



IE-CAMFT MEETING

Friday, October 25, 2013

"EMDR: A THERAPY FOR THE AGE OF THE SHORT ATTENTION SPAN"

Featured Presenter:

PAUL VELEN, MS, LMFT

Disturbance is harmful to overall health. It is possible to rid or at least reduce nagging disturbances that overwhelm, and improve health. EMDR is an efficient way to manage crippling big T traumas and histories of little traumas.

Objectives:

1. Participants will learn about the Adaptive Information Processing Model.
2. Understand neurobiological conceptions of Dan Seigel and Daniel Amen as related to EMDR.
3. Participants will be aware of the past, present, and future orientation of EMDR.
4. Participants will become aware of the EMDR standard Protocol.♦

MONTHLY MEETING TIME & LOCATION

8:30am – 11:00am

Program begins at 9:00am.

All are welcome to stay for the board meeting from 11:00am to 12:00pm

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.

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

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See pages 6 & 7 for
February 2014
Law & Ethics
Workshop!



“PRESIDENT’S MESSAGE”

-DAN TOTARO

BYLAW UPDATE!

As many of you are aware the CAMFT Board of Directors met in Santa Barbara the weekend September 21st and 22nd for its quarterly meeting. During which, the Board reviewed the many letters, calls, and emails it had received from the membership regarding the bylaws. After deliberating over the issues they then approved the motion:

“To approve the repeal of the current bylaws approved in July 2013 and reinstate the bylaws adopted in January 2009. The Board’s approval is subject to voting members’ approval by ballot.”

It is now up to the membership to make an informed decision as to the future direction of our association. I strongly encourage each of us to give this matter our full consideration. There has been a good deal of discussion and debate since July which I hope has helped to prepare us to make a choice based on what we believe is the best direction for CAMFT. I also hope that the percentage of members who vote will be the highest ever! ♦

KEEP AN EYE OUT FOR YOUR BALLOT IN THE MAIL!

*Ballots will be sent out late October/early November for a December 4 election date.
(MFT Interns will not be allowed to vote.)*

Please vote no later than December 4, 2013!

BREAST CANCER AWARENESS MONTH, CAMFT CHIEF EXECUTIVE OFFICER RECOVERING

October is National Breast Cancer Awareness Month, an annual international health campaign organized by major breast cancer charities every October to increase awareness of the disease and to raise funds for research into its cause, prevention, diagnosis, treatment and cure. The campaign also offers information and support to those affected by breast cancer.

According to the American Cancer Society Breast cancer is the most common cancer among American women, except for skin cancers. About 1 in 8 (12%) women in the US will develop invasive breast cancer during their lifetime.

In August, CAMFT Chief Executive Officer Jill Epstein announced that she has been diagnosed with breast cancer and has been on medical leave. The CAMFT office has reported that Jill’s surgery went well and she is home recovering with her family. We continue to send our wishes for a full and speedy recovery.

♦





OCTOBER SPEAKER HIGHLIGHT: PAUL VELEN, LMFT



Paul Velen is a licensed Marriage, Family Therapist in practice in downtown Riverside, as well as a group facilitator for caregivers. He received his Master of Science in Counseling from California State University, Fullerton in 1982, and was licensed as a Marriage, Family and Child Counselor in 1985. Additionally he holds a certificate in gerontology from CSUF, and is a fully-certified Eye Movement Desensitization and Reprocessing (EMDR) therapist.

Paul is a fully certified EMDR therapist. EMDR is recognized as effective trauma treatment in numerous practice guidelines worldwide. In the US, this includes organizations such as the American Psychiatric Association and Department of Defense.

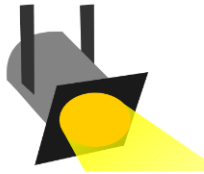
Paul uses EMDR along with skills gained from over thirty years as a teacher (rated Excellent by the Chicago Board of Education, 1976) and social worker in child and Adult Protection in Orange County, California. He also facilitates free caregiver support groups in Riverside and Grand Terrace listed by the Alzheimer's Association. ♦

DID YOU KNOW...

A clinician who is certified in EMDR (Eye Movement Desensitization and Reprocessing) by the EMDR International Association (EMDRIA) has been licensed or certified in their profession for independent practice and has had a minimum of two years of experience in their field. They have completed an EMDRIA approved training program in EMDR, have conducted a minimum of fifty clinical sessions in which EMDR was utilized, and have received twenty hours of consultation in EMDR by an Approved Consultant. In addition they must complete twelve hours of continuing education in EMDR every two years.

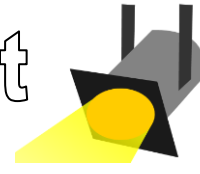
For more information about EMDR and training, visit the EMDRIA website at www.emdria.org. ♦

We are professional visionaries dedicated to providing training, networking, and advocacy for Marriage and Family Therapists to promote healthy individual, and couple and family relationships.



Member Spotlight

Lisa Axelrod, LMFT



Lisa Axelrod is a licensed marriage, family, and child therapist who has been working with children and families for over forty years. She was first an elementary and secondary classroom teacher in the San Francisco Unified School District and taught in Paris France 1968 to 1969. French was her major at UC Berkeley and she has an MA in Education.

Since becoming licensed in 1986 Lisa has practiced psychotherapy in many different settings--a homeless shelter, Head Start Programs, a nonprofit, community programs. She now has a private practice in the Desert. Lisa uses an eclectic approach to doing therapy. She feels that it is important to do what the client needs. She has a wealth of experience and knowledge about different therapies. She is particularly drawn to Carl Rogers' unconditional positive regard for the client at whatever stage he or she is at.

Lisa also uses a case management approach in doing psychotherapy. There usually are several aspects to the client's life which contribute to their pain and suffering and Lisa feels that clients need to be empowered to get up on their feet and move on with their lives. She also believes in "total health"--mind, body, and spirit.

Lisa has always enjoyed working with children during her career. She taught and has been using play as part of her treatment of children. She is very much of a child advocate and even when working with adults she keeps in mind the children in the situation.

During the past several years Lisa has been working with gamblers and their families. She is into the twelve step model of recovery and encourages that in her treatment of addicts.

Lisa has many interests. One of these is cats as you can see! She has five cats of her own and feels that every cat deserves her attention!! She has a new little male cat named Sweetheart who she adores and who is always by her side, even when he is not with her physically!! James Herriot's books are some of her favorites and she cherishes the stories. She finds a great deal of wisdom in those stories that can be applied to life. She also is interested in the use of compassion and mindfulness for relapse prevention. Lately she is reading *A Year of Living Mindfully, 52 Quotes and Weekly Mindfulness Practices* by Dr. Richard Fields, Ph.D. (available at www.facesconferences.com). She is finding this book to be very helpful with her clients as "The only reality is now!" and to live in the present and enjoy! ♦



Lisa and her cat Ruby, who lived to be 18 years old.

GET INVOLVED!
IE-CAMFT 3000 CLUB FORMING
HELPING TO SHAPE THE FUTURE OF OUR
PROFESSION

In an effort to support interns along their road to licensure, many CAMFT chapters statewide have a "3000 Club" dedicated to the professional development of pre-licensed members. One of our goals this year is to start an IE-CAMFT 3000 Club, but we need your help to brainstorm and plan for activities. We are recruiting for:

3000 Club Liaison: A Clinical member to mentor and coordinate the activities of the 3000 Club.

3000 Club Coordinator: A Pre-Licensed member to plan and organize events.

The frequency and nature of the events will be up to you. Don't miss out on this great opportunity for professional development and service to the profession! Please contact Dan Totaro for more information. ♦



Marsha Cristales-Fontaine

Luisa Limon

IE-CAMFT
PRELICENSEES' CORNER

CounselingCalifornia.com
Open to Interns

CounselingCalifornia.com, CAMFT's searchable directory of CAMFT members, has only been available for licensed therapists. However, earlier this year the Board voted to allow pre-licensed members who are registered interns to also post profiles on Counseling California.

This new opportunity will allow interns to market their services to Californians for a \$50 annual fee. Visit the CAMFT website at www.camft.org to create your profile today! ♦

*If you have any questions or feedback,
please see page 15 for board member
contact information.*



Inland Empire Chapter

WHAT DOES THE LAW EXPECT OF ME? PART I

Featured Speaker CAMFT Staff Attorney

Dave Jensen, J.D.



Dave Jensen has been Staff Attorney with CAMFT since April 2002. Dave graduated from Brigham Young University with a Bachelor's Degree in History, and he received his law degree from the Thomas Jefferson School of Law in San Diego, California. As an attorney with CAMFT, he consults with CAMFT's members regarding their legal and ethical dilemmas, and he is a regular contributor to The Therapist magazine. Dave gives numerous chapter, school and agency law & ethics presentations and has developed What Does the Law Expect of Me? Parts I, II, III and IV.

What Does the Law Expect of Me? Part I

Attendees will acquire an in depth understanding of:

- what the law says regarding a therapist's obligation to be a competent practitioner;
- the importance of properly assessing and diagnosing your patients;
- the right to privacy;
- confidentiality and privilege;
- patients dangerous to themselves;
- patients dangerous to others;
- and dual relationships.



This is a lecture-format course that will satisfy the BBS's on-going requirement of six CEUs in law and ethics.

COST: \$55.00 IE CAMFT Members \$75.00 Non-IE CAMFT Members \$100 Non CAMFT Members

SAVE MONEY on this workshop by joining INLAND EMPIRE CHAPTER of CAMFT!

Enjoy the benefits of networking with your peers and attend monthly chapter meetings with free CEU trainings from local experts.

DATE: FRIDAY, February 28, 2014

TIME: 9:00 a.m. - 4:30 p.m.

PLACE: Ontario Airport Hotel

700 N. Haven Ave. Ontario, CA 91764

Hotel Phone: (909) 980-0400

***** Lunch is on your own – Hotel restaurant on-site as well as lots of nearby restaurants*****

Register by mail (see form) or online at www.ie-camft.org

For questions, please contact: Jeanne Joslin: (951) 922-8799, Jeanne_joslin@yahoo.com,
Angie Moxey: (909) 276-7475, angie.moxey@gmail.com or Garry Raley: (951) 640-5899, garra1@sbcglobal.net



INLAND EMPIRE CHAPTER
CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS
LAW & ETHICS WORKSHOP MAIL-IN REGISTRATION
(Go Paperless! Registration also available online at www.ie-camft.org)

WHAT DOES THE LAW EXPECT OF ME? PART I

Featured Speaker CAMFT Staff Attorney Dave Jensen, J.D.

FRIDAY, February 28, 2014 9:00 a.m. - 4:30 p.m.

Ontario Airport Hotel, 700 N. Haven Ave, Ontario, CA

Name _____ Degree _____

Street Address _____

City _____ State _____ Zip Code _____

Phone Number () _____ Cell Number () _____

E-Mail Address _____ ☐ Check here if you would like to be e-mailed about future events

Business Name & Position _____

Business Phone Number () _____

OPTIONAL - COST OF CHAPTER MEMBERSHIP (YOU MAY ATTEND THE WORKSHOP WITHOUT BEING A MEMBER)

- ☐ **Clinical** (Licensed MFT)\$40
- ☐ **Prelicensed** (MFT Trainee, MFT Intern, Social Worker Associate)\$25
- ☐ **Associate** (Licensed in a related mental health field)\$40
- ☐ **Affiliate** (Practitioner in another field. e.g., RN, Attorney, Coach, etc.)\$40

CAMFT Member # _____ (The ID number shown on your CAMFT membership card)

NOTE: Unless you are an Affiliate member of the Inland Empire Chapter of CAMFT (IE-CAMFT), you must also be a member of the California Association of Marriage and Family Therapists (CAMFT) to join a local Chapter. Dues for membership in CAMFT are separate from fees for local chapter membership. To join IE-CAMFT, please complete this form and make checks payable to IE-CAMFT in amount shown above for the membership category appropriate for your field.

Workshop Registration Fee

\$55.00 for IE-Chapter members\$ _____

\$75.00 for CAMFT members, but not IE-Chapter members\$ _____

\$100.00 for non CAMFT members\$ _____

Membership Fee (if you decide to join now to get the discounted rate on registration)\$ _____

Total Amount Enclosed\$ _____

PAYMENT – Make check payable to IE-CAMFT

Mail form and check to: P.O. Box 51591, Riverside, CA 92517

***** Lunch is on your own – Hotel restaurant on-site as well as lots of nearby restaurants*****

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

Join online at www.ie-camft.org or see the application form on the last page of this newsletter. ♦

Is It Time To Renew Your Chapter Membership?

IE-CAMFT chapter membership is renewed separately from your statewide CAMFT membership. If you believe you received a renewal notice in error, please contact Angie Moxey to verify your membership.

To renew, visit our website at www.ie-camft.org or submit membership form on the last page of this newsletter.



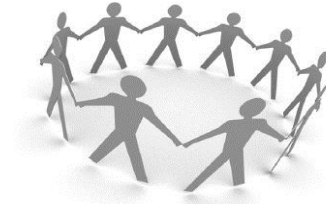
CAMFT SEEKS NOMINATIONS FOR BOARD

Get involved! Serving on the CAMFT Board of Directors is exciting, challenging, and demanding. It provides the opportunity to shape the organization while fostering deep community with your professional colleagues.

The CAMFT Nominating Committee is seeking nominees to fill Board of Director vacancies for the term beginning June 1, 2014. Nominations are in order for the following board positions: Chairman-Elect, Treasurer, and three Clinical Board Members-At-Large to be elected by the Clinical membership. The Treasurer and Clinical Board Members-at-Large will serve two-year terms; the Chairman-Elect will serve a three-year term, which includes the positions of Chairman-Elect, Chairman, and Past Chairman.

For more information about nominating a colleague or applying for the Board, please visit the CAMFT website at www.camft.org. The application deadline is December 6, 2013. ♦

AT OUR LAST CHAPTER MEETING...



In September, we had the pleasure of hearing from Rachel Taylor, LMFT, RPT-S for a two hour interactive workshop on play therapy. Participants came away with a wealth of interventions and resources. This month we welcome the following guest article. Thank you Rachel!

ALL WE DID WAS PLAY UNO IN THERAPY TODAY!

By Rachel Taylor, LMFT, RPT-S

What is Play Therapy anyway, is it just “playing”? I do play UNO with some of my clients, and I have had more than one parent tell me that their child said we played UNO all session. (More about that later.)

Play is the child’s natural way of communicating. Play Therapy is traditionally used with children aged 10 and under, however, many older children and adults benefit from participating in various aspects of Play Therapy.

The two main types of Play Therapy are directive and non-directive. Non-directive Play Therapy is traditionally what we think of when talking about Play Therapy – the therapist allows the client to play with any toy in the office and does not interact with the client unless the client approaches the therapist. Directive Play Therapy can be somewhat structured such as giving the client some choices, “Pick a game you would like to play” to a more structured approach such as, “We are going to play this game now”.

Play Therapy can be used to address a variety of conditions such as depression, anxiety, socialization challenges, sensory integration, and trauma from domestic violence or abuse. In a non-directive setting the therapist can observe how the client interacts with toys and gain understanding how the child interacts in their world outside of the office. In a directive setting the therapist can direct the client to use certain Play Therapy Interventions to address specific issues. I finger painted with a child who was struggling with sensory integration issues and would not get her hands dirty. We started the activity by me “painting” my fingernails as I dipped my fingers into the paint, the client then allowed me to touch her nails with the paint to “paint” her nails. Eventually she allowed herself to get both hands covered in paint without becoming agitated.

There are situations when therapists might not think to use Play Therapy because the client(s) are “too old” for Play Therapy, however, I would challenge therapists to use interventions with teens, adults, couples and entire families. I

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ALL WE DID WAS PLAY UNO ...

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have found that using the sandtray in various situations can be helpful and a catalyst for insights that may not have been realized in a different setting. I was treating a teenage girl and her mother who had boundary issues. When I asked them to construct a sandtray together, the teen walked up to the tray and immediately started by drawing a line down the middle of the tray and informed her mother “to stay on your own side”. This action gave us a talking point about boundaries after the tray was completed. In addition to parent/child combinations, I have used the sandtray in working with couples. The activity is introduced by asking the couple to construct a tray together that represents their present relationship and then change the tray to make it represent what they would like their relationship to be like. After the tray is completed we explore how they can get from the first tray to the second one.

Family art projects are beneficial in helping the therapist observe the family’s dynamics and providing a forum for members to share their feelings. I used an art project in which family members were asked to make one fish each to represent themselves. The mother insisted on making two fish. Later she shared that she felt she had the responsibility of being both the mother and the father to her children even though the children’s father lived in the home.

The benefits of Play Therapy are many and include giving clients the ability to express their emotions in a non-verbal manner, allowing adult clients to get in touch with their inner child and giving the therapist a chance to bond with the client in a playful manner. Next time you don’t know what to do with a client – try a Play Therapy Intervention. Oh, by the way, when I play UNO for more than one or two hands, I use an additional deck of cards from one of my therapeutic games and when a player has to draw an UNO card, they also have to take a therapeutic card and answer the question. ♦



*"Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness, that most frightens us."*

- Marianne Williamson



Practice Perspectives

Featuring Modern Treatment Approaches of Interest

"Preface to Psychodrama"

by Don Miller, PhD, TEP

Time constraints often lead those introducing psychodrama to "talk about" rather than "show" it. We prefer showing our method through doing it rather than merely passively speaking of it at a distance as spectators do. We involve the whole person. A brief reference to neuroanatomy may not be out of place.

Our brain has two hemispheres. One side features the concrete, literal, linear or measurable. The other half is intuitive, which features the artistic. Abstractions are left sided, processes, especially human interactions, are right sided. Of course we use both sides all the time. There is the corpus callosum wiring in the middle between the two halves. Directly below lay the reptilian brain, the old brain, the main seat of the emotions. Beyond the brain is the autonomic nervous system, consisting of two parts, the sympathetic and parasympathetic, which function reciprocally. The sympathetic is the instant reaction to emergencies, the parasympathetic is conservative, the basis for sleep and sex.

At the outset of the psychodrama session, psychodrama directors tune into what your immediate reaction to any provocative input. It's on your face and in your posture before you open your mouth. Your unconscious is in full sway. Consciously you may—or may not, be aware of your emotional display until after you've responded. Alone out in the wild the sequence is not "I see a bear, I'm afraid, I run." Rather "I see a bear, I run, then I'm afraid." It should have greater survival value, unless the bear runs faster than me.

Perhaps you held yourself back, also a response woodsmen recommend, who are less likely frozen in fear and have experience in keeping themselves alive. In any case, not to panic serves to open the door to a better course.

Everyday in every way we are living stories which answer the questions, WHO AM I, WHO ARE YOU, WHO ARE WE, and WHO ARE THEY? We answer such questions through storytelling and story listening. Such provide background with its cast. Good story tellers avoid answering WHY? Too soon, for it is basic to the plot and in allowing the story to develop makes it more interesting. When actors ask "why" at the action's beginning, directors answer "We'll see. First we must have the background. The answer could be there." When drama directors hear the professional actor ask, "What is my motivation?" (which translates as "why") the best answer is "Do it, and it will find you."

Likewise, we discover our answers sooner when we move onto the stage into improvisational action. We may be characters in a story, playing someone else's story, as in a play. Most never risk venturing beyond the audience, but suppose you were to choose the play and those about you volunteer to construct your characters.

I challenge you to face the fact that you are every day and in every way living out a life story. The more active you are, the more ready you may claim the story as yours. In casual conversation we speak stories about others. We do it every day. We challenge you to step into another's story, see what it means to be someone else, and finally put yourself on stage in order to learn what it means to be you.

To observers, this seems to be a dress rehearsal for a theater production. They imagine we are following a script. We have no verbatim script. We build one on the spot, and decide whether to own it or not as we choose. The writer of the play "Six Characters in Search of an Author" showed the chaos that results when no one knows how to go about it, probably not his intention in presenting a tragic-comedy. On the other hand, done psychodrama style, protagonists escape criticism through total group acceptance. Directors protect the protagonist's story, for it turns out to be the group's story too.

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“Preface to Psychodrama”

(CONTINUED FROM PAGE 10)

You’d like a definition of psychodrama. When the session’s over, you’ll have one of your own. To begin by telling you what psychodrama is not is half the distance to saying what psychodrama is. In presenting psychodrama to the general public and to college students we show you what psychodrama is.

Psychodrama is not drama for “psychos,” whoever they are. The Alfred Hitchcock movie gave the public a title for the degenerate the public fears lies dormant in each person so confused and unable to function they require a therapist’s professional help. Totally unfair. I feel safer on a mental ward than on the street. If you’ve seen the movie, you know there is no psychodrama in it. Fellini’s Italian movies use the actual work ‘psychodrama’ inaccurately and carelessly, but at least without ominous implications.

The English prefix “psycho” comes from the Greek psyche, which is best translated as should. I can live with psychodrama as “soul drama,” which lacks the negative connotations that have accumulated with “psycho” or “psyche.” The trouble is that language meanings do not stand still. Have you noticed that? Soul is a word which includes, body, mind, and spirit as a whole. But the for many should is something that we have which survives death, a kind of disembodied spirit. But soul is who we are. The word has faded badly from its original meaning. During my lifetime of reading the King James version of the Bible I frequently encountered the word soul. But in the modern translations during your lifetime they have translated the word as self. I can cheerfully live with that, but so often self is contrasted with mind. And also we read a false self and a true self. That invidious distinction pulls the self out of sight beneath the skin.

I know that persons often seek to misrepresent themselves for the sake of public acceptance, a putting one’s best foot forward to be what we think would make people welcome us. We don’t want them to know our shadow, which we barely know ourselves, so

let’s keep in under wraps, and peek in on it only when it’s safe, in the presence of persons we know we can trust.

We hear of role playing as if it were something “bad” or “unauthentic.” From my view point, we cannot not play roles, for our everyone has their role or roles. What I do is who I am. Others may say, “He’s beside himself” or I may claim “It’s not me” or “I wasn’t myself then.” As I see it we are who we are. We may choose to “own it, that is, take responsibility” – or not. Who I am is not static, but a continuing process, even though, from moment to moment, we tell ourselves that we are and have always been the very same self. The down side is that we hate to leave behind what we want to hang onto, but the upside reveals a continuously unfolding present in process, which yields to our choosing.

What impels us to do this rather than that? The usual answers, motivation and intention. Motivation is a push from the past. Intention is the pull from the future. When we focus on the past everything looks inevitable, as if none of us under the circumstances then could have known otherwise than to do what one did do. Many scientists approve of complete determinism, forgetting that determinism includes their own experiments, and indeed their life stories. Nobody lives as if strict determinism were so. Debates contrast determinism with indeterminism. This is a “straw man” an easily demolished alternative. The fact is we all more or less freely choose from among a limited number of options.

Psychodramatists refuse to be victims. We are not the passive prey of our pasts. We are agents of our own destiny, far more than we ever take credit for. Though we occasionally move into a protagonist’s past in psychodrama, we make it present. This is no literal rendering of what happened, as historians try

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UPCOMING CHAPTER PROGRAMS & EVENTS

DATE	SPEAKER	TOPIC	TIME/ LOCATION	COST
OCTOBER 2013				
Friday 10/25/13 Monthly Meeting	Paul Velen, MS, LMFT	“EMDR: A Therapy for the Age of the Short Attention Span”	8:30am LLU Behavioral Health Institute	IE-CAMFT Members: No Cost Non-IE-CAMFT Members: \$10.00
NOVEMBER/DECEMBER				
Social Event	To be announced			
JANUARY 2014				
Friday 1/24/14 Monthly Meeting	Cecile Dillon, PhD, LMFT, Licensed Clinical Psychologist	“Step-Families”	8:30am LLU Behavioral Health Institute	IE-CAMFT Members: No Cost Non-IE-CAMFT Members: \$10.00
FEBRUARY 2014				
Friday 2/28/14	Dave Jensen, JD	Law and Ethics Workshop	9:00 a.m. to 4:30 p.m. Ontario Airport Hotel 700 N. Haven Ave, Ontario	See page 6 for registration information
MARCH 2014				
Friday 3/28/14 Monthly Meeting	Rick Itzkowich	“21st Century Networking: A Powerful Way To Referrals”	8:30am LLU Behavioral Health Institute	IE-CAMFT Members: No Cost Non-IE-CAMFT Members: \$10.00
APRIL 2014				
Friday 4/25/14 Monthly Meeting	Jill Epstein, JD	“From the Top”	8:30am LLU Behavioral Health Institute	IE-CAMFT Members: No Cost Non-IE-CAMFT Members: \$10.00
Contact Ilse Aerts if you wish to present at a future meeting or special event!				

“Preface to Psychodrama”

(CONTINUED FROM PAGE 12)

so hard to do, for no one really knows what actually happened. Ask those who were on the spot. We have different versions which may more or less agree, but the version that matters, and the one perspective from which we work is the protagonist's memory (which never remains fixed anyway). We seek relevance, which often surfaces forgotten episodes. Again, we don't concern ourselves whether or not it's the way it really happened. What matters is the protagonist's version, which is what he lives by. This is his present and as present is subject to modification, despite whatever the past may have been.

The present moment is like a clearing in the field, not literally like a knife edge separating the past from the future, eliminating the present altogether. On the contrary, it is the present which we can be sure of, beyond the vagaries of past or future speculation.

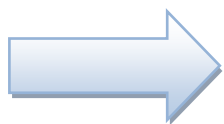
With our view of the present, which I believe is indeed the common view, we may reflect upon our intentions prior to acting on them. In psychodrama we need not be stuck, for we can try out one avenue after another on stage and come to an informed choice. The director asks, “What do you want?” The director asks himself, “How come the protagonist doesn't already have it?” The protagonist shows the answer without being asked directly.

It's convenient to distinguish between belief and desire. Desire is what we know that we want. Belief has to do with whether we may be able, or allowed, to get it. There is a kind of cost appraisal. What are we going to have to sacrifice to get it? And if indeed we follow through, will what we get be worth it? Can we keep it? What will that cost us? If I fail, what is plan B? no plan B, then who am I now? Can I live with that?

We do not live in this world alone. Whatever happens, what are the consequences for others? I must take responsibility for that, and especially if I don't, what reaction toward me will this call forth from others? Do I want that? I don't have immediate access to all the information the above requires. Rather than risk making unwarranted assumptions, hadn't I better be in touch with others, especially those directly affected. Do we matter to one another? That calls for cooperation.

This is the merit of group work. We have a room full of reactors, advocates, and advisors. In a cohesive group there will be no enemies, but our friends are capable of representing our opponents, so that when we act our foes do not take us by surprise. Consider the power of the collective. The protagonist does not have access to the expertise of the leader alone, but all who, sooner or later, share with him.

They greatly expand the world of the protagonist's belief, so that intentions he finally chooses to follow will have a much better grasp of reality than the unexamined view. As Socrates has said, the unexamined view is not worth living. My view is that I should take charge of my life rather than passively let the world take charge of me. I have a vote in the process. Indeed, I may hold the deciding veto. The final product is the fulfilling and fulfilled me, as the world, seen and unseen, is my witness. I seek completion. I hope to find it, but whatever the case, much of me will follow after me, like ripples from stones thrown into a pond. Let's say we bequeath our “spirit genes.” ♦



See Don Miller's ad on page 17 for more information on weekly opportunities to learn psychodrama and earn FREE CEUs!

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

Newsletter Notes & Policy

Reminder: Please submit newsletter items to Dan Totaro at dtotaro3@gmail.com.

Deadline for submissions is the first of each month (except July and December when we do not publish a newsletter). The newsletter is e-mailed to all members who have given us email addresses.

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

DISPLAY AD RATES (per month)

BUSINESS CARD SIZE:

MEMBERS: \$10

NON-MEMBERS: \$20

¼ PAGE:

MEMBERS: \$20

NON-MEMBERS: \$40

CLASSIFIED AD RATES:

MEMBERS: free

NON-MEMBERS:

1 month: \$20

3 months: \$54 (10% off)

6 months: \$90 (25% off)

12 months: \$144 (40% off)

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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.

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- ◆ Adult Stress Relief and Coping Skills Therapy Group
- ◆ Children's Behavior & Anger Management Therapy Group
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- ◆ 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. \$10 per hour. Space includes waiting room. Play room use also available. Email marielouise.bosin@nsewmec.org if you are interested. Office in Centennial Plaza in downtown Redlands.

Office Space for Rent in Claremont

Office space available in suite of collegial therapists. Waiting room, Wi-Fi, great parking and location. Available Monday through Saturday, hourly or daily reasonable rates. Contact Linda Shestock, LMFT at lstestock@aol.com or 951-640-1225.

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 Fax: 951.735.8451

Please park in the front of the building on the address side. When you arrive, please text or call me (951.264.8714) and I will come let you in. You will probably be able to get into the atrium, but I will have to let you into the office itself.

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. 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.

To do so, contact **Ilse Aerts: (909) 945-9947**
ilse.aerts76@gmail.com

Betty Odak, MFT**Licensed Marriage and Family Therapist (MFC 52001)**

Address:

535 West State Street, Suite 'C' Redlands, CA 92373.

Tel: 909-335-9700 or Toll-free 855-824-2999, Cell 562-846-1269

3117 University Avenue, San Diego, CA 92104

Tel: 619-800-2053 or 562-522-8008, Fax – 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 America 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. Various interesting topics. Earn hours of CEU credit. Peaceful and comfortable location. Mindfulness included in all trainings. www.nsewmec.com. Didactic and Experiential. Come have FUN with us while you learn. marielouise.bosin@nsewmec.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 Friday at 6:30 PM****

Free 2 1/2 hours of a continuing course on the 24 comprehensive story models. Newcomers are welcome, but everyone must pledge confidentiality. The didactic comes at the beginning. After that is a psychodrama on whatever concerns people bring with them. University Methodist Church, 940 E. Colton Ave, Redlands, 92374. Park on Division St. and walk from there. 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).

Classified ads are FREE for members and are also posted on our website www.IE-CAMFT!
See page 15 for more details.

Inland Empire CAMFT Membership Application/Renewal

Date _____

Name and Degree _____

Street Address _____

City _____ State _____ Zip _____

Telephone _____ Fax _____

E-Mail Address _____

Business Name _____ Business Telephone _____

(Optional) Do you have an area of expertise on which you would like to present at an IE CAMFT Meeting?

(Optional) Are you interested in becoming more involved in IE CAMFT Leadership? _____

MEMBERSHIP CATEGORIES (CHECK ONE)

☐ Clinical (Licensed MFT)\$40

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

www.IE-CAMFT.org

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

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

CAMFT Member # _____ (required)

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

Dues are paid annually.

MAKE CHECKS PAYABLE TO: IE-CAMFT

Mail to: Inland Empire Chapter of CAMFT

P.O. Box 11846

San Bernardino, CA 92423

