



## THE PROFESSIONAL EXCHANGE IE-CAMFT

IE-CAMFT Newsletter  
January 2010

*California Association of Marriage & Family Therapists—Inland Empire Chapter*

### Monthly Meeting: January 29, 2010

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

#### CAMFT Update: Get it from the Top!

by Mary Reimersma, Executive Director of CAMFT

Mary Reimersma is a wealth of knowledge in the diverse areas MFTs need to know. A special emphasis will be given to the Licensed Professional Counselors transition and Board of Behavioral Sciences Examiners changes in the presentation on the **fifth Friday, 1/29/10**. This departure from the usual 4<sup>th</sup> Friday was done to follow the CAMFT State board meeting agenda, which addresses a number of significant issues. Mary will provide the most timely information!

#### OBJECTIVES

- Update members on current trends in the MFT profession
- Provide information on business trends and practices
- Provide information on BBS and legislative changes that affect MFTs
- Open discussion on questions posed by members

All meetings are held at:Loma Linda University  
Marriage & Family Therapy Clinic  
164 W. Hospitality Lane  
San Bernardino, CA. 92408  
909.558.4934  
2 CEU hours (free to IE-CAMFT members; \$10 to non-members)

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#### QUOTABLE QUOTE

**Can you guess who said this?**

"I'm polymerized tree sap and you're an inorganic adhesive, so whatever verbal projectile you launch in my direction is reflected off of me, returns to its original trajectory and adheres to you."

(answer in next month's newsletter)

**Answer for November's Quotable Quote:**

Leonardo da Vinci

#### SAVE THE DATE!

**February 26, 2010:** *Law & Ethics: Part I* with David Jensen, J.D. CAMFT Staff Attorney  
(registration on page 8)

**March 26, 2010:** The Soldiers Project by Lynn Kataoka

## IE-CAMFT BOARD OF DIRECTORS

President: Ruth Dusenberry  
951.961.4792

Past President: James Billings  
909.763.4976

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760.900.3852

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[lcruz@ccsbriv.org](mailto:lcruz@ccsbriv.org)

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909.370.1293

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Board Member At Large: Wendy Hallum 909.239.8051

Board Member at Large: Carol Bouldin

## PRESIDENT'S MESSAGE

### President's Message - January 2010

Happy New Year! What potential the New Year brings, a time to reflect but also a time to start fresh with renewed commitment and energy. I love the beginning of a new year!

As I searched my mind for something to write about, as I do every month, what kept popping up was a movie I saw over the holiday, Avatar. Many of the messages spoke to me personally, being part Native-American, but one point stood out: the connections and relationships. In the film, people in a significant relationship greeted each other by saying, "I see you." As therapists we are all about the relationship and truly seeing our clients. We are a collective of people who strive to see past faults and problems to the real person inside.

I once read a beautiful story about how we all start life like a flower seed. Each seed has within it all the potential to be a perfect, beautiful flower. In the flower's case, no one says "Hurry up!" or "Why aren't you blooming?" We tend to accept that the plant will grow and bloom in its own time. The flower needs care and nurturing to express that full potential. People also need nurturing and acceptance that they hold within them all the potential with which they were born; we therapists help them to uncover their hidden potential when we say, "I see you."

Ruth Dusenberry, LMFT

### *A Note from the Editor:*

#### *SUBMISSIONS FOR ARTICLES, LETTERS TO THE EDITOR ARE VERY WELCOME!!*

It is possible to have a lot of exposure for your presentation topic and hence, your practice, if you take advantage of our invitation to write an article to go in the month prior to your presentation, give your presentation the next month (a preview will appear the same month that includes your bio and the objectives of the seminar), and follow this up with a summary of your presentation for the month after that. Three consecutive months of free advertising for your practice!

*Member Editorials and Articles represent the opinions and ideas of the author and do not represent IE-CAMFT or CAMFT. Submissions will be corrected for grammatical errors and may be edited for space utilization and readability.*

*Email submissions to IE CAMFT Editor at: [therapist@carolabouldinmft.com](mailto:therapist@carolabouldinmft.com).*

**Don't forget to renew  
your membership !**



**IE CAMFT**  
**New SPEAKER'S BUREAU**  
**By Catherine Wheeler**

**MARKET YOUR PRACTICE  
CREATE YOUR OWN NICHE  
BUILD YOUR REPUTATION**

**Who're they gonna call?**

We all want to be the ones they call but therapists often struggle with the daunting task of marketing and networking. Building a local reputation, creating a niche, and reaching out to the community are tied to practice success but how do we hurdle the relative isolation and obscurity of our practices to become a familiar name that is recognized out in the community? We've long needed a vehicle to improve our marketing strategies and increase community recognition of our services. The phone book and the internet are too impersonal! IE CAMFT wants to support community outreach for our profession and proudly offers our members a solution to this dilemma. We're building a speakers bureau as a referral resource to help our members increase their visibility in the community.

**They want to refer to YOU!**

Lawyers, doctors, chiropractors, schools, colleges, and the pastoral community are just a few of the rich referral resources in our community. Churches and synagogues often look for speakers to lead local groups and workshops in their various meetings. Colleges and schools have all sorts of opportunities for niche presentations, from parenting groups to women's support groups, to adolescent workshops. Doctors, chiropractors, and lawyers see clients that might benefit from therapy. The public is interested in learning about personal and relationship enhancement and more people are seeking therapy now than at any other time. Professionals often need our services but are less likely to risk a referral to an unknown.

IE CAMFT Speakers Bureau will offer members a credible way to network, market, and a means to gain access to local organizations and community groups, get out there and become recognized and remembered. We invite you to become a presenter and create a niche for your sub-specialty. People seek services from friendly faces and speaking at various venues provides the opportunity to become more recognized. Become the name they know and the face they remember!

The IE CAMFT Speakers Bureau will not only be a local resource, it will also network with other CAMFT chapters, thereby increasing participants' visibility and name recognition exponentially. We're planning to eventually have a Southern California speakers resource where many chapters provide names and topics of interest their members offer. We want to be the name that referral sources remember so that the public can become aware of our specialties. Don't make marketing the last thing on your to-do list!

**All you have to do is...**

Join the IE CAMFT Speakers Bureau at the next chapter meeting and we'll work with you in getting "out there". We will support your efforts whether you're a first-time beginner or a more practiced speaker. We will have a sign-up sheet that will become available to many community groups and organizations who might be interested in CAMFT speakers and we will then coordinate speakers and topics for workshops and speaking engagements. Get involved with your local chapter and let the speaker's bureau work for YOU! If you can't make it to a chapter meeting, sign up on the internet. We also would like some volunteers to make a few cold calls to the community to increase awareness of the speakers bureau (what a great excuse to get your name in the door!).

**If you would like to sign up for the Speakers List, please send the following to John Elder: Name, Contact Information, Areas(s) of interest, and a CV or Resume.**

Contact: Catherine Wheeler at [shrinkin@sbcglobal.net](mailto:shrinkin@sbcglobal.net), Garry Raley at [garral@sbcglobal.net](mailto:garral@sbcglobal.net), or John Elder at [JohnElderMFT@yahoo.com](mailto:JohnElderMFT@yahoo.com) for more information.

## ***FROM THE FRYING PAN TO THE JACUZZI***

### ***Gourmet Recipes for a Gourmet Relationship***

*by Vern Bradley, LMFT*

I really enjoy working with couples. It's such a "freebie"! It's got to be akin to being a martial arts instructor. You can't just talk the talk. You "gotta" to be able to walk the walk! So every conjoint session is like a practice for me. I get to see just where, in my relationship with my Sweetie Pie, I am closed off, controlling, withholding, defensive, angry, confident, loving, open, nurturing, giving, and where I need to do some serious homework, and FAST! And the more work I do in my own relationship, the easier it is to sit in the room with couples, especially couples who are terribly conflicted. My comfort in the room with them, my lack of eagerness to solve their conflicts, my willingness to reflect back to them what I see IS working for them, even if there is a lot that is NOT working, leaves them feeling hopeful amidst what are sometimes seemingly insurmountable obstacles. The legal system calls them irreconcilable differences.

Perhaps that's one of the stumbling blocks for therapists when it comes to working with couples. Everything hits too close to home, and the so-called transference and counter-transference issues go off like fireworks.

What drove me to write this book is an awareness that today, couples don't seem all that eager to break up no matter how painful the relationship has become. I hear couples saying, "I know I love you and I know you love me, if we could just stop fighting over EVERYTHING." Almost every couple tells me they need better communication skills. Lately, I've been responding with a little bit of a chuckle and the comment, "I won't argue that you don't know how to communicate, but I don't think that's your problem."

(Excerpts) *Here's what I think the problem is. In the last ten years, couples, like yourselves, are searching for and have a deep desire to be in, for a lack of a better word, an EQUAL relationship, or a relationship that is characterized by equality and reciprocity and less by traditional roles, traditional expectations, or traditional norms. It's kind of exciting that, as couples, we want to be in an equal relationship, because it means that political and philosophical notions, such as democracy, are finding their way home into our day-to-day living, well beyond the voting booth and political structures of our country. Perhaps our desire and commitment to bring equality to our relationships is our own version of the war on terror! (Laugh!) I am not an expert on gay relationships, but I would venture to say that this same movement, this same search for equality, exists in gay relationships as well.*

### ***The Absence of Models***

*The rub or the real problem is this. As much as any of us desire to be in an equal relationship, we have no clue--no visible models--of what an equal relationship looks like. For example, there is nothing on television depicting a couple in an equal relationship.*

### ***What's it Feel Like?***

*We don't know what an equal relationship FEELS like inside our body. We know the feelings that go along with falling and being in love. Unfortunately, like most feelings, they come and go pretty quickly! You might even know the feeling of being a part of a team that works together on a successful project, but what does it feel like to be in an equal relationship with our partner or spouse? Most of us are hard-pressed for an answer.....*

The book identifies twenty "awarenesses," "knowings," or juicy pieces of fruit on the Tree of Knowledge that when devoured will increase our capacity to live in an equal and reciprocal relationship, one that is characterized by interdependence, one that looks like a DANCE instead of a tennis match or a courtroom. There is a chapter detailing each juicy piece of fruit.

**(Continued from page 4)**

- 1. KNOW** that you are all-grown up and can't get into trouble anymore.
- 2. KNOW** that you CHOSE your partner.
- 3. KNOW** that BLAMING your partner is a way out, not a way in.
- 4. KNOW** that the COMPETITION in your relationship drives both of you into a stalemate.
- 5. KNOW** that gender and personality DIFFERENCES are absolutely mawvelous!
- 6. KNOW** that you're the one who creates your juicy life or NOT!
- 7. KNOW** that asking or demanding your partner's permission, approval, or validation creates a parent-child relationship.
- 8. KNOW** absolutely everything in your life to which you want to say **YES** and everything in your life to which you want to say **NO**.
- 9. KNOW** that your words are powerful.
- 10. KNOW** that you can engage without fighting or going to war.
- 11. KNOW** your precious body.
- 12. KNOW** that the "big one" you buried actually buried you.
- 13. KNOW** those special moments of resonance, intimacy, and epiphany and anchor them.
- 14. KNOW** that you can laugh over spilled milk.
- 15. KNOW** that you can create rituals for healing and forgiveness and that you can genuinely say "**I'm sorry**" even when your emotions might say you're not.
- 16. KNOW** that you can marry and remarry your lover in the moment.
- 17. KNOW** that someday you will each face death.
- 18. KNOW** that you can live in abundance and gratitude.
- 19. KNOW** there is peace in practicing humility.
- 20. KNOW** there is a DANCE you can both dance.

Don't those twenty pieces of "fruit" sound yummy?

# California Association of Marriage and Family Therapists



We're here for **You!**



**April 22-25, 2010**

CAMFT's 46th Annual Conference  
**Facing, Embracing, and Honoring Ourselves and Our Communities**  
Sheraton Gateway Los Angeles Airport

**Be on the lookout for the Conference brochure in your mailboxes in December!**

Conference information will be on the CAMFT website very soon! [www.camft.org](http://www.camft.org)

39 CE Hours possible for LMFTs and LCSWs.  
33 CE Hours possible for Psychologists and RNs.

**California Association of Marriage and Family Therapists**  
7902 Raytheon Road San Diego, CA. 92111  
Phone—(888)892-2638 Fax—(858)292-2666

***For the first time on the Big Island...***

## **Introductory Theraplay & Marschak Interaction Method**

**January 15-18, 2010**

**Hosted by Laura Anne Williams, LCSW, RPT/S**

**Hana Hou Cottages #3**

**65-1229A Opelo Rd. (behind Merriman's Restaurant)**

**Kamuela, Hawaii**

**Trainer: Sandra Lindaman, MA, MSW, CCC-SLP, LCSW**

**Certified Theraplay Therapist, Trainer and Supervisor**

**Senior Training Advisor for The Theraplay Institute in Chicago**

**Attendance will be limited to ten people.**

Register at [www.theraplay.org](http://www.theraplay.org), or call 847-256-7334. Complete information about the trainings, including a downloadable brochure, is available on our Theraplay Training page or via mail by request.



## LAW & ETHICS TRAINING

### “What Does the Law Expect of Me?” Part I

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

*Friday, February 26, 2010, 8:30 to 4:00*

Check-in 8:30 a.m. to 9:00 a.m. Workshop 9:00 a.m. to 4:00

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 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 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?”

“*What Does the Law Expect of Me? Part 1*” will explore 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, which includes the subjects of confidentiality and privilege; patients dangerous to themselves; patients dangerous to others; and dual relationships.

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

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

***Attendees will be on their own for lunch.***

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 ex-perts. Mail registration and application, with payment, to the address below or bring completed application with you to the workshop. **Send form with payment to: Inland Empire CAMFT, Attn: Ruth Dusenberry, 10 E. Vine St., Suite 209, Redlands, CA 92373**

*Registration Form on Next Page* ————— *Questions? Please contact Ruth Dusenberry, (951) 961-4792*



### ***"What Does The Law Expect of Me?" Part 1***

***2010 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. Annual dues for membership in CAMFT are separate from annual dues for local chapter membership. To join the IE Chapter of CAMFT, please complete this form and make checks payable to IE-CAMFT in the amount shown above for the appropriate membership category.

#### **Workshop Registration (Please note: attendees are on their own for lunch):**

\$55.00 for IE-CAMFT Members / \$75.00 for non-IE-CAMFT Members	\$
Membership Dues (optional — join now and receive the discounted rate on your workshop fee)	\$
<b>Total Amount Enclosed</b> (make check payable to IE CAMFT)	\$

**Send form with payment to: Inland Empire CAMFT, Attn: Ruth Dusenberry,  
10 E. Vine St., Suite 209, Redlands, CA 92373**

## **Call for Resources**

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

If you have experience treating families with military service (with or without PTSD expertise), call or email State CAMFT.

Mental Health Network Government Services is also recruiting professionals as Marriage and Family Life Consultants —

<http://www.camft.org/mhnsevices.htm>.

## **NEWSLETTER POLICY**

As a reminder, if you have an article you would like to submit to the newsletter, please e-mail it to the newsletter editor by the 21st day of the previous month. The newsletter is e-mailed to all members.

## **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: NONMEMBERS:

ONE MONTH: \$20

3 MONTHS: 10% OFF \$54

6 MONTHS: 25% OFF \$90

12 MONTHS: 40% OFF \$144

**Notice Regarding Ads:** *Free* Member ads will run continuously for three consecutive newsletters unless rescinded earlier. They will automatically be discontinued unless a renewal request is received.

## **COMMITTEE POSITIONS**

**Hospitality:** Open

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

**Newsletter Editor:** Carol Bouldin ([therapist@carolabouldinmft.com](mailto:therapist@carolabouldinmft.com))

**Program Chair:** Garry Raley (951) 640-5899

**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 Ruth or any board member.

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

## **Redlands Psychodrama Classes**

Wednesdays at 7:30 p.m. in the WESLEY LOUNGE. As you enter the church complex at the University United Methodist Church, 940 E. Colton Ave., Redlands at the corner of Division and Colton, it is the first building on your left. Free to attendees. Guests welcome. CEU and psychodrama credits available .

For information, contact Don Miller at (909) 798-2765, or at [4donellmiller@gmail.com](mailto:4donellmiller@gmail.com)

## **IE-CAMFT Mission Statement:**

**We are professional visionaries dedicated to providing training, networking, and advocacy for Marriage and Family Therapists to promote healthy individual, couple and family relationships.**

# CLASSIFIED ADS

## **Apple Valley. Part-time Clinical Position**

Located in the high desert. Must be licensed a minimum of 2 years and be credentialed with at least one insurance company. Fax resume to 760-946-1511.

## **Office Space Available — Desert Area**

Beautifully decorated, sound-proofed office with window in a professional building occupied by other therapists and psychiatrists. The office has a call-light and privacy exit. Possibility of group room use. Call Janet Rhodes 760-946-2070.

## **Class Now Forming - Trauma and Dissociation Therapy Training**

Effectively and efficiently treat acute and chronic trauma and dissociation. 40 CEU training for MFTs and LCSWs; CEU provider #PCE2329 Contact Patrick Poor, MFT, 951-276-0616, today for more information.

## **New Practice and Groups — Upland**

New private practice accepting referrals, no waiting list. Specializing in therapy for children and adolescents. Sliding scale available, rates offered for low income. Kathryn Vannauker, Licensed Marriage and Family Therapist. (909) 635-8077, 1538 Howard Access Rd, Ste. C, Upland, CA, 91786, [acceptance@live.com](mailto:acceptance@live.com), [www.ranchocucamongatherapy.com](http://www.ranchocucamongatherapy.com) Therapy Groups available at a low cost: Adult Coping Skills and Stress Relief; Teen Self-Improvement, ages 12– 18; Children's Behavior and Anger Management, ages 5 - 12; Children's Self-Esteem and Social Skills Building, ages 5 – 12; Children with Family Issues Therapy ages 5-12.

**Office Space Available — Upland** - Licensed MFT with office space to rent. Nicely furnished large office (about 300 square feet) in North Upland (just off the 210, near the intersection of Baseline and Benson) with hardwood floors and a view of the mountain Close to the 10, 210 and 15 fwys. I only use this space a few times a week and would like to find a therapist /social worker /psychologist to share with. Unlimited internet usage, full use of the conference room (good for groups up to 10 people), and kitchen and utilities are included in monthly rent. Large waiting room just outside the office. I am flexible re: which days the other therapist uses the office. Rent \$400/month, full time, negotiable. Willing to negotiate part-time rate. Hourly rent would be \$20. If you, or a professional that you know, are interested, please contact me at (909) 635-8077, Kathy.

**Office for rent—Banning:** warm, friendly setting, Christian therapist preferred. Call Janetta @ 951/922-0442.

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### **Information for the Tax Season**

**by Garry Raley**

Every year at this time many members ask “Is CAMFT a non-profit organization...and is my membership tax-deductible?”

CAMFT and IE-CAMFT are membership organizations under §501(C) (6). IE-CAMFT’s identification # with the IRS is 68-0662603, if your tax preparer or anyone wants to look us up. Basically, I have been advised that your costs for membership and other fees are “business” expenses, which generally are also tax-deductible but in a different category than giving money to your favorite charity , which is usually a §501 (C) (3) organization. We do not currently have a separate “not-for-profit” part of our organization that receives tax-deductible donations. If you have lots of money you want to donate, tell us and we will work with you! Otherwise, your costs are generally treated as business expenses and NOT donations.

**NOTE: I am not a CPA or attorney. You should get professional advice when you file your taxes.**

## **Inland Empire CAMFT MEMBERSHIP APPLICATION**

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

Address\_\_\_\_\_

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

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

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

Business Name\_\_\_\_\_ Business Telephone Number (    )\_\_\_\_\_

### **MEMBERSHIP CATEGORIES (CHECK ONE)**

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

Prelicensed (Trainee, Intern, Social Worker Associate).....\$25

Associate (Licensed in a related mental health field).....\$40

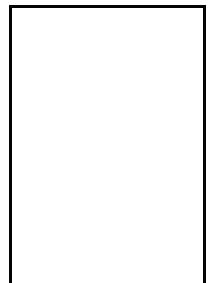
Affiliate Practitioner in another field (e.g., RN, Attorney).....\$40

CAMFT Member #\_\_\_\_\_

Must be a member of CAMFT to join the local chapter (unless Affiliate member). Dues are paid annually in April.

**MAKE CHECKS PAYABLE TO IEC-CAMFT**

Inland Empire Chapter of CAMFT  
(California Assoc. of Marriage & Family Therapists)  
9708 SVL Box  
Victorville, CA 92392



ADDRESS CORRECTION REQUESTED