

## COURT APPOINTED SPECIAL ADVOCATES

### JANUARY 2017 NEWSLETTER

Our office will be closed on Monday January 1st in observance of the New Year.

In addition, we will be closed on Monday January 15th in observance of Martin Luther King Jr. Day.

Friendly Reminder~

When attending court please plan on not wearing jeans as this goes against the dress code that has been set forth.

Thank you for your willingness to comply.



Happy January Birthdays!

Jerome McPike - 2nd

Diana Kessler - 4th

Hobson Bale - 8th

Mark Bigelow - 28th



Enjoy Your Special Day!!

#### Upcoming Dates & Events.....

**Jerry Gille from the Quincy Housing Authority** will be presenting during our Noon-Networking on **January 11th**. Jerry has been in this field for a number of years so you won't want to miss all the information he has to share! See you here!

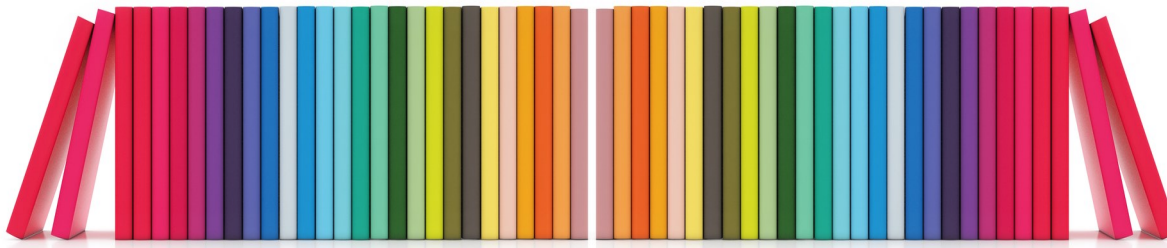
**Noon Networking on February 8th** will feature Jeanna Parkill from Preferred Family who is their clinical Manager.

**March 8th** will be our **Noon-Networking with JoAnn O'Rourke** who works as a Licensed Clinical Professional Counselor through **SIU School of Medicine**. JoAnn will be discussing Home Safety & Attachment. You won't want to miss it!

*“Blessed are the flexible, for they shall not be bent out of shape.” ~Unknown*

**(OVER)**

Below is a brief overview of a new book that has recently been added to our CASA Library. Feel free to stop by and check it out! Keep in mind winter is a great time to get caught up on your continuing education credits!



**The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma  
by Bessel van der Kolk**

“Essential reading for anyone interested in understanding and treating traumatic stress and the scope of its impact on society.” —Alexander McFarlane, Director of the Centre for Traumatic Stress Studies

A pioneering researcher transforms our understanding of trauma and offers a bold new paradigm for healing in this New York Times Science bestseller

Trauma is a fact of life. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence. Dr. Bessel van der Kolk, one of the world’s foremost experts on trauma, has spent over three decades working with survivors. In *The Body Keeps the Score*, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers’ capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain’s natural neuroplasticity. Based on Dr. van der Kolk’s own research and that of other leading specialists, *The Body Keeps the Score* exposes the tremendous power of our relationships both to hurt and to heal—and offers new hope for reclaiming lives.

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