



INLAND EMPIRE CAMFT

THE PROFESSIONAL EXCHANGE

Volume 34, Issue 1

A Chapter of California Association of Marriage & Family Therapists

June 2009

Monthly Meeting: June 26, 2009

The 4th Friday Every Month

Coffee and Networking: 8:00 am

Program: 8:30 am - 10:30 am

Loma Linda Marriage & Family Therapy Clinic

164 W. Hospitality Lane, Suite 15

San Bernardino, CA. 92408

Our Presenter this month is: Lolita M. Domingue, M.S.

Marriage and Family Therapy

545 N. Mountain Ave., Suite 208

Upland, CA 91786

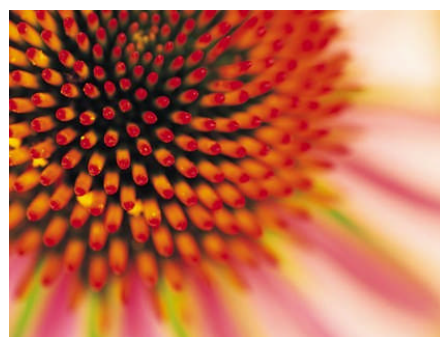
909-982-5171 lmdomingue@verizon.net

The title of the workshop is:

Gestalt Therapy: Contact, Figures, Dialogue and Dilemmas

The objectives of the workshop are as follows: Participants will:

- 1) Learn the basic tenets of the theory
- 2) Learn the basic interventions of the theory
- 3) Understand how to apply Gestalt interventions with clients
- 4) Discuss the concept of contact and how to balance being genuine with being therapeutic.



NO MEETING IN JULY!!

**Membership Information — Dues
Renew every April**

Membership to the Inland Empire Chapter of CAMFT requires a membership in CAMFT (unless you are an affiliate member). There are multiple benefits to belonging to both. For more information on membership benefits or how to join, contact Pam Hart, or any board member for assistance. Phone numbers are listed on P. 6.

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

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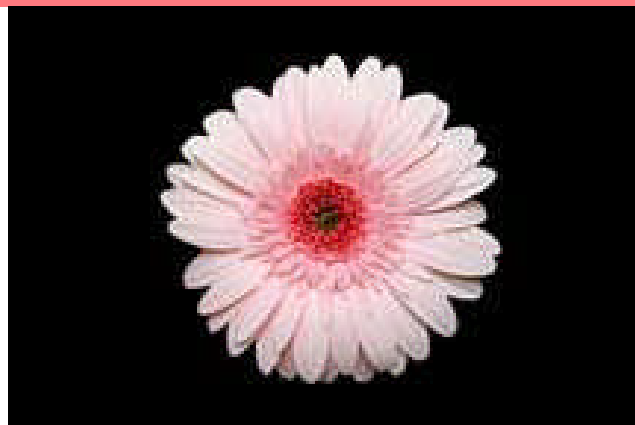
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*Quotable Quote:: Can you guess who said this?
Answer in next newsletter*

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



5 Tips for Banishing Licensing Exam Anxiety

By Miranda Palmer

For pre-licensed individuals and clinical supervisors

Since their inception, licensing exams have triggered anxiety in pre-licensed individuals. While some stress can be beneficial, a high level of anxiety will often lead to avoidance, more anxiety, fear, and an inability to access one's clinical knowledge and experience. Here are 5 tips for pre-licensed individuals and their clinical supervisors to help banish those high levels of anxiety!

- 1. Talk about licensing exams right away. Knowledge and preparation can go a long way in banishing anxiety. Think of exams as termination of therapy. We talk to therapy clients about termination from the beginning of treatment, not on the last day. Why not bring up the end point with interns at the beginning--not to increase their anxiety but in order for them to better manage it.*
- 2. Ask (and answer) questions about licensing exams. Many pre-licensed people carry around worries and misconceptions about licensing exams. Talking about these issues helps a supervisor to dispel common misconceptions and to confront concerns. Often, worries may be related to an area of clinical practice in which a pre-licensed person feels unqualified. What a great opportunity to identify an area for growth and have a teaching moment.*
- 3. Know what is covered on the licensing exams. As clinicians in training, and as clinical supervisors, we all have strengths and blind spots. The California Board of Behavioral Sciences goes to great lengths to spell out everything that could be included on the licensing exams. Use this list both as a blind spot and strength detector and an opportunity to banish anxiety about exams at the same time!*
- 4. Talk about anxiety directly. Everyone deals with anxiety at different points in his or her life. Teaching pre-licensed individuals skills to manage anxiety (or identifying the need for a clinical level of treatment) is essential to the teaching of pre-licensed individuals. A test-taker cannot access stored material during a test when experiencing high levels of anxiety. Nor can*

a pre-licensed professional respond to crisis situations effectively if they do not have a plan for anxiety management. The same skills interns learn for managing anxiety during sessions can be generalized to managing anxiety during the test.

5. Know your resources. The testing process is an incredibly personal journey. Understanding the options available allows the test-taker to evaluate the plan that is best suited for them. What worked for the clinical supervisor, or a friend may not be the right plan for another. Understanding the many different ways in which someone can successfully pass exams on the first try can open pre-licensed persons up to finding their perfect path and the joy that comes with walking on that path!

I hope these tips provide a workable plan to manage the fear and banish the excessive anxiety that can prevent the next generation of therapists from successfully navigating licensing exams. Happy talking, studying, and passing!

Miranda Palmer is a Licensed Marriage and Family Therapist in Modesto, CA. She provides consultation for pre-licensed individuals to help them "love the whole process from graduate school to licensure as a MFT." She has a free monthly newsletter for pre-licensed individuals and a free online study group for exams with over 600 members at <http://mftguide.com> Give her a call today at (209) 602-1513 for a free 15-minute consultation to get your questions about the licensure process answered!

A Note from the Editor:

THANK YOU FOR YOUR ARTICLE! SUBMISSIONS FOR ARTICLES, EDITORIALS ARE VERY WELCOME!!
Member Editorials and Articles represent the opinions and ideas of the author and do not represent IE-CAMFT or CAMFT. Submissions may be edited for space utilization and readability.

“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

CLASSIFIED ADS

Therapist Needed — Banning

Christian therapist preferred, LCSW or MFT license. Rent office with 2 MFTs; warm, comfortable setting.
Call Janetta (951) 922-0442.

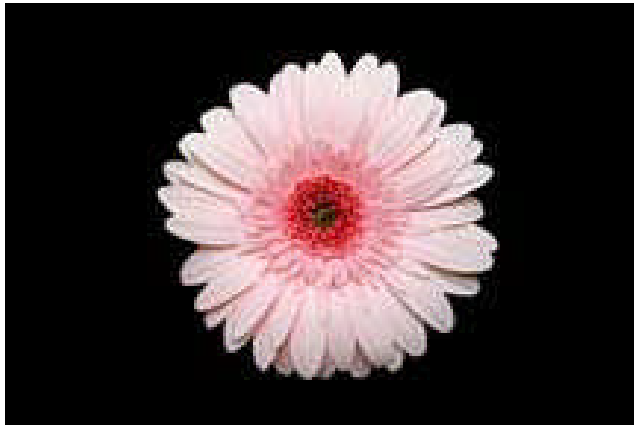
Apple Valley. Part-time Clinical Position

Located in the high desert. Must be licensed a minimum of 2 years and be credentialed with at least one insurance company. Fax resume to 760-946-1511.

Licensed Forensic Therapist Needed — Colton

To work with individuals and groups and to complete assessments. Experience working with sex offenders preferred.
Contact Sharper Future at www.sharperfuture.com.

ADS continued on next page



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.
- 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

Fridays at 7:30 p.m. in the Youth Room, at the University United Methodist Church, 940 E. Colton Ave., Redlands.
Free to attendees. Guests welcome. CEU and psychodrama credits available .For information, contact Don Miller at (909) 798-2765, or at 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

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Liz Scudder @ 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

**Support Services
For Mental Health
Providers**

For more information...
Cell: 714-454-1030
E-mail: jasaha@charter.net
www.sandrakellerkbf.com

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

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Board Member At Large:
Ginger Gabriel (909) 338-6968

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.

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 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

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