



MONTHLY MEETING

Friday, August 22, 2014

When the Therapist Gets Triggered.....

The COMPREHENSIVE RESOURCE MODEL

with Avis Cole Attaway, LMFT

CRM – the Comprehensive Resource Model – is a trauma therapy for the treatment of Complex PTSD and severe dissociative disorders. Working with this population of clients can activate a therapist's own unresolved traumatic material. Attachment disruptions and survival terrors stored in the neurophysiology become part of our "story" - and reactions - as a therapist. One of the most powerful techniques available to help change and resolve deep issues, CRM combines traditional approaches with cutting edge technologies and energetic/spiritual work. Focusing on the use of internal resources and anchoring them into the neurophysiology through the use of eye positions allows for fear responses to be extinguished while being fully present in the moment. Activating the innate, organic healing energy within the body while in a state of attunement allows for the processing and integrating of traumatic memories, the release of pain and the emergence of a fresh perspective so that new truths can emerge.

Participants will be able to identify:

- Attachment Disruptions and Survival Terrors
- if/when the therapist herself is being triggered (and is dissociating)
- the consequences of being a dissociated therapist
- resources for therapists

Avis Cole Attaway graduated from Loma Linda University in 1994 with a Masters in Marriage-Family Therapy, became licensed and began a Private Practice in Riverside, Ca in 1997, and founded Life Source Training Institute, a non-profit agency offering low-cost services to the community, in 2010. She is currently completing a doctoral dissertation on Trauma & Attachment using Brainspotting & CRM.

MONTHLY MEETING TIME & LOCATION

8:30am – 11:00am

Program begins at 9:00am.

All are welcome to stay for the board
Meeting from 11-12 noon

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

Directions: Exit the I-10 FWY at Alabama Street. Go South 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.

Non IE-CAMFT members: \$10.00.

DON'T FORGET TO REGISTER ONLINE: [REGISTER](#)

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

[Map](#)

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“PRESIDENT’S MESSAGE”

CAMFT Update

BY JANINE MURRAY, LMFT

I hope you are all taking the time to enjoy your summer in this place of resort living. I'm reminded of all the opportunities we have here, when friends and family visit. This month I wanted to pass on some of the information that was discussed at the Inland Empire Board Retreat on July 25, 2014, that you were all invited to attend. The issues covered were whether to sign the new CAMFT Chapter agreement and Assembly Bill 1775, which would require all Mandated Reporters to report any client who views child pornography.

Chapter Agreement

The Chapter Agreement was part of the CAMFT Board plan to transform CAMFT into a generic mental health organization and was sent out within days of the June 2013 bylaws passage. Since we as CAMFT chapter members voted against changing the name and organization, we see no reason to accept a chapter agreement that was created to implement that transformation. After an open discussion of Board members, a vote was taken and it was unanimously decided that we would stand with other Chapters to not sign the Chapter Agreement for the following reasons:

- We already have a chapter agreement with CAMFT that encompasses what we need
- There is conflicting legal double speak in the new agreement
- It would obligate us to more administrative work and would indebt us financially
- We were not given an adequate explanation as to the purpose this agreement serves for the chapters and we think there should be a clear explanation of the purpose. This is a time of healing and reestablishing trust as an organization, so transparency is paramount in order to achieve that.

WE WOULD LIKE TO REQUEST THAT ANYONE WHO AGREES WITH THIS DECISION TO LET US KNOW SO WE MAY ADD YOUR NAME TO OUR LETTER TO CAMFT

Assembly Bill 1775

In our discussion of Assembly Bill 1775 that would require mandated reporting of clients who view child pornography, there were various perspectives, but all were in agreement that, even though the bill had good intentions, it was a "slippery slope" with regard to how abuse is defined, especially when there is no identified victim who has been directly abused and unclear as to what would happen after the reporting. We too felt that it may be counterproductive in that the client would cease to be open in treatment or continue treatment if revealing the use of pornography would require a report to be filed.

We discussed an email that had been circulated through the CAMFT thread citing research which found that viewing pornography had kept some pedophiles from acting out. When I went on the Internet, I found a study which supported the opposite relationship, linking viewing child pornography with molesting children. It is summarized below:

[continued from previous page]

“Porn use and child abuse: The link may be greater than we think, a controversial study suggests” by Tori DeAngelis

The opening summary reads, “Clinical psychologists Michael Bourke, PhD, and Andres Hernandez, PsyD, have been making waves in the psychology and law enforcement communities with the recent release of a paper suggesting that men charged with Internet child pornography offenses and those who commit hands-on child sex offenses are, in many cases, one and the same.” See: <http://www.apa.org/monitor/2009/12/child-abuse.aspx>

I hope whatever you believe about the bill or clients viewing child pornography, you will be encouraged to dialogue and do some personal research on this subject. With the Internet, this is a definite issue affecting many of our clients, whether they be victims or perpetrators.

Meeting the Emotional Needs of Children and Youth in Foster Care

This presentation addressed the particular psychological and emotional needs of foster children, both current and aged out, looking at the effect of the repeated trauma of separation and the positive effects relationship-based therapy generates. It discussed how a stable relationship with at least one caring adult is the foundation for healthy emotional, social, and cognitive development

Participants:

1. learned the importance of consistent mental health care for the foster care population
2. gained knowledge about the foster care process and be able to describe how one relationship in a foster youth's life can make a difference in her or his life
3. learned about A Home Within and its mission

Ruth Lester has been an LMFT for 19 years. Her concern for foster children began as an intern in Riverside, seeing court-appointed children and parents. She continued to see foster children when she was the clinical director for Rubidoux High School under a Healthy Start grant. She has been in private practice in Lake Arrowhead for 10 years. She serves as Clinical Director for the San Bernardino Chapter of A Home Within, a private non-profit that provides pro bono counseling for current and aged out foster children.

Please contact Ruth Lester at 909-336-3023 or rlsterlmft@gmail.com if you are interested in becoming a therapist for A Home Within.

For the Power Point presentation and additional information on this seminar, go to the Members Only section on the website at www.ie-camft.org and click on the page entitled, “Meeting the Emotional Needs of Children and Youth in Foster Care.”

What is the Larger Sociopolitical Context within which We Work?

At our July Board Meeting, we had a rousing discussion about some controversial issues including the use of pornography and larger social issues such as the legalization of marijuana and corporate takeover of our institutions and agencies, as we have seen in the healthcare industry.

Some of us felt that legislation such as Assembly Bill 1775, which expands reporting to the viewing and downloading of child pornography, could have unintended consequences and that sometimes bills are promoted by politicians as part of a re-election bid more than because they have social merit or efficacy. Others felt that the use of pornography is highly addictive and as such tends to feed the escalating cycle of abuse. Others of us felt that more research needs to be done before we can reach any conclusion and that we must be aware of who is conducting and funding these studies, as political motives can often corrupt outcomes, such as in the case of the “research” proffered by the tobacco industry for many years disputing the idea that cigarettes are carcinogenic, which legitimate research later debunked.

Likewise, the criminalization of marijuana has been driven largely by the alcohol, tobacco, and pharmaceutical industries who stand to lose “market share” if it is legalized; legalization has also recently been shown to be reducing the power of the cartels, both of which have huge social implications and ramifications for those victimized by the legal and illegal drug trade and in turn, for their treatment.

Given the profit motive, research as well as healthcare can be corrupted and the delivery of needed treatment denied. In view of that reality and the question of whether or not CAMFT should endorse single payer, we will be showing “The Healthcare Movie,” a documentary which explores this topic, at our upcoming meeting in September. Don’t forget to sign up!

BE SURE TO CHECK OUT THE “MEMBERS ONLY” PAGES ON THE WEBSITE!

Under the “Members Only” pages you will find News, Forums, and Workshop Presentation Information as well as other useful pages

Don’t forget to update your profile on the therapist directory! In order to take full advantage of the directory, which will allow potential clients to find you by name, location, or specialty and will allow clients to contact you directly from the website, make sure that you utilize the bio, expertise, additional information, comments, and classified ad sections available and that you upload a logo or picture. The Therapist Directory is a benefit specifically for IE-CAMFT chapter members and you will now find it in the public section of the website under the heading, “Marriage & Family Therapy” where you will also find the ads. **We have now added a new field to list therapeutic groups you lead under your member profile—PLEASE UPDATE IF YOU LEAD ANY GROUPS!**

The **member directory** is under the “Members” section of the website. The member directory includes all of the members and provides additional information to the therapist directory that would be useful for other therapists to know, such as interest in being a presenter or being a member of the board. Also check out the “News” section and the “Forum” section, where you can weigh in on existing forum threads or add your own!

Build referrals and network with your free personalized listing on www.ie-camft.org!
Learn more about recent presentations and discuss related topics!
Discuss timely and controversial issues in our forum!

As a reminder, you may now conveniently join IE-CAMFT, renew your membership, register for events, and pay for membership and events online.

Your Webmistress,

Carol A. Bouldin, LMFT

**Welcome
New Members**
Nehreen Ayub, Tiffani Graham,
Ruben Gutierrez, Hoson Naputi, and
Teresa Rimmer

UPCOMING CHAPTER PROGRAMS AND EVENTS				
DATE	SPEAKER	TOPIC	TIME/LOCATION	COST
AUGUST 2014				
Friday 8/22/14 Monthly Meeting	Avis Cole Attaway, LMFT	When the Therapist Gets Triggered: The Comprehensive Resource Model (CRM)	8:30 – 11 am LLU Behavioral Health Institute	IE-CAMFT Members: No Cost Non-IE-CAMFT Members: \$10.00
SEPTEMBER 2014				
Friday 9/26/14 Monthly Meeting	William Honigman, MD	Should CAMFT Endorse Single Payer Healthcare? "The Healthcare Movie"	8:30 – 11 am LLU Behavioral Health Institute	IE-CAMFT Members: No Cost Non-IE-CAMFT Members: \$10.00
OCTOBER 2014				
Friday 10/24/14 Monthly Meeting	Sheralyn Shockey- Pope, LMFT Jill Johnson- Young, LCSW	Are We Getting it Right? Strategies for Working with Adoptive Children and Their Families	8:30 – 11 am LLU Behavioral Health Institute	IE-CAMFT Members: No Cost Non-IE-CAMFT Members: \$10.00

****DON'T FORGET TO REGISTER ONLINE SO WE KNOW TO EXPECT YOU!****

A Message from the Program Chair:

Presenters: Write an article to submit with your presentation for inclusion in the newsletter and on the website!

One of the best known ways to build your practice is to get into the community and speak about your expertise. IE-CAMFT 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. We urge you to consider sharing with us.

BARBARA GRISWOLD, LMFT WILL BE CONDUCTING AN INSURANCE SEMINAR ON NOVEMBER 14, 2014 FROM 9-1, DETAILS ON THE WEBSITE

IE Board (B)/Committee (C) Members

President: (B)

Janine Murray: (951) 452-1185, jmurraymft@aol.com

President Elect: (B)

Open

Past Presidents: (B)

Dan Totaro: dtotaro3@gmail.com

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

Financial Officer: (B)

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

Secretary: (B)

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

Program Chair: (B)

Ilse Aerts: (909) 945-9947, ilse.aerts76@gmail.com

Membership Chair: (B)

Carol A. Bouldin: consultant@carolabouldinmft.com

Hospitality Co-Chairs: (B)

Annette Compton: ac2360@msn.com

Jeanne Joslin: (951) 922-8799, Jeanne_joslin@yahoo.com

Janetta Peltz: (951) 922-0442, psy_hlp_5cents@hotmail.com

Board Members At Large: (B)

Marie Louise Bosin: (909) 809-8012,

MarieLouise.Bosin@gmail.com

Donell Miller: (909) 798-2765, 4donellmiller@gmail.com

Website/Newsletter (C)

Carol A. Bouldin: consultant@carolabouldinmft.com

Newsletter Reviewer: (C)

Marie Louise Bosin: (909) 809-8012,

MarieLouise.Bosin@gmail.com

CEU Chair: (C)

Alyssa Giambra: angiambra@hotmail.com

Newsletter Notes & Policy

WE WELCOME YOUR SUBMISSIONS!!

Please submit newsletter items to Janine Murray @ jmurraymft@aol.com and consultant@carolabouldinmft.com

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.

Please note that articles submitted will be edited for readability.

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)

WHY JOIN IE-CAMFT?

Membership in the Inland Empire Chapter of CAMFT requires a membership in CAMFT. There are multiple benefits to belonging to both. Membership may be initiated or renewed any time during the year.

For your \$40 yearly investment you can:

- ✓ Network – online and in person
- ✓ Receive 2 FREE CEUs at Each of 9 Monthly Meetings
- ✓ Attend Special Law and Ethics Meeting with 6 CEUs at nearly 50% Reduced Cost
- ✓ Advertise in this Newsletter & Website
- ✓ Develop Peer Relations to Reduce Isolation
- ✓ Give and Receive Consultation and Referrals
- ✓ Stay Connected to Other Therapists
- ✓ Increase Your Knowledge
- ✓ Participate in Directories, Forums, Discussions
- ✓

Join, renew, update, or register online at:

www.ie-camft.org. ♦

Is It Time To Renew Your Chapter Membership?

IE-CAMFT chapter membership is renewed separately from your statewide CAMFT membership and now with the new website, renewal notices are generated automatically! Just click on the link on your invoice in the notification email and pay online for immediate verification of your renewal. **Several members are up for renewal this month** so be sure to check your inbox or go to your profile on the website and renew your membership!



A Note from the Membership Chair:

Now that we have an automated system, you don't have to worry about keeping track of when it is you need to renew your membership—you will be reminded 2 weeks before your renewal date and on the renewal date that it is time to renew. Rest assured that if you renew early, your renewal date will be extended one year from the date your membership expires, not from the date you renew. Please renew and submit member applications and workshop registrations online, even if mailing in a check, though we prefer that you use the online payment system. If you have any difficulty applying, renewing, or registering, don't hesitate to contact me. Thanks again for using the online system!

Don't forget to register for upcoming seminars on the events page—it helps the membership and CEU chairs keep our records straight as to who is attending the presentations, and helps the hospitality committee plan how many refreshments to provide. Thanks again!

Child Sexual Abuse

Law Offices of Joseph C. George, Ph.D.

Licensed Psychologist (PSY 7480)
Attorney At Law (SBN 119231)

Legal Representation of Injured Victims
and Survivors

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Free Consultation

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Office Space. Claremont- Counseling office available part-time (Mon/Thurs) in attractive 5 office suite with shared waiting room. Good location. \$220 to \$290 Monthly. Contact Michelle [\(951\) 522-6766](tel:9515226766) or mdlmft@gmail.com

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 will 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
drballoupsyd@yahoo.com

Office: [951.264.8714](tel:9512648714) Fax: [951.735.8451](tel:9517358451)

Please park in the front of the building on the address side. When you arrive, please text or call me [\(951.264.8714\)](tel:9512648714) 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.

Practice Accepting New Referrals – Group Counseling
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Upland, CA, 91786

acceptance@live.com

www.ranchocucamongatherapy.com

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Acceptance Counseling Services, Inc. offers counseling services to Adults, Children, Teenagers, Families, Parents, Couples and Groups. We are a group of caring, committed, licensed therapists. There are 5 clinicians within our group with varying specialty areas.

We also offer the following therapy groups:

- Adult Stress Relief and Coping Skills Therapy Group
- Children's Behavior & Anger Management Therapy Group
- Children's Social Skills & Self-Esteem Building Therapy Group
- Children with Family Issues Therapy Group
- Teen Self-Improvement Therapy Group

Many therapists choose to refer their individual therapy clients to our groups if they do not offer group therapy in house. It is understood that the client will remain the client of the individual therapist for individual therapy.

Seeking Office Space

Looking for about 10 hrs a week of office space in the chino area. Please contact Frank Gonzalez at 909-973-4273

To place an ad, go to: www.ie-camft.org and submit request on the *Contact Us* page.

CLASSIFIED ADS



Classified ads are FREE for members and are also posted on our website

www.IE-CAMFT.ORG

Betty Odak, LMFT (MFC 52001)

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

Tel: [909-335-9700](tel:909-335-9700) or Toll-free [855-824-2999](tel:855-824-2999), Cell [562-846-1269](tel:562-846-1269)

3117 University Avenue, San Diego, CA 92104

Tel: [619-800-2053](tel:619-800-2053) or [562-522-8008](tel:562-522-8008), Fax – [909-335-5991](tel:909-335-5991)

Email: ccmftcc@gmail.com or betty.odak@gmail.com

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

Email: ccmftcc@gmail.com betty.odak@gmail.com,

www.crossculturalcounselingcenter.com

QUALIFICATIONS & EXPERIENCE

- 15+ years of experience working with abused and neglected children in group homes, foster homes and their families. Provides brief cognitive-behavioral counseling and longer-term psychotherapy
- Specializes in the treatment of:
 - eating disorders
 - recent immigrants / cross-cultural issues & refugees
 - foster parenting/adoption issues
 - Christian counseling
 - delinquent and violent children
 - depression, anxiety and stress related issues
 - clients dealing with financial anxiety and crisis (including bankruptcy and debt)
 - substance abuse and codependency, anger management, anxiety management, and gay and lesbian issues
- Languages: English and Swahili (Spanish and Arabic will be included later)
- Author of two books:
 - Coming to America By Air and How American Food and Lifestyle Led Me To Gain Over 100 Pounds about eating disorders and the emotional issues associated with weight gain/loss.
 - Before, After, and Beyond Bankruptcy, about the connection between emotions and money

PROFESSIONAL DEVELOPMENT. BBS CEU provider #5374, registered Play Therapy Supervisor for the Association for Play Therapy. Various interesting topics. Earn hours of CEU credit.

The Soldiers Project is looking for therapists in the IE to volunteer an hour a week to see a vet or a loved one in their own office on an unlimited basis. Training and support are provided to therapists. If interested, contact: Miriam Koenig, MFT, LPCC at: www.miriamkoenig.com or 818.783.4032

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. Interns supervised by Marie Louise Bosin, MA, LMFT (27703) and Cynthia DellaRipa, MA, LMFT (47975) are available to serve you at a cost you can afford. Call the Center at 909-283-2338 (ext 1#) to make an appointment.

Opportunities to Learn / Practice Psychodrama:

**** Every Monday at 7 PM****

Free 2 1/2 hours of a continuing course on the 24 OPEN 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. Give and receive group support, pursue personal issues, and develop professional expertise. Earn CEU training certificates. We respond to issues you bring with you such as inner and interpersonal conflict, overcoming obstacles, family distress, couple and friendship troubles, discouragement, fears, isolation, rejection, failures, and crisis management.

Get more information from Donell Miller:

4donellmiller@gmail.com (909) 798-2765 (let phone ring at least ten times).

Therapist in network for Anthem Blue Cross needed. Also, please contact me if you are a therapist with contract for San Bernardino, Riverside or LA County Medi-Cal. Kathryn Vannauker, MA, MFT, CEO, Acceptance Counseling Services, Inc. 818 North Mountain Avenue, Suite 203, Upland, CA, 91786 (909) 635 8077 www.rancho cucamonga therapy.com

DON'T HAVE A WEBSITE YET?

Contact me at: consultant@carolabouldinmft.com and I will design one for you!

Special rates for CAMFT and IE-CAMFT members