



CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS – INLAND EMPIRE CHAPTER

**UPCOMING IE-CAMFT MEETING**

Friday, April 26, 2013

**FROM THE TOP: MFT'S IN 2013**

*Featured Presenter: Jill Epstein, JD*

*CAMFT Director*

Jill Epstein will present an update on the current status of state and federal legislation affecting MFTs based on her regular visits to Sacramento and Washington, DC.

Ms. Epstein will also address regulatory issues from the BBS. Ms. Epstein will then review the 2013 CAMFT priorities and discuss her vision for working with CAMFT chapters.

The meeting will conclude with Q+A.

Attendees will:

1. Gain an overview of efforts currently receiving focus and energies of CAMFT
2. Gain an understanding of how you might participate directly in CAMFT.
3. Use this event as an opportunity to directly tell the management of CAMFT your concerns as an LMFT.

**MONTHLY MEETING  
TIMES & LOCATION**

8:30am – 9:00am:  
Coffee, Refreshments & Networking

9:00am – 11:00am:  
Program

11:00am – 12:00pm:  
Board Meeting

LLU Behavioral Health Institute  
1686 Barton Road, Redlands, CA 92373

Directions: Exit the I-10 FWY at Alabama Street. Go South (right for most of us!) to Barton Road. Go West (right) on Barton Road. BHI is at the corner of Barton Road and Iowa Street. Park ONLY in the parking area around the BHI.

2 CEUs available for full attendance  
at IE-CAMFT meeting.

IE-CAMFT members: No additional cost.  
It's a benefit.

Non IE-CAMFT members: \$10.00.

Note: Promptness is urged and presence is required during the two hour presentation to earn your 2 CEUs.

**IE-CAMFT MISSION STATEMENT:**

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



### Is It Time To Renew Your Chapter Membership?

IE-CAMFT chapter membership is renewed separately from your statewide CAMFT membership. Please visit our website at [www.ie-camft.org](http://www.ie-camft.org) or submit membership form on page 13 to renew. If you are unsure of your membership status, please contact Angie Moxey at [angie.moxey@gmail.com](mailto:angie.moxey@gmail.com)

### APRIL SPEAKER HIGHLIGHT: Jill Epstein, JD

Jill Epstein became the Executive Director of CAMFT in May 2011. CAMFT has 30,000 members, 18 employees and a budget of more than \$4 million.



Prior to joining CAMFT, Ms. Epstein was the Chief Operating Officer of the California Massage Therapy Council (CAMTC), an organization created by the California Legislature to develop and implement statewide voluntary certification for massage therapists.

While living in Chicago, Ms. Epstein spent seven years as the Chief Executive Officer of the Chartered Financial Analysts (CFA) Society of Chicago, the country's oldest financial analysts' society and the world's 6<sup>th</sup> largest financial analysts' society. She also served as Chief Operating Officer of Physicians for Responsible Negotiation (PRN), a physicians-only labor organization created by the American Medical Association.

During Ms. Epstein's eleven years in Washington, DC, she worked for the American Medical Association, the National Committee to Preserve Social Security and Medicare, and AARP.

Ms. Epstein received her bachelor's degree in Political Science from the University of Michigan – Ann Arbor. She received her Juris Doctorate from the American University – Washington College of Law in Washington, DC.



On behalf of the my fellow board members and chairpersons, I would like to give a great big special "shout-out" to our outgoing board president Doreen Van Leeuwen. Under her leadership, the chapter met its goals of increasing meeting attendance and chapter membership. **We've grown nearly 15% in membership since last year!**

Thank you Doreen for your direction, encouragement, humor, and resilience in the face of your own personal loss and challenges.

We appreciate you!

~Angie Moxey

## IE-CAMFT MEMBERSHIP HAS ITS BENEFITS!

Membership in 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 the membership enrollment or renewal form on page 12; or contact Garry Raley for assistance. Membership may be initiated or renewed any time during the year.

### For your \$40 yearly investment you can:

- ✓ Network
- ✓ Receive 2 Gratis CEUs Available at Each of 9 Monthly Meetings
- ✓ Attend Special Law and Ethics Meeting with 6 CEUs at Reduced Cost
- ✓ Stay Connected to Other Therapists
- ✓ Advertise in this Newsletter
- ✓ Develop Peer Relations to Reduce Isolation
- ✓ Give and Receive Consultation and Referrals
- ✓ Increase Your Knowledge

All these benefits arise from, shall we say, “just showing up.” It has been said that for much of life, half the job is “just showing up.” This might be characterized as the passive approach to

involvement with IE-CAMFT. However, even more benefits are available through **active involvement**.

**Active** means volunteering your time, talents, and energies by following through after enthusiastically saying YES to the following question:

**Will you support IE-CAMFT by volunteering to fill one or more of its organizational roles?**

Contact **Doreen Van Leeuwen** to increase your activity with our board. The board positions of are open, and committees such as Hospitality, Membership, and Trauma Network need added leadership and participation.

Now, you get the benefits for **active** IE-CAMFT participation: Increased self-esteem and connection in the relationship healing community. Participation at these levels make nice line items in one’s resume showing yourself to be an action oriented, dynamic citizen vs. a plodding worker bee or job holder. I bet you can name some more benefits.

Give it a try!



Ciane Broderson  
Clara Darga  
Cynthia Jiacoma  
Dennis Harris  
John Rigoli

Julie Hovivian  
Karyn Jones Chudasama  
Linda Charkins  
Paul Velen  
Reyvan Geula

Roberta Reid  
Sonya Graham  
Susan Seidman

**“ AT OUR LAST IE-CAMFT MEETING...”****-JANELL GAGNON**

In our March IE-CAMFT meeting, we had the pleasure of hearing from Marilyn Wedge, Ph.D. about brief and effective solutions for children and teens using Family Systems Therapy. Marilyn has over 20 years of experience as a therapist and is the creator of “strategic child-focused family therapy.” She is also the author of the acclaimed recent book “Pills Are Not for Preschoolers: A Drug-free Approach for Troubled Kids,” and has had her work appear in a variety of publishing from the Wall Street Journal to Psychology Today.

Now this is not a secret, especially for those of us working in the mental health field; that as a society, we have a strong tendency to medicalize children’s “problem” behavior. This tendency has led to some pretty shocking statistics:

- 4 to 5 million children are taking ADHD medications.
- 1 million children are taking “child” bi-polar medications.
- 1 million children are taking anti-depressants.
- And lower class children in the system are taking medications four times more than middle to upper class children.

It’s a bit scary to know that this many children are being medicated, when it is often not necessary.

According to Marilyn and many other therapists, using family systems therapy, based on the theory of Jay Haley, child’s problem behavior can be solved without them having to take medication.

With family systems therapy, the entire family is considered the Identified Patient (IP) rather than just the child being brought in for treatment.

According to Jay Haley and family therapists, nothing in nature exists without an environment. Therefore, if you want to change something, you have to examine the entire environment (or system) in which that thing exists, and work towards changing the environment. By changing the environment, the things in the environment will then change to fit that new environment.

The environment or system in which the child exists can include the family, church, school, sports, community, etc. Once one can determine what the underlying problem is in the child’s system, and solve that problem, the child’s problem behavior often ceases to exist. This phenomenon happens because children often tend to develop problems to draw attention away from the problem at hand without ever realizing it.

Marilyn gave us several great illustrations of cases she has worked with in which this phenomenon has played out. For the sake of space, only a couple of examples will be shared in this article:

**CONTINUED ON PAGE 5**

**"AT OUR LAST IE-CAMFT MEETING..."**

*(continued from page 4)*

*One case was discussed in which a married couple was bringing in their son because he was acting out badly. The parents noticed that every evening when the father would come home, their son would immediately throw tantrums and become very defiant. The parents brought their child in for therapy. One of the first questions that Marilyn asks children when she has them one on one is, "So who are you more worried about? Your Mommy or your Daddy?" (This is a key question Marilyn uses to find out what the real problem in the family is). The child responds by saying that he is more worried about his Mommy because every day when Daddy comes home from work he yells at Mommy, and often ends up making Mommy cry. This child has developed his symptom of "problem" behavior so that his Daddy's negative attention is directed away from his Mommy and at the child. Marilyn did a few sessions of couple's therapy for the child's parents to help them to argue less, especially in front of their son, and their son's problem behavior ceased to exist.*

*Another case that was discussed was a married couple bringing their teenage daughter in for therapy because she suddenly started failing school. They claimed that their daughter had always done very well in school, getting mostly A's, and was on her way to going to a great college when she suddenly began to fail some of her classes. Marilyn sat with the daughter one on one and asked, "So who are you more worried about? Your Mom or your Dad?" The teenage girl responded, "Neither." So Marilyn asked another one of her key questions, "So if your Mom and Dad were not so concerned about you*

*and your grades, what would they be worried about?" The girl responded, "My brother. He is failing out of school, and Mom and Dad are constantly angry with him." Marilyn asked the parents to bring their son to therapy and she worked primarily with him and the parents. It was not long before the girl went back to getting her A's and doing well in school. In this case, the teenage girl began failing to draw the negative attention away from her brother who was constantly being scolded.*

These two examples may seem too good to be true, like there was some kind of magic that took place, but they are 100% real, and only two of the many cases in which this phenomenon has taken place. You see, the child often acts as a metaphor for the family. According to Haley, "If you have a violent child, you have parents who are hostile towards each other." The child often acts as the family therapist unconsciously by developing a problem so the other family members can focus on the child's problem rather than their problems. Children can sense when the family (which is their stability) is out of homeostasis, and does what they can to put the family back in a state of homeostasis because that means that they are stable. When we can solve the problem in the environment, or system, we help the family to that state of homeostasis...without having to medicate our children.

**CONTINUED ON PAGE 6**

***“AT OUR LAST IE-CAMFT MEETING...”***

*(continued from page 5)*

Family Systems Therapy is a traditional type of therapy that has been used for decades to solve mental health problems and improve family cohesiveness. As a society, we have somehow gotten away from this traditional type of therapy and have begun to medicalize our children’s problem behavior. Hearing from Marilyn Wedge, Ph.D. was a great reminder of how to effectively treat children without using pills, and that as therapists, we often need to see past the “identified patient” and problem at hand and understand how entire environment is functioning.

For more information about our fantastic speaker Marilyn Wedge, Ph.D., the type of family therapy she provides, or her great books, please visit [www.MarilynWedgePhD.com](http://www.MarilynWedgePhD.com). Thank you again for your intriguing presentation Marilyn!





PROGRAM OUTLINE FOR IE-CAMFT  
APRIL 2013 – MAY 2013

DATE	SPEAKER	TOPIC	TIME/ LOCATION	COST
<b>APRIL</b>				
4/26/13 Monthly Meeting	Jill Epstein, CAMFT Director	"From the Top: MFTs in 2013" (2 CEUs)	8:30am LLU Behavioral Health Institute	IE-CAMFT Members: No Cost Non-IE-CAMFT Members: \$10.00
<b>MAY</b>				
5/24/13 Monthly Meeting	John Kirby	"Using Therapeutic Action Methods Interculturally"	8:30am LLU Behavioral Health Institute	IE-CAMFT Members: No Cost Non-IE-CAMFT Members: \$10.00

**Dear Members: Who's Next?**

One of the best known ways to build your practice is to get into the community and speak about your expertise. Your local association of therapists is interested in learning new theories, skills, tools, and approaches to treatment. Share your knowledge, experience and wisdom with us!

We are looking for **presenters** for future IE-CAMFT meetings in 2013. We urge you to consider sharing with us. To do so, contact:

**Dan Totaro: (909) 957-9169**  
**dtotaro@gmail.com**  
OR  
**Ilse Aerts: (909) 945-9947**  
**ilseaerts76@gmail.com**

Classified ads are *FREE*  
for members  
and are also  
posted on our website  
[www.IE-CAMFT.org](http://www.IE-CAMFT.org)  
See page 8 for more  
details.

## IE-CAMFT BOARD OF DIRECTORS (B) AND COMMITTEE CHAIRPERSONS (C)

### **President: (B)**

Doreen Van Leeuwen: (951) 847-7742, [doreen4u2@sbcglobal.net](mailto:doreen4u2@sbcglobal.net)

### **President Elect: (B)**

(Open)

### **Past President: (B)**

Don Miller: (909) 798-2765, [4donellmiller@gmail.com](mailto:4donellmiller@gmail.com)

### **Board Members for Programs (B)**

#### Co-Chair:

Dan Totaro: (909) 957-9169, [dtotaro@gmail.com](mailto:dtotaro@gmail.com)

#### Co-Chair:

Ilse Aerts: (909) 945-9947, [ilseaerts76@gmail.com](mailto:ilseaerts76@gmail.com)

Maria Luisa Ciaglo: (909) 659-7095, [mlctherapeuticservices@gmail.com](mailto:mlctherapeuticservices@gmail.com)

### **Membership: (B)**

Angie Moxey: (909) 276-7475, [angie.moxey@gmail.com](mailto:angie.moxey@gmail.com)

### **Financial Officer: (B)**

Garry Raley: (951) 640-5899, [garral@sbcglobal.net](mailto:garral@sbcglobal.net)

### **Secretary: (B)**

Janell Gagnon: (909) 633-7714, [jonell419@yahoo.com](mailto:jonell419@yahoo.com)

### **Board Member At Large: (B)**

#### **CEU Chair: (C)**

(Open)

### **Board Member at Large: (B)**

#### **Newsletter Reviewer: (C)**

Marie Louise Bosin: (909) 809-8012, [MarieLouise.Bosin@yahoo.com](mailto:MarieLouise.Bosin@yahoo.com)

### **Board Members for Hospitality: (B)**

#### Co-Chair:

Jeanne Joslin: (951) 922-8799, [Jeanne\\_joslin@yahoo.com](mailto:Jeanne_joslin@yahoo.com)

#### Co-Chair:

Janeta Peltz: (951) 922-0442, [psy\\_hlp\\_5cents@hotmail.com](mailto:psy_hlp_5cents@hotmail.com)

## **Newsletter Notes & Policy**

**Reminder:** Please submit newsletter items to Doreen Van Leeuwen at [Doreen4u2@sbcglobal.net](mailto:Doreen4u2@sbcglobal.net). Deadline for submissions is the first of each month (except July and December when we do not publish a newsletter). The newsletter is e-mailed to all members who have given us email addresses.

**Notice Regarding Ads:** Free Member ads will run continuously for three consecutive newsletters if not cancelled earlier. After three newsletters they will be discontinued unless a renewal request is received.

### **DISPLAY AD RATES (per month)**

BUSINESS CARD SIZE:

MEMBERS: \$10

NON-MEMBERS: \$20

¼ PAGE:

MEMBERS: \$20

NON-MEMBERS: \$40

### **CLASSIFIED AD RATES:**

MEMBERS: free

NON-MEMBERS:

1 month: \$20

3 months: \$54 (10% off)

6 months: \$90 (25% off)

12 months: \$144 (40% off)



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**The California Association for Play Therapy Presents the 8th Annual Southern California Regional Play Therapy Conference. A Special 12 hour/12 CE workshop.**

Date: Friday, May 3, 2013 and Saturday, May 4, 2013.  
Time: 8:30 am – 5:00 pm. Location: Argosy University  
Orange County, 601 S. Lewis Street, Orange, CA 92868.

Presenters: Mary Ruth Cross, MFT, NCC, RPT-S; Jodi Smith, LCSW, RPT-S; Leslie Baker, MFT, NCC; Lisa Staab Shadburn, PsyD; Danielle Saunders, MA, MFT; Quint Page, MFT, RPT-S; and Elizabeth Sorensen, LCSW, RPT

Workshops: Introduction to Play Therapy; Diagnosis and Play Therapy with Infants, Toddlers, and Preschoolers; Application of Multimodal Play Therapy Techniques for the Assessment and Treatment of Bullying; Mindful and Heartful: Integrating Transpersonal Psychology Interventions in the Playroom; Helping Children Heal When Bad Things Happen; Superhero Play: Incorporating Modern Myths into the Play Therapy Process; Ending the Play Therapy Relationship: Thoughts and Activities Regarding Termination; "Sexting", Texting, Mobility and Porn: Interventions in Family Play Therapy to Address the Use and Impact of Modern Technology for Children and Adolescents

Registration Fees: Full Conference: APT Members - \$170.00. Non-APT Members - \$270.00. Students - \$170.00. One Day: APT Members - \$110.00. Non-APT Members - \$170.00. Students - \$110.00

For details contact Conference Coordinator, Reena Patel, MA at [reenacspatel@gmail.com](mailto:reenacspatel@gmail.com) Online registration at <http://www.acteva.com/go/playtraining> The deadline for pre-registration is Friday, April 26, 2013.

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**Betty Odak, LMFT (MFC52001)**  
**Cross Cultural Marriage and Family Counseling Center, Inc.**

Address: 535 West State Street, Suite 'C'  
Redlands, CA 92373.

Tel: 909-335-9700 or Toll-free 855-824-2999,  
Cell: 562-846-1269

Email: [ccmftcc@gmail.com](mailto:ccmftcc@gmail.com) or  
[betty.odak@gmail.com](mailto:betty.odak@gmail.com)

Website:  
<http://www.crossculturalcounselingcenter.com>

Academics \* Acculturation/Immigration \* Addiction \* Alcohol Abuse \* Attention Deficit (ADHD) \* Career Counseling \* Coping Skills \* Christian Counseling \* Divorce/Dating \* Domestic Violence \* Dual Diagnosis \* Emotional Disturbance \* Elderly and Aging \* Elderly Person Disorder \* Infertility \* Life Coaching \* Mood Disorder \* Obsessive-Compulsive (OCD) \* Parenting \* Sexual/Emotional Abuse \* Substance Abuse \* Post-Traumatic Syndrome (PTSD) \* Acculturation/Ethnicity \* Adoption/Fostering \* Anger Management \* Anxiety or Fears \* Behavioral Issues \* Child or Adolescent \* Depression \* Domestic Abuse \* Drug Abuse \* Eating Disorders (Bulimic/Anorexia)\* Family Conflict \* Internet Addiction/Gambling \* Loss or Grief \* Obesity \* Weight Loss \* Bipolar Disorder \* Personality Disorder \* System Kids (DCFS/Probation) \* Oppositional Defiance \* Peer Relationships \* Self Esteem \* Spirituality/Religion \* Teen Violence \* Aviation Professionals \* Bisexual Clients \* Gay Clients \* HIV / AIDS Clients \* Lesbian Clients \* Transsexual Clients \* Transgender \*

Languages: English, Spanish, Swahili

Types: Family, Groups, Individuals

Ages: All. Religion: Any

Gender: Any

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**PROFESSIONAL DEVELOPMENT.** BBS CEU provider #5374. Various interesting topics. Earn 8 hours of CEU credit in one day. Peaceful and comfortable location. Mindfulness included in all trainings. [www.nsewmec.com](http://www.nsewmec.com). Didactic and Experiential. Come have FUN with us while you learn. [marielouise.bosin@yahoo.com](mailto:marielouise.bosin@yahoo.com)

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**Office Space.** \$10 per hour in blocks of five hours. Space includes waiting room. Play room use also available.

Email [marielouise.bosin@yahoo.com](mailto:marielouise.bosin@yahoo.com) if you are interested. Office in Centennial Plaza in downtown Redlands.

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**Post Masters Intern – 6 Months Prior Experience.**  
Redlands, California

Company: NorthSouthEastWest Mindfulness Education Center [www.nsewmec.com](http://www.nsewmec.com)

Description: Seeking post-Masters interns to interview in July and start in August 2013. We need four interns. Body/Mind/Spirit approach. Mindfulness oriented. Clinical, supervision and training hours are all paid at \$25.00/hour.

Supervisors are Marie Louise Bosin, MA, LMFT and Cynthia Della Ripa, MA, LMFT. Please address all questions and resume by email to [marielouise.bosin@yahoo.com](mailto:marielouise.bosin@yahoo.com)

## **Office Space for Rent in Claremont**

Office space available in suite of collegial therapists. Waiting room, Wi-Fi, great parking and location. Available Monday through Saturday, hourly or daily reasonable rates. Contact Linda Shestock, LMFT at [lshestock@aol.com](mailto:lshestock@aol.com) or 951-640-1225.

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**NSEW Mindfulness Education Center** offers low fee/sliding scale based on income and ability to pay counseling for adults, teens, children, couples and families at 101 E. Redlands Blvd, Suite 144, Redlands, CA 91373. Counselors Andy Clack and Amber Hebb, MFT Interns supervised by Marie Louise Bosin, MA, LMFT (27703) are available to serve you at a cost you can afford. Call the Center at 909-283-2338 to make an appointment.

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## **Opportunities to Learn / Practice Psychodrama:**

**\*\* Every Wednesday at 7:30 PM\*\***

Free 2 1/2 hours of a continuing course on the 24 comprehensive story models. Newcomers are welcome, but everyone must pledge confidentiality. The didactic comes at the beginning. After that is a psychodrama on whatever concerns people bring with them. University Methodist Church, 940 E. Colton Ave, Redlands, 92374. Park on Division St. and walk from there. Get more information from Donell Miller: [4donellmiller@gmail.com](mailto:4donellmiller@gmail.com) (909) 798-2765 (let phone ring at least ten times).

## Consultation Group in Corona!

Doreen Van Leeuwen, LMFT and Cheryl Ballou, PsyD are facilitating a pro bono consultation group on the first Sunday of the month from 4:00 P.M. to 6:00 P.M. We share relevant and current research, case consultation, and encourage networking and referral opportunities.

The group meets at:

1101 California Street, Suite 100  
Corona, California, 92881

If you would like to participate please reserve your spot with:

Cheryl Ballou, PsyD

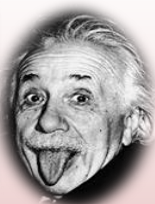
[www.drballoupsyd.com](http://www.drballoupsyd.com)

[drballoupsyd@yahoo.com](mailto:drballoupsyd@yahoo.com)

Office: 951.264.8714 Fax: 951.735.8451

Please park in the front of the building on the address side. When you arrive, please text or call me (951.264.8714) and I will come let you in. You will probably be able to get into the atrium, but I will have to let you into the office itself.

## Albert Einstein on filing tax returns...



**“This is too difficult  
for a mathematician.  
It takes a philosopher.”**

## April 2013 Holidays and Observances



### April is:

Autism Awareness Month  
National Child Abuse Prevention Month  
Keep America Beautiful Month  
Lawn and Garden Month  
National Poetry Month  
Stress Awareness Month  
Sexual Assault Awareness Month

### Weeks:

Week 1 Library Week  
Week 2 Garden Week  
Week 3 Organize Your Files Week  
Week 4 National Karaoke Week

### Special Days:

1 Easter Monday  
1 April Fool's Day  
5 National Walk to Work Day  
6 Plan Your Epitaph Day  
7 World Health Day  
7 No Housework Day  
9 Winston Churchill Day  
10 Golfer's Day  
10 National Siblings Day  
14 Ex Spouse Day  
14 Reach as High as You Can Day  
15 Income Tax Day  
16 National Librarian Day  
16 National Stress Awareness Day  
18 Pet Owner's Day  
19 National Garlic Day  
20 Volunteer Recognition Day  
22 Earth Day  
23 Take a Chance Day  
24 Administrative Professional's Day  
25 Take Our Daughters and Sons to Work  
26 Arbor Day  
28 Kiss Your Mate Day  
30 National Honesty Day

## Inland Empire CAMFT Membership Application

Name and Degree \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Fax \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Business Name \_\_\_\_\_ Business Telephone \_\_\_\_\_

### MEMBERSHIP CATEGORIES (CHECK ONE)

☐ Clinical (Licensed).....\$40

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

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

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

CAMFT Member # \_\_\_\_\_

[www.IE-CAMFT.org](http://www.IE-CAMFT.org)

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

**Dues are paid annually.**

**MAKE CHECKS PAYABLE TO: IE-CAMFT**

Mail to:

Inland Empire Chapter of CAMFT (California Assn. of Marriage & Family Therapists)

P.O. Box 11846

San Bernardino, CA 92423

