



# THE PROFESSIONAL EXCHANGE



## INLAND EMPIRE CHAPTER OF CAMFT

(California Association of Marriage and Family Therapists)

AUGUST 2008

### MONTHLY MEETING

Friday, August 22, 2008

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

### STANDING AT THE INTERSECTION OF PSYCHOTHERAPY AND SPIRITUALITY

Presented by: Robert C. Connerley, Ph.D.

"Since my earliest experiences as a helping professional, I have been interested in how the integration of contemporary psychotherapy techniques and the ageless wisdom of a variety of spiritual traditions can assist people to change and grow. My doctoral research, which explored the impact of adding prayer to the clinical treatment of depressed psychotherapy clients, reflected my interest in combining spirituality and psychotherapy. I grew up in San Diego and have been practicing locally since 1998. I am licensed as both a Clinical Psychologist and an MFT. I currently live and practice in Riverside. My wife and I are the proud parents of two cats and a bunny."

#### Presentation Goals:

- "Participants will be introduced to four approaches to integrating a spiritual focus in the clinical practice of psychotherapy.
- Participants will be provided with case examples of each approach to develop a sense of the types of clients that may benefit from each approach.
- Participants will receive ideas about the types of interventions that may be effective within each approach.
- Participants will be provided the opportunity to ask questions about the four approaches.
- Participants will find the presentation at least mildly interesting, learn something new, and not be bored to tears."

*See page 3 for a recommended reading list.*

#### CHAPTER EVENTS TO REMEMBER

September 26, 2008: What Every Therapist Needs To Know About Marketing on the Internet—Debra Gallant

October 24, 2008: Introduction to Neurotransmitters & Behavior—Jan Hackleman

November, date to be announced: Tentative topic, Differential Diagnosis—Dr. Raja, M.D.

January, date and topic to be announced

February, date to be announced: Tentative topic, Law & Ethics—Dave Jensen

March, date to be announced: Tentative topic, CAMFT Update—Mary Riermesma

#### BOARD OF DIRECTORS

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I want to thank Lu Ann for providing a very informative training on the Meyers-Briggs in June. I went out the next week and purchased "Please Understand Me II" to learn more about how to use this tool in my practice.

Many chapter members may not be aware of some recent changes in the CAMFT Bylaws that will affect local chapters. I want to take this opportunity to make you aware of one issue, in case anyone would like to send an email to the state CAMFT board expressing their opinion.

Recently, the CAMFT Bylaws, Article XXII, were changed. In short, the change will not allow MFT Interns or LCSWs to be part of a local chapter Board of Directors. The change will require all Board members to be LMFTs.

Many local CAMFT chapters have sent letters to the state CAMFT Board explaining how this change would make it very difficult for smaller chapters, such as ourselves, to continue to function. It is difficult to find MFTs that are able to volunteer their time to be part of a Board.

Quoting from one letter that was sent to the state board, "Whether this would require another vote by the membership or simply a vote by the CAMFT board, we are making this request because of the negative impact Article XXII will have on our chapter. It has been apparent from the discussion on the listserv that other chapters feel they would likewise be negatively impacted by implementation of this change. Our chapter has been very successful in meeting the needs of its members, in no small part because of the hard work of our pre-licensed and LCSW committee members, who are voting members of our Board of Directors. Without these dedicated individuals our chapter will have a difficult time providing

the services our members have come to expect and which we, their board, take such pride in providing.

*We feel that the CAMFT board may not realize the difficulty chapters face in filling board positions... Board members spend countless hours fulfilling their duties as a service to our chapter and profession. If we were required to limit our board composition strictly to MFTs, this would considerably reduce the recruitment pool. We foresee our chapter not being able to fully staff its board, and, as a result of that, having to scale back the services we provide. If CAMFT wants successful and thriving chapters, it should allow them to configure their boards in a manner that best serves their unique needs. This is the single biggest way CAMFT can be of help to us in the ongoing support of our chapter. We therefore ask that you rescind Article XXII of the bylaws."*

As I state previously, our chapter is in a similar situation, it can be difficult at times to fill the board positions, and adding this additional limitation would make it more difficult. In addition, there are numerous pre-licensed and LCSWs that have a wealth of experience that we would all greatly benefit from. If you wish to support our chapter in asking CAMFT to rescind this change, please email or write the state CAMFT board members.

I look forward to meeting with everyone in August for our next chapter meeting.

— James Billings

*Editor's note: Members can email Mary Riemersma, Executive Director of CAMFT, at [maryr@camft.org](mailto:maryr@camft.org), or see the "Contact Us" link at their website, [www.camft.org](http://www.camft.org).*



## **PRESIDENTS MESSAGE**

### **WELCOME NEW MEMBER!**

**Sandra Walker**

## **MEMBERSHIP INFORMATION**

**Did you remember to  
pay your dues?**

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, contact Pam Hart or any of the board members for assistance. Phone numbers are on the first page of the newsletter.

Dues were due in April, so if you have not renewed, your newsletter may be discontinued.



## From a Member's Pen

IE-CAMFT member Don Miller has written several books. As a therapist and retired professor and pastor, he brings his professional and life experiences to his writing. He states that his book, *Running on Empty*, explores relationships, roles, cross generational triangles, and progressive reformation. It also explores the therapeutic experience of psychodrama.

The author summarized his book:

*"It describes the flight of a fugitive. Though all fugitives run, one who runs for twenty years, ever glancing over his shoulder, isn't just running. He's running on empty. But, he's not the only one—an unrelated brother and sister from the blended family show outstanding ability and promise, but remain single nevertheless.*

*Desperation drives the siblings to revise their "wish lists" and to broaden their search grids in order to focus on live choices, creating at last a congenial foursome—a group with foregrounds much alike, but with backgrounds split between city and country, athletic and sedentary, politically and religiously liberal and conservative. They claim that variety is no problem, but family and friends worry.*

*Concerned parents present their almost half-brother and half-sister progeny with a winter Alpine vacation to put couple relationships to the test. As an afterthought, the parents advise, "Lookout for the fugitive, who may 'hide' in plain site."*

*The foursome moves easily into the Swiss community, relating particularly with an innkeeper, notable for heroic rescue operations. In saving the group from danger and death, the local hero brings the siblings fully into his orbit. Meanwhile, the siblings' intended partners refocus on each other, over the negligent siblings, who go back home empty, to run no more.*

*Belatedly, parenting figures see how they set up the kids for disaster. They renounce further hovering and take an Alpine summer vacation to follow their own agenda, soon seen as futile. They visit the "fabulous Swiss" who have captivated their kids. What a delight!*

*But crisis comes, crash dead ahead. The fugitive's self-disclosure thrusts a pursuer into a painful dilemma between mercy and justice, setting him at odds with those closest to him."*

Don Miller is a committed attendee at our IE-CAMFT monthly trainings. When you see him, ask him more about *Running on Empty*, writing, or psychodrama classes. — Heather Bryga, Editor

*This article was presented in the spirit of a professional exchange. The editor hopes that it stimulates thought as well as communication. Please feel free to submit articles and letters to be considered for inclusion in the newsletter—email them to [hbryga@familyservicervca.org](mailto:hbryga@familyservicervca.org).*

## Presenters' Recommended Reading

About Kiersey-Bates and Meyers-Briggs Inventories, from Lu Ann Ahrens, MFT

- Gifts Differing: Understanding Personality Type, by Isabel Briggs Myers, published by Davies-Black. ISBN 0-89106-074-X
- Please Understand Me, by David Keirsey, published by Prometheus Nemesis Book Company. ISBN 1-885705-02-6
- Type Talk, by Otto Kroeger and Janet M. Thuesen, published by Dell Publishing. ISBN 0-440-50704-9

About the Intersection of Psychotherapy and Spirituality, from Robert C. Connerley, Ph.D.

- Gersten, D. (1997). Are you getting enlightened or loosing your mind? A spiritual program for mental fitness. New York: Harmony.
- Johanson, G. and Kurtz, R. (1991). Grace unfolding. New York: Crown.
- Nouwen, H.J.M. (1975) Reaching out, the three movements of the spiritual life. New York: Doubleday.
- Richards, P.S. and Bergin, A.E. (2005) A spiritual strategy for counseling and psychotherapy (2<sup>nd</sup> ed.). Washington DC: American Psychological Association.
- Richarson, P.T. (1996) Four spiritualities. Mountain View, CA: Davies-Black.
- Welwood, J. (2000) Toward a psychology of awakening. Buddhism, psychotherapy and the path of personal and spiritual transformation. Boston: Shambala.



## UPCOMING EVENTS



### Psychodrama Classes

Wesley Lounge of the University United Methodist Church,  
940 E. Colton Ave., Redlands

Friday evenings, 7:30 PM

August 22 and weekly starting in September

Free to attendees

CEU credits and psychodrama credits available .

For information, contact Don Miller at (909) 798-2765

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### “Theraplay”Trainings

August 18-21, 2008—Introductory Theraplay & MIM training in South Lake Tahoe. For more information, see: <http://www.theraplay.org/43101/index.html>

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### Play Therapy, EMDR, and Trauma First Aid

September 13, 2008—presented at Cal State Northridge by the California Association of Play Therapy (CALAPT). For

more information, contact Leonore Schuetz, [schuetz@roadrunner.com](mailto:schuetz@roadrunner.com). For additional information on CALAPT events, please see [www.calplaytherapy.org](http://www.calplaytherapy.org).

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### Private Practice?

### Business and Tax Information Seminar

Information on tax law, self-employment, corporations, home-based businesses, and more.

Guest speaker Rafael Chacon—tax practitioner with over 30 years experience, president of IBTS, Inc.

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

September 20, 2008, 8:30 a.m. or 1:30 p.m.

Marriott Ontario Airport

\$20 pre-registered, \$25 at the door

For information or reservations, contact: Betty Odak at [bettyodak@yahoo.co.nz](mailto:bettyodak@yahoo.co.nz), (562) 522-8008 or (fax) (562) 345-5052; or contact Robyn Mancell at [mytravelsecret@yahoo.com](mailto:mytravelsecret@yahoo.com), (909) 231-8785.

### Give An Hour

Therapists who wish to donate counseling services to a veteran may do so by accessing [www.giveanhour.org](http://www.giveanhour.org). Veterans receive services provided pro bono by the therapist and in exchange the veteran chooses from a list of community agencies where they may volunteer their time.

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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.

Mental Health Network Government Services is also recruiting professionals as Marriage and Family Life Consultants. Go to <http://www.camft.org/mhnservices.htm> for more information.

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### 2008 APT International Play Therapy Conference

Tuesday, October 14 through Sunday, October 19 in Addison (Dallas), Texas

Visit their website for more information: <http://guest.cvent.com/EVENTS/Info/Invitation.aspx?i=c65ac831-2063-4acf-872a-a1ca1ac527da>

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### Childhood Grief and Traumatic Loss

Conference in Los Angeles, March 26, 2009—information at <http://ican-ncfr.org/documents/Grief2009SaveTheDate.pdf>

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### Free Adoptions Trainings

Contact the Latino Family Institute to attend or to host a free training: see <http://www.californiainfantadoption.com/index.html> for more information.

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*Let us know about any upcoming events that may be of interest to your fellow IE-CAMFT members. Email them to [hbryga@familyserivcerivca.org](mailto:hbryga@familyserivcerivca.org) for consideration.*

**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.

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**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.

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**Olive Branch Counseling**

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

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**Licensed MFT, LCSW, or Ph.D.**

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 or call Nancy Hirst at (760) 946-2070.

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**Volunteer MFT Intern** needed immediately for Claremont Unified High School seeing students during the school day until June. No pay but lots of hours. Flexible schedule available. Contact Catherine at ccaporal@aol.com

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**Office Space**

521 W. Citrus Ave., Redlands—Small house in downtown Redlands on the West side of the Mall. The house has two offices, a small waiting room, kitchen, secretary/copier/filing area, and bathroom. Office for rent is 11'3" X 15'3". The house is networked for computer, fax/ copier/printer/scanner in the secretary's area. Pleasant yard with trees. Clients seem to enjoy the "homey" atmosphere. Parking for two clinicians. Not much traffic, so good sense of privacy for clients. Single renter preferred. Sublet possible. Call Beth McGuire at (909) 793-7064 or (909) 831-6377.

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or (951) 778-0149 - Office

**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



**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](mailto:jasaha@charter.net)

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

**Support Services  
For Mental Health  
Providers**

**DISPLAY ADS RATES**BUSINESS CARD SIZE:

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

¼ 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



### Question:

Dear Ben,

I finished most of my classes and now I'm starting to collect hours for graduation. I decided to work at a placement with children so I could challenge myself to feel more comfortable with them, but I'm having a really hard time and I'm not enjoying this work.

— Dan

### Answer:

Dear Dan,

I think I understand what you're saying about working with children, because when I first started I had a hard time feeling comfortable enough to be silly around them. I found I just had to work with children more, and spend time with my nieces and nephews, to get out of that formal and verbal world we live in as adults. Taking a class in play therapy may be a good idea if you do decide you want to do more work with children.

Another thing I wanted to say is that I appreciate your interest in challenging yourself. However, in my perspective, becoming comfortable with the practical side of being a therapist is challenge enough. In school we are taught theory and sometimes do role playing, but the best way to learn about therapy is to do it and to have good supervision. It took me a while to find a treatment theory that fit with my outlook on life and for me to feel comfortable as a therapist. I am assuming from your letter that you are more comfortable with adults, so maybe that is where you should start. Feeling more comfortable working with adults may make it easier for you to feel more comfortable working with children later on.

Lastly, it may be that you decide not to work with children even if you do start to feel comfortable with them. Some therapists are simply better with certain age populations and decide that they want to work at a clinic that provides services to that specific population. For example, one of my supervisors told me that he was good at working with children, but decided to work with adults instead because he found it more interesting. At any rate, best of luck in your decision.

Thanks,

Ben

*Interns and Trainees, please "ASK BEN" your questions. 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 thoughts or questions to Ben at [ztherapist@gmail.com](mailto:ztherapist@gmail.com).*

## NOTABLE RESOURCE

The Substance Abuse and Mental Health Services Administration has their internet home at <http://www.samhsa.gov/>. An astounding variety of information is available at this site, but sometimes the website is a bit overwhelming. Users may have to "surf" for a while to become oriented. If you follow the link to "statistics" they have extensive databases which might be useful to practitioners. Also, at <http://mentalhealth.samhsa.gov/> you can follow the "publications" link to find hundreds (maybe thousands) of free books, articles, posters, and materials. Our government will send you these for free! For example, you might be interested in: the brochure "After a Disaster, What Teens Can Do;" an "Anxiety Fact Sheet;" the "Directory of Services and Resources for Survivors of Torture;" or "The Courage to Remember: Childhood Traumatic Grief Curriculum Guide."

*If you have a favorite psychology-related website please share it with your fellow IE-CAMFT members. E-mail your submission to be considered for inclusion in the newsletter to Heather at [hbryga@familyserivca.org](mailto:hbryga@familyserivca.org).*



# 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

## MEMBERSHIP CATEGORIES (CHECK ONE)

\_\_\_\_\_Clinical (Licensed).....\$40

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



## 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

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We're on the Web!  
[www.ie-camft.org](http://www.ie-camft.org)

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***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:** Heather Bryga – [hbryga@familyservicerivca.org](mailto: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) 212-5008

**Trauma Response Network Chapter Coordinator:**  
Carolyn Dodd – (951) 212-5008

**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