

AUGUST 2024



CROSS CULTURAL EXPRESSIONS NEWSLETTER

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AUGUST IS

Back to School Month



WHAT'S GOING ON AT CCE?

Mental Health Book Club For the Persian Speaking Community

CCE is hosting an 8-session Book club about the book *The Lies We Tell Ourselves* By Jon Frederickson

The book club will be facilitated by Sara Farhang, AMFT

When is it? Sessions take place on 8 consecutive Tuesdays from 2pm-4pm Starting Tuesday, August 27, 2024 Where? On Zoom! Link will be provided upon registration There is a suggested donation of \$10 per session (those who are unable to pay the suggested donation are welcome to attend free of charge.)

For more information please contact CCE at (818) 860-1223 or email at connectwithcce@gmail.com

Wake Up Sleeping Beauty

"Wake Up Sleeping Beauty," a CCE original directed by Shila Vosough-Ommi & written by Mastaneh Moghadam, LCSW, was filmed & released during the pandemic in 2020 in partnership with the LA County Department of Mental Health. CCE Productions now offers the film in both Farsi & Russian on YouTube. Search "CCE Productions Wake Up Sleeping Beauty" on YouTube to watch.

Djinn in the Pen

"The Djinn In The Pen," produced by LACDMH with CCE, is written and directed by Mastaneh Moghadam, LCSW, & stars Sahel Amani-Ghoreyshi and Matthew Nouriel. This fictional film follows Nadia, an immigrant woman who, after multiple losses including her father's death, manifests a Djinn to help her face her unresolved grief & move forward. The movie, adapted with Russian and Persian subtitles, is available on CCE Productions' YouTube page.

"Access for All" Podcast and YouTube Series

CCE is excited to announce "Access for All," a podcast and YouTube series created in collaboration with the LA County Department of Mental Health, focusing on the experiences of individuals with disabilities and their mental health journeys. Watch our videos on CCE Productions' YouTube page or tune into the podcast on Spotify, Amazon Music, and more. For updates, visit cceccc.org and follow us on Facebook and Instagram.

"DREAM-WORK" THE POWER OF SYMBOLS AND DREAMS

Dreams have been an important source of wisdom, insight and self-knowledge for many centuries across many different cultures. The importance of dreams was first introduced into the field of Western psychology by the father of psychoanalysis, Sigmund Freud. Freud considered dreams to be the "royal road to the Unconscious", revealing to the dreamer repressed desires and unfulfilled wishes happening below the surface of the waking mind. He believed that dreams convey these hidden messages through the use of symbols, and that these symbols could be interpreted to get a better understanding of one's deepest desires.

Carl Jung took the symbolism of dreams a step further. Instead of solely revealing the contents of one's own individual repressed wishes and desires, Jung posited that dreams also convey universally-shared ideas he called archetypes. These archetypes are not just the product of personal experience, but of a shared Collective Unconscious, ideas that are hardwired into every human's brain across time and throughout different cultures. As opposed to Freud, Jung believed that the mind had a drive towards wholeness, and that dreams are helpful indicators as to the areas of psychological, emotional and spiritual development that are needed towards this aim.

While theories and techniques regarding "Dream-work" are varied, here are a few useful tips on getting started working with your dreams:

1. Record your dreams: Write down your dreams as soon as you wake up. Most people forget their dreams within a few minutes of waking, so leave a journal by your bed for easy access.
2. Identify symbols: Underline some key elements that stand out to you from your dream. What are the objects, characters, places and settings?
3. Free Association: Take one of these elements from your dream and write down all your associations to that thing. How does it make you feel? What does it remind you of? What are its qualities? What might it represent?
4. Notice patterns: Notice reoccurring themes, objects, characters or places. What aspect of your life could this reoccurring thing be a symbol for?

By: Laila Touran, MFT trainee



BOOKS OF THE MONTH



Cross Cultural Expressions in partnership with the Los Angeles County Department of Mental Health has brought together members of the Iranian and Eastern European communities of Los Angeles county to share their unique stories around the immigrant experience through a series of essays. These stories, along with each contributing writer's original artwork have been compiled in two beautiful books titled

"Our Immigrant Stories: A Collection of Essays From the Iranian Diaspora." and "Our Immigrant Stories: A Collection of Essays from the Eastern European Diaspora". Both books (which includes English translations of all the shared stories) also include mental health articles and mental health resource lists. If you are interested in receiving a copy of one or both of these books, reach out to us at connectwithcce@gmail.com

MENTAL HEALTH HERO OF THE MONTH: MICHAEL PHELPS

When thinking of Michael Phelps, one thinks of a strong, prolific competitor who knows how to win. There is one battle that he continuously struggles against outside of the water as well: his mental health. Throughout his career, Phelps claims he experienced many depressive episodes, and still has these thoughts to this day. Phelps has always been able to win in the pool, but often did not believe that he was a winner on the outside. According to Phelps, there were many days that he was contemplating self-harm and possible suicidal ideation; but through the use of therapy and other mental health resources, Phelps was able to proceed in finding a passion for helping others dealing with similar issues of depression and anxiety. Phelps created the Michael Phelps Foundation, with a program called Open Up, with the intention to reduce the negative stigma surrounding mental health issues, increase awareness of the importance of mental health, and creating a safe space for children to get resources to help handle their mental health struggles. The name stems from Phelps's personal journey with his mental health battles, where he indicates that the more he opened up, the more empowered he would feel, and wants others to do the same. According to Phelps, physical health and mental health are equally as important, and working to better them both will put anyone in the best position to be successful in life.

By: Matthew Banooni, MFT trainee

"If you want to start off the new year by prioritizing your mental health, then let's get into a rhythm or routine of good habits

MICHAEL PHELPS



YARAN IRANIAN PEER COUNSELING HELPLINE

A program of Cross Cultural Expressions

Our trained volunteer peer counselors provide free and confidential supportive and referral services for Persian (Farsi) speaking community

Contact us if you're in need of:

Information/Referral Services

Support with Family Issues

Support with Mental and Emotional Health

Speak with one of our peer counselors via our telephone helpline:

(818) 332-7999