



## Project INTERFACE Newsletter

April 2009

Dear Mental Health Professionals:

In recognition of April's designation as Child Abuse Prevention Month, please share with your clients the upcoming events, tips and recent research on preventing child abuse.

Welcome new providers! Thank you to all providers for your participation in Project INTERFACE!

Callers dial our Helpline to speak with the full-time Access Coordinator for referrals to mental health providers. We appreciate the overwhelmingly positive feedback we receive from providers, such as:

"I want to express my pleasure in being a member of Project INTERFACE. Not only are you providing families in our area with a helpful set of resources, but you are also making appropriate and helpful referrals to clinicians such as myself. So often, people can be helped if they only know how to connect with the right resources. Project INTERFACE really provides that missing link in our community and makes a big difference to service providers and the families who use their services. I am proud to work with such a competent, professional and needed program. Thank you, Project INTERFACE."

-- Tod Gross, Psy.D.

Thanks also to all those who have recently updated their practice information. If you have not yet done so, please e-mail us at [updates@projectinterface.org](mailto:updates@projectinterface.org) to receive instructions for easy updating online.

### In this Issue

[Spotlight on Upcoming Events](#)

[Continuing Education](#)

[Tips for Parents](#)

[Highlight from Recent Research](#)

### Spotlight on Upcoming Events

#### Mind/Body Stress Management Program for Parents of Behaviorally Challenging Children

*First Session:* Wednesday April 29, from 10:30 am- 12:00 noon  
*Six Sessions:* (4/29, 5/6, 5/13, 5/20, 5/27, 6/3)

*Location:* Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital, 151 Merrimac Street, 4th floor Boston, MA 02114.

Pre-registration is required. To register, contact Marilyn Wilcher at 617-643-6035 or email [moodand anxiety@partners.org](mailto:moodand anxiety@partners.org). To download a copy of the registration form visit: [www.mbmi.org/about/whats\\_newView.asp?id=69](http://www.mbmi.org/about/whats_newView.asp?id=69). To learn more, go to [www.projectinterface.org/events.upcoming.php](http://www.projectinterface.org/events.upcoming.php).

*Sponsored by:* Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital, Mood & Anxiety Disorders Institute (MADI) Resource Center of the Massachusetts General Hospital Department of Psychiatry

### Continuing Education for Early Childhood Professionals and Mental Health Professionals

## Mind Body Medicine: Components, Research, Techniques and Applications with the Emphasis on the Relaxation Response

Friday, June 12, 2009

8:45 am - 4:30 pm

Location: MSPP, 221 Rivermoor St., Boston, MA 02132

Instructors: Herbert Benson, M.D. and Ann Webster, Ph.D.

Program No: MS29

CE Credits: 6 (CE/CME Credits)

This program, which will be both didactic and experiential, will focus on understanding the foundation of mind/body medicine, the role of stress in illness, recent research advances, and techniques and applications. Participants will have an opportunity to experience several mind/body medicine approaches such as: the relaxation response; cognitive restructuring; stress management; 'minis'; and humor, all of which enhance resiliency and well-being.

To register or learn more visit: [www.mspp.edu/academics/continuing-education/programs/ms29.asp](http://www.mspp.edu/academics/continuing-education/programs/ms29.asp).

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### Tips for Parents

#### Stress Management for Parents to Prevent Child Abuse

from *Positive Parenting, Massachusetts Children's Trust Fund*

- Make sure your kids are safe and then give yourself a time-out. Five minutes alone can give you time to cool off.
- Set realistic goals. Don't try to be a "super-parent."
- Learn not to compare yourself to other parents. Give yourself credit for doing a good job.
- Get some exercise to relieve stress. Take the kids for a walk.
- Take care of yourself. **HALT** if you feel **Hungry, Angry, Lonely** or **Tired**.

The Massachusetts Children's Trust Fund (CTF) supports and evaluates parenting education programs to strengthen families, therefore preventing child abuse. For more parenting tips, visit [www.mctf.org](http://www.mctf.org).

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### Highlight from Recent Research

#### An Approach to Preventing Child Abuse

"Nationally known programs that target at-risk families such as Parent Effectiveness Training (P.E.T.), the Parent Nutrition Program, and Systematic Training for Effective Parenting (S.T.E.P.) have various approaches toward parenting education and are distinct in their use of such teaching tools as reward and punishment, praise, and specific encouragement. Such parent focused interventions with well-specified training components aimed at improving child-rearing competence and stress management have been supported by empirical findings as effective measures for reducing risk factors associated with physical child abuse."

*Excerpt from Fact Sheet: An Approach to Preventing Child Abuse, produced by Prevent Child Abuse America. Fact Sheet adapted from Cohn Donnelly, A. (1997). An Approach to Preventing Child Abuse, Chicago, IL: National Committee to Prevent Child Abuse.*

Read more at: [www.preventchildabuse.org](http://www.preventchildabuse.org).

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#### Contact Information

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