



## THE PROFESSIONAL EXCHANGE IE-CAMFT

**IE-CAMFT**  
**Newsletter**  
**June 2012**

California Association of Marriage & Family Therapists — Inland Empire

### **IE-CAMFT Meeting Friday, June 22, 2012**

#### **Treatment Resistant Teens: Options!**

**Speaker: Triston Morgan Ph.D.**

A treatment resistant teen in your therapy practice is not an uncommon occurrence. There are options for families in these situations that most private practice therapists do not know about, or don't have an accurate picture of. Wilderness programs, residential treatment centers, and therapeutic boarding schools are available and are as different as the students that they enroll. Finding the right fit for adolescents is as important as what the school has to offer in the first place. Often what is publicized about the teen treatment continuum of care is misunderstood and/or inaccurate.

#### **Objectives:**

1. Tell participants about the out-of-home continuum of care for adolescents,
2. Address myths and or misunderstandings about the teen treatment industry and
3. Educate participants about the process of helping families consider this treatment option.

We will achieve these objectives through presenting facts about the adolescent treatment industry, providing anecdotal experiences, and by soliciting ideas from participants about their experiences. Participants will develop a greater understanding of how to work systemically with the adolescent treatment industry in a way that encourages and facilitates change in families. Placing a child outside of the home for treatment has little to do with individual treatment and more to do with healing the whole family. Many in our industry feel this way and implement treatment strategies to make this happen. The family is our focus.

Note: Meeting time gives time to deliver kids to school, etc., since many of our members have that responsibility. Promptness is urged and **presence required** during the two hour presentation to earn your 2 CEUs.

#### **Monthly Meeting times and Location**

08:30-09:00 am Coffee and Networking:  
09:00-11:00 am Program  
11:00-11:30 am Board Meeting

LLU Behavioral Health Institute  
1686 Barton Rd.,  
Redlands, CA. 92373

Directions: Exit the I-10 Fwy at Alabama St. Go South (right for most of us!) to Barton Rd. Go Right (West) on Barton Rd. BHI is at the corner of Barton Rd. and Iowa St.

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. It's a benefit.
- \* Non IE-CAMFT members: \$10.00.

### **IE-CAMFT Speaker June 22, 2012**



#### **Triston Morgan Ph.D. , Admissions Director Discovery Academy**

Dr. Morgan came to Discovery Academy in January 2009. After earning his bachelor's degree in marriage, family, and human development at Brigham Young University, he continued his education at Loma Linda University where he earned his master's degree

in marriage and family therapy with an emphasis in drug and alcohol treatment. He later earned a Ph.D. in marriage and family therapy from Brigham Young University. He is licensed as a marriage and family therapist in the state of Utah. Since 2002 he has worked as a therapist in different settings, including drug and alcohol rehabilitation clinics and wilderness therapy programs for adolescents. Dr. Morgan is originally from Oregon and likes to ride his dirt bike in his spare time.



**Judith Jacobsen: May 25, 1941 - June 7, 2012**

With a heavy heart, I convey to our readers that our beloved Judy left us on Thursday, June 7 at 5:45PM after her three-month odyssey through the Loma Linda University Medical System. In March 2012, Judy went to her medical provider to address her fatigue. It was discovered that she had leukemia, and upon hospitalization she also had a stroke, leaving her partially paralyzed. All of this came as a great shock to Judy, Mike and her community of loved ones and friends.

I hold Judy in my memory as a vivacious and passionate woman, whose big heart and ready smile made people feel welcome and affirmed. It was a delight to have her on our Board, and she, with husband Mike's able and willing assistance, went above and beyond to provide a delicious and nutritious array of refreshments for each of our events during the past year and a half.

On May 25, 1941, Judy was the first baby to be born at the LADD Army Airfield Hospital in Fairbanks, Alaska. Her first career was as a licensed (CA) Speech and Language Pathologist, and she served in numerous settings, including schools, nursing homes, outpatient clinics and home health care.

On September 19, 1977 Judy graduated from Loma Linda University with a Masters in marriage and family therapy. Upon licensure, Judy began practicing in Redlands.

Judy met her husband Mike Jacobson sixteen years ago, through the video dating service Great Expectations. They clicked right away and enjoyed fifteen and a half years of marriage. Judy is survived by her sister, Valerie Hendrickson.

A Memorial Service is planned for  
Saturday, June 23, 2012 4:00 pm  
First Lutheran Church  
1207 West Cypress Ave, Redlands, CA  
(Corner S San Mateo ST, W Cypress AVE)

If you would like to make a donation to help defray the costs of final arrangements, please send to:

Mike Jacobsen  
25653 Lawton AV  
Loma Linda, CA 92354

## IE-CAMFT Mission Statement:

**We are professional visionaries dedicated to providing training, networking, and advocacy for Marriage and Family Therapists to promote healthy individual, and couple and family relationships.**

### President's Message:

Thank you for the opportunity to serve this chapter! I'm excited and grateful to work alongside dedicated people like **Garry Raley**, who has provided tremendous support to this group for years and has agreed to become Treasurer for 2012-2013. **Carolyn Dodd** is another long time volunteer, who continues as Board Member at large, and will continue to provide us CEUS in her quiet, unassuming way, meeting after meeting.

Thank you to outgoing president **Donell Miller** who will participate on the Board in the role of Past President. Thank you to outgoing Board Members **Randy Stier**, Secretary, and **Ben Zinke**, Treasurer, for your years of service. Also, I would like to acknowledge **Ruth Dusenberry** for serving behind-the-scenes as Newsletter Reviewer during the past year.

A Big Welcome to: **Janell Gagnon**, our new Secretary, who has already gifted us with her cogent summaries of past presentations; **Don Totaro** and **Ilse Aerts**, who will replace me as co-chairs of the Program Committee, and **Maria Luisa Ciaglo**, who will

Faith is illuminative, not operative; it does not force obedience, though it increases responsibility; it heightens guilt, it does not prevent sin.  
- Newman

There are two kinds of faithfulness in love: one is based on forever finding new things to love in the loved one; the other is based on our pride in being faithful. - La Rochefoucauld

### President's Message (continued-1):

assist them. If you have a topic or presenter you would like to see on this year's line-up, please let them know right away, as they are busily arranging the schedule even as I write. I also welcome **Marie Louise Bosin** as Board Member at large, who has agreed to review our monthly newsletter.

I greatly appreciate that **Janetta Peltz** and **Jeanne Joslin** have agreed to continue organizing networking events - and I hope to mingle with you at one soon!

Our dear **Judy Jacobsen**, former Board Member at large and Hospitality Chair, passed away due to the double attack of a stroke and cancer. Even though she was incapacitated and unable to serve directly, she had "deputized" her husband **Mike** (who is not a therapist or even a member of this chapter) to provide Hospitality in her stead. Let's talk commitment - a shining example of Volunteer Spirit! May that *esprit de corps*\* rub off on each of us.

Together, we hope to inspire and equip you for your ongoing journey as a professional dedicated to helping people be whole and happy!

*\* the common spirit existing in the members of a group and inspiring enthusiasm, devotion, and strong regard for the honor of the group: from the Merriam-Webster Online Dictionary.*

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

Live out of your imagination, not your history.  
- Stephen Covey

It is easy to know God so long as you do not tax yourself with defining Him. - Joubert

One often contradicts an opinion when what is uncongenial is really the tone in which it was conveyed. - Nietzsche

## IE-CAMFT Meeting May 25, 2012

In our May IE CAMFT meeting we had the pleasure of hearing from Roger Nolan, M.A., about mindfulness. Roger is a Licensed Marriage and Family Therapist in private practice in South Pasadena. Roger currently leads groups in Mindfulness Based Cognitive Therapy (MBCT) for depression and anxiety, and helped develop Mindfulness Based Relapse Prevention (MBRP) for addictive behaviors. He facilitates MBCT and MBRP classes at Insight L.A. in Santa Monica and Pasadena. Roger has been leading mindfulness groups in Pasadena area for more than 10 years, and in 2006, his classes were named "Best for Beginners" by Los Angeles Magazine. In his presentation, Roger did a great job of answering the following questions about mindfulness: (1) what it is, (2) why it works, and (3) how to use it.

**What it is:** Mindfulness can be defined as the awareness that emerges through paying attention, on purpose, in the present moment, and non judgmentally to the unfolding of experience moment by moment. We are usually not paying attention to the present moment. We go onto auto pilot, and are often thinking about the past or worrying about the future. Mindfulness practices help us to disengage from all the thoughts and worry about the past and future to concentrate on the present moment.

Mindfulness has been around for thousands of years, as it is a staple in the Buddhist philosophy, which is a 2,600 year old practice. Although mindfulness comes from Buddhist philosophy, it is important to understand that mindfulness is not a religious practice. Mindfulness can best be described as secular interventions with many great mental and physical health benefits that can be incorporated into daily life. A man by the name of Jon Kabat-Zinn was the person to make the concept of mindfulness acceptable to Westerners.

**Why it works:** Mindfulness works by helping us to cultivate a new relationship with everything that happens in our lives, thoughts and events alike. When we change our relationship with something, that something changes. So when we change our relationship with our thoughts, they change and cause us to have less unnecessary distress in our lives. This distress is primarily caused by human nature. In the human brain, the amygdala is constantly looking for threats (both present and possible threats) around us with the purpose of keeping us safe, which is known as the fight or flight mechanism. Mindfulness allows us to tune into the amygdala, and get the prefrontal cortex back to thinking clearly. Breathing from the diaphragm is the key to making this process work.

**How to use it:** While there is a variety of ways to use mindfulness in therapy practice, Roger discussed a handful of ways in which he incorporates mindfulness into therapy. The common theme of all mindfulness practices is that they tune the mind into the body because the body is always in the present moment. As discussed above, the mind is usually not in the present moment, so we tune our mind into our body in the present moment; therefore, forcing the mind to focus on the present moment.

## IE-CAMFT Meeting May 25, 2012, Continued-1

- **Mindfulness Meditations:** One of the most common and beneficial mindfulness practices is mindfulness meditations. In mindfulness meditation, the mind remains very active. We give the mind a sensory object to focus on (often times it can be the breath). The breath is a great object to focus on because it is portable, and if we cannot pay attention to our breath, what else are we missing? Part of the mindfulness meditation process is the inquiry that follows which helps the person to be in tune with their thoughts and how they were able to come back to the present moment. It's not about trying to figure out what is going on; it is just about recognizing what is happening in the present moment without analyzing it.

- **Eating Meditation:** For an eating meditation, it is a good idea to use a food that most people are very familiar with, such as a raisin. To perform this, one can have a client investigate the raisin by looking at it, touching it, smelling it, listening to it, eating it and investigating how it tastes, what it feels like, etc. This practice provides a new relationship with the raisin and a new state of mind for something we usually do without thinking. This practice can be done for up to 20 minutes.

- **Body Scan Meditation:** In this practice, clients focus on moving slowly through the body and tuning into how it feels.

- **Yoga:** Yoga is a great practice to tune one's breath into the body in the present moment.

- **Homework:** One common homework assignment Roger will give his clients is to ask them to bring mindful attention to their everyday activities, such as brushing their teeth, getting into their car, or taking a shower.

- **Awareness Checking:** A common dialectical behavior therapy (DBT) mindfulness practice is to have a client sit down with a piece of paper or journal. Tune into breathing and ask the following three questions: (1) What am I thinking? (2) What am I feeling? (3) What are the physical feelings I am feeling in my body right now?

Overall, mindfulness is a great tool to incorporate into therapy because of all the great benefits of it. Obviously, there's something great about it if it has been around for 2,600 years!

Mindfulness practices can help clients with many of common problems we see in therapy including stress/anxiety, depression, addiction, trauma, emotional regulation, interpersonal and intrapersonal relationships, and many other problems. For more information about mindfulness, you can visit Roger Nolan's website at [www.rnolan.com](http://www.rnolan.com). You can also contact Roger by email at [roger@rnolan.com](mailto:roger@rnolan.com) or phone at (626) 371-0048. Thank you again Roger for your interesting and educational presentation about mindfulness!

- Janell Gagnon

## **IDENTITY, INTIMACY and LASTING RELATIONSHIPS**

or "How to have a 60 year wedding anniversary."

by Don Miller, PhD, TEP, LMFT, past IE-CAMFT President

Almost a year ago when Marjorie and I celebrated our 60th year together, acquaintances asked, "How did you do it?" My flip answer, "Live long enough." The question deserves a considered response, which I am about to attempt. Not autobiographically, but as if I were "a wise old man."

This is 'old hat' to most professionals, who apply principles very well to other people. Failures at intimacy are often directly traceable to a diffuse sense of identity. To successfully get close to someone else requires that I be clear on who I am. How can another relate with me, when what I am is "all over the place"? It may take the form of a sticky, clinging dependency, whereby I am whatever you want me to be, at any price. And you cannot afford my being other than what you thought I was when we came to live together. Therefore one becomes incredibly possessive rather than risk losing a part of oneself. When you are fused with me as if we were totally and completely one, differences become threats, and as they increase, they bring on panic, driven, desperate measure, often including crimes against others.

Persons who suffer from identity diffusion are sometimes attracted to stable persons, but discover, to their dismay stable persons don't play the game according to their rules. One can never fully control a person who knows who he is. It is destructive to insist on it. We owe it to ourselves to be responsible for ourselves and never depend utterly on anyone else. Paradoxically, two such independent persons can get along famously with one another and enjoy a full and a deep intimacy. Otherwise, the attempt to make a relationship work results in a mismatch.

The same logic pertains to feelings. Feelings may thrust themselves upon me unbidden. How I respond to these feelings is up to me. I may avoid a lot of pointless struggle in acknowledging the feelings as mine. This is acceptance, which is the first step toward returning control to myself. What I do with feelings which I'd rather deny, and how I respond in the world where I find myself is indeed a matter of my choice. Beyond the choice of 'knuckling under,' or even modifying my precious beliefs about myself, I have the choice of going where I'll be understood and appreciated. I am not helpless, unless I choose to be.

I speak to and in behalf of individuals whom I seek to empower. We are not putty in our mate's hands. I am entitled to my expectations too, but I can only insist on those which I have complete control over, my own expectations of me! This is my last line of defense against those whom I fear may run my life. Couples' relationships that impede a person's individuality are doomed to an uphill and probably fruitless task.

So how do I cope with the fact you are not me? I respect your right to be you. Indeed, I find your different ness interesting. I'm glad you're not a carbon copy of me. The frequently heard "We have nothing in common" is an exaggeration, but it misses the point. We are not in competition with one another. One reason that I relate well with you is that you complete me. Complementary relationships are much easier to live with than are competitive ones. Especially when one runs out of steam. The division of labor, or let us say, initiative between us defines our relationship. That which annoys me, I accept and discuss to determine negotiability in a spirit of goodwill, which allows me to let you be who you are. Besides, that's a two way street. Of course you reciprocate.

A "balance" between us becomes a matter of 'tit for tat' accounting. If you give in to me on this I'll have to give into you on that. What a bore! Don't you see that it is impossible to ever present a gift under such a policy? Where has the love gone? The religious concept of grace is instructive. One cannot earn a gift. A gift is freely presented without strings attached. Obligatory proportional response reduces the gift to a form of bribery. This includes emotional as well as material gifts. Let me give to you out of my abundance. I've quite enough love I do not require instant restoration of depleted stock. Moreover, I accept gifts from others. You are not my only source. Nor does what I give others deprive you. If you have me, you're not in short supply.

The concept of balance, however, applies to something within me. This is why I must pay attention to my own needs and not deplete myself utterly. The point is that I do not automatically look to you to do it for me. I know you're available and usually willing but see that I am not the only figure on your horizon. Some things you need to do for you too, and then we can come back to one another refreshed, and able to keep on giving, especially when it's unexpected.

## **The Insurance Version of "Don't Ask, Don't Tell": The Perils of Private-Pay**

by Barbara Griswold, LMFT  
June 7, 2012

After paying full fee out-of-pocket for three months, a client surprises you by mentioning that she has insurance, and asks you to bill the plan for past sessions. You are a provider for her plan. Are you obligated to refund the client for all monies paid for those three months (other than the client's co-payments and deductibles)?

This question seems to be coming up more frequently in my recent consultations with therapists, who call in a panic, anxious to find out if they have to refund hundreds (or thousands) of dollars to clients who didn't tell them about their coverage.

It's a kind of "don't ask, don't tell." When a client doesn't mention insurance, you may understandably leap to the assumption that she isn't covered. But there are many reasons she may not tell you about insurance. She may be so distressed she forgets to mention it. She may have planned to come only for a few sessions, but as treatment costs mount she may look for other ways to finance therapy. Or she may not have realized that her medical insurance covers therapy and offers network discounts. And maybe you don't ask because you really don't want to hear the answer. If she doesn't bring it up, you think, why should you?

Is it really our responsibility to find out if clients have insurance? "We can't grab their wallets out of their hands and look for an insurance card, and you'd like to think that they would let us know about coverage, but we need to ask," says Susan Frager, owner of PsychAdministrative Services, a mental health billing service. "The bottom line is that it can blow up in your face if you don't ask up front."

And blow up it does. It breaks my heart how many panicked providers I have to tell the bad news: Yes, if you are a plan provider you agreed in your contract to charge all plan members only their co-payment and any deductibles, and to bill the plan directly on the client's behalf. The only time you are relieved of this obligation is when a client has specifically asked you not to bill her insurance. "From the standpoint of the insurance company, if a client

## **Perils of Private Pay: Continued-1**

wants to use her insurance, contracted providers need to accept it," says Frager. Jeffrey Olson, a Network Manager at UBH/OptumHealth of California, agrees. "Any agreement entered into with a member that is in conflict with the provider agreement (as in this case) is considered not valid, and a member would need to be reimbursed if they later stated they have coverage," he says. "This is one of our member protection provisions."

So what do you need to do now? If you had never signed an insurance plan contract, and never agreed to abide by their policies, you could just give your client an invoice/superbill for past sessions. But since you are a plan provider, get out your calculator. Figure out what the client should have paid according to their coverage, refund the client the difference, and bill the plan for the sessions. You can't negotiate some kind of settlement -- you are limited to the terms of their coverage and your contract.

What if your claims are denied, due to lack of preauthorization, or because you missed the claims filing deadline? Many plans may require preauthorization, or have claim filing deadlines, so it is possible that the plan may deny your claim due to "lack of authorization" or "late filing." If this happens, it is recommended that you appeal, explaining the situation, and ask the plan to reconsider their denial.

If the plan doesn't pay, can you bill the client? No. You may have to write this off as a loss, as your contract forbids balance-billing the client if the plan doesn't pay.

The good news? This situation can be avoided with a few steps:

- a. No more "don't ask, don't tell." At first contact, ask ALL clients – even self-pay clients -- if they have ANY medical insurance.
- b. Get a copy of the front and back of the insurance card, and contact the plan to check coverage. Don't trust the card. Network affiliations can be complicated, so you may be a plan provider when you think you are not.
- c. Have all self-pay clients sign a Self-Pay Agreement, in which the client attests that s/he:

### Perils of Private Pay: Continued-2

- a. does not have insurance coverage,
- b. has insurance coverage but chooses not to use it, and understands that in doing so s/he is waiving any right to reimbursement, or
- c. has insurance coverage, but understands that the services you are providing are not covered by the plan.

The agreement should be signed by both client and provider, and should indicate the actual fee being paid by the member.

What if she actually told you initially she didn't want to bill insurance, and then changed her mind? The Self-Pay Agreement (or similar documentation) protects you from the need to retroactively bill in this case. Otherwise, "it's your word against hers, and if she complains to the insurance plan, the plan will take the client's side, because the client is their customer, and the therapist isn't," says Frager.

And here's a twist that surprises most providers: Even though members may choose to waive their insurance, "providers can't charge more than their contracted rate," says Kevin Petersen, California Network Consultant at Anthem Blue Cross. "They're still covered members. Some providers feel they can bill their out of network fee. This isn't permitted."

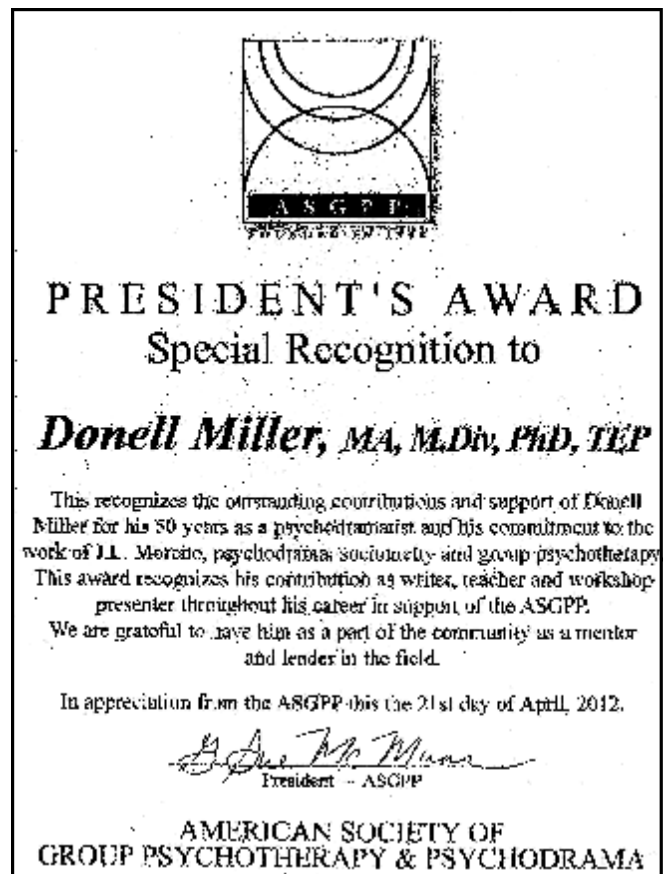
What if you told the client up front you only had private-pay slots available? **Plan contracts do not allow you to say "I'm not taking insurance clients right now" unless you have notified the plan to hold referrals.** Even if you have notified the plan, it is a breach of contract to tell a member that you only can see her as a private-pay client. You are only free to do this if the client has told you she does not want to use her coverage.

"There is a lot of functional disenrollment going on," says Frager. "This is when a provider stays on a panel but doesn't accept new clients from the plan. Providers are hedging their bets: They want cash-paying clients but they are afraid to quit panels because these are tough times, and they know that clients want to use their insurance." But you can't try to turn insurance members into private pay clients in this way – no matter how they were referred to you.

### Perils of Private Pay: Continued-3

Make sure you get competent consultation. In situations like these you'll want the CAMFT attorneys on speed-dial. When serving on the CAMFT Ethics Committee, I noticed many complaints were filed after some kind of fee dispute, which then became a lightning rod for the client's other dissatisfaction with the therapist. Besides ethics or BBS complaints, there can also be serious consequences from the plan when you don't stick to your contract. "All it takes is one pissed off client complaining about you to the plan and the plan will come down on you like a ton of bricks," says Frager.

Barbara Griswold, MFT is the author of *Navigating the Insurance Maze: The Therapist's Complete Guide to Working with Insurance – And Whether You Should* (). In private practice in San Jose, CA, she provides phone consultations to therapists nationwide with insurance questions and problems. She also publishes a free monthly e-newsletter with insurance tips, and travels around California teaching therapists to work with insurance. Barbara is a proud 27-year member of CAMFT. She invites members to contact her at [barbgris@aol.com](mailto:barbgris@aol.com).



### IE-CAMFT Membership Has its Benefits:

Membership in the Inland Empire Chapter of CAMFT requires a membership in CAMFT. There are multiple benefits to belonging to both. For more information on membership benefits or how to join, see the membership enrollment or renewal form on page 8; or contact Garry Raley for assistance. Membership may be initiated or renewed any time during the year. But keep in mind the membership year runs from April 1 to March 30.

For your \$40. yearly investment you can:

- Network;
- Receive: 2 gratis CEUs available at each of 9 Monthly Meetings, and
- Attend: Special Law and Ethics Meeting with 6 CEUs at reduced cost.
- Stay Connected to Other Therapists
- Advertise in this newsletter
- Develop Peer Relations to Reduce Isolation
- Give and Receive Consultation and Referrals
- Increase Your Knowledge

### Dear Members: Who's next?

One of the best known ways to build your practice is to get into the community and speak about your expertise. Your local association of therapists 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 this future IE-CAMFT meeting in 2012:

Friday **November 23,** 9:00—11:00 am

We urge you to consider sharing with us. To do so, contact: Dan Totaro 909-957-9169  
[dtotaro@gmail.com](mailto:dtotaro@gmail.com) OR

Ilse Aerts 909-945-9947  
[ilseaerts76@gmail.com](mailto:ilseaerts76@gmail.com)

### IE-CAMFT Benefits, Continued

All the benefits listed to the left arise from, shall we say, "just showing up." It has been said that for much of life, half the job is "just showing up." This might be characterized as the passive approach to involvement with IE-CAMFT. However, even more benefits are available through **active involvement**. **Active** means volunteering your time, talents, and energies by following through after enthusiastically saying YES to answering the following question:

### Will you support IE-CAMFT by volunteering to fill one or more of its organizational roles?

Contact **Doreen** to increase your activity with our board. The board position of President-Elect is open. Committees such as Hospitality, Membership, and Trauma Network need added leadership and participation.

Now, you get the benefits for **active** IE-CAMFT participation: Increased self esteem and connection in the relationship healing community. Participation at these levels make nice line items in one's resume showing yourself to be an action oriented, dynamic citizen vs a plodding worker bee or job holder. I bet you can name some more benefits. Give it a try!

The award displayed on the prior page in a much reduced sense of glory - as the original is about 8 1/2 X 11 inches and is suitably framed - honors our past president **Donell Miller**. It is the highest honor the AMERICAN SOCIETY OF GROUP PSYCHOTHERAPY & PSYCHODRAMA ever gives, not something that comes routinely every year. We in IE-CAMFT are honored that **Donell** shares his talents and experience with us. We are proud of him even as he is most appropriately proud to be recipient of this award.

### PROGRAM OUTLINE FOR IE CAMFT JUNE 2012 – OCTOBER 2012

DATE	SPEAKER	TOPIC	TIME/LOCATION	COST
2012-06-22 June	Dr. Tristan Morgan	Help for Treatment Resistant Teens	8:30am Loma Linda BMI	\$10/2 CEUS for non-members
2012-07-27 July	DARK - NO MEETING	DARK - NO MEETING		
2012-08-24 August	Joy Nussen, LMFT	Equine Therapy	8:30am Loma Linda BMI	\$10/2 CEUS for non-members
2012-09-28 September	Robin De-Ivy Allen	Nutrition and Mental Health	8:30am Loma Linda BMI	\$10/2 CEUS for non-members
2012-10-26 October	Carol Teitlebaum, LMFT	"It Also Happens to Boys"	8:30am Loma Linda BMI	\$10/2 CEUS for non-members
2012-11-23 November	<b>Need Speaker Here</b>			\$10/2 CEUS for non-members
2012-12-?? December	Holiday Event	Fun & Networking	To be announced	



## IE-CAMFT

### BOARD OF DIRECTORS (B) and COMMITTEE Chairpersons (C)

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Janell Gagnon 909-633-7714  
[jonell419@yahoo.com](mailto:jonell419@yahoo.com)

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#### CEU Chair: (C)

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[cdodd1@verizon.net](mailto:cdodd1@verizon.net)

#### Board Member at Large: (B)

#### Newsletter Reviewer: (C)

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#### Newsletter Publisher:

Theo Smith 951-359-1706 (also fax)  
[trsmith00@sbcglobal.net](mailto:trsmith00@sbcglobal.net)

## NEWSLETTER NOTES, POLICY

**Reminder:** Please submit newsletter items to Doreen Van Leeuwen at [Doreen4u2@sbcglobal.net](mailto:Doreen4u2@sbcglobal.net). 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.

**Notice Regarding Ads:** Free Member ads will run continuously for three consecutive newsletters if not cancelled earlier. After three NL 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)

The strength of man's virtue should not be measured by his special exertions, but by his habitual acts. - Pascal

Next to knowing when to seize an opportunity, the most important thing in life is to know when to forgo an advantage. - Disraeli

In this newsletter, if you find errors such as name spellings, email addresses, phone numbers; or if you have suggestions you think might refine, make more accurate and improve future newsletters in form or content, convey them to  
Theo Smith 951-359-1706  
[trsmith00@sbcglobal.net](mailto:trsmith00@sbcglobal.net)

# CLASSIFIED ADS

## Class Now Forming - Trauma and Dissociation Therapy Training

Effectively and efficiently treat acute and chronic trauma and dissociation. 40 CEU training for MFTs and LCSWs; CEU provider #PCE2329 Contact Patrick Poor, MFT, 951-276-0616, for more information.

## Office Space for Rent - North Upland

\$100 per day per month, 5 days a week available. 300+ sq ft. (big enough for therapy groups of 8 adults). Fully furnished. Utilities, Internet and phone included. Possibility of referrals.

Contact: Kathryn Vannauker: 909-635-8077 or [acceptance@live.com](mailto:acceptance@live.com)

## Therapy groups offered: Upland

- Young Children's Therapy Group (Ages 2 -5)
- Children's Behavior and Emotion Management Therapy Group (Ages 5 - 12)
- Children's Social Skills and Self-Esteem Building Therapy Group (Ages 5 - 12)
- Teen Self-Improvement Group (Social Skills, Self -Esteem Building and Behavior and Emotion Management) (Ages 12 - 18).

Contact: Kathryn Vannauker: 909-635-8077 or [acceptance@live.com](mailto:acceptance@live.com)

## Opportunities to Learn / Practice Psychodrama:

**\*\*June 30, 2012**, 9AM to 5 PM at residence of Karen Burton (28772 Zion Drive, Lake Arrowhead, 909-744-9123) there will be a LABORATORY TRAINING IN STRATEGY AND TACTICS FOR ADVANCED PSYCHODRAMA STUDENTS (BUT BEGINNERS RE VERY WELCOME) The general topic for whomever becomes protagonist is likely to center on INDIVIDUAL INNER AND OUTER CONFLICTS. Don Miller, PhD, TEP will supervise. The cost is \$20.00 for the main meal and a normal fee for use of the facility. You may receive at least 7 or 8 CEU and psychodrama credits (simultaneously) for your participation. Certificates awarded.

**\*\* Every Wednesday** at 7:30 PM is a free two and half hours of a continuing course on the 24 comprehensive story models. Newcomers are welcome, but everyone must pledge confidentiality. The didactice comes at the beginning. After that is a psychodrama on whatever concerns people bring with them. Location: University Methodist Church, 940 E. Colton Ave, Redlands, 92374. Suggest park on Division ST and walk from there. Get more information from Donell Miller: [4donellmiller@gmail.com](mailto:4donellmiller@gmail.com), 909-798-2765 - let phone ring at least ten times.

## Classes for Counselors: LPCC Required Classes

Available Online Through CE at Alliant

Contact: [ce@alliant.edu](mailto:ce@alliant.edu); or 415-955-2029

Free consultation for MFTs who want to qualify for LPCC!!

### Possible Classes Needed

- Psychopharm Survey
- Career Counseling Theories and Techniques
- Ethics for LPCC Licensure
- Group Counseling Theories and Techniques
- Understanding and Treating Addictive Disorders
- Domestic Violence: Assessment, Treatment, Evaluation
- Understanding Health and Illness in Older Adults
- Clinical Approaches to Addressing Human Sexuality in Couples
- Child Abuse: Introduction, Assessment, Treatment
- Grief and Trauma Counseling

## Feeling Lost About Working With Couples?



*What if couples therapy was actually "fun" for couples to come to every week?*

If you've ever wanted a thriving couples therapy practice based on a research-proven method, then come learn Level 1 and 2 of Gottman Method Couples Therapy

### Level 1 Gottman Couples Training: Bridging The Couple Chasm

San Diego, CA - March 16 & 17, 2012  
Palm Springs, CA - April 27 & 28, 2012

### Level 2 Gottman Couples Training: Assessment and Intervention

Los Angeles, CA - May 21-24, 2012

Presented by Salvatore Garanzini, MFT  
Certified Gottman Method Couples  
Therapist and Gottman Instructor



Early Bird Registration: \$380 | Standard Registration: \$425  
13 CEUs: APA/BBS/NBCC

### Additional Discounts:

10% off all Gottman couples therapy products and materials.

IE-CAMFT members use the coupon code "IECAMFT" to save \$25.

Pre-licensed (student/intern/psych-assistant) get another \$55 off regular tuition

More Info on the Method, Workshop, & To Register, go to:  
<http://www.GayCouplesInstitute.org/gottman.training.htm>,  
or call 877-424-1221.

# CLASSIFIED ADS, cont.

**Mental Health Professional needed:**

University of Redlands seeks a full time 10 month psychologist/masters level licensed therapist for the Fall. Specifically we are really hoping for someone with a back ground working with LGBT clients. Our second preference would be for someone with chemical dependency experience. Here is the posting. <http://www.redlands.edu/offices-directories/human-resources/13268.aspx>

Or contact:

T. Lorraine Young, Ph.D.  
Clinical Psychologist  
Director, Student Counseling  
University of Redlands  
(909) 748-8108

I really like the IE-CAMFT programs offering CEUs to help maintain my LMFT licensure. How about you!

**Mental Health Professional needed:**

The University of Redlands Student Counseling Center is looking to hire a licensed mental health professional with significant experience working with clients with substance abuse or substance dependence diagnoses. certified substance abuse training is strongly preferred. This position is for five to ten hours per week to provide therapy for college students with substance abuse and dependence disorders in individual and group therapy.

This position is funded through May 2012 and is paid at \$25 per hour; guaranteed five hours per each week worked with payment for no-shows. The position will very likely be renewed in September contingent upon funding.

The University of Redlands, located in Redlands, California, is a private liberal arts college with approximately 2500 undergraduate students. The Counseling Center provides psychotherapy, psychiatric services and psycho-education to approximately 10 – 15% of the student population as well as training to faculty, administrators and staff.

Mailing address:

University of Redlands  
The Counseling Center Student Development  
Center P.O. Box 3080  
1200 E. Colton Avenue Redlands, CA 92373  
Phone: (909) 748-8108 Fax: (909) 335-5297  
Business hours: Monday through Friday, 8 a.m. to 5 p.m.

Director of Counseling - Lorraine Young, Ph.D. Lorraine is a licensed psychologist and a licensed marriage and family therapist, and has been a practicing therapist in the Inland Empire for many years. She has been a therapist at the University for six years. Before coming to the University of Redlands, she worked extensively in community counseling settings and in medical psychology. She is also a researcher in the area of sexual abuse.

Associate Director of Counseling - Matt Gragg, M.S., MFT Matt is a licensed marriage and family therapist and has worked with adolescents for seventeen years. He has been a therapist at the University for eight years. He is trained in EMDR therapy which is helpful in treating past traumas.

## Inland Empire CAMFT MEMBERSHIP APPLICATION

Name and Degree \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Fax \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Business Name \_\_\_\_\_ Business Telephone \_\_\_\_\_

### 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**

Mail to:

Inland Empire Chapter of CAMFT (California Assoc. of Marriage & Family Therapists)

P.O. Box 11846, San Bernardino, CA 92423

ADDRESS CORRECTION REQUESTED

Inland Empire Chapter of CAMFT  
(California Association of  
Marriage & Family Therapists)  
P.O. Box 11846  
San Bernardino, CA. 92423



ADDRESS CORRECTION REQUESTED

