



# THE CENTENNIAL BRIEFING



CHEYENNE · ELBERT · KIT CARSON · LINCOLN · LOGAN · MORGAN · PHILLIPS · SEDGWICK · WASHINGTON · YUMA

Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal health and well being

## WE THE PROFESSIONALS

This information from Dr. Freda is intended to help guide the content in clinical notes and in communications with med providers. Please feel free to contact him with questions as he would welcome further discussion!



### Part 3: The Patient's Premise

- Patient: "My Risperdal stopped working."  
– "OK. I'll let Dr. Vadnal know."  
• **Patient hears:** So it must be the medicine.      --premise.      --confirming premise.      --premise confirmed.
- Patient: "I'm having side effects."  
– "OK. I'll pass it along."  
• **Patient hears:** So it is the medication and maybe I don't need medication?  
• Patient: "Doesn't Zoloft cause suicidal thoughts?"  
– "You're having SI? I'll tell the doctor."  
• Patient hears: I am having suicidal thoughts!?!  
• It's this Zoloft causing my suicidal thoughts. I knew it!
- Patient: "I'm having suicidal thoughts"  
– "Tell me about your SI."  
• **Patient hears:** So I am having suicidal thoughts!

It's not your job to evaluate the patient, but to investigate the validity of the patient's concerns.

Please follow for the next 8 weeks as this will be a weekly column by Dr. Freda.

## CELEBRATING PRIDE - BOOK SUGGESTIONS

Walt Whitman (1819-1892)

Leaves of Grass which was very controversial in its time. It was described as "overt sexuality."

Tennessee Williams (1911-1983)

Cat on a Hot Tin Roof & The Glass Menagerie. He was considered among the 3 most foremost play wrights of the 20th century.

Truman Capote (1924-1984)

Breakfast at Tiffany's (1958) & In Cold Blood (1965)

D. H. Lawrence (1885 - 1930)

Lady Chatterley's Lover, Sons and Lovers & Women in Love. The first book was banned in US until 1959. It stays controversial regarding his sexual identity.

Oscar Wilde (1854-1900)

Ireland Playwright The Picture of Dorian Gray He was famous for saying, "Be yourself, everyone else is already taken." He spoke 3 languages and his parents were intellectuals. He was criminally convicted of "consensual homosexual acts and imprisoned. He died at age 46.

Gore Vidal (1925-2012) American writer.

Caligula & Lincoln & movie, Myra Breckenridge. He was born into upper class, political family. His primary focus was history and society in US. He had the same partner for 53 years.

W.H. Auden (1907-1973)

American poet who won the Pulitzer Prize for poem "Age of Anxiety"

James Baldwin (1924-1987)

American novelist Notes of a Native Son & Go Tell it on the Mountain Famous for saying "I imagine once of the reasons people cling to their hates so stubbornly is because they sense, one their hate is gone, they will be forced to deal with their pain." He mainly wrote about societal prejudices that kept many people from acknowledging their sexual orientation.

Sappho

One of the best female poets in the ancient Greek world. Her birth place was an island called "Lesbos" (B. 615 B.C.) Her work was burned in 1083 by Pope Gregory for "licentiousness."

Gertrude Stein (1874-1946)

Icon of feminist literature and best known for her modernist writings, extensive art collecting and literary salon in the 1920's. Her lifelong partner was Alice B. Toklas. She wrote "Q.E.D." in 1903 but it was not published until 1950 in book form.

Alice Walker (age 77)

The Color Purple. Dated both men and women after divorce; dated Tracy Chapman, musician and won the Pulitzer and National Book Award.

Radcliffe Hall

The Well of Loneliness (1928) She wrote before gay rights were considered a civil rights issue.

Patricia Highsmith

The Talented My Ripley.

Portia de Rossi

(age 47; married to Ellen DeGeneres) Unbearable Lightness