

**UPCOMING IE-CAMFT MEETING**

Friday, May 24, 2013

**CULTURE OR PERSONALITY? ISSUES WITH CULTURALLY DIVERSE COUPLES**

*Featured Presenter: Jon P. Kirby, PhD*

**Training Objectives:**

1. An opportunity to experience some simple action techniques.
2. A glimpse into the usefulness of action methods for their fields.
3. An opportunity to learn that we need to distinguish between cultural issues versus personality issues in couples therapy and in other group therapies.
4. An opportunity to introduce a new action method called "culture-drama", which helps to uncover and deal with complex cultural issues that affect personalities and relationships, before plunging deeper into intra-psychic level.



*Jon Kirby is a Cambridge trained anthropologist (PhD) and a pastoral counselor (MDiv), and has been involved with cross-*

*cultural training and fostering interculturality using action methods for 30 years. Under the supervision of Donell Miller (MDiv, PhD, LMFT, TEP), and Shu Gong (PhD, LCSW, TEP), Dr. Kirby is also a certified practitioner of psychodrama, sociometry and group psychotherapy using action methods for intercultural competence building and to foster intercultural and interreligious dialogue.*

**MONTHLY MEETING TIME & LOCATION**

8:30am – 9:00am: Refreshments & Networking

9:00am – 11:00am: Program

11:00am – 12:00pm: Board Meeting

**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.

It's a benefit.

Non IE-CAMFT members: \$10.00.

Note: Promptness is urged and presence is required during the two hour presentation to earn your 2 CEUs.

## “PRESIDENT’S MESSAGE”

I’m honored to have been selected as the new President for the Inland Empire chapter of the CAMFT. I want to thank the board and membership for their support. Also, I’d like to express my appreciation to Doreen Van Leeuwen for the great job she did during her term as President. Thanks Doreen!

In thinking over what I would like to address in this first article I reviewed my thirty years as a Marriage and Family Therapist. I thought of all the great colleagues I’ve worked with and all the patients who allowed me to accompany them, for a short while, on their journey. I’m very honored to be a part of this great profession. In thinking back I also recalled an article from the AAMFT website entitled “[Marriage and Family Therapist: The Family-Friendly Mental Health Professionals](#)”, which provided a profile of Marriage and Family Therapists. Here are a few of the findings presented in the article:

### Who are Marriage and Family Therapists and what do they provide?

- Educated with a master’s or doctoral degree
- Trained with a minimum of two years supervised clinical experience
- Family-focused psychotherapists and mental health generalists
- Diagnosis and treatment of mental and emotional disorders
- Individual child (15%) and adult (47%) psychotherapy
- Couple, family, and group therapy (38%)
- Marriage and relationship counseling
- Premarital education and marital enrichment

### What do Marriage and Family Therapists treat?

- Depression and other Affective Disorders
- Childhood Behavioral and Emotional Disorders
- Marital and Relationship Problems
- Conduct Disorder and Delinquency
- Substance Abuse
- Alcoholism
- Domestic Violence
- Severe Mental Illness

### Who are the clients of Marriage and Family Therapists?

- 6.1 Million People are seen Annually by Family Therapists (2.1% of Population)
- 2,294,728 Individuals Per Year
- 808,798 Children Per Year
- 752,370 Couples Per Year
- 526,659 Families Per Year

In my experience this information only tells part of the story. Those who have chosen this profession are compassionate people who have dedicated their professional lives to easing the pain and promoting the growth of individuals and families. For me the following quote expresses who we are as Marriage and Family Therapy professionals:

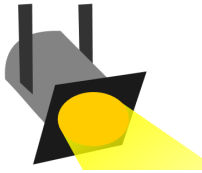
***“Professionalism is... believing passionately in what you do, never compromising your standards or values and caring about your clients, your colleagues and yourself.” - Paraphrasing David Maister***

I look forward to serving you as your chapter President.

**Dan Totaro**

## 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.*



# Member Spotlight

*Betty Odak, LMFT*



***This year IE-CAMFT welcomes Betty Odak to the Board as Co-President Elect.***

Betty Beatrice Akinyi Odak was born and raised in Oyugis, Kenya. Betty was the firstborn in a family of 12 children. Betty's father died in a car accident when she was 12. Her mother is still living in Kenya.

Betty graduated from Wire Primary School in Oyugis and attended Ogade Girls High School in Homa-Bay district in Kenya. She attended Kenya Polytechnic, Nairobi (1981-1983) and obtained a Diploma in Business Management and Legal Secretarial. She types 100+ words per minutes and shorthand 130 words per minute.

From 1984-1995, Betty worked with different Christian organizations in Kenya, including Daystar University (Nairobi), Fellowship of Christian Unions (FOCUS-Kenya), Sudan Interior Mission (SIM-Kenya), World Vision International, and Open Doors With Brother Andrew.

Betty was married briefly and has two grown daughters, Valerie and Annette. Both girls have

excelled in their academic and social lives. Betty is a devout Christian and professes her faith openly.

Betty came to the United States on Labor Day September 3, 1995 as an undergraduate student at Biola University in La Mirada, California. She graduated in 1999 with a BA in Psychology and Minors in Sociology and Bible.

She continued with her graduate studies at Hope International University, Fullerton, CA. She graduated in May 2003 with a MA in Psychology, emphasis – Marriage and Family Therapy. Betty is Licensed by the State of California as a foster parent.

Betty has worked as a Child Counselor, Social Worker, Family Therapist, and Clinician with different organizations including:

- Biola University, Resident Assistant (1996-1997)
- Family Solutions, Inc, Santa Ana, CA (1996-2003)
- Star Six Children's Foundation, Fullerton, Counselor, CA (1996-2002)
- Wilene's Regrowth Center, Pomona, CA, Mental Health Therapist (2003-2006)
- San Gabriel Children's Center, Covina, CA, Clinician (2002-2006)
- Guardians of Love, San Bernardino, CA, Social Worker, Administrator (2003-2009)
- David & Margaret Home, La Verne, CA, Mental Health Therapist (2006 to present)

Betty is licensed as a Marriage and Family Therapist in the State of California. Betty has a private practice in Redlands, CA.

## 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. 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 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

All the benefits listed above 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 the following question:

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

Contact **Dan Totaro** to increase your activity with our board. The board position of CEU Chair is open. Committees such as Hospitality, Membership, and Trauma Network need added leadership and participation. **Chapter dues are waived for board members during the year they serve.**

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. I bet you can name some more benefits. Give it a try!

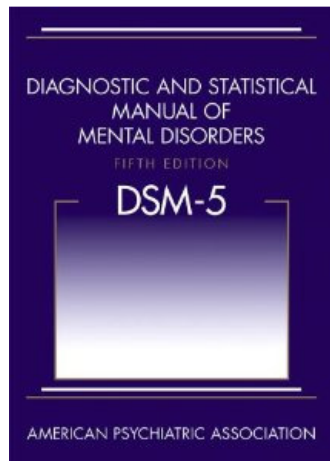


Lisa Axelrod  
Alyssa Giambra  
Barbara Hernandez  
Laurie Lee  
Ronald Morgan  
Jeffrey Mancaruso  
Judy McGehee  
Ralph Ortiz  
Jim Rogers



We wish to recognize your achievements, milestones, and successes. Became certified in a treatment approach? Published a new book or article? Newly licensed? Wish to be next month's featured member? Please contact any board member so we can share your accomplishment at our meetings and in this newsletter!

## MENTAL HEALTH IN THE NEWS



*The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5) and the DSM-5 Pocket Guide published by the American Psychiatric Association can be pre-ordered now through various retailers including Amazon.com.*

Earlier this month, the National Institute of Mental Health, the world's largest mental health research institute, made headlines as Director Thomas Insel announced that NIMH is withdrawing support for the new edition of the DSM-5. In his blog, which can be found at [www.nimh.nih.gov](http://www.nimh.nih.gov), Insel contends that the DSM lacks validity, as it is based on a consensus about clinical symptoms, not on any objective measures. He declares that "patients with mental disorders deserve better."

With the release of the DSM-5 this month, we will all soon have the opportunity to form our own opinions of the long-awaited new edition. On June 15, 2013, CAMFT is sponsoring a workshop at Azusa Pacific University (see pages 11 and 12 in this newsletter for more information). Our chapter will also be addressing issues with the new DSM at our June meeting, when our program will be "Therapists and the DSM-5: In sickness and health, for better or worse..." presented by Garry Raley.

Don't miss out on these great opportunities offered by CAMFT to learn more about one of the most anticipated events in the mental health field!



### Is It Time To Renew Your Chapter Membership?

IE-CAMFT chapter membership is renewed separately from your statewide CAMFT membership.

Please visit our website at [www.ie-camft.org](http://www.ie-camft.org) or submit membership form on the last page of this newsletter to renew.

If you are unsure of your membership status, please contact Angie Moxey at [angie.moxey@gmail.com](mailto:angie.moxey@gmail.com)



## AT OUR LAST CHAPTER MEETING...



BY JANELL GAGNON

In our April IE-CAMFT meeting, 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 regarding issues affecting MFT's. Some of the state bills that Jill discussed in our meeting follows with a brief description:

- ❖ SB 282 - Confidential medical information: required authorization to disclose: This is one of the two bills that CAMFT is sponsoring this year. The law currently states that if a patient places a malpractice claim on a medial physician or surgeon, they are allowed to request an authorization to disclose medical information in order to allow for an evaluation of the merits of the claim. The SB282 bill will simply include LMFT's in this law to help protect LMFT's from having "bogus" claims made against them. Thus far, there is no opposition against this bill.
- ❖ SB578 - Marriage and Family Therapists: Unprofessional Conduct: This is the second of the two bills that CAMFT is sponsoring this year. There has been confusion in the courts surrounding the ethical issue of dual relationships. This bill will clarify what a dual relationship is and what makes it unethical by stating that when a dual relationship occurs and cannot be avoided, a marriage and family therapist shall take appropriate professional precautions to ensure that his or her judgment is not impaired and the patient is not exploited.
- ❖ AB252 - Social Workers: Existing law makes an individual who falsely states they are a clinical social worker without possessing the license guilty of a misdemeanor. However, this law exempts individuals who are employed by organizations or institutions who may use the title "social worker," because this is a very common title in the health field. This bill would remove that exemption, and make any and all individuals and/or organizations guilty of a misdemeanor and would require them to pay the penalties. CAMFT opposes this bill unless there are amendments made to the bill to lessen the penalties and allow adequate time for organizations and educational institutes to make the necessary changes.

CONTINUED ON PAGE 7

## AT OUR LAST CHAPTER MEETING...

CONTINUED FROM PAGE 6

Besides keeping us up to date on the bills and policy issues that CAMFT is supporting and giving energies to, Jill also discussed some of the CAMFT strategic priorities and news straight from the top:

- ❖ CAMFT is continuing to work towards improving the PAC contributions so that we can support the election and re-election of individuals who will support our views and bills that protect MFT's.
- ❖ CAMFT is focusing on knowing who its members are, what services they offer, and what members want.
- ❖ Some brand new news is that there are new proposed by-laws for chapter CAMFT; more modernized and up-to-date.
- ❖ A new chapter award was created to reward excelling chapters.

Jill reminded us that CAMFT has a variety of benefits and encouraged all members to utilize the following:

- ❖ [Counselingcalifornia.com](http://Counselingcalifornia.com): It's 100% free for members to post professional profiles. It's free advertising! They are also in the process of allowing pre-licensed interns to also post profiles.
- ❖ Use the EBSCO Host database! Why Google when you can EBSCO, and get access to full-text scholarly articles.

This article is just a brief look at the bills and policy issues that are receiving energy from CAMFT, as well as the news of what's happening at the state CAMFT level. You can find all of this information and more on the CAMFT website at [www.camft.org](http://www.camft.org).

Hearing from Jill about all that is going on at the state CAMFT level was a reminder about how important it is to support CAMFT. To show our support, our chapter raised \$175 for the CAMFT PAC at this meeting. We would like to thank the Executive Director of CAMFT, Jill Epstein, again for taking the time to come out to our chapter meeting and speak with us about all the news surrounding the MFT world and addressing our questions and concerns.



## Practice Perspectives

### Featuring Modern Treatment Approaches of Interest

#### ***“Integrative Behavioral Couple Therapy”***

Integrative Behavioral Couple Therapy (IBCT) is a treatment approach developed by UCLA’s Andrew Christensen and the late Neil S. Jacobson of the University of Washington. IBCT can be considered among the “third wave” of behavioral approaches such as Acceptance and Commitment Therapy and Dialectical Behavior Therapy due to its goals of acceptance and change. The U.S. Veteran’s Administration recently adopted IBCT as one of their empirically supported treatments.

IBCT is focused on three concepts: case formulation, emotional acceptance, and evocative interventions. Therapy begins with case formulation, when the therapist conducts a “DEEP” analysis of the couple’s story within a non-blaming framework. DEEP stands for **D**ifferences, **E**motional sensitivities, **E**xternal stressors, and **P**attern of communication. Then intervention begins with “empathic joining,” creating a safe place to explore emotional aspects. Exploration leads to a “unified detachment” of objective examination of triggers, escalation, and reconnection. After this examination, the next stage of therapy is focused on “tolerance building” by enacting negative behaviors

during sessions to promote acceptance of emotions.

Change is brought about by increasing emotional understanding and acceptance. The therapist’s role is to create conditions that foster greater acceptance, rather than telling each partner what they should accept. Termination involves a new DEEP formulation, including new information and positive aspects that emerged from the therapy process.

Learn more about IBCT at <http://ibct.psych.ucla.edu> and by checking out *Acceptance and change in couple therapy: A therapist's guide to transforming relationships* by Neil S. Jacobson and Andrew Christensen. Also, *Reconcilable differences* by Christensen and Jacobson is a self-help resource for couples.

SOURCE: [www.apa.org](http://www.apa.org)



#### **Did You Know?**

Memorial Day was first called Decoration Day. It was changed to Memorial Day in 1882.



PROGRAM OUTLINE FOR IE-CAMFT  
MAY – JULY 2013

DATE	SPEAKER	TOPIC	TIME/ LOCATION	COST
<b>MAY</b>				
Friday 5/24/13 Monthly Meeting	John Kirby, PhD	“Culture or Personality? Issues with Culturally Diverse Couples”	8:30am LLU Behavioral Health Institute	IE-CAMFT Members: No Cost Non-IE-CAMFT Members: \$10.00
<b>JUNE</b>				
Friday 6/28/13 Monthly Meeting	Garry Raley, MA, LMFT	“Therapists and the DSM-5: In sickness and health, for better or worse...”	8:30am LLU Behavioral Health Institute	IE-CAMFT Members: No Cost Non-IE-CAMFT Members: \$10.00
<b>JULY</b>				
No meeting				

**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 future IE-CAMFT meetings in 2013. We urge you to consider sharing with us. To do so, contact **Ilse Aerts: (909) 945-9947** [ilseaerts76@gmail.com](mailto:ilseaerts76@gmail.com)

Mother's love is peace. It need not be  
acquired, it need not be deserved.

– Erich Fromm

Happy Mother's Day

## IE-CAMFT BOARD OF DIRECTORS (B) AND COMMITTEE CHAIRPERSONS (C)

### **President: (B)**

Dan Totaro: (909) 957-9169, [dtotaro@gmail.com](mailto:dtotaro@gmail.com)

### **Co-Presidents Elect: (B)**

Janine Murray: (951) 452-1185, [jmurraymft@aol.com](mailto:jmurraymft@aol.com)

Betty Odak: (562) 522-8008, [ccmftcc@gmail.com](mailto:ccmftcc@gmail.com)

### **Past President: (B)**

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

### **Financial Officer: (B)**

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

### **Secretary: (B)**

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

### **Programs: (B)**

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

### **Membership: (B)**

Angie Moxey: (909) 276-7475, [angie.moxey@gmail.com](mailto:angie.moxey@gmail.com)

### **Hospitality: (B)**

#### Co-Chair:

Jeanne Joslin: (951) 922-8799, [Jeanne\\_joslin@yahoo.com](mailto:Jeanne_joslin@yahoo.com)

#### Co-Chair:

Janeta Peltz: (951) 922-0442, [psy\\_hlp\\_5cents@hotmail.com](mailto:psy_hlp_5cents@hotmail.com)

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

Donell Miller: (909) 798-2765, [4donellmiller@gmail.com](mailto:4donellmiller@gmail.com)

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

#### **Newsletter Reviewer: (C)**

Marie Louise Bosin: (909) 809-8012, [MarieLouise.Bosin@yahoo.com](mailto:MarieLouise.Bosin@yahoo.com)

### **CEU Chair: (C)**

(open)

Temporary: Angie Moxey: (909) 276-7475, [angie.moxey@gmail.com](mailto:angie.moxey@gmail.com)

## Newsletter Notes & Policy

**Reminder:** Please submit newsletter items to Dan Totaro at [dtotaro@gmail.com](mailto:dtotaro@gmail.com).

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 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)



# Understanding DSM-5

Presented by Gary G. Gintner, PhD, LPC

SOUTHERN CALIFORNIA

**June 14, 2013**

9:00 a.m. to 4:30 p.m. (6 CE Hrs.)

**Azusa Pacific University  
Felix Event Center (West Campus)**

701 E. Foothills Blvd., Azusa, CA 91702

NORTHERN CALIFORNIA

**July 12, 2013**

9:00 a.m. to 4:30 p.m. (6 CE Hrs.)

**Location TBD**



**\$119 Prelicensed Member | \$129 Clinical/Associate Member | \$159 Non-Member**

The DSM-5 represents a fundamental shift in how disorders are conceptualized and diagnosed. The workshop provides an overview of the manual's new organization, innovations such as spectrum disorders, and the relationship between DSM-5 and the ICD. Participants will learn the nuts and bolts of using the manual and coding a DSM-5 diagnosis. The program reviews major classes of psychiatric disorders with particular attention paid to significant changes in the diagnostic criteria. Throughout the workshop participants are given opportunities to practice making a diagnosis using the new system.

By the end of the program, participants will be able to:

- 1) Describe at least three major innovations of DSM-5.
- 2) Describe the relationship between DSM-5 and ICD.
- 3) Write a DSM-5 diagnosis using the manual.
- 4) Describe at least two changes to each class of psychiatric disorders covered in the workshop.
- 5) Describe at least four new disorders introduced in DSM-5.
- 6) State at least two strengths and two weaknesses of the new manual.

**Co-sponsored in part by:**



*Gary G. Gintner, PhD, LPC is an Associate Professor and Program Leader of the Counseling Program at Louisiana State University. He has published numerous articles on topics such as differential diagnosis, mood disorders, substance abuse and best practices for the treatment of psychiatric and substance use disorders. He is a nationally recognized trainer on the DSM and best practice guidelines. His thirty years of clinical experience includes inpatient care, substance abuse counseling, and outpatient mental health. He served as the 2007-2008 President of the American Mental Health Counselors Association (AMHCA) and is currently the DSM-5 Task Force Chair for AMHCA.*

**California Association of Marriage and Family Therapists**



**CONNECT  
ENRICH  
ACHIEVE**

California Association of Marriage and Family Therapists

Seating is limited so register early online at [www.camft.org](http://www.camft.org), by calling toll-free 1-888-89 CAMFT (892-2638), by faxing your registration to 1-858-292-2666, or mail to CAMFT, 7901 Raytheon Road, San Diego, CA 92111.

## REGISTER FOR THE DSM-5 WORKSHOP!!!

\$119 Prelicensed Member | \$129 Clinical/Associate Member | \$159 Non-Member

### SELECT WORKSHOP

☐ SOUTHERN CALIFORNIA **June 14, 2013 - Azusa Pacific University**

☐ NORTHERN CALIFORNIA **July 12, 2013 - TBD**

Name

CAMFT ID Number

License Type and Number

Address (Street, City, State, Zip)

Daytime Telephone

Fax

E-mail Address

If charging, please complete the following: ☐ Visa ☐ MasterCard ☐ Discover ☐ American Express

Credit Card Number

Card Security Code

Expiration Date

Amount

Signature

**CAMFT is approved for continuing education hours by:** Board of Behavioral Sciences (Provider# PCE 50) for LMFTs, LCSWs, LPCCs, LEPs. Provider Approved by the California Board of Registered Nursing (Provider# CEP 4046) for number of contact hours. Provider Approved by the California Foundation for Advancement of Addiction Professionals (formerly CAADAC) (Provider# 1S-95-319-1013). CAMFT is approved by the American Psychological Association to sponsor continuing education for psychologists. CAMFT maintains responsibility for this program and its content. Prelicensed members and associates may earn hours of experience for attending CAMFT workshops as approved by their supervisors.

**Refunds/Cancellations:** Requests for refunds must be in writing and received by CAMFT before one week prior to the event. The administrative fee for cancellation shall be \$25 for each day of a paid event. This cancellation fee will be deducted for cancellation of any paid event through the cancellation deadline. There will be no refunds on requests received after one week prior to the event.

**Grievances:** While CAMFT goes to great lengths to assure fair treatment for all participants and attempts to anticipate problems, there will be occasional issues which come to the attention of the conference/workshop staff which will require intervention and/or action on the part of the staff. Please visit [www.camft.org/grievance](http://www.camft.org/grievance) for a procedure guideline to handle such grievances.

**Special Needs:** Should you have a special need and plan to attend the Conference, please contact CAMFT at (858) 292-2638 or via email at [infocenter@camft.org](mailto:infocenter@camft.org). Please allow as much advance notice as is possible to ensure we have ample opportunity to meet your needs.

**Presenter Opinions and Sensitive Materials Disclaimer:** Some presentations may include material that could be highly-sensitive. As well, presenters may express a wide variety of opinions and views which do not necessarily represent the opinions and views of CAMFT and/or you as an individual. Presenters were selected because of their expertise in their respective subject areas and are offered to provide you with a diversity of views on a variety of topics to enhance your conference experience.



**Beacon Reminders Presents: Dramatic Action Methods. Personal growth and fulfillment for you through Psychodrama.** In addition, for professionals in training, receive as many as 8 CEU and group therapy credits toward certification under ASGPP. Certificates given.

Saturday, May 18 from 9am to 5pm  
University United Methodist Church  
940 East Colton Ave. Redlands, in Wesley Lounge

Cost: You pay for your own meal when the group goes to lunch together for continuing discussion, plus \$10 if you collect CEU or other credits.

Call (909) 798-2765 for information, or e-mail [4donellmiller@gmail.com](mailto:4donellmiller@gmail.com).

We're open Wednesdays FREE through the month of May from 7pm to 9pm. The more you put into the program, the more you get out of it. Confidentiality expected. 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. Donell Miller, PhD, TEP, LMFT, director. 2012 President's Award Winner, ASGPP and author of books and papers on display.



*Classified ads are FREE for members and are also posted on our website [www.IE-CAMFT!](http://www.IE-CAMFT!) See page 10 for more details.*

**Betty Odak, LMFT (MFC52001)**  
**Cross Cultural Marriage and Family Counseling Center, Inc.**

Address: 535 West State Street, Suite 'C'  
Redlands, CA 92373. Tel: 909-335-9700 or Toll-free 855-824-2999, Cell: 562-846-1269. Email:

[ccmftcc@gmail.com](mailto:ccmftcc@gmail.com) or  
[betty.odak@gmail.com](mailto:betty.odak@gmail.com)

Website:

[www.crossculturalcounselingcenter.com](http://www.crossculturalcounselingcenter.com)

Academics \* Acculturation/Immigration \*  
Addiction \* Alcohol Abuse \* Attention Deficit (ADHD) \* Career Counseling \* Coping Skills \*  
Christian Counseling \* Divorce/Dating \* Domestic Violence \* Dual Diagnosis \* Emotional Disturbance \* Elderly and Aging \* Elderly Person Disorder \* Infertility \* Life Coaching \* Mood Disorder \* Obsessive-Compulsive (OCD) \* Parenting \* Sexual/Emotional Abuse \* Substance Abuse \* Post-Traumatic Syndrome (PTSD) \*  
Acculturation/Ethnicity \* Adoption/Fostering \* Anger Management \* Anxiety or Fears \* Behavioral Issues \* Child or Adolescent \* Depression \* Domestic Abuse \* Drug Abuse \* Eating Disorders (Bulimic/Anorexia)\* Family Conflict \* Internet Addiction/Gambling \* Loss or Grief \* Obesity \* Weight Loss \* Bipolar Disorder \* Personality Disorder \* System Kids (DCFS/Probation) \* Oppositional Defiance \* Peer Relationships \* Self Esteem \* Spirituality/Religion \* Teen Violence \* Aviation Professionals \* Bisexual Clients \* Gay Clients \* HIV / AIDS Clients \* Lesbian Clients \* Transsexual Clients \* Transgender \*

Languages: English, Spanish, Swahili

Types: Family, Groups, Individuals  
Ages: All. Religion: Any  
Gender: Any



**PROFESSIONAL DEVELOPMENT.** BBS CEU provider #5374. Various interesting topics. Earn 8 hours of CEU credit in one day. Peaceful and comfortable location. Mindfulness included in all trainings. [www.nsewmec.com](http://www.nsewmec.com). Didactic and Experiential. Come have FUN with us while you learn. [marielouise.bosin@yahoo.com](mailto:marielouise.bosin@yahoo.com)

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**Office Space.** \$10 per hour in blocks of five hours. Space includes waiting room. Play room use also available.

Email [marielouise.bosin@yahoo.com](mailto:marielouise.bosin@yahoo.com) if you are interested. Office in Centennial Plaza in downtown Redlands.

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**Post Masters Intern – 6 Months Prior Experience.**  
Redlands, California

Company: NorthSouthEastWest Mindfulness Education Center [www.nsewmec.com](http://www.nsewmec.com)

Description: Seeking post-Masters interns to interview in July and start in August 2013. We need four interns. Body/Mind/Spirit approach. Mindfulness oriented. Clinical, supervision and training hours are all paid at \$25.00/hour.

Supervisors are Marie Louise Bosin, MA, LMFT and Cynthia Della Ripa, MA, LMFT. Please address all questions and resume by email to [marielouise.bosin@yahoo.com](mailto:marielouise.bosin@yahoo.com)

## **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](mailto:lshestock@aol.com) or 951-640-1225.

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**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. Counselors Andy Clack and Amber Hebb, MFT Interns supervised by Marie Louise Bosin, MA, LMFT (27703) are available to serve you at a cost you can afford. Call the Center at 909-283-2338 to make an appointment.

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## **Opportunities to Learn / Practice Psychodrama:**

**\*\* Every Wednesday at 7:30 PM\*\***

Free 2 1/2 hours of a continuing course on the 24 comprehensive 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. Get more information from Donell Miller: [4donellmiller@gmail.com](mailto:4donellmiller@gmail.com) (909) 798-2765 (let phone ring at least ten times).

## 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 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

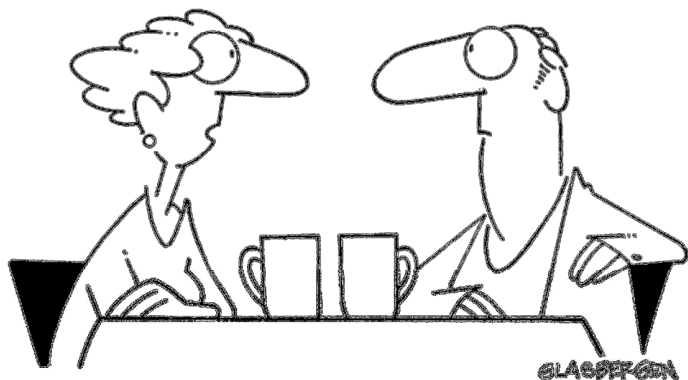
[www.drballoupsyd.com](http://www.drballoupsyd.com)

[drballoupsyd@yahoo.com](mailto:drballoupsyd@yahoo.com)

Office: 951.264.8714 Fax: 951.735.8451

Please park in the front of the building on the address side. When you arrive, please text or call me (951.264.8714) 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.

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[www.glasbergen.com](http://www.glasbergen.com)



**"I won't be home to celebrate our anniversary.  
I have my Marriage Enrichment class that night."**



President Obama is the first president to sign a proclamation declaring May as National Mental Health Awareness Month. As the proclamation reads:

*People who believe they may be suffering from a mental health condition should talk about it with someone they trust and consult a health care provider. As a Nation, it is up to all of us to know the signs of mental health issues and lend a hand to those who are struggling. Shame and stigma too often leave people feeling like there is no place to turn. We need to make sure they know that asking for help is not a sign of weakness -- it is a sign of strength.*

The County of Riverside recently launched the "It's Up to Us" campaign. With radio, print, and TV ads, the campaign is designed to empower people to talk openly about mental illness, recognize symptoms before it is too late, and seek help. Visit [www.up2riverside.org](http://www.up2riverside.org) for public service materials and referrals to local resources.

## Inland Empire CAMFT Membership Application

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

Street Address \_\_\_\_\_

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

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

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

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

### MEMBERSHIP CATEGORIES (CHECK ONE)

☐ Clinical (Licensed).....\$40

☐ Pre-licensed (Trainee, Intern, Social Worker Associate).....\$25

☐ Associate (Licensed in a related mental health field).....\$40

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

CAMFT Member # \_\_\_\_\_

[www.IE-CAMFT.org](http://www.IE-CAMFT.org)

Must be a member of CAMFT to join the local chapter (unless Affiliate member).

**Dues are paid annually.**

**MAKE CHECKS PAYABLE TO: IE-CAMFT**

Mail to:

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

P.O. Box 11846

San Bernardino, CA 92423