

THE PROFESSIONAL EXCHANGE



INLAND EMPIRE CHAPTER OF CAMFT

(California Association of Marriage Family Therapists)



November 2007

MONTHLY MEETING

November 30, 2007

Coffee and Networking: 8:00 am
Program: 8:30 am - 10:30 am

Loma Linda Marriage & Family Therapy Clinic
164 W. Hospitality Ln. Suite 15
San Bernardino, CA. 92408

Emotionally Focused Therapy with Couples

By Mary Moline, PhD.

Mary Moline, PhD. is the Chair of the Dept. of Counseling and Family Services at Loma Linda University. She is the Program Coordinator of the Masters in Marriage and Family Therapy, and an AAMFT approved supervisor. She has a special interest in law and ethics, couples therapy, reflecting teams and Bowen theory.

Dr. Moline is a recognized expert in this subject and attendees will learn:

1. What Emotional Focused Therapy is and how it is useful when working with couples.
2. Current research status on the effectiveness of EFT with couples.
3. Specific EFT techniques that therapists may use.
4. EFT stages of treatment.
5. Theoretical assumptions of EFT.

Two (2) hours CEUs (free for members - \$10 for non-members)

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CHAPTER EVENTS TO REMEMBER

November 30, 2007	Emotionally Focused Therapy with Couples by Mary Moline
December 14, 2007	Ronald Mah Presents and Annual Christmas Lunch
January 25, 2008	Significant Events for MFTs by Mary Riemersma, Executive Director, CAMFT
February 23, 2008	Annual Law and Ethics workshop by David Jensen, CAMFT
March 23, 2008	The Latest in Court Dispute Resolution Services by Hiram Toro-Rivera



Greetings,

Did you miss it? I'm referring to the October newsletter. This monthly way of staying in touch is a major tool of our chapter. Your board has supported improvements of the newsletter because it is the major link between us.

Unfortunately, I couldn't get all the pieces together in time for October. The old adage of behavior theory is that 'deprivation leads to motivation'. If you felt deprived in October, consider volunteering to contribute articles, coordinate ads, distribute hard copies or other functions. Even better, go for the gold and take on the whole challenge!

On a more positive note, some especially good events are upon us. The long anticipated presentation on EFT by Dr. Moline, a special program by Ronald Mah and a show of support from our state organization as Mary Riemersma

and David Jensen provide expert counsel in January & February.

State CAMFT sent a request for volunteers to assist in the aftermath of the wildfires. Our Trauma Response Network advocate, Carolyn Dodd, has been speaking to members to encouraging development of an IE team. It is challenging to put all the steps together and Carolyn has done a yeoman's job trying to have a group of committed therapist prepared in advance of the next emergency. Be sure to contact her if you want to be a part of this important work.

See you at the Christmas lunch!

Garry

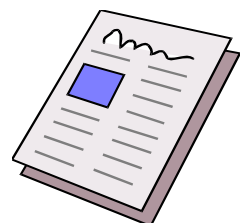
ps Have you looked at our Web Site.? We are IE-CAMFT; NOT IECAMFT. We are trying to get the error corrected

PRESIDENTS MESSAGE



NEWSLETTER ARTICLES

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 last day of the month. Send to garal@sbcglobal.net The newsletter is e-mailed (unless a hard copy has been requested) to all members.





TRAUMA RESPONSE NETWORK

Thinking about joining the IE-CAMFT's Trauma Response Network?

If you are interested in donating your time and energy please consider if Trauma Response is right for you. We have available a private survey to help you with your own decision making process. Trauma response is not for everyone and we all have times in our lives or with families when the timing does not work. But events like the recent fire storms causes us to reconsider priorities. We can help by providing this aid to you for your own use.

If you think you might be ready (with training) there is a definite need. The following statistics highlight the need:

Following the Oklahoma City Bombing -

8898 individuals received psychological first aid or support group services

53 people received counseling for every one death (mathematical ratio)

186,000 people received additional services* -

Contacts by outreach workers

"Debriefing" sessions

Educational services

Trial support services

* Mathematically, this number equals about 1000 mental health contacts per death. (1)

If you are not ready to commit but you are interested please send an email to:

cdodd@ie-camft.org

Email is the most efficient method of responding - cuts down on phone tag. I can send the same message to several members at once, and all get the other's questions/ comments.

I look forward to hearing from you and developing a successful trauma response team,

Carolyn Dodd



MEMBERSHIP INFORMATION

Membership to the Inland Empire Chapter of CAMFT requires a membership to CAMFT. There are multiple benefits to belonging to both. For more information on membership benefits or how to join, contact Pam Hart or any of the board members for assistance. Phone numbers are on the first page of the newsletter.

Welcome New Members

Donell Miller

Arcaceli Rosas

Adam Chavez



Give An Hour

Therapists who wish to donate counseling services to a veteran may do so by accessing www.giveanhour.org. Veterans receive services provided pro bono by the therapist and in exchange the veteran chooses from a list of community agencies where they may volunteer their time.

EFFECTS of ATTENTION DEFICIT DISORDER (ADD)

November 29, 2007 @ 7:00 PM

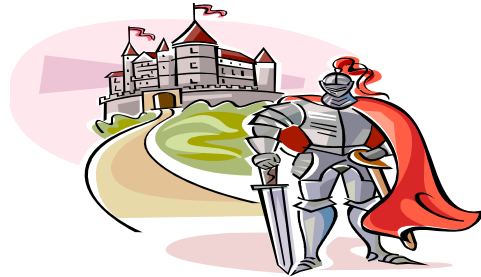
Congregation Emanu El
3512 North E Street
San Bernardino,

Jewish Family Services of the Inland Communities is holding an educational seminar on the "Effects of Attention Deficit Disorder (ADD)". Dr Alan Kwasman, a Riverside pediatrician, who is board certified in Developmental Behavioral Pediatrics since 1985, will make a presentation and accept questions about ADD and its treatment.

The seminar is free. To RSVP, call 951.784.1212

CALL for RESOURCES

If you have experience treating families with military service (with or without PTSD expertise) call or email State CAMFT to provide contact information and services you provide.



HELP WANTED

IE-CAMFT NEEDS YOU!

HAVE YOU NOTICED THAT BOARD MEMBERS ARE DOING DOUBLE-DUTY? ARE YOU WILLING TO HELP? PLEASE SIGN UP FOR ANY OF THE FOLLOWING BY CONTACTING GARRY RALEY OR ANY BOARD MEMBER:

**SECRETARY
NEWLETTER
ADVERTISEMENTS
PROGRAMS**

SPECIAL PROJECTS (e.g. Law and Ethics)

YOU DON'T NEED PRIOR EXPER-TISE. CURRENT OFFICERS WILL WORK WITH YOU TO TRANSITION. PLEASE STEP UP FOR THE CHALLENGE TODAY.

Psychodrama Classes

Wesley Lounge of the University United Methodist Church
940 E. Colton Ave., Redlands

Friday evenings: 7:30 PM

Free to attendees. CEU credits available.

For information, contact Don Miller at 909.798.2765



December Program

A Christmas gift to IE-CAMFT members!

Join us on December 14th for a special presentation by Ronald Mah. We do not typically meet in December, but have this opportunity. This meeting will be at the usual place and time...just an unusual date. Mark your calendar.

The presentation will be immediately followed by our annual holiday lunch. The cost for members is a gift to be shared with others present (\$15-\$20). Contact a board members to make reservations to join us at the Olive Garden at 11:30 am.



SOURCE: The following summary was available on the web. The author was: Richard Niolon, Ph.D. He is an Associate Professor at the Chicago School of Professional Psychology.

Emotionally Focused Therapy

Johnson and Denton describe EFT as developing from an imaginary tea party where Rogers, Bertranlaffy, and Bowlby all sit down to chat. It's a cute metaphor for how disparate theories were tied into one, worked over, and eventually published in 1985. Of note, the therapy was all practice driven at first - it was not born in a laboratory, but rather in private practice and clinic offices, and refined through reflection and consideration before publication.

The integration is based on a couple of basic ideas:

Emotion and attachment have received little recognition in previous treatment models compared to rational cognition and logical behaviors. EFT therapists validate the partners' emotions and attachment needs, respond genuinely to the partners individually, and try to stir the two partners' own ability to heal themselves and their relationship (the relationship *is* the client). This fits well with Gottman's research that it is not *negative* emotional engagement that predicts divorce, but rather a *lack of* emotional engagement.

The process of uncovering emotions is not the same as catharsis, but is an effort to reveal and integrate marginalized and denied emotions by identifying and engaging them in the moment.

The therapy session is seen as a healing place where a corrective emotional experience *between partners* happens, and it is that process that is the method of therapeutic change. The therapist is egalitarian, and empowers the partners. (cont. on page 8)



NEW

**IE-CAMFT
PRE-LICENSED EXCHANGE**

NEW

ASK BEN

My name is Ben Zinke and I'm a pre-licensed board member at large for IE-CAMFT. The board is interested in starting up a pre-licensed section of the monthly newsletter. The purpose of the Pre-Licensed page will be to give interns and trainees a forum to discuss issues that they often face.

Dear Ben,

Two fellow interns in my group supervision are having an affair (one is married). My supervisor does not know, but I think it is affecting their work and the dynamics of the supervision. What do I do?

Ian

Dear Ian,

I think you should let your supervisor know ASAP. I understand you may have some hesitancy about this; perhaps you have been sworn to secrecy. It might be useful to ask the supervisor to use this information tactfully and in a way that does not implicate you. Supervisors don't need to know all about the personal lives of their supervisees. However, anything that is affecting the quality of supervision or therapy provided by supervisees should be known by the supervisor. The supervisor may choose not to use the information, depending on the details of the case. The point is that giving this information to the supervisor allows her to take action if necessary, while withholding this information does not give the supervisor any options.

Good luck!

Ben

If you would like to Ask Ben any questions, please email him at ztherapist@gmail.com

[Save the date....](#)

[The Annual Law and Ethics Workshop will be held on February 23, 2008. Presented by David Jensen, CAMFT. The program will be held at the Hilton Hotel. Lunch included!](#)

Emotionally Focused Therapy Research

Couples Therapy - Summary of Outcomes

In a meta-analysis an effect size of 1-3 was found. This implies that approximately 90% of treated couples rated themselves better than controls. In this meta-analysis (Johnson et al 1999), 70-73% of couples recovered from distress at follow-up (trend: improvement continues after therapy).

In a two year follow-up on very stressed couples in relationship distress, depression and parental distress results were stable.

EFT appears to positively impact depression, intimacy, and trust. In a comparative study (Johnson & Greenberg 1985) EFT performed significantly better than controls and a behavioral skill training intervention. EFT couples improved problem solving skills even though this was not the focus of therapy.

In a recent study, EFT successfully helped couples resolve attachment injuries and create forgiveness.

EFT studies have been rigorous with implementation checks used. There have been very few drop-outs.

Family Therapy Research Results

Research in emotionally focused family therapy found the following results in a sample group of distressed adolescents. EFT significantly reduced:

- Bulimic symptoms, including the frequency and severity of purging or vomiting. It also showed a reduction in the drive for thinness.

Depression, obsessive compulsive symptoms, and internal hostility. *Psychotherapy*, 1998, 35, 238-247

Predictors of Success in EFT for couples

- Therapeutic Alliance – especially task aspects of engagement are key.
- The amount of distress at the beginning of treatment only predicted a very low percentage (4%) of the variance in distress at follow up. This is an unusual result in psychotherapy research.
- EFT worked well for men over 35, described as "inexpressive" by their spouse.

Best predictor was females' faith that her partner still "cared" for her.

Change and Process Studies

- Successful couples show more affiliative responses and deeper experiencing levels in key sessions.
- Pivotal events such as "softenings" occur in successful therapy. The therapist facilitates these events by interventions such as evocative questioning.

Attachment injuries can be successfully resolved in a structured process effectively.



Cont. from page 5

Systems theory combines two individuals and creates a whole relationship that is more than the sum of the part(ner)s. For Partner 1, inner emotional experiences influence external experiences, which in turn prime the person for the same inner emotional experiences, re-influencing external experiences.... This cycle for Partner 1 feeds itself and the same cycle for Partner 2, whose cycle feeds itself and that of Partner 1.... The whole thing takes on a life of its own and becomes "a self-maintaining positive feedback loop". This means positive encounters can have a compounding effect, while experiences in which one partner failed to respond to the other's needs (attachment injuries) can warp perceptions of future experiences.

Strengths of EFT

EFT is considered one of the most well-substantiated therapies (even Baucom, the heavy-duty behaviorist agrees) with well designed studies backing it up as having isolated necessary and unique factors of change in therapy.

It's been shown to be an effective treatment for couples and families facing sexual abuse histories, depression, grief, management of chronic illness, eating disorders, and PTSD. The only caution I'll offer though is that it's hard to tell from the studies I've read whether the bulk of the research has been based on married or cohabitating couples.

Meta-analysis of the best EFT studies (with randomized assignment and control groups) shows a Fail Safe n of 30-50, so the effect sizes obtained are pretty strong.

EFT is brief work (8-12 sessions) and leads to as good or better rates of improvement (less distress after therapy) and recovery (adjustment and satisfaction scores in the non-distressed range) as other therapies.

Several studies show slight *increases* in adjustment and functioning after therapy has ended. Cloutier et al. (2002) found 62% improved at termination, but 77% improved at the two year followup (an increase of 15%). She found 15% were recovered at termination, while 64% were recovered at the two year followup (an increase of 49%). The longer terms studies show about the same rate of improvement; some show over a 30% increase in recovery, but the followup for these studies is generally a few months.

In Cloutier's study, in the EFT group 7% had divorced two years after the treatment, compared to 38% of the controls.

In fairness though, Johnson and Greenberg acknowledge that they have been involved in the majority of the research for EFT. Even though it's been methodologically sound, other researchers need to get involved 1) to avoid allegiance bias, and 2) to make sure that conclusions from studies of EFT with expert therapists really do relate to how it's done with real world therapists and cases.

Christensen reports that there have been nine solid studies of the effectiveness of EFT, prompting Baucom and colleagues (1998) and Gurman and Fraenkel (2002) to both rate EFT as one of the most research supported therapies for couples.

For the full seven page article, please go to:

<http://www.psychpage.com/family/library/eft.html>

Suggested Bibliography from Beth McGuire's October Presentation

Beth McGuire presented at the October CAMFT meeting on High Conflict Divorce. In addition to all attendees looking forward to a couple with the combination of borderline/narcissistic disorders, she had suggested readings:

Neff, R and Cooper, K. Parental Conflict Resolution: Six-, Twelve-, and Fifteen-Month Follow-ups of a High-Conflict Program. Family Court Review, 2004, 42 (1), 99-114.

Coates, C. A., Deutsch, R, Starnes, H, Sullivan, M J, and Sudlik, B. Parenting Coordination for High-Conflict Families. Family Court Review, 2004, 42 (2), 246-262.

For Professionals

Alienated Children in Divorce, Family Court Review 2001, Vol 39, Number 3

Caught in the Middle: Protecting Children of High-Conflict Divorce, Baris, M.D. and Garrity, C.N.

1974, San Francisco, Jossey-Bass

Stepfamilies: Love, Marriage and Parenting in the First Decade, Bray, J.H. and Kelly, J. 1998 Broadway Books

"Jeopardy in the Courtroom: A scientific analysis of children's testimony" Ceci, S.J. and Bruck, M. 1995 Washington, D.C. American Psychological Association

In the Name of the Child: A developmental approach to understanding and helping children of conflicted and violent divorce Johnston, J.R. and Roseby, V. 1997 New York, Free Press

Assessing Allegations of Child Sexual Abuse Kuehnle, K. 1996 Sarasota, FL Professional Resource Press

Overnights and Young Children Essays from the Family Court Review

For Parents

Doug Darnall. (1998). Divorce casualties: Protecting your children from parental alienation. Taylor Publishing Co.

Julie A. Ross and Judy Corcoran, Joint Custody with a Jerk: Raising a Child with an Uncooperative Ex: A hands-on, practical guide to coping with custody issues that arise with an uncooperative ex-spouse, New York: St Martin's Press, 1996.

For Children

Blume, J. (1972). It's Not the End of the World. NY: Bantam.

Brown, L. & M. (1986) Dinosaurs Divorce: A Guide for Changing Families. Boston: Joy Street Books/Little Brown.

Cleary, B. (1984) Dear Mr. Henshaw NY Dell

Danzinger, P. (1986) The Divorce Express NY Dell

Holyoke, N. (1999) Help! A girl's guide to divorce and Stepfamilies Pleasant Company

Isler, C. Caught in the Middle: A teen Guide to Custody Divorce Resource Series

Kimball, G (1994) How to survive your parents' divorce: Kids advice to kids Chico, CA Equality Press

Lansky, V. (1998) It's Not Your Fault, Koko Bear Minnetonka, MN Book Peddlers

LaShan, E. (1986) What's going to happen to me: When Parents Separate or Divorce NY Aladdin Books

Nightingale, L. (1997) My Parents Still Love Me even though they're getting Divorced Yorba Linda, CA

Rogers, F. (1996) Let's talk about Divorce NY Penguin/Putnam Books

Stern, Z. and E. Divorce is not the end of the world: Zoe and Evan's Coping Guide for Kids Tricycle Press

Winchester, K. (1998) Magic Words Handbook for Kids: My two Homes Ladybug Press

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Olive Branch Counseling

Certified DV or Licensed MFT (insurance panels preferred) for cases in Rancho Cucamonga or Riverside. Contact Ken Olson (909) 989-9030

Licensed MFT or LCSW

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Dues are paid annually in **April**. MAKE CHECKS PAYABLE TO IE-CAMFT

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Victorville, CA. 92392



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.



INLAND EMPIRE CHAPTER OF
CAMFT NEWS

Inland Empire—CAMFT
9708 SVL Box
Victorville, CA. 92392

We're on the Web!
www.ie-camft.org

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Program Chair: Sheri Rambharose – (951) 778-3970

Webmaster:

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

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

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