



INLAND EMPIRE CHAPTER OF CAMFT NEWS
 (California Association of Marriage and Family Therapists) JULY 2006

BOARD OF DIRECTORS

Past President

Marjorie Lucas - (909) 792-9916

President

Sheri Rambharose – (909) 778-3970

President Elect

Garry Raley – (951) 640-5899

Membership

Patrick Griffiths- (909) 338-8253

Financial Officer

Pam Hart – (760) 900-3852

Secretary

Wendy Hallum – (909) 796-3890

Board Member At Large

Iliana Ramos – (909) 798-6431

Board Member At Large

Patrick Griffiths- (909) 338-8253

Continuing Education Coordinator

Carolyn Dodd- (951) 212-5003

NO MEETING IN JULY!

Enjoy the Summer Break

**UPCOMING
DATES**

August 25, 2006

**“FAMILY ROLES AND SIBLING
RELATIONSHIPS”**

By:

Suzanne Hanna, Ph. D.

==00==

September 22, 2006

“New Frontiers in Health & Wellness”

By:

Ernie Medina, Ph. D.

Preventive Care Specialist @ Beaver Medical Group since '93. Graduate of Loma Linda Univ., where he is now on the clinical faculty of Loma Linda Univ. School of Public Health. Certified Health & Fitness Instructor by the American College of Sports Medicine. Focuses on exercise, nutrition, and behavior modification in order to treat or prevent chronic lifestyle related diseases such as obesity, diabetes, CVD, etc. Also runs the quit smoking and stress management programs.

==00==

October 27, 2006

“Social Security/Disability Benefits”

By:

Bill La Tour, Ph. D., J. D.



INLAND EMPIRE CHAPTER OF CAMFT NEWS

(California Association of Marriage and Family Therapists) JULY 2006



President's Message

Chapter Members,

We don't meet in the month of July because therapists try to be someplace less smoggy and hot! I'm writing this substitute message for our wise leader, Sheri, because she is on vacation. We wish her the mix of interesting, stress reducing, safe and reinvigorating experiences that are the hallmark of a fine vacation.

Here in the IE we are planning some good meeting subjects, launching the web site, and formalizing our growing chapter. Please contact any board member by email or phone to give us your thoughts and suggestions. We can only be of value and service if you contribute your feedback and ideas.

We look forward to our next meeting on August 25th and camaraderie only the chapter can provide. I'm sure Sheri and others will have summer experiences to share.

Warm Regards from Sheri and the Board,

Garry L. Raley
President-Elect

"Be the change you want to see in the world."

COMMITTEE POSITIONS

Membership: Patrick Griffiths- (909) 338-8253

Hospitality: Pam Hart – (760) 900-3852

Networking Lunches/Socials: Wendy Hallum – (909) 796-3890

Newsletter Editor: Edward Siahaan – (909) 250-1108

Program Chair: Sheri Rambharose – (909) 778-3970

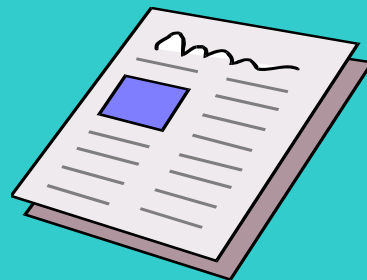
Webmaster: Patrick Griffiths- (909) 338-8253

If you are interested in serving on a committee, please contact Sheri, President.

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

NEWSLETTER ARTICLES

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 last day of the month. The newsletter is e-mailed (unless a hard copy has been requested) to all members by the second Friday of every month.





INLAND EMPIRE CHAPTER OF CAMFT NEWS

(California Association of Marriage and Family Therapists) JULY 2006

CAMFT – INLAND EMPIRE CHAPTER

FINANCIAL REPORT

Balance as of 05/01/2006	\$8,600.48
Income in April	\$ 690.00
Expenses	
Installation Lunch	\$ 87.24
Outgoing Board Certs.	\$ 175.00
R. Mah Workshop	\$ 43.08
Conference Table	\$ 63.54
Newsletter Postage	\$ 126.00
Total	\$ 494.86
Balance as of 05/31/2006	\$8,795.62

Submitted by:

Pam Hart, Financial Officer

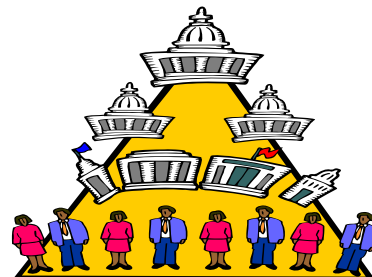


Welcome New Members!

None this month

Membership Information

Membership to the Inland Empire Chapter of CAMFT requires a membership to CAMFT. There are multiple benefits to belonging to both. For more information on membership benefits or how to join, contact Patrick Griffiths or any of the board members for assistance. Phone numbers are on the first page of the newsletter.





INLAND EMPIRE CHAPTER OF CAMFT NEWS

(California Association of Marriage and Family Therapists) JULY 2006

Must Our Children Be Emotionally Damaged?

by Dale Bailey, ThD

For those of us who are committed to the future of our children, it is terrifying to think of the reality that most children born into marriages of this culture will experience emotional damage. And yet that is what our studies show. Children suffer because parents suffer and are then unable to keep their children safe. The statistics tell the story.

Couples are damaging each other in marriages. Thirty percent (30%) of all murders are spousal murders arising out of pain. 48% of all physical violence takes place within families. It is estimated that 20% of all suicides are attempts to resolve relationship discord. We don't know how many use the mental hospital as an escape. Affairs are common exits, with 60% of all men and 40% of all women engaging in them at some time during their relationship. And affairs are lethal to marriage. Only 35% of marriages are able to survive them. Then there are all the addictions which take their toll.

We know that in this culture couples are in pain. And the evidence shows up especially in the repetitive pattern of divorce and remarriage. According to The Institute for Relationship Therapy in New York, 47% of marriages end in divorce (with the rate in California now estimated to be at 70%). And of the 53% who stay married, 90% report unhappy marriages. Of those who divorce, 76% remarry, which is a testament to the need for connection, but 57% of those in a second marriage also divorce.

Recent studies indicate that every child of divorce is damaged by it. No matter how well the parents handle it, the child is emotionally damaged to some degree, with no exceptions. And the children then damage themselves, or they become damagers of the structures in society, and then objects of massive health, poverty, and corrective programs. They drop out of high school, become teen mothers and are jobless far more frequently than their peers. Other studies also indicate that with the destruction of their childhood security base, these children later fare poorly in their own marriages. The divorces of the parents have far-

reaching impact into the generations.

To prevent the damage to children, the parents must be helped to not damage each other and their relationship. And the good news is that we are now witnessing a movement in our culture to do just that. It really has no precedent in history. Time magazine's cover article on February 27, 1995 chronicled the "growing movement to strengthen marriage and prevent divorce". Among the most effective of the programs is Imago Relationship Therapy which is set forth in the N.Y. Times best-seller, Getting the Love You Want, A Guide for Couples, by Harville Hendrix, Ph.D.

Imago Relationship Therapy reframes the "neurotic" conflict that couples have in relationship as a positive, but unconscious struggle to heal themselves. Once the bliss of romance has passed, each revisits her or his child-parent frustrations in the relationship with the partner and acts them out there in a power struggle. The partner of one's dreams becomes one's worst nightmare. But what erupts in seemingly unresolvable conflict is actually an attempt to resolve long-standing emotional injuries and thereby to finish childhood.

Neither partner can be healed unless each cooperates with the unconscious agenda and becomes the healer of his or her partner in a "conscious marriage". The innovative process described in Hendrix book shows couples how to "get the love they want" by creating this radically new kind of relationship. And in learning to use their relationship for personal change and growth, they discover the joy and spiritual potential of being together and thereby create a caring environment needed by their children. The whole family's life is enriched.

Interested couples can learn these new concepts and the tools they need to enhance or save their relationships by attending a "Getting the Love You Want, Couples Workshop." And for those currently not in a committed relationship, the "Keeping the Love You Find" workshop for individuals helps participants to understand how to achieve lasting love in their next relationship by transforming perceptions and behavior patterns which block lasting intimacy. It also enables single parents to understand and change the



INLAND EMPIRE CHAPTER OF CAMFT NEWS

(California Association of Marriage and Family Therapists)

JULY 2006

maladaptive behavior patterns that are destructive to good parenting. In order to have healthy families where children are not injured, and do not have to spend their adult lives overcoming their childhoods, parents must be healed. Parents must be taught how to heal their partner in a conscious relationship rather than leave when the going gets tough. And we now know how to make all of that happen. I believe that the creation of a conscious marriage stimulates deeper personal growth, more strategically and powerfully, than either of the traditional healing modalities of psychotherapy or religion. And with that growth and healing of parents,

there is promise for the future of our children.

Note: Dr. Bailey is a licensed psychologist practicing Imago Relationship Therapy in Albany, CA. He is also certified by Dr. Hendrix to present both the Couples and the Singles workshops and presents them regularly in San Francisco.

Client Issue - Surviving Infidelity

by Donna R. Bellafiore, MSW, LCSW, CADC

Stories of extramarital affairs abound in popular novels, movies, even modern-day history books. Yet partners hurt by infidelity often feel alone, isolated by cultural barriers that forbid them from discussing their experience openly. With no one to talk to, hurt partners can feel overwhelmed with embarrassment, pain and anger.

Partners striving to survive infidelity, especially those who decide to stay in the relationship, need to reveal their "secret" to promote the healing process. Their feelings are not unlike those experienced upon a death. Trust in what was likely the most important relationship of their lives has died. Grief and recovery takes a life of its own. Time and tolerance for vacillating emotions must exist before acceptance and resolution can occur.

Several factors complicate decisions about whether to continue or terminate a relationship broken by infidelity. Alcoholism, emotional or physical abuse, sexual addiction, financial instability, parental strengths and weaknesses, love, and religious commitments can affect one's choice. Clearly, the "surviving partner" faces a

tough decision, but both partners have emotional issues to work through. If, indeed, the choice is "to stay," the couple must work diligently to restore and strengthen the relationship.

According to the article "Old Unfaithful" that appeared in the Chicago Tribune's DuPage Spotlight section on July 12, 1998, Donna Bellafiore speaks about the myriad of struggles women face in the aftermath of marital betrayal. Although the article was devoted to women's healing, readers should know that infidelity's anguish extends to men as well. Infidelity support groups for men will be forming to help them work through their pain. Men and women recovering from infidelity go through similar recovery stages and share a common need for support and marital counseling if they wish to rebuild their relationship. The ideal support group is one that is open to anyone suffering from the pain of betrayal.

- Telephone: (1-630-983-6801)
- E-mail: lcsw@drbalternatives.com
- Web site: <http://www.drbalternatives.com>

--00--



INLAND EMPIRE CHAPTER OF CAMFT NEWS

(California Association of Marriage and Family Therapists) JULY 2006

How to Stay Stressed

Never Exercise - Exercise wastes a lot of time that could be spent worrying.

Eat Anything You Want – Hey, a balanced diet is for people who are in shape!

Gain Weight - Stay at least 25% over your recommended weight.

Take Plenty of Stimulants - The old standards of caffeine, nicotine, sugar, and cola will continue to do the job just fine.

Avoid Relaxation Practices - Ignore yoga, deep breathing, and/or mental imaging to reduce stress.

Get Rid of Your Social Support System - Let the few friends who are willing to tolerate you know that you have time for them if people persist in trying to be your friend, avoid them.

Personalize All Criticism - Anyone who criticizes any aspect of your work, family, dog, house, or car is mounting a personal attack. Don't take time to listen, be offended, then return the attack!

Do It ALL - Never ever ask for help, and if you want it done right, do it yourself!

Become a Workaholic - Put work before everything else, and be sure to take work home evenings and weekends.

Discard Good Time Management Skills - Schedule in more activities every day than you can possibly get done.

Procrastinate - Putting things off to the last second always produces a marvelous amount of stress.

Worry about Things You Can't Control - Worry about the stock market, earthquakes, the weather...

Become a Perfectionist & Set Impossibly High Standards - beat yourself up, or feel guilty, when you don't meet them!

Throw Out Your Sense of Humor - Staying stressed is no laughing matter, and it shouldn't be treated as one!



INLAND EMPIRE CHAPTER OF CAMFT NEWS

(California Association of Marriage and Family Therapists) JULY 2006

Be not afraid of growing slowly, be afraid only of standing still.
Better do a good deed near at home than go far away to burn incense.
Better to light a candle than to curse the darkness

- Chinese Proverbs

ASSURE ELIGIBILITY FOR THE REIMBURSEMENT OF MFT BY THE V.A. PROGRAM

Our Veterans need access to quality mental health care. Please contact Congressman Bob Filner on behalf of CAMFT and ask him to support inclusion of MFTs under the Veterans Administration and move forward with Section 5 of S 1182 without further delay at:

Community Offices: a. 333 F Street, Suite A, Chula Vista, CA 91910, Phone: (619) 422-5963, Fax: (619) 422-7290
b. 1161 Airport Road, Suite D, Imperial, CA 92251, Phone: (760) 355-8800, Fax: (760) 355-8802
Washington, DC Office: 2428 Rayburn House Office Building, Washington, DC 20515, Phone: (202) 225-8045, Fax: (202) 225-9073

Fatherless Women: What Happens to the Adult Woman who was Raised Without her Father?

By Gabriella Kortsch, Ph.D.

Little girls who live without a father do so not only due to death, abandonment, or divorce, but also due to physically present fathers but who are emotionally absent, or ill over a lengthy period of time in some way (clinical depression, terminal disease, etc.), or

because the father is a workaholic, or because in some fashion the father is a disappointment to the daughter, as might be the case in a weak or ineffectual father. Such differing types of absence in the girl's life may have major consequences of varying kinds, since a healthy emotional and socio-psychological



INLAND EMPIRE CHAPTER OF CAMFT NEWS

(California Association of Marriage and Family Therapists)

JULY 2006

developmental trajectory in the early years of life does require some type of positive paternal role model.

Seeing the Self Reflected

Optimally, a little girl needs to see herself reflected in the love she sees for herself in her father's eyes. This is how she develops self confidence and self esteem. This is how she develops a healthy familiarity with what a positive __expression of love feels like. This is how she develops an appreciation for her own looks, her own body. This is how she develops what Jungians would call her 'animus,' her counter-sexual self; her masculine self, which will help her be proactive, productive, and creative in the outer world as she grows into adulthood.

If, however, the little girl does not have such a relationship with the father, if she sees rejection or emotional coldness or withdrawal in him, or if he simply is not available at all, her sense of self will be tainted, her self confidence warped or non-existent, her portrait of a loving relationship may be distorted or dysfunctional, and she may find herself - no matter how pretty, vivacious, lovable, funny, or intelligent - lacking in appeal.

Belief in the Self

Clearly, self confidence and self esteem can be forged through one's own endeavours during the life course, even if a father has not been present, but the path to success in such endeavours, and the reasons for which they are even attempted, tend to be quite different in the adult woman who was raised with a positive relationship to her father, as opposed to the one who was not. The former may excel simply because she believes in herself, while the latter needs to excel in order to catch a glimpse of approval and recognition in the eyes of those who give her a message of approval, honor, or prestige. The value of such a belief in oneself, easily acquired by the woman with a positive relationship to her father, is immeasurable in the adult life, and the lack of it in many of the countless women who were raised without a positive father image, may cause the life course to be fraught with difficulties.

The Multi-faceted Arena of Relationships

Perhaps the arena in which the most painful process of learning how to deal with the early lack of a father is played out is in that of relationships. If a girl has not been assured of her value as a woman by that early relationship with the father, she finds it difficult to relate to men precisely because she may often unconsciously

seek to find that recognition in the eyes of the beloved...and this may lead her down an early path of promiscuity... which in turn makes her feel she is "bad", but on she marches, relentlessly visiting bed after bed, locking in a fierce embrace with man after man, in the hope that this one or that one, or the next one will finally give her that which she never had as a child - validation of herself for herself.

Marrying 'Daddy'

Other women may choose another route, falling in love with an older man and thus marrying 'daddy.' At this point many different scenarios may ensue. If the man is at all psychologically aware (something often, but not always lacking in older men who like younger girls), he may have a vague inkling of what is going on. Therefore, once she starts - within the secure confines of the relationship or marriage - the process of growth, which will inevitably lead her to separate from her husband in some ways that are emotionally and psychologically necessary in order for her become her own woman, he will not blanch in fear at this process, and allow her the necessary space and freedom to do so. In that case, the marriage will in all likelihood thrive and continue to grow. If, however, the man is not aware, and sees her search for growth as a threat to the superiority he felt upon marrying a young, and as yet undeveloped woman, he will attempt to stifle her, to manipulate her psychologically by making her believe she is worthless, silly, or, and this appears to be a perennial favorite, that she "needs professional help in order to calm down and behave like she used to before."

Avoiding Engaging the Emotions

Another possible scenario (and there are many more which for reasons of space can not be touched upon in this article) is that of avoiding relationships totally, or of avoiding the engagement of one's emotions (see my [July 2006 Newsletter](#) for an article about this scenario expressed as neediness - both for men and for women). Examples here abound: the maiden aunt, who dedicates her life to her nieces and nephews, or who becomes a teacher and dedicates her life to her career; the nun, who dedicates her life to God, or the prostitute, who, although she may engage her body, rarely engages her emotions. Another example is that of the eternal seductress, who needs to remain in control by seducing the man and never actually involving her own feelings. A slightly more difficult to recognize version of



INLAND EMPIRE CHAPTER OF CAMFT NEWS

(California Association of Marriage and Family Therapists)

JULY 2006

the same scenario is played out by the woman who consistently has relationships with married men who never leave their respective wives for her. On an unconscious level this suits her just fine because it gives her the perfect excuse never to have to commit herself totally.

Finding Self-Confidence and Recognition in the Self

The core of the matter is, of course, that the self-confidence and recognition so avidly sought must be found within oneself rather than in the outer world - at least initially - in order to be of lasting and true value. The world of emotions that is avoided out of fear or because one never really learned what love is, must first be found in oneself (i.e. it is necessary to love the self before one loves another). The task of accomplishing this, requires that the individual become

aware of him or herself (by observing the self, the self-talk, and all emotions that occur, good or bad, since all of these serve to give clues about the true self), and that absolute honesty about oneself be employed in this process. Let the reader be warned: this process is not a simple weekend project; it must be ongoing throughout life; it must become second nature, but it will pave the road to finding inner self-confidence and love for oneself, which will in turn lead to the abolishment of the need for finding these things in another. This is one of the roads to inner freedom that psychological knowledge offers.

Dr. Kortsch is a psychotherapist, clinical hypnotherapist, relationship coach, author, and professional speaker. She broadcasts a live weekly radio show from southern Spain that is available on the Internet or for listening on her website. She can help you move towards greater personal and relationship success with her integral approach to life and offers training and workshops in the field of self-development and choosing responsibility for the self. Visit [Advanced Personal Therapy.com](http://AdvancedPersonalTherapy.com)

The lighter side of Therapy



"Not only is it lonely at the top, but I'm afraid of heights."

'Not only is it lonely at the top, but I'm afraid of heights.'



"I think the worst part is knowing my own expiration date."

'I think the worst part is knowing my own expiration date.'



"I'd like less of an emotional roller coaster and more of a teacup ride."

'I'd like less of an emotional roller coaster and more of a teacup ride.'



"So you're still having the falling dream?"

'So you're still having the falling dream?'



INLAND EMPIRE CHAPTER OF CAMFT NEWS

(California Association of Marriage and Family Therapists) JULY 2006

MFTs & LCSWs

Looking for a change in your career?

Follow the road to Cornerstone.

Cornerstone is a rapidly growing behavioral health group that has over 15 therapists and psychiatrists on staff. We are looking to add several more qualified clinicians immediately.

- ❖ Be your own boss.
- ❖ Flexible hours.
- ❖ Part-time or full-time positions available.
- ❖ Insurance credentialing assistance.
- ❖ All scheduling and billing done for you.
- ❖ Full office staff support.
- ❖ Full marketing support.
- ❖ Family like atmosphere.
- ❖ Stock benefits available.

We are looking forward to talking with you. Please call:

Jennifer Weniger, Ph.D.
909-234-1580



Cornerstone
Behavioral Health Group

1430 E. Cooley Dr. Suite 111
Colton, CA 92324
Phone: 909-825-5128
www.cornerstonebhg.com

❖ Be your own boss.

❖ Flexible hours.

❖ Part-time or full-time positions available.

❖ Insurance credentialing assistance.

❖ All scheduling and billing done for you.

❖ Full office staff support.

❖ Full marketing support.

❖ Family like atmosphere.

❖ Stock benefits available.

We are looking forward to

talking with you. Please call:

Follow the road to Cornerstone.

Cornerstone is a rapidly growing behavioral health group that has over 15 therapists and psychiatrists on staff. We are looking to add several more qualified clinicians immediately.



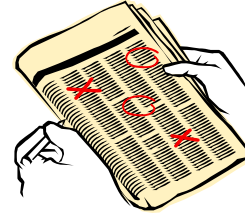
INLAND EMPIRE CHAPTER OF CAMFT NEWS

(California Association of Marriage and Family Therapists)

JULY 2006

CLASSIFIED AD RATES

Members:	Free
One month:	\$20
Three months:	10% off - \$54
Six months:	25% off - \$90
12 months:	40% off - \$144



DISPLAY ADS RATES

<u>Members</u>	<u>Non-members</u>	
Business card size:	\$10	\$20
1/4 page:	\$20	\$40

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!!!!

Contact:

Liz Scudder @ Escudder4@aol.com
(562) 335-7167 – Mobile
(951) 778-0149 - Office

Licensed Mental Health Counselor Needed

A transitional living program run by Lutheran Social Services for homeless women with children is seeking a licensed mental health counselor to work approximately 5 – 7 hours per week to provide one on one counseling to the women and older children.



Please contact
Cynthia Carr or Sue Lehner
at (951) 656-6029 to discuss the position and
set up an interview

MFT/LCSW Openings

Cornerstone is a rapidly growing behavioral health group with experienced clinicians on staff. We are looking to add several more qualified clinicians. Please call (909) 234-1580 and visit our site @ www.cornerstonebhg.com for information.



INLAND EMPIRE CHAPTER OF CAMFT NEWS

(California Association of Marriage and Family Therapists) JULY 2006

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