



CHAPTER MEETING

Friday, March 28, 2014

Making Friends with Technology: Utilizing the Internet Effectively

by Carol A. Bouldin, LMFT, IE-CAMFT
Webmistress

The presentation will cover:

How to Take Full Advantage of our New Wild
Apricot IE-CAMFT.org Website
Why Every Therapist in Private Practice Should
Have an Internet Presence

Objectives:

1. Attendees will gain an understanding of how to navigate, access information, and utilize features of the IE-CAMFT website
2. Attendees will gain an understanding of how a professional website helps them reach potential clients and expand their influence
3. Attendees will gain greater user friendliness with technology (or at least strike up a promising acquaintance)!

Carol A. Bouldin, M.S., LMFT has been working in the field of mental health for thirty-five years. She has worked in inpatient and outpatient settings, community mental health, drug abuse, corrections, and private practice.

Recently, her work has focused on consultation, particularly with regard to website development; she maintains and develops several websites and is the webmistress for IE-CAMFT chapter.

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.

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”

BY DOREEN VAN LEEUWEN, LMFT

Therapy Is Hard Work! Part 2

Here is a compilation of recommendations that you submitted to me in response to my question, “What do you do for self-care when the going gets clinically or administratively rough?”

This is what Teresa Alvarado does for self-care:

- 1) I make sure I get a massage every month. Not only does my friend take out all the kinks in my neck/body, but it's also a time to catch up. **I tell myself I'm totally worth it!**
- 2) I do some exercise. Now, I'm not a fanatic, but I do enjoy Zumba classes and walking my dogs. Zumba is a great way to release all that stress, burn some calories and also have fun at the same time. I love the outdoors, so what better way to enjoy the outdoors, then spending it with my hubby and my dogs.
- 3) I also love to read. I'll read something totally opposite of psychology (though I read this too, of course), ie romance, comedy, suspense. I grab my lounge chair and sit where the sun can hit me. Sometimes I'll just sit there, close my eyes and enjoy the sounds and smells (a little of mindfulness).

Another colleague, Carol A. Bouldin, suggests:

- 4) Talk to a trusted friend.
- 5) Meditate.
- 6) Find some solitude.
- 7) Get in nature, even if it's just your back yard.
- 8) Do something physical (especially outside). Nature is a great healer.
- 9) Dance!

Doreen's contribution is:

10) Attend functions with your fellow clinicians, such as the monthly IE-CAMFT meetings, or the upcoming 50th Anniversary CAMFT Conference, May 1-4. It's energizing, reassuring and rewarding to continue your learning, while socializing with colleagues. Be sure to consult one of your peers or the attorneys at CAMFT with questions or concerns about your clients. Tucking a tidy note about that consultation into your notes adds to your credibility, and you can feel assured that you took the steps to provide the best possible treatment.

11) Arrange for some ongoing consultation, mentoring, supervision or even your own professional therapy if needed. This can be a fine way to offload some of the weight on your shoulders, while “sharpening your saw”, as Stephen Covey referred to it.

12) Get plenty of rest! I know I do better therapy after a nap => !

P.S. Be sure to VOTE in the CAMFT election this month. Ballots have been sent out. If you have not received yours, please call the CAMFT office at 888-892-2638.

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.



Law & Ethics Workshop

What Does the Law Expect of Me? Part I

We wish to thank David Jensen, JD, for another outstanding Law & Ethics Presentation!



Dave Jensen has been Staff Attorney with CAMFT since April 2002. Dave graduated from Brigham Young University with a Bachelor's Degree in History, and he received his law degree from the Thomas Jefferson School of Law in San Diego, California. As an attorney with CAMFT, he consults with CAMFT's members regarding their legal and ethical dilemmas, and he is a regular contributor to The Therapist magazine. Dave gives numerous chapter, school and agency law & ethics presentations and has developed What Does the Law Expect of Me? Parts I, II, III and IV.

Attendees will acquire an in-depth understanding of: what the law says regarding a therapist's obligation to be a competent practitioner; the importance of properly assessing and diagnosing your patients; the right to privacy; confidentiality and privilege; patients dangerous to themselves; patients dangerous to others; and dual relationships.

At the workshop some of the comments were . . .

“Wonderful use of examples and MUSIC!”

“Terrific insight into the subtleties that separate "trained" from "professional.”

“Slides, songs and humor...who would have thought we'd have it so good on a rainy day?”

“I recently took the 6 CEU course online and learned one small detail. In David's training today I learned how to pull all the facets of practice together in a cohesive ten items, the two options to deal with dangerousness to others, and methods to process complicated decisions for the best possible outcomes under challenging circumstances: research, assess, consult...then take action.”



THERAPIST DIRECTORY LAUNCHED!

Build referrals and network with your free personalized listing on www.ie-camft.org!

The new therapist directory has been officially launched on the new website! 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. Join us on the 28th for an informative presentation on how to utilize this feature!

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!

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

Hope you enjoy the new features!
Your Webmistress,

Carol A. Bouldin, LMFT



Welcome New Members

Vicki Coffman, Terry Fowler, Aenri Garcia, Michele Macias, Ashley Mann, April Palumbo, Christine Rayford, Tino Rodriguez, Melissa Stratton, Vern Bradley

UPCOMING CHAPTER PROGRAMS AND EVENTS

DATE	SPEAKER	TOPIC	TIME/LOCATION	COST
FEBRUARY 2014				
MARCH 2014				
Friday 3/28/14 Monthly Meeting	Carol A. Bouldin, LMFT	"Making Friends with Technology: Utilizing the Internet Effectively"	8:30 –11 a.m. LLU Behavioral Health Institute	IE-CAMFT Members: No Cost Non-IE-CAMFT Members: \$10.00
Friday 4/25/14 Monthly Meeting	Jill Epstein, JD	"From the Top"	8:30 – 11 a.m. LLU Behavioral Health Institute	IE-CAMFT Members: No Cost Non-IE-CAMFT Members: \$10.00
Friday 5/23/14 Monthly Meeting	Jennifer O'Farrell, Anti-Human Trafficking Director	"The Vortex of Seduction—the exploitation of our Youth"	8:30 – 11 a.m. LLU Behavioral Health Institute	IE-CAMFT Members: No Cost Non-IE-CAMFT Members: \$10.00

A Message from the Program Chair:

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.

IE Board (B)/Committee (C) Members

Acting/Past President: (B)

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

Co-Presidents Elect: (B)

Janine Murray: (951) 452-1185, jmurraymft@aol.com
Betty Odak: (562) 522-8008, ccmftcc@gmail.com

Financial Officer: (B)

Garry Raley: (951) 640-5899, garra@sbcglobal.net

Secretary: (B)

Janell Gagnon: (909) 633-7714, jonell419@yahoo.com

Programs: (B)

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

Membership Chairperson: (B)

Carol A. Bouldin: consultant@carolabouldinmft.com

Hospitality Co-Chairpersons: (B)

Annette Compton: ac2360@msn.com
Jeanne Joslin: (951) 922-8799, Jeanne_joslin@yahoo.com
Janeta Peltz: (951) 922-0442, psy_hlp_5cents@hotmail.com

Board Members At Large: (B)

Marie Louise Bosin: (909) 809-8012,
MarieLouise.Bosin@gmail.com
Donell Miller: (909) 798-2765, 4donellmiller@gmail.com

Website/Newsletter (C)

Carol A. Bouldin: consultant@carolabouldinmft.com

Newsletter Reviewer: (C)

Marie Louise Bosin: (909) 809-8012,
MarieLouise.Bosin@gmail.com

CEU Co-Chairpersons: (C)

Marie Louise Bosin: (909) 809-8012,
MarieLouise.Bosin@gmail.com

Alyssa Giambra: angiambra@hotmail.com

Newsletter Notes & Policy
WE WELCOME YOUR SUBMISSIONS!!

Please submit newsletter items to
Doreen Van Leeuwen:
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.

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

Join, renew, update, or register online at:

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:

I wish to thank all of you who have been renewing their membership and registering for the workshops online. It is a huge help to us as the automated process saves an enormous amount of time, energy, and money. We are also grateful that the newsletter can now be sent out electronically to all but a few members, saving the chapter printing costs, an environmentally sound practice as it allows us to minimize the use of paper and ink, as well as saves time for board and committee members.

We understand that there are some exceptions at times, but the more the electronic system is used, the less the chapter has to spend on related printing, postal, and banking costs and activities. It is also very convenient for members and you receive an immediate electronic record. Please submit member applications and workshop registrations online, even if mailing in a check.

Thanks again!

CLASSIFIED ADS



Invo HealthCare is hiring LMFT interns for a school based program in Moreno Valley. These are 30 hour a week positions and supervision is provided. If interested contact:

Helen Johnstone, Marketing Director
Invo Healthcare Associates
www.invohealthcare.com
Main : 800.434.4686
Direct: 267.488.5967

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

Practice Accepting New Referrals – Group Counseling Available for All Ages

909 635 8077

1538 Howard Access Road, Suite B
Upland, CA, 91786
acceptance@live.com
www.ranchocucamongatherapy.com

Accepting Most Health Insurance Company and EAP Referrals, as well as a Sliding Scale.

Acceptance Counseling Services, Inc. offers counseling services to Adults, Children, Teenagers, Families, Parents, Couples and 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. \$10 per hour. Space includes waiting room. Play room use also available. Email marielouise.bosin@nsewmec.org if you are interested. Office in Centennial Plaza in downtown Redlands.

Office Space for Rent in Claremont
Office space available in suite of collegial therapists. Waiting room, Wi-Fi, great parking and location. Available Monday through Saturday, hourly or daily reasonable rates. Contact Linda Shestock, LMFT at 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

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.

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

*www.IE-CAMFT.ORG
See page 7 for more details.*

Betty Odak, MFT
Licensed Marriage and Family Therapist (MFC 52001)
Address:
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: cmftcc@gmail.com or betty.odak@gmail.com
Website: <http://www.crossculturalcounselingcenter.com>
Email: cmftcc@gmail.com betty.odak@gmail.com,
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 America 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. Various interesting topics. Earn hours of CEU credit. Peaceful and comfortable location. Mindfulness included in all trainings. www.nsewmec.org. Didactic and Experiential. Come have FUN with us while you learn.
marielouise.bosin@nsewmec.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 (909) 798-2765 (let phone ring at least ten times).

Part-time Clinical Supervisor needed at Family Services Agency, Moreno Valley, Riverside, Hemet, Cabazon, or Yucca Valley. Contact Garry Raley at: garry.raleys@sbcbglobal.net or 951-640- 5899

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 or 818.783.4032

March 2014

Child Sexual Abuse

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

Licensed Psychologist (PSY 7480)

Attorney At Law (SBN 119231)

Legal Representation of Injured Victims
and Survivors

Available for Referral of Clients and
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