

Looking For Calm In The Chaos? - Millie Grenough to Keynote at 26th Annual NASW/CT Statewide Conference

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STAMFORD, CT, April 26, 2011 /24-7PressRelease/ -- The 2011 Connecticut National Association of Social Workers Annual Conference celebrates the role of how "Social Workers Change Futures" and will be attended by social workers throughout the state. There are an estimated 8-10,000 social workers in Connecticut who are working to help people change and improve their lives as well as working on legislative initiatives and policy to help make such changes possible.

Keeping with the theme of the annual conference that highlights social workers who "think outside the box" as they view problems from all sides to overcome adversity, the NASW/CT selected Millie Grenough, MSW, to present the keynote address. "We welcome Millie Grenough as our keynote speaker for this 26th Annual NASW/CT Conference. A popular conference workshop presenter for many years, we are delighted that Millie joins us this year to offer our keynote address," stated Stephen Karp, Executive Director, NASW/CT. Millie's presentation will focus on 'looking for calm in the chaos'.

After eight years as a Catholic nun, Millie Grenough, worked in various professions--teaching English to students from over twenty-five countries, waitressing, singing in Mexican restaurants, and running Sing it! groups for people who thought they couldn't sing. Her interest in the relationship between body and mind led her to become certified in Gestalt Therapy, then train with the body/mind pioneer Ilana Rubinfeld in Ilana's second training group in the late 70's; in 1992 Millie was one of ten people worldwide named Master Rubinfeld Synergist by Ilana. Her studies with Thich Nhat Hanh, Jon Kabat Zinn, and Francine Shapiro continue to influence her personal life and her work with other professionals and clients.

Millie has worked with diverse populations on three continents, in educational and mental health inpatient and outpatient settings, with clients as varied as VPs at Foxwoods Casino, clergy, and prison inmates, in English and Spanish. She became certified as a Professional Coach in 2000 and the Connecticut chapter of the International Coach Federation named her Coach of the Year in 2010.

After a near death accident impacted her own high velocity lifestyle, Millie developed strategies to help herself live a saner, more balanced life, writing OASIS in the Overwhelm 60 Second Strategies which has been translated into Spanish and has helped thousands. Her OASIS Training has graduated women and men in the United States, New Zealand, Panama, and Puerto Rico. Millie has a private practice in New Haven, CT and is a Clinical Instructor in Psychiatry at the Yale University School of Medicine. She is EMDR Level II Certified since 1994 and has been a member of NASW since 1984. Millie has an MA in Teaching from Manhattanville College, Purchase, NY and an Masters in Social Work from the University of Connecticut.

"In these increasingly stressed times it is imperative for social workers to strengthen their own minds, bodies, and spirits. My presentation will offer some practical strategies for rewiring their own brain towards more vibrant health and gaining the confidence to share this knowledge with their clients," states Grenough. Her passion is to help each person reach their full potential--while remaining sane and healthy.

For more information about Millie Grenough, her OASIS books and trainings: go to <http://www.milliegrenough.com>

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