



IE-CAMFT MEETING

Friday, August 23, 2013

"MOTIVATIONAL INTERVIEWING"

Featured Presenter:

Katheryn Whittaker, MS, LMFT, LPCC

Since its inception, Motivational Interviewing has given therapists the tools to work with individuals that find "change" to be a difficult process.

Motivational Interviewing is known as a style of talking with people constructively about reducing their health risks and changing their behavior. It is designed to enhance the client's own motivation to change using strategies that are empathic and non-confrontational.

Participants will:

1. Learn what populations can benefit from Motivational Interviewing including resistant clients.
2. Be able to identify how Motivational Interviewing differs from traditional counseling.
3. Learn and practice the micro skills identified with Motivational Interviewing.
4. Individuals will be able to identify what change talk looks like.

MONTHLY MEETING TIME & LOCATION

8:30am – 11:00am

Program begins at 9:00am.

**All are welcome to stay for the
board meeting from 11:00am to
12:00pm**

**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.
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.

TABLE OF CONTENTS

President's Message.....	2
Attn Sept. License Renewal	3
Speaker Highlight	3
Member Spotlight	4
New Members & Shout Outs	5
Practice Perspectives: Open Story System	6
Fiscal Year End Summary	7

At Our Last Chapter Meeting.....	8
Opinion: The Bylaw Debacle	10
Upcoming Programs	13
Prelicensees' Corner	14
Board Member Contact Info	15
Classified Ads	16
Membership Application	17

“PRESIDENT’S MESSAGE”

-DAN TOTARO



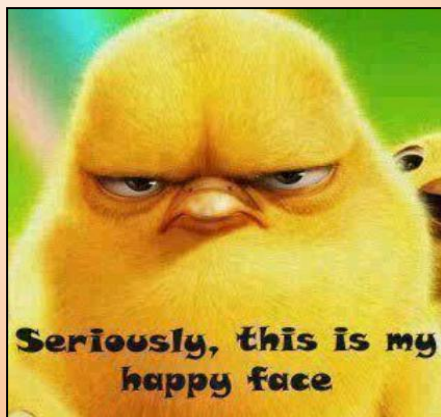
I hope everyone is enjoying their summer.

In July, the IE-CAMFT chapter held the annual board retreat. This is when the board looks back over the previous months and plans for the coming year. As we review we were pleased to see that chapter membership is up. There was also increased attendance at the monthly meetings and for the annual Law and Ethics seminar. In fact the attendance the seminar has increased to a point such that we are looking for a larger venue for next year’s workshop.

Not surprisingly, a deal of the meeting focused on the Bylaw changes made by the state CAMFT and the ensuing debate. I want to encourage each of you, if you have not already, to inform yourself regarding the issues and to make your feelings known to the CAMFT board and Executive Director. As the largest mental health association in California it is very important that the membership has an association that best represents our interests.

If you have any questions regarding the issues please contact me or our other board members. We will be happy to assist you in finding the information you seek. ♦

**August Is
“Admit You’re Happy Month”!**



ATTENTION: SEPTEMBER LICENSE RENEWAL CANDIDATES!

The Department of Consumer Affairs is in the process of replacing its current licensing and enforcement data systems. The new data system "BreEZe" will be implemented on or about September 17, 2013.

During the transition from the current system to the new BreEZe system, all cashiering functions will be temporarily suspended beginning early September 2013.

This temporary suspension may impact your renewal. To avoid any possible lapse in licensure or processing delays, **September renewal candidates are strongly encouraged to submit their renewal fees prior to September 1, 2013.** As usual, all other renewal candidates should allow four to six weeks processing time for your renewal application.

If you have questions, please e-mail BBSWebMaster@dca.ca.gov or call (916) 574-7830.



AUGUST SPEAKER HIGHLIGHT: KATHERYN WHITTAKER



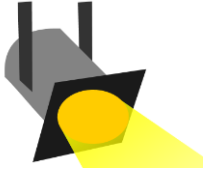
Katheryn Whittaker is the Director of Clinical Services for Matrix Institute on Addictions. Ms. Whittaker has worked in the behavioral health field since 2002.

She has provided mental health and substance abuse services to adults, adolescents, and children in a variety of treatment settings. She has extensive experience training clinicians both nationally and internationally on topics including Motivational Interviewing, Substance Abuse, Psychopathology, and Community Mental Health.

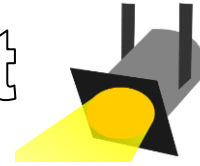
She is currently an Approved Supervisor for the American Association for Marital & Family Therapy (AAMFT) and the California Association of Marriage and Family Therapy (CAMFT). Ms. Whittaker received her Master of Science degree in Marital and Family Therapy from Loma Linda University. She is currently completing her Doctorate in Psychology at California Southern University. She is a Licensed Marriage and Family Therapist (LMFT) and a Licensed Professional Clinical Counselor (LPCC) in the State of California.

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.



Member Spotlight



Marie Louise Bosin, LMFT



This month we feature Marie Louise Bosin, one of IE-CAMFT's Board Members at Large.

Marie Louise worked in the addiction treatment field from 1986 through 2009. A graduate of Santa Clara University, she has had extensive experience training and coaching counselors and administrators on behavioral health care issues. She was actively involved in the design, development and implementation of the Santa Clara County Department of Alcohol and Drug Services Adult System of Care for treatment of addiction for adults. She managed the Outpatient Division for Santa Clara County Department of Alcohol and Drug Services which included three outpatient clinics, a case management team, a women's peri-natal program and the Dependency Drug Treatment Court team. She is an expert clinician in the addiction and behavioral health field and a successful manager and trainer of counselors, teachers and administrators.

Marie Louise obtained her E-RYT 500 in June 2013 and founded the NorthSouthEastWest Mindfulness Education Center (www.nsewmec.com), a yoga oriented education and counseling center in Redlands, California where she is the Director of the Yoga College. Marie Louise has been practicing mindfulness in her life with dedication for the past four years and it has changed her life. She loves teaching and has done large scale training for the last 20 years in mental health, substance abuse and Yoga/Ayurveda. She first practiced Yoga with Liliás Folan on PBS in 1976 and has studied Yoga life style and philosophy since that time.

An artist in her own right, Marie Louise loves assisting people in creating meaningful art projects, especially those people who are afraid of art or have no prior art experience. She recently spent three months in Mysore, India to expand her studies of Yoga, Ayurveda and Mindfulness. Marie Louise has a passion for teaching teachers and counselors and is a lifetime student of Ayurveda, Yoga and Yoga Philosophy. Marie Louise has devoted her life to the healing arts and sciences. She is a true healer of communities and relationships.

Visit her website at <http://www.marielouisebosin-ma-lmft-27703.com>

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. Membership may be initiated or renewed any time during the year.

For your \$40 yearly investment you can:

- ✓ Network
- ✓ Receive 2 FREE CEUs 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 & Website
- ✓ Develop Peer Relations to Reduce Isolation
- ✓ Give and Receive Consultation and Referrals
- ✓ Increase Your Knowledge



LEARN
CONNECT
VOLUNTEER with CAMFT

WAIVE YOUR CHAPTER DUES BY VOLUNTEERING!

Even more benefits are available through **active involvement** with IE-CAMFT. Contact **Dan Totaro** to volunteer your time, talents, and energies with our board. The board position of CEU Chair is open. Committees such as Hospitality, Membership, and Trauma Network need added leadership and participation. You can also share duties of one post by being a co-chair. **And chapter dues are waived for board members during the year they serve.**

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. I bet you can name some more benefits. Give it a try!



Stephen Ayisu

Jennifer Boler

Kristina Mitchell

Maria de Jesus Nunez-Florez

CristiAnne Quiros

Teresa Zavala



We wish to recognize

Catherine Caporale, PhD

For assisting with the DSM-5 as a
Collaborating Investigator!



Practice Perspectives

Featuring Modern Treatment Approaches of Interest

"Open Story Strategy"

By Donnell Miller

If DSM-5 doesn't speak to you, consider an open story strategy. In your relationship with the persons who come to you for help, they usually begin with all the things they want you to fix. They take for granted the psychiatric model with its accent on pathology. I've trained therapists in the traditional approach for over forty years, and have been impressed with the zeal and compassion they brought into our field, only to see our professional wisdom offering straight jacket self-fulfilling labels constricting their work rather than evoking a free spirit to liberate theory and practice.

For nine years with eight groups each and every week at a private psychiatric hospital in the East I let the teens and adults there teach me. I dispensed with our customary jargon, and wrote into the clinical record progress notes in plain English. I found a way to let others who worked with the same persons know what they needed to know, while respectfully describing persons in the difficult situations they found themselves. Often the therapist would read my report to their patient. No great surprise, for I was willing to show the patient ahead of time what was going into the record if they asked for it. Others supplied diagnoses which have little predictive power, not

out of incompetence, but because the prevailing system utterly fails to connect specific diagnoses with specific treatments. Here is my alternative.

Though my enduring focus has been psychodrama, you should find the following applicable to family, group, couples, and even individuals. Beyond residential treatment I've found the open story system valuable for the general public, spiritual growth, drama, comedy, creative writing, addiction and correctional populations. Are you culturally aware, having taken in your fill of film, TV, plays, fiction....etc. Turn your pleasure, escape (or whatever) to everyone's advantage. You have more relevant resources at hand than you ever imagined.

Ever since you were an infant you've tuned into the emotional expressiveness (-affect) your care givers showed in your presence. In high school outside class you assessed the emotional climate around you in order to survive among your peers. Here we begin. Lists of emotions may stretch out, but the working labels may be grouped as 1. anxious-fearful, 2. negative-depressed, 3. angry, 4. mobilized and 5, positive-happy.

The only new category is MOBILIZED. This covers plots, stories, and themes we call PURSUE, EXPLORE, SURPASS, SAVE, NURTURE and HEALED. This entire cluster stands midway between "anger" and the "positives." 24 transitive verbs name the story models we employ, a relatively short list. A facilitator's impression of the individual's affect turns his attention to one or two of the four or five under each category. We'd expect the leader to have had abundant examples from his own personal experience of every possibility.

The minimum components for a story consist in answers to orientation questions such as WHO? WHAT? WHEN? WHERE? and HOW? These are CONTEXT questions. Social and cultural convention sees the answers as background.

CONTINUED ON NEXT PAGE

“OPEN STORY STRATEGY” CONTINUED FROM PAGE 6

A conspicuous omission is WHY? This is the PLOT QUESTION, the key to our interest in a particular story, which may very well point to what has gone amiss. Daily usage glosses over the distinction. Normally we don't analyze, but experience plot and context as one. Habitually we use story and plot interchangeably. In working closely I avoid the 'why' question, and emphasize the setting. This allows a person to catch her breath, for context questions allow one to lower one's guard. Often significant perceptions emerge that previously escaped notice. An unchallenged answer to the WHY yields a closed story, whereas a loosely held answer yields an open story. When leaders accept the closed story, the individual no longer needs to defend his WHY and he moves to an open story.

Simply telling, or better, enacting the full story using persons and things as props gives everyone an adequate picture of the situation. One wants to go beyond what hasn't worked to something else. About half way through the session we provoke imagination for our protagonist to explore likely outcomes of scenarios. In the process a possible future may serve as more adaptive for the individual's reality (=surplus reality). He intends a course of action to try out a better life-story, done in session---or as 'homework.'

Each of the 24 story models offers roles, which facilitate translation into action, pressing us upward in constructing an identity, soul, or self. We move from 'who I am not' to 'who I want to be,' and from there through anticipating the future declaring for myself and others who I am.(already).

I expect to present this system to the American Society for Group Psycho-therapy and Psychodrama at Oakland this upcoming April entitled LET GO OLD PLOTS FOR NEW WITH AN OPEN STORY STRATEGY. Let's dispense with the mystique and complexity and opt for a procedure everyone can understand. ♦

(c) Don Miller, PhD. TEP. LMFT 4donellmiller@gmail.com

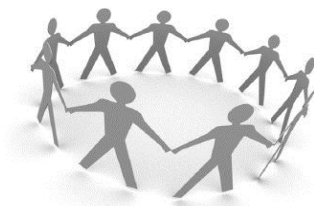
IE-CAMFT Year-End Financial Summary 2013

April 2012 – March 2013

Income	
Dues	\$4,999
Workshop	\$3,013
Total	\$8,012
Expenses	
Supplies	\$918
Newsletter	\$2,205
Workshop	\$3,276
Website	\$348
Total	\$6,747
Profit/Loss	\$1,265

For more details, please contact Garry Raley.

AT OUR LAST CHAPTER MEETING...



BY JANELL GAGNON

In our June IE-CAMFT meeting, we had the pleasure of hearing from Garry Raley, M.A., LMFT. Garry discussed the long-awaited topic of the major changes in the new DSM-5.

Garry keeps himself busy being an Associate Faculty member teaching psychology courses at Mt. San Jacinto Community College, as well as teaching courses at Brandman University. He also provides clinical supervision for Family Services Association of Riverside County, and for the Sex Offender Treatment Program of New Day Institute in Fontana, as well as providing reduced-fee services for current or former military individuals and families in Riverside.

In the interest of time, as this topic is usually a full day training, Garry highlighted the major changes in the DSM-5, including the structural changes, disorder name changes, new disorders/categories, new combinations of disorders, disconnections between disorders and categories, as well as some of the controversies.

Structural Changes

One of the major changes Garry discussed is how the DSM-5 has no axes for diagnosis; the 5-axis diagnosis will no longer be used. There are also no "NOS's." The DSM-5 is introducing categories, scales and dimensional measurements. There are more scales and dimensional measurements rather than specific specifiers to assess the severity of

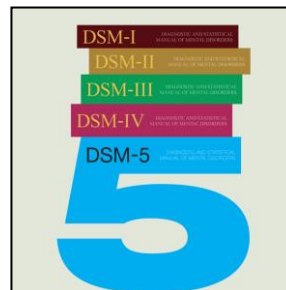
clinical impairment of the client's disorder. The DSM-5 is also making more of a connection with the International Classification of Diseases (ICD) 10 codes, as well as working towards more cultural competence by adding a chapter that helps therapists make distinctions between disorders and cultural components.

Name Changes

Garry highlighted the following name changes for disorders:

- ♦ Mental Retardation is now "Intellectual Disability" or "Intellectual Development Disorder"
- ♦ Dementia is now "Neurocognitive Disorder"
- ♦ Hypochondriasis is now "Illness Anxiety Disorder"
- ♦ Gender Identity Disorder is now "Gender Dysphoria"
- ♦ Depersonalization Disorder is now "Depersonalization-Derealization Disorder"
- ♦ Male Orgasmic Disorder is now "Delayed Ejaculation"

CONTINUED ON NEXT PAGE



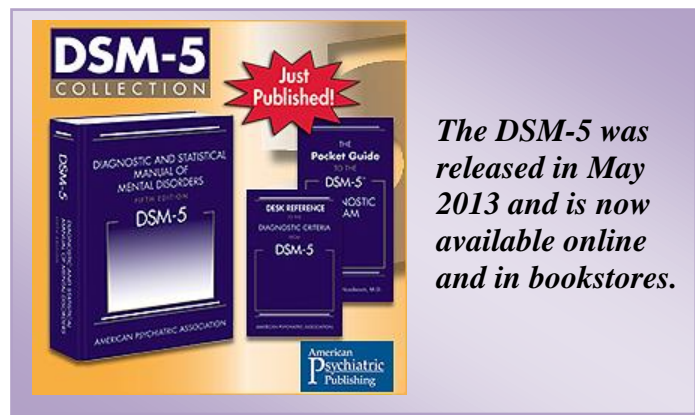
AT OUR LAST CHAPTER MEETING...

CONTINUED FROM PAGE 8

New Disorders/Categories

The following are new disorders in the DSM-5:

- ◆ Hoarding Disorder
- ◆ Binge Eating Disorder
- ◆ Excoriation Disorder
- ◆ Mild Neurocognitive Disorder
- ◆ Disruptive Mood Dysregulation Disorder
- ◆ Premenstrual Dysphoric Disorder
- ◆ Social Communication Disorder
- ◆ Somatic Symptom Disorder



The DSM-5 was released in May 2013 and is now available online and in bookstores.

You can find a brief summary of the new disorders on the American Psychological Association (APA) website or see the criteria for the new disorders in the handouts Garry provided on our IE-CAMFT chapter website (www.ie-camft.org).

Disconnections and Combinations

Garry pointed out that a few disorders that were associated with the Anxiety Disorder cluster still exist, but are no longer connected to Anxiety Disorders. For example, Obsessive-Compulsive Disorder is now its own cluster entitled “Obsessive-Compulsive & Related Disorders” and Posttraumatic Stress Disorder (PTSD) is now in the “Trauma and Stressor-Related Disorders” cluster. Another important note to make is the combinations of several disorders into one new disorder. This combination of disorders is where many of the dimensional measurements will be implemented. Following is a list of the one’s Garry discussed:

- ◆ Autistic Disorder, Asperger’s Disorder, and Childhood Disintegrative Disorder have been combined into “Autism Spectrum Disorder”
- ◆ Substance Abuse and Substance Dependence have been combined into “Substance Use Disorder”
- ◆ Reading Disorder, Mathematical Disorder, and Disorder of Written Expression have been combined into “Specific Learning Disorder”
- ◆ Dysthymic Disorder and Chronic Major Depressive Disorder have been combined into “Persistent Depressive Disorder”
- ◆ Female Hypoactive Sexual Desire Disorder and Female Sexual Arousal Disorder have been combined into “Female Sexual Interest/Arousal Disorder”
- ◆ Vaginismus and Dyspareunia have been combined into “Genito-Pelvic Pain/Penetration Disorder”

CONTINUED ON PAGE 14

OPINION

The Bylaw Debacle: Isolated Happenstance or Symptom of a Larger Malady?

by Carol A. Bouldin, M.S., LMFT

Many of us have been concerned about the recent decisions by the CAMFT Board to change the bylaws, which substantively altered the focus of the professional organization. Even more concerning is the breakdown of the democratic process of transparency, full disclosure, and adequate time and opportunity for review by the membership prior to the vote to approve the bylaws. It has caused some of us to question what may have been behind this development and I want to address some larger issues, as the contextual framework within which these kinds of decisions are reached is of paramount importance.

Given the larger Zeitgeist in which we find ourselves, with secrecy, corruption, conflict of interest, and non-transparency at an all-time high in the corporate world as well as in all branches of government and agencies, it is rather alarming to find our own organization which is supposed to be maintaining high ethical standards, operating in our best interest, and adhering to the duty of promoting our profession, operating similarly, though admittedly on a much smaller scale.

The possibility that there are larger influences at work is one that should be examined and explored, particularly when it is unclear what these influences might be. In reflecting on this situation, there are some important questions that I believe need to be asked in order to satisfactorily know whether or not the situation is an isolated instance of poor judgment or malfeasance or if it is a symptom of a systemic problem. Accordingly, it seems reasonable that the following questions be raised:

- ♦ What are the outside pressures that have been brought to bear on CAMFT that may have influenced the bylaw changes? Possibilities that spring to mind are not only AAMFT, the NASW, the APA, and the AMA, but the insurance and pharmaceutical industries. We need to know who may be exerting some influence regarding these changes in order to fully understand the implications for the future of our profession.
- ♦ What is meant by Jill Epstein's statement in her response to the letters sent to her regarding concerns about the bylaws changes that "healthcare is undergoing monumental changes and the delivery system, in which professionals will be providing care, will undergo similar radical change?" This bears some elucidation. Informed consent requires a thorough understanding of what is meant by this intriguing statement by CAMFT's CEO and why she is stressing this. What is the "radical change" she envisions?
- ♦ What is meant by her statement that "the lines between the professions----and this is true in the mental health system among non--MDs----is blurring. CAMFT must be able to respond to this, not by erecting walls, but by incorporating other mental health professionals?" Similarly, this is a very broad statement that needs some elaboration to fully apprehend not only how and why the "blurring of lines" is taking place, but in order to amply discuss whether or not these changes are beneficial to our profession and for our clients and how we need to respond. I am reminded of Robert Frost's statement that "good fences make good neighbors." Boundaries are important, as we therapists understand, but our CEO wants to characterize concern about opening up the membership, and particularly voting, to all mental health professionals as "erecting walls," a decidedly negative spin. Why?

CONTINUED ON NEXT PAGE

- ♦ What is the background of people who are on the board and in administrative positions in CAMFT, particularly those who collaborated on the bylaw changes? Who hires the administrators such as the CEO? Do any board members have conflicts of interest which would interfere in their ability to serve the interests of the members of CAMFT in an evenhanded and objective fashion? It is vital that there be transparency with regard to these issues so that any biases can be revealed and hopefully eliminated.
- ♦ What are the CAMFT Board and Administrators doing to ensure that any transition to incorporate other mental health professionals into the organization does not work to the detriment of MFT's? Protecting the interests of MFT's should be their primary concern and safeguards should be in place so that possible breaches in the relationship of trust are identified and corrected before any deleterious effects result.
- ♦ What is the CAMFT Board and Administrators doing to ensure that insurance and pharmaceutical companies do not encroach more on the therapeutic process and judgment of MFT's? What are they doing about the increasing pressure to conform to the medical model and the use of the questionably substantiated DSM-5? The corporate takeover of health care has clearly shown that we are likely headed for more and more incursions on our professional judgment, ethics, and scope while losing more authority and receiving less and less remuneration. Rather than just accepting the erosion of our and our clients'

autonomy and dwindling or stagnating fees (while insurance and pharmaceutical companies make windfall profits), we should be pushing back against this trend of the insurance and pharmaceutical industry to determine what, who, when, and how much will be covered, and to identify and resist legislative and policy changes that enable this. This is a very important core ethical question that deserves exhaustive attention and discussion as it has profound implications for our ability to provide clinically and ethically sound treatment and to make a living.

Only after a thorough examination of these issues will we be able as a membership to know whether or not the Board and the Administrators are working towards our best interests and whether or not the recent bylaw debacle is an isolated symptom of poor judgment and inadvertent breakdown of the democratic process or if we are dealing with a much larger, systemic condition that will need to be diagnosed and treated. I suspect that unless we are willing to exit our comfort zone and take the risk to question and take a more active role in determining the fate of our organization and profession, this disturbing development may likely be a harbinger of similar issues in the future. ♦

The views expressed in the opinion column belong solely to the author and do not necessarily represent the view of IE-CAMFT.



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 or submit membership form on the last page of this newsletter to renew. If you are unsure of your membership status, check your e-mail for a renewal notice or contact Angie Moxey at angie.moxey@gmail.com

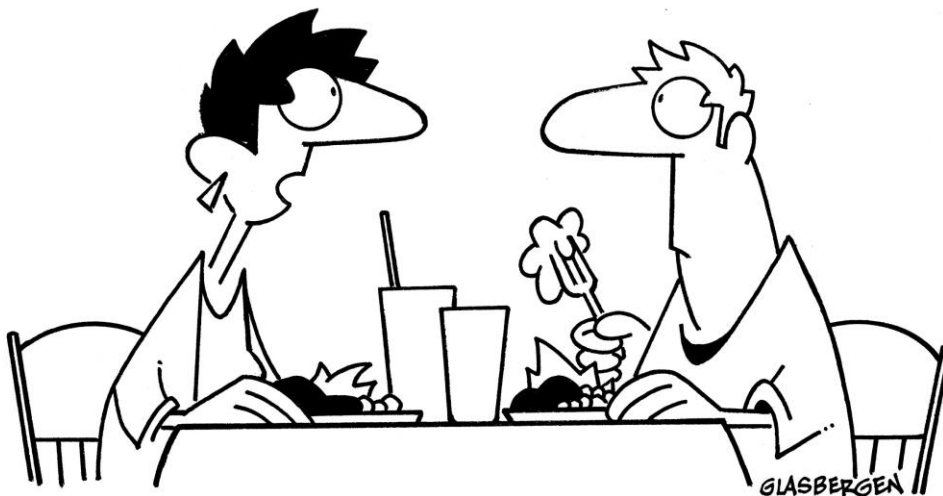
Dear Members: Who's Next?

One of the best known ways to build your practice is to get into the community and speak about your expertise. 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.

To do so, contact **Ilse Aerts: (909) 945-9947** ilse.aerts76@gmail.com

© Randy Glasbergen
glasbergen.com



**"All day long, I have to be polite to my boss, coworkers
and customers. If you really love me, you'll let me be rude to you!"**

UPCOMING CHAPTER PROGRAMS & EVENTS

DATE	SPEAKER	TOPIC	TIME/ LOCATION	COST
AUGUST 2013				
Friday 8/23/13 Monthly Meeting	Katheryn L. Whittaker, MS, LMFT, LPCC	“Motivational Interviewing”	8:30am LLU Behavioral Health Institute	IE-CAMFT Members: No Cost Non-IE-CAMFT Members: \$10.00
SEPTEMBER 2013				
Friday 9/27/13 Monthly Meeting	Rachel Taylor, LMFT, RPT-S	“Why TALK when you can PLAY in Therapy – Play Therapy Tools and Techniques Workshop”	8:30am LLU Behavioral Health Institute	IE-CAMFT Members: No Cost Non-IE-CAMFT Members: \$10.00
OCTOBER 2013				
Friday 10/25/13 Monthly Meeting	To be announced			
NOVEMBER/DECEMBER				
Social Event	To be announced			
JANUARY 2014				
Friday 1/24/14 Monthly Meeting	Cecile Dillon, PhD, LMFT, Licensed Clinical Psychologist	“Step-Families”	8:30am LLU Behavioral Health Institute	IE-CAMFT Members: No Cost Non-IE-CAMFT Members: \$10.00
FEBRUARY 2014				
Friday 2/28/14	Dave Jensen, JD	Law and Ethics Workshop	To be announced	
MARCH 2014				
Friday 3/28/14 Monthly Meeting	Rick Itzkowich	“21st Century Networking: A Powerful Way To Referrals”	8:30am LLU Behavioral Health Institute	IE-CAMFT Members: No Cost Non-IE-CAMFT Members: \$10.00
APRIL 2014				
Friday 4/25/14 Monthly Meeting	Jill Epstein, JD	“From the Top”	8:30am LLU Behavioral Health Institute	IE-CAMFT Members: No Cost Non-IE-CAMFT Members: \$10.00

AT OUR LAST CHAPTER MEETING...

CONTINUED FROM PAGE 9

Controversies

As you can imagine, there are many controversies that are coming along with the new DSM-5 because of all the major changes. One of the major controversies that has come about is the contributions of the pharmaceutical companies to the development of the DSM-5, and some of the new disorders that were added in that can be treated with psychiatric medications. A second controversy that has come about is that some of the disorder changes and combinations may make it more difficult to qualify for services, therefore limiting the access to mental health care. A third controversy that has been brought up is that the DSM-5 takes some natural processes and pathologizes them. A fourth controversy is the fusion of substance abuse and substance dependence; as well as the concept that there are behavioral addictions, meaning that if someone does something for a long enough period of time, it can change the brain chemistry and be considered an addiction.

Garry's presentation about the major changes to the DSM-5 was very informational and interesting. It is important to stay up to date on the issues and changes that arise in our profession. This is just a very brief summary of some of the changes to the DSM-5, and any mental health professional should attend a formal training of some kind before using the DSM-5 as a diagnosing tool.

We have posted links to Garry's PowerPoint presentation slides as well as the "Highlights to the DSM-5" that were published by APA on our IE-CAMFT website page at www.ie-camft.org. Please feel free to print them out if you missed this great presentation. You can also find Garry's contact information on page 15.

We would like to thank Garry Raley again for his educational presentation about the changes to the DSM-5! ♦

IE-CAMFT PRELICENSEES' CORNER

Petition Urges Governor Brown to Hire More BBS Staff

MFT Intern Jennifer Kepler from Berkeley has started a petition regarding the lengthy waiting period for the BBS to verify hours.

Jennifer says, "It takes MFT interns like me years to complete our licensing requirements, including our 3000 supervised clinical hours. After we've met these requirements, the Board of Behavioral Sciences currently takes 7+ months to verify our hours, simply because they are understaffed. Hiring just one more employee at the BBS would make an enormous difference in the lives of interns who are forced to wait almost a whole year despite being basically license-ready."

The petition statement reads, "We are dedicated and have worked hard to prepare ourselves to serve California's growing mental health needs. MFT interns should be able to take the licensing exam within a reasonable amount of time so we can get to work providing these much needed services."

To view and sign the petition, visit:
http://petitions.moveon.org/sign/governor-jerry-brown-6?source=s.icn.em.mt&r_by=7787433

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

President: (B)

Dan Totaro: (909) 957-9169, dtotaro3@gmail.com

Co-Presidents Elect: (B)

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

Betty Odak: (562) 522-8008, ccmftcc@gmail.com

Past President: (B)

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

Financial Officer: (B)

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

Secretary: (B)

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

Programs: (B)

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

Membership: (B)

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

Hospitality: (B)

Co-Chair:

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

Co-Chair:

Annette Compton: ac2360@msn.com

Co-Chair:

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

Board Member At Large: (B)

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

Board Member at Large: (B)

Newsletter Reviewer: (C)

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

CEU Chair: (C)

(open)

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

Newsletter Notes & Policy

Reminder: Please submit newsletter items to Dan Totaro at dtotaro3@gmail.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.

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)

Beacon Reminders Presents: Dramatic Action Methods. Personal growth and fulfillment for you through Psychodrama. In addition, for professionals in training, receive as many as 8 CEU and group therapy credits toward certification under ASGPP. Certificates given.

Saturday, September 7 from 9am to 5pm
University United Methodist Church
940 East Colton Ave. Redlands, in Wesley Lounge

Cost: You pay for your own meal when the group goes to lunch together for continuing discussion, plus \$10 if you collect CEU or other credits.

Call (909) 798-2765 for information, or e-mail 4donellmiller@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 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.

Office Space. \$10 per hour. Space includes waiting room. Play room use also available. Email marielouise.bosin@yahoo.com if you are interested. Office in Centennial Plaza in downtown Redlands.

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 or 951-640-1225.

Unique Holidays in August



- 4 Friendship Day
- 4 International Forgiveness Day
- 4 Sisters Day
- 4 U.S. Coast Guard Day
- 9 Book Lover's Day
- 10 Lazy Day
- 11 Son and Daughter Day
- 12 Middle Child's Day
- 13 Chinese Valentine's Day/Daughter's Day - 7th day of 7th Lunar Month
- 13 Left Handers Day
- 15 Relaxation Day
- 18 Bad Poetry Day
- 21 Senior Citizen's Day
- 22 Be an Angel Day
- 22 National Tooth Fairy Day
- 25 Kiss and Make Up Day
- 26 National Dog Day
- 26 Women's Equality Day

Betty Odak, MFT**Licensed Marriage and Family Therapist (MFC 52001)**

Address:

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

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

3117 University Avenue, San Diego, CA 92104

Tel: 619-800-2053 or 562-522-8008, Fax – 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 America 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. Various interesting topics. Earn hours of CEU credit. Peaceful and comfortable location. Mindfulness included in all trainings. www.nsewmec.com. Didactic and Experiential. Come have FUN with us while you learn. marielouise.bosin@yahoo.com

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 Friday at 6:30 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. 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).

Classified ads are FREE for members and are also posted on our website www.IE-CAMFT!
See page 15 for more details.

Inland Empire CAMFT Membership Application/Renewal

Date _____

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

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

