



IE-CAMFT MEETING

Friday, September 27, 2013

"WHY TALK WHEN YOU CAN *PLAY* IN THERAPY: PLAY THERAPY TOOLS AND TECHNIQUES WORKSHOP"

Featured Presenter:

RACHEL TAYLOR, LMFT, RPT-S

This workshop defines Play Therapy and offers educational content which enhances Play Therapy practice by exploring various tools and techniques used to diagnose, treat and empower clients. Examples of numerous Play Therapy Interventions will be given such as the use of: sandtray interventions, therapeutic artwork, worksheets and therapeutic games. Workshop material will include the criterion for determining the best Play Therapy Intervention to use with each client. There will be a hands-on demonstration of using a Play Therapy Intervention with a family. The information presented is for those mental health professionals who would like more information on Play Therapy along with the experienced Play Therapist interested in gaining new Play Therapy Interventions and techniques. The Interventions demonstrated can be used with children, adolescents, adults and families.

The Workshop objectives include:

1. Participants will have a clear understanding of directive and non-directive Play Therapy.
2. Participants will be able to name several Play Therapy Interventions that can be used with their clients.
3. Participants will be able to name several considerations to keep in mind when choosing Play Therapy Interventions.
4. Participants will experience a hands-on Play Therapy activity that can be used with an individual client or a family. ♦

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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“PRESIDENT’S MESSAGE”

-DAN TOTARO



Happy September to all of you.

For those who are teachers and students, this is a time of beginnings, new challenges, and the gaining of a greater understanding. As members of the California Association of Marriage and Family Therapists, the last few months have been a time of confusion, disagreement, divisiveness, and intense dialog. In sitting down to write this month’s message I was reminded of a quote from one of the pioneers of our profession:

“Feelings of worth can flourish only in an atmosphere where individual differences are appreciated, mistakes are tolerated, communication is open, and rules are flexible - the kind of atmosphere that is found in a nurturing family.”

-Virginia Satir

The CAMFT is our association and it is up to us to create a “nurturing family.” ♦

Our Thoughts & Prayers...

Our thoughts and prayers go out to CAMFT Executive Director, Jill Epstein. In August, she announced that she has been diagnosed with breast cancer and will be on medical leave to undergo and recover from major surgery. Deputy Executive Officer, Catherine Atkins, will guide the day-to-day operations until Jill’s return.

We send our wishes for a full and speedy recovery.



SEPTEMBER



SPEAKER HIGHLIGHT:

**RACHEL
TAYLOR** LMFT, RPT-S

Rachel Taylor is a licensed Marriage and Family Therapist and a Registered Play Therapist Supervisor in private practice.

She has been working as a licensed MFT with children, adolescents, and adults with a wide range of challenges for the past 23 years. Her experiences include: providing Play Therapy for preschoolers on the Autism Spectrum, treating traumatized children in a residential placement facility, supervising interns in community – based programs, and working as a Protective Service Worker of LA County Children's Services.

She offers workshops on Play Therapy and speaks on various subjects. ♦

"You can discover more about a person in an hour of play than in a year of conversation"

-Plato

DID YOU KNOW...

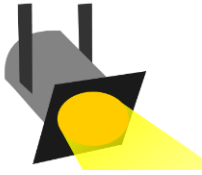
The Association for Play Therapy, Inc. (APT) offers the designation of Registered Play Therapist (RPT) or Registered Play Therapist Supervisor (RPT-S) to individuals who have provided APT with documentation that they have: (a) a traditional mental health graduate or higher degree by a regionally accredited college or university; (b) been licensed by one or more applicable licensing authorities and/or certified by the primary certification authorities; (c) completed a minimum number of play therapy training (500 hours for RPT, 1000 for RPT-S), 50 supervision clock hours, and 150 play therapy instruction; and (d) completed the requisite continuing education hours.

For more information on training and to search a directory of therapists in your area, visit the APT website at www.A4pt.org.

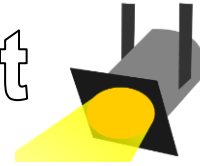


IE-CAMFT MISSION STATEMENT:

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



Member Spotlight



Keyvan Geula, LMFT



Keyvan Geula is a licensed marriage, family, and child therapist specializing in mindfulness approach in therapy, transformation, and education. She received her Master of Science in Marriage, Family and Child Therapy from University of La Verne.

She offers her services as a clinician, lecturer, trainer and supervisor to a global set of clients in person and online. In her clinical work she incorporates the wisdom of the Baha'i Writings, Cognitive Behavioral Therapy approach, Mindfulness techniques, and John Gottman's approach in couple's therapy. She is an adjunct professor of Behavioral Sciences at

Citrus Community College, and a faculty of continued education at Claremont Graduate University.

As the Founder and Executive Director of Center for Global Integrated Education (CGIE), a non-profit Baha'i inspired educational organization, Keyvan explores and teaches the integrated mind-body-spirit approach in education integrating the spiritual and mystical wisdom of the past and the latest discoveries in psychology, neuroscience, behavioral sciences, and character education.

She has served for two years as the producer and host of a two-hour weekly live radio show focusing on the role of psychology of spirituality in personal and social transformation, creativity, emotional and social intelligence and a greater sense of harmony in a global society. She also has been the host and producer of TV series for 8 years called Transforming Human Consciousness. She regularly writes and blogs on www.cgie.org/blog on topics related to integrated education, creativity, powers of human spirit, and education reform. Some of her talks are posted on her Keyvan Geula YouTube Channel.

Keyvan trains and mentors college students and youth in the skills of meditation and mindfulness with the light of Baha'i Writings to elevate their lives and also work with and empower disadvantaged junior youth so they can be part of the solution of their own lives and their communities.

She is married, has three adult children and four grandchildren who love to sit by her side and listen to her stories. IE-CAMFT is proud to have such a dynamic and engaging member as Keyvan! ♦

ANNOUNCING PLANS FOR IE-CAMFT 3000 CLUB! 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.♦



**Sarah Bergeson
Elizabeth Dupray
Lynn Flewelling
Joe George
Byron Janzen**



**We welcome Alyssa Giambra as
our new CEU co-chair and Carol
Bouldin as webmaster!**

"The best way to find yourself is to lose yourself in the service of others."
-Mahatma Gandhi

VA FOCUSES ATTENTION ON SUICIDE PREVENTION MONTH, CAMFT WORKING AGAINST EMPLOYMENT BARRIERS IN VA

In recognition of September as Suicide Prevention Month, the Department of Veterans Affairs is mobilizing people and organizations nationwide to support veterans in crisis and spread the word about VA mental health services. It is estimated that some 8,000 veterans are thought to die by suicide each year, a toll of about 22 per day.

Throughout the summer and through September, the VA is holding mental health summits to further engage community partners, Veteran Service Organizations, health care providers and local governments, and to address the broad mental health needs of Veterans and their families. The VA is calling on supporters to educate their networks to recognize suicide warning signs and encourage veterans in crisis to:

- Call the Veterans Crisis Line (1-800-273-8255 and Press 1),
- Chat online at VeteransCrisisLine.net/Chat or
- Text to 838255

For an electronic toolkit, visit Veteranscrisisline.net/SPMtoolkit to share Suicide Prevention Month web badges, banners, blog posts and social media content.

Since last August, the VA has met the goal of hiring 1,600 new mental health professionals as outlined in President's Obama's Executive Order to Improve Access to Mental Health Services for Veterans, Service Members, and Military Families. In addition, the VA has hired over 2,005 mental health clinical providers to fill existing vacancies.

Unfortunately, as Jill Epstein shared earlier this year at a chapter meeting, **only 69 LMFTs are employed by the VA nationwide.** Despite two years of meeting with the VA, they refuse to remove the requirement that MFT applicants be a graduate of a Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE) approved institution. Only a small handful of MFT graduate programs in California are COAMFTE-approved. Therefore 95% of CA LMFTs in our state are not eligible to work as MFTs for the VA, although a graduate from a comparable program in Social Work, Psychiatric Nursing, Psychology, and Psychiatry are eligible to work as an MFT.

According to the Department of Defense, **relationship problems were present in 58 of military suicide deaths in 2009, ranking it as the most prevalent individual stressor among service members lost to suicide.** In light of this, please consider joining the effort by CAMFT in persuading Congress to compel the VA to remove the COAMFTE requirement. Visit the CAMFT website (www.camft.org) for a sample letter to send to Congress. ♦

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. ♦

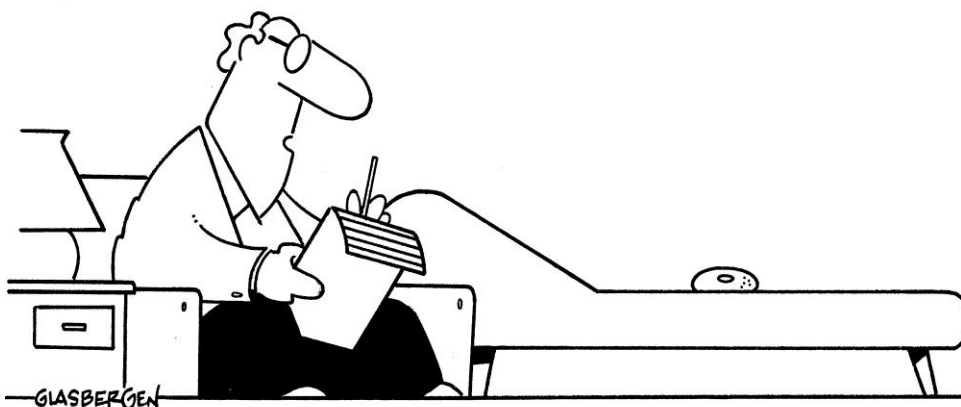
Is It Time To Renew Your Chapter Membership?

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.

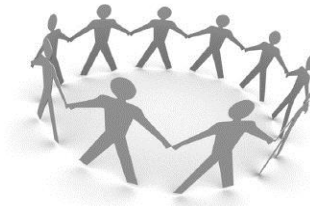


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www.glasbergen.com



**"There's nothing wrong with being an ordinary doughnut.
Other doughnuts cover themselves with glaze and sprinkles
to compensate for feelings of inadequacy."**

AT OUR LAST CHAPTER MEETING...



BY DAN TOTARO

The topic for our August IE-CAMFT chapter meeting was Motivational Interviewing, presented by Katheryn Whittaker MS LMFT, LPCC. Ms. Whittaker is the Director of Clinical Services for The Matrix Institute on Addiction.

As many of you know Motivational interviewing refers to a counseling approach developed by clinical psychologists Professor William R Miller, Ph.D. and Professor Stephen Rollnick, Ph.D. Katheryn first explained that Motivational Interviewing (MI) is a set of strategies and techniques designed to strengthen an individual's motivation for and movement toward a specific goal by eliciting and exploring the person's own reasons for change done within an atmosphere of acceptance. The first area she addressed was a set of techniques referred to as OARS:

O = Open ended questions

A = Affirmations

R = Reflecting

S = Summaries

Katheryn went on to explain how these methods can be utilized to assess a person's readiness for change, prepare the person for change, and assist them in making changes.

She compared how MI differs from traditional approaches. Katheryn stated that some of the traditional approaches to motivate change were based on beliefs such as:

- Change is motivated by discomfort.
- If you can make people feel bad enough, they will change.
- A person has to 'hit bottom' to be ready for change.
- People don't change if they haven't suffered enough.
- Someone who continues to use is 'in denial.'
- The best way to 'break through' the denial is direct confrontation.

She explained that Motivational Interviewing differs from those approaches in several ways, including:

- The client and practitioner are equal partners in the change process.
- Counseling is viewed as a collaborative effort.
- Discussion is referred to as 'change talk.'
- MI is focused and goal-directed.
- The exploration and resolution of ambivalence is its' central purpose.

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AT OUR LAST CHAPTER MEETING...

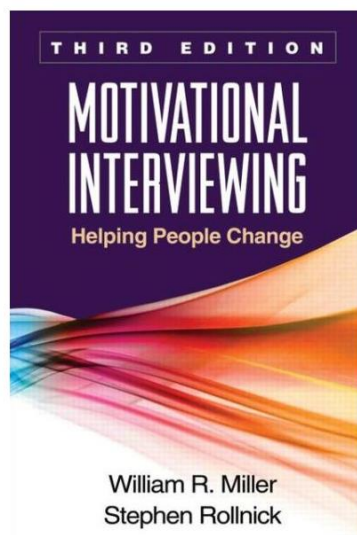
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Kathryn went on to review four primary principles of the Motivational Interviewing approach. They are:

- The expression of empathy by the clinician.
- Importance of developing discrepancy in order to challenge existing beliefs.
- Avoiding argumentation.
- Supporting self-efficacy.
- Fostering the belief that change is possible.
- The person is responsible for choosing when and how to change.

According to Ms. Whittaker, it is important for the therapist to be in moment with each client—to focus on the client’s reality and concerns in the present moment. Another technique in MI is decision balance. That is, to review with the client all the positives of a specific change and the not so positives. Kathryn also discussed the stages of change. These are: Pre-contemplation; Contemplation; preparation; action and maintenance. She further discussed how identifying a person’s stage of change for a given concern is important in deciding how to most effectively address that concern.

Kathryn shared that a good resource for information on Motivation Interviewing is the Substance Abuse and Mental Health Services Administration (SAMHSA) website <http://www.samhsa.gov>. She also recommended the latest edition of “*Motivational Interviewing: Helping people change*” (2012) by Drs. Miller & Rollnick. ♦



The 3rd edition of the authoritative presentation of MI, “Motivational Interviewing: Helping people change” by Miller and Rollnick was published last Fall.

Although still a useful concept, the “Stages of Change” model was removed from this latest version in favor of a restructured four-process model.

OPINION

“CAMFT in Transition”

by Garry Raley, LMFT

Many of us have been engaged in personal, list serve, and other forums for discussion of state CAMFT issues. The issues have been framed and enumerated by many of our colleagues. The concerns, positions, and arguments may be found in summaries on the CAMFT website; or opposing views on the *Save CAMFT* website. The following represents my thoughts and opinions, and should not be construed represent our chapter or others.

There are a few things I know. One is that *by-laws matter*. They document the mission, values and goals of the organization. They specify the structure for procedures used to advance the operations of the organization, and define parameters for officers and board members. Unfortunately, this document might be neglected when there is strong personal leadership. Such neglect is at the organization's own peril. All leaders and members in the CAMFT organization are right to seek by laws that reflect the organization. As Jefferson, Adams and Franklin spoke of their work on the Constitution..."We have done well, but much remains. We will need to work more and prepare the next generations."

A second thing I know is that we have benefitted greatly from having an effective organization for what, at the time, was a fledgling MFCC. We saw the way ethics, legislation, advocacy and professional sophistication were advanced. Most importantly, services for our clients followed a constant upward trend of service. CAMFT has decades of experience benefitting everyone.

The third thing I know is that, as the song (and mindfulness!) says, "we will never be here again". We are now at this moment in time with all the participants, history and beliefs. This unique combination is not inherently good or bad ...our effort, comprehension, conduct and attention to the very basic elements of our roots will cause CAM FT to be diminished; or stronger.

Things I Think I Know

Mary Reimersma had the special skill to speak at least three languages ...therapist, politics, and business. CAMFT became the viable and effective organization I joined because so many of my colleagues joined her in a masterful and tireless crusade to provide the best of services by advancing the profession. Likewise, our chapter colleague, Doreen, posted a most insightful message on this subject when she advocated for the parties to meet on "the bridge." That is the place where all want the organization to return to a common purpose and zest for service. Lastly, I think I know that process matters. How we move forward will define this moment as the great challenge that made CAMFT stronger, or the split that tore us apart.

Things I Know I Don't Know

Most of my thoughts are not based on education, training or experience as an MFT. Rather, 22 years of work in various environments and service on four non-profit boards has allowed me to make many mistakes along my career. The level of skill, maturity, and leadership among the respective parties involved in this dispute is unknown to me. We can only hope that everyone brings their best ability to the table, Doreen's bridge.

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“CAMFT in Transition”

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We also don't know the extent of the drain on resources by events that are now history. The action plan and efforts that made CAMFT such a force has probably suffered at a time when the profession is more complex and demanding. Therefore, all due speed in reparations is needed. Unfortunately, persons such as me are not in a position to measure or assess the injurious history or potential for future interventions.

We don't know the hearts and minds, but we must watch and contribute to efforts likely to facilitate a return to the lofty goals and aspirations of CAMFT.

The Way Forward

We know from our profession and experience that dwelling on the history becomes unproductive if continued past the point of clarification. Various posts by the parties in this dispute indicate assumptions that fuel tensions. As expressed in the political arena, we cannot “un-ring the bell.” All parties should make clear position statements with a commitment to pursue resolution. In the words of our founding fathers, we don't need perfection; but we need a common commitment to renew our mission and goals.

It is time to regroup. All parties must “come to the table” in an exchange with the goal of reaffirming commitment to the new/amended mission and goal of the organization. This sounds simple, but all day retreats have been needed to get organizations on such a path. Now I'm thankful for the “boring” exercise promoted by our chapter leadership to spend a day hammering out the mission statement and goals that now serve us well. We have had some fierce disagreements between members, but the organization remains strong so long as the parties have the common overarching mission and goal.

Lastly, the way forward will require renewed or new action by members such as myself. I've deferred on much of the work of CAMFT due to time constraints. This conflict has been a wake-up call that we will likely get the organization that we earn. So I ask myself, “How may I make CAMFT better?” I began by sending in my name to assist with the CEU shift of responsibility. We all will have the organization we want and deserve only if we more actively pursue small and large contributions. ♦

The views expressed in the opinion column belong solely to the author and do not necessarily represent the view of IE-CAMFT.

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

CAMFT BOARD REJECTS ONLINE PETITION

The recent petition calling for a general membership meeting in order to consider recalling the current Board of Directors was rejected by the Board, exercising their option to require a pen and ink paper version.

To sign the petition (**for both new and previous petition signers**):

1. Download the petition by visiting:
<http://library.constantcontact.com/download/get/file/1101024100917-26/petition1.pdf>
2. Complete the identifying information at the bottom of the petition (name, signature, license number, CAMFT number, etc.).
3. When complete, including ALL information, please do one of the following:
 1. **Scan, or photograph with your smart phone**, and return via email to SaveCAMFT@Gmail.com. Mark email subject line: SIGNATURE. This option is preferred, if possible, as it creates a retrievable record. If you photograph it, make sure all the pertinent handwritten info is very legible, OR
 2. **Mail** via US Post to Laura Strom, PO Box 353, Monte Rio, CA 95462. Also send an email to SaveCAMFT@Gmail.com to confirm receipt. Mark email subject line: MAILED SIGNATURE, OR
 3. **Fax** to 415-332-6703 and send an email to SaveCAMFT@Gmail.com stating you faxed it, to confirm receipt. Mark email subject line: FAXED SIGNATURE.

For more information on the petition effort, go to <https://sites.google.com/site/savecamft/> ♦

There was an error in the e-mail blast sent by CAMFT RE: Chapter Events Throughout California. It listed Mr. Itzkowich as the presenter for the September meeting. Please note below the correct information.

UPCOMING CHAPTER PROGRAMS & EVENTS

DATE	SPEAKER	TOPIC	TIME/ LOCATION	COST
SEPTEMBER 2013				
Friday 9/27/13 Monthly Meeting	Rachel Taylor, LMFT, RPT-S	“Why TALK when you can PLAY in Therapy – Play Therapy Tools and Techniques Workshop”	8:30am LLU Behavioral Health Institute	IE-CAMFT Members: No Cost Non-IE-CAMFT Members: \$10.00
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	To be announced	
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!				

MEMBER INPUT INVITED AT "CAMFT CONNECTS" MEETINGS

Join colleagues and CAMFT leadership at a CAMFT Connects meeting to discuss CAMFT's future. These meetings offered by statewide CAMFT are opportunities for members to offer meaningful and constructive input regarding the future of our organization. CAMFT Connects will give CAMFT leadership a chance to hear directly from you.

You must register to attend at www.camft.org

Southern California

Date: Saturday, October 12, 2013

Time: 10:00 a.m. - 12:00 p.m.

Place: Crown Plaza Costa Mesa
3131 Bristol Street, Costa Mesa, CA 92626

RSVP by October 7, 2013

Northern California

Date: Saturday, October 19, 2013

Time: 10:00 a.m. - 12:00 p.m.

Place: Santa Clara Marriott
2700 Mission College Boulevard, Santa Clara, CA 95054

RSVP by October 14, 2013

Unable to attend?

Complete an online survey by visiting:

<http://www.surveymonkey.com/s/MRN3GGP>



A simple and effective way to track and report your professional training hours is to subscribe to TrackYourHours. With your CAMFT membership, you get four months FREE with a new 12-month subscription. Visit www.trackyourhours.com to learn more about this offer.

Log your hours – Simple, fast, reliable and secure logging of hours from anywhere. The mobile app is now in beta testing to be released soon!

Track your progress – Your dashboard provides a quick summary of your progress. Alerts notify you of potential issues and assist you with meeting the requirements of the BBS. TrackYourHours knows the category maximums, multipliers and supervision requirements.

Generate reports and forms – The BBS Experience Verification Forms and Weekly Logs are created with a click of a button. Report by site, supervisor, status and date range.

Get your 4 months FREE with a new 12-month subscription to TrackYourHours today!

IE-CAMFT BOARD OF DIRECTORS (B) AND COMMITTEE CHAIRPERSONS (C)

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Jeanne Joslin: (951) 922-8799, Jeanne_joslin@yahoo.com

Co-Chair:

Annette Compton: ac2360@msn.com

Co-Chair:

Janeta Peltz: (951) 922-0442, psy_hlp_5cents@hotmail.com

Board Member At Large: (B)

Donell Miller: (909) 798-2765, 4donellmiller@gmail.com

Board Member at Large: (B)

Newsletter Reviewer: (C)

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

CEU: (C)

Co-Chair:

Alyssa Giambra: angiambra@hotmail.com

Co-Chair:

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)

Practice Accepting New Referrals – Group Counseling Available for All Ages

909 635 8077
1538 Howard Access Road, Suite B
Upland, CA, 91786
acceptance@live.com
www.ranchocucamongatherapy.com

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. \$10 per hour. Space includes waiting room. Play room use also available. Email marielouise.bosin@yahoo.com 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 lshestock@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.

Mindful Relationships Workshop in Redlands: Monthly donation only 2-hour workshop for anyone wanting to enhance their intimate relationships and avoid patterns of bad relationships by applying principles of mindfulness. Facilitated by Angie Moxey, MS, Registered MFT Intern 68153 (supervised by Marie Louise Bosin, MA, LMFT 27703). Proceeds to benefit NSEW Mindfulness Education Center. For more information: www.nsewmec.com, moxeyangie9@gmail.com, or (909) 283-2338, ext 9#.



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@yahoo.com

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)

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

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

☐ 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.

MAKE CHECKS PAYABLE TO: IE-CAMFT

Mail to: Inland Empire Chapter of CAMFT

P.O. Box 11846

San Bernardino, CA 92423

www.IE-CAMFT.org