



## THE PROFESSIONAL EXCHANGE IE-CAMFT

IE-CAMFT  
Newsletter  
November 2011

### California Association of Marriage & Family Therapists — Inland Empire

#### 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

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.

No REGULAR meeting in November or December 2011.  
— See calendar on page 7.  
However, on Friday, Dec. 2 we are holding an all day workshop described (content, time and place) on page 5. It requires registration.

Our next "regular" meeting at LLU BHI is planned for Fri. Jan. 27, and is described on this page.

#### Friday, January 27, 2012

**Leaky Guts, Leaky Brains: The Role of Stress, Inflammation, and Gastrointestinal Imbalances in Various Psychiatric Conditions**

Our current medical model focuses on pharmaceutical neurotransmitter balancing as a means of treating psychiatric conditions such as ADHD, anxiety, and depression. There are times that this model works well. There are times it does not.

The body functions as one unified whole. An imbalance in one organ system can affect any other. The gastrointestinal tract is one of the largest organ systems in our body. What most people do not realize is that the gastrointestinal tract is intimately tied to the central nervous system through the blood stream and peripheral nervous system. Imbalances in the gastrointestinal tract create imbalances in neuronal function. Imbalances in the gastrointestinal tract can manifest as symptoms of ADHD, anxiety, and even depression.

Please join us to learn about the gut-brain connection and how simple dietary change and supplementation can profoundly influence the well being of your patients.

#### IE-CAMFT Meeting January 27, 2012

**Leaky Guts, Leaky Brains: The Role of Stress, Inflammation, and Gastrointestinal Imbalances in Various Psychiatric Conditions**

#### Objectives:

To obtain basic awareness of how to:

1. Recognize presence of a psychiatric disorder which may have genesis in body chemistry imbalance.
2. Treat persons whose compromised functioning arises from gastrointestinal imbalances.
3. Understand how our body's system of organs is also a massively interconnected set of chemical and cellular processes.
4. Become more effective in treating clients by having a more adequate cognitive model of "what's going on" in a body, in a person.

#### Speaker:

Dr. Pejman Katiraei  
Loma Linda University Healthcare  
25845 Barton Road  
Loma Linda, CA 92354  
Phone: 909-558-2828

## **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:**

What an outstanding program we had for our October meeting! Patrick Poor's presentation showed therapist possibilities many may not have encountered previously. I hope you will test out his formulation in your practice. Your patients will benefit. This newsletter contains a recap which reminds us of Patrick's main points. It's a useful list, which will surely prompt your memory, as it has mine.

I don't believe I am in any fundamental disagreement with Patrick. I shall bring in my own professional experience with the 'multiple personality,' along with comments on changing usages within psychotherapy. Although I've worked with them in individual therapy throughout my entire career I've been more active in group psychotherapy and psychodrama, which has informed the way I do family therapy.

Not that I've had the opportunity to work with very many entire family members, each face to face in the same session, but when I've had at least two persons present from the same family, willing to put themselves forth, the group fills in for the absentees by having others play their roles. If space allows I'll get back to how we do that---or wait for next issue if there's interest.

More specifically, however, nearly everyone in my teen groups concurrently had family therapy also. So I prepped the teen for the session and picked up the pieces afterwards. For example, I show the teen how the doctor, far from sticking up for him against the parental 'oppressors,' as a first step supports those parental feelings instead. After all, the doctor wants the family to continue coming to the hospital.

Feeling betrayed the teen reverts to the old patterns which proves to the family that this patient is making no progress. But warned in advance the teen shows uncharacteristic self-restraint, and this is progress, leading the family to be more conciliatory and understanding than is their habit.

My first psychology prof had degrees from Harvard where he studied with Morton Prince, who was the founder of the university psychological clinic there. He thrilled audiences with demonstrations of the multiple personality, much as Freud, Charcot and Janet had done in Europe. With Robert Louis Stevenson's "Dr. Jekyll and Mr. Hyde" the general public developed an appetite for such stories.

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

How disappointed we were to find that such personalities were unaccountably rare. I shall not attempt to analyze this cultural phenomenon now, but pass on a few generalizations to provide a suitable context. Believe it or not, science is almost as prone to fads and fashions as are movies and books. When I entered graduate school we had passed through an era of the manic-depressive, and now focused our energy on schizophrenia. Bleuler's text on "Dementia Praecox" introduced a preferable replacement word which meant 'split-personality.' This was misleading for a public nurtured on the multiple personality. The patient was not sufficiently intact to provide several alters. It's ironic to me that today we are sure that anyone who shows delusions or hallucinations is not schizophrenic. Psychotic, maybe, but not necessarily schizophrenic.

These are secondary symptoms, a dysfunctional attempt to repair the damage the primary symptoms were doing, chief among which were thought disorders and inappropriate affect. The subtle distinction had barely taken hold when there was a resurgence of manic-depression, now called 'bipolar,' Research at Washington University Medical School suggested recessive gene origin and offered lithium treatment. This gave us a slightly broader perspective.

The next protagonist on the horizon was the borderline personality, who even exceeded the old time psychopath as a thorn in the side of ward personnel. And so it goes. An array of drug potions began to have an accumulative effect on diagnostic categories. We who spent too much time working in mental hospitals came to the point where we could reason backwards. If we knew what meds the patient was taking, we could guess the doctor's diagnosis.

Perhaps you're beginning to notice my growing impatience with the whole process. I was on the staff of a private psychiatric hospital in the late eighties and early nineties. All of a sudden victims of sex abuse were coming out of the woodwork. Most of my time was spent with teens and female adults. I nearly missed the continuing work with post traumatic stress disorders with men. The male stress was sudden, recent and catastrophic, whereas the female problem was more chronic and lay apparently latent for many years. In this context the multiple personality reemerged as a dissociative state.

I hadn't seen a multiple personality for years. I almost came to believe they don't exist, but here they were again in one patient after another. The impression may have been helped along by the fact we had psychiatrists on the scene specializing in dissociative states. Don't underestimate the power of suggestion, particularly with regard to the patient with alters. They are, not so incidentally, easily hypnotizable. With Sarbin I had come to a 'role playing theory of hypnosis.'

## President's Message (continued-2):

Finally to the point: I fully support the view that alters do not arise like growing tumors, but represent a shearing off from a central identity. My task is not to cut out the alters, nor cast them out like demons. Rather, as a therapist, it is my opportunity to welcome them home to the central identity from which they've come

Life forms seek to avoid pain (half of Freud's 'pleasure principle') whenever possible, unless we see a compelling reason not to do so. The ability to put pain into perspective requires a lot of maturity---the population has a lot of growing up to do! Growth comes with the discovery that I can cope with pain and move beyond it. It helps if I don't see pain as punishment for sin. Rather as integral to the human condition, demanding that we marshal our resources in dealing with it. "If it doesn't kill me, it makes me stronger."

The sad fact is that many among us are quite vulnerable. Children in particular require our protection. When they don't get it, they may be overwhelmed, especially when the trusted protector proves not to be so trustworthy after all. Likewise till recently, women trained to be helpless found themselves so in the presence of bullies. Men under incredible threat in wars, with no relief in sight, found themselves in situations contrary to the high ideals which previously had guided them. The remarkable thing is not that so many fell victim to dissociation, but that most of us somehow survived. Dissociation is a very primitive defense. Along with denial it is there almost at the beginning before we've had the chance to develop all those neurotic defenses like reaction-formation, rationalization, phobias, obsessions, compulsions ....etc.

Be wary of the effect of labeling. It becomes a self-fulfilling prophecy, especially when we think of persons as containers who have this or that disorder, rather than as persons continuing to make use of behavior patterns in given situations. If our standard classification system keeps us from monitoring the process in the concrete situation it has done us a great disservice. Long ago I discovered I could predict behavior better from a knowledge of the situation than I could by reference to the diagnosis.

We are living out stories. Each is the protagonist in his own story, and as such, plays many roles. We err if we think that the self is there first, defining the roles. It is the other way around. The action, the deed, the roles are there first, defining who we are. I am what I do, at least for a while, till I do something else. The reactions of others to what I'm doing confirms my identity, that is, who I am.

### Smiles:

That sudden and ill-timed love affair may be compared to this: you take boys somewhere for a walk; the walk is jolly and interesting - and suddenly one of them gorges himself with oil paint.

- Chekhov

## President's Message (continued-3):

Notice the implications for therapy. If my behavior encounters social resistance, all I have to do is to take this into account and do something else. Sounds easy, but the problem is that I am not as free as I suppose. I cannot change at the snap of one's fingers, least of all mine. What unfinished business is getting in my way?

Are alters the problem? No, they are the victims. They exist just beneath the surface without access to the foundation a full personality requires. I don't use the word 'alters' when dealing with patients. Rather I refer to 'roles.' The roles I play are not all of me. Every role requires a role player. So here I am, not one alter among many alters, but as the role player of all the roles being played. When I 'own' a role as my role, I come to recognize that this is me, just as the polar opposite role I play is me as well. Behold, I have become whole again. I am no longer at war within myself to avoid pain. I've discovered I can handle pain, learn something from it, and gain through overcoming it.

When I go through the reams of examples I have available, I notice there is no sharp demarcation between having an alter and not having one. This may account for losing and finding the multiple personality through the years. Consider 'the inner child of the past' as something with us all along. More generally, many of these 'split-offs' as associated with particular periods of one's life, or relationships which have come in and gone out. How many among us carry loads of grief we put a lid on and never work through. Anyone with whom we've been ambivalent calls for disparate scenes. This is routine in psychodrama. Though persons who dissociate and know they dissociate are embarrassed that they may display their 'crazy symptoms' and warn the group what might happen when the going gets rough. Groups have not been appalled, but have been supportive, reassuring, loving and healing.

- Don Miller

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

(Let it ring several times. We take a while getting to the phone. I'm not as fast as I used to be.)

### Smiles:

It takes patience to appreciate domestic bliss; volatile spirits prefer unhappiness.

- Santayana

Love matches, as they are called, have illusion for their father and need for their mother.

- Nietzsche

Love-making is radical, while marriage is conservative. - Hoffer

Man is lyrical, woman epic, marriage dramatic.

- Novalis

## IE-CAMFT Meeting Past (October 28, 2011):

We had the pleasure of learning from Patrick Poor, MFT, how clients with trauma and dissociative disorders can be treated effectively with Trauma Conversion Therapy (TCT). Patrick has specialized training and 16 years of experience treating trauma and dissociative disorders. Patrick also trains other therapist's in TCT.

Before we can understand how TCT works, we must first understand what happens when a person experiences trauma, according to TCT. When a person experiences a traumatic event, a part of them breaks off to hold the emotional and physical pain of the trauma so the person can go about functioning in their day to day living. This part of the person that breaks off is called an Alter. Because the Alter holds the pain inside the body to enable the person to function, the pain is unprocessed and often causes a variety of unpleasant symptoms that can be debilitating to the person.

The basis of TCT is to reach the person's Alter and have the Alter release the trauma pain so that the pain is let go. The originating pain will no longer be stuck inside the person when the Alter lets it go. When the originating pain carried by the client's Alter is let go, the client experiences a disappearance of the unpleasant symptoms induced by the original pain carried by the Alter.

Patrick discussed the following general steps for treating clients using TCT:

1. Use a form of deep relaxation, such as progressive muscle relaxation, to relax the client.
2. Once the client is in deep relaxation, the therapist can then ask permission to speak to the client's Alter(s).
3. The therapist needs to ask the Alter(s) to tell the story of the trauma, including what happened, how it felt, and all the painful memories it has held.
- \*\* IT IS NECESSARY to have the Alter(s) be the one to tell the story because they are the ones holding all the pain that is causing the symptoms!
4. As the Alter(s) tell their stories, healing occurs by releasing the unprocessed pain, and thus Alter(s) mature to the age of the body.
5. When the Alter matures to the age of the body, the entire human system (body and Alter) can re-join and re-integrate, causing the unpleasant symptoms to go away.
- \*\*It's important to note that Alter(s) do not die; because they are part of the person they need to re-join the system, without the old pain, for the system to heal.

## IE-CAMFT Meeting (October 28, 2011) Cont.:

TCT can be used effectively to treat a number of DSM-IV disorders including substance use, somatoform, personality, gender, sexual, mood, eating, and anxiety disorders. There are also a wide range of advantages for using TCT. Compared to traditional therapies used to treat trauma, TCT is a short-term therapy, usually lasting 10-20 sessions. With TCT, a client does not have to re-live the trauma because the Alter(s) tell the story of the originating trauma. Because the client is not the one re-living the trauma, there is no drop in the client's daily functioning. Finally, a huge advantage for the therapist's practicing TCT is that there is no vicarious traumatization of the therapist, which leads to less burnout.

Overall, TCT is an excellent tool to have as a therapist because it can be effective and efficient for treating a wide range of DSM-IV disorders, especially if other types of therapies are not working. To learn more about TCT or how to sign up for Patrick Poor's TCT training, contact him at 951-276-0614 or through his web site:

<http://www.traumaconversiontherapy.com/contact.html>

We thank Patrick for his intriguing and informative presentation of TCT!

- Janell Gagnon

## You are invited...

Hi, I'm Jeanne Joslin. I, along with Janetta Peltz make up the "Networking Luncheon Committee." Our current plan is to hold at least three networking luncheons per year. We invite and encourage you to take time after our January meeting to relax and socialize at our first 2012 luncheon. This will be a fantastic, super, marvelous opportunity to network and get to know one another better. Let's face it: we all have demanding schedules with plenty of tight deadlines and things to do. However, would you consider committing to attend just one of these luncheons this year and see if you don't agree it was worth the extra hour or two you took to slow down and enjoy? Let's be honest, don't we encourage our clients to do this very thing? So why not follow our own sound advice?

Our first luncheon is scheduled for January 27, 2012 at 11:20 a.m. following our IE-CAMFT meeting.

Location: The Old Spaghetti Factory, 1635 Industrial Park Avenue, Redlands. It's about a 10-minute drive from our meeting site (B.H.I.). Directions from meeting site: Turn left out of the parking lot onto Barton Rd., then turn left onto Alabama. Drive about 2-3 miles and turn left onto Industrial Park Avenue. The restaurant is just past Marie Calendar's on the left. Hope to see you there!!

We always welcome recommendations for luncheon locations, themes, etc. Contact me, or Janetta, or any of the Board members with your ideas. Thank you so much. May 2012 be a happy, prosperous one for you.

- Jeanne J.

## IE-CAMFT Workshop December 2, 2011

We don't have an IE-CAMFT meeting the fourth Friday in November but do have one Friday, December 2 - a longer, nearly all day workshop. Its description follows and, because it entails additional registration and costs, such information is at the end of this newsletter.

The workshop is titled:

**Thriving in a Recession - With and Without Insurance**

Friday, Dec. 2, 2011 8:30 am - 3:30 pm

Location: Citrus State Historic Park: Sunkist Center, 9400 Dufferin Ave. Riverside (just off La Sierra Ave.)

Investment for 6 CEUs:

\$25 IE-CAMFT member

\$50 CAMFT member but not chapter member

Join IE-CAMFT for \$40 now and get 16 months for price of 12 month membership.

\$75 Member of neither

Yes. The ideal therapy practice may be that with all private pay clients. However, in difficult economic times, many clients need therapists who accept their insurance. And therapists need to survive and thrive too!! Does working with non private pay clients mean fee discounts for therapists, limited sessions, mountainous paperwork, and compromising confidentiality?

This entertaining workshop addresses what EVERY therapist should know about insurance. Even if you never sign a plan contract, what you don't know can hurt you and your clients. We will challenge common misconceptions, and discuss costly mistakes many therapists make. You'll learn how to turn first-time callers into new clients – even if you aren't on their health plan. We'll identify 12 Crucial Questions when checking coverage, and learn ways to quickly and adequately prepare claim documents in order to get prompt reimbursement. You will be shown techniques to make your practice more robust and fun enabling you to thrive in a frustrating economic climate.

### Morning

The speaker is Barbara Griswold, MFT, the author of Navigating the Insurance Maze: The Therapist's Complete Guide to Working with Insurance -- And Whether You Should. More info can be found at:

([www.navigatingtheinsurancemaze.com](http://www.navigatingtheinsurancemaze.com)). In private practice in San Jose, Barbara is also an instructor at JFK and Santa Clara Universities, and writes a monthly e-newsletter on insurance issues. She provides phone consultations to therapists with insurance questions and problems, and invites you to contact her at [barbgris@aol.com](mailto:barbgris@aol.com) with your questions. Barbara has served on the California Assn. of Marriage and Family Therapists Ethics Committee.

Barbara will help you to know:

- what insurance is and how to work with it.
- what choices to make regarding being a provider of services for mental health benefits of an health insurance company
- how to better serve clients by knowing some basics about the different types of plans.
- questions to ask when checking insurance to avoid denials that could lead to treatment disruption
- what clients should know about confidentiality / HIPAA privacy
- how to avoid costly mistakes many therapists make when dealing with insurance
- and how to fill out a claim form so that it processes quickly
- how the criteria of Medical Necessity can help you advocate for client care
- how to avoid common actions that are actually insurance fraud
- how taking insurance can affect treatment and clinical decision making
- how to integrate insurance into your practice so you can make your services more accessible to clients of all socioeconomic backgrounds.

### Noon:

A luncheon provided on location. Time to schmooze with other therapists present.

### Afternoon:

During the past ten years Doreen Van Leeuwen has expanded her therapeutic presence in Riverside and Corona beginning as a sub contractor teaching anger management classes, then evolving into a small home-based practice, and now settled into her nearly ideal private practice. She leases a suite of rooms in Corona, several of which she sub leases to five other therapists, whose businesses she is privileged to help promote.

She will share techniques she has been using to:

- Increase her client base and income
- Create a vision for her practice to make it more fun
- Manage her time effectively while in and out of the therapy session
- Increase community awareness of her presence as a provider of mental health therapeutic services
- Reduce the frustrations of office paper work and session documentation
- Submit insurance claims electronically at no or very minimal cost or extra effort
- Take advantage of internet based technologies
- Structure her efforts so she could commandeer her spouse to do more of her "back office" drudgery / busy work - or make it easily transferable to other "help."

## IE-CAMFT Speaker January 27, 2012

Dr. Pejman Katiraei is a board certified pediatrician and integrative medicine practitioner. Dr. Katiraei completed his Bachelor's of Science in biology at UCLA and then obtained a doctorate in osteopathic medicine from Western University of Health Sciences.

He completed his pediatric residency at Loma Linda University Children's Hospital and then spent an additional year as Chief Resident to assist in running the residency program and teaching pediatric residents.

Subsequently, Dr. Katiraei went on to complete his fellowship in integrative medicine under the direction of Dr. Andrew Weil at the University of Arizona. He is now an Assistant Professor of Pediatrics in the Loma Linda University School of Medicine. He founded and directs the Loma Linda University Wholistic Medicine Clinic where he has helped numerous children and adults become free of psychiatric disease through diet and supplementation. Dr. Katiraei is also has a private practice in LifeSpan Medicine in Santa Monica, CA.

### Keeping Our Kids Drug Free

In Joseph A. Califano Jr.'s 2009 book "How to Raise a Drug-Free Kid: The Straight Dope for Parents," he reported that in his research, children who ate dinner with their parents every night of the week were "far less likely to smoke, drink, or use drugs than kids who never had dinner with their parents." His research concluded that: "simply put, the more often children eat dinner with their parents, the less likely they are to smoke, drink, or use drugs."

In their 2011 yearly family dinners report, The National Center on Addiction and Substance Abuse at Columbia University (CASA) affirmed the consistency of 17 years of findings by noting that "Compared to teens who have frequent family dinners (five to seven per week), those who have infrequent family dinners (fewer than three per week) are almost four times likelier to use tobacco; more than twice as likely to use alcohol; two-and-a-half-times likelier to use marijuana; and almost four times likelier to say they expect to try drugs in the future."

Joseph A Califano Jr. noted that: "This year's study reinforces the importance of frequent family dinners" and reported that: "Ninety percent of Americans who meet the medical criteria for addiction started smoking, drinking, and using other drugs before age 18. Parental engagement in children's lives is key to raising healthy, drug-free kids and one of the simplest acts of parental engagement is sitting down to the family dinner."

Wow! Simply amazing statistics that lets us know what we can do as parents to give our children the best chance at a hopeful future, where their unique, God-given potential and innate gifts can be fully

developed. If a pill was created by a drug company and achieved this level of drug prevention statistics, I would imagine it would be seen as some kind of miracle medicine!

If you are a parent of a teen, it may be helpful for you to think of their potential for drug use in terms of risk factors and protective factors. Risk factors include an adolescents' lack of connection and success at school, having friends who use drugs, frequent moves and parental drug use at home. Protective factors include having peers who do not use drugs, a sense of connection and success at school, and a high level of parental involvement.

I cannot emphasize this one simple point enough: You, as your child's parent, are absolutely the single most important influence for keeping your child drug free.

Multi-dimensional Family Therapy-one of the most evidenced based and successful adolescent drug treatment programs available-have created a method of treatment based on this simple but profoundly important premise of parental influence. Even though your child may not acknowledge it, your importance and influence as a parent cannot be overstated.

In our fast paced society where things can get fragmented and parents are so often stressed out in coping with the challenges of life while trying to make a living-don't forget to spend time with your teen: have frequent family dinners, ask them how their day was, tell jokes together, talk a walk together, share an ice cream cone, throw a ball together and help them remember that your love for them is a connection they will never lose.

Spending time with your teen is like depositing money in the bank. Every deposit makes it more likely that your unique, beautiful, talented, special baby you now call a teenager will have the resources to have a bright, hopeful, happy and fulfilling future. So spend time with your teen as if his or her future depends on it-because it just might.

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#### This Month's Quote:

"Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma, which is living with the results of other people's thinking. Don't let the noise of others opinion drown out your own inner voice, and most important, have the courage to follow your heart and intuition. They somehow already know what you truly what to become. Everything else is secondary." -Steve Jobs

Until next month, take care of yourself.

- Randy's Heart 2 Heart Newsletter: October, 2011

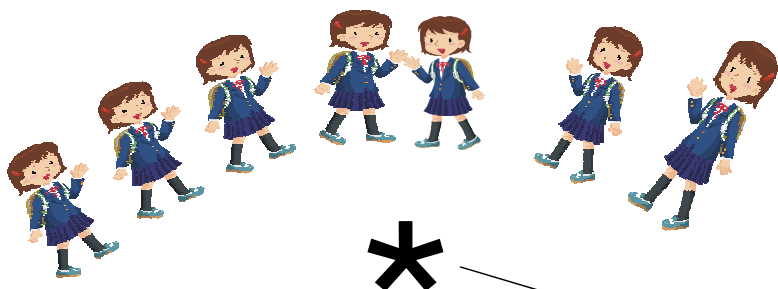
Randy Stier, our IE-CAMFT Secretary, is an LMFT practicing in Colton, CA. He shares the above fascinating and challenging material with us. Thanks Randy!

## 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 to March 30.

Benefits: You get to

- Network
- Receive at no cost, 2 CEUs at each of 9 Monthly Meeting, and
- Attend special Law and Ethics Meeting and receive 6 CEUs at reduced cost.
- Stay Connected to Other Therapists
- Advertise for Free
- Develop Peer Relations to Reduce Isolation
- Give and Receive Consultation and Referrals
- Increase Your Knowledge



Dear Members: We need/want you to share.

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!

I am looking for presenters for this future IE-CAMFT meeting in 2012:

Friday May 25 8:30 am-11:00 am

I'd be thrilled with 1) your self-nomination, or 2) recommendations of other talented folks.

The more recommendations the merrier! Call or text me at 951-347-1837, or e-mail me at [Doreen@ABetterWayCenter.com](mailto:Doreen@ABetterWayCenter.com)

Doreen Van Leeuwen, LMFT  
Program Chair

## PROGRAM OUTLINE FOR IE CAMFT DECEMBER 2011 – JUNE 2012

DATE	SPEAKER	TOPIC	TIME/LOCATION	COST
12/2/2011 December	Barbara Griswold and Doreen Van Leeuwen	Managed Health Care and Practice Building Workshop	8:30 am- 3:30pm Citrus Park – Riverside	See attached registration form. 6 CEUs Cost varies by IE-CAMFT membership.
1/27/2012 January	Dr. Pejman Katiraei	Leaky Guts, Leaky Brains: The Role of Stress, Inflammation, and Gastrointestinal Imbalances in Various Psychiatric Conditions	8:30am Loma Linda BMI	\$10/2 CEUS for non-members
1/27/2012 January	IE-CAMFT Members present for Networking Luncheon	IE-CAMFT first 2010 Networking Luncheon	11:20 am Old Spaghetti Factory, Redlands	You choose and pay from the menu. No CEUs for foodies!, only friendship
2/24/2012 February	David Jensen, J.D.	Law and Ethics	8:00am-4:00 pm Venue TBD	Cost TBD
3/23/2012 March	Linda Shestock	Collaborative Divorce	8:30am Loma Linda BMI	\$10/2 CEUS for non- members
4/27/2012 April	Jill Epstein	Take It From The Top!	8:30am Loma Linda BMI	\$10/2 CEUS for non- members
5/25/2012 May			8:30am Loma Linda BMI	\$10/2 CEUS for non- members
6/22/2012 June	Tristan ??? PhD	??	8:30am Loma Linda BMI	\$10/2 CEUS for non- members



## IE-CAMFT

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

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## NEWSLETTER NOTES, POLICY

**Reminder:** Please submit newsletter items to Ruth Dusenberry at [ruthd616@aol.com](mailto:ruthd616@aol.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.

**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)

### Column to "Strut your stuff"

We now have a column, "Featured Service". Each month we want to feature a service or business associated with one of our members. Submissions should describe your business, special focus, or service offered.

One of the benefits of IE-CAMFT Chapter membership is the opportunity to promote your business; this column will give members an opportunity to go beyond a small business card ad (which is free to members) by giving you the forum to describe in more detail the business or service you provide. Take advantage of this new feature!

- Ruth Dusenberry, LMFT  
IE-CAMFT Newsletter Editor

### Smiles:

Jealousy is always born with love, but does not always die with it. - La Rochefoucauld

No woman ever hates a man for being in love with her; but many a woman hates a man for being a friend to her. - Pope

True love is like seeing ghosts: we all talk about it, but few of us have ever seen one.  
- La Rochefoucauld

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)



# 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 - 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 street Bear Valley Road and Hesperia Road. Call Pam Hart 760-900-3852

## 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 for rent - North Claremont

Two office suite. Includes bathroom and waiting area. Nice location.

Contact Michelle: 951-522-6766  
[mdmft@netzero.com](mailto:mdmft@netzero.com)

## Office Space in Redlands

Homey & green. Fios. Fax/copier/printer/scanner. Kitchen. Good parking.

Billing available. Beth McGuire: 909-831-6377

## Office Space For Rent in Corona, CA

1128 E. 6th ST, Suite 7, Corona CA

Major Cross Streets: 6th ST at Rimpau AV

Close to downtown Corona; convenient to Norco, Eastvale, Riverside, South Corona

Specifics: 157.5 ft<sup>2</sup> fully-furnished room; office available for sub-lease part-time; can be easily added to existing Vonage DSL-enabled telephone, voicemail, fax, e-mail and internet system; 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 – RATES NEGOTIABLE. Contact Doreen at 951-847-7742 or [Doreen@ABetterWayCenter.com](mailto:Doreen@ABetterWayCenter.com) for further details and to schedule a tour.

## 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

## 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



**INLAND EMPIRE CHAPTER**  
CALIFORNIA ASSOCIATION OF MARRIAGE AND FAMILY THERAPISTS (CAMFT)

**WORKSHOP REGISTRATION**

**Thriving in a Recession -- With and Without Insurance**

Friday, December 2, 2011 8:30 A.M.—3:30 P.M.

Citrus State Historic Park: Sunkist Center 9400 Dufferin Avenue, Riverside 92504

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

Mailing Address \_\_\_\_\_

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

Phone Number (     ) \_\_\_\_\_ Fax Number (     ) \_\_\_\_\_

Contact E-mail Address \_\_\_\_\_

Business Name \_\_\_\_\_ Position \_\_\_\_\_

Business Phone Number (     ) \_\_\_\_\_ Cell Phone (     ) \_\_\_\_\_

CAMFT Member # \_\_\_\_\_ (The ID number shown on you CAMFT membership card)

**EARLY HOLIDAY GIFT FROM IE-CAMFT!!**

Please Check One:

IE-CAMFT Member\* .....\$25.00 \_\_\_\_\_

CAMFT Member.....\$50.00 \_\_\_\_\_

All Others.....\$75.00 \_\_\_\_\_

***Special!*** Join IE-CAMFT for the Annual Fee and get a ***16-month*** subscription for the price of 12!

SIGN ME UP!.....\$40.00 \_\_\_\_\_

Total Due \$ \_\_\_\_\_

**Price includes Lunch and 6 CEUs for MFTs and LCSWs**

*\*Note: Unless you are an Affiliate member of the Inland Empire Chapter of CAMFT, you must also be a member of the California Association of Marriage and Family Therapists to join a local chapter. Dues for membership in IE-CAMFT are paid annually in April and are separate from the dues for State CAMFT membership.*

- Pay by 1. clicking on <http://www.ie-camft.org/> and click on the **PayPal Button**  
2. Sending this completed form and a check to

**IECAMFT**

**P.O. Box 11846**

**San Bernardino, CA 92423-1846**

For info, contact Doreen Van Leeuwen: [Doreen@ABetterWayCenter.com](mailto:Doreen@ABetterWayCenter.com): 951-847-7742