# THE PROFESSIONAL EXCHANGE

**IE-CAMFT NEWSLETTER** 



JANUARY 2014

CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS - INLAND EMPIRE CHAPTER



### **CHAPTER MEETING**

Friday, January 24, 2014

### "STEP-FAMILIES: PERFORMING AN ASSESSMENT"

Featured Presenter:

CECILE DILLON, PHD, LMFT, LICENSED CLINICAL PSYCHOLOGIST

For years family therapists have been engaged in the process of family assessment of one form or another. Whether the clinician specifically starts with a critical period of family evaluation and diagnosis or the process is continuous and ongoing throughout treatment, family practitioners implicitly utilize a series of underlying dimensions. Some may focus mainly their evaluation in terms of family conflict. Some aim toward an understanding of family needs or roles played by different members, and some deal more with issues of boundaries, culture and social context. Yet, each therapist must employ a conceptual schema, a model, a personal point of view of family functioning, which is useful in understanding the family and, therefore, facilitates therapeutic work.

This presentation will review a two-part assessment format. The biopsychosocial history is completed by the family members outside the session. In the session, the therapist administers assessment of the stepfamily. The clinician's emphasis is on the particular aspects of stepfamily life that plays a crucial role in the adjustment of the remarried family including the resolution of the previous relationships, the influence of the outside parent(s) on the household, the mobility of the children between households, the integration of the new spouse/partner and the different family cultures, values, and norms in a stepfamily landscape.

**CONTINUED ON PAGE 3** 

## 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. Non IE-CAMFT members: \$10.00.

Note: Promptness is urged and presence is required during the two hour presentation to earn your 2 CEUs.

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## "PRESIDENT'S MESSAGE"

-DAN TOTARO

## Happy New Year!

I want to wish all of you a 2014 filled with hope, growth, gratitude and commitment!

In my view, 2013 was a very important year in the history of the California Association of Marriage and Family Therapists. We had the opportunity to decide the future of our organization. I want to thank each of you who took the time to make your views known, and most importantly, who voted on what direction you wished CAMFT to take. As I sat down to write this message and to reflect on the last year I thought of the following quote:

"...when you get involved, you feel the sense of hope and accomplishment that comes from knowing you are working to make things better."

Anonymous

As for our chapter, 2013 was a year of continued growth and membership involvement. I feel very fortunate to have worked with all of you, especially my fellow board members. Let us make 2014 even better!

Take Care.

Dan



#### **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.



## JANUARY CHAPTER MEETING "STEPFAMILIES: PERFORMING AN ASSESSMENT"

Presented by Cecile Dillon (continued from page 1)

This presentation will focus on the part of assessment that is conducted by the practitioner in session, while the copy of the biopsychosocial history completed by the family members will be provided as a guide to show how gathered information helps the therapist to conceptualize the problems and strengths of each family in an effort to develop the treatment plan for amelioration of the complains.

After assessment is completed, the strength, needs, and preference factors contributing to the stepfamily's adjustment should be identified separately from the presented problems areas. It is important also to recognize the support system of the stepfamily as being a crucial predictor of family strength and success.

#### **Learning Objectives:**

Participants will:

- Increase knowledge about stepfamily assessment that is based on four fundamental principles (identify, respect; educate; empathize- IRE).
- Review administration of two-part stepfamily assessment format (use of biopsychosocial history questionnaire outside of the session; performing assessment in the session).
- Increase knowledge on how to use assessment data to formulate plan for treatment by using case material.

## **JANUARY SPEAKER HIGHLIGHT:**



Cecile Dillon, Ph.D., a licensed both as a clinical psychologist and a marriage and family therapist, has been practicing in Huntington Beach, Orange County, for over thirty years. Her special interests include work with families in transition such as divorce and remarriage as well as serious mental and emotional disorders in children and adults.

Dr. Dillon, a team member in a Clinical Care Management division of IBH, Inc., is also an AAMFT Approved Supervisor and a core adjunct faculty member at the National University, who recently completed her six year appointment as a volunteer member of the Orange County Mental Health Board. Eighteen years ago, Dr. Dillon co-founded the Living Success Center (LSC), a non – profit community counseling center in Costa Mesa. Currently, her affiliation with the LSC is in a form of a member of the Advisory Board.

Furthermore, in addition to making presentations at national and international conferences and professional meetings, Dr. Dillon maintains professional relationships with colleagues at the Nis Philosophy University Psychology department in Serbia where she visits and lectures on different topics related to her areas of expertise. Her last professional international trip in December of 2012 co-sponsored by The International Family Therapy Association took her to the Republic of Gambia where she got acquainted with members of the Family Association of the Gambia in Africa. •

## NEW IE-CAMFT MEMBER BENEFIT! INLAND EMPIRE THERAPIST DIRECTORY

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

We now have a therapist directory on the new website! The therapist directory 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 as we will be going public on February 1!

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,

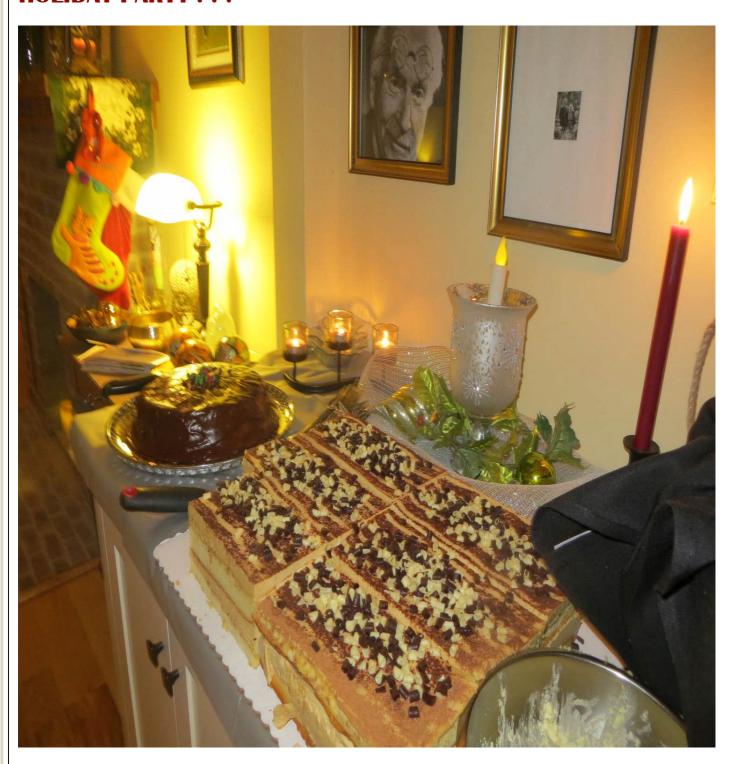
Carol A. Bouldin, LMFT



# Welcome New Members

Rolanda Bradshaw Janie Doles Shresia Fontenot Kenney Frank Gonzalez Kari Hidalgo

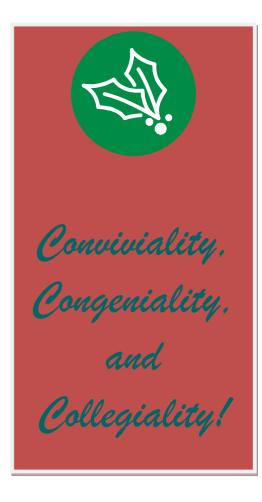
# AT OUR GREAT HOLIDAY PARTY . . .



## FRIENDSHIP AND FESTIVITY FLOURISH . . .









Holiday Spirit meets Yuletide Cheer!

















A special thanks and goodbye to our dear friend and colleague. Angie Moxey, who moved out of the area in order to work for El Dorado County. She will be sorely missed. We thank her for all of her hard work not only for the chapter but on the wonderful holiday party that Marie-Louise Bosin so graciously hosted for us. She is a dynamo and we know she will be a fantastic addition to her local CAMTO chapter up there! All pictures courtesy of Angie.

Thank you Angie. Marie-Louise, Janell Gagnon, and everyone else who made the party such a success!

## 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.

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



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

# Peatured 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.

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

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.



This is a lecture-format course that will satisfy the BBS's on-going requirement of six CEUs in law and ethics.

COST: \$55.00 IE CAMFT Members \$75.00 Non-IE CAMFT Members \$100 Non CAMFT Members

**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 trainings from local experts.

DATE: FRIDAY, February 28, 2014

TIME: 9:00 a.m. - 4:30 p.m.

**PLACE:** 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 \*\*\*

## Register by mail (see form) or online at www.ie-camft.org

For questions, please contact: Jeanne Joslin: (951) 922-8799, <u>Jeanne joslin@yahoo.com</u>, Angie Moxey: (909) 276-7475, angie.moxey@gmail.com or Garry Raley: (951) 640-5899, garral@sbcglobal.net



## INLAND EMPIRE CHAPTER 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  |   | ould like to be e-mailed a    | bout future events             |
| Business Name & Position  |   |                               |                                |
| Business Phone Number ( )   |   |                               |                                |
| OPTIONAL - COST OF CHAPTER MEMBER   | •   |                               | A MEMBER)                      |
|   | AFT Laters Costal Monkey Assa   |                               |                                |
|   | nee, MFT Intern, Social Worker Asso<br>a related mental health field) |                               |                                |
|   | n another field. e.g. RN, Attorney, Co                                |                               |                                |
| ·   |   |                               |                                |
| CAMFT Member #  | (The ID number  | shown on your CAMFT n         | nembership card)               |
| NOTE: Unless you are an Affiliate member of the Inland En<br>Marriage and Family Therapists (CAMFT) to join a local Chapte<br>CAMFT, please complete this form and make checks payable to | er. Dues for membership in CAMFT are se                               | eparate from fees for local c | hapter membership. To join IE- |
| Wo  | orkshop Registration Fed  | e                             |                                |
| \$55.00 for IE-Chapter members  |   |                               | \$                             |
| \$75.00 for CAMFT members, but not IE-Ch  | nanter memhers  |                               | <br>\$                         |
| \$100.00 for non CAMFT members  |   |                               |                                |
| Membership Fee (if you decide to join nov   |   |                               |                                |
| Membership ree in you decide to join not  | w to get the discounted rati  | c on registration)            | Y                              |
| Total Amount Enclosed   |   |                               | \$                             |

PAYMENT – Make check payable to IE-CAMFT Mail form and check to: P.O. Box 51591, Riverside, CA 92517

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

### 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 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. If you believe you received a renewal notice in error, please contact Carol Bouldin to verify your membership.

To renew, visit our website at <a href="https://www.ie-camft.org">www.ie-camft.org</a> or submit membership form on the last page of this newsletter.



| UPCOMING CHAPTER PROGRAMS AND EVENTS |               |                 |                |                             |  |  |  |
|--------------------------------------|---------------|-----------------|----------------|-----------------------------|--|--|--|
| DATE                                 | SPEAKER       | TOPIC           | TIME/LOCATION  | I COST                      |  |  |  |
| FEBRUARY 2014                        |               |                 |                |                             |  |  |  |
| Friday                               | Dave          | Law and Ethics  | 9:00 a.m. to   | See page 6 for registration |  |  |  |
| 2/28/14                              | Jensen, JD    | Workshop        | 4:30 p.m.      | information                 |  |  |  |
|                                      |               |                 | Ontario        |                             |  |  |  |
|                                      |               |                 | Airport Hotel  |                             |  |  |  |
|                                      |               |                 | 700 N. Haven   |                             |  |  |  |
|                                      |               |                 | Ave, Ontario   |                             |  |  |  |
| MARCH 2014                           |               |                 |                |                             |  |  |  |
| Friday                               | Rick          | "21st Century   | 8:30am         | IE-CAMFT Members:           |  |  |  |
| 3/28/14                              | Itzkowich     | Networking: A   | LLU Behavioral | No Cost                     |  |  |  |
| Monthly Meeting                      |               | Powerful Way To | Health         | Non-IE-CAMFT Members:       |  |  |  |
|                                      |               | Referrals"      | Institute      | \$10.00                     |  |  |  |
| <b>APRIL 2014</b>                    |               |                 |                |                             |  |  |  |
| Friday                               | Jill Epstein, | "From the Top"  | 8:30am         | IE-CAMFT Members:           |  |  |  |
| 4/25/14                              | JD            |                 | LLU Behavioral | No Cost                     |  |  |  |
| Monthly Meeting                      |               |                 | Health         | Non-IE-CAMFT Members:       |  |  |  |
|                                      |               |                 | Institute      | \$10.00                     |  |  |  |

## 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, <a href="mailto:jmurraymft@aol.com">jmurraymft@aol.com</a>
Betty Odak: (562) 522-8008, <a href="mailto:ccm">ccmftcc@gmail.com</a>

Past President: (B)

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

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, <u>Jeanne joslin@yahoo.com</u> Janeta Peltz: (951) 922-0442, <u>psy\_hlp\_5cents@hotmail.com</u>

**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: <a href="mailto:consultant@carolabouldinmft.com">consultant@carolabouldinmft.com</a>

**Newsletter Reviewer: (C)** 

Marie Louise Bosin: (909) 809-8012, <a href="mailto:MarieLouise.Bosin@gmail.com">MarieLouise.Bosin@gmail.com</a>

**CEU Co-Chairpersons: (C)** 

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

## **Newsletter Notes & Policy**

**Reminder:** Please submit newsletter items to Dan Totaro at <a href="https://docs.python.org/dtotaro3@gmail.com">dtotaro3@gmail.com</a>.

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)

## **CLASSIFIED ADS**



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 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 <a href="maileouise.bosin@nsewmec.org">marielouise.bosin@nsewmec.org</a> 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 <a href="mailto:lshestock@aol.com">lshestock@aol.com</a> 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 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.

Classified ads are FREE for members and are also posted on our website <a href="https://www.lE-CAMFT.ORG">www.lE-CAMFT.ORG</a>
See page 12 for more details.

## **CLASSIFIED ADS**



Betty Odak, MFT

Licensed Marriage and Family Therapist (MFC 52001) Address:

535 West State Street, Suite 'C' Redlands, CA 92373.
Tel: <u>909-335-9700</u> or Toll-free <u>855-824-2999</u>, Cell <u>562-846-</u>

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.crossculturalcounsellingcenter.com Email: ccmftcc@gmail.com betty.odak@gmail.com, www.crossculturalcounsellingcenter.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
- $\cdot$  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:
- $\cdot$  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.
- $\cdot$  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. <a href="www.nsewmec.org">www.nsewmec.org</a>. Didactic and Experiential. Come have FUN with us while you learn. <a href="mailto:marielouise.bosin@nsewmec.org">marielouise.bosin@nsewmec.org</a>

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: <a href="mailto:garry.raley@sbcglobal.net">garry.raley@sbcglobal.net</a> or 951-640-5899