

Oasis News

April-May 2013



What's Cooking?

Find out what tasty treat Christie has on the menu this month!

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April at Sacred Treehouse

Creative Expression Youth Events for April

April 6th: Break out Breakfast

Make supercharged Egg Sandwiches.

April 20: Garden Crafts

Celebrate Earth Day and beautify your garden.

Therapeutic Oasis of the Palm Beaches ● 250 Royal Court, Delray Beach, FL 33444



6 Minute Urge Control

Patty Thomas Shutt, Psy.D.

Managing the urges to engage in maladaptive behavior often feels impossible as individuals begin their journey of recovery from addiction, eating disorder or other compulsive behaviors. The truth

is, that with effective tools, people can learn adaptive ways to manage those urges and change their conditioned responses to new healthy behaviors. In DBT Skills Group, our clients learn the various skills needed to change their automatic responses to environmental, mental, and emotional triggers. It all starts with mindfulness, which is in-the-moment awareness of environment, thoughts, sensations, emotions, and action urges. Often this is scary for individuals as they slow down and observe the moment because experiencing urges without acting can be foreign and extremely uncomfortable.

However, when individuals engage in an alternative behavior for 6 minutes, they will experience the urge decreasing - even disappearing altogether. Why 6 minutes? Scientifically it has been shown that it takes 6 minutes of engaging in a behavior to change the neurotransmitters and experience the impact of the release of chemicals. Some alternative behaviors that are effective include, going for a walk, listening to music, taking a shower, prayer, repeating a mantram, breath work, cleaning, push ups, dancing, and many many more. Through continued practice, individuals can learn new behavioral responses to triggers. Everyone can benefit from the 6 minute tool - we encourage you to practice and would love to hear about your favorite way to cope with urges.

What is Dance/Movement Therapy?

Anni Johnston, LMHC, BC-DMT

As part of the multi-modal approach to healing at Therapeutic Oasis, groups and individual sessions of Dance/Movement Therapy (DMT) are now being offered. The purpose of engaging the body in such a direct way within the therapeutic process has been well researched and benefits clearly found. The American Dance Therapy Association reports: *Dance/movement therapy (DMT) uses movement to "further the emotional, cognitive, physical and social integration of the individual." Through movement, DMT can help individuals with a wide range of psychological disorders achieve greater self-expression.*

The focus at Oasis is to promote greater tolerance for *body-based awareness*, which can begin with simply sensing and identifying what is going on in the body, eventually moving up to being able to fully tolerate and integrate powerful emotions. The process is very individualized, respecting the clinical needs of every client and honoring the pace necessary for comfort within the growth process. The beauty of DMT, as with all Creative Arts Therapies, is the immediacy of the work. It somehow brings forward that which the mind may want to keep at bay, allowing for potent understanding, which then can be integrated through the therapeutic process. What do clients gain from participating in DMT sessions at Therapeutic Oasis? Further engagement with instinct and "wise mind," the capacity to feel seemingly contradictory experiences at the same time (i.e feeling scared yet strong), the ability to use the body as a tool to distract or dissipate unhealthy mental patterns, learning to trust body-based impulses (again), and an overall sense of feeling "more connected" to themselves.



Anni Johnston, LMHC, BC-DMT is a Board Certified Dance Movement Therapist at Therapeutic Oasis of the Palm Beaches. To contact Anni or learn more about individual and group DMT, call 561.278.6033.

Christie's Kitchen:
Asparagus with Balsamic Tomatoes



Add some kick and color into your spring routine with this seasonal favorite. Impressive served hot as a side-dish or serve cold as a refreshing salad!

- 1 pound asparagus, trimmed
- 2 teaspoons extra-virgin olive oil
- 1 ½ cups halved grape tomatoes
- ½ teaspoon minced fresh garlic
- 2 tablespoons balsamic vinegar
- ¼ teaspoon salt
- 3 tablespoons crumbled goat cheese
- ½ teaspoon black pepper

1. Cook asparagus in boiling water 2 minutes or until crisp-tender. Drain.
2. Heat olive oil in a large skillet over medium-high heat. Add tomatoes and garlic; cook 5 minutes. Stir in vinegar; cook 3 minutes. Stir in salt.
3. Arrange asparagus on a platter; top with tomato mixture. Sprinkle with cheese and pepper.

Yield: 4 servings.

~ adapted from *Cooking Light*, April 2011

Youth Yoga
(Not Just Fun and Games!)
Megan Haligowski

When children learn techniques for relaxation and inner fulfillment, they can navigate life's challenges with a little more ease. Yoga at an early age encourages self-esteem and body awareness with a physical activity that's noncompetitive. Fostering cooperation and compassion—instead of opposition—is a great gift to give our children.

Teaching yoga to teens and children is quite different than teaching to adults. Youth Yoga is a creative yoga class designed with the pre-teen in mind and easily adapts to kids of all ages. Classes emphasize confidence, fun, mental focus and give kids an outlet to help manage stress. During Youth Yoga there is plenty of giggling and use of the imagination with new yoga spins on fun games and other “assignments”. Each class has a different focus so kids are consistently challenged both mentally and physically.

Yoga with children offers many possibilities to exchange wisdom, share good times, and lay the foundation for a lifelong practice that will continue to deepen.

Join Megan for Youth Yoga on Saturdays at 10:00 am. Call 561.278.6033 for more details.



April/May 2013

Pre-registration suggested for all activities. Call 561.278.6033 for details.

Easy to Love - Difficult to Discipline
4-Week Parent Book Club
Begins April 4
Thursdays 1:00 - 2:00 pm

Weathering Life's Storms for Parents
Mini-workshop
Friday, April 12th, 11:00 am - 2:00 pm

Beginning Meditation
Mondays 10:00 - 11:00 am

Gentle Yoga
Monday & Wednesday 2:00 - 3:00 pm
Tuesday (Women Only) 6:00 - 7:00 pm

Vinyasa Yoga
Monday & Wednesday 8:30 - 9:30 am
Friday 9:30 - 11:00 am

"Re-Treat" Yourself!
Enjoy a private mini-retreat with a few close friends at Sacred Treehouse. Select from massage, yoga, art, spa lunch and more. We will custom design a unique and personal package just for you!

Just for Kids:

Youth Yoga
Saturdays 10:00 am (Ages 9 & up)

Creative Expressions
Ages 10 and up
April 6: Break Out Breakfast (\$40)
April 20: Garden Crafts (\$50)

Creative Flow: Yoga & Art
Mondays 4:30 - 6:30 pm
Youth: Grades 1-5
Teen: Grades 6 & Up
\$30 per session

For additional offerings and more details call 561.278.6033 or visit www.SacredTreehouse.org