



## THE PROFESSIONAL EXCHANGE IE-CAMFT

**IE-CAMFT**  
**Newsletter**  
**October 2012**

California Association of Marriage & Family Therapists — Inland Empire

### **IE-CAMFT Meeting Friday, Oct. 26, 2012**

#### **It Happens to Boys (sexual abuse, that is)**

Our presentation will deal with Definitions, the statistics, Perpetrators, Why Boys don't tell,, Effects, Triggers and memories, treatments for Sexual Abuse. Three Survivors will tell their stories.

Audience will learn

1. signs to look for
2. The reasons boys don't tell
3. The Effects of Sexual Abuse
4. Healing possibilities

### **IE-CAMFT Speaker October 26, 2012**



Carol Teitlebaum, LMFT, has been a therapist since 1985. One of her specialties is dealing with sexual abuse. She have run many incest survivor groups for women and Courageous Healer group for men for the last five years. As a C o n f e r e n c e coordinator she has produced four

Conferences for It Happens to Boys with such notable speakers as Robert Ackerman, Dave Pelzer, John Bradshaw, John Lee, John Lieberman, Judy Crane, Jonathan Young, Claudia Black, David Whyte, Julia Cameron, Maureen Murdock.

She has been a chairperson of the It happens to boys project with the Prevent Child Abuse Riverside County for five years and a member since 1993. She is President of the Desert Chapter of CAMFT, and Response Team Coordinator.

#### **Monthly Meeting times and Location**

08:30-09:00 am Coffee and Networking:  
09:00-11:00 am Program  
11:00-11:30 am Board Meeting

LLU Behavioral Health Institute  
1686 Barton Rd.,  
Redlands, CA. 92373

Directions: Exit the I-10 Fwy at Alabama St. Go South (right for most of us!) to Barton Rd. Go Right (West) on Barton Rd. BHI is at the corner of Barton Rd. and Iowa St.

Park ONLY in the parking area around the BHI

#### **\* 2 CEUs available for full attendance at IE-CAMFT meeting.**

- \* IE-CAMFT members: No additional cost. It's a benefit.
- \* Non IE-CAMFT members: \$10.00.

Note: The 09:00 am 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.

## **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:**

This month, with THE election top-of-mind for most of you, I'm featuring the phenomenal resources CAMFT offers to help guide your decisions when voting.

By visiting [www.CAMFT.org](http://www.CAMFT.org) and checking under the heading "Advocacy," you will find all of the links I'm highlighting below.

The people at CAMFT do an outstanding job of preparing the tools you need to be "in the know", and to enable you act quickly and decisively on that knowledge.

I also invite you, no, URGE you to give generously to CAMFT's state and federal political action committees (PACs) when the hat passes at our meetings and when the letters arrive in the mail. Here's why. To quote from Jill Epstein, Executive Director of CAMFT,

"The goal of the CAMFT PACs is to assist in electing and re-electing candidates and incumbents from both political parties to the California legislature and U.S. Congress who demonstrate an understanding and willingness to be supportive on the issues most important to marriage and family therapists.

...we need to constantly build upon the foundation of support and ensure those candidates who best understand our issues are elected and re-elected. CAMFT has an aggressive legislative advocacy effort in Sacramento and in Washington, D.C., but no amount of advocacy or lobbying by CAMFT can be effective without legislators who understand our issues."

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

Your membership dollars, and donations to the PACs are diligently used ultimately to give back to you the resources and support you need to SUCCEED in your profession. Just how cool is that!?! And now...

Welcome to CAMFT's Legislative Action Center!

(<http://capwiz.com/camft/home/> )

The purpose of the Legislative Action Center ("LAC") is to provide members with up-to-date information on relevant pieces of legislation and provide the tools members need to become active in the legislative process.

- o Key pieces of state and federal legislation affecting the marriage and family therapist profession, including CAMFT's position on relevant pieces of legislation
- o Breaking legislative issues
- o Action E-list (sign up to receive emails when breaking legislative issues are posted)
- o Federal, state and local elected officials' contact information so you may advocate for or against relevant legislation and political issues
- o Local election guide

OK. So CAMFT can ask a lot of you. CAMFT can also give back. Consider the several \$4000.00 scholarships available for 2013 information for which may be found at:

<http://www.camft.org/Content/NavigationMenu/EducationalOpportunities/Scholarships/default.htm>

Your future is in your hands. And there is help!!

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

We had the pleasure of hearing from certified nutrition specialist and co-founder of Necessary Nutrition, Robin Allen MA. Necessary Nutrition, founded in 2008, is a company that offers a variety of services and products designed to help customers take their health and wellness to the next level of excellence. Robin shared with us how she helps her clients take their health and wellness to the next level by educating us about the role of food groups, vitamins, and minerals; sharing mood and brain boosting foods; and sharing the biggest nutrition mistakes we make.

Food is the fuel for our bodies and changes our mood, behavior, and the chemistry in our brains, so it is important to understand how food works and how to optimize what we put into our bodies. Robin educated us about the role of carbohydrates, protein, fats, vitamins and minerals to better help optimize the meals we plan to get the highest nutritional value from them.

**Carbohydrates** are the main source of energy for the body, and significantly affect mood and behavior. There are three sources of carbohydrates: sugar, starches, and fiber. While some diets claim that carbohydrates are what "make you fat," they are a necessary part of the diet. This myth comes from the fact that if the body cannot use the carbohydrates you eat, it turns into sugar and stores as fat, which throws blood sugar levels off balance and leads to weight gain. To avoid gaining weight from carbohydrate consumption, it is suggested that the majority of carbohydrates in the diet should be high in fiber, as fiber helps the body digest food. Robin also suggested that protein always be consumed with carbohydrates.

**Proteins** are the building blocks of our bodies. Protein is necessary for the growth and repair of the body's tissues, provides energy, act as enzymes that control chemical reactions in the cells, and helps keep blood sugar levels regular (which is why they should always be consumed with carbohydrates so that they do not get stored as sugar and turn into fat). There are complete and incomplete proteins. Complete proteins contain all 9 of the essential amino acids in the amount the body needs while incomplete proteins lack one or more of the amino acids. Most complete proteins come from animal products such as meat, fish, poultry, cottage cheese, eggs; while proteins derived from plant foods

such as legumes, grains and vegetables tend to be limited in essential amino acids. Robin also discussed how protein affects mood, which is why many of the depression medications have the amino acids in protein in them. That's right! The pills our clients take to help with depression are packed full of protein.

**Fats** help nutrient absorption, nerve transmission, and to maintain cell membrane integrity. While many people are more prone to stay away from fats, the fact is that we need fats, especially the "good fats" such as monounsaturated and polyunsaturated fats. One essential polyunsaturated fat that 98% of Americans do not get enough of is omega-3 fatty acids. Omega-3 fatty acids have many benefits including supporting cardiovascular and neurological health; support healthy vision; help support healthy blood pressure; boost immune function; help fight degenerative disease; help support healthy blood cholesterol and triglyceride levels; improves mental health; promotes healthy skin; helps support healing and repair in the body; enhances brain and nerve development; reduces joint and muscle inflammation; and improves ADD/ADHD symptoms in children. Fish oil and flax oil are excellent sources of omega-3 fatty acids.

**Vitamins and minerals** play a number of roles on physical, mental, and neurological our health. Due to the time restriction, Robin primarily discussed B-spectrum vitamins due to the connection with these vitamins and mental health. B-spectrum vitamins play a large role in brain and neurological health. Deficiency of B-spectrum vitamins can manifest in mental symptoms such as irritability, headaches, loss of memory, fatigue, dementia and emotional instability. Folic acid is a B-spectrum vitamin that can have a huge effect on mental health. Some studies suggest that folic acid deficiency can lead to depression because lack of folic acid lowers levels of serotonin in the brain. Although there are recommended daily amounts of vitamins and minerals, this is just a *general* recommendation. Everyone's bodies are different, requiring different amounts of vitamins and minerals to function at peak performance and health. This is why it is important to get blood tests done on a yearly basis to determine what vitamins and minerals you need more of and which one's you are getting too much of, as too much can be just as harmful.

## IE-CAMFT Meeting September 28, 2012, Continued-2

Unfortunately, the standard American diet often robs our bodies of our natural feel-good chemistry. For this reason, Robin shared some powerful mood and brain boosting foods that we should focus on consuming to protect our mood and brain:

- **Fatty fish:** seafood like salmon, albacore tuna, mackerel, and sardines are packed with omega-3 fatty acids, which are essential as discussed above.
- **Leafy Green and Cruciferous Veggies:** includes broccoli, cauliflower, cabbage, kale, bok choy and brussels sprouts. They are filled with antioxidants that are powerful brain protectors.
- **Asparagus:** a top plant-based source of tryptophan, which serves as a basis for creation of serotonin, one of the brain's primary mood-regulating neurotransmitters.
- **Avocado, oils, nuts and seeds:** contain vitamin E, which in one study found that people who consume vitamin E through their food had lower risks of ADD.
- **Dark chocolate:** at least 70% cocoa, contains flavonoids, which is an antioxidant linked to good brain health.
- **Berries:** antioxidant powerhouses that protect your brain.
- **Mussels:** loaded with some of the highest naturally occurring levels of vitamin B12, which protects the brain.

Robin also let us in on the biggest (and sometimes, the most common) nutrition mistakes that we make. These mistakes can lead to physical, mental and neurological shortcomings in our health:

## IE-CAMFT Meeting September, 2012, Continued-3

1. Failing to eat within one hour of waking up.
2. Going more than 5 hours without eating.
3. Overindulging in sugar.
4. Going without omega-3 fatty acids (fish or flax oil).
5. Imbalanced meals.
6. Lack of planning out meals.
7. Having meals without protein. Some good protein sources are fish, chicken and turkey breast, whey protein, cottage cheese, beans (consume with veggies), tofu, pork tenderloin, and lean red meat.

We would like to thank Robin Allen for her captivating and educational presentation about nutrition and how it affects us and our clients. As you can see by the length of this summary, Robin really gave us a wealth of great nutrition information. As therapists we know that the body affects the mind and vice versa, ultimately affecting the overall health and well being of our clients, making it important to understand how nutrition plays a role in our client's mood and symptomology. Robin Allen's nutritional company, Necessary Nutrition can be a great resource for our client's who need some guidance, as they offer a wide variety of nutrition products such as vitamins, whey protein, fish oils, etc.; as well as nutritional programs including classes and nutrition plans formulated by certified nutrition experts. If you have any questions for Robin or would like some more information, you can visit [www.Necessary-Nutrition.com](http://www.Necessary-Nutrition.com) or contact Robin by phone at (951) 259-5198. Thank you again Robin for that great presentation!

- Janell Gagnon

### IE-CAMFT Membership Has its Benefits:

Membership in the Inland Empire Chapter of CAMFT requires a membership in CAMFT. There are multiple benefits to belonging to both. For more information on membership benefits or how to join, see the membership enrollment or renewal form on page 8; or contact Garry Raley for assistance. Membership may be initiated or renewed any time during the year. But keep in mind the membership year runs from April 1 to March 30.

For your \$40 yearly investment you can:

- Network;
- Receive: 2 gratis CEUs available at each of 9 Monthly Meetings, and
- Attend: Special Law and Ethics Meeting with 6 CEUs at reduced cost.
- Stay Connected to Other Therapists
- Advertise in this newsletter
- Develop Peer Relations to Reduce Isolation
- Give and Receive Consultation and Referrals
- Increase Your Knowledge

### Dear Members: Who's next?

One of the best known ways to build your practice is to get into the community and speak about your expertise. Your local association of therapists is interested in learning new theories, skills, tools, and approaches to treatment. Share your knowledge, experience and wisdom with us!

We are looking for **presenters** for this future IE-CAMFT meeting in 2013:

Friday **January 25, 2013**, 9:00 - 11:00 am

We urge you to consider sharing with us. To do so, contact: Dan Totaro 909-957-9169  
[dtotaro@gmail.com](mailto:dtotaro@gmail.com) OR

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

### IE-CAMFT Benefits, Continued

All the benefits listed to the left arise from, shall we say, "just showing up." It has been said that for much of life, half the job is "just showing up." This might be characterized as the passive approach to involvement with IE-CAMFT. However, even more benefits are available through **active involvement**. **Active** means volunteering your time, talents, and energies by following through after enthusiastically saying YES to answering the following question:

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

Contact **Doreen** to increase your activity with our board. The board position of President-Elect is open. Committees such as Hospitality, Membership, and Trauma Network need added leadership and participation.

Now, you get the benefits for **active** IE-CAMFT participation: Increased self esteem and connection in the relationship healing community. Participation at these levels make nice line items in one's resume showing yourself to be an action oriented, dynamic citizen vs a plodding worker bee or job holder. I bet you can name some more benefits. Give it a try!

### PROGRAM OUTLINE FOR IE CAMFT OCTOBER 2012 – APRIL 2013

DATE	SPEAKER	TOPIC	TIME/LOCATION	COST
2012-10-26 October	Carol Teitlebaum, LMFT	"It Also Happens to Boys"	8:30 am Loma Linda BMI	\$10/2 CEUS for non-members
2012-11-23 November	<b>DARK</b> (no meeting)			
2012-12-07 December	Holiday Event	Fun & Networking	To be announced	
2013-01-25 January	Jamie Juarez, LMFT	Applied Behavioral Analysis	8:30 am Loma Linda BMI	\$10/2 CEUS for non-members
2013-02-22 February	Dave Jensen, J. D.	What does the law expect of me? Part IV	09:00 am - 4:30 pm San Bernardino Garden Hilton	6 CEUs in law, ethics \$75 non IE-CAMFT \$55 IE-CAMFT
2013-03-22 March	Marilyn Wedge, PhD		8:30 am Loma Linda BMI	\$10/2 CEUS for non-members
2013-04-26 April	Jill Epstein	"From The Top"	8:30 am Loma Linda BMI	\$10/2 CEUS for non-members

## IE-CAMFT

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

#### President: (B)

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

#### President Elect: (B)

(Open)

#### Past President: (B)

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

#### Board Members for Programs (B)

##### CoChair:

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

##### CoChair:

Ilse Aerts 909-945-9947  
[ilseaerts76@gmail.com](mailto:ilseaerts76@gmail.com)  
Maria Luisa Ciaglo 909-659-7095  
[mlctherapeuticservices@gmail.com](mailto:mlctherapeuticservices@gmail.com)

#### Membership: (B)

Angelina Moxey 909-230-0508  
[AngieMoxey@yahoo.com](mailto:AngieMoxey@yahoo.com)

#### 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)

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

#### CEU Chair: (C)

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

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

#### Newsletter Reviewer: (C)

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

#### Board Members for Hospitality: (B)

##### CoChair:

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

##### CoChair:

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

#### Newsletter Publisher:

Theo Smith 951-359-1706 (also fax)  
[trsmith00@sbcglobal.net](mailto:trsmith00@sbcglobal.net)

## NEWSLETTER NOTES, POLICY

**Reminder:** Please submit newsletter items to Doreen Van Leeuwen at [Doreen4u2@sbcglobal.net](mailto:Doreen4u2@sbcglobal.net). Deadline for submissions is the first of each month (except July and December when we do not publish a newsletter). The newsletter is e-mailed to all members who have given us email addresses.

**Notice Regarding Ads:** *Free* Member ads will run continuously for three consecutive newsletters if not cancelled earlier. After three NL they will be discontinued unless a renewal request is received.

### DISPLAY AD RATES (per month)

#### BUSINESS CARD SIZE:

MEMBERS: \$10

NON-MEMBERS: \$20

#### ¼ PAGE:

MEMBERS: \$20

NON-MEMBERS: \$40

### CLASSIFIED AD RATES:

MEMBERS: free

#### NON-MEMBERS:

1 month: \$20

3 months: \$54 (10% off)

6 months: \$90 (25% off)

12 months: \$144 (40% off)

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)

**Outstanding Chapter Leadership Award:**

Each year, the local chapters of CAMFT may select one member as an outstanding Chapter Leader. We may nominate either a clinical or prelicensed member for the award. The award is presented at the Annual Leadership Meeting in February. The deadline to nominate an individual is December 31, 2012. Please submit your recommendations for a nominee to one of the Board members (list on page 7), on the form below.

**Thank you for participating in this valuable way of recognizing those who work diligently for your chapter!**

**Inland Empire - CAMFT  
2013 Outstanding Chapter Leader  
Nomination**

I would like to nominate:

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Because: (briefly describe the contribution(s) made to the chapter by the outstanding leader nominee.)

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Submitted by:

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Printed Name

# CLASSIFIED ADS

## **Class Now Forming - Trauma and Dissociation Therapy Training**

Effectively and efficiently treat acute and chronic trauma and dissociation. 40 CEU training for MFTs and LCSWs; CEU provider #PCE2329 Contact Patrick Poor, MFT, 951-276-0616, for more information.

## **Office Space for Rent: North Upland**

\$100 per day per month, 5 days a week available. 300+ sq ft. (big enough for therapy groups of 8 adults). Fully furnished. Utilities, Internet and phone included. Possibility of referrals.

Contact: Kathryn Vannauker:

909-635-8077 or [acceptance@live.com](mailto:acceptance@live.com)

## **Therapy groups offered: Upland**

- Young Children's Therapy Group (Ages 2 -5)
- Children's Behavior and Emotion Management Therapy Group (Ages 5 - 12)
- Children's Social Skills and Self-Esteem Building Therapy Group (Ages 5 - 12)
- Teen Self-Improvement Group (Social Skills, Self - Esteem Building and Behavior and Emotion Management) (Ages 12 - 18).

Contact: Kathryn Vannauker:

909-635-8077 or [acceptance@live.com](mailto:acceptance@live.com)

## **Office Space For Rent: Corona, CA**

1128 E. 6th ST, Corona CA

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

Specifics: Fully-furnished offices available for sub-lease full or part-time; bi-monthly cleaning service; small kitchenette for tenant use only; facsimile and limited copy machine services; conveniently located near 15 and 91 freeways; waiting room with bell to alert you of next clients; amicable work environment; on site ample free parking; utilities pro-rated; flexible terms and rates.

For Suite 7 contact: Doreen Van Leeuwen at 951-347-1837, or [Doreen@ABetterWayCenter.com](mailto:Doreen@ABetterWayCenter.com)

For Suite 8 contact: Susan Kleszewski at 909-957-4357 or [Kleszewski@aol.com](mailto:Kleszewski@aol.com).

## **Help Wanted:**

Seeking part-time registered interns in the Victorville area. Flexible hours. Supervision and compensation provided. Contact Chuck Rowell or Pam Hart at New Horizons: 760-464-3021

**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 their current location, 225 W. Hospitality Lane, Suite 207, San Bernardino, California 92408. 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.

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

**\*\* Every Wednesday** at 7:30 PM is a free two and half 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. Location: University Methodist Church, 940 E. Colton Ave, Redlands, 92374. Suggest 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.

## **Therapy groups and Individuals offered: Redlands**

- Emotional Eaters (adults) starting 10/13/12 for 12 weeks
- Child Obesity and Self Esteem (ages 6-12)
- Teens Obesity, Self Esteem and Bullying (ages 13-19)
- Parenting Blended Families
- Immigration and Acculturation
- Christianity and Anger Management
- Therapies for Individuals are also available

Contact:

Betty Odak, MA, LMFT, MFC52001 Tel: 562-846-1269.

Address: 535 W. State St, Suite 'C' Redlands, CA 92373

Website:

<http://www.crossculturalcounselingcenter.com>

Email: [odak-mft@crossculturalcounselingcenter.com](mailto:odak-mft@crossculturalcounselingcenter.com)



# CLASSIFIED ADS, cont.

## **Glendora Office space available:**

Comfortably furnished office space available for individual sessions and ideal for up to 8-10 people for small groups. It also has a small refreshment room. Available weekdays and some evenings/weekends. Rates based hourly and day/weekly rates.

Contact: Dennis Sullivan, M.A. 909-438-4419, or [DennisSullivan1@aol.com](mailto:DennisSullivan1@aol.com).

## **NSEW MEC Event and Fund Raiser**

"Place yourself in the middle of the stream of power and wisdom, which flows through your life. Then, without effort, you are impelled to truth and perfect contentment."  
Ralph Waldo Emerson

Join us on December 2, 2012 ( 7:00am to 10:00pm) for the introduction and celebration of a new non-profit charitable organization in Redlands, California.

NSEW Mindfulness Education Center  
533 W. Olive Ave.  
Redlands, California

See the details and schedule on our web site:  
[www.nsewmec.com](http://www.nsewmec.com)

Email us and we will send you information about our activities:  
[nsewmindfulnesseducationcenter@yahoo.com](mailto:nsewmindfulnesseducationcenter@yahoo.com)

Call and speak to one of our Board members at:  
909-283-2338

I am seeking post-masters registered interns for a paid internship with NSEW Mindfulness Education Center.

The office is currently located near the intersection of 215 and 10 but will be moving to Redlands by February 2013.

We have a body/mind/spirit approach to counseling which includes ancient Yoga principles, Mindfulness and Awareness.

For more information, see our web site at  
[www.nsewmec.com](http://www.nsewmec.com)

Supervisor, Marie Louise Bosin, MA, LMFT will conduct both individual (as necessary) and group supervision for registered Post LCSW and MFT interns.  
[www.marielouisebosin-ma-lmft-27703.com](http://www.marielouisebosin-ma-lmft-27703.com)

Contact Marie Louise Bosin:  
909-809-8012 or [marielouise.bosin@yahoo.com](mailto:marielouise.bosin@yahoo.com)

## **Office space for rent**

Take over a lease for a full time furnished office right in the heart of the Inland Empire. Visit my web site for more information at  
[www.marielouisebosin-ma-lmft-27703.com](http://www.marielouisebosin-ma-lmft-27703.com)

The office is 750 square feet, includes a small waiting room and a large office with a play/art area.

Rent: one dollar per square foot: \$750/month

Available starting February 1, 2013 for full time.

The office is furnished with basic office furniture and book shelves. The waiting room is furnished with beautiful oak chairs and tables. The play area has linoleum for easy clean up.

Contact Marie Louise Bosin:  
909-809-8012 or [marielouise.bosin@yahoo.com](mailto:marielouise.bosin@yahoo.com)

# CLASSIFIED ADS, cont.

## THERAPIST WELLNESS PROCESS GROUP

A Better Way Counseling is proud to announce the Therapist Wellness Group for mental health care providers. Therapist Wellness will begin Sunday November 4, 2012 and meet on the first Sunday of every month thereafter for 6 months. Therapist Wellness is a two hour process group focusing on relieving compassion fatigue and preventing burnout.

***Come experience the sharing, caring Therapist Wellness Process Group intended to lift weary spirits and heal frustrated and burned out hearts.***

### THERAPIST WELLNESS PROCESS GROUP Details:

Moderators: Doreen Van Leeuwen, LMFT  
Cheryl Ballou, PsyD

Focus: Healing compassion fatigue  
and averting burnout

Address: 1128 E. 6th Street, Suite 7,  
Corona, California 92879

Fee: \$40.00 per session.

Dates, times:

(First Sunday each month: 4:00pm-6:00pm)

Nov. 04, 2012

Dec. 02, 2012

Jan. 06, 2013

Feb. 03, 2013

Mar. 03, 2013

Apr. 07, 2013.

For further information and to RSVP contact  
either Doreen at 951-347-1837 or  
Cheryl at 951-264-8714.

***We joyfully anticipate meeting you and  
together experiencing personal and  
professional renewal.***

## COUPLES IMAGO THERAPY GROUP

In a **safe and confidential** setting, your group leader will skillfully assist you to create new ways to love and appreciate each other! Side effect: **Your relationship really improves!**

The group is limited to 7 couples so you will have individualized attention from your leader.

***So, Doreen, why should we attend?***

Because you will

- ~ develop skills to become a fantastic listener
- ~ deepen your abilities to express admiration and appreciation
- ~ learn how to express frustrations safely
- ~ imagine and co-author a rich new uplifting vision for your relationship!

**Couples Group Leader:** Doreen Van Leeuwen,  
Licensed Marriage and Family Therapist, Certified  
Imago Relationship Therapist

**When:** Meets every other Thursday evening from  
6:30-8:30pm beginning October 18, 2012.

**Where:** 1128 E. 6<sup>th</sup> ST, Suite 7

(enter waiting room through Suite 8)

**Who:** Couples seeking a **vibrant, healthy, mature,  
passion-filled** relationship

**Fee:** \$50.00 per couple, per session.

Requirements:

- \* A free initial consultation with Doreen for first timers
- \* A 12-session commitment to promote continuity and stability for safety and growth.
- \* A commitment to read or listen to *Getting The Love You Want*, by H. Hendrix & Helen La Kelly Hunt.

***OK, Doreen, we want to join. How do we sign up?***

Call me: 951-347-1837 or 951-847-7742.

Or e-mail me: [Doreen@abetterwaycenter.com](mailto:Doreen@abetterwaycenter.com).

## 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

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(California Association of  
Marriage & Family Therapists)  
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