

THE PROFESSIONAL EXCHANGE



INLAND EMPIRE CHAPTER OF CAMFT

(California Association of Marriage Family Therapists)

JUNE 2007

MONTHLY MEETING

June 22, 2007
8:30 am - 10:30 am

Loma Linda Marriage & Family Therapy Clinic
164 W. Hospitality Ln. Suite 15
San Bernardino, CA. 92408

Addressing the Challenges of Ambiguous Loss

By Barbara Couden Hernandez, PhD, LMFT

Barbara Couden Hernandez, PhD. is Associate Professor of Marriage and Family Therapy and Director of Clinical Training at Loma Linda University. She has practiced marriage and family therapy in community, hospital, school and private practice settings. She is currently the Director of the Loma Linda MFT Clinic and is an AAMFT-Approved Supervisor specializing in experiential family therapy.

Objectives

Participants will be able to:

- 1 define ambiguous loss
- 2 Identify the precedents and mediators of ambiguous loss
- 3 Discuss typical impacts of ambiguous loss on individuals, couples and families
- 4 Discuss helpful interventions to diminish the negative effects of ambiguous loss and to enhance relational and personal wholeness

Description

Ambiguous loss has been defined as grief that cannot be resolved because closure and moving on are inappropriate goals. Every clinician works with people who have experienced this type of loss. However, because it is not recognized, it often prevents clients from being able to make therapeutic gains. This presentation will clarify the circumstances from which the loss emerges, and how it affects individuals and their relationships with significant others. Implications for diagnosis and treatment planning will be addressed.

Two (2) hours CEUs (free for members - \$10 for non-members)

CHAPTER EVENTS TO REMEMBER

June 22, 2007 Addressing the Challenges of Ambiguous Loss by Barbara Hernandez, PhD.

JulySummer Break Interested in attending the board retreat? You are invited.

August 24, 2007 Eating Disorders by Candace Brown

September 28, 2007 Working with Children through Grief and Loss by James Billings,

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Greetings,

I did it! I successfully renewed my membership. It was easy and almost painless. If you have not yet renewed, this is the last newsletter and other benefits coming your way. So fill out the form on page 6 and send it in today.

Have you looked at the latest "Therapist" magazine? I was struck by the expanse of issues involving MFTs. Challenges include perspectives that we are not qualified to provide services needed by mental health, legislation to allow professional counselors, qualifying for Medicare and the never ending effort to have appropriate laws governing our profession.

On the positive side, the MFT profession remains strong and recognized leaders, garnered support for funding at the national level, and represents our

profession well in community, state and national forums.

The IE-CAMFT Chapter recognizes the success modeled by our state CAMFT and is attempting to assume the positive aspects in our venues. Some of the opportunities for you to contribute include:

- Contact Carolyn Dodd and volunteer to join our Trauma Response Team
- Respond to the request to identify therapists for military families
- Volunteer to help our chapter activities
- As always, continue professional growth

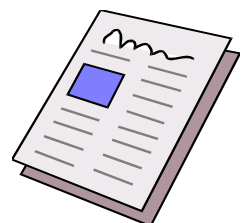
This month, you have the pleasure of accomplishing professional growth by attending the presentation by Dr. Hernandez on June 22nd. I'll see you there,

Garry

PRESIDENTS MESSAGE

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. Send to garal@sbcglobal.net The newsletter is e-mailed (unless a hard copy has been requested) to all members.



TRAUMA RESPONSE NETWORK

Carolyn Dodd, Board Member and CEU Coordinator, has accepted the challenge of developing a trauma response network for IE-CAMFT!

State CAMFT has been promoting the development of chapter networks to assist when overwhelming needs arise. A recent example was the tragedy at Virginia Tech. A different tragedy befell local citizens with the multiple fires in our local mountains. During that local emergency our chapter attempted to identify therapist that could and would provide assistance to citizens at the former Norton Air Force Base. Many calls were made to no avail.

State CAMFT has requested contact information for therapists with experience and/or interest in working with families and individuals dealing with the stresses of overseas military duty. This is not the same as the primary mission of the Trauma Network, but it reflects in increasing need to coordinate available resources.

The requirement to be a member includes participation in semi-yearly training sessions. For convenience, the most recent binder and materials may be done as home study. You may also get 6 CEUs by completing the review questions.

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

Lots of renewals. Are you RENEWED?
(Send in with form on page 6)

Welcome New Members

Jenny Fang

Concepcion Warren

Linda McCullough

Catherine Wheeler



CAMFT – INLAND EMPIRE CHAPTER

FINANCIAL REPORT

No Financial Report this month. New Financial Officer, Wendy Hallum, is in the process of organizing her new responsibilities

[illegible]

CALL 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.

PSYCHODRAMA EXPERIENCE and TRAINING

940 E. Colton (Redlands at University)
United Methodist Church, Wesley Lounge

TIME: 7:20 pm—9:00 pm

FREE FOR PARTICIPANTS—SMALL FEE FOR THOSE SEEKING CREDITS

June 15, 2007

MAGIC SHOP FOR FUN

...a model for dealing with Approach/Avoidance Conflict

Each session is followed by Training for NBCC and NAADC Credits

(9:10 pm—10:00 pm)

Contact Don Miller, PhD., TEP (909) 798-2765



Troubling Transitions Over the Life Span

June 16 and 17, 2007

Lake Arrowhead

Saturday, June 16th

Up to eight hours CEUs and Psychodrama Credit for trainees .

Cost: \$100 (includes bed, breakfast)

This overnight experience will focus on the specific life transitions of your interest, provide free papers, and count Beacon Reminder books you select toward tuition cost. Books include Catharsis and Closure, Across Generations, Couples Minus One, Couples Plus One, Celebrating Role Transition, 28 Plot System, The Parable Sampler, Directing Psychodrama

Sunday, June 17th

Cost: \$25 (two sessions)

FATHERING AND BEING FATHERED Moving beyond regret to celebrating your role transitions.

Call Don Miller, PhD, MFT, TEP

(909) 798-2765

donellmiller7626@yahoo.com

Annual Dues Are Now Due

Membership dues are collected every year in April. The following members have paid for the new fiscal year. If your name is not on the list, you have not yet paid your dues. Don't let your membership lapse – pay your dues today! To do so, please complete the membership application in this newsletter and send it along with your check to the address listed.

CURRENT MEMBERS

Bastanjian, Gary
Billings, James
Blunt, Catherine
Boone, Margaret
Bowen, Barbara A.
Brodersen, Gordon
Bronsnan, Jeffrey
Brown, Stanley
Bywater, Nicki A.
CAMFT c/o Shawn Talbot
Caporale, Catherine
Carrillo, Victoria
Childs, Jacquelynne C.
Compton, Annette
Connerley, Rose Ann
Currie, Nancy
DiCarlo, Betty
Dill, Jane R.
Dodd, Carolyn
Donaldson, Michelle

Dubas, Mary Ann
Egan, Marilyn
Elder, John
Fang, Jenny
Farley, Norman
Fernandez, Sara
Freund, Chaplain Lynaia
Gabriel, Ginger
Hall, Velora
Hart, Pam
Heaberlin, Ted
Hirst, Nancy
Johnson, Beverly A.
Jones, JoAnne
Joslin, Jeanne
Kaiser, Tricia
Kampa, Diana
Kemp, Stan
Klingaman, Cara
LaTour, Bill
Leach-Jackson, Consuella
Lehrman, Susan
Levanduski, Karen
Loleng, Ann
Makela, Tammy
McCullough

McGinn, Lisa
Murray, Janine
O'Connor, Cheryl
Odak, Betty
Oldham, Susan
Olson, Ken
Phelan, Linda
Poore, Patrick
Raley, Garry
Ramos Carroll, Ilana
Roberts, Gabriele E.
Sabey, Peter
Shannon, John
Saulen, Antoinette
Shestock, Linda
St. Clair, Chris
Steinbock, Robert
Tams, Virginia
Than, Long
Theisen II, George
Trindl, Laura
Ulmer, Harry
Warren, Concepcion
Wheeler, Catherine
Zinke.A. Benjamin

If your name is not on the list above, please complete the form on the next page and send to:

Inland Empire Chapter of CAMFT

9708 SVL Box

Victorville, CA. 92392



**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 () _____

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 IE-CAMFT

Send this form with check to: Inland Empire Chapter of CAMFT
9708 SVL Box
Victorville, CA. 92392

**TRAUMA RESPONSE NETWORK** cont. from page 3

To assist Carolyn in developing a network in our chapter, the board has decided to provide materials and CEUs cost for any member willing to join in this effort. Your obligation is not 24/7. The level of commitment may be adjusted by your other demands. More information is available by checking the state CAMFT website...or stay tuned for more articles in our newsletter.



Licensed MFT or LCSW wanted for clinical position in Apple Valley, CA. Managed care and EAP work. Private Practice setting with ownership possibilities. Must be licensed 2 years. Fax resume to (760) 946-1511.

**Advertisement for The David and Margaret Home
Social Services - Therapist**

Graduate degree, 1 year experience, and license under LCSW/MFT (or license eligibility) required. Job includes supervision of the case manager, facilitate therapy, and supervision of counselor logs. Full-time position. Send resume to: David & Margaret Home (E.O.E), 1350 Third Street, La Verne, CA 91750 – Attn. Sheila Davis.

THERAPIST NEEDED

Inland Psychiatric Medical Group, Hemet
Work 3-5 days each week, Primarily adolescent and adult clients, Current insurance panel membership preferred.
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(951) 652-8107 Office
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6 MONTHS: 25% OFF - \$90
12 MONTHS: 40% OFF - \$144



The following article is from the web site of Fire and Rescue, EMS, and Hazmat. It may not be reproduced or used for any commercial or financial purpose. The web site is www.firefighting.com

Grieving Ambiguous Losses

WRITTEN BY : Wendy C. Norris, DATE POSTED: 3/31/04

A little over a year ago, a friendship that was very dear to me came to an end. I had loved this person dearly and enjoyed the time I spent with this friend. Together we had built a business together and gone to school together. We experienced some tremendous highs and struggled through some painful lows. Together we saw many things that most people don't ever see in a lifetime. We invested a lot of time, energy, and sometimes money, into our friendship. So, when our friendship was hit by a fatal blow of circumstances, the loss almost felt like a death. I turned from the path of friendship to the path of grief. To this day I still struggle with the grief of losing this friend.

The most difficult aspect of this loss was that my other friends and my family did not understand the depth of my loss. Many did not even recognize it as a loss because of its ambiguity. Because my friend was still alive, the loss was seen as uncertain or doubted because there was a possibility that we could revive that friendship. I knew in my heart that it was highly unlikely. Because of the ambiguous nature of this loss, I received very little support or comfort during my grieving process. Essentially, I was alone in my grief.

In her book, *Complicated Losses Difficult Deaths*, Dr. Roslyn A. Karaban writes that ambiguous losses can fall under two categories: the physical presence of the person but with psychological absence, and the physical absence of the person but with psychological presence. Here are some examples of losses for each category.

1. Physical presence of the person/psychological absence

- Chronic illness or disabilities
- Dementia
- Coma
- Addiction
- Mental illness or issues such as depression or PTSD

2. Physical absence of the person/psychological presence

- hostage
- MIA such as the emergency workers on 9/11
- Missing child
- Divorce or loss of friendship/relationship

Giving a name to this type of loss gives recognition. It can help an individual feel as if they are not suffering alone or without a cause. It can help the individual in their grief process, which sometimes can be complicated. One paramedic shares his experience with the complicated grief of an ambiguous loss. "Within a sixteen month period, I lost two of my very best friends. One friend was someone I had known since childhood. The other friend was partner on the ambulance. My childhood friend was killed in a car accident. The grief that I felt was excruciating. Some days I just felt that I couldn't go on. But for some reason, I was able to draw a sense of peace as I went through my grief process. Nearly a year later, my friend at work and I experienced a series of circumstances that caused our friendship to die. Again I was thrown into the grief process. But, this time around it was so much more difficult and I didn't understand why until I learned about ambiguous loss. Because I still worked at the same department as my friend, I was constantly being re-exposed to the loss. It was like I was always stuck in one phase of the grief cycle. I never felt that sense of peace that I felt when I started healing from the loss of my childhood friend. To this day, and it has been nearly two years since I lost my friend from work, I am struggling with my grief."

It is important for individuals to understand ambiguous losses and how to cope. One of the most important reasons understanding is essential is because unresolved losses can complicate and exacerbate the grief process of future losses. For emergency service workers, ambiguous losses are pretty prevalent. Because the emergency service community experiences a higher rate of divorce, addiction, mental health issues, on the job injuries and illnesses,

(continued on page 9)



Cont. from page 8

and the loss (sometimes tragic loss) of co-workers, it is important to learn how to pinpoint when a loss has occurred.

Know that if one is faced with an ambiguous loss, there will be grieving. The individual may experience psychological, physical, social, and spiritual responses--all of which are normal responses. If the affected individual knows that someone else recognizes their loss as real and substantial, their healing might be easier.

Here are some things that an individual experiencing an ambiguous loss or a care-giver/friend can do to help with the grieving process:

- Use the Internet to find resources, support groups, and other materials that relates to the particular loss, i.e., injuries, divorce, loss of friendships.
- Write a letter to the person that is involved in your loss, then either bury or burn the letter.
- Learn to identify and express the feelings that come with the loss. Talk to friends, counselors, chaplains, and ministers. Learn to verbalize all feelings.
- Reinvest 'empty time' into a new project or activity, especially in ones that help others. Many grieving people have stated that helping other people is what helped them the most.
- Reinforce positive self-talk, especially in the event of consistent re-exposure to the loss. Negative self-talk will only make the experience more painful and healing more difficult.
- Create new traditions. Most individuals have some sort of traditions that they like to follow. If a friendship dies, traditions associated with that individual tend to die, too. Making a new tradition with one's self, a spouse, or another friend can be healing and can quite possibly open the door to new possibilities.

Ambiguous losses are real losses that can cause a person to experience tremendous pain. Knowing how to spot this type of loss and how to deal with it can really change a person's life and their outlook on life. Since the loss of my friend, writing a letter to that person explaining my thoughts, pain, and fears has really helped me with putting a closure to that relationship. Being able to spot my particular grief and writing the letter as well as this article has helped so much.

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CRITICAL INCIDENT STRESS MANAGEMENT TRAINING CONFERENCE

The San Diego County CISM Team is committed to offering up-to-date, high quality crisis intervention training with ICISF approved Instructors at the lowest possible costs, the Board of Directors has extended the special 50% discount on the regular conference fees. Don't delay and miss out on this extraordinary opportunity to increase your skills with a minimum financial investment! June 28 - July 1, 2007

1 two-day class is \$125.00 (Regular price is \$250.00)

2 two-day classes is \$200.00 (Regular price is \$400.00)

Go to www.SanDiegoCountyCISMTeam.org or http://www.sandiegocountycismteam.org/Conference_Flyer_04-16.pdf.



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CAMFT NEWS

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

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Hospitality: Pam Hart – (760) 900-3852

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

Newsletter Editor: Garry Raley (951) 640-5899

Program Chair: Sheri Rambharose – (951) 778-3970

Webmaster: Patrick Griffiths- (909) 338-8253

If you are interested in serving on a committee, please contact Garry Raley or any board member

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

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