

# THE PROFESSIONAL EXCHANGE



## INLAND EMPIRE CHAPTER OF CAMFT

(California Association of Marriage and Family Therapists)

SEPTEMBER 2008

### MONTHLY MEETING

Friday, September 26, 2008 — “The Forth Friday”

Coffee and Networking: 8:00 am

Program: 8:30 am - 10:30 am

Trauma Resp. Network Mtg - 11:45 (see pg. 3)

Loma Linda Marriage & Family Therapy Clinic

164 W. Hospitality Ln. Suite 15

San Bernardino, CA. 92408

### WHAT EVERY THERAPIST NEEDS TO KNOW ABOUT MARKETING ON THE INTERNET

Presented by: Debra Gallant, MBA

Deborah Gallant holds an MBA from Columbia University Graduate School of Business and a BA from Brandeis University. She is “the business coach who really gets the Internet,” founder of the coaching and consulting practice Lifework Catalyst, and she owns Web Power Tools, a “do-it-yourself” website building system. For more information, see [www.webpowertools.com](http://www.webpowertools.com). If you’ve been avoiding dealing with Internet marketing because it seems too overwhelming and complex, this is the session for you. Deborah will lay out all the critical issues in plain English—integrating an Internet strategy into your overall marketing plans, using email, website, search engines, blog, ecommerce, “ezines,” and much more. Come out with an action plan for your practice. Finally, a unified perspective on how to approach the Internet. Bring your questions!

Presentation Goals:

- Focus on marketing, and on business and practice development.
- Explore all elements of Internet marketing, such as search engines, domain names, websites, and interactivity.
- Learn how to integrate the Internet into your overall marketing.
- Understand specific options and choices available.

2 CEU hours.

Free to IE-CAMFT members; \$10 for non-members. See page 7 for membership form.

### CHAPTER EVENTS TO REMEMBER

- September 26, 2008 : “Trauma Response Network Lunch Meeting”—11:45 after the regular meeting (see pg. 3)
- October 24, 2008, on The Forth Friday: “Introduction to Neurotransmitters & Behavior”—Jan Hackleman
- November 21, 2008 (not “the forth Friday” due to Thanksgiving): Tentative Topic: “Differential Diagnosis”—Dr. Raja, M.D.
- January: date and topic to be announced
- February 27, 2008, on The Forth Friday: “What Does the Law Expect of Me, Part IV”—Dave Jensen, J.D., CAMFT Staff Attorney (see pg. 3)
- March (date to be announced), Tentative Topic: “CAMFT Update”—Mary Riermesma

### BOARD OF DIRECTORS

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#### President

James Billings (909) 370-1293

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Summer is coming to a close and fall is beginning. Students of all ages are enrolling for school once again. Families are settling into their fall routines. Ironically, for many mental health agencies and clinicians in private practice, this is also the time of year that their practices and agencies begin to get very busy.

As we enter this time of change and adjustment I came across two simple quotes that I felt prompted to share. The first is by Mother Teresa, *"Never worry about numbers. Help one person at a time, and always start with the person nearest you."* The second quote was found in a Midwest City Bulletin, *"Every boy, in his heart, would rather steal second base than an automobile."*

As our roles as therapists become in greater demand, I hope we are able to support and care for those that seek out our help. May we treat each person, as a valuable person — remembering that we were each once an innocent child, with beautiful dreams and ambitions for ourselves and for those around us.

With that said, I did want to share with you one item of business our board discussed at the last board meeting — our decision to support the development of a new Southern Riverside County CAMFT chapter. We have released zip codes in the Temecula, Perris, and Corona areas so they may be reassigned to a new chapter to serve MFTs in those areas. We will try our best to keep you informed about this new chapter as it begins to develop, in case you or any therapists you know in those areas could benefit from this new chapter.

James Billings

## ***PRESIDENT'S MESSAGE***

Greetings fellow clinicians. I've been asked to write a little about myself as the not-so-newly-elected President Elect of our Chapter, soooo, here goes...

I am a graduate of the Clinical Psychology program at California State University, San Bernardino (CSUSB). I did my training at Caritas Counseling Services (2003 to current) and at the CSUSB Student Counseling Center (2004 to 2006). I became licensed as an MFT in January of this year. In my life before graduate school, I was a pre-school teacher, mother of four (still am) and I was active in a number of non-profit organizations, primarily La Leche League.

I'm thrilled to be a member of the IE-CAMFT Board and I am currently working toward completing the requirements to be part of the Trauma Response Network. I am also coordinating the Law and Ethics workshop our Chapter hosts in February, so see page 3, and also watch for more information in upcoming newsletters.

Warmly, Ruth Dusenberry, MS, LMFT

## ***PRESIDENT- ELECT***



## **WELCOME NEW MEMBERS!**

Lorena Borella and  
Christina Tamm

## CHAPTER EVENTS

### CAMFT Trauma Response Network Meeting, September 26, 2008

If you have an interest in joining CAMFT's Trauma Response Network (TRN), please join our meeting at the Olive Garden on Friday, September 26, 2008. We will meet after our regular September monthly meeting and following a short board meeting. You are welcome to stay for the board meeting or just meet us at the Olive Garden at 11:45 am — 460 E. Hospitality Lane in San Bernardino. Please contact Carolyn Dodd to RSVP or for more information, [cdodd@ie-camft.org](mailto:cdodd@ie-camft.org), or (951) 212-5003.

### Law and Ethics Training Save the Date

Friday, February 29, 2009, 8:30 to 4:30  
 “What Does the Law Expect of Me, Part IV”  
 by Dave Jensen, J.D., CAMFT Staff Attorney since 2002

6 CEUs available  
 Hosted by IE-CAMFT; contact Ruth Dusenberry for more information, (951) 961-4792  
 \*Please note that although this is an advanced class, attendees are not required to have attended Parts I through III to attend Part IV

**Newsletter Articles:** Please consider submitting a newsletter article. If you would like to submit one, please email to Heather Bryga at [hbryga@familyserivca.org](mailto:hbryga@familyserivca.org) by the last day of the month

### Notable Resources

**Catch up on back issues** — past editions of IE-CAMFT newsletters are archived at our website. See <http://www.ie-camft.org/7.html?sm=28378> for additional interesting articles and information.

**Trauma-Focused Cognitive-Behavioral Therapy** — The Medical University of South Carolina has partnered with other child-focused organizations to provide free online training at <http://tfcbt.musc.edu/>. Submitted by Cynthia A., ASW, friend of IE-CAMFT



**“The Introvert Advantage: How to Thrive in an Extrovert World”** — If you’re still wanting more information about personality types, check out this book by Marti Olsen Laney. Also submitted by Cynthia A.



**“Loneliness: Human Nature and the Need for Social Connection”** — a book by John T. Cacioppo and William Patrick. An IE-CAMFT member recently heard one of the authors interviewed on National Public Radio and found the examination of the topic of loneliness to be insightful. The book’s author described research showing that loneliness can set up patterns of negative expectations in social situations, poor social skills, and decreased emotional intelligence.

**“Indigo Dreams: Meditation And Relaxation Bedtime Stories For Children — Improve Sleep, Manage Stress And Anxiety”** — If you’re looking for imaginative, relaxing visualizations for young people, this audio CD by Lori Lite might be the answer. If you live in the city of Riverside, it is available at the main library downtown in the “books on CD” section.



If you have a favorite psychology-related website, book, CD, or intervention, please share it with your fellow IE-CAMFT members. E-mail your submission to be considered for inclusion in the newsletter to Heather at [hbryga@familyserivca.org](mailto:hbryga@familyserivca.org).



## UPCOMING EVENTS

### Private Practice?

#### Business and Tax Information Seminar

September 20, 2008, 8:30 a.m. or 1:30 p.m. Marriott Ontario Airport, \$20 pre-registered, \$25 at the door.

Information on tax law, self-employment, corporations, home-based businesses, and more. Guest speaker Rafael Chacon—tax practitioner with over 30 years experience, president of IBTS, Inc. [www.ibeatthesystemwithibts.com](http://www.ibeatthesystemwithibts.com)

Information or Reservations: Betty, [bettyodak@yahoo.co.nz](mailto:bettyodak@yahoo.co.nz), (562) 522-8008, or Robyn, [mytravelsecret@yahoo.com](mailto:mytravelsecret@yahoo.com), (909) 231-8785.

### Psychodrama Classes

Wesley Lounge or the Youth Room, at the University United Methodist Church, 940 E. Colton Ave., Redlands.

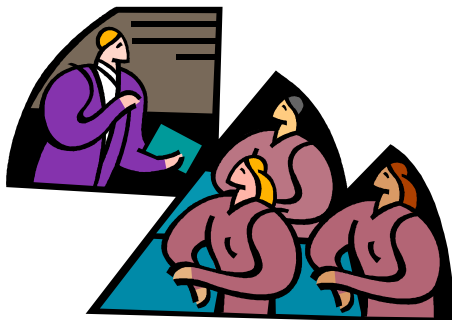
Friday evenings, 7:30 PM, weekly  
Free to attendees. CEU and psychodrama credits available.

For information, contact Don Miller at (909) 798-2765

### Aging and Long Term Care Training

Fridays in October in Sun City.

Family Services Association will offering an opportunity for 3 hours of CEUs on Aging and Long-term Care. Each Friday in October, from 1-4pm, we will be holding a Care-Givers Academy covering a variety of topics related to Aging and Long-Term Care. Speakers will vary each week. These trainings will be held in our Senior Center in Sun City and will cost only \$30/day. Call (951) 672-9673 to reserve your spot or for information.



### Give An Hour

Therapists who wish to donate counseling services to a veteran may do so by accessing [www.giveanhour.org](http://www.giveanhour.org). Veterans receive services provided pro bono by the therapist and in exchange the veteran chooses from a list of community agencies where they may volunteer their time.

### CALLS for RESOURCES

If you have experience treating families with military service (with or without PTSD expertise) call or email State CAMFT to provide contact information and services you provide.

Mental Health Network Government Services is also recruiting professionals as Marriage and Family Life Consultants. Go to <http://www.camft.org/mhnservices.htm> for more information.

### 2008 APT International Play Therapy Conference

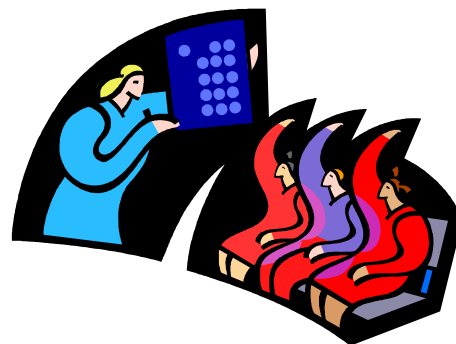
Tuesday, October 14 through Sunday, October 19 in Addison (Dallas), Texas.

Visit their website for more information: <http://guest.cvent.com/EVENTS/Info/Invitation.aspx?i=c65ac831-2063-4acf-872a-a1ca1ac527da>

### Childhood Grief and Traumatic Loss

Conference in Los Angeles, March 26, 2009—information at <http://ican-ncfr.org/documents/Grief2009SaveTheDate.pdf>

*Let us know about any upcoming events that may be of interest to your fellow IE-CAMFT members. Email them to [hbryga@familyservicerivca.org](mailto:hbryga@familyservicerivca.org) for consideration.*



## CLASSIFIED ADS

### Office Space Available — Claremont

Share office in Claremont. Other office in suite is occupied by Psychologist. Nice quiet location. Newly painted and carpeted. Includes waiting area. For more information contact: Michelle Donaldson, MFT at (951) 522-6766.

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**Volunteer MFT Intern** needed immediately for Claremont Unified High School seeing students during the school day until June. No pay but lots of hours. Flexible schedule available. Contact Catherine at ccapo-ral@aol.com

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### Office Space Available — Redlands

521 W. Citrus Ave., Redlands—Small house in downtown Redlands on the West side of the Mall. The house has two offices, a small waiting room, kitchen, secretary/copier/filing area, and bathroom. Office for rent is 11'3" X 15'3". The house is networked for computer, fax/ copier/printer/scanner in the secretary's area. Pleasant yard with trees. Clients seem to enjoy the "homey" atmosphere. Parking for two clinicians. Not much traffic, so good sense of privacy for clients. Single renter preferred. Sublet possible. Call Beth McGuire at (909) 793-7064 or (909) 831-6377.



## CLASSIFIED ADS

### Office Space Available — Corona

Serene private inner office for lease in Corona with waiting room, utilities included, and easy freeway access. Can be used evenings and weekends. Other office in suite is occupied by an MFT. \$500 month (909) 687-6066.

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### Therapist Needed

Inland Psychiatric Medical Group, Hemet Work 3-5 days each week. Primarily adolescent and adult clients. Current insurance panel membership preferred. Contact: Suman Mudunuri, M.B.A. (951) 652-8107 Office (951) 776-7680.

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### Olive Branch Counseling

Certified DV or Licensed MFT (insurance panels preferred) for cases in Rancho Cucamonga or Riverside. Contact Ken Olson (909) 989-9030.

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### Licensed MFT, LCSW, or Ph.D.

For clinical position in Apple Valley, CA. Managed care and EAP work. Practice setting with ownership possibilities. Must be licensed 2 years. Fax resume to (760) 946-1511 or call Nancy Hirst at (760) 946-2070.

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## DISPLAY ADS RATES

### BUSINESS CARD SIZE:

MEMBERS: \$10, NON-MEMBERS: \$20

¼ PAGE: MEMBERS: \$20, NON-MEMBERS: \$40

CLASSIFIED AD RATES: Members: free

### CLASSIFIED AD RATES: NON MEMBERS:

ONE MONTH: \$20

3 MONTHS: 10% OFF \$54

6 MONTHS: 25% OFF - \$90

12 MONTHS: 40% OFF - \$144



### **Redlands Office Space ~Furnished or Unfurnished~**

Peaceful and stylish furnished inner office for lease in Redlands—with waiting room, and utilities included. Easy I-10 freeway access. The office can be used 7:00 to 10:00 mornings, all day Fridays, and weekends, at \$65/day. Another office in the suite is unfurnished and available for full time use at \$600/month—utilities and waiting room included. Call (909) 226-5541

### ***FREE YOURSELF FROM INSURANCE WORRIES!!!! We deal with your insurance companies***

Quick Processing and Pay, Consistent and Reliable, Reasonable Rates,  
References Available

### ***We make life easier for you!!!!***

Liz Scudder @ [Escudder4@aol.com](mailto:Escudder4@aol.com), (562) 335-7167 – Mobile  
or (951) 778-0149 - Office



**Sandra Keller**

- Claim Submission/Tracking
- Client Benefit Inquiry
- Apply to Join Insurance Panels
- And Much More

For more information...  
Cell: 714-454-1030  
E-mail [jasaha@charter.net](mailto:jasaha@charter.net)  
[www.gementalhealthinfo.com](http://www.gementalhealthinfo.com)

**Support Services  
For Mental Health  
Providers**

### **Paid MFT Internships**

Fulltime positions with Temecula area residential treatment facilities for male/female populations, ages 6-17.

Supervision and training provided. Paid vacation and medical/dental benefits.

Contact Bob Weck at 1-800-404-5516, ext. 213 for details

### **MEMBERSHIP INFORMATION**

Membership to the Inland Empire Chapter of CAMFT requires a membership to CAMFT—there are multiple benefits to belonging to both.

For more information on membership benefits or how to join, see page 7, or contact Pam Hart or any board member for assistance. Phone numbers are on the first page of the newsletter.

Dues were due in April, so if you have not renewed, your newsletter may be discontinued.



### **Interns and Trainees, Please “ASK BEN”**

The Board encouraged Ben Zinke to establish a pre-licensed exchange in the newsletter, giving interns and trainees a forum to discuss issues they often face. Please email your questions to Ben at [ztherapist@gmail.com](mailto:ztherapist@gmail.com)





**MEMBERSHIP APPLICATION**  
**Inland Empire - CAMFT**

Name and Degree \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Telephone Number (    ) \_\_\_\_\_ Fax Number (    ) \_\_\_\_\_  
E-Mail Address \_\_\_\_\_  
Business Name \_\_\_\_\_ Business Telephone Number (    ) \_\_\_\_\_

CHECK ONE:    \_\_\_\_\_ New Member, IE-CAMFT                      \_\_\_\_\_ Renewal, IE-CAMFT

CAMFT Member# \_\_\_\_\_                      \_\_\_\_\_ Active    \_\_\_\_\_ Inactive

**MEMBERSHIP CATEGORIES (CHECK ONE)**

\_\_\_\_\_ Clinical (Licensed).....\$40  
\_\_\_\_\_ Pre-licensed (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

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**

Send this form with check to:    Inland Empire Chapter of CAMFT  
9708 SVL Box  
Victorville, CA. 92392



IF YOU ARE A MEMBER OF CAMFT,  
YOU MAY JOIN OUR LOCAL CHAPTER.

**BENEFITS INCLUDE:**

- Networking
- Free 2 CEU 's at 9 Monthly Meetings. Reduced Cost for 6 CEUs for Law and Ethics
- Staying Connected to Other Therapists
- Low Cost Advertising
- Developing Peer Relations and Being Less Isolated
- Giving and Receiving Consultation and Referrals
- Becoming More Educated

**IE-CAMFT Mission Statement**

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



INLAND EMPIRE CHAPTER OF  
CAMFT NEWS

Inland Empire—CAMFT  
9708 SVL Box  
Victorville, CA. 92392

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We're on the Web!  
[www.ie-camft.org](http://www.ie-camft.org)

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***This newsletter is emailed  
to all members unless a  
hardcopy is requested.***

**COMMITTEE POSITIONS**

**Membership:** Pam Hart – (760) 900-3852 and  
Ginger Gabriel – (909) 338-6968

**Hospitality:** Open

**Networking Lunches/Socials:** Wendy Hallum – (909) 239-8051

**Newsletter Editor:** Heather Bryga – [hbryga@familyservicerivca.org](mailto:hbryga@familyservicerivca.org)  
or (951) 686-3706

**Program Chair:** Sheri Rambarose – (951) 778-3970 and  
Garry Raley – (951) 640-5899

**CEU Coordinator:** Carolyn Dodd – (951) 212-5008

**Trauma Response Network Chapter Coordinator:**  
Carolyn Dodd – (951) 212-5008

**Webmaster:** Garry Raley – (951) 640-5899

If you are interested in serving on a committee, please contact James Billings  
or any board member.

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