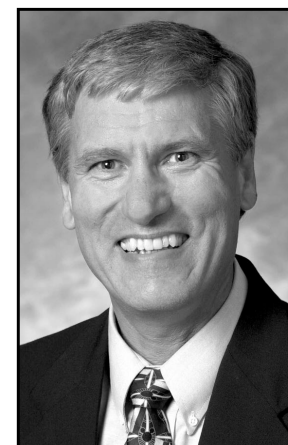
Joan Borysenko, Ph.D.



Friday, Feb. 20 Richard Tibbits, D.Min.

Forgiveness Training: Train the Trainer

Join the James L. Hall Jr. Center for Mind, Body and Spirit in welcoming Dr. Richard Tibbits back to Oklahoma City for Forgiveness Training: Train the Trainer from 8 a.m. to 4:30 p.m. at Epworth Villa, 14901 N. Pennsylvania Ave. Cost: \$35 plus cost of materials. For more information or reservations, call (405) 943-3921.



Richard Tibbits, D.Min.

Coming March 2 Paul Brenner, M.D.

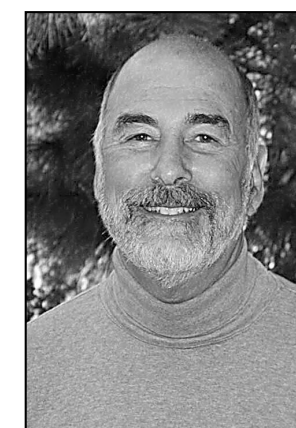
Relationships and How They Affect Health and Illness

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

7 p.m. - Public Presentation

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

9 a.m. - Educational Workshop



Paul Brenner, M.D.

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Spirit Winds

By Rev. Karrie A. Oerth, MA, M.Div., director of Pastoral Care at INTEGRIS Baptist Medical Center

Time's coming to a close for this year. It's hard to believe that 2003 has almost run its course.

How do we go about taking stock as the year closes? What has been meaningful for you in 2003? Our years can seem mired in regret and sorrow, as we think of all we had hoped to accomplish that still remains left undone, or did in ways that did not serve us very well. How do we go about reframing our experiences into useful kinds of reflection that can give us insight and freedom as we move into a new year? Here's a process that will give you insight about yourself, and free you from stress that you might carry into 2004.

First, it's important for us to take the time to reflect. This might seem trivial, as most of us think constantly about what happened or what will happen. What I mean is that we must set aside some time, be it a few minutes or an hour or so, and plan to be reflective about our lives. Be intentional about this.

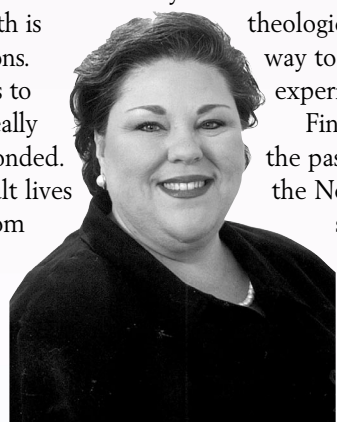
Also, we must be honest with ourselves. Being able to tell ourselves the truth is one of the hallmarks of great persons. The first step in useful reflection is to come into agreement with what really happened and how we really responded. We spend a lot of time in our adult lives trying to make things different from how they really are. Be honest about what went on in 2003.

Then, it's important that we speak to ourselves well as we recount these events. Kindness to self is often one of the steps we forget in our reflection, for most of us know how to beat ourselves up about our past. Be kind as you remember and reflect on the year.

Next, decide what you want to learn from the events you've recalled. Someone once said that if we can learn something from our mistakes, then our mistakes haven't been made in vain. If we can take our experiences and make something "new" out of them, we're

surely better for having done that. In theological terms, it's one way to redeem our experiences. Finally, let the past be the past. I like to think of the New Year as a fresh slate. Whatever we might have done that didn't work for us is now past, and we can move on to a different way of relating. Surely, there might be some remnant of the past that emerges in the new year, but we can certainly let that go as well, and learn from it, too.

I hope you'll learn something as you think back on 2003. And my prayer for you, as you close this year and prepare to start the next, is that may all goodness come to you, and that your learning will be sweet.



Spring 2004 Tuesday Nights at the Center

Join the staff of the James L. Hall Jr. Center for Mind, Body and Spirit from 6:30 to 8 p.m. every second Tuesday this coming February, March, April and May, as we feature four very special and different free presentations, all of which will be fun as well as useful. Each of these is designed to encourage you to be creative in stress management and self care.

**Tuesday, • Feb. 10
Mud Therapy for the Health of It**
Join Bob Willis as he demonstrates the process of developing a bust in clay, and the potential for using the medium of clay to work out the stresses of life. 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.

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 home staff, churches, and civic groups.

Upcoming Events

**Tuesday, • March 9
Just Drum**

**Tuesday, • April 13
STRETCHING**

**Tuesday, • May 11
Benefits of Relaxation Training in Living with a Chronic Illness**

Research Shows Memory Improved by Guided Imagery

A link between guided imagery and memory function was tentatively established in a February 2000 pilot study by Hudetz, Hudetz and Klayman of the Department of Anesthesiology, Medical College of Wisconsin in Milwaukee.

The study suggests that human information processing can be enhanced by prior relaxation, and implies that it might be a good idea to consciously use the imagination to relax for a few minutes before approaching a task that requires a lot of working memory.

HARMONY

From The DIRECTOR

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

Check Out our Library

Our library has a new look. We have divided the books into categories, like you would find when you shop at a bookstore. You can take a quick look and find the sections that are of interest to you. There are 30 categories, among them the usual you would expect, such as spirituality, prayer, stress management, mind/body medicine - but there are also others, like illness, horticulture, aging, death and dying and wellness. And we are building a section especially for children and continually adding new books and CD/tapes.

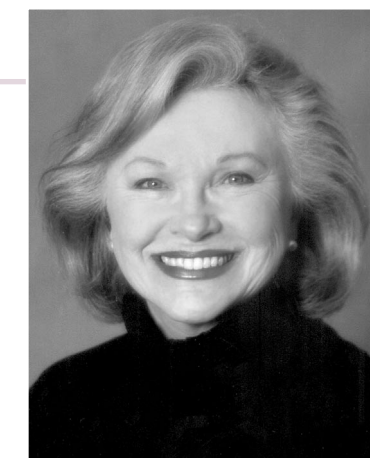
We couldn't have done it without help from Dan Chandler, staff member from the INTEGRIS Baptist Medical Center Medical Library, and volunteers Billie Fritch, Clint Robison, Meghan Mahn and Ron Mahn. Our sincere thanks to all of them.

For Physicians and Mental Health Professionals

Earn CMEs, CEUs, and CEes by attending the workshop with Dr. Joan Borysenko on Nov. 11. There is more information about the workshop in this newsletter.

Check Out our Web site and Make Us one of Your "Favorites"

- On the world wide web go to integrisOK.com
 - On the left hand side of the page, click *Specialties*
 - On the left hand side of that page, click *Mind, Body and Spirit*
- There you will find upcoming events, research, quotes, past issues of newsletters, articles by Dr. Krishna, a mini-relaxation exercise and a spiritual



bibliography for anyone facing a life-threatening illness, that was compiled by James L. Hall Jr., attorney and founding member of this center.

Sign Up For Tuesday Nights at the Center, Spring 2004

Mark Your Calendar to Hear Dr. Paul Brenner, March 2

Alternative Medicine for Dummies

INTEGRIS Health's Women's Health Forum brought some nationally known speakers to Oklahoma City. One of the speakers was James Dillard, M.D., author of *Alternative Medicine for Dummies*.

Dr. Dillard said many people are going online to find answers to medical concerns. If you are one of those people, he suggested some reputable and reliable sites for you to visit.

- National Library of Medicine:*
www.nlm.nih.gov/
Mayo Clinic:
www.mayo.edu/
National Center for Complementary and Alternative Medicine:
www.nccam.nih.gov/
Columbia University:
www.columbia.edu
Rosenthal Center:
www.rosenthal.hs.columbia.edu/

Horticulture Therapy

Planting, mulching, weeding and watering are good for you. A recent article in the *Wall Street Journal* says Horticulture Therapy is being recognized as a boost to one's mental and physical health.

One study published in June found that people who were exposed to nature recovered from stress more quickly than others who weren't, and the positive effects took hold within just a few minutes.

Dr. Roger Ulrich, a Texas A&M University professor and leading researcher in the effects of environment on behavior, says gardens can improve medical outcomes. Dr. Ulrich's research has shown that hospitalized patients with a view of landscape scenery recovered from surgery more quickly.

Other studies have found that simply viewing a garden or another natural vista can quickly reduce blood pressure and pulse rate, and can even

increase brain activity that controls mood-lifting feelings.

Practitioners say their experience shows that gardening can have an especially beneficial mental-health impact because it provides a sense of control, a psychological counter to stress and anxiety.

This is especially important for patients recovering from stroke or other traumas or who are learning to live with a physical or mental disability, says Teresia Hazen, who oversees horticulture-therapy programs for Legacy Health System in Portland, Ore.

Gardeners say the sounds, the smells, and the sights have an immediate calming effect and they can lose track of time while weeding, planting or mulching.

We have a horticulture section in our library. Check it out.