



## THE PROFESSIONAL EXCHANGE IE-CAMFT

IE-CAMFT Newsletter  
September 2009

*California Association of Marriage & Family Therapists—Inland Empire Chapter*

## Monthly Meeting: September 25, 2009

Coffee and Networking 8:00 am  
Program: 8:30 am—10:30 am

### Can You See My Pain?

#### *Self-injury in Adolescents: Awareness, Assessment and Treatment Interventions*

Presented by Susan Hagerman, LCSW and Byron Thomsen, BSN, BRE

The Shield Program to prevent and treat adolescent self injury is active at LLU Behavioral Medicine Center. Ms. Hagerman, LCSW, was the program manager for the Center's Adolescent Intensive Treatment Unit from 1996 to 2008. She has presented at numerous forums and brings a wealth of information and practical experience. For this IE-CAMFT presentation she will emphasize the use of Dialectic Behavior Therapy interventions.

Clinicians will be able to:

Increase awareness skills regarding adolescents who self-injure

Identify types of self-injury

Learn reasons for self-injury and related diagnoses

Understand myths related to self-injury

Review latest statistics on self-injury

Learn assessment skills to be utilized in multiple settings

Schools

Hospitals

Individual treatment

Learn about new treatment interventions

Dialectical Behavior Therapy

Specialized treatment programs

All meetings are held at:Loma Linda University

Marriage & Family Therapy Clinic

164 W. Hospitality Lane

San Bernardino, CA. 92408

909.558.4934

2 CEU hours (free to IE-CAMFT members; \$10 to non-members)

## SAVE THE DATE!

**October 23, 2009:** Tools, Not Talk: Tools for Couple Therapy by Catherine Wheeler, PhD., MFT

**November 20, 2009:** From the Frying Pan to the Jacuzzi by Vernon R. Bradley, M.A., MFT

**January 22, 2010:** Regulatory and Legislative Updates by Mary Riemersma, CAMFT Executive Director

**February 26, 2010:** Law & Ethics: Part I with David Jensen, J.D. CAMFT Staff Attorney

### Inside this issue:

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## QUOTABLE QUOTE

**Can you guess who said this?**

**"We have learned that it is important to take issues seriously, but never to take ourselves too seriously."**

(answer in next month's newsletter)

Answer for August's Quotable Quote:

**"I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it."**

Sounded like Albert Ellis, right? No—Groucho Marx

## BOARD OF DIRECTORS

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Board Member at Large: Carol Bouldin

## PRESIDENT'S MESSAGE

### Staying Connected

One of the challenges I'm finding as a licensed therapist is staying connected with colleagues. The nature of therapy is connecting with people, but in therapy we connect in a somewhat one-sided manner. Our clients are not there to meet our needs. As trainees and interns the nurturing is built in; supervision, classes, etc. meet the needs we have quite well. But what happens after we are licensed? I have been licensed for about a year and a half and find I get support in a number of places, primarily through my association with CAMFT's parent organization and our local chapter. I am able to stay connected on a regular basis with colleagues and friends by attending the monthly chapter meetings, being active on the chapter board, attending CAMFT Conferences and workshops, and being part of the CAMFT ListServe.

During these tough financial times many of us have had to cut expenses wherever we can. Two expenses I feel are essential to my well being and not optional are my CAMFT and IE-CAMFT chapter membership dues. While we are all familiar with the obvious benefits they both offer like legal support, therapist finder, job listings, etc. most important for me is the less concrete benefit of *the connection* I get to others in my profession. CAMFT was my first connection to MFT's. I joined as a first year master's student and have been here since.

I would like to invite everyone to stay connected and stay involved, this is our organization, we make it work and thrive.

Warmly,  
Ruth Dusenberry, MS, LMFT



Ruth Dusenberry presenting Hands on Interventions at the August IE-CAMFT meeting.

WELCOME NEW  
MEMBERS

Alicia Golchuk

Vanetta Laret



## SAVE THIS DATE:

FEBRUARY 26th: 9:00 AM—4:00 PM

Legal and Ethical Issues--What Does the Law Expect of Me? Part 1 by Dave Jensen, J.D. at the San Bernardino Hilton Ballroom (285 E. Hospitality Lane, San Bernardino, CA. 92408)

## COUPLES NEED “TOOLS, NOT TALK”!

By Dr. Catherine Wheeler

Isn’t it frustrating when couples show up in your office and end up having their same old fights, blaming and complaining, being triggered and reactive? You can see that they’re being adversarial and not taking any responsibility, much less showing empathy for each other. The hard part is trying to teach them all this while they’re “hot” and unaware of their patterns and while not slipping into that awful, in-the-middle position of supporting one partner and alienating the other one. We’ve all been there! Good advice might calm them down in the short run but, let’s face it, good advice doesn’t work deep enough, fast enough, and it doesn’t keep them coming back!

When therapists teach couples to use TOOLS, however, couples can begin to be more collaborative and less passive (less “Fix me, you’re the Dr.”). TOOLS can show them where they’re stuck, give them a road-map, and point them toward relationship growth that’s simple and easy to grasp. TOOLS provide steps to follow that fit their level of awareness, giving them a sense of direction, and they will leave your office feeling more hopeful. In addition, Couples Tools also help you structure this murky, slippery thing called couples therapy.

Couples enter therapy for a variety of presenting problems, the two most common profiles being the bored, distant ROOMMATE COUPLES and those intense, reactive partners, the ACTING-OUT COUPLES, caught up in their drama together. Couples want higher-functioning relationships and seek treatment because their emotional baggage prevents them from changing their patterns and triggered reactions on their own. We have all inherited programming from our past: codependency, old wounds, patterns that cause distance and keep our relationships stuck and which, left untreated, often lead to infidelity and divorce.

TOOLS are designed to help couples grow into a more heart-centered relationship together. It’s a good investment. After all, we base our whole life on love! Isn’t love worth it? TOOLS show couples how to raise their relationship functioning to a higher level so they can communicate and “feel heard”, feel less adversarial and “blaming” and function more as a team, and increase their capacity to nourish each other, improving desire and attraction. .

“TOOLS, NOT TALK” teaches clients to:

- practice an easy homework program that gets them involved
- shift out of the triggered, immature reactive part of the personality
- grow out of being adversarial, blaming, complaining
- take more responsibility for their couples therapy
- take more emotional responsibility for their relationship
- increase empathy so they both feel heard, give feedback
- build a relationship that is more healthy, mature, and higher functioning

Dr. Catherine Wheeler has been practicing for over thirty years, has written a book entitled HIGHER LEVEL LOVE, and will be making the **October** presentation based on the information in this article. She can be reached at: 1411 Rimpau Ste 213, Corona, Ca 92879 Phone 951/687-6066 website: hierlove.com

### *A Note from the Editor:*

*SUBMISSIONS FOR ARTICLES, LETTERS TO THE EDITOR ARE VERY WELCOME!!*

It is possible to have a lot of exposure for your presentation topic and hence, your practice if you take advantage of our invitation to write an article to go in the month prior to your presentation, give your presentation the next month (a preview will appear the same month that includes your bio and the objectives of the seminar), and follow this up with a summary of your presentation for the month after that. Three consecutive months of free advertising for your practice!

*Member Editorials and Articles represent the opinions and ideas of the author and do not represent IE-CAMFT or CAMFT. Submissions may be edited for space utilization and readability.*

**SAVE THE DATE!**



**NCFR**

THE NATIONAL CENTER ON CHILD FATALITY REVIEW

Sixth Annual Conference  
**Childhood Grief  
and Traumatic Loss**

*Restoring Joy to Children and Their Families*



Original photo by Brian Gamberg

**DATE:** March 17, 2010

**LOCATION:** The Pasadena Convention Center  
300 East Green Street  
Pasadena, CA 91101

**Save the Date Flyer - - Call for Papers Packet**

For Questions Please call:

Maria Tome  
323-409-4292

ICAN Associates, Inc.  
4024 N. Durfee Ave.  
El Monte, California 91732  
626-455-4585

**The Milton H. Erickson Foundation**

**Of the California Central Coast (MHE CCC)**

**A two-day Professional Workshop: 9am- 5pm Friday & Saturday October 23 & 24 2009**

**At the beautiful Inn at Morro Bay, Morro Bay, CA**

**The Co-Creation of Mind & Brain in Psychotherapy**

**Ernest Rossi, PhD**

***Day 1- Facilitating Co-Creation of Mind & Brain in Psychotherapy***

Is it possible to use your conscious mind to facilitate the growth of your physical brain to optimize your health and well being? We will explore new ways of facilitating practical approaches to creative psychotherapy for dealing with the common problems of anxiety, depression, conflicts, and PTSD in brief psychotherapy. Neuroscience is currently providing evidence of how meditation, therapeutic hypnosis, and psychotherapy can turn on activity-dependent gene expression and brain plasticity on a daily and hourly basis. A variety of group processes will allow us to experience our personal growing edges in a private manner with innovative approaches to psychotherapy and The General Waking Trance. Participants will have an opportunity to experience Rossi's Novel Activity-Dependent Hand Mirroring Approaches to therapeutic hypnosis during brief psychotherapy. We will form small groups to practice and discuss how to apply these new, easy-to-learn, practical approaches to whatever school of psychotherapy you are most comfortable with in your professional work.

***Day 2- Facilitating the Psychosocial Genomics of Human Resourcefulness in Creative Psychotherapy***

This will be a day entirely devoted to practicing novel variations of our new neuroscience approaches to facilitating the 4-stage creative process for dealing with anxiety, depression, emotional conflicts, and PTSD in brief psychotherapy. We will explore practical approaches to dealing with the "problem of the opposites" when people are typically stuck in stage two of the creative process in everyday life. We will practice the psychotherapeutic art and craft of transmuting negative, traumatic experiences into positive realizations by facilitating the creative reconstruction of the mind-brain during significant life situations when people most typically consult a psychotherapist. We will explore the profound implications of current Psychosocial Genomic Research on "What Makes Us Human?" This is the "Human Accelerated Region 1 (HAR1)" of our genome that separated human evolution from that of our nearest primate relatives.

**Workshop Preparation:** Please read the "Free Book" at [www.ErnestRossi.com](http://www.ErnestRossi.com)

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**REGISTRATION FORM**

**Name:** \_\_\_\_\_ **License Number:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City** \_\_\_\_\_ **ST** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Fees:**

**Prior to September 30, 2009: Licensed Professionals \$180.00**

**Interns/Trainees: \$150.00**

**After September 30, 2009: Licensed Professionals \$200.00**

**Interns/Trainees: \$175.00**

*Cancellation Policy: \$50 administrative charge will be made for all cancellations postmarked/faxed after September 23, 2009. No refunds after October 17, 2009. Registration fees are not transferable to another workshop*

For more information, go to our website at [www.ErnestRossi.com](http://www.ErnestRossi.com) or contact Ella Soleimany: (805)801-3552, [Ella@EllaSoleimany.com](mailto:Ella@EllaSoleimany.com) or Margaret Bullock: (805) 674-4162, [Margaret@MargaretBullock.com](mailto:Margaret@MargaretBullock.com)

Please make checks payable to Kathryn Rossi, PhD 125 Howard Ave. Los Osos, Ca. 93402

14 CE'S FROM THE MILTON H. ERICKSON INSTITUTE OF THE CALIFORNIA CENTRAL COAST (MHE-CCC) FOR PSYCHOLOGISTS (PENDING) AND MFTs AND LCSW'S

## Call for Resources

Donate counseling to veterans—they receive probono services and, in exchange, the veteran chooses from a list of community agencies where they may volunteer their time. See [www.giveanhour.org](http://www.giveanhour.org).

If you have experience treating families with military service (with or without PTSD expertise), call or email State CAMFT.

Mental Health Network Government Services is also recruiting professionals as Marriage and Family Life Consultants — <http://www.camft.org/mhnsevices.htm>

## COMMITTEE POSITIONS

**Hospitality:** Open

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

**Newsletter Editor:** Carol Bouldin ([therapist@carolabouldinmft.com](mailto:therapist@carolabouldinmft.com))

**Program Chair:** Garry Raley (951) 640-5899

**Trauma Response Network Chapter Coordinator:** Carolyn Dodd (951-212-5003)

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

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

**Get involved! It's fun and your input helps the chapter stay strong.**

**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.

## Redlands Psychodrama Classes

Wednesdays at 7:30 p.m. in the WESLEY LOUNGE. As you enter the church complex at the University United Methodist Church, 940 E. Colton Ave., Redlands at the corner of Division and Colton, it is the first building on your left. Free to attendees. Guests welcome. CEU and psychodrama credits available .For information, contact Don Miller at (909) 798-2765, or at [4donellmiller@gmail.com](mailto:4donellmiller@gmail.com)

**International Conference on Violence, Abuse and Trauma, “Promoting Peace in the Home, Your Community, and the World: Linking Practice, Research, and Policy Across the Lifespan”**  
**September 21 - 26, 2009, San Diego** Contact information: 858-527-1860, ext. 4030 or [ivatconf@alliant.edu](mailto:ivatconf@alliant.edu)

## NEWSLETTER POLICY

As a reminder, if you have an article you would like to submit to the newsletter, please e-mail it to the newsletter editor by the 21st day of the previous month. The newsletter is e-mailed to all members.

## DISPLAY ADS RATES

BUSINESS CARD SIZE:

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

1/4 PAGE: MEMBERS: \$20, NON-MEMBERS: \$40

CLASSIFIED AD RATES: Members: free

CLASSIFIED AD RATES: NONMEMBERS:

ONE MONTH: \$20

3 MONTHS: 10% OFF \$54

6 MONTHS: 25% OFF \$90

12 MONTHS: 40% OFF \$144

**Notice Regarding Ads:** *Free* Member ads will run continuously for three consecutive newsletters unless rescinded earlier. They will automatically be discontinued unless a renewal request is received.



Jessica Lidner, Iris Cruz, Catherine Wheeler and Carol Bouldin get *hands on* at the IE-CAMFT August chapter meeting.

## CLASSIFIED ADS

### Apple Valley. Part-time Clinical Position

Located in the high desert. Must be licensed a minimum of 2 years and be credentialed with at least one insurance company. Fax resume to 760-946-1511.

### Office Space Available — Desert Area

Beautifully decorated, sound-proofed office with window in a professional building occupied by other therapists and psychiatrists. The office has a call-light and privacy exit. Possibility of group room use. Call Janet Rhodes 760-946-2070.

**Office Space Available – Corona** - Furnished, tranquil offices available for lease full-time or part-time @1128 E. 6<sup>th</sup> St, Suite 7, Corona – Flexible, reasonable rates and easy access to 15 and 91 Fwy's! Collegial atmosphere with 5 therapists in adj. offices and ample on-site parking. Features include: Vonage DSL-enabled phone, voicemail, fax, e-mail and internet, waiting room, kitchenette for tenant use only, bi-monthly cleaning service, limited on-site fax/copy machine use Contact Doreen Van Leeuwen 951-3471837

### Office Space Available – Riverside

Share office for part-time practice in great location, Magnolia Center, close to freeway, easy to find. Includes waiting room and private restroom - newly painted, close parking. Call Annette Compton at 951 682 8837 or 951 780 8654.

### 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, today for more information.

### New Practice and Groups — Upland

New private practice accepting referrals, no waiting list. Specializing in therapy for children and adolescents. Sliding scale available, rates offered for low income. Kathryn Vannauker, Licensed Marriage and Family Therapist. (909) 635-8077, 1538 Howard Access Rd, Ste. C, Upland, CA, 91786, [acceptance@live.com](mailto:acceptance@live.com), [www.ranchocucamongatherapy.com](http://www.ranchocucamongatherapy.com) Therapy Groups available at a low cost: Adult Coping Skills and Stress Relief; Teen Self-Improvement, ages 12–18; Children's Behavior and Anger Management, ages 5 - 12; Children's Self-Esteem and Social Skills Building, ages 5 – 12; Children with Family Issues Therapy ages 5-12.

**Office Space Available — Upland** - Licensed MFT with office space to rent. Nicely furnished large office (about 300 square feet) in North Upland (just off the 210, near the intersection of Baseline and Benson) with hardwood floors and a view of the mountain Close to the 10, 210 and 15 fwys. I only use this space a few times a week and would like to find a therapist /social worker /psychologist to share with. Unlimited internet usage, full use of the conference room (good for groups up to 10 people), and kitchen and utilities are included in monthly rent. Large waiting room just outside the office. I am flexible re: which days the other therapist uses the office. Rent \$400/month, full time, negotiable.

Willing to negotiate part-time rate. Hourly rent would be \$20. If you, or a professional that you know, are interested, please contact me at (909) 635-8077, Kathy.



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## **Inland Empire CAMFT MEMBERSHIP APPLICATION**

Name and Degree\_\_\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_ State\_\_\_\_\_ Zip Code\_\_\_\_\_

Telephone Number (    )\_\_\_\_\_ Fax Number (    )\_\_\_\_\_

E-Mail Address\_\_\_\_\_

Business Name\_\_\_\_\_ Business Telephone Number (    )\_\_\_\_\_

### **MEMBERSHIP CATEGORIES (CHECK ONE)**

Clinical (Licensed).....\$40

Prelicensed (Trainee, Intern, Social Worker Associate).....\$25

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

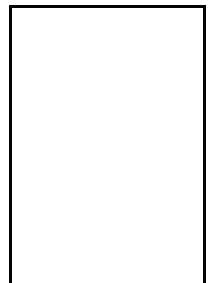
Affiliate Practitioner in another field (e.g., RN, Attorney).....\$40

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 IEC-CAMFT**

Inland Empire Chapter of CAMFT  
(California Assoc. of Marriage & Family Therapists)  
9708 SVL Box  
Victorville, CA 92392



ADDRESS CORRECTION REQUESTED