



THE MAPLE CENTER FOR INTEGRATIVE HEALTH

MONTHLY MATTERS

September 2016

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THE MAPLE CENTER UPDATE

Fall is here and so is our newest LEAF (Lifestyle Education And Food) class, there is a total of 33 in the current class. Welcome everyone!

To help with the LEAF class we welcome back our AmeriCorps member, Susan Hawk. This is Susan's second term with AmeriCorps and the center.

Also helping with this class is our newest intern Carli Coughanowr. Carli is a master's student studying Human Nutrition and Functional Medicine at the University of Western States. She is extremely passionate about nutrition and living a holistic lifestyle. Carli will be working closely with Dr. Stienstra, Dr. Walton, Sylvia Middaugh, Karen Cunningham and the entire LEAF Leadership team. We look forward to helping Carli achieve her goals.

The Maple Center has been fortunate to have individuals from Indiana State University and IU School of Medicine volunteer their time to help in our efforts. Thank you to Jonathan Andres, Sharon Boyle, Samantha Douthitt, and Tyler Robinson for your assistance.

Last but not least, thank you to the Larry Paul Foundation and the Auen Family for the wonderful donations given to The Maple Center for programming. Your thoughtfulness will make a difference in our community. Thank you for your support.



INTRODUCING THERAPLAY® TO THE MAPLE CENTER

By Dr. Catherine Tucker, LMHC, RPTS

Catherine Tucker, PhD, LMHC, RPT-S

Catherine is a registered play therapist-supervisor, licensed mental health counselor, school counselor & former tenured professor of counseling.

**For therapy
appointments
please call
812-230-5126**

By way of introducing myself to The Maple Center newsletter readers, I have abstracted information about the mode of psychotherapy I use, Theraplay, for the newsletter. For more information or to make an appointment, call 812-230-5126.

The following is an excerpt from a soon-to-be published book chapter. The citation for the chapter is:

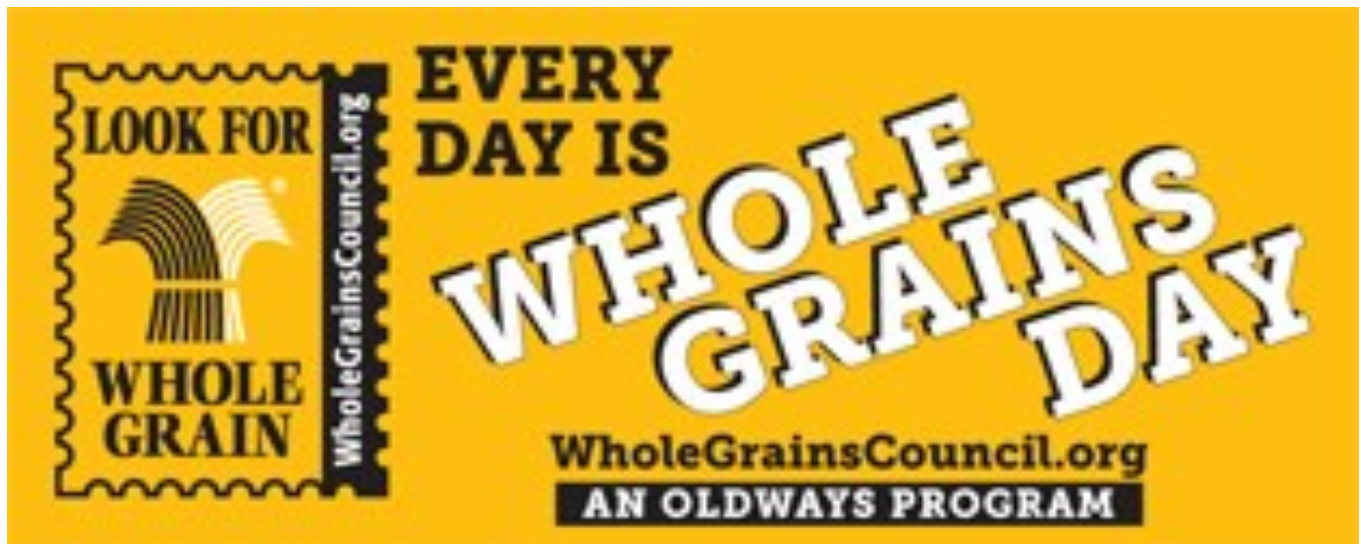
Tucker, C., & Smith-Adcock, S. (2017). Theraplay: The Evidence for Trauma-Focused Treatment for Children and Families, in Steen, R. (ed.). *Emerging Research in Play Therapy, Child Counseling and Consultation*. Hershey, PA: IGI Global. (31 pp.).

Theraplay® is a brief, attachment-based parent-child psychotherapy approach that uses interactional play to establish 'affectional' bonds between caregiver and child. Recent research related to Theraplay suggests it is an evidence-based practice for use in schools and clinical settings for a wide range of childhood problems, including those that are trauma-based. Of particular importance, Theraplay is emerging as an approach that is consistent with current neuroscience research on children's brain development and new understandings of attachment and disruption advanced by researchers such as Perry, Porges, and van der Kolk. Given what we now know about the life-long impact of adverse childhood events across multiple indicators of health, including brain development, understanding how to intervene effectively with children is crucial for mental health professionals. Young clients with some form of trauma-related symptoms comprise a large percentage of clinical cases, and present with complicated emotional and behavioral problems that are often difficult to treat.

The Theraplay Institute was organized in Chicago in 1971, originally as a private psychological practice, where parents who had heard of the success of Theraplay in Head Start sought treatment for their own children and families. Theraplay® was registered as a service mark in the United States in 1976, to protect the integrity of the model. During this time, professionals had begun coming to the Institute to get trained in Theraplay, and a fledgling certification program was developed. Within a few years, people from Canada, Germany, and Finland traveled to Chicago to train in the Theraplay method. Realizing that the Institute was becoming more of an international training organization than a local clinical practice, it was reincorporated as a nonprofit organization in 1995. A rigorous protocol for certification as a Theraplay therapist and further training to become a Theraplay Trainer and Supervisor were developed, and Booth wrote the second edition of the Theraplay text, published in 1999. She published the third edition of the Theraplay text in 2010. Theraplay is now used in over 60 countries.

Currently, a growing number of Theraplay clients are children who have experienced significant early relational traumas. Several agencies that focus on adoption and foster care have chosen Theraplay as their primary mode of therapy based on successful outcomes with complex and difficult cases. As this particular application of Theraplay has expanded, The Theraplay Institute has invested more time and staff resources to discovering the change mechanisms that may account for this success, and to offering specific modifications for the treatment of trauma. Simultaneously, new evidence from researchers in cognitive science and brain biology has begun to identify underlying mechanisms within the human brain and body that may explicate some of the reasons that Theraplay has long been a successful clinical intervention for young children who have had traumatic experiences.

As it is currently and most frequently practiced, Theraplay is a dyadic therapy involving parents or caregivers and children between the ages of 2 and 12. Children with variety of social, emotional and behavioral difficulties benefit from Theraplay, including those with withdrawn or depressed behavior, overactive- aggressive behavior, temper tantrums, phobias, and difficulty socializing and making friends. Theraplay is also indicated for children with behavior and interpersonal problems resulting from learning disabilities, developmental delays, and pervasive developmental disorders, although treatment may extend over a longer period of time for children with developmental delays, pervasive developmental disorders, or autism. In recent years, Theraplay treatment has been modified so that more time is spent in sessions preparing the caregivers for the attachment work involved in the treatment of the child.



BUT

SEPTEMBER

Is

WHOLE GRAIN

MONTH

CELEBRATE BY INCREASING THE

WHOLE GRAINS IN YOUR DIET

Refined Grains vs. Whole Grains

Refined White Grains Cause:

Food Addiction & Cravings
Weight Gain
Type 2 Diabetes
High Blood Pressure
Blood Sugar Spikes
Inflammation
Acne, Eczema, Psoriasis, Edema
Allergies
Behavior Issues, Depression,
Mental Illness, Mood Swings,
Emotional Problems, Difficulty
Concentrating
Hyperactivity
Bloating
Bone Loss

Benefits of Whole Grains:

Fights Disease
Lowers Total Cholesterol,
LDL (Bad) Cholesterol
& Triglycerides
Reduces Risk of
Cardiovascular Disease
Aids Weight Loss
Helps Prevent Cancer
Provides Digestive Health
Rich in Fiber
Keeps You Full Longer
Nutrient Dense
Protein

Differences in Whole Grains vs. Refined

Whole grains are more nutritious

A grain is the edible portion of the seed of a plant that is made up of three distinct parts: bran, endosperm and germ. A whole grain consists of all three parts of the grain.

Vitamin E found in the germ is a fat-soluble vitamin with antioxidant properties.

Germ, the embryo of the grain, makes up about 2% of the grain. It provides nourishment for the seed. Germ contains B vitamins, vitamin E, unsaturated fatty acids, and phytochemicals. It is removed during the milling process in the same way as the bran.

Bran, the outer layer, which makes up approximately 15% of the grain, is always removed during the milling process to produce refined grain (eg white rice). It contains dietary fibre, B vitamins, iron, zinc and other minerals, a small amount of proteins, and phytochemicals.

Endosperm, which makes up around 83% of the grain, stores nutrients in the seed for germination. Endosperm contains mainly carbohydrates, some proteins, small amounts of vitamins and minerals, and phytochemicals.

Grains contain varying portions of the different types of dietary fibre, such as soluble fibre, insoluble fibre, resistant starches, and oligosaccharides.

Polished rice contains only the endosperm (mainly carbohydrate). The carbohydrate in the endosperm provides the energy needs of a person.



Unpolished (Brown) Rice



Polished (White) Rice

Common types of whole grains:

Gluten Free



Unpolished (Brown) rice

Gluten Free



Whole wheat

Gluten Free



Oats



Corn



Rye

Gluten Free



Buckwheat



Dehulled barley (not pearled barley)

The Science Of Eating.com



GARLIC MUSHROOM QUINOA

Ingredients

- 1 cup quinoa
- 1 tablespoon water or vegetable stock
- 1 pound cremini mushrooms, thinly sliced
- 5 cloves garlic, minced
- 1/2 teaspoon dried thyme
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons Parmesan, if desired

Instructions

- In a large saucepan of 2 cups water, cook quinoa according to package instructions; set aside.
- Heat water or vegetable stock in a large skillet over medium high heat. Add mushrooms, garlic and thyme, and cook, stirring occasionally, until tender, about 3-4 minutes; season with salt and pepper, to taste. Stir in quinoa until well combined.
- Serve immediately, garnished with Parmesan, if desired.

Adapted from: <http://damndelicious.net/2014/05/02/garlic-mushroom-quinoa/?crlt.pid=camp.a6zKN71AEXwF>

Faux Parmesan Cheese

INGREDIENTS

½ Cup almond meal (can use almonds if you grind them)
3 Tbsp nutritional yeast flakes
¼ tsp salt (optional)

INSTRUCTIONS

If grinding nuts, use food processor. Do not over process. Add yeast and stir well. Keeps in refrigerator covered approximately 2 weeks.

Reference: *[Vegan on the Cheap](#)* by Robin Robertson



Sweet Potato, Brussels Sprout, Quinoa Bowl

Ingredients

- 1 cup quinoa, rinsed
- 1½ cups vegetable broth
- 1 tablespoon water or vegetable broth
- 2 cloves garlic, minced
- ½ onion, minced
- 1 tablespoon fresh ginger root, diced
- 2 cups sweet potatoes, diced
- 1 cup sliced Brussels sprouts
- 2 tablespoons dried cranberries
- ¼ cup sliced almonds

Instructions

Place quinoa and broth into a pot. Bring to a boil over medium heat. Cover and reduce heat to low, simmer for 15-20 minutes until all liquid is absorbed.

1. While quinoa is cooking, place water/broth, garlic, onion and ginger into large skillet. Cook over medium heat 3-4 minutes until onions are translucent. Add sweet potatoes and Brussels sprouts and let cook for 10 minutes or until they soften.
2. Add cooked quinoa to skillet and thoroughly combine.
3. Remove from heat.
4. Add cranberries and almonds and mix again

Adapted from: <http://laurenkellynutrition.com/sweet-potato-brussels-sprout-quinoa-bowl/>

French Fry Alternatives



There are so many wonderful vegetables in season this time of year it would be a shame to miss out on exploring alternatives to potato fries. Here are some options that you may not have thought about.

Butternut Squash Fries: Peel squash and remove the seeds. Using a crinkle cutter or a regular knife, slice into fries. Bake at 425 degrees for 20 minutes

Carrot Fries: Peel carrot and using a crinkle cutter or a regular knife, slice into fries. Bake at 450 degrees for 25—30 minutes

Sweet Potato Fries: Peel sweet potato and using a crinkle cutter or a regular knife, slice into fries. Bake at 450 for 20 minutes.

Oven Baked Acorn Squash Fries: Peel carrot and using a crinkle cutter or a regular knife, slice into fries. Bake at 350' for around 45 minutes.

Pumpkin Fries: Peel pumpkin and remove the seeds. Using a crinkle cutter or a regular knife, slice into fries. Bake at 350 for 30 minutes.

Season with spices such as garlic powder, cayenne pepper, ground black pepper, onion powder, cinnamon , parsley, or spice of your choice.



ITALIAN ORZO SPINACH SOUP

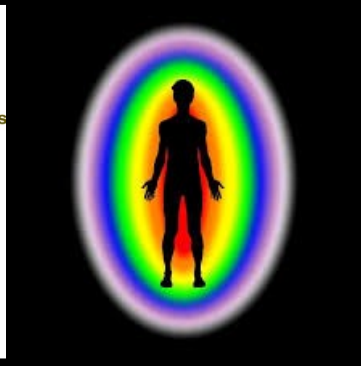
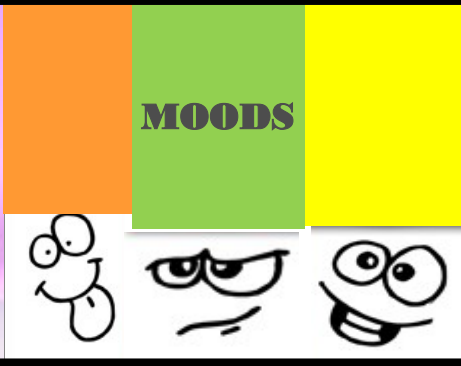
INGREDIENTS:

- 2 tablespoons water or vegetable stock
- 1 small white onion, peeled and diced
- 1 cup diced carrots
- 1 cup diced celery
- 3 cloves garlic, peeled and minced
- 6 cups vegetable stock
- 1 (14-ounce) can fire-roasted diced tomatoes
- 1 1/2 cups (about 8 ounces) whole wheat orzo pasta, or other whole wheat pasta
- 1/2 teaspoon dried thyme
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried rosemary
- 4 cups loosely-packed spinach
- salt and black pepper

DIRECTIONS:

Heat water/stock in a large stockpot over medium-high heat. Add onion and sauté for 4 minutes, until soft. Add carrots, celery and garlic and sauté for an additional 3 minutes. Add vegetable stock, tomatoes, orzo (pasta), thyme, oregano, rosemary and stir to combine. Bring soup to a simmer, stirring occasionally. Reduce heat to medium-low and simmer for 10 minutes, stirring occasionally, until the pasta is al dente. Stir in the spinach and cook for 1-2 minutes until it is bright green and wilted. Season with salt and black pepper to taste (if needed). Serve warm.

Adapted from: <http://www.gimmesomeoven.com/italian-orzo-spinach-soup-recipe/>



Topics on which to Chew: Digesting your Food, Mood, Words, and Energy

At Landsbaum from 1:30 - 3:00 pm, Cost: No charge and no OLLI membership needed

Sponsored by:



The Maple Center for Integrative Health



October 12, 2016 - What's with the Wheat? Presented by Dr. Kristen Walton, DC, Cac

This documentary investigates the growing epidemic of wheat intolerance and why after eating wheat for thousands of years, it is now linked to digestive issues and chronic health problems. Learn about how modern farming and preparation practices have changed traditional wheat into a 21st century health concern. Question and answer session with Dr. Kristen Walton DC CAC

November 9, 2016 - The Power of Words – an Introduction to Mantras

Presented by Devaki Lammet

Whether used in meditation, or for singing devotional songs or for many occasions in everyday life, Mantras help to calm your mind and are an easy way to uplift yourself! In this workshop you will learn to recite and sing simple mantras in call and response and together to create positive vibrations within and around us! Devaki H. Lammet holds a master's degree in psychology from the University of Cologne, is an Ayurvedic lifestyle consultant, and is an internationally certified yoga teacher (E-RYT 500+) since 2000. She lived 5 years in retreat centers (Ashrams) in the US & Germany and wrote her thesis on "The psychological experience of the recitation of a personal Sanskrit Mantra and its impacts on everyday life."

December 14, 2016 - What's Eating You?: a look at how energy around and in you affects your overall health.

Presented by Sharon Samsell, LMHC, CHTP/I Liz Samsell, LCSW

This presentation will introduce you to the body's energy field and how its digestive system works. Basic self-care will be taught to aid your system to keep your energy flowing.

Sharon and Liz are mental health professionals offering a variety of integrative modalities including Healing Touch, Craniosacral therapy, and Shamanic Healing. Together they have over 35 years of experience in the healing arts.

The Maple Center Connection

Integrative Medical Consultation and Medical Acupuncture

Monday through Thursday

By Appointment

Kathleen A. Stienstra, MD
Clinical Appointments
Call 812-235-4867

Functional Health & Professional Acupuncture

Tuesday & Thursday

By Appointment

Kristen C. Walton, DC, CAC
Clinical Appointments
Call 812-235-4867

Integrative Medical Consultation

Wednesday & Friday

By Appointment

Jennifer Brooks, PA-C
Clinical Appointments
Call 812-235-4867

Neuromuscular Re-education

Tuesdays, Wednesdays, & Thursdays or

By Appointment

Fee: \$60.00: 1hr. Treatment

Penny Money

Call 317-670-3764

Healing Touch, Cranial-Sacral Therapy, & Shamanic Practices

By Appointment

Liz Samsell, MS, LCSW, HTP
Call 812-236-8985

or

Sharon Samsell, MDiv, LMHC, CHTP/I
Call 812-878-2034

Therapeutic Massage Therapy

Nancy

Fridays & Saturdays

By Appointment

Nancy Humphries, LMBT

Call 812-251-9190

Mental Health Counseling

By appointment

Fee: \$60 per hour

Jan Croft, MS, LMHC, NCC

Call 812-240-5804

Theraplay Counseling

By appointment

Catherine Tucker, PhD, LMHC, RPT-S

Call 812-230-5126

Music Therapy

By Appointment

Fee: \$50.00 : 50 Minute Session

Tracy Richardson, PhD, MT-BC
Clinical Appointments

Call 812-249-4290

Holistic Lifestyle Consultant

By appointment

Devaki H.Lammet, M.A,

Call 787-464-5651

Registered Dietitian Nutritionist

By appointment

Sylvia Middaugh, MS, RDN, CD

Call 812-229-4059



Contact Us

Give us a call for more information about our services or go to our website:
www.themaplecenter.org

Newsletter article submission due by the 22nd of each month for the following month.
Email article to: dferguson@themaplecenter.org



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programs “like” us on
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The Maple Center is a Non-profit integrative health center, started in 2004, that offers classes and workshops in mind, body, and spirit approaches to optimal wellness. We offer workshops in preventive strategies to maintain health, and unique programs for those challenged by cancer and chronic illness. The center offers professionals trained in acupuncture, health coaching, integrative medicine, neuromuscular integration, nutritional counseling, therapeutic massage, and therapeutic touch.

For more information on our programs, workshops, or professional services contact us at (812) 234-8733 or visit our website: themaplecenter.org

“Optimizing individual health thru community education and clinical services.”



Dr. John Black Memorial Library

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The Maple Center library collection online?**
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Click on the link available on the home page for the John Black Memorial Library's page or click on Community Resources or copy and paste the following link, you will be taken to the collection directly:

<https://books.google.com/books?hl=en&uid=4611478877290630623>

When you get there, you will have the option of searching within The Maple Center's collection, or the entire world of Google Books.

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Monthly Vegetarian Dinner

Bring a vegetarian dish

and recipe to share,

Contact Debbie Stevens at

debbiestevens53@gmail.com

Check us out at:
www.themaplecenter.org