



CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS – INLAND EMPIRE CHAPTER



CHAPTER MEETING

Friday, February 28, 2014

**WHAT DOES THE LAW EXPECT OF ME?
PART I**

Featured Speaker CAMFT Staff Attorney

Dave Jensen, J.D.



Dave Jensen has been Staff Attorney with CAMFT since April 2002. Dave graduated from Brigham Young University with a Bachelor's Degree in History, and he received his law degree from the Thomas Jefferson School of Law in San Diego, California. As an attorney with CAMFT, he consults with CAMFT's members regarding their legal and ethical dilemmas, and he is a regular contributor to The Therapist magazine. Dave gives numerous chapter, school and agency law & ethics presentations and has developed What Does the Law Expect of Me? Parts I, II, III and IV.

**FEBRUARY LAW & ETHICS WORKSHOP
TIME & LOCATION**

What Does the Law Expect of Me? Part I

8:30am – 4:30pm

Program begins at 9:00am.

Ontario Airport Hotel

700 N. Haven Ave. Ontario, CA 91764

Hotel Phone: (909) 980-0400

*Lunch is on your own – Hotel restaurant on-site as well as lots of nearby restaurants

[Click Here to Register](#)
[Map](#)

- Attendees will acquire an in depth understanding of:
- what the law says regarding a therapist's obligation to be a competent practitioner;
 - the importance of properly assessing and diagnosing your patients;
 - the right to privacy;
 - confidentiality and privilege;
 - patients dangerous to themselves;
 - patients dangerous to others;
 - and dual relationships.

IE-CAMFT members: \$55.00
CAMFT members: \$75.00
Non IE-CAMFT members: \$100.00.

Note: Promptness is urged and presence is required during the entire presentation to earn your 6 CEUs.

TABLE OF CONTENTS

Workshop/Presenter Highlight.....1
President's Message.....2
At our last meeting3-4
IE-CAMFT Online Directory/Welcome New Members.....5
Upcoming Programs & Events/Call for Presenters.....6
Board Member Contact Info/Newsletter/Ad Info.....7
Membership Information/Thank you from Chair8
Mail-in Registration form for Law & Ethics Workshop9
Display and Classified Ads.....10-12



“PRESIDENT’S MESSAGE”

DOREEN VAN LEEUWEN

Therapy Is Hard Work!

Ever have one of those days? You know the kind, when at the end of it, you look back, and even though you were “busy” all day, it feels like just you didn’t get anything done! Whatever you did do, took two, even three times as long as you planned for. Perhaps you struggled through lingering paperwork, only to discover another stack you’d forgotten. Yuck.

Or you called that insurance company to follow up on that denied claim, and sure enough, after following all the prompts, your call was met with that infernal message, “This office is closed now. We are open Monday through Friday...” Darn.

The clients you have been working with for months, nursing along baby steps of change, have a major setback, and you just feel **so** tired. Sigh.

Or you have a nice full schedule, then one person cancels, another no shows, another doesn’t have the insurance information figured out, so while there is always more paperwork to do in those empty spots, you’re frustrated with the sudden loss of income.

I get it. Those less than pleasant, maybe even unwelcome days that try your patience, and leave you feeling depleted, crabby and questioning why you are doing this after all?!

What do **you** do when you find yourself in one of those slumps? How do you care for yourself when your thoughts and mood head for the swamp? Are there some tools, techniques, activities, or thought patterns you have found useful and helpful to get yourself back on the rails?

I’d *love* to hear your methods of self-care and regeneration. Send your suggestions to me at Doreen@abetterwaycenter.com. I will compile them in next month’s President’s Message.

Doreen Van Leeuwen, LMFT

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.



At our last IE CAMFT meeting . . . by Janell Gagnon

At our January IE CAMFT meeting, we had the pleasure of learning how to properly assess step-families in treatment from Cecile Dillon, Ph.D., a licensed clinical psychologist and marriage and family therapist, practicing in Huntington Beach and Orange County for over 30 years. The following article is a brief summation of the useful information in Dr. Dillon's great presentation, from which we gained a comprehensive understanding of how to assess stepfamilies by utilizing the assessment tools she provided.

Since divorce, separation and re-partnering are the norm for many of the families with which we work as MFT's, it is important to understand how to properly assess them to better guide our treatment with these families. In fact, Cecile informed us that:

- More than 50% of divorced parents form stepfamilies.
- More than 50% of remarriages end in divorce.
- More than 25% of all stepfamilies break down in the 1st year.

When assessing stepfamilies, there are 2 major questions to first ask yourself to guide your assessment. The first question is **who to assess**. This can range from individual family members, to all household members. Second, you need to ask yourself **what factors to consider**. Cecile did a great job of breaking this question down into five major categories: *1) stages of the stepfamily integration, 2) locus of major difficulties and problems, 3) psychopathology of individual members, 4) ages of the children, and 5) comfort of the therapist.*

There are 3 **Stages of Integration**: early, middle and later. The early stages of integration are characterized by initial contact of 2 family systems. The middle stages of integration are characterized by

structuring of the new family system. And the later stages of integration are characterized by solidifying the new system. It's important to figure out in what stage of integration the family is in order to figure out how to treat them and which members need to be treated.

Assessing the **psychopathology of individual family members** is important because when there is a member of the family who is suffering from a serious mental illness, the usual difficulties can be magnified due to the added structural and emotional complexity this causes. It may be necessary to refer an individual family member out to deal with the specific problems caused by the mental illness while working with the rest of the family.

The **ages of the children** in the family are important because age generally dictates whether or not they need to be involved in treatment. In general, Cecile makes the point that younger children do not necessarily need to be involved in the treatment process because they are more dependent upon the parents, so changes made by the parents tends to influence the children more. Thus, working only with the parents can bring about the changes in the children without their participating in treatment. Children in the latency age (about 6-12 years old), have more of an idea and opinion about how the family should operate, and for this reason may need to be included in treatment, depending on the specific situation. In general, adolescent family members should be involved in treatment if the situation directly involves them because they tend to have more of an influence on how things operate in the family.

Identifying the **locus of major difficulties and problems** is crucial to guiding treatment. It is important to distinguish which problems result from the "step" family vs. problems which existed prior to the formation of the step-family. Some of the following questions will probably need to be asked in order to identify the locus of major difficulties: What are the stepfamily structural and relational processes? Are there any changes and what are the changes for the children? Are there any unrealistic beliefs/expectations, and what are they? Are there any life cycle discrepancies? What are the loyalty conflicts? Are there any boundary problems and if so, what are they? What are the household roles and where does the power lie? The answers to these questions will guide who needs to be involved in treatment and what interventions need to be utilized in treatment.

THERAPIST DIRECTORY AWAITING PARTICIPANTS!

Build referrals and network with your free personalized listing on www.ie-camft.org!

We now have a therapist directory on the new website but we need members to log on and take a look at their profiles to make sure information is accurate and complete before we go public. We have extended the time allotted to do this to March 1 as few members have so far taken 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! It is now in the "member only" section so that everyone may adjust her/his privacy settings prior to it going public. I encourage everyone to do this as soon as possible to ensure that there are no errors in your profile and no information that you do not wish to be public and so as not to delay the rest of the membership from using this feature.

Log on and go to your profile in order to view the default privacy settings and adjust them as you like. As a reminder, you may now conveniently join IE-CAMFT, renew your membership, register for events, and pay for membership and events online.

Hope you enjoy the new features!
Your Webmistress,

Carol A. Bouldin, LMFT



Welcome New Members

Athena Byrne, Vicki Davio, Wendy
Durkee, Kimberly Fanning-Shiles, Lorinda
Morreale, Ruth Olson, Lucinda Ribant,
Debra Valentine, Crystal Miranda

UPCOMING CHAPTER PROGRAMS AND EVENTS				
DATE	SPEAKER	TOPIC	TIME/LOCATION	COST
FEBRUARY 2014				
Friday 2/28/14	Dave Jensen, JD	<i>Law and Ethics Workshop</i>	9:00 a.m. to 4:30 p.m. Ontario Airport Hotel 700 N. Haven Ave, Ontario	See page 1 for registration information
MARCH 2014				
Friday 3/28/14 Monthly Meeting	Rick Itzkowich	<i>"21st Century Networking: A Powerful Way To Referrals"</i>	8:30 –11 a.m. 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	<i>"From the Top"</i>	8:30 – 11 a.m. LLU Behavioral Health Institute	IE-CAMFT Members: No Cost Non-IE-CAMFT Members: \$10.00

A Message from the Program Chair:

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.

IE Board (B)/Committee (C) Members

Acting/Past President: (B)

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

Co-Presidents Elect: (B)

Janine Murray: (951) 452-1185, jmurraymft@aol.com
Betty Odak: (562) 522-8008, ccmfcc@gmail.com

Financial Officer: (B)

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

Secretary: (B)

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

Programs: (B)

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

Membership Chairperson: (B)

Carol A. Bouldin: consultant@carolabouldinmft.com

Hospitality Co-Chairpersons: (B)

Annette Compton: ac2360@msn.com
Jeanne Joslin: (951) 922-8799, Jeanne_joslin@yahoo.com
Janeta 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 Co-Chairpersons: (C)

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

Alyssa Giambra: angiambra@hotmail.com

Newsletter Notes & Policy
WE WELCOME YOUR SUBMISSIONS!!

Please submit newsletter items to
Doreen Van Leeuwen:
doreen4u2@sbcglobal.net

Deadline for submissions is the first of
each month (except July and December
when we do not publish a newsletter).
The newsletter is e-mailed to all
members who have given us email
addresses.

*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
- ✓ Receive 2 FREE CEUs at Each of 9 Monthly Meetings
- ✓ Attend Special Law and Ethics Meeting with 6 CEUs at nearly 50% 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

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:

I wish to thank all of you who have been renewing their membership and registering for the Law & Ethics workshop and other workshops online. It is a huge help to us as the automated process saves an enormous amount of time, energy, and money. We are also grateful that the newsletter can now be sent out electronically to all but a few members, saving the chapter printing costs, an environmentally sound practice as it allows us to minimize the use of paper and ink, as well as saves time for board and committee members.

We understand that there are some exceptions at times, but the more the electronic system is used, the less the chapter has to spend on related printing, postal, and banking costs and activities. It is also very convenient for members and you receive an immediate electronic record. Please submit member applications and workshop registrations online, even if mailing in a check.

As a courtesy for those who do not have access to the Internet and email, we are including an L&E workshop mail-in registration form (see next page) with the printed newsletter. Just fill out and mail in with your check. Thanks again!



**INLAND EMPIRE CHAPTER of CALIFORNIA ASSOCIATION OF
MARRIAGE & FAMILY THERAPISTS**

LAW & ETHICS WORKSHOP MAIL-IN REGISTRATION

(Go Paperless! Registration also available online at www.ie-camft.org)

WHAT DOES THE LAW EXPECT OF ME? PART I

Featured Speaker CAMFT Staff Attorney Dave Jensen, J.D.

FRIDAY, February 28, 2014 9:00 a.m. - 4:30 p.m.
Ontario Airport Hotel, 700 N. Haven Ave, Ontario, CA

Name _____ Degree _____

Street Address _____

City _____ State _____ Zip Code _____

Phone Number () _____ Cell Number () _____

E-Mail Address _____ Check here if you would like to be e-mailed about future events

Business Name & Position _____

Business Phone Number () _____

OPTIONAL - COST OF CHAPTER MEMBERSHIP (YOU MAY ATTEND THE WORKSHOP WITHOUT BEING A MEMBER)

- Clinical** (Licensed MFT)\$40
- Prelicensed** (MFT Trainee, MFT Intern, Social Worker Associate)\$25
- Associate** (Licensed in a related mental health field).....\$40
- Affiliate** (Practitioner in another field. e.g., RN, Attorney, Coach, etc.)\$40

CAMFT Member # _____ (The ID number shown on your CAMFT membership card)

NOTE: Unless you are an Affiliate member of the Inland Empire Chapter of CAMFT (IE-CAMFT), you must also be a member of the California Association of Marriage and Family Therapists (CAMFT) to join a local Chapter. Dues for membership in CAMFT are separate from fees for local chapter membership. To join IE-CAMFT, please complete this form and make checks payable to IE-CAMFT in amount shown above for the membership category appropriate for your field.

Workshop Registration Fee

\$55.00 for IE-Chapter members.....\$ _____

\$75.00 for CAMFT members, but not IE-Chapter members.....\$ _____

\$100.00 for non CAMFT members.....\$ _____

Membership Fee (if you decide to join now to get the discounted rate on registration).....\$ _____

Total Amount Enclosed.....\$ _____

PAYMENT – Make check payable to IE-CAMFT

Mail form and check to: IE-CAMFT, P.O. Box 11846, San Bernardino, CA 92423

Invo HealthCare is hiring LMFT interns for a school based program in Moreno Valley. These are 30 hour a week positions and supervision is provided. If interested contact:

Helen Johnstone, Marketing Director
Invo Healthcare Associates
www.invohealthcare.com
Main : 800.434.4686
Direct: 267.488.5967

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:951-522-6766) or mdlmft@gmail.com

Practice Accepting New Referrals – Group Counseling Available for All Ages

909 635 8077

1538 Howard Access Road, Suite B
Upland, CA, 91786

acceptance@live.com

www.ranchocucamongatherapy.com

Accepting Most Health Insurance Company and EAP Referrals, as well as a Sliding Scale.

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.

Office Space. \$10 per hour. Space includes waiting room. Play room use also available. Email marielouise.bosin@nsewmec.org 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.

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:951.264.8714) Fax: [951.735.8451](tel:951.735.8451)

Please park in the front of the building on the address side.

When you arrive, please text or call me [\(951.264.8714\)](tel: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.

Classified ads are FREE for members and are also posted on our website www.IE-CAMFT.ORG See page 7 for more details.

Betty Odak, MFT
Licensed Marriage and Family Therapist (MFC 52001)
Address:
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: cmftcc@gmail.com or betty.odak@gmail.com
Website: <http://www.crossculturalcounselingcenter.com>
Email: cmftcc@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.org. Didactic and Experiential. Come have FUN with us while you learn.
marielouise.bosin@nsewmec.org

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).

Part-time Clinical Supervisor needed at Family Services Agency, Moreno Valley, Riverside, Hemet, Cabazon, or Yucca Valley. Contact Garry Raley at:
garry.raleysbcglobal.net or 951-640- 5899

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

Available for Referral of Clients and
Free Consultation

**633 W. 5th Street
Suite 2600
Los Angeles, CA 90071
(213) 223-2330**