

THE PROFESSIONAL EXCHANGE



INLAND EMPIRE CHAPTER OF CAMFT

(California Association of Marriage and Family Therapists)

July 2008

RETREAT MEETING

July Board Retreat

All members are welcome at the Annual Retreat to be held on Friday, July 27, 2008, 9:00 to 1:00, in Lake Gregory. Please contact James Billings or Ginger Gabriel for information regarding location.



WELCOME NEW MEMBERS:

Ramah Fitzgerald
Devorah Knaff
Jeanetta Peltz

BOARD OF DIRECTORS

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CHAPTER EVENTS TO REMEMBER

August 22, 2008: Meeting at the Intersection of Spirituality and Psychotherapy—Robert Connerly, L.M.F.T., PhD.

September 26, 2008: High Conflict Family Divorce—Tobias Desjardins, L.C.S.W. (Part I)

October 24, 2008: Introduction to Neurotransmitters & Behavior—Jan Hackleman

November, 2008 (date to be announced), Tentative Topic: Differential Diagnosis—Dr. Raja, M.D.

January, 2009 (date to be announced), Tentative Topic: What Every Therapist Needs To Know About Marketing on the Internet—Debra Gallant

February, 2009 (date to be announced), Tentative Topic: Law & Ethics—Dave Jensen

March, 2009 (date to be announced), Tentative Topic: CAMFT Update- Mary Riermesma



WHO AM I REALLY IF I CALL MYSELF A THERAPIST?

By IE-CAMFT member, Tamara Johnson

About seven months ago, I became acquainted with the world of blogging and podcasting. Then, in December, I was invited to create a diary visible to (potentially) millions of website visitors. Imagine my trepidation as I considered putting my "stuff" out there for the world to see! In actuality, I've become accustomed to allowing my self-growth process to be a public affair. I've even figured out what to say when a complete stranger comes up to me to tell me what an inspiration my diary is. Of course, that person feels like they know me, as they should because if they've been reading my diary—they do! Recently, I have blended the diary with my podcast and continue to offer my "guts" to the proverbial public altar in service of helping my audience "know, like and trust" me (well-known marketing strategies) and so, I have a section of my podcast called: "Can You See My Underwear?"

Why am I writing about this for a CAMFT article? Well, there are two reasons. Firstly, I really do believe that we have an obligation to uphold a certain level of personal health and I don't have a problem allowing potential clients see that I am, in fact, "only human." Secondly, I think that as therapists, we sometimes become complacent and this is my attempt to "kick start" your thinking about who you are, what part of yourself you allow to participate in the therapeutic process and how much of your energy you give to personal growth so that you, as a therapist, can give your best self to the therapeutic relationship.

It's simple, really. I have a bias that we, as therapists, sometimes place ourselves upon the pedestals of "optimal mental health," "personal growth guru" or, at the very least, "expert at relationships." At least, I had this perception of myself until my divorce in 2002. Then, came the funny questions: "You are a Marriage and Family Therapist and you got a divorce??" or "Did you get your divorce before or after you became a therapist?" I guess those questions really do add credence to the perception that as professionals, who specialize in helping improve people's lives and relationships, we should be flawless, have "it" all together, and be immune from the reality that "life ain't easy!" I also very clearly remember having acquaintances and friends act as if I actually had x-ray vision and could see their underwear from the moment I graduated from my Master's program. But, I digress . . .

ARTICLE CONTINUED ON PAGE 3...

MEMBERSHIP INFORMATION

**Did you remember to pay
your dues?**

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 Pam Hart or any of the board members for assistance. Phone numbers are on the first page of the newsletter.

Dues were due in April, so if you have not renewed,
your newsletter may be discontinued.

...WHO AM I REALLY IF I CALL MYSELF A THERAPIST?, continued from page 2

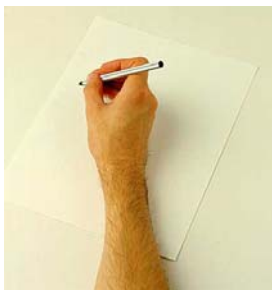
Think of it. How often do we give advice to clients that we are unwilling to fulfill ourselves? You might think this is a trivial question, however, every time a new Therapist magazine is published by CAMFT, a simple flip of a few pages leads us to the evidence that on a continuing basis, therapists are publicly sanctioned and administratively disciplined for unethical behavior. Now, I'm not sure, but I doubt that when those therapists we read about under "Disciplinary Actions" began their day, they were thinking: "I think I'll violate the ethical standards of my profession today." No! I think that those violations are extreme examples of the "little things" we can let ourselves "get away with" during the course of our lives that bleed into our relationships with our clients. If we encourage our clients to be fully alive and to be aware of their thoughts and feelings to the extent that positive change can happen, dare we spend even one day as the "walking dead?" How can I tell my client that she needs to take some time for herself when I ignore that same need in my own life? I may be giving "sage advice" to a client, but how can I know if what I am telling her is what I actually need to do myself? Maybe, I give her the advice but think I've got it more "together" than she does—so I justify telling her to do something I'm not willing to do for myself right now. She needs it more than I do, after all.

My question is: "How do we distinguish when giving advice is projection, or when giving advice is relevant, although parallel?" It's a question I often ask myself. I believe it needs to be a constant question if we are to provide services in the most ethical and professional way possible.

For example, I recently participated in Donell Miller's Psychodrama group because, honestly, curiosity got the best of me and I wanted to witness, first-hand, what I had only read about in grad school. During the group, we chose one person to support in her work on issues she had identified at the beginning of the group. As part of my participation, I was invited to offer insight. One bit of insight sounded remarkably close to the issue I had identified for myself at the beginning of the session. Yes, the other group members called out the projection. Believing that I was clear on the difference between my own issues and what I was hearing from the person I supported, I asked if my reflection resonated for her. It did. In the human experience, all of us are going to have similar feelings from time to time. One hazard we face as therapists, however, is falling for the "common experience" idea at the expense of recognizing the individuality of the client and honoring his or her own voice.

In my opinion, it is constant evaluation of our own personal emotional balance that must be in place to be able to be the most effective agents of change. If I ignore my own needs and unprocessed issues, how can I have the clear vision to see my client's needs and unprocessed issues? Wondering if you are paying enough attention to your unprocessed work? Blog! Journal! You'll find out! The tools we offer our clients are the best tools we can use to keep ourselves right on the cutting edge of growth. That is the example I choose to offer my clients. How about you?

Tamara Johnson is in private practice in Redlands at The Center for Healthy Relationships. She can be contacted at www.CenterforHealthyRelationships.com or www.GetOutOftheMud.com



This article was presented in the spirit of a professional exchange. The editor hopes that it stimulates thought as well as communication. Please feel free to submit articles and letters to be considered for inclusion in the newsletter—email them to hbryga@familyservicerivca.org.

UPCOMING EVENTS

Free Summer Camp for Boys with No Father Figure

Applications now being accepted for “Team Focus—guiding young men to the ultimate victory” —at Cal Baptist University. For more information, see www.teamfocusonline.org and call Paul Legan at (951) 684-6888 or Emmet Reid at (951) 259-1361.

Psychodrama Classes

Wesley Lounge of the University United Methodist Church,
940 E. Colton Ave., Redlands

Friday evenings: 7:30 PM.

Free to attendees. CEU credits and psychodrama credits available.

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

“2-1-1” Community Agency and Program Referrals and Databases

As the Riverside website states, consumers and professionals can access “detailed information about community agencies, (and) the services they provide.” Thousands of human service agencies and programs can be accessed online or by phone. In either Riverside or San Bernardino County, simply pick up the phone and dial “2-1-1” for your county. In San Bernardino, see the website, <http://www.211sb.org/Client/211SB/>. For Riverside County, see <http://www.211riversidecounty.org>.

“Theraplay” Trainings

August 18-21, 2008—Introductory Theraplay & MIM training in South Lake Tahoe. For more information, see: <http://www.theraplay.org/43101/index.html>

Free Adoptions Trainings

Contact the Latino Family Institute to attend or to host a free training: see <http://www.californiainfantadoption.com/index.html> for more information.

Play Therapy, EMDR, and Trauma First Aid

September 13, 2008—presented at Cal State Northridge by the California Association of Play Therapy (CALAPT). For more information, contact Leonore Schuetz schuetz@roadrunner.com. For additional information on CALAPT events, please see www.calplaytherapy.org.

Give An Hour

Therapists who wish to donate counseling services to a veteran may do so by accessing www.giveanhour.org. Veterans receive services provided pro bono by the therapist and in exchange the veteran chooses from a list of community agencies where they may volunteer their time.

CALLS for RESOURCES

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.

2008 APT International Play Therapy Conference

Tuesday, October 14 through Sunday, October 19 in Addison
(Dallas), Texas

Visit their website for more information: <http://guest.cvent.com/EVENTS/Info/Invitation.aspx?i=c65ac831-2063-4acf-872a-a1ca1ac527da>

Childhood Grief and Traumatic Loss

Conference in Los Angeles, March 26, 2009—information at <http://ican-ncfr.org/documents/Grief2009SaveTheDate.pdf>



**CLASSIFIED ADS****Office Space**

Serene private inner office for lease in Corona with waiting room, utilities included, and easy freeway access. Can be used evenings and weekends. Other office in suite is occupied by an MFT. \$500 month (909) 687-6066.

Therapist Needed

Inland Psychiatric Medical Group, Hemet Work 3-5 days each week. Primarily adolescent and adult clients. Current insurance panel membership preferred. Contact: Suman Mudunuri, M.B.A. (951) 652-8107 Office (951) 776-7680.

Olive Branch Counseling

Certified DV or Licensed MFT (insurance panels preferred) for cases in Rancho Cucamonga or Riverside. Contact Ken Olson (909) 989-9030.

Licensed MFT, LCSW, or Ph.D.

For clinical position in Apple Valley, CA. Managed care and EAP work. Practice setting with ownership possibilities. Must be licensed 2 years. Fax resume to (760) 946-1511 or call Nancy Hirst at (760) 946-2070.

Volunteer MFT Intern needed immediately for Claremont Unified High School seeing students during the school day until June. No pay but lots of hours. Flexible schedule available. Contact Catherine at ccaporal@aol.com

Office Space

521 W. Citrus Ave., Redlands—Small house in downtown Redlands on the West side of the Mall. The house has two offices, a small waiting room, kitchen, secretary/copier/filing area, and bathroom. Office for rent is 11'3" X 15'3". The house is networked for computer, fax/ copier/printer/scanner in the secretary's area. Pleasant yard with trees. Clients seem to enjoy the "homey" atmosphere. Parking for two clinicians. Not much traffic, so good sense of privacy for clients. Single renter preferred. Sublet possible. Call Beth McGuire at (909) 793-7064 or (909) 831-6377.

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**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



- 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

www.germentalhealthinfo.com

**Support Services
For Mental Health
Providers**

DISPLAY ADS RATESBUSINESS 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

Notable Resources

On-line Encyclopedia on Early Childhood Development: The University of Montreal hosts this site, covering 33 areas of psychosocial development for children from birth to age five. The encyclopedia includes topics ranging from attachment and crying behaviors to language development and school transitions. The site tries to integrate the most recent research and it has over 270 authors from over 10 countries. It appears that a Spanish version of this resource is being developed and the site integrates several cultural perspectives, including Native American. The encyclopedia can be accessed at www.child-encyclopedia.com/en-ca/home.html. Submitted by "Mr. B"

Free E-Book: "Favorite Therapeutic Activities for Children and Teens: Practitioners Share Their Most Effective Interventions," edited by Liana Lowenstein, this book is described as "a creative collection of assessment and treatment techniques." See www.lianalowenstein.com for links to the book, a free newsletter, and other useful articles. This website has activities and interventions such as a "Resolution Scrapbook" and "The 'I Don't Know, I Don't Care, and I Don't Want to Talk About It' Game." Submitted by Ruth Dusenberry

Free Referral Service: You may be able to list your therapy services or your agency on "2-1-1." Contact your local "2-1-1" center to find out if you can be included in their county-wide referral database. Non-profit agencies generally qualify to have their services listed, and for-profit providers can be considered for inclusion if they provide a unique service, a highly needed service, or offer free or sliding scale services. For San Bernardino County, see <http://www.211sb.com/agency.htm> or call Diana Flores at (909) 980-2857 x200; for Riverside County call Carlos Garbutt at (951) 686-4402 x160, or see the website, <http://www.211riversidecounty.com/Client/InformRiverside/AddAgency.asp>. Submitted by "Mr. R"

"Health and Balance" from "WebMD": This website has a plethora of psychology related articles—the current feature from "Psychology Today" magazine is titled, "The Side Road to Happiness." Link at http://www.webmd.com/balance/features/the-side-road-happiness?ecd=wnl_day_051508. Submitted by Sheri Rambharose

American Psychology Association: This well known organization has a variety of interesting information, including sections for students, "early career psychologists," and current events. Access this information at <http://www.apa.org/>.

If you have a favorite psychology-related website please share it with your fellow IE-CAMFT members. E-mail your submission to be considered for inclusion in the newsletter to Heather at hbryga@familyservicrivca.org.



Interns and Trainees, Please "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

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



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.



INLAND EMPIRE CHAPTER OF
CAMFT NEWS

Inland Empire—CAMFT
9708 SVL Box
Victorville, CA. 92392

We're on the Web!
www.ie-camft.org

***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
or (951) 686-3706

Program Chair: Sheri Rambarose – (951) 778-3970 and
Garry Raley – (951) 640-5899

CEU Coordinator: Carolyn Dodd – (951) 212-5008

Trauma Response Network Chapter Coordinator:
Carolyn Dodd – (951) 212-5008

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