

New therapy technique offered in Auburn

BY LINDSAY TICE
STAFF WRITER

When Destiney Lemieux went to her son's T-ball games, she felt like the open field was going to swallow her whole. The dizziness and anxiety felt horrible. It made it hard for her to focus on her little boy.

Lemieux had been in traditional talk therapy for years as she tried to get a handle on the severe anxiety and panic attacks that had plagued her on and off the baseball field. Then, her most recent counselor, Shellie Cook, suggested she try Accelerated Resolution Therapy, known as ART.

ART uses sweeping eye movements and guided imagery to help people deal with trauma, depression, anxiety, pain and other issues. Advocates say even one 50-minute session can help.

"I was very skeptical," Lemieux said. "It sounded too easy. . . I was like, 'Why aren't people getting better all over the place?'"

Then she tried it. "Cook said, 'Think about it as if you have these cement blocks on your feet. No matter what happens, there's nothing that can pull you down or take you down. You're not going to fall because you're being cemented in,'" Lemieux said. "I went to my son's T-ball game that next weekend and I had, literally, not an issue. There was not a problem. Nothing. . . . We were driving into the field and I briefly thought 'You have your cement blocks on.' Then I was done. I was good."

Created six years ago by Laney Rosenzweig, a licensed marriage and family therapist in Connecticut, ART is gaining popularity as a quick-hit, no-medication-required therapeutic technique for children and adults. Nearly 240 professionals have been trained in ART.

In Maine, there are two. Both are in Auburn.

"I've been practicing therapy for seven years and I've never experienced anything like this therapy," said Cook, a licensed clinical social worker who co-owns Cornerstone Counseling with fellow ART therapist and licensed clinical professional counselor Jill Willer.

Cook and Willer first learned about ART several months ago while at a training on the new Diagnostic and Statistical Manual of Mental Disorders. ART came up in a discussion of emerging therapies.

ART is similar to Eye Movement Desensitization and Reprocessing, or EMDR, a 25-year-old therapy technique that also uses eye movements and imagery but mandates less guidance from the therapist and can take many more sessions than ART calls for. It is unclear how many EMDR-trained therapists there are in Maine, but 56 Mainers are members of the EMDR International Association.

Both EMDR and ART leaders speak respectfully of each other's technique.

Researchers are still studying how EMDR and ART work. But ART's creator — who based ART from her training in EMDR — be-



Shellie Cook, left, and Jill Willer, of Cornerstone Counseling in Auburn, are using Accelerated Resolution Therapy, a new technique that uses rapid-eye movements and guided imagery to help patients quickly overcome trauma, phobias, pain, stress and other issues.

lieves the eye movements and visualizations help people process traumatic or scary events and ideas and shift them out of the emotional center of the brain, helping to desensitize clients. Creative visualization then helps replace the negative images with positive ones.

"It's like finding gold," Rosenzweig said of ART.

Intrigued by the possibilities of a technique billed as both quick and effective, Cook and Willer attended a 16-hour ART training session in Connecticut this past spring. There they tried ART on others and took part in it themselves.

Cook had been skeptical. Firsthand experience won her over.

"It was just amazing. I don't really know how else to describe it," Cook said. "It was a very profound sense of relief. I was managing some stress-related things and after just about an hour I wasn't feeling the same way."

Cook and Willer began offering ART to their clients a few months ago. Some declined. Others agreed to give it a try.

Joie Crockett, a freelance writer for the Sun Journal, was one client who said "yes." She was dealing with severe pain in her feet caused by peripheral neuropathy.

"Every single step hurts," Crockett said. "Imagine having a marble stuck under the ball of your foot, and then throw a bunch of little sharp twigs in your shoe and walk like that. That gives you an idea of what every step is like."

She was trying to manage the pain without drugs and was somewhat successful. Meditation helped a little, distraction provided some relief.

But it was ART that allowed her to take up hiking again.

"These visions will come up. Like I'll imagine sometimes I'm walking barefoot on a soft sandy beach and the sand is nice and warm. Or I'll imagine, like one time, butterfly wings just fluttering on the top of my feet. Or walking on cool soft grass," she said. "You try to replace the pain images with one of those images."

ART hasn't been a cure for Crockett. A session leaves her pain free for a day or so, so she's learned to do the eye movements and guided imagery on her own for more frequent relief.

For Lemieux, ART sessions have cured some problems, helped others. Her anxiety about the open space of the baseball field is

gone. Her fibromyalgia pain has eased. She's looking forward to tackling her panic attacks and other anxiety using art.

In a two-hour session with Cook, she now does traditional talk therapy for 20 to 30 minutes and ART the rest of the time.

"This is hope for me. I have hope that some day all these things I'm concerned with won't be an issue," Lemieux said.

Although ART leaders say clients only need one to three sessions to be cured of some issues, like anxiety resulting from a bad car crash, it can take more sessions to deal with long-standing and complex issues. But ART proponents say the technique can help clients with even the most complicated issues faster than can traditional therapies alone.

Excited by the prospects, two other Cornerstone counselors plan to train in ART this fall. Cook and Willer will go for advanced training.

"I think it's a pretty exciting tool to be able have, especially to give people relief so quickly," Willer said. "That's what people are coming to counseling for; to be able to move past and through things."

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SLADE

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During World War II, he joined the U.S. Marine Corps and served in the Pacific as a pilot, eventually rising to the rank of major. Slade was awarded the Distinguished Flying Cross for transporting supplies in and flying wounded out at Guadalcanal and Bougainville.

After the war, Slade worked for 25 years at Uniroyal tire company in Naugatuck, Conn., eventually becoming a product and design manager with nine patents to his name, his son said.

Slade moved to the Oxford Hills area in the mid-1970s and taught at Oxford Hills

Middle School for nearly a decade.

As a painter, Slade developed an extensive body of work, focusing on the places he lived in Maine, including Lewiston, South Paris, Portland and Norway.

"He didn't paint the tourist picture of Maine," his son said. "He painted the real Maine. It's not the coast, it's going home after a hard day of work knowing you're going to have to stoke the stove."

Shepley said the first line she will read at the service, a quote from Ralph Waldo Emerson, describes Slade's approach to life: "Do not go where the path may lead, go instead where there is no path and leave a trail."

McLaughlin Garden is at 97 Main St. in South Paris.

Mexico police log

MEXICO — The Police Department responded to 80 incidents over the last two weeks. Among them were the following:

Theft/Vandalism

- An Osgood Avenue resident reported at 10:08 a.m. Aug. 5 that the previous night someone forcibly entered their home through a window and stole an undisclosed amount of prescription medication. The window had \$700 damage. Police have a suspect.

- A Fifth Street resident reported at 9:26 a.m. July 31 that the previous night someone caused an estimated \$100 damage to his lawn furniture. Police have no suspects.

Arrests

- Justin Ridley, 30, of Dixfield, domestic assault, violation of condition of release, based on an incident Aug. 1. He was transported to Oxford County Jail in Paris.

UNION

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in order to get over the hump and get a contract they needed somebody to come and help them."

Cote said that more than 50 percent of the officers represented by the association chose to sign cards expressing interest in joining the Teamsters, allowing the union to begin the certification/decertification process with the MLRB.

Teamsters Local 340 also represents the Paris and Norway police departments, Cote said.

The previous contract between the commissioners and the association expired Dec. 31, 2011, but is still being used until an agreement is reached.

Recent mediation failed to reach an agreement and the issue will now go to an un-

"They've been negotiating for a long time. I think they've done an excellent job so far, but they just felt like in order to get over the hump and get a contract they needed somebody to come and help them."

Ray Cote, Teamsters Union Local 340 business agent

biased fact-finding process, Wyman said.

Compensation, specifically the hourly wage for deputies, corporals and sergeants, is the main sticking point in the negotiations, he said.

According to figures compiled by the association, Oxford County deputies are the lowest-paid hourly-rate police officers in the county and possibly Androscoggin and York counties, Wyman said.

Oxford County Administrator Scott Cole said the commissioners were taking the deputies' entire compensation package into account

during the negotiations.

"When you stack everything up, wages, benefits, working conditions, overtime, opportunities, we believe the compensation package is highly competitive," Cole said.

The purpose of the fact-finding, Wyman said, is to determine if the association's numbers on different hourly rates of other departments are accurate.

"At this point, I'd say we're not even close to coming to any sort of agreement," Wyman said.

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Rumford United Methodist Church
Eighth Annual Memorial Hymn Service

The Rumford United Methodist Church will be holding a Memorial Hymn Service on Sunday, September 22, 2013 at 2:00 p.m. If you would like to sponsor one of the following hymns in Memory or Honor of a Loved One, please indicate their name, the hymn of your choice (from the list below only), and the amount you wish to donate. We invite you to join with us as we give God the Praise and the Glory for the ministry of those Loved ones now called from our presence and those still working among us.

Choice of Hymns

1. In The Garden	2. Amazing Grace
3. God Will Take Care Of You	4. The Old Rugged Cross
5. Just A Closer Walk With Thee	6. His Eye Is On The Sparrow
7. Abide With Me	8. Precious Lord
8. Because He Lives	10. Hymn Of Promise

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*Multiple names may be listed on back
Please Submit on or Before 9/13/13 (Suggested Donation \$10.00)*

NOTICE OF REQUEST FOR PROPOSALS FOR PAVING

Notice is hereby given that the Town of Peru will receive written proposals for paving projects. Specification and contract documents are available currently at the Town Office. All proposals must be in writing, clearly marked, sealed, and signed by the bidder and must be received by 6:00 pm on Monday, August 12, 2013; at which time they shall be opened publicly and read aloud. For more information, contact: Joe Roach, Road Commissioner, 85 Peru Center Road, Peru, ME 04290. Telephone: 562-4657. Email: perurc@roadrunner.com