

THE PROFESSIONAL EXCHANGE



INLAND EMPIRE CHAPTER OF CAMFT

(California Association of Marriage Family Therapists)

August 2007

MONTHLY MEETING

August 24, 2007

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

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

EATING DISORDERS

By Jeffrey N. Mar, M.D.

Candice Brown, MFTI

Dr. Mar is the former Medical Director at the Eating Disorder Program at LLU Behavioral Medical Center, member of the American Board of Psychiatry and Pediatrics, and has a private practice, Valenta Inc. in Loma Linda. Candice Brown, M.S. is a primary therapist at Valenta Inc. Eating Disorder Programs. They have extensive experience with research and applied treatment of eating disorders.

Objectives:

1. How to work with eating disorders in a multi-disciplinary approach
2. Addressing the clients needs for control while concurrently establishing trust
3. Key assessment factors to verify signs and symptoms. Determining the requisite level of care.
4. Interventions that mitigate defensive client responses
5. How to work with the family and environmental factors

NOTE: The meeting is on the **4th Friday, August 24th.**

Two (2) hours CEUs (free for members - \$10 for non-members)

BOARD OF DIRECTORS

Past President
Sheri Rambharose (951) 778-3970

President
Garry Raley (951) 640-5899

President Elect
James Billings (909) 370-1293

Membership
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Secretary
Open

Board Member At Large
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Board Member At Large
Carolyn Dodd (951) 212-5003

Board Member At Large
Patrick Griffiths (909)338-8253

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CHAPTER EVENTS TO REMEMBER

August 24, 2007 Eating Disorders by Candace Brown
September 28 Good Grief - Working with Children by James Billings, PhD.
October 26 To Be Announced
November 16 Mediation Services for the Court by Hiram Toro-Rivera, MFT
December Annual Christmas Party—Lunch and Gift Exchange

*Greetings.*

The dog days of summer are upon us. Many of our members have enjoyed vacations, trips and a variety of activities to rest and recharge.

Your board met for a retreat and review on July 27th. Key issues included:

- Re-affirmation of our mission statement (see page 6)
- Approval of steps to meet the new IRS requirement that we file an annual report
- Confirmation that our membership is the highest ever at this time of the year !!
- Our financial status is solid (see page 4)
- The chapter is supporting development of a Trauma Team, a community resource
- Our web site is UP!

With all this good news, where do we go from here.

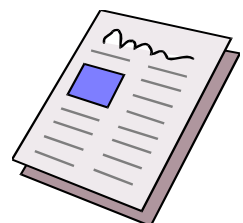
- We need a secretary and board member at large
- We need support for Carolyn Dodd to develop the Trauma Team
- We need to update the website
- We need to make the organization relevant to Prelicensed members
- We will provide Law and Ethics annually

We're still a volunteer organization; "Many hands make light work". Be a part by making a small or large commitment. Contact me or any board member to discuss how your talents can help us achieve our mission.

*Garry***PRESIDENTS
MESSAGE**

NEWSLETTER ARTICLES

As a reminder, if you have an article you would like to submit to the newsletter, please e-mail it to the newsletter editor by the last day of the month. Send to garryal@sbcglobal.net The newsletter is e-mailed (unless a hard copy has been requested) to all members.



TRAUMA RESPONSE NETWORK

Thinking about joining the IE-CAMFT's Trauma Response Network?

If you are interested in donating your time and energy please consider if Trauma Response is right for you. We have available a private survey to help you – with your own decision making process. Trauma response is not for everyone and we all have times in our lives or with families when the timing does not work. We can help by providing this aid to you for your own use.

However, if you think you might be ready (with training) there is a definite need. The following statistics highlight the need:

Following the Oklahoma City Bombing –

8898 individuals received psychological first aid or support group services

53 people received counseling for every one death (mathematical ratio)

186,000 people received additional services* –

Contacts by outreach workers

“Debriefing” sessions

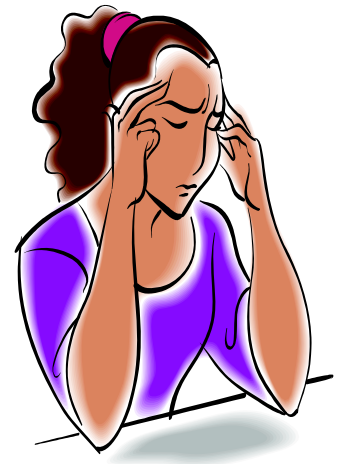
Educational services

Trial support services

* Mathematically, this number equals about 1000 mental health contacts per death. (1)

If you are not ready to commit but you are interested please send an email to:

cdodd@ie-camft.org



MEMBERSHIP INFORMATION

Membership to the Inland Empire Chapter of CAMFT requires a membership to CAMFT. There are multiple benefits to belonging to both. For more information on membership benefits or how to join, contact Pam Hart or any of the board members for assistance. Phone numbers are on the first page of the newsletter.

Welcome New Members

Ruth Dusenberry

Regina Kennedy

Tomoko Misawa

Antionette Saulen



CAMFT – INLAND EMPIRE CHAPTER
FINANCIAL REPORT

Balance on 4/30/07	11,822.18
INCOME	
Membership dues for May, 2007	385.00
Membership dues for June, 2007	210.00
Membership dues for July, 2007	605.00
TOTAL	1,200.00

DEBITS

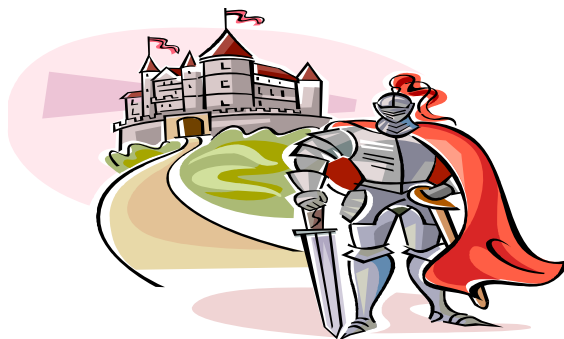
Installations gift certificates	350.00
Newsletter copies—May	21.10
Newsletter copies— June	37.02
Newsletter copies and stamps—July	138.20
Installation lunch	77.88
TOTAL	624.20

Balance on July 31, 2007	12,397.98
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CALL for RESOURCES

If you have experience treating families with military service (with or without PTSD expertise) call or email State CAMFT to provide contact information and services you provide.



HELP WANTED

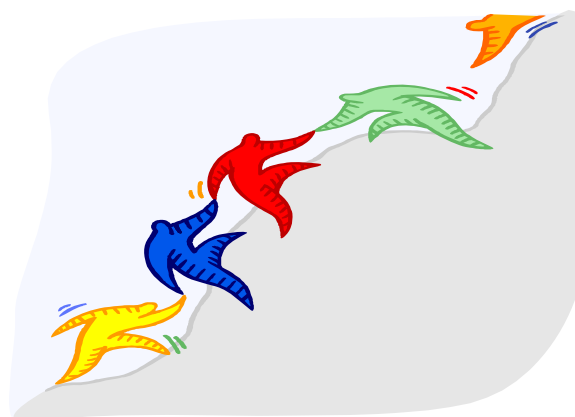
IE-CAMFT NEEDS YOU!

HAVE YOU NOTICED THAT BOARD MEMBERS ARE DOING DOUBLE-DUTY? ARE YOU WILLING TO HELP? PLEASE SIGN UP FOR ANY OF THE FOLLOWING BY CONTACTING GARRY RALEY OR ANY BOARD MEMBER:

SECRETARY
NEWLETTER
ADVERTISEMENTS
PROGRAMS

SPECIAL PROJECTS (e.g. Law and Ethics)

YOU DON'T NEED PRIOR EXPER-
TISE. CURRENT OFFICERS WILL WORK
WITH YOU TO TRANSITION. PLEASE
STEP UP FOR THE CHALLENGE TODAY.





SAVE THIS DATE

September 28th - 8:30 am to 10:30 am

WORKSHOP

**CAMP GOOD GRIEF:
TRANSFORMING TRAGEDY INTO HOPE**

This special workshop for IE-Camp previews the AAMFT presentation on 10/12/07

Presented by James C. Billings

Dorothy Clark Brooks

Dinah Evans

Sarah C. Stuchell

The death of a parent or sibling can be a traumatic experience for children. When children fail to confront and deal with their grief, they are more susceptible to making choices that lead to aberrant lifestyle behaviors, such as substance abuse, violence and criminal activities. This workshop will discuss the process of developing and implementing a grief camp, interventions and techniques used at camp, and outcome data collected.

This special presentation for IE-CAMFT will emphasize interventions and techniques that may be used by practicing professionals.

ATTENDANCE - FREE

CEUs: 2 Hours

Free for IE-CAMFT Members

\$10 all others

**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 () _____

MEMBERSHIP CATEGORIES (CHECK ONE)

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

_____ Prelicensed (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

CAMFT Member # _____

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

**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.

**CLASSIFIED ADS****Office Space**

Serene private inner office for lease in Corona with waiting room, utilities included and easy freeway access. Can be used evenings and weekends. Other office in suite is occupied by an MFT. \$500 month (909) 687-6066

Therapist Needed

Inland Psychiatric Medical Group, Hemet Work 3-5 days each week. Primarily adolescent and adult clients. Current insurance panel membership preferred. Contact: Suman Mudunuri, M.B.A. (951) 652-8107 Office (951) 776-7680 Cell

Olive Branch Counseling

Certified DV or Licensed MFT (insurance panels preferred) for cases in Rancho Cucamonga or Riverside. Contact Ken Olson (909) 989-9030

Licensed MFT or LCSW

For clinical position in Apple Valley, CA Managed care and EAP work. Practice setting with ownership possibilities. Must be licensed 2 years. Fax resume to (760) 946-1511

Office Space

Furnished office space available, Fri & Sat. \$65.00 a day. Unfurnished small office \$600.00 a month, A Redlands location near the Citrus Plaza Call (909) 226-5541

FREE YOURSELF From Insurance Worries !!!!!

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Contact:

Liz Scudder @ Escudder4@aol.com

(562) 335-7167 – Mobile

(951) 778-0149 - Office

DISPLAY ADS RATESBUSINESS CARD SIZEMembers Non-members

\$10 \$20

¼ PAGE:

\$20 \$40

CLASSIFIED AD RATES

MEMBERS: FREE

NON MEMBERS

ONE MONTH: \$20

3 MONTHS: 10% OFF \$54

6 MONTHS: 25% OFF - \$90

12 MONTHS: 40% OFF - \$144



For Immediate Release

Contact: Susan Kayne

June 21, 2007

(212) 575-6200

Cell (917) 880-1365

NY State Takes Strong Action to Prevent Eating Disorders and Monitor Care

(New York City, NY- June 21, 2007) Advocates for the prevention and treatment of eating disorders lauded the New York State Legislature today for passing two bills that will help in early identification and prevention of eating disorders and improve the quality of care in residential treatment centers.

One bill mandates the creation of The Child Performers Advisory Board to oversee the development of guidelines and recommendations to ensure that child actors suffering from or at risk for eating disorders are identified and have access to treatment. Appointed by the Commissioner of Labor, along with the Commissioners of Health and Mental Health, board members will also develop recommendations for educational materials to generate awareness and inform actors and models about eating disorders.

The other bill requires the Office of Mental Health to establish regulations for licensing residential treatment centers and support services for adults and children with eating disorders. It also establishes an Advisory Council on Eating Disorders within the Department of Health (DOH) to advise the DOH and other agencies on policy decisions and future direction of eating disorders activities in New York.

"The State has taken steps critical to our work in preventing and advancing quality treatment for eating disorders," said Lynn Grefe, NEDA chief executive officer. "Instead of waiting for severe illness or deaths from eating disorders in the fashion or entertainment industries, New York is being proactive in addressing eating disorders among minors. And, as our families have long advocated for licensing of residential treatment centers, we now have reason to believe that the quality of care for individuals affected with eating disorders will improve in New York State."

Grefe said that the State decision to create the Child Performer Advisory Board to address concerns surrounding child models and actors for the prevention and identification of eating disorders is much needed. Although the Council of Fashion Designers proposed guidelines in February of this year, NEDA and many experts in the field agree that those guidelines did not go far enough to make a meaningful difference in the health of models.

DID YOU KNOW?

As many as 10 million females and 1 million males in the U.S. are battling eating disorders such as anorexia and bulimia. Millions more suffer from binge eating disorder.

The peak onset of eating disorders occurs during puberty and the late teen/early adult years, but symptoms can occur as young as kindergarten.

More than one in three "normal dieters" progresses to pathological dieting.

Eating disorders affect people from all walks of life, including young children, middle-aged women, men and individuals of all races and ethnicities.

Long-term physical health implications of eating disorders include heart failure, kidney damage, esophagus, colon and intestinal problems, osteoporosis, tooth decay and hair loss.

Anorexia nervosa has the highest mortality rate of any mental illness.

Although eating disorders are potentially lethal, they *are* treatable.

Source: The National Eating Disorders Association (NEDA)

The following was authored by Michael Levine, Ph.D. and Margo Maine, Ph.D.

What is Eating Disorders Prevention?

Prevention is any systematic attempt to change the circumstances that promote, initiate, sustain, or intensify problems like eating disorders.

Primary prevention refers to programs or efforts that are designed to prevent the occurrence of eating disorders before they begin. Primary prevention is intended to help promote healthy development.

Secondary prevention (sometimes called “targeted prevention”) refers to programs or efforts that are designed to promote the early identification of an eating disorder—to recognize and treat an eating disorder before it spirals out of control. The earlier an eating disorder is discovered and addressed, the better the chance for recovery.

Basic Principles for the Prevention of Eating Disorders

Eating disorders are serious and complex problems. We need to be careful to avoid thinking of them in simplistic terms, like “anorexia is just a plea for attention,” or “bulimia is just an addiction to food.” Eating disorders arise from a variety of physical, emotional, social, and familial issues, all of which need to be addressed for effective prevention and treatment.

Eating disorders are not just a “woman’s problem” or “something for the girls.” Males who are preoccupied with shape and weight can also develop eating disorders as well as dangerous shape control practices like steroid use. In addition, males play an important role in prevention. The objectification and other forms of mistreatment of women by others contribute directly to two underlying features of an eating disorder: obsession with appearance and shame about one’s body.

Prevention efforts will fail, or worse, inadvertently encourage disordered eating, if they concentrate solely on warning the public about the signs, symptoms, and dangers of eating disorders. Effective prevention programs must also address:

Our cultural obsession with slenderness as a physical, psychological, and moral issue.

The roles of men and women in our society.

The development of people’s self-esteem and self-respect in a variety of areas (school, work, community service, hobbies, etc.) that transcend physical appearance.

Whenever possible, prevention programs for schools, community organizations, etc., should be coordinated with opportunities for participants to speak confidentially with a trained professional with expertise in the field of eating disorders, and, when appropriate, receive referrals to sources of competent, specialized care.



INLAND EMPIRE CHAPTER OF
CAMFT NEWS

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

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

COMMITTEE POSITIONS

Membership: Pam Hart- (760) 900-3852

Hospitality: Pam Hart – (760) 900-3852

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

Newsletter Editor: Garry Raley (951) 640-5899

Program Chair: Sheri Rambharose – (951) 778-3970

Webmaster: Patrick Griffiths- (909) 338-8253

If you are interested in serving on a committee, please contact Garry Raley or any board member

Get involved! It's fun and your input helps the chapter stay strong.

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