

# THE PROFESSIONAL EXCHANGE



## INLAND EMPIRE CHAPTER OF CAMFT

(California Association of Marriage and Family Therapists)

JUNE 2008

### MONTHLY MEETING

Friday, June 27, 2008

Coffee and Networking: 8:00 am  
Program: 8:30 am - 10:30 am

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

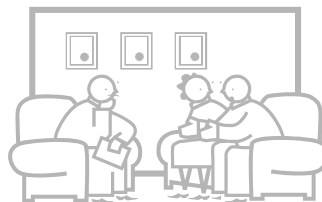
### USING MYERS BRIGGS PERSONALITY INVENTORY IN THERAPY

**Lu Ann Ahrens, LMFT**

Lu Ann Ahrens started her counseling career with an M.S. degree from Cal Baptist University (CBU) and then went on to work for Riverside DPSS as a CPS Social Worker. Currently, she maintains a fulltime private practice in Riverside, serving families, couples, individuals, and groups. She specializes in couples therapy, crisis response, grief and loss work, Christian and spiritual counseling, and she admits a passion for Emotionally Focused Therapy. She is an accomplished speaker and teacher who presents in a variety of venues—to churches, employee assistance programs, and to students at CBU. Ms. Ahrens also provides consultation, supervision, and training to pre-licensed CSWs and MFTs and she is pursuing certification in supervision with AAMFT.

#### Presentation Objectives:

1. Present a simple way of utilizing Myers Briggs Type Indicator® (MBTI) with couples.
2. Leave with a better understanding of how MBTI can be used in therapy.
3. Acquire a self-confidence to utilize this tool with your own clients.



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

#### CHAPTER EVENTS TO REMEMBER

July, 2008, Board Retreat—all members are invited to attend. Date to be announced. Please contact James Billings for details.

August 22, 2008 Meeting at the Intersection of Spirituality and Psychotherapy—Robert Connerly, MFT, PhD

September 26, 2008 Monthly Meeting—program to be announced

#### BOARD OF DIRECTORS

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Last month we had a wonderful clinical training and discussion about working with men in therapy. I enjoyed hearing different opinions and ideas about how we can work with this population. I gained a greater appreciation for the variety and diversity our field has to offer the client's we serve.

I recently read a study on the AAMFT website (yes I am both a CAMFT and AAMFT clinical member); the article talked about the type of practice we conduct. It stated, "*Marriage and family therapists regularly practice short-term therapy; 12 sessions on average. Nearly 65.6% of the cases are completed within 20 sessions, 87.9% within 50 sessions. Marital/couples therapy (11.5 sessions) and family therapy (9 sessions) both require less time than the average individual treatment (13 sessions). About half of the treatment provided by marriage and family therapists is one-on-one with the other half divided between marital/couple and family therapy, or a combination of treatments... Since 1970 there has been a 50-fold increase in the number of marriage and family therapists. At any given time they are treating over 1.8 million*

*people.*"

For me, this made me think about how, in many ways, we are all very similar, and yet at the same time we are able to approach our way of helping others in a manner that best utilizes our personal strengths and talents. It is humbling to know just how many lives our profession helps every day. I hope that we never take for granted the great honor and opportunity we have to practice Marriage and Family Therapy, each in our own unique way.

Please join us each month at our chapter meetings, and share your own rich and unique experiences.

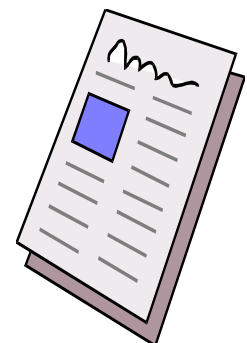
Just as a reminder, we will not be holding a chapter meeting in the month of July. This is our annual Board Retreat, at which time we will try to map out this next years goals and hopes for the chapter. I hope to see you each this month at our chapter meeting.

*James Billings*

***PRESIDENTS  
MESSAGE***

**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.



## How to Improve the Therapeutic Alliance

By Heather Bryga, M.S., MFT-I

As a pre-licensed MFT, I admit I was initially a little desperate to find the things that would make therapy work the best. I was excited to learn that the therapeutic alliance (TA) is frequently cited as “the most robust predictor of treatment success.” (Safran and Muran, 2000). I was even more pleased to discover that recent research with adult clients gives counselors some pragmatic hints about how to nurture this powerful part of therapy.

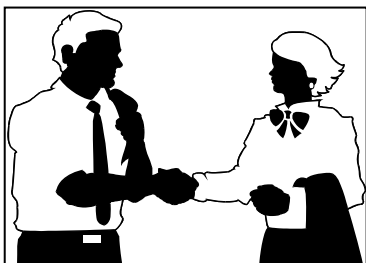
I learned that the earliest stages of treatment are an opportunity to agree on the goals and tasks of therapy, while also strengthening the rapport between the professional and client. For example, to strengthen the TA, studies suggest that during your initial interview you should “initiate silences and wait for your client to end them” (Sharpley, Munro, & Elly, 2005). Also, early in treatment, apparently clients may be uncomfortable with “in-depth work,” “assessment,” and “global reassurance” (Batchelor & Hovarth, 1999). Research further suggests that early interventions correlate with a higher TA if they are supportive, rather than exploratory (Batchelor & Hovarth). For example, clients might prefer problem-solving interventions or referrals in the first few sessions instead of probing family-of-origin work. Lastly, Batchelor & Hovarth state that the early TA may benefit from letting the client know that their engagement and involvement in therapy are highly valued.

As treatment continues, investigators suggest that the TA improves as therapists persist in evaluating the client’s needs and responding flexibly (Batchelor & Hovarth). In fact, the therapist may not be an accurate judge of how well the TA is fairing. The strongest correlate with positive therapeutic outcome is client’s rating of the TA—“comparisons of clients’ and therapists’ ratings ... have consistently indicated low agreement” (Batchelor & Hovarth; Hovarth & Greenberg, 1989). This suggests that therapists should not rely on their perceptions as to how well therapy is going, but assess the client’s perspective. There are many formal tools available for evaluating the TA, ranging from short four-question visual scales (for example, the Session Rating Scale 3.0 by Johnson, Miller, & Duncan, 2000) to complex measures (such as the Working Alliance Inventory from Hovarth and Greenberg). If you would rather assess informally, you might occasionally “check in” with the client about the TA. For example, you could ask, “How was today’s session—did you get to talk about what you wanted to?” This might evaluate how well the tasks of the session are contributing to the TA (E. Teyber, personal communication, 2006). Or, to evaluate the rapport aspect of the TA, a clinician might ask, “How are things going between you and me? Would you tell me if I was pushing too hard?” (E. Teyber, personal communication). Or, to evaluate the goals aspect of the TA, you could ask, “Are we working on the things you want to work on?” (Teyber, personal communication). The TA improves if the client feels that their thoughts and reactions about therapy are respected (Batchelor & Hovarth).

I was surprised to discover that, although it initially seemed counterintuitive, a rupture in the TA is a powerful opportunity to positively impact treatment outcome. If you can repair the TA after a rupture, research shows the strongest correlation with symptom reduction, even better than if the TA stays high throughout treatment (De Roten, et al., 2004). Batchelor & Hovarth suggest managing your own countertransference and then addressing ruptures, resistance, and conflicts directly—connecting the rupture to your relationship with the client, or perhaps exploring whether the goals and tasks of treatment are still important to the client. As an intern, I was initially terrified of the idea of a rupture in my relationship with my clients. I feared they would leave therapy. Or, that I had somehow have hurt the client more. It has been encouraging to know that this is likely when a client will make their strongest progress, if I can support a corrective and healthy interaction in therapy, and respond to the client’s needs.

### Bourdin’s Model of the Therapeutic Alliance

1. Agreement on the goals of therapy.
2. Agreement on the tasks of therapy.
3. Client-therapist rapport or bond.  
(Safran and Muran)



(continued on page 6...)



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### **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](http://www.teamfocusonline.org) and call Paul Legan at (951) 684-6888 or Emmet Reid at (951) 259-1361.

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### **“Play Therapy for Children of Divorce”**

Wednesday, June 18, 6:00 to 7:30

By Lori Lira, LMFT, RPT-S

Presented by the Riverside Play Therapy Chapter of the California Association of Play Therapy (CALAPT). For more information, contact Sandra Herrera at (951) 751-9333 or [sherralarcs@gmail.com](mailto:sherralarcs@gmail.com). For additional information on CALAPT events, please see [www.calplaytherapy.org](http://www.calplaytherapy.org).

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### **Psychodrama Classes**

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

Friday evenings: 7:30 PM. On 6/20, informal supervision or consultation only, due to church event. No class on 7/4/08, due to the holiday.

Free to attendees. CEU credits and psychodrama credits available.

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

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### **“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>.

### **“Gestalt Play Therapy with Children and Adolescents: Something Old, New, Bor- rowed, and Blue”**

Saturday, June 28, 2008 in San Luis Obispo. For additional information, contact see the CALAPT website: <http://www.calplaytherapy.org/trainings.html> or contact Michelle Gaulden at [michellegaulden@yahoo.com](mailto:michellegaulden@yahoo.com)

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### **Give An Hour**

Therapists who wish to donate counseling services to a veteran may do so by accessing [www.giveanhour.org](http://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.

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### **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.

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### **2008 APT International Play Therapy Con- ference**

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>

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### **Visit CAMFT Website for More Training Op- portunities and Events**

Go to <http://www.camft.org> — check out the “Educational Opportunities” and “Chapter News” sections for a range of interesting information.



**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.

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**Olive Branch Counseling**

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

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**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.

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**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

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**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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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

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## ***“Thank you” to new and continuing members***

IE-CAMFT has received updated membership information and fees from the individuals listed below. If your name is not on the list, you will need to send in your 2008 – 2009 dues to remain a member. Otherwise, unfortunately this will be your last newsletter. Please renew your membership today! We appreciate your participation. Please see page 7 for the address to mail your dues and updated contact information.

- |                         |                         |                    |                        |
|-------------------------|-------------------------|--------------------|------------------------|
| • Belk, C. Nancy        | • Dodd, Carolyn         | • Holmes, Regina   | • Raley, Garry         |
| • Bertok, Michelle Hall | • Domingo, Jessica Jill | • Hovivian, Julie  | • Roberts, Gabriele E. |
| • Bowen, Barbara A.     | • Donaldson, Michelle   | • Jackson, Susan   | • Seidman, Susan       |
| • Brown, Stanley        | • Dusenberry, Ruth      | • Jacobsen, Judith | • Stillings, Susan     |
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| • Cruickshank, Marlene  | • Hall, Velora          | • O'Connor, Cheryl | • Ward, Avigail        |
| • DiCarlo, Betty        | • Hart, Pam             | • Parker, Linda    |                        |
| • Dill, Jane R.         | • Hoffman, Jill         | • Plew, Michael    |                        |

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### **...How to Improve the Therapeutic Alliance, continued from page 3.**

These recent studies have given me both information and courage. The growing field of research shows me specific interventions and techniques to strengthen all aspects of the TA—goal agreement, task agreement, and the therapeutic rapport. And, as new clinician, it reminds me that emotional healing is most powerful when people work on a problem together—if a rupture occurs, it is an opportunity.

#### References

- Batchelor, A., & Hovarth, A. (1999). The therapeutic relationship. In Hubble, M. A., Duncan, B. L., Miller, S. D. (Eds.), *The heart and soul of change: What works in therapy*. Washington, DC: American Psychological Association.
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- Hovarth, A.O., & Greenberg, L. S. (1989). Development and validation of the Working Alliance Inventory. *Journal of Counseling Psychology*, 36(2), 223-233.
- Johnson, L. D., Miller, S. D., & Duncan, B. L. (2000). *The Session Rating Scale 3.0*. Chicago: Author. Retrieved June 13, 2008, from <http://talkingcure.com/bookstore.asp?id=106>.
- Safran, J.D., & Muran, J.C. (2000). *Negotiating the therapeutic alliance: A relational treatment guide*. New York: The Guilford Press.
- Sharpley, C. F., Munro, D. M., & Elly, M. J., (2005). Silence and rapport during initial interviews. *Counseling Psychology Quarterly*, 18(2), 149-159.

*This article was presented in the spirit of a professional exchange. I hope 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](mailto:hbryga@familyservicerivca.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](mailto: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

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
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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

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We're on the Web!  
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*This newsletter is emailed  
to all members unless a  
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**Hospitality:** Open

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or (951) 686-3706

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and Garry Raley – (951) 640-5899

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**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

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