

THE PROFESSIONAL EXCHANGE



INLAND EMPIRE CHAPTER OF CAMFT

(California Association of Marriage and Family Therapists)

APRIL 2009

MONTHLY MEETING

Friday, April 24, 2009 (The "Fourth Friday")

Coffee and Networking: 8:00 am
Program: 8:30 am - 10:30 am

Loma Linda Marriage & Family Therapy Clinic
164 W. Hospitality Lane, Suite 15
San Bernardino, CA. 92408



CAMFT UPDATE

Presented by Mary Riemersma

Mary Riemersma has served as Executive Director of the California Association of Marriage and Family Therapists (CAMFT) for over twenty years. She is a warm speaker who brings a broad base of knowledge to local chapters. At CAMFT, she assists members to navigate many situations — therapeutic challenges, legal and legislative matters, and business developments. Her annual updates bring timely information about a range of topics — member concerns, chapter issues, ethics, licensing, and trends in the profession of marriage and family therapy.

2 CEUs available free to members — see page 7 for membership form

BOARD OF DIRECTORS

Past President
James Billings (909) 763-4976

President
Ruth Dusenberry (951) 961-4792

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Open

Membership
Ginger Gabriel (909) 338-6968
and Pam Hart (760) 900-3852

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CHAPTER EVENTS TO REMEMBER

- April — Chapter dues are due this month; please see page 7.
- Newsletter to be distributed quarterly — see page 2.
- Friday, May 22, 2009: "How to Identify and Treat Sexual Addiction" — Rebecca Deighan, M.S., LMFT

Ms. Deighan currently works as Executive Director of *LifeSTAR*, overseeing a three-phase treatment program for sexual addiction used throughout Riverside and San Bernardino Counties. She also has a private practice focused on working with couples, adult individuals, and teens. She specializes in treating people in recovery and helping those with depression and anxiety disorders. She also serves as a school counselor in Ontario and as clinical supervisor. She can be contacted through her website, rebeccadeighanmft.com.



Okay here goes...my first President's Message! To start I would like to thank outgoing Chapter President, James Billings for his work this past year; the Chapter has thrived under his leadership. James continues his support as Past President this coming year. Next, I would like to thank Garry Raley, outgoing Past President; you have really been there to guide us these past years. Garry will be staying with the Program Committee. In addition, thanks go to Tomoko Misawa for being Board Secretary this past year; you have been a pleasure to work with. Last, but certainly not least, I would like to thank Heather Bryga for her outstanding work as Newsletter Editor; I will miss the beautiful graphics.

Please join me in welcoming both Wendy Hallum as our new Board Member at Large and Carol Bouldin who has agreed to take over as Newsletter Editor next month.

Now I would like to briefly introduce myself, I graduated from CSUSB in 2004 with

an MS in Clinical Psychology. I did most of my training with Catholic Charities, where I continue to work as a Licensed MFT. I also spent 2 years of my internship in the CSUSB Student Counseling Center. I enjoy working with most all clients, with a special focus on children and teens.

I look forward to serving this year as Chapter President; please feel free to contact me with any issues or suggestions for improving the chapter.

Warmly,
Ruth Dusenberry, MS, LMFT

Editor's Note — Page 1 lists contact information for the new Board.

It is also my pleasure to welcome our the new editor, Carol Bouldin! I very much enjoyed managing the creative aspects of our publication, and getting the "first read" on your submissions. I will miss that. I say "farewell" with mixed feelings. As an therapist intern, I am learning to balance the professional and personal, and I feel strongly that I need to focus on other matters right now. I feel sadness in having to withdraw my editorial support from the group. Thank you for the opportunity to participate with the Board and with all the members.

This is my last edition, however, please continue to use my email for correspondence until Carol has her new email address set up in the next few weeks. We will "keep you posted."

Another change will come in the frequency of newsletter publication — the newsletter is currently slated to be published quarterly rather than monthly. The next edition is scheduled to be distributed in July. Announcements of meetings will be emailed monthly. Please contact Ginger or Pam with your current email address to receive these announcements.

Publishing the newsletter is a task that would benefit from group participation. Please consider helping with technical aspects, with research, with writing or editing articles, or with managing distribution.

Stay in touch,
Heather Bryga, MS, MFT-I

PRESIDENT'S MESSAGE



EDITOR'S MESSAGE

Membership Information — Dues Renew in April

Membership to the Inland Empire Chapter of CAMFT requires a membership in CAMFT —there are multiple benefits to belonging to both. For more information on membership benefits or how to join, see page 7, or contact Ginger Gabriel, Pam Hart, or any board member for assistance. Phone numbers are on the first page. Dues are due by the end of April. Please renew to continue your newsletter.



CHAPTER NOTES

A Member's Editorial — Nadya Suleman, A Drama of Trauma

By: Carol A. Bouldin, MFT

It is excruciating for therapists to watch the media circus and commentary on the case of the so-called “Octo-Mom,” knowing how painful the internal life is of someone so damaged, and how empty and invisible a person has to feel to seek attention this avidly. In misguidedly seeking the spotlight, she has been the recipient of derision and contempt from the onlookers, as the average person is unaware of the underlying dynamics behind her actions and, therefore, understandably repelled by the distortion and self-absorption she exposes.

This drama is testimony to how, when one feels this insignificant and unloved, any kind of attention is better than no attention at all. Children who bang their heads most vividly demonstrate how crucial attention is to survival, being willing to literally bash their skulls until they bleed in order to get that necessary and intensely-craved attention, of which they have otherwise been deprived.

The desire to have children for someone like Suleman is an attempt to fill her unmet need for love and attention, even though this makes no rational sense — children obviously need to have a parent who is capable of attending to them, not the reverse. We see this parent-child role reversal all too frequently played out with many teenage girls who get pregnant, their longing for acceptance displaced onto the child.

As with the cycle of child abuse, emotional neglect experienced early repeats itself unendingly from one generation to the next unless there is intervention and treatment, and unfortunately for Nadya Suleman and her 14 children, this did not happen at any point in her life. Instead, she has been enabled by her fertility doctor and the exploitative media to continue to avoid her core issues and re-enact her own deprivation, creating more victims.

We therapists understand, however, that with the proper treatment she could have received the validation and support she so desperately needs, her early trauma could have been healed, and this tragic situation and its accompanying theatrics could likely have been prevented.

Member Editorials represent the opinion of the author and do not represent IE-CAMFT or CAMFT.

“ASK BEN”

The Board encouraged Ben Zinke to establish a pre-licensed exchange in the newsletter, giving interns and trainees a forum to discuss issues they often face. Please email your questions to Ben at ztherapist@gmail.com



Notable Resource

The Child Welfare Information Gateway can be found at www.childwelfare.gov/index.cfm. This site is part of the U.S. Department of Health and Human Services and it offers information on child abuse, family-centered services, adoption, and more — and it has links to many resources for clients and practitioners. For example, at www.childwelfare.gov/preventing/res_guide_2009 you can access “Tip Sheets” for parents — such as “Bonding with Your Baby” or “Connecting with Your Teen.” Resources are available in English and Spanish. — *Submitted by Ruth D.*



UPCOMING EVENTS

Client Workshops

April 18, 2009 — "Stress Management"

May 9, 2009 — "Anger Management"

June 13, 2009 — "Effective and Consistent Parenting"
English and Spanish workshops available, \$20 for the public
Childcare, food, and beverages provided, door prizes
Family Service Association, Moreno Valley
951-369-8036

The 10th Annual Case Management Symposium "Case Management in a Multi-Cultural Environment"

Thursday, April 23, 2009

Riverside County DPSS Training Facility, Moreno Valley
Sponsored by CSUSB, School of Social Work

Exploring cross-cultural engagement,
consensus building practices, case management knowledge
and skills, and culturally competent practices.
For professionals, paraprofessionals and volunteers who work
in large and small private and public agencies.
Please contact Deanna Rinebolt, drinebol@csusb.edu.

CAMFT Annual Conference

April 30 — May 3, 2009 in San Jose

For more information, follow the link on the CAMFT web-
site: [http://www.camft.org/scriptcontent/index.cfm?
displaypage=../Conf_Workshops/2009Con/Greeting.htm](http://www.camft.org/scriptcontent/index.cfm?displaypage=../Conf_Workshops/2009Con/Greeting.htm).

Call for Resources

- Donate counseling to veterans — they receive pro bono services and, in exchange, the veteran chooses from a list of community agencies where they may volunteer their time. See www.giveanhour.org.
- If you have experience treating families with military service (with or without PTSD expertise), call or email State CAMFT.
- Mental Health Network Government Services is also recruiting professionals as Marriage and Family Life Consultants — [http://www.camft.org/
mhnservices.htm](http://www.camft.org/mhnservices.htm) .



Redlands Psychodrama Classes

Fridays at 7:30 p.m. in the Youth Room,
at the University United Methodist Church,
940 E. Colton Ave., Redlands.

Free to attendees. Guests welcome. CEU and psychodrama credits available .

For information, contact Don Miller at (909) 798-2765, or at 4donellmiller@gmail.com

Traveling Through OZ: Journey Home in Sand- play and Play Therapy

Orange Co Chapter of the CA Assoc. for Play Therapy

Saturday, April 23, 2009 in Irvine

Distinguished Presenter, Gita Morena, PhD

Thursday, May 21, 2009 at Cal Baptist University in Riverside

Contact Jennifer Wentz, jenniferwentz@hotmail.com, or
Renna Patel, patel.reenac@yahoo.com

Children's Conference

"Fostering Care Across Communities"

Thursday, May 21, 2009 at Cal Baptist University in Riverside

For professionals, teens, and caregivers. Keynote Speaker: Dr.
Faith McClure. Teen Hero Awards.

Workshops related to foster children and the foster care system:
law and ethics, grandparents raising grandchildren, core issues in
adoption, grief and loss, preparing children for adulthood, IEPs,
child abuse, teen dating violence, team decision making, man-
dated reporting, cultural competency, using art therapy, and
setting limits.

CEUs available.

Call 951-686-3706 for information and registration.

International Conference on Violence, Abuse and Trauma, "Promoting Peace in the Home, Your Community, and the World: Linking Practice, Research, and Policy Across the Lifespan"

September 21 - 26, 2009, San Diego

Contact information: 858-527-1860
ext. 4030 or ivatconf@alliant.edu



Redlands Office Space ~Furnished or Unfurnished~

Peaceful and stylish furnished inner office for lease in Redlands—with waiting room, and utilities included. Easy I-10 freeway access. The office can be used 7:00 to 10:00 mornings, all day Fridays, and weekends, at \$65/day. Another office in the suite is unfurnished and available for full time use at \$600/month—utilities and waiting room included. Call (909) 226-5541

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or (951) 778-0149 - Office



Sandra Keller

- Claim Submission/Tracking
- Client Benefit Inquiry
- Apply to Join Insurance Panels
- And Much More

For more information...

Cell: 714-454-1030

E-mail jasaha@charter.net

www.germentalhealthinfo.com

**Support Services
For Mental Health
Providers**

Paid MFT Internships

Fulltime positions with Temecula area residential treatment facilities for male/female populations, ages 6-17.

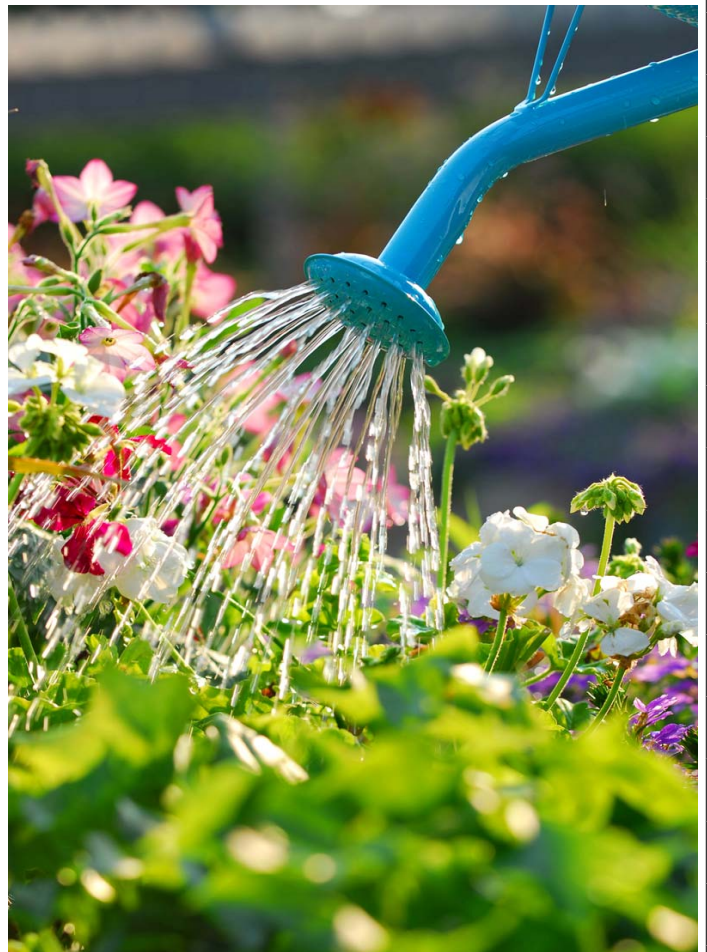
Supervision and training provided. Paid vacation and medical/dental benefits.

Contact Bob Weck at 1-800-404-5516, ext. 213 for details

CAMFT Annual Conference

April 30 through May 3, 2009 in San Jose

More information— follow the link on CAMFT's website: http://www.camft.org/scriptcontent/index.cfm?displaypage=../Conf_Workshops/2009Con/Greeting.htm.



DISPLAY ADS RATES

BUSINESS CARD SIZE:

MEMBERS: \$10, NON-MEMBERS: \$20

1/4 PAGE: MEMBERS: \$20, NON-MEMBERS: \$40

CLASSIFIED AD RATES: Members: free

CLASSIFIED AD RATES: NON MEMBERS:

ONE MONTH: \$20

3 MONTHS: 10% OFF \$54

6 MONTHS: 25% OFF - \$90

12 MONTHS: 40% OFF - \$144

MEMBERSHIP APPLICATION

Inland Empire - CAMFT

Name and Degree _____

Address _____

City _____ State _____ Zip Code _____

Telephone Number () _____ Fax Number () _____

E-Mail Address

Business Name _____ Business Telephone Number () _____

CHECK ONE: New Member, IE-CAMFT Renewal, IE-CAMFT

CAMFT Member#	Active	Inactive
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MEMBERSHIP CATEGORIES (CHECK ONE)

Clinical (Licensed).....\$40

_____Pre-licensed (Trainee, Intern, Social Worker Associate).....\$25

____ Associate (Licensed in a related mental health field).....\$40

_____Affiliate Practitioner in another field (e.g., RN, Attorney).....\$40

Must be a member of CAMFT to join the local chapter, (unless Affiliate member)

Dues are paid annually in **April**. MAKE CHECKS PAYABLE TO IE-CAMFT

Send this form with check to: Inland Empire Chapter of CAMFT
9708 SVL Box
Victorville, CA. 92392

IF YOU ARE A MEMBER OF CAMFT,
YOU MAY JOIN OUR LOCAL CHAPTER.

BENEFITS INCLUDE:

- Networking
- Free 2 CEU's at 9 Monthly Meetings. Reduced Cost for 6 CEUs for Law and Ethics
- Staying Connected to Other Therapists
- Low Cost Advertising
- Developing Peer Relations and Being Less Isolated
- Giving and Receiving Consultation and Referrals
- Becoming More Educated



IE-CAMFT Mission Statement

We are professional visionaries dedicated to providing training, networking, and advocacy for Marriage and Family Therapists to promote healthy individual, couple and family relationships.



INLAND EMPIRE CHAPTER OF
CAMFT NEWS

Inland Empire—CAMFT
9708 SVL Box
Victorville, CA. 92392

We're on the Web!
www.ie-camft.org

***This newsletter is emailed
to all members unless a
hardcopy is requested.***

COMMITTEE POSITIONS

Membership: Pam Hart – (760) 900-3852 and
Ginger Gabriel – (909) 338-6968

Hospitality: Open

Networking Lunches/Socials: Wendy Hallum – (909) 239-8051

Newsletter Editor: Carol Bouldin; contact via Heather Bryga –
hbryga@familyservicerivca.org or (951) 686-3706

Program Chair: Sheri Rambarose – (951) 778-3970 and
Garry Raley – (951) 640-5899

CEU Coordinator: Carolyn Dodd – (951) 212-5003

Trauma Response Network Chapter Coordinator:
Carolyn Dodd – (951) 212-5003

Webmaster: Garry Raley – (951) 640-5899

If you are interested in serving on a committee, please contact James Billings
or any board member.

Inland Empire Chapter of CAMFT
(California Assoc. of Marriage & Family Therapists)
9708 SVL Box
Victorville, CA 92392