



# INLAND EMPIRE CAMFT

## THE PROFESSIONAL EXCHANGE

Volume 35, Issue 1

A Chapter of California Association of Marriage & Family Therapists

July 2009



### Quotable Quote for July:

*Can you guess who said this?*

*“The reason that the all-American boy prefers beauty to brains is that he can see better than he can think.”*

**Answer in the next newsletter**

### **NO MEETING IN JULY!!**

**Next Meeting August 28, 2009**

**August Presentation will be:**

**An Introduction to Imago Relationship Therapy (IRT) for couples**

**By Doreen Van Leeuwen, MFT**

Objectives:

- \*Learn the definition of “imago”
- \*Discuss core assumptions of IRT
- \*Understand how we choose an “Imago Match”
- \*Understand the metaphor of “Crossing the Bridge”
- \*Practice the Appreciation Dialogue

**Please renew to continue your newsletter.**

MAKE CHECKS PAYABLE TO IE-CAMFT AND SEND TO:

Inland Empire Chapter of CAMFT  
9708 SVL Box

Victorville, CA 92392 [www.ie-camft.org](http://www.ie-camft.org)

---

*Answer for June's Quotable Quote:*

*Friedrich Nietzsche*

*“You have your way. I have my way. As for the right way, the correct way, and the only way, it does not exist.”*

---

### INSIDE THIS ISSUE

2 Gestalt Therapy

3 Advertisements

4 Ads/Announcements

5 Information Page

## GESTALT THERAPY: Contact, Figures, Dialogue, and Dilemmas

*The June Presentation by Lolita M. Domingue, M. S., LMFT was on Gestalt Therapy and this is the summary of the main points she covered in her very well-presented and educational seminar.*

1. **Gestalt=Whole** – According to Gestalt theory, people have problems because they are cut off from parts of themselves which they need for integration, wholeness, and balance.
2. **Awareness** – The goal of Gestalt therapy is awareness in the client. Awareness is the key to positive growth and personal integration. Behavioral change will grow out of awareness.
3. **Confusion** – Confusion is a high state of consciousness created by the dissipation of distortion and which allows for increased clarity. It is important to learn to be comfortable with *not* knowing as this is when tremendous growth is happening.
4. **Contact & Contact Boundary** – Boundary is at the edge of the physiological organism and contact is made at that boundary in the awareness of the here and now. The self is the system of contacts at any moment – the contact boundary at work. Be Here Now. Feelings are usually in 3 categories: sadness, fear, and anger.
5. **Figure & Ground** – These are constantly shifting—it is important to clear the space for a different awareness and reality to take shape.
6. **Polarities** – Gestalt therapists are concerned with the conflicts which exist within the client such as hateful vs. loving. Catastrophic Expectations may result as these polarities are formed. Polarities need to be integrated into the self-concept, which results in organismic self-regulation. The client is encouraged to engage in a dialogue between the polarities in order to resolve the difference within herself/himself.
7. **Dialogue** – This is what happens “between” you and the client; the magic occurs when you “turn your being into their being” by accepting the client in the here and now, as they are.
8. **Defenses** – Introjection is swallowing the views of others whole without question; Projection is seeing in others what one cannot own in oneself. This is dealt with directly by asking the client to give you more information while asserting your acceptance of who they are and reassuring them that you view them with positive regard. This allows them to examine their projections.
9. **Defenses** – Retroflexion – directing an action toward yourself which is felt toward another. Deflection - turning aside direct contact with another (disengagement). Confluence – not knowing where you leave off or another begins (enmeshment).
10. **Unfinished Business** – Unresolved experiences from the past which one was unable to contact through to completion. Unfinished business competes for attention and affects the present by filtering and distorting one’s experience.
11. **Mirror Neurons** – Dr. Daniel Siegel, UCLA neuropsychiatrist, and Marco Iacoboni’s research has revealed that seeing and doing are the same thing, that seeing provides a template of experience, which if not matched, is deleted. Therapy re-does the template.

### 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/mhnservices.htm> .

## CALENDAR OF EVENTS

### Redlands Psychodrama Classes

Wednesdays at 7:30 p.m. in the 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)

### International Conference on Violence, Abuse and Trauma, “Promoting Peace in the Home, Your Community, and the World: Linking Practice, Research, and Policy Across the Lifespan”

September 21 - 26, 2009, San Diego

Contact information: 858-527-1860, ext. 4030 or [ivatconf@alliant.edu](mailto:ivatconf@alliant.edu)

**Free Yourself From Insurance Worries!!!!**  
***We deal with your insurance companies***  
**Quick Processing and Pay, Consistent and**  
**Reliable, Reasonable Rates, References**  
**Available**

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

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

### Paid MFT Internships

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

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

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



**Sandra Keller**

- Claim Submission/Tracking
- Client Benefit Inquiry
- Apply to Join Insurance Panels
- And Much More

For more information...  
Cell: 714-454-1030  
E-mail [jasaha@charter.net](mailto:jasaha@charter.net)  
[www.mentalhealthinfo.com](http://www.mentalhealthinfo.com)

**Support Services  
For Mental Health  
Providers**

### DISPLAY ADS RATES

BUSINESS CARD SIZE:

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

¼ 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

## BOARD OF DIRECTORS

Past President: James Billings (909) 763-4976

President: Ruth Dusenberry (951) 961-4792

President Elect: Open

Membership: Pam Hart (760) 900-3852

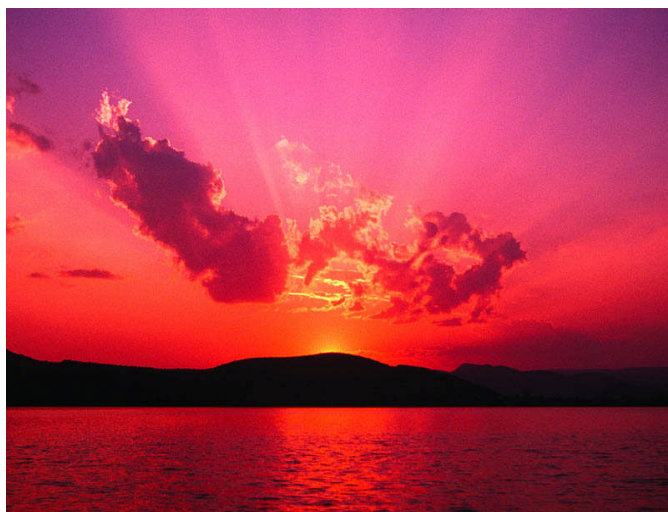
Financial Officer: Benjamin Zinke (626) 665-5070

Secretary: Lena Bradley (909) 370-1293

Board Member At Large:  
Carolyn Dodd (951) 212-5003

Board Member At Large:  
Open

Board Member At Large:  
Wendy Hallum (909) 239-8051



### Notable Resource:

The Child Welfare Information Gateway can be found at [www.childwelfare.gov/index.cfm](http://www.childwelfare.gov/index.cfm). This site is part of the U.S. Department of Health and Human Services and it offers information on child abuse, family-centered services, adoption, and more — and it has links to many resources for clients and practitioners. For example, at [www.childwelfare.gov/preventing/res\\_guide\\_2009](http://www.childwelfare.gov/preventing/res_guide_2009) you can access “Tip Sheets” for parents —such as “Bonding with Your Baby” or “Connecting with Your Teen.” Resources are available in English and Spanish. — *Submitted by Ruth D.*

**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.

**COMMITTEE POSITIONS:** Please contact Ruth or any Committee Chair if interested in participating!

**Membership:** Pam Hart – (760) 900-3852 **CEU Coordinator:** Carolyn Dodd – (951) 212-5003

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

**Webmaster:** Garry Raley – (951) 640-5899

**Hospitality:** Open

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

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