



MONTHLY MEETING

Friday, September 26, 2014

“Should CAMFT Endorse Single Payer Healthcare?”

Come watch "The Healthcare Movie," a documentary film narrated by Kiefer Sutherland, and listen to Bill Honigman, M. D., 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.

Objectives:

- 1. Members will learn how single payer is a viable option to the private health insurance industry for-profit model
- 2. Members will learn why many healthcare professionals believe single payer is a more equitable and ethical choice that would provide better, more comprehensive care
- 3. Members will have the opportunity to ask questions regarding single payer vs. for-profit insurance
- 4. Members will be better equipped to decide whether they think CAMFT should endorse single payer health care

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>

MONTHLY MEETING TIME & LOCATION

8:30am – 11:00am

Program begins at 9:00am.

All are welcome to stay for the board
Meeting from 11-12 noon

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
Is Violence “Cultural?”

When violence is minimized and there are only minor consequences, if any, is violence seen for what it is, or is it seen as “cultural?”

We therapists have been trained extensively in being culturally sensitive and are encouraged to have clients educate us on their own cultural norms. Having trained social workers, pastors, and staff in Rwanda, Africa, I have been challenged to define what is “cultural.” Until approximately five years ago, there was no marital rape in Rwanda as the very act of being married entitled the man to sex, whether there was consent or not. In fact, until the late 1970's, there was no marital rape law in America as well. Having worked with the police and the public, there remains a misunderstanding of domestic violence and other violence against women. The military is rampant with accusations of rape. Now we have the “Yes means Yes” law, which implies there was an entitlement if the rapist does not hear the word “No.”

A recent violent incident revealed how some people still feel about violence against women. Professional football players, who are paid to be tackled and who practice being hit to dangerous levels, find it acceptable to consider this part of their manhood. There is pride in believing they can “take it”. The irony in this case is that a professional football player who was supposedly hit by his girlfriend in an elevator, felt so threatened by her that he knocked her unconscious. This implies a sense of entitlement or a “right” to respond violently if a woman resists control or intimidation. Now if one person in a culture can rationalize their entitlement to violence, is that person a reflection of the culture or is it our collective response that makes it culture? Until a video surfaced, the NFL commissioner initially disciplined the player with only a two-game suspension and the team for which he played supported him, even holding a press conference at which his *victim* said she “deeply regrets the role that **she** played the night of the incident.” We need to consider the impact of this. What do we identify as culture, and what do we identify as violence, and who is held responsible?

I can list the statistics on rape, domestic violence, human trafficking, and female genital mutilation, but we have heard them. Our thoughts about violence make a difference, and I hope violence is never considered culture, wherever it happens. I hope violence is seen as violence.

Janine Murray, LMFT, President, Inland Empire CAMFT

When the Therapist Gets Triggered...The Comprehensive Resources Model

By Avis Attaway, LMFT

Summary by Mercedes Hinestroza and Garry Raley

Our August IE-CAMFT meeting program by Avis Cole Attaway, LMFT, presented strategies which ensure clients receive therapy free from the hindrances of limited therapeutic alliances. More than just counter-transference as taught in our graduate programs, the Comprehensive Resources Model (CRM) provides a structure to recognize and mitigate the multiple factors (neurophysiological, cognitive, and emotional) that elicit reactivity by therapists. Ms. Attaway is a trainer and advanced professional in CRM. After coaching attendees through “Earth and Heart” breathing, Ms. Attaway explained the principles expressed in the CRM Mission Statement “Preparing People to Re-Member who they REALLY are.”

The CRM model was developed by Lisa Schwarz, M.Ed., out of Brainspotting as conceived by David Grand, PhD. Ms. Schwarz was working primarily with Dissociative Disorder as part of complex PTSD and found good outcomes when she combined attachment/attunement with eye positions that anchor processes in neurophysiological strengths. When dealing with processes prone to promote the Fight/Flight/Freeze response, a combination of talk therapy and neurophysiological interventions were found to provide best outcomes. Therapists who have not developed their own “resourcing” will find themselves unable to be with their client without intellectualizing, seeking control, or pushing to solve and seek answers. To help identify interactions of concern, the following list was provided:

YOU MAY BE TRIGGERED AND DISSOCIATING IF YOU NOTICE:

- Breath rate increase, holding breath, sighing
- Heart rate increase
- Perspiration (hands, feet, armpit, forehead, back, buttocks)
- Muscle contraction (hands, feet, shoulders, buttocks, stomach)
- Flushing
- Somatic pain, even in isolated areas
- Sleepiness
- Irritation, frustration
- Out of the body sensation
- Dislike of client
- Intellectualizing, staying in content, talking too much
- Moving away from target issues rather than into them
- Feeling lost, of having no idea what to do
- Wondering, “What the heck just happened?”
- Noting other bodily/physiological changes

A new “magical question” by Avis: Ask your body, not your brain, “What do you need now?”

CONSEQUENCES OF BEING A DISSOCIATED THERAPIST:

- Therapist hyper-vigilance due to her own unhealed vortex picking up cues from the client
- Therapist cannot attune to self or client
- Client feels attachment disruption and rejection
- Therapist is unable to hold tension of opposites or sit with paradox, leading to intellectualization
- Therapist cannot stay grounded
- Therapist reactivity causes client to shut down because s/he does not feel safe
- Therapist stays in head, talks too much
- Creativity, intuition are stifled
- Right hemisphere shuts down and prevents therapist from feeling touched, empathic
- Therapist doubts the process which is often projected onto the client as “not a good client” or “resisting treatment”
- Therapist is trying to undo client’s trauma, which interferes with intuitive process
- Client ends up in therapy longer. Healing does not “stick”

Source: CRM Presentation Slides and Manual

To learn more or to be a CRM certified therapist, go to: www.comprehensiveresourcemodel.com or contact Avis Attaway, LMFT at: <http://www.lifesourcesolutions.com/>

Avis Cole Attaway graduated from Loma Linda University in 1994 with a Masters in Marriage-Family Therapy, became licensed and began a private practice in Riverside, Ca in 1997, and founded Life Source Training Institute, a non-profit agency offering low-cost services to the community, in 2010. She is currently completing a doctoral dissertation on Trauma & Attachment using Brainspotting & CRM.

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 September meeting. We offer our sincere apologies—please come in September for the Single Payer presentation and to vote on whether or not you want us to keep doing the jobs we’ve been doing :-0

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

Under the “Members Only” pages you will find News, Forums, and Workshop Presentation 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**

Trinette Barrie, Golden Crews,
Jamie Freier, Jennifer Grant, Monica
Thirant, Linda Salladin

UPCOMING CHAPTER PROGRAMS AND EVENTS				
DATE	SPEAKER	TOPIC	TIME/LOCATION	COST
SEPTEMBER 2014				
Friday 9/26/14 Monthly Meeting	William Honigman, MD	Should CAMFT Endorse Single Payer Healthcare? "The Healthcare Movie"	8:30 – 11 am LLU Behavioral Health Institute	IE-CAMFT Members: No Cost Non-IE-CAMFT Members: \$10.00
OCTOBER 2014				
Friday 10/24/14 Monthly Meeting	Sheralyn Shockey-Pope, LMFT Jill Johnson-Young, LCSW	Are We Getting it Right? Strategies for Working with Adoptive Children and Their Families	8:30 – 11 am LLU Behavioral Health Institute	IE-CAMFT Members: No Cost Non-IE-CAMFT Members: \$10.00
NOVEMBER 2014				
Friday 11/14/14 Monthly Meeting	Barbara Griswold, LMFT	Healthcare Reform and Insurance: What EVERY Therapist Should Know	9 am – 1 pm California Citrus State Historic Park, Sunkist Center, 9400 Dufferin Avenue, Riverside, CA	IE-CAMFT Members: \$25.00 CAMFT Members: \$50.00 Guests: \$75.00

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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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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