



THE PROFESSIONAL EXCHANGE IE-CAMFT

IE-CAMFT Newsletter
May 2010

California Association of Marriage & Family Therapists—Inland Empire

Monthly Meeting: May 28, 2010

Inside This Issue:

Coffee and Networking: 8:00 am
Program: 8:30 – 10:30 am
Board Meeting: 10:30 am

New Location!
Argosy University
636 E. Brier Dr. Ste. 235
San Bernardino, Ca. 92408
(909) 915-3800

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Title: THE GRADUATE COURSE YOU NEVER HAD

Presenter: Larry Waldman, Ph.D.

Dr. Waldman has a flourishing private practice in Phoenix, AZ and 30 years professional experience. This program will focus on exact steps a practitioner may take to build a successful business, with or without managed care. Although he has a book by the same title, this training is anticipated to be interactive and promote effective strategies for these economic times. This is "*Business 101 for Therapists*".

Larry Waldman, PhD, ABPP works with children, adolescents, parents, couples, families and adults. He also has a forensic practice working with domestic relations, personal injury, criminal defense, and immigration attorneys. He consults and teaches graduate psychology classes for Northern Arizona University. He earned his school psychologist doctorate at the University of Wisconsin; and his PhD. at Arizona State.

Objectives:

1. Provide an overview of business skills needed by therapists
2. Outline specific steps for a therapist to build a robust and profitable practice
3. Identify ways a therapist can loosen the hold of managed care and find expanded applications for skills

2 CEU Hours (free for IE-CAMFT members; \$10 for non-members)

Save the date!

June 25, 2010: Special All Day Training in Dialectical Behavior Therapy
July 23, 2010: Board Retreat

QUOTABLE QUOTE

In keeping with the topic of this month's presentation,

Who said this?

"Success is 10% inspiration and 90% perspiration".

Answer for April's Quotable Quote: John Muir.

**IE-CAMFT
BOARD OF DIRECTORS**

President: Ruth Dusenberry
951.961.4792

Past President: James Billings
909.763.4976

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760.900.3852

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icruz@ccsbriv.org

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626.665.5070

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Dodd 951.212.5003

Board Member At Large: Wendy
Hallum 909.239.8051

Board Member at Large: Carol
Bouldin

PRESIDENT'S MESSAGE

IE-CAMFT Chapter President

President's Message May 2010

As I sat in my office this week waiting for a client to arrive, I began thinking about all the people who have touched my life and contributed to where I am today. One group that stands out is the group of women I met when I was involved with an organization called La Leche League. They supported and nurtured me as I mothered my children and as I became a La Leche League Leader myself. This involvement eventually led me to pursue a career as a therapist. I recently reconnected with one of these women, Kathleen Kendall-Tackett, through a social networking site. Kathleen was a speaker at one of La Leche League's local conferences and one area of focus for Kathleen is sexual abuse and the challenges women encounter during childbirth and breastfeeding as a result. I find her work fascinating and am pleased to be able to bring a few of her articles to our newsletter. You can read more about Dr. Kendall-Tackett at www.UppityScienceChick.com.

Happy Spring!

Ruth Dusenberry, MS, LMFT
Past President IE-CAMFT

NEW MEETING LOCATION for IE-CAMFT

We are now meeting at Argosy University – Inland Empire Campus. The location is at the corner of Brier Dr. and Carnegie St. For those attendees going East on I-10, you may exit Waterman North; go right on Hospitality Lane; then left on Carnegie. For those going West on I-10 (you Redlandites!); exit on Tippecanoe to the north; then left on Brier Dr. Argosy occupies a large office building. Our meeting will be in a large classroom with projector, etc. We use the 636 E. Brier Dr. address because our meeting location is on the Brier side of the building.

From the Editor:

*SUBMISSIONS FOR ARTICLES, LETTERS TO THE EDITOR ARE VERY
WELCOME!!*

Email submissions to IE CAMFT Editor at:

therapist@carolabouldinmft.com

Member Editorials and Articles represent the opinions and ideas of the author and do not represent IE-CAMFT or CAMFT. Submissions will be corrected for grammatical errors and may be edited for space utilization and readability.

Welcome New Members!

Devon Benson



Introduction to the Graduate Course You Never Had **By Larry Waldman, Ph.D.**

Recently I met a therapist in private practice at my health club. She approached me because she heard I was a successful psychologist and that I knew something about practice development. She shared that she was rather busy with a managed care practice but was not making much money, as her accounts receivable were growing faster than her income. This was occurring because many of her clients had deductibles or large co-pays that were unaccounted for. This led to smaller than expected insurance checks and the need to bill and follow-up with clients--when she could. She indicated she shared a young, inexperienced person who worked the front desk and she did her own phone calling and billing--when she had the time.

This therapist related that she had a client who said she had a co-pay of \$15 but, in fact, had a co-pay of \$45. (The therapist discovered this after the first EOB which covered six sessions--leaving a balance of \$180.) The therapist asked the client to pay the balance but the client said she could only afford payments of \$25--to which the therapist (reluctantly) agreed.

Ten sessions later the balance approached \$400. The therapist told the client that she could no longer see her until her bill was paid. This client proceeded to file a complaint with the Board, saying the therapist abandoned her. I advised this professional the best I could, given her unfortunate situation.

This therapist failed to treat her practice like a business; did not value her time; spent too much time in production but insufficient time in administration; was too reliant on managed care; and, of course, did not know her ethics. Many of these issues are all too common among mental health practitioners. In the upcoming seminar these topics--and many more--will be addressed. See you on the 28th!

Graduate Students-

You have been taught the theory and practice of psychotherapy in graduate school, but where and when do you learn about the business of private practice? Being a skilled therapist does not necessarily make one successful in private practice. Only 10% of small start-up businesses survive. Learn some of the important business elements of ensuring a thriving private practice. Attend the seminar "The Graduate Course You Never Had" on the 28th.

SPEAKERS BUREAU GETS OFF THE GROUND!

The IE CAMFT SPEAKERS BUREAU is being organized to offer therapists a credible way to market themselves in the community. As we move forward, we plan to do mailings and announcements to notify a wide variety of venues that we have a selection of ready speakers from which they can choose. It's a win-win for both therapists and the community. Therapists can do presentations for the public in many community settings from schools and churches, to doctors, attorneys, and social groups of all types. It's a great marketing tool and an excellent way to get a reputation in the area. Speaking about the topics of stress, anger management, and parenting has always been popular but we can also provide speakers on many other issues. Niche marketing is a great way to become a recognized name in the Inland Empire. Come help us make it happen! Contact Catherine at shrinkin@sbcglobal.net (put speakers bureau in the title bar) or call 951-687-6066.

Breastfeeding after Sexual Trauma

by Kathleen Kendall-Tackett, Ph.D., IBCLC

For adult survivors of sexual abuse or assault, breastfeeding can be difficult. Unfortunately, sexual trauma is relatively common, affecting approximately 20 to 25 percent of women. Abuse survivors can experience a full range of responses to breastfeeding: from really disliking it to finding it tremendously healing.

Some people assume that survivors of sexual trauma do not want to breastfeed. But that is not what researchers have found. Two studies have found that abuse survivors were more likely to plan to breastfeed while pregnant, and start breastfeeding once their baby was born than non-abused women. And sexual trauma survivors breastfeed at almost exactly the same rates as women with no history of trauma.

If you are an abuse survivor who wants to breastfeed, I congratulate you for making a positive life choice to overcome your past and parent well. But I also want to acknowledge that you may face some unique challenges. I've included both sexual abuse and assault in this article because I have found that both can make a difference.

Sexual abuse is something that can happen within your family and can include everything from fondling to rape. Sexual assault often occurs outside the family and can also include attacks by peers. I have found that women have similar reactions to both of these experiences. Even if the sexual abuse did not happen in your family, your family may have been impaired in other ways, such as parental depression, partner violence or alcoholism, which increased your vulnerability to sexual assault.

If you are having a hard time with breastfeeding, I have some specific suggestions that mothers have shared with me over the years. But mostly I suggest that you give yourself permission to do whatever works for and helps you. If you are having difficulties, your first step is to try to figure out what makes you uncomfortable. Is it nighttime feeding? Is it your baby touching other parts of your body while nursing? Is it latching on? Is it the intense skin-to-skin contact? Is it all of the above? The intense physical contact of breastfeeding may be very uncomfortable for trauma survivors in general. You might find breastfeeding painful because your abuse experiences lowered your pain threshold. The act of breastfeeding may also trigger flashbacks. There is a whole range of possible things that might be uncomfortable for you. If you're not sure, try keeping a diary for a week or so to see if you can identify some specific triggers.

Once you identify the trigger, the next step is to figure out if you can address the problem. For example, if skin-to-skin contact is bothering you, can you put a towel or cloth between you and the baby? Can you avoid the feedings that make you uncomfortable? Nighttime feedings are often a good candidate. Would you be more comfortable if you pumped and fed your baby with a bottle? Can you hold baby's other hand while breastfeeding to keep her from touching your body? Can you distract yourself while breastfeeding with TV or a book. (Many mothers have told me that this works well for them.) Experiment and find out what helps.

Also remember that some breastfeeding is better than none. You may not be able to fully breastfeed, but every little bit helps. Even if you must pump milk and use a bottle; even if you are only breastfeeding once a day. Some abuse survivors find that they never love breastfeeding, but they learn to tolerate it. And that at least helps them meet their goals. Being able to tolerate might also be a more realistic goal for you.

In summary, past abuse does not have to be the blueprint for the rest of your life. I have known many abuse survivors who have gone on to become wonderful mothers. I am confident that you can, too.

Kathleen Kendall-Tackett, Ph.D., IBCLC is a health psychologist, board-certified lactation consultant, and La Leche League Leader. She is clinical associate professor of pediatrics at Texas Tech University School of Medicine in Amarillo, Texas. For more information, visit her Web sites: UppityScienceChick.com and BreastfeedingMadeSimple.com.

**INLAND EMPIRE CHAPTER OF
CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS
FINANCIAL STATEMENT 4/1/09 - 3/31/10**

Balance as of 4/1/09 **\$15,765.01**

Income

Membership	\$2,985.07
Law and Ethics Seminar	\$7,677.54

Total Income: \$10,662.61

Expenses

Supplies	\$769.72
Newsletter	\$1,800.00
Law and Ethics	\$4,756.90
Website	\$116.00
Taxes	\$300.00

Total Debit: \$7,742.62

Gain/Loss **\$2,919.99**

Closing Balance 3/31/10 **\$18,685.00**

Ben Zinke, Financial Officer

Date

Here is a website for some humor . . .

<http://www.dearshrink.com/humor.htm>

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>.

COMMITTEE POSITIONS

Hospitality: *Open*

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

Newsletter Editor: Carol Bouldin (therapist@carolabouldinmft.com)

Program Chair: Garry Raley (951) 640-5899

Trauma Response Network Chapter Coordinator: Carolyn Dodd (951-212-5003)

Webmaster: Garry Raley (951) 640-5899

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

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

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.

Iris B. Cruz, M.S., LMFT

10 East Vine St., Suite 209, Redlands CA 92373

909/748-7771 thecenterforhealthyrelationships.com

- * Counseling in Spanish
- * Low Cost Counseling for Trainees/Interns
- * Evening & Saturday Appointments Available
- * Work with Individuals, Children, Families
- * Pre-Marital and Couple Counseling Available

NEWSLETTER POLICY

As a reminder, if you have an article you would like to submit to the newsletter, please e-mail it to the newsletter editor by the 21st day of the previous month. The newsletter is e-mailed to all members.

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: NONMEMBERS:

ONE MONTH: \$20

3 MONTHS: 10% OFF \$54

6 MONTHS: 25% OFF \$90

12 MONTHS: 40% OFF \$144

Notice Regarding Ads: *Free* Member ads will run continuously for three consecutive newsletters unless rescinded earlier. They will automatically be discontinued unless a renewal request is received.

Redlands Psychodrama Classes

Wednesdays at 7:30 p.m. in the WESLEY LOUNGE. As you enter the church complex at the University United Methodist Church, 940 E. Colton Ave., Redlands at the corner of Division and Colton, it is the first building on your left. Free to attendees. Guests welcome. CEU and psychodrama credits available .

For information, contact Don Miller at (909) 798-2765, or at 4donellmiller@gmail.com

CLASSIFIED ADS

Office Space available in Crestline Mt. Area – medium-size office with large waiting room (can be used for groups) @ Lake Gregory Professional Complex, \$250/month. Call Ginger @ 909/338-6968.

Behavioral Medical Group seeking two licensed MFTs for collaborative treatment approach with child-adult psychiatrists, 20-plus hour commitment, child experience helpful, Loma Linda area. FAX CV to 909 335-9634.

Apple Valley - part time or full time clinical position in a high desert private practice. Must be licensed a minimum of 2 years and be credentialed with at least one insurance company. Fax resume to 760-946-1215.

Office Space Available — Desert Area

Beautifully decorated, sound-proofed office with window in a professional building occupied by other therapists and psychiatrists. The office has a call-light and privacy exit. Possibility of group room use. Call Janet Rhodes 760-946-2070.

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, today for more information.

New Practice and Groups — Upland

New private practice accepting referrals, no waiting list. Specializing in therapy for children and adolescents. Sliding scale available, rates offered for low income. Kathryn Vannauker, Licensed Marriage and Family Therapist. (909) 635-8077, 1538 Howard Access Rd, Ste. C, Upland, CA, 91786, acceptance@live.com, www.ranchocucamongatherapy.com Therapy Groups available at a low cost: Adult Coping Skills and Stress Relief; Teen Self-Improvement, ages 12– 18; Children's Behavior and Anger Management, ages 5 - 12; Children's Self-Esteem and Social Skills Building, ages 5 – 12; Children with Family Issues Therapy ages 5-12.

Office Space Available — Upland

I am a licensed MFT with office space to rent. I have a large, nicely furnished office (about 300 square feet) in North Upland (just off the 210, near the intersection of Baseline and Benson) with hardwood floors and a view of the mountain. I only use this office a few times a week and would like to find a therapist / social worker / psychologist to share the office with. Unlimited Internet usage, full use of the conference room (a good size for groups up to 10 people) and kitchen and utilities are included in the monthly rent. There is a large, private waiting room just outside the office. The office is close to the 10, 210 and 15 freeways. I am flexible regarding which days the other therapist wants to use the office. Hourly rent would be \$10-\$15 (negotiable). Full and part-time rental fees are reasonable and negotiable. In addition, the building has other offices available for rent full time. There is also space available for an agency or suite of offices. Economic times are tough at present, and these office space rental fees are extremely competitive. Perhaps you could save on your current expenses by changing office locations. If you, or a professional that you know, are interested in renting office space, please contact Kathryn at [\(909\) 635 8077](tel:9096358077).

Office for rent—Banning: warm, friendly setting, Christian therapist preferred. Call Janetta @ 951/922-0442.

Office Space for rent - Victorville/Hesperia. Fully furnished window office, with copy and fax machine, play therapy games, parking, and a waiting room. Fully disabled/wheelchair accessible. Available on weekdays, evenings, and/or weekends. Pay by the day or evening. Cross streets Bear Valley Road and Heperia Road. Call Pam Hart (760) 900-3852.

Accepting New Clients-Redlands: The Center for Healthy Relationships is currently accepting new clients. Providing quality counseling for children, adolescents, and adults. Ruth Dusenberry, LMFT, 909-748-7771. Evening and weekend appointments available. www.thecenterforhealthyrelationships.com

Donation Request: My name is Betty Odak and I am starting a transitional housing program for teenagers who have been abused and neglected called Cross-Cultural Adoption and Foster Parent's Inc. Your contribution of \$5.00 or more will go a long way and would be very appreciated. Thanks in advance for your support. You can contact me at: 562-522-8008 or my website: Every child needs protection: <http://www.ccaafp.org>

Seeking Christian Therapists to Rent Office Space: Christian Therapist Offices for Rent in a serene Spanish mission style location with a courtyard, water fountains, & beautiful landscaping. Two Furnished Window Offices Warmly Decorated. Waiting room, separate exit, call light, kitchen, copy/fax room, internet ready, conference/group room. Will assist in securing insurance contracts. Insurance verifications & authorizations available. Referrals possible. Spanish Speaking a plus. Safe parking. Part /full time/Groups only or second office. Fwy Access 60, 71, 91, 15. Email resume: coronada1@verizon.net or call Debbie Corona, LMFT 909/673-1982.

Inland Empire CAMFT MEMBERSHIP APPLICATION

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

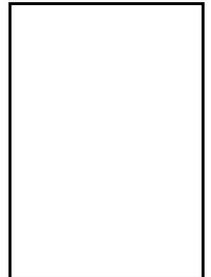
_____ Affiliate Practitioner in another field (e.g., RN, Attorney).....\$40

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 IEC-CAMFT

Inland Empire Chapter of CAMFT
(California Assoc. of Marriage & Family Therapists)
9708 SVL Box
Victorville, CA 92392



ADDRESS CORRECTION REQUESTED