



## THE PROFESSIONAL EXCHANGE IE-CAMFT

**IE-CAMFT**  
**Newsletter**  
**May 2012**

California Association of Marriage & Family Therapists — Inland Empire

### **IE-CAMFT Meeting Friday, May 25, 2012**

**"Mindfulness: What it is, why it works, and how to use it."**

**Speaker: Roger Nolan, M.A.**

**Objectives:**

To enable participants:

1. To more clearly understand what mindfulness is.
2. To comprehend the mechanism of mindfulness that makes it work.
3. To immediately use at least two safe, practical and effective ways to apply mindfulness in one's clinical practice.
4. To be familiar with major mindfulness-based interventions, particularly the use of Mindfulness-Based Cognitive Therapy with a depressed client.

In recent years, "mindfulness" has become a hot topic in psychotherapy, especially as more and more studies validate its effectiveness as a therapeutic tool. The workshop will combine useful information and experiential practice in a lighthearted and engaging format.

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.

Men are cleverer than women at reasoning, women are cleverer than men at drawing conclusions. A parliament in which the members were predominantly women would get through its legislation much faster. - Chazal

#### **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 May 25, 2012**

Roger Nolan, M.A., is a Licensed Marriage and Family Therapist in private practice in South Pasadena. A meditator since 1973, Roger currently leads groups in Mindfulness-Based Cognitive Therapy (MBCT) for depression and anxiety. He helped develop Mindfulness-Based Relapse Prevention (MBRP) for addictive behaviors. An alumnus of Pacifica Graduate Institute, he is a member of the Adjunct Faculty at Antioch University Los Angeles, where he teaches the adaptation of mindfulness practices in clinical settings. Roger has been leading meditation groups in the Pasadena area for more than 10 years, and in 2006, his classes were named "Best for Beginners" by Los Angeles Magazine. He facilitates MBCT and MBRP classes at Insight L.A. in Santa Monica and Pasadena.

## **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:**

**Change Happens.** The yellow cartoon cat, Garfield, would probably convey the sentiment differently.

Each of two hummingbird nests in my yard yielded their pair of winged delights. First two eggs each, then two tiny birds pointing their beaks upward awaiting nourishment. The nests, initially small bowls, flattened somewhat to become launching platforms. No schooling, no advanced degrees to abet success. No certificates of competency. Then came a unique moment for each chick when Mother nature's flight controller said, "You're good to go." Go they each did. With that uniquely hummingbird whirr, they were gone. The now empty nests sit unused. No for sale, for lease, for rent sign adorns them.

In another arena of my life, the much prayed for "sweet chariot" finally "swung low" to gather my Dad from this earth ending his eight plus years of slow undignified decline with Alzheimer's. Sadly our cultural norms/beliefs allow us to treat our pets with more honesty, dignity and care than we can treat our parents. My Dad's departure frees a big chunk of my compassionate energies to devote elsewhere.

IE-CAMFT board changes are taking place. As with many small volunteer organizations, the board members often play a version of musical chairs/roles rotating into and out of roles yet always seeking new volunteers. In particular, April 2012 brings the following changes:

**Donnell Miller** from President, to Past President.

**Ben Zinke** from Financial Officer to regular member.

**Randy Stier** from Secretary to regular member.

**Garry Raley** from Membership to Financial Officer.

**Ruth Dusenberry** from Past President regular member.

**Janell Gagnon** from regular member to Secretary.

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

**Dan Totaro, Ilse Aerts, and Maria Luisa Ciaglo** from regular members to Program Chairpersons.

**Doreen Van Leeuwen** from President Elect to President.

To each of you, for past or for future support for IE-CAMFT I extend my sincerest thanks.

- Doreen Van Leeuwen, President

**Listening.** We therapists know that the ability to listen well is central to our success practicing the arts of relationship healing. In fact, it probably goes without saying, but I will say it any way, that listening well is a core competency of any person who interacts successfully with others.

This perspective is now being promulgated by corporate CEOs who, in the past, may have thought that pushing their own agendas on subordinates was the only way to success. I invite you to listen to and watch the less-than-three minute video at:

<http://www.mckinseyquarterly.com/Governance/Leadership/>

[Why Im a listener Amgen CEO Kevin Sharer 2956](#)

in which Amgen CEO Kevin Sharer shares his view on importance of listening.

I was fascinated by the fact that in this video the speaker is shown in profile vs face-to-face. So much video content is "in-your-face" pontification. Mr. Sharer's indirect presentation caused me to pay more attention, to focus my listening as if overhearing a conversation not directly for me. Watch the video. Come away with your own experience. Listen for comprehension.

- Doreen Van Leeuwen

951-847-7742

[doreen4u2@sbcglobal.net](mailto:doreen4u2@sbcglobal.net)

People who have given us their complete confidence believe they have a right to ours. The inference is false: a gift confers no rights.  
- Nietzsche

## IE-CAMFT Meeting April 27, 2012

We had the pleasure of hearing from the Executive Director of CAMFT, Jill Epstein. As the Executive Director of CAMFT, Jill oversees daily operations for a \$4 million budget; coordinates and implements industry advocacy efforts, including representing CAMFT before state and federal regulatory agencies and legislators; cultivates and manages state and federal PAC's; fosters alliances with other mental health organizations; and serves as editor of "The Therapist." We were grateful that Jill was able to take time out of her busy schedule to speak to us about the efforts currently receiving focus and energies of CAMFT, as well as give IE CAMFT members a chance to voice their concerns and opinions about being a LMFT.

Jill discussed the state and federal level legislation that CAMFT supports and advocates. These legislations have a major impact on LMFTs, making them important for us individual LMFTs to be aware of and to support. The following legislations were discussed:

### *State Level Legislations:*

**\*AB367- BBS Reporting:** BBS was not on the list of organizations that were required to report persons whose license have been revoked, suspended, surrendered, or made inactive by the licensee in order to prevent state reimbursement (i.e. Med-Cal) for services provided after the cancellation of a license. This bill would, on and after July 1, 2015, make that reporting requirement applicable to the Board of Behavioral Sciences. This will help BBS in the regulation of LMFT's.

**\*SB1134- Dangerous Patient:** This bill would change the language from "duty to warn and protect" to "duty to protect" regarding Tarasoff mandated reporting. The primary reason why it is important to correctly name the duty is so that there is no confusion as to what the actual duty is under these dangerous patient situations. This bill will in no way change the actual duty therapists must adhere to; it simply changes the language to make it less confusing.

## IE-CAMFT Meeting April 27, 2012, Continued-1

**\*AB1785- Medi-Cal Federally Qualified Health Centers:** Current law provides that federally qualified health center services and rural health clinic services, as defined, are covered benefits under the Medi-Cal program to be reimbursed, to the extent that federal financial participation is obtained, to providers on a per-visit basis. This bill would include a marriage and family therapist within those health care professionals covered under that definition, as they are not currently included.

**\*AB2007- Alcohol and Drug Abuse Counselors:** Under current law, the State Department of Alcohol and Drug Programs determines the qualifications, including the appropriate skills, education, training, and experience of personnel working within alcoholism or drug abuse recovery and treatment programs, as specified. Upon the elimination of the State Department of Alcohol and Drug Programs, this bill would require the State Public Health Officer to adopt regulations relating to the licensure and certification of alcohol and drug abuse counselors.

### *Federal Level Legislations:*

**Medicare:** This bill would allow LMFT's and LPCC's to be on the list of qualified providers to receive reimbursement from Medicare. The argument is that if LMFT's and LPCC's are on this list of qualified providers, it will save money in the long run because patients on Medicare would no longer need to go through their primary care provider to receive mental health services.

We would like to thank Jill Epstein again for taking time out of her busy schedule to speak to us at IE CAMFT! If you are interested in finding out more about any of the legislation mentioned above, legislation not mentioned, as well as the current updates, visit [www.CAMFT.org](http://www.CAMFT.org) and look under the Advocacy column at the top of the page.

- Janell Gagnon

### 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. And, 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 **August 24** 9:00—11:00 am

Dan Totaro and Ilse Aerts, Program Co-Chairs

### 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. 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!

"What worries you, masters you." - John Locke

"Happiness? That's nothing more than a good health and a poor memory." - Albert Schweitzer

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

DATE	SPEAKER	TOPIC	TIME/LOCATION	COST
2012-05-25 May	Roger Nolan	Mindfulness	8:30am Loma Linda BMI	\$10/2 CEUS for non-members
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	Open How about you?!!	You pick the topic	8:30am Loma Linda BMI	\$10/2 CEUS for non-members
2012-09-28 September				
2012-10-26 October				

## IE-CAMFT

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

#### President: (B)

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

#### President Elect: (B) (Open)

#### Program Co-Chairpersons: (C)

Dan Totaro 909-957-9169  
[dtotaro@gmail.com](mailto:dtotaro@gmail.com)  
Ilse Aerts 909-845-9947  
[ilseaerts76@gmail.com](mailto:ilseaerts76@gmail.com)  
Maria Luisa Ciaglo 909-659-7095  
[mlctherapeuticservices@gmail.com](mailto:mlctherapeuticservices@gmail.com)

#### Membership: (B) (Open)

#### Financial Officer: (B)

Garry Raley 951-640-5899  
[garra@sbcglobal.net](mailto:garra@sbcglobal.net)

#### Secretary: (B)

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

#### Newsletter Editor: (C) (Open)

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

#### CEU Chair: (C)

Carolyn Dodd 951-212-5003  
[cdodd1@verizon.net](mailto:cdodd1@verizon.net)

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

#### Hospitality Chair: (C)

Judy Jacobsen 909-307-6275  
909-556-1276 cell  
[wedlucks@aol.com](mailto:wedlucks@aol.com)

#### Networking Luncheons: (C)

Jeanne Joslin 951-922-8799  
[Jeanne\\_joslin@yahoo.com](mailto:Jeanne_joslin@yahoo.com)  
Janeta Peltz 951-922-0442  
[psy\\_hlp\\_5cents@hotmail.com](mailto:psy_hlp_5cents@hotmail.com)

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)

## 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 first symptom of love in a young man is shyness; the first symptom in a women, it's boldness." - Victor Hugo

# 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)

## Office Space For Rent in Corona, CA

1128 E. 6th ST, Corona CA

Major Cross Streets: 6th ST at Rimpau AV  
Close to downtown Corona; convenient to Norco, Eastvale, Riverside, South Corona

Specifics: Fully-furnished offices available for sub-lease full or part-time; bi-monthly cleaning service; small kitchenette for tenant use only; facsimile and limited copy machine services; conveniently located near 15 and 91 freeways; waiting room with bell to alert you of next clients; amicable work environment; on site ample free parking; utilities pro-rated; flexible terms and rates. Contact Susan at 909-957-4357 or [Kleszewski@aol.com](mailto:Kleszewski@aol.com) for further details on Suite 8. For Suite 7 contact Doreen Van Leeuwen at 951-347-1837, or [Doreen@ABetterWayCenter.com](mailto:Doreen@ABetterWayCenter.com)

## 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.

## **Help needed:**

I am looking for someone willing to do approximately 7 hours per week clinical supervision with MFT and LPCC students (masters & doctoral students) at the CFS Clinic at the BHI in Redlands. The person would need to have already taken the required BBS supervision course and be licensed as an MFT for two years.

The pay is \$45/hour. Hours must be during the day and would include two hours of group supervision. The person would also need to be willing to participate in a quarterly supervisors' meeting, which lasts about 90 – 120 minutes. The person would need to become credentialed by medical staffing on campus to be able to access the electronic medical record.

Ideally, the person would be able to speak Spanish. If you know of anyone, have them contact me directly at 909-558-9568.

Randall Walker, M.S., MFT, Director  
Counseling & Family Sciences Clinic  
Loma Linda University Behavioral Health Institute  
1686 Barton Rd., Box B  
Redlands, CA 92373  
909-558-9568; fax 909-558-9593  
Extension 39568; fax 39593  
[rrwalker@llu.edu](mailto:rrwalker@llu.edu)

## **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

