



# THE PROFESSIONAL EXCHANGE



## INLAND EMPIRE CHAPTER OF CAMFT

(California Association of Marriage and Family Therapists)

DEC. 2008 / JAN. 2009

### MONTHLY MEETING

Friday, January 23, 2009 (The "Fourth Friday")

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

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

### NEUROLOGICAL DEVELOPMENT & HIGH RISK ENVIRONMENTS: What Builds Resiliency in Children

Presented by Dr Mary-Catherin (Kiti) Freier, Ph.D.

Extensive research has informed MFTs as to the significant connections and reciprocal interaction between neurological and high risk environments on development. Dr. Freier will provide the latest information on this special area critical to understanding human behavior. She will then discuss theories and models which practitioners can utilize and emphasize in practical applications to enhance resiliency in clients.

#### *Presentation Objectives, Attendees Will:*

1. Understand the inter-relationships between neurodevelopment and high risk environments.
2. Learn key elements needed to effect resiliency in children and adults.
3. Receive information on theories and models which can be utilized to address intervention and resiliency in their clients.



#### *About the Speaker:*

Dr. Kiti Freier is a tenured professor at Loma Linda University (LLU), working in the School of Medicine, the School of Public Health (Pediatrics), and the School of Science and Technology (Psychology). She is also on the faculty of ... (continued on page 3)

2 CEU hours free to IE-CAMFT members. See page 9 for membership form.

### BOARD OF DIRECTORS

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### CHAPTER EVENTS TO REMEMBER

- February 27, 2009: "What Does the Law Expect of Me, Part IV"—Dave Jensen, J.D., CAMFT Staff Attorney (see pages 7 and 8)
- March 27, 2009: "Victim Advocate Services"—Janet Hulse, San Bernardino District Attorney Office on Victim Advocacy Services
- April 24, 2009: "CAMFT Update"—Mary Riermesma
- May 22, 2009: "Sexual Addiction"—Rebecca Deighan, LMFT



With the New Year now here, many of us look forward to the many new possibilities and changes that come with a new year. At this time of year, often we look back and comment on how fast "time flies". We live in a time that seems to be speeding up faster and faster, always looking to the future and the many exciting possibilities it holds. I hope we can all take a moment to look back on the past year and appreciate all the good things that have happened for each of us, before we turn our sites forward.

A few months back we had a workshop on using the internet and email in our practices. There were many chapter members that came out for this specific training, which indicates to me the need and interest we have in understanding and effectively using modern technology — just another sign of how quickly things seem to change and progress in our world. I've had several conversations with different colleagues since that workshop, about the idea of doing internet therapy. As many of you already know, the BBS now recognizes internet therapy as another method for pre-licensed therapist to receive hours towards licensure. With this in mind, and because of the great interest I saw at our chapter meeting on the use of the internet, I thought I would briefly share some segments of a recent article I read. You can find the complete article online at [www.CAMFT.org](http://www.CAMFT.org).

The article written by David Jensen, J.D., CAMFT Staff Attorney, was entitled *The Dominoes are Falling! Internet Psychotherapy Across State Lines Determined to be Unlawful*. Jensen discusses a current case in the state of California regarding a doctor using an internet website to prescribe medications. Jensen states, "We still receive many calls at CAMFT concerning psychotherapy and the Internet. Many therapists, looking to increase their revenue-enhancing opportunities, are interested in the subject and desire to solicit clients, whether from California or other states. With regard to

conducting psychotherapy via the Internet with clients from outside of California, however, the dominos are starting to fall and they are heading towards an outcome we have predicted for some time. What outcome is that? That conducting psychotherapy via the Internet with an individual who resides and is located outside of California exposes the practitioner to a risk of criminal prosecution for practicing without a license in that other state... A recent California appellate decision (*Hageseth v. Superior Court of San Mateo County* (2007) 150 Cal. App.4th 13 99.) undergirds such an assessment. ... You may be wondering what Hageseth's misfortune has to do with you as a marriage and family therapist. After all, you do not prescribe medications. You examine interpersonal relationships and do psychotherapy. So, what does this case have to do with you? Actually a lot! There are five reasons Hageseth is important for psychotherapists in California. One is fairly positive and generally affects licensed professions as a whole. The others, however, are highly cautionary, especially for those conducting, or contemplating conducting, therapy via the Internet with individuals who reside and are located outside of California."

If there are any chapter members that are contemplating or currently practicing internet-therapy I would highly encourage you to read this article at the CAMFT website.

On behalf of the Board and myself, I hope everyone has a Happy New Year.

Chapter President,  
James Billings, Ph.D., LMFT

*Editor's note: David Jensen will visit our chapter to present a Law and Ethics workshop in February — please plan to join us and see pages 8 and 9 for details.*

## ***PRESIDENT'S MESSAGE***



## ***WELCOME NEW MEMBER!***

KATHRYN  
VANNAUKER

## CHAPTER NOTES

### Committee Invitation

The IE-CAMFT Board would like to invite interested members to join our Website Committee. This will be a temporary committee with the goal of upgrading our chapter website. If you have an interest, please contact President-elect, Ruth Dusenberry, 951-961-4792, [ruthd616@aol.com](mailto:ruthd616@aol.com).



### “ASK BEN”

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 questions to Ben at [ztherapist@gmail.com](mailto:ztherapist@gmail.com)



### Member’s New Book, “Before, After and Beyond Bankruptcy”

IE-CAMFT member, Betty Odak, has finished a new book that sounds highly relevant to our times — “Before, After and Beyond Bankruptcy.” Topics covered in the book include “Debt and Spirituality,” “Credit Cards,” “Save for the Future,” and “Debt & Psychology.” The author writes, “Try to assess your own relationship with money - do you equate spending with happiness? Identify your own be-

havioral habits and remind yourself that money and consumption do not define who you are. As you begin to believe this you will feel less of the need to generate positive feelings by purchasing things and find it easier to stop yourself buying things you don’t need. Even if spending habits have been in place since childhood, with a little bit of awareness and self-control, they can be broken.”

For more information, you can visit Betty’s website; she has “tips for spending money wisely and carefully” and a blog with her insights — <http://bettyodak.authorweblog.com/>.

### “Neurological Development..., About the Speaker” *(continued from page 1)*

... Andrews University, and Psychotherapy Associates International. Her extensive research and academic career began with a PhD in Clinical Psychology from Rosalind Franklin University of Science and Medicine in Chicago. Currently, she serves as a consultant for the Sexual Assault Response Teams at the West End Family Counseling Services and Desert Mountain Children’s Center. She also administers the “Growing Fit Program” at LLU Children’s Hospital, which serves overweight and obese children. Dr. Freier has supported professionals and families in the Inland Empire for over a decade. Recently, she has provided trainings regarding: “Drug Endangered Children;” “Child Abuse: Development, Attachment, and Loss;” “Addiction and the Brain;” and “Pediatric Obesity and Mental Health.” Dr. Freier is highly involved in mental health issues internationally and she received a Distinguished Service Award from LLU in 2007.



## UPCOMING EVENTS

### Redlands Psychodrama Classes

Fridays at 7:30 p.m.  
in the Youth Room, at the University United Methodist Church, 940 E. Colton Ave., Redlands.  
Free to attendees. Guests welcome. CEU and psychodrama credits available.

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

### Group in Loma Linda — “When Your Relationship Ends”

A 10-week recovery group hosted by Loma Linda Medical Center’s Chaplain’s Services Department, for individuals experiencing a break up or separation. To support clients to build confidence and to inform better choices in relationships. Call 909-558-4367 or email Lance Tyler at ltyler@llu.edu for fee and schedule information.

### CALLS for RESOURCES

- To donate counseling services to veterans, see [www.giveanhour.org](http://www.giveanhour.org). Veterans receive pro bono services and, in exchange, the veteran chooses from a list of community agencies where they may volunteer their time.
- 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.

### Childhood Grief and Traumatic Loss

Conference in Los Angeles,  
March 26, 2009

Information at

<http://ican-ncfr.org/documents/Grief2009SaveTheDate.pdf>

### The 10<sup>th</sup> Annual Case Management Symposium “Case Management in a Multi-Cultural Environment”

Thursday, April 23, 2009

Riverside County DPSS Training Facility, Moreno Valley  
Sponsored by CSUSB, School of Social Work

Exploring cross-cultural engagement, consensus building practices, case management knowledge and skills, and culturally competent practices.

For case managers of all levels:  
professional, paraprofessional and volunteers,  
who work in large and small private and public agencies  
and deliver social services to  
individuals and families living in the Inland Empire.

### Call for Workshop Proposals:

**Interested Presenters:** If you have experience working across cultures in a way that you have found to be particularly effective or work with a particular group that identifies themselves as diverse, please share your expertise with us by conducting a workshop at the case management symposium. Areas of diversity: religious, disabled, ethnic/racial, aging, GLBT and any other). Please give us your ideas in a brief outline and come prepared for a day of stimulating discussions.

**Please contact Deanna Rinebolt for details at [drinebol@csusb.edu](mailto:drinebol@csusb.edu). Proposals are due no later than February 12, 2009.**

### MEMBERSHIP INFORMATION

Membership to 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, see page 9, or contact Pam Hart or any board member for assistance. Phone numbers are on the first page of the newsletter.

Dues are due by April.

Please renew to continue your newsletter.





### **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

*FREE YOURSELF FROM INSURANCE WORRIES!!!!*  
*We deal with your insurance companies*

Quick Processing and Pay, Consistent and Reliable, Reasonable Rates,  
References Available

***We make life easier for you!!!!***

Liz Scudder @ [Escudder4@aol.com](mailto:Escudder4@aol.com), (562) 335-7167 – Mobile  
or (951) 778-0149 - Office



**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**

### **Paid MFT Internships**

Fulltime positions with Temecula area residential treatment facilities for male/female populations, ages 6-17.

Supervision and training provided. Paid vacation and medical/dental benefits.

Contact Bob Weck at 1-800-404-5516, ext. 213 for details

### **Kathryn Vannauker, MFT, Licensed Marriage and Family Therapist**

**(909) 635 8077 — 1538 Howard Access Road, Suite C, Upland, CA, 91786**

[acceptance@live.com](mailto:acceptance@live.com), [www.ranchocucamongatherapy.com](http://www.ranchocucamongatherapy.com)

New private practice accepting referrals, no waiting list. Specializing in therapy for Children and Adolescents. Sliding scale available, rates offered for low income families and individuals. On the border of North Rancho Cucamonga and Upland, just off the 210 freeway.

#### **Several therapy groups available at a low cost:**

- **Adult Coping Skills and Stress Relief Therapy Group**
- **Teen Self-Improvement Group**, ages 12 – 18, anger and behavior management, self-esteem, coping and social skills building, exploration of issues relating to transition from elementary to middle, middle to high school and high school to college.
- **Children's Behavior and Anger Management Therapy Group**, ages 5 - 12
- **Children's Self-Esteem and Social Skills Building Therapy Group**, ages 5 – 12
- **Children with Family Issues Therapy Group**, ages 5 - 12

### **DISPLAY ADS RATES**

#### **BUSINESS CARD SIZE:**

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

1/4 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

## *Law and Ethics Training — Register Now!*

### **“What Does the Law Expect of Me, Part IV”\***



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

*Friday, February 27, 2009, 8:30 to 4:30*

Check-in 8:30 a.m. to 9:00 a.m.

Workshop 9:00 a.m. to 4:30 p.m.

San Bernardino Hilton,  
285 E. Hospitality Lane,  
San Bernardino, CA 92408

David Jensen has been Staff Attorney with CAMFT since April 2002. David graduated from Brigham Young University with a Bachelor's degree in History. He received his law degree from the Thomas Jefferson School of Law in San Diego, California. As an attorney with CAMFT, he consults with members regarding legal and ethical dilemmas, and he is a regular contributor to *The Therapist* magazine. David gives numerous chapter, school, and agency law & ethics presentations and has developed “What Does the Law Expect of Me?” Parts 1, 2, 3, and now introduces Part 4.

“What Does the Law Expect of Me? Part 4” will explore the role of therapists as creators of legal outcomes, and how through understanding the standard of care and adhering to it, therapist can lay the foundation of good clinical relationships and help protect themselves against false BBS accusations and meritless civil lawsuits. In addition to exploring the role of therapists as creators of outcomes, he will also review such standard subjects as: confidentiality; reporting of child, elder, and dependent adult abuse; consent to treatment of minors; and, the BBS accusation process.



*This is a lecture-format course that will satisfy the BBS's ongoing requirement of six (6) CEUs in law and ethics.*

*\*Although this is an advanced class, it is not necessary to have attended Parts 1, 2, or 3.*

*Attendees will be on their own for lunch.*

**Cost: \$55.00 IE-CAMFT Member \$75.00 Non IE-CAMFT Members**

**— See Page 8 for Workshop Registration Form**

SAVE MONEY on this workshop by joining Inland Empire Chapter of CAMFT.

Enjoy the benefits of networking with your peers and attend monthly chapter meetings with free CEU training's from local experts. See page 9 for the CAMFT membership application form. Mail registration and application, with payments, to the address below or bring completed application with you to the workshop.

Send Payments to: Inland Empire CAMFT, Attn: Ruth Dusenberry, 1093 W. Colton Ave., Redlands, CA 92373

*Questions? Please contact Ruth Dusenberry, (951) 961-4792*



*"What Does the Law Expect of Me? (Part 4)" — Workshop Registration**February 27, 2009**Inland Empire Chapter — California Association of Marriage and Family Therapists**Please Print Clearly*

Name \_\_\_\_\_ Degree \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone Number (     ) \_\_\_\_\_ Fax Number (     ) \_\_\_\_\_

Cell Phone Number (     ) \_\_\_\_\_ Business Number (     ) \_\_\_\_\_

Contact E-Mail Address \_\_\_\_\_

Check here if you would like to receive future IE-CAMFT emails \_\_\_\_\_

Business Name and Position \_\_\_\_\_

**OPTIONAL IE-CAMFT MEMBERSHIP** (non-members may attend workshop)

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

\_\_\_\_\_ Pre-licensed (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

CHECK ONE: \_\_\_\_\_ New Member, IE-CAMFT \_\_\_\_\_ Renewal, IE-CAMFT

CAMFT Member# (Shown on your CAMFT membership card \_\_\_\_\_) (Note: Unless you are an Affiliate member of IE Chapter of CAMFT, you must also be a member of CAMFT to join a local chapter. Dues for membership in CAMFT are paid annually in April and are separate from fees for local chapter membership. To join the IE Chapter of CAMFT, please complete this form and make checks to IE-CAMFT in the amount shown above for the membership category appropriate for your field.)

**Workshop Registration:**

\$55.00 for IE-CAMFT Members or \$75.00 for non-IE-CAMFT Members \$ \_\_\_\_\_

(Please note: attendees are on their own for lunch)

Membership Fee (optional — join now and receive a discount on your workshop fee) \$ \_\_\_\_\_

Total Amount Enclosed \$ \_\_\_\_\_

Send Payment to: Inland Empire CAMFT

Attn: Ruth Dusenberry

1093 W. Colton Ave.

Redlands, CA 92373

**Questions? Please contact Ruth Dusenberry (951) 961-4792****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.**



**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  
\_\_\_\_\_ Pre-licensed (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

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



IF YOU ARE A MEMBER OF CAMFT,  
YOU MAY JOIN OUR LOCAL CHAPTER.

**BENEFITS INCLUDE:**

- Networking
- Free 2 CEU 's at 9 Monthly Meetings. Reduced Cost for 6 CEUs for Law and Ethics
- Staying Connected to Other Therapists
- Low Cost Advertising
- Developing Peer Relations and Being Less Isolated
- Giving and Receiving Consultation and Referrals
- Becoming More Educated

**IE-CAMFT Mission Statement**

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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) 212-5003

**Trauma Response Network Chapter Coordinator:**  
Carolyn Dodd – (951) 212-5003

**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