



## CHAPTER MEETING

Friday, June 27, 2014

### Meeting the Emotional Needs of Children and Youth in Foster Care

This presentation will address the particular psychological and emotional needs of foster children, both current and aged out. It will look at the effect of the repeated trauma of separation, and the positive effects relationship-based therapy generates. It will discuss how a stable relationship with at least one caring adult is the foundation for healthy emotional, social, and cognitive development

Participants will:

1. learn the importance of consistent mental health care for the foster care population
2. gain knowledge about the foster care process and be able to describe how one relationship in a foster youth's life can make a difference in her or his life
3. learn about A Home Within and its mission

Ruth Lester has been an LMFT for 19 years. Her concern for foster children began as an intern in Riverside, seeing court-appointed children and parents. She continued to see foster children when she was the clinical director for Rubidoux High School under a Healthy Start grant. She has been in private practice in Lake Arrowhead for 10 years. She serves as Clinical Director for the San Bernardino Chapter of A Home Within, a private non-profit that provides pro bono counseling for current and aged out foster children.

## MONTHLY MEETING TIME & LOCATION

8:30am – 11:00am

Program begins at 9:00am.

All are welcome to stay for the board

Meeting from 11-12 noon

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.

DON'T FORGET TO REGISTER ONLINE: [REGISTER](#)

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

[Map](#)

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## “PRESIDENT’S MESSAGE”

CAMFT Update

BY JANINE MURRAY, LMFT

### A Call for Therapeutic Groups!

For quite some time, I have had difficulty finding groups to which to refer clients. In speaking with other therapists, I have realized it is not just me. So this is a call to all IE-CAMFT members to answer a need for therapeutic groups. Some consider facilitating a group to be a specialty or some think of it almost as an art form. However you view them, there is a definite need for therapeutic groups. As you know, groups classically are known to provide healing in a way that cannot be replicated in individual therapy.

There is such a lack of real-life connection in this technologically-based culture that it is difficult for people to find community. Without community, clients cannot do the homework assigned to them that is relationship based. Groups can help provide the client:

1. A way to meet the need for connection
2. A social community of reflection
3. A sense that s/he is not alone in dealing with a particular issue
4. A helpful transition after brief therapy
5. Another therapeutic perspective by working with a different therapist

From the standpoint of the therapist, groups can reduce stress and be more energizing for both therapists as they are not working alone. And of course, insurance companies like the use of groups. Classic Groups to consider:

1. Domestic Violence/Sexual Abuse or Assault Survivors
2. Grief/Loss
3. Divorce
4. Parenting
5. Social Anxiety
6. Coping with toxic family relationships
7. Coping with any various transitional situations
8. Blended families
9. Young mothers
10. At-risk youth
11. Parents of at-risk youth
12. Support
13. Anything you specialize in

If you are currently facilitating a group or if you plan to start one, please let us know so we can include your information for referrals in announcements in the newsletter, and **don't forget to update your profile accordingly so it will be available on the therapist directory on the ie-camft.org website!**

Janine Murray, LMFT, President, Inland Empire CAMFT

## Vortex of Seduction: The Exploitation of our Youth

In our May IE-CAMFT meeting, we had an eye-opening presentation by Jennifer O'Farrell, Anti-Human Trafficking Director at Operation SafeHouse, about the exploitation of our youth. Jennifer O'Farrell and Operation SafeHouse are part of the Riverside County Anti-Human Trafficking Taskforce (RCAHT), which is a taskforce that works specifically to combat the growing problem of domestic human trafficking.

While there are two forms of human trafficking, labor and commercial sex exploitation, Jennifer focused on the latter. Often when we hear of sex trafficking, we think of "underdeveloped" countries such as Thailand or the Philippines; it can be shocking to learn that this problem is happening in our own backyard. While availability of statistics on commercial sex trafficking is very limited due to the crime's hidden nature, limited awareness by law enforcement, and lack of research, here are a couple of scary statistics:

- **The Federal Bureau of Investigation (FBI) estimates that 100,000 children are sold for sex each year within the United States and as many as 300,000 children are at risk of becoming victims of sexual exploitation in the United States.**
- **The average age of entry into the commercial sex industry is between 12-14 years old.**

These statistics may cause you to ask: Why and how are all these young children being sexually exploited? What are the risk factors for being sexually exploited? Is there anything we can do as therapists to help combat this problem? This summary of Jennifer's presentation is an attempt to answer some of these questions.

**WHY:** The commercial sex industry is one of the most profitable criminal enterprises because there is very low start up cost (what it takes to recruit a victim), high return on the "product" (the same girl can be sold 15-20 times in just one night), and there is a low risk factor (the girls rather than the exploiters are the ones who face legal consequences if caught).

**RISK FACTORS:** There are many risk factors to consider, but some of the high risk factors are: a history of violence or abuse in the victim's life, sexual abuse, running away, and being in the foster care system, especially group homes. The U.S. Department of Justice's National Incidence Study reported that 1.7 million children run away or are thrown away each year, with just 357,600 reported as missing to the police. When you do the math, you can see how there is a large pool of "throw away" youth who can easily be recruited into the life of sexual exploitation without anyone noticing they are even missing.

**HOW:** Most commonly, children and youth are recruited into the commercial sex industry ("the life") by exploiters ("pimps"). These pimps know how to prey on emotionally vulnerable children to recruit them into the life through seduction, force, fraud, or coercion. There are different types of pimps and means which are used to recruit. Some are extremely violent and become abusive right away, but more often, they start with seduction, fraud and coercion, very much

like a domestic violence relationship, which typically has a romantic courting period, during which an emotional bond is formed. Many pimps will recruit by calling the victims their girlfriends, taking them shopping, taking them to dinner, telling them they love them, and painting a picture of a fantasy life of which these “throw away” children have always dreamed, becoming their Prince Charming. Once the pimp has the girl believing that this is a reality, he will coerce her into having sex for money by using lines such as “If you really love me, you will do this for us;” “It’s only once baby, just to get us the money we need to start our life together.” The pimp will take his time to get the victim to have sex for money the first time because as any pimp or victim will tell you, after the victim has sex once, they are broken and once they have crossed this line, the cycle of being in “the life” has begun for the victim and they will repeat the behavior over and over.

The life of a sex trafficking victim is very similar to that of a victim of domestic violence or Stockholm syndrome. Pimps can convince their victims to stay in “the life” no matter how bad it becomes because the victim feels trapped and emotionally torn by the addictive nature of the relationship. Pimps often set up their “ring” to represent a family system that offers structure and relationship. We would call it a highly dysfunctional attempt at a family system; however, for many of these “throw away” youth, it is the *most functional* or the *only* family system they have ever known and thus, they stay and continue to be sexually exploited over and over again.

**CONSEQUENCES and RECOVERY:** The average life span of a sex trafficking victim is 7 years before she dies by homicide, suicide, HIV, or AIDS. As you can imagine, the effects of the repeated trauma, abuse, and victimization leave a lasting impact on any survivor who can get out of “the life.” The top mental disorders associated with this population are PTSD, conduct disorder, bi-polar disorder, borderline personality disorder, and depression. Although the recovery time for those in the life is 5-7 years, it is possible to recover. Some effective treatments for this population include a combination of case management, EMDR, CBT, and other trauma-focused therapies. It takes “the village” to help these victims recover by utilizing a variety of people and resources.

We would like to thank Jennifer O’Farrell for her informative presentation about sexual exploitation of our youth in our own backyards. This summary barely touches the magnitude and complexity of this problem, as it is a unique life and culture. For more education on “the life” there are informative books such as “*Girls Like Us*” and “*Pimpology*.” There are also documentaries and short films such as “*Very Young Girls*,” and “*Chosen*.” Therapists can also visit the RCAHT website for more information about how to help combat this problem by reporting tips, if we believe we have come across a victim of sexual exploitation in our line of work. Therapists can also contact Operation SafeHouse or RCAHT for more information regarding this issue. Thank you again Jennifer!

- Janell Gagnon

***BE SURE TO CHECK OUT THE “MEMBERS ONLY” PAGES ON THE WEBSITE!***

**Under the “Members Only” pages you will find News, Forums, and Workshop Presentation Information as well as other useful pages**

**Don’t forget to update your profile on the therapist directory!** In order to take full advantage of the directory, which will allow potential clients to find you by name, location, or specialty and will allow clients to contact you directly from the website, make sure that you utilize the bio, expertise, additional information, comments, and classified ad sections available and that you upload a logo or picture. The Therapist Directory is a benefit specifically for IE-CAMFT chapter members and you will now find it in the public section of the website under the heading, “Marriage & Family Therapy” where you will also find the ads. **We have now added a new field to list therapeutic groups you lead under your member profile—PLEASE UPDATE IF YOU LEAD ANY GROUPS!**

The **member directory** has also been developed and is under the “Members” section of the website. The member directory includes all of the members, some of whom are CAMFT only members, and provides additional information such as interest in being a presenter or being a member of the board. Also check out the “News” section and the “Forum” section, where you can weigh in on existing forum threads or add your own!

**Build referrals and network with your free personalized listing on [www.ie-camft.org](http://www.ie-camft.org)!**  
**Learn more about recent presentations and discuss related topics!**  
**Discuss timely and controversial issues in our forum!**

As a reminder, you may now conveniently join IE-CAMFT, renew your membership, register for events, and pay for membership and events online.

Your Webmistress,

Carol A. Bouldin, LMFT

**Welcome  
New Members**

Ryan Voth, Lisa Turay, Carmen  
Chang, Debra Palmer

UPCOMING CHAPTER PROGRAMS AND EVENTS

DATE	SPEAKER	TOPIC	TIME/LOCATION	COST
<b>JUNE 2014</b>				
Friday 6/27/14 Monthly Meeting	Ruth Lester, LMFT	"Meeting the Emotional Needs of Children and Youth in Foster Care"	8:30 – 11 am LLU Behavioral Health Institute	IE-CAMFT Members: No Cost Non-IE-CAMFT Members: \$10.00
<b>JULY 2014</b>				
Friday 7/26/14 Summer Retreat & Board Mtg.	N/A	TBA	9 am – 1 pm Riverside	Open to IE-CAMFT Members at no cost—lunch included
<b>AUGUST 2014</b>				
Friday 8/22/14 Monthly Meeting	Avis Cole Attaway, LMFT	Brainspotting with Attachment & Comprehensive Resource Model (CRM)	8:30 – 11 am LLU Behavioral Health Institute	IE-CAMFT Members: No Cost Non-IE-CAMFT Members: \$10.00

**\*\*DON'T FORGET TO REGISTER ONLINE SO WE KNOW TO EXPECT YOU!\*\***

*A Message from the Program Chair:*

**Presenters:** Write an article to submit with your presentation for inclusion in the newsletter and on the website!

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.

**BARBARA GRISWOLD, LMFT WILL BE CONDUCTING AN INSURANCE SEMINAR ON NOVEMBER 14, 2014 FROM 9-1, DETAILS TO BE ANNOUNCED!**

IE Board (B)/Committee (C) Members

**President: (B)**

Janine Murray: (951) 452-1185, [jmurraymft@aol.com](mailto:jmurraymft@aol.com)

**President Elect: (B)**

Open

**Past Presidents: (B)**

Dan Totaro: [dtotaro3@gmail.com](mailto:dtotaro3@gmail.com)

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

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Garry Raley: (951) 640-5899, [garral@sbcglobal.net](mailto:garral@sbcglobal.net)

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**Program Chair: (B)**

Ilse Aerts: (909) 945-9947, [ilse.aerts76@gmail.com](mailto:ilse.aerts76@gmail.com)

**Membership Chair: (B)**

Carol A. Bouldin: [consultant@carolabouldinmft.com](mailto:consultant@carolabouldinmft.com)

**Hospitality Co-Chairs: (B)**

Annette Compton: [ac2360@msn.com](mailto:ac2360@msn.com)

Jeanne Joslin: (951) 922-8799, [Jeanne\\_joslin@yahoo.com](mailto:Jeanne_joslin@yahoo.com)

Janetta Peltz: (951) 922-0442, [psy\\_hlp\\_5cents@hotmail.com](mailto:psy_hlp_5cents@hotmail.com)

**Board Members At Large: (B)**

Marie Louise Bosin: (909) 809-8012,

[MarieLouise.Bosin@gmail.com](mailto:MarieLouise.Bosin@gmail.com)

Donell Miller: (909) 798-2765, [4donellmiller@gmail.com](mailto:4donellmiller@gmail.com)

**Website/Newsletter (C)**

Carol A. Bouldin: [consultant@carolabouldinmft.com](mailto:consultant@carolabouldinmft.com)

**Newsletter Reviewer: (C)**

Marie Louise Bosin: (909) 809-8012,

[MarieLouise.Bosin@gmail.com](mailto:MarieLouise.Bosin@gmail.com)

**CEU Chair: (C)**

Alyssa Giambra: [angiambra@hotmail.com](mailto:angiambra@hotmail.com)

**Newsletter Notes & Policy**

**WE WELCOME YOUR SUBMISSIONS!!**

Please submit newsletter items to Janine Murray @ [jmurraymft@aol.com](mailto:jmurraymft@aol.com) and [consultant@carolabouldinmft.com](mailto:consultant@carolabouldinmft.com)

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.

*Please note that articles submitted will be edited for readability.*

**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)



## 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 – online and in person
- ✓ Receive 2 FREE CEUs at Each of 9 Monthly Meetings
- ✓ Attend Special Law and Ethics Meeting with 6 CEUs at nearly 50% Reduced Cost
- ✓ Advertise in this Newsletter & Website
- ✓ Develop Peer Relations to Reduce Isolation
- ✓ Give and Receive Consultation and Referrals
- ✓ Stay Connected to Other Therapists
- ✓ Increase Your Knowledge
- ✓ Participate in Directories, Forums, Discussions
- ✓

Join, renew, update, or register online at:

[www.ie-camft.org](http://www.ie-camft.org). ♦

### Is It Time To Renew Your Chapter Membership?

IE-CAMFT chapter membership is renewed separately from your statewide CAMFT membership and now with the new website, renewal notices are generated automatically! Just click on the link on your invoice in the notification email and pay online for immediate verification of your renewal. **Several members are up for renewal this month** so be sure to check your inbox or go to your profile on the website and renew your membership!



### A Note from the Membership Chair:

Now that we have an automated system, you don't have to worry about keeping track of when it is you need to renew your membership—you will be reminded 2 weeks before your renewal date and on the renewal date that it is time to renew. Rest assured that if you renew early, your renewal date will be extended one year from the date your membership expires, not from the date you renew. Please renew and submit member applications and workshop registrations online, even if mailing in a check, though we prefer that you use the online payment system. If you have any difficulty applying, renewing, or registering, don't hesitate to contact me. Thanks again for using the online system!

Don't forget to register for upcoming seminars on the events page—it helps the membership and CEU chairs keep our records straight as to who is attending the presentations, and helps the hospitality committee plan how many refreshments to provide. Thanks again!



## Child Sexual Abuse

Law Offices of Joseph C. George, Ph.D.

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Acceptance Counseling Services, Inc. offers counseling services  
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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.** 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](tel:9515226766) or [mdlmft@gmail.com](mailto:mdlmft@gmail.com)

### Office Space for Rent in Claremont

Office space available in suite of collegial therapists.  
Waiting room, Wi-Fi, great parking and location. Full-time  
or part-time Monday through Friday, hourly or daily  
reasonable rates. Contact Linda Shestock, LMFT at  
[lshestock@aol.com](mailto:lshestock@aol.com) 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](http://www.drballoupsyd.com)  
[drballoupsyd@yahoo.com](mailto:drballoupsyd@yahoo.com)

Office: [951.264.8714](tel:9512648714) Fax: [951.735.8451](tel:9517358451)

Please park in the front of the building on the address side.

When you arrive, please text or call me [\(951.264.8714\)](tel:9512648714) 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.

### Seeking Office Space

Looking for about 10 hrs a week of office space in the  
chino area. Please contact Frank Gonzalez at 909-  
973-4273

To place an ad, go to: [www.ie-camft.org](http://www.ie-camft.org) and submit  
request on the *Contact Us* page.

# CLASSIFIED ADS



## Betty Odak, LMFT (MFC 52001)

535 West State Street, Suite 'C' Redlands, CA 92373.  
Tel: [909-335-9700](tel:909-335-9700) or Toll-free [855-824-2999](tel:855-824-2999), Cell [562-846-1269](tel:562-846-1269)  
3117 University Avenue, San Diego, CA 92104  
Tel: [619-800-2053](tel:619-800-2053) or [562-522-8008](tel:562-522-8008), Fax – [909-335-5991](tel:909-335-5991)  
Email: [ccmftcc@gmail.com](mailto:ccmftcc@gmail.com) or [betty.odak@gmail.com](mailto:betty.odak@gmail.com)  
Website: <http://www.crossculturalcounselingcenter.com>  
Email: [ccmftcc@gmail.com](mailto:ccmftcc@gmail.com) [betty.odak@gmail.com](mailto:betty.odak@gmail.com),  
[www.crossculturalcounselingcenter.com](http://www.crossculturalcounselingcenter.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
  - 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:
  - Coming to America By Air and How American Food and Lifestyle Led Me To Gain Over 100 Pounds about eating disorders and the emotional issues associated with weight gain/loss.
  - Before, After, and Beyond Bankruptcy, about the connection between emotions and money

**PROFESSIONAL DEVELOPMENT.** BBS CEU provider #5374, registered Play Therapy Supervisor for the Association for Play Therapy. Various interesting topics. Earn hours of CEU credit. Peaceful and comfortable location. Mindfulness included in all trainings. [www.nsewmec.org](http://www.nsewmec.org). Didactic and Experiential. Come have FUN with us while you learn.  
[marielouise.bosin@nsewmec.org](mailto:marielouise.bosin@nsewmec.org)

The Soldiers Project is looking for therapists in the IE to volunteer an hour a week to see a vet or a loved one in their own office on an unlimited basis. Training and support are provided to therapists. If interested, contact: Miriam Koenig, MFT, LPCC at: [www.miriamkoenig.com](http://www.miriamkoenig.com) or 818.783.4032

Classified ads are FREE for members and are also posted on our website

[www.IE-CAMFT.ORG](http://www.IE-CAMFT.ORG)

**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](mailto:4donellmiller@gmail.com) (909) 798-2765 (let phone ring at least ten times).

**Therapist in network for Anthem Blue Cross needed.** Also, please contact me if you are a therapist with contract for San Bernardino, Riverside or LA County Medi-Cal. Kathryn Vannauker, MA, MFT, CEO, Acceptance Counseling Services, Inc. 818 North Mountain Avenue, Suite 203, Upland, CA, 91786 (909) 635 8077 [www.ranchocucamongatherapy.com](http://www.ranchocucamongatherapy.com)

### DON'T HAVE A WEBSITE YET?

Contact me at: [consultant@carolabouldinmft.com](mailto:consultant@carolabouldinmft.com) and I will design one for you!

*Special rates for CAMFT and IE-CAMFT members*

[www.ie-camft.org](http://www.ie-camft.org)

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