



MONTHLY MEETING

Friday, October 24, 2014

Are We Getting it Right? Strategies for Working with Adoptive Children and Their Families

Children adopted from the foster care system have experienced at least one, but often many, traumatic events in their lives. These children often do not receive quality mental health services while in care, and once they are adopted, finding the properly-skilled therapist is difficult as the therapist needs to be able to decipher the behavioral symptoms that these children exhibit and apply the proper techniques to assist the family.

This workshop will review how these symptoms present, including trauma behaviors (fight or flight response), emotional responses, and delays in emotional, social, and/or physical developmental stages as well as how to deal with the concerns of the adoptive family. An interactive exercise will be featured which allows participants to review behavioral symptoms and relate them to diagnostic classifications based on the DSM-V. Intervention strategies will also be discussed and resources will be offered.

Sheralyn L. Shockey-Pope, LMFT co-founded Central Counseling Services in Riverside, CA. She specializes in working with adoptive families, people who have experienced traumatic events and mood disorders. She is in full-time private practice. Previously Ms. Pope was a supervisor of the Riverside County Department of Public Social Services Resource Family Training and Assessment Unit, responsible for the County's training of all foster, adoptive and kinship (relative) family training.

Jill A. Johnson-Young, LCSW is the senior Social Worker for Companion Care Hospice. She co-founded Central Counseling Services where she uses her extensive knowledge of Child Abuse, Adoption, and grief/loss issues to work with children and families daily. Ms. Johnson-Young has over 18 years of experiences working for Child Protective Services.

MONTHLY MEETING TIME & LOCATION

8:30am – 10:30am

Program begins at 8:30 this month only

**All are welcome to stay for the Board
Meeting following the seminar**

**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.

Non IE-CAMFT members: \$10.00.

DON'T FORGET TO REGISTER ONLINE: [REGISTER](#)

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

[Map](#)

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“PRESIDENT’S MESSAGE”

CAMFT Update

BY JANINE MURRAY, LMFT

Another Home for the Holidays

With the holidays approaching, I am reminded of the importance of community. For me as a therapist, one of the most difficult clients is one without family. The lack of family might be due to a courageous choice to not be involved with a toxic family system. Or, the lack of family might be the result of a rejecting system. The reasons are many. Perhaps it was a divorce, self-absorbed parents, rejection of a lifestyle choice, an emotionally distant non-communicating family, guilt, estrangement, inability to bridge physical distance or reconcile differences, or being the lone survivor of a family. The holidays represent the trek of going to the place we are best known. The talk, like the food, is familiar and one of comfort. Humor, like the conflicts, seems to make sense because it comes from a place of shared values.

The double standard that still seems to exist in America, as well as with many of the clients I see, is we still aren't comfortable making families of choice instead of blood. In America, there is a lot of talk about alternative families, while still remaining in the families with whom we have history. We as therapists have an opportunity to normalize seeking families of choice for whatever reason family ties have been broken.

I've heard many reports of symptom reduction by being with these families of choice as opposed to being with families of origin. A gift our clients can give themselves this holiday season is a new definition of family, one that is based on shared values of love and commitment, true acceptance, and one that enables them to be their best selves and where they can grow.

ANNOUNCEMENT: The Inland Empire Chapter of CAMFT Board of Directors failed to notify the membership regarding voting in our present Board (!), so we are correcting that oversight now by letting everyone know that we will be voting on chapter board members at the **October** meeting. We offer our sincere apologies—please join us for the presentation on adoptive families and to vote on whether or not you want us to keep doing the jobs we've been doing :-0

“Should CAMFT Endorse Single Payer Healthcare?”

We watched "The Healthcare Movie," a documentary film narrated by Kiefer Sutherland, and listened to Bill Honigman, MD, an ER doctor at Kaiser Permanente Orange County with over 30 years experience, explain why Single Payer offers a more equitable, ethical, and economically-sensible alternative to for-profit insurance, through comparing and contrasting the two approaches to health care. Dr. Honigman presented statistics on which medical professionals support Single Payer/Medicare for All and which ones do not and he and Carol A. Bouldin, LMFT led a discussion on the corporate takeover of healthcare and our profession, which now dictates what will be paid, how many sessions will be allotted, requires mountains of paperwork and invasive examinations of treatment plans, documentation, and patient symptomatology and history. This was compared to when we had non-profit healthcare, which did not incentivize the denial of care.

“The Healthcare Movie” details how there was tremendous opposition by the medical profession to universal healthcare being instituted in Canada at first, much as it has been in this country, with the same attempts to smear it by labelling it “Socialized Medicine,” a Cold War propaganda tool. We have seen the same thing in the past few years with “Obamacare” and the attendant accusations, even though the terms of the Affordable Care Act were dictated by the health insurance industry and big pharmaceuticals, who stand to profit tremendously by the mandated coverage provisions and lack of even a public option, let alone Single Payer, which would have been far more affordable, effective, and efficient.

Unlike Canada, it seems we have lacked an effective leader like Tommy Douglas, a social democrat and *Baptist minister*, who could have gotten the message across to the public enough to combat the well-funded obstruction by the AMA, big insurance, and big pharma. Douglas is revered in Canada as the father of universal health care, a system very much like our Medicare system, a system for which he had to fight long and hard but is now favorably regarded by virtually everyone in Canada.

See the following page for how Covered California stacks up against Single Payer/Medicare for All. For a pdf copy, click: [Covered California vs. Medicare for All](#)

See Dr. Honigman’s Power Point: [Single Payer \(Medicare for All\) vs. Affordable Care Act](#)

See also: [Therapists for Single Payer Brochure](#) and <http://therapistsforsinglepayer.org/>

Recommended reading:

*“Practicing Medicine Without a License: the Corporate Takeover of Healthcare in America” by Don Sloan, M. D.
with Robin Feman*

<http://www.amazon.com/Practicing-Medicine-Without-License-Healthcare/dp/0974524549>

Dr. Sloan amplifies much of the message presented in “The Healthcare Movie” and Dr. Honigman’s Power Point presentation, and provides a comprehensive critique of our present healthcare system.

HOW THEY STACK UP Covered California vs. Medicare for All

COVERED CALIFORNIA (CA Insurance Exchange)

MEDICARE FOR ALL (MFA)

How many Californians are covered?

The expansion of MediCal and private insurance will provide millions of Californians with insurance. However, it is estimated there will be 3–4 million uninsured by 2019.

Guaranteed healthcare for all. Every Californian receives a single standard of quality care, including immigrants.

Is my health coverage continuous?

Complicated administrative structure. Depending on employment status and income, you can be forced to change insurance companies several times a year. Needless paperwork, and you may lose access to your current provider.

Even if you are unemployed, or lose or change your job, your health coverage goes with you.

How is preventive care covered?

Prevention must be a covered benefit at no cost. However, exorbitant copayments for follow-up treatments like labs and X-rays are barriers to getting care that keeps Californians healthy.

By removing financial roadblocks, MFA encourages preventive care that lowers an individual's cost of pain and suffering when problems are neglected, and societal cost in the over-utilization of ERs or the spread of communicable disease.

What are my out-of-pocket costs?

Annual out-of-pocket costs could range from \$2,250 for an individual earning just above federal poverty level up to \$13,000 for a family at four times the federal poverty level. High out-of-pocket costs if you don't use an in-network provider.

Uniform benefits. One level of comprehensive care no matter what the size of your wallet.

How are locations of healthcare facilities determined?

Currently, healthcare facilities are built in high-profit areas, mainly high-income locations. This means that access will continue to be poor for the millions living in poor or rural communities.

One of the causes of racial health disparities is availability of medical services in a particular community. MFA provides health planning so hospitals and clinics are built in communities where they are needed. Access to care in our local communities improves racial disparities and life expectancy.

Can I choose my own healthcare provider?

Private insurers continue to determine what care is received, and which providers you can go to. Access to specialists only through gatekeepers.

Patients choose their providers and all providers are assured a fair reimbursement.

How are decisions made in my medical care?

The Affordable Care Act advances initiatives such as "best practices." This mandates the use of protocols for most treatments. Thus, clinical judgment of health professionals is minimized, which lowers the standard of care patients receive.

MFA ensures that clinical judgement by educated health professionals in consultation with their patients is the basis for healthcare decisions.

How is administrative overhead reduced?

Attempts to limit overhead spending by health insurance companies to 15%–20% percent.

Minimizes administrative waste to public insurance levels, currently 3% overhead for Medicare.

Every academic study for a single-payer system concludes:

- Everyone is insured
- Lives are saved
- Quality is improved
- Money is saved

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www.HealthyCaliforniaCampaign.org

BE SURE TO CHECK OUT THE “MEMBERS ONLY” PAGES ON THE WEBSITE!

Under the “Members Only” pages you will find News, Forums, and Seminar Information as well as other useful pages

Don’t forget to update your profile on the therapist directory! In order to take full advantage of the directory, which will allow potential clients to find you by name, location, or specialty and will allow clients to contact you directly from the website, make sure that you utilize the bio, expertise, additional information, comments, and classified ad sections available and that you upload a logo or picture. The Therapist Directory is a benefit specifically for IE-CAMFT chapter members and you will now find it in the public section of the website under the heading, “Marriage & Family Therapy” where you will also find the ads. **We have now added a new field to list therapeutic groups you lead under your member profile—PLEASE UPDATE IF YOU LEAD ANY GROUPS!**

The **member directory** is under the “Members” section of the website. The member directory includes all of the members and provides additional information to the therapist directory that would be useful for other therapists to know, such as interest in being a presenter or being a member of the board. Also check out the “News” section and the “Forum” section, where you can weigh in on existing forum threads or add your own!

Build referrals and network with your free personalized listing on www.ie-camft.org!

Learn more about recent presentations and discuss related topics!

Discuss timely and controversial issues in our forum!

As a reminder, you may now conveniently join IE-CAMFT, renew your membership, register for events, and pay for membership and events online.

Your Webmistress,

Carol A. Bouldin, LMFT

Welcome
New Members
Eboney McAdory, Charles Nwifo,
Zanetta van Putten

UPCOMING CHAPTER PROGRAMS AND EVENTS				
DATE	SPEAKER	TOPIC	TIME/LOCATION	COST
NOVEMBER 2014				
Friday 11/14/14 Monthly Meeting	Barbara Griswold, LMFT	Healthcare Reform and Insurance: What EVERY Therapist Should Know	9 am – 1 pm Calif. Citrus State Historic Park, Sunkist Center, 9400 Dufferin Ave Riverside, CA 92516	IE-CAMFT Members: \$25.00 CAMFT Members: \$50.00 Guests: \$75.00
DECEMBER 2014				
Holiday Party Date TBA	n/a	Holiday Cheer!	TBA	No charge
JANUARY 2015				
Friday 1/23/15	Laura Strom, LMFT, CAMFT President Elect	CAMFT Update	LLU Behavioral Health Institute 1686 Barton Road, Redlands, CA 92373	IE-CAMFT Members: Free Guests: \$10

A Message from the Program Chair:

Presenters: Write an article to submit with your presentation for inclusion in the newsletter and on the website!

One of the best known ways to build your practice is to get into the community and speak about your expertise. IE-CAMFT 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. We urge you to consider sharing with us.

IE Board (B)/Committee (C) Members

President: (B)

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

President Elect: (B)

Open

Past Presidents: (B)

Dan Totaro: dtotaro3@gmail.com

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

Financial Officer: (B)

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

Secretary: (B)

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

Program Chair: (B)

Ilse Aerts: (909) 945-9947, ilse.aerts76@gmail.com

Membership Chair: (B)

Carol A. Bouldin: consultant@carolabouldinmft.com

Hospitality Co-Chairs: (B)

Annette Compton: ac2360@msn.com

Jeanne Joslin: (951) 922-8799, Jeanne_joslin@yahoo.com

Janetta Peltz: (951) 922-0442, psy_hlp_5cents@hotmail.com

Board Members At Large: (B)

Marie Louise Bosin: (909) 809-8012,

MarieLouise.Bosin@gmail.com

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

Website/Newsletter (C)

Carol A. Bouldin: consultant@carolabouldinmft.com

Newsletter Reviewer: (C)

Marie Louise Bosin: (909) 809-8012,

MarieLouise.Bosin@gmail.com

CEU Chair: (C)

Alyssa Giambra: angiambra@hotmail.com

Newsletter Notes & Policy

WE WELCOME YOUR SUBMISSIONS!!

Please submit newsletter items to Janine Murray @ jmurraymft@aol.com and consultant@carolabouldinmft.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.

Please note that articles submitted will be edited for readability.

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)

WHY JOIN IE-CAMFT?

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 – online and in person
- ✓ Receive 2 FREE CEUs at Each of 9 Monthly Meetings
- ✓ Attend Special Law and Ethics Meeting with 6 CEUs at nearly 50% Reduced Cost
- ✓ Advertise in this Newsletter & Website
- ✓ Develop Peer Relations to Reduce Isolation
- ✓ Give and Receive Consultation and Referrals
- ✓ Stay Connected to Other Therapists
- ✓ Increase Your Knowledge
- ✓ Participate in Directories, Forums, Discussions
- ✓

Join, renew, update, or register online at:

www.ie-camft.org. ♦

Is It Time To Renew Your Chapter Membership?

IE-CAMFT chapter membership is renewed separately from your statewide CAMFT membership and now with the new website, renewal notices are generated automatically! Just click on the link on your invoice in the notification email and pay online for immediate verification of your renewal. **Several members are up for renewal this month** so be sure to check your inbox or go to your profile on the website and renew your membership!



A Note from the Membership Chair:

Now that we have an automated system, you don't have to worry about keeping track of when it is you need to renew your membership—you will be reminded 2 weeks before your renewal date and on the renewal date that it is time to renew. Rest assured that if you renew early, your renewal date will be extended one year from the date your membership expires, not from the date you renew. Please renew and submit member applications and workshop registrations online, even if mailing in a check, though we prefer that you use the online payment system. If you have any difficulty applying, renewing, or registering, don't hesitate to contact me. Thanks again for using the online system!

Don't forget to register for upcoming seminars on the events page—it helps the membership and CEU chairs keep our records straight as to who is attending the presentations, and helps the hospitality committee plan how many refreshments to provide. Thanks again!

Child Sexual Abuse

Law Offices of Joseph C. George, Ph.D.

Licensed Psychologist (PSY 7480)
Attorney At Law (SBN 119231)

Legal Representation of Injured Victims
and Survivors

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acceptance@live.com

www.ranchocucamongatherapy.com

Accepting Most Health Insurance Company and EAP Referrals,
as well as a Sliding Scale.

Acceptance Counseling Services, Inc. offers counseling services
to Adults, Children, Teenagers, Families, Parents, Couples and
Groups. We are a group of caring, committed, licensed
therapists. There are 5 clinicians within our group with varying
specialty areas.

We also offer the following therapy groups:

- Adult Stress Relief and Coping Skills Therapy Group
- Children's Behavior & Anger Management Therapy Group
- Children's Social Skills & Self-Esteem Building Therapy Group
- Children with Family Issues Therapy Group
- Teen Self-Improvement Therapy Group

Many therapists choose to refer their individual therapy clients
to our groups if they do not offer group therapy in house. It is
understood that the client will remain the client of the individual
therapist for individual therapy.

Office Space. Claremont- Counseling office available part-
time (Mon/Thurs) in attractive 5 office suite with shared
waiting room. Good location. \$220 to \$290 Monthly. Contact
Michelle [\(951\) 522-6766](tel:9515226766) or mdlmft@gmail.com

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 will 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
drballoupsyd@yahoo.com

Office: [951.264.8714](tel:9512648714) Fax: [951.735.8451](tel:9517358451)

Please park in the front of the building on the address side.

When you arrive, please text or call me [\(951.264.8714\)](tel:9512648714) 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.

Seeking Office Space - Looking for about 10 hrs a
week of office space in the chino area. Please contact
Frank Gonzalez at 909-973-4273

10-week Parenting Class Starting Monday 9/22/14 at 6:30 pm
Empowering Parents. Transforming Teens.

- Learn how to never argue with your child again
- Prevent or intervene in alcohol or drug use
- Improve school attendance and performance
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Stephanie Risinger is a Licensed Marriage and Family
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working with teens

7223 Magnolia Ave. Riverside, CA 92504

Register at www.growlivethrive.com

To place an ad, go to: www.ie-camft.org and submit
request on the **Contact Us** page.

CLASSIFIED ADS



Betty Odak, LMFT (MFC 52001)

535 West State Street, Suite 'C' Redlands, CA 92373.
Tel: [909-335-9700](tel:909-335-9700) or Toll-free [855-824-2999](tel:855-824-2999), Cell [562-846-1269](tel:562-846-1269)
3117 University Avenue, San Diego, CA 92104
Tel: [619-800-2053](tel:619-800-2053) or [562-522-8008](tel:562-522-8008), Fax – [909-335-5991](tel:909-335-5991)
Email: ccmftcc@gmail.com or betty.odak@gmail.com
Website: <http://www.crossculturalcounselingcenter.com>
Email: ccmftcc@gmail.com betty.odak@gmail.com,
www.crossculturalcounselingcenter.com

QUALIFICATIONS & EXPERIENCE

- 15+ years of experience working with abused and neglected children in group homes, foster homes and their families. Provides brief cognitive-behavioral counseling and longer-term psychotherapy
- Specializes in the treatment of:
 - eating disorders
 - recent immigrants / cross-cultural issues & refugees
 - foster parenting/adoption issues
 - Christian counseling
 - delinquent and violent children
 - depression, anxiety and stress related issues
 - clients dealing with financial anxiety and crisis (including bankruptcy and debt)
 - substance abuse and codependency, anger management, anxiety management, and gay and lesbian issues
- Languages: English and Swahili (Spanish and Arabic will be included later)
- Author of two books:
 - Coming to America By Air and How American Food and Lifestyle Led Me To Gain Over 100 Pounds about eating disorders and the emotional issues associated with weight gain/loss.
 - Before, After, and Beyond Bankruptcy, about the connection between emotions and money

PROFESSIONAL DEVELOPMENT. BBS CEU provider #5374, registered Play Therapy Supervisor for the Association for Play Therapy. Various interesting topics. Earn hours of CEU credit. Peaceful and comfortable location. Mindfulness included in all trainings. www.nsewmec.org. Didactic and Experiential. Come have FUN with us while you learn.
marielouise.bosin@nsewmec.org

The Soldiers Project is looking for therapists in the IE to volunteer an hour a week to see a vet or a loved one in their own office on an unlimited basis. Training and support are provided to therapists. If interested, contact: Miriam Koenig, MFT, LPCC at: www.miriamkoenig.com or 818.783.4032

Classified ads are FREE for members and are also posted on our website

www.IE-CAMFT.ORG

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. Interns supervised by Marie Louise Bosin, MA, LMFT (27703) and Cynthia DellaRipa, MA, LMFT (47975) are available to serve you at a cost you can afford. Call the Center at 909-283-2338 (ext 1#) to make an appointment.

Opportunities to Learn / Practice Psychodrama:

**** Every Monday at 7 PM****

Free 2 1/2 hours of a continuing course on the 24 OPEN 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. Give and receive group support, pursue personal issues, and develop professional expertise. Earn CEU training certificates. 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. Get more information from Donell Miller: 4donellmiller@gmail.com (909) 798-2765 (let phone ring at least ten times).

Therapist in network for Anthem Blue Cross needed. Also, please contact me if you are a therapist with contract for San Bernardino, Riverside or LA County Medi-Cal. Kathryn Vannauker, MA, MFT, CEO, Acceptance Counseling Services, Inc. 818 North Mountain Avenue, Suite 203, Upland, CA, 91786 (909) 635 8077 www.ranchocucamongatherapy.com

DON'T HAVE A WEBSITE YET?

Contact me at: consultant@carolabouldinmft.com and I will design one for you!

Special rates for CAMFT and IE-CAMFT members

www.ie-camft.org

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