

# L.A. THERAPIST UPDATE



www.lacamft.org

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ISSUE

HAPPY  
NEW  
YEAR

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The LOS ANGELES CHAPTER of CAMFT  
in collaboration with  
SANTA MONICA-WEST LA NETWORKING DISTRICT

JOIN US FOR

**BRUNCH, NETWORKING, MFT UPDATE,  
PRESENTATION, BUSINESS CARD DRAWING**

**2 CEUs**

**For:** Licensed Therapists, Interns, Students & Associated Professionals  
**When:** Saturday, November 21, 2009  
**Time:** 8:45 a.m. to 11:30 a.m.  
 Registration & Informal Networking 8:45-9:30 am  
**Where:** **Beverly Hills Country Club**  
 3084 Motor Avenue  
 Los Angeles, CA 90064 310.836.4400  
**Parking:** Complimentary Valet Parking or Self Parking at No Charge  
**Cost:** \$25 AAMFT & LA CAMFT Members ~ \$35 Non Members  
**Bring:** At least 30 business cards for networking

**FEATURING**

**Issues of Aging: What You Need To Know  
When Your Clients Are Adult Children with Aging Parents**

**Bunni Dybnis, MFT, CMC**

Almost one in four Americans is involved in caring for an aging or dependent family member. Bunni will discuss issues that psychotherapists commonly confront when dealing with adult children coping with elderly parents. Memory, incapacity and an introduction to senior services will be addressed. Leave with a better understanding of how to assist current and future clients involved in caring for an aging relative.



**Bunni Dybnis, MFT, CMC**, is Director of Professional Services at LivHOME, a professionally managed eldercare service for seniors and their concerned families, <http://www.livhome.com>. For the past 16 years Bunni has worked in the field of Geriatric Care Management, in both the for-profit and non-profit environment. She is an expert witness, educator, recognized speaker and consultant on issues of aging in the local and national level.

RSVP by FRIDAY, November 21, 2009

Seating is limited.

Register Online by Credit card at: <http://www.lacamft.org>

For further information: Jonathan Flier at [president@lacamft.org](mailto:president@lacamft.org) or 310.552.5338  
 Dena Plotkin at 213.864.6406



**HOLIDAY Potluck**

Dearest LA-CAMFT members, you and a guest are cordially and enthusiastically invited to the Annual LA-CAMFT Holiday Extravaganza Potluck. Come and join us in making this holiday season full of warmth, food, and good company.

**WHO:** You and your guest.

**WHERE:** We are still in the process of finalizing our location and are looking for a house, community club house or ???, that will accommodate around 200 adults. If you have a suggestion, please contact Jonathan, [president@lacamft.org](mailto:president@lacamft.org).

**WHEN:** Sunday, December 13th from 1 PM-4 PM.

**WHY:** To get together, relax, share food, laugh, and bring a special accent to this holiday season by celebrating with our friends, peers and colleagues.

P.O. Box 480119 ♦ Los Angeles ♦ CA 90048 ♦ 323.964.3200

## President's Message

by JONATHAN FLIER, PRESIDENT



### Dear Members, Friends and Colleagues of LA-CAMFT:

I see this bi-monthly column as my opportunity to address our community and provide an overall view of what's going on in the development of your Chapter of CAMFT. So much has happened in the past two months it's hard to know where to start.

LA-CAMFT continues its meteoric rise as the village gathering place for the Los Angeles Psychotherapist community.

We had around 200 attendees at our August Beach Party. The food, the friendship, the music and the setting created a wonderfully exciting atmosphere with ample opportunities for intimate conversations while gazing out to the quieting beauty of the Pacific Ocean. Our September Presentation and Networking event provided a similar experience with the juxtaposition of the excitement of 135 attendees with the intimate experience of our small group table networking exercise.

This is the model that is being created and fostered in our village. Left brain-right brain, dialogical and heart felt attachment, intellectual and emotional stimulation. We have our large gatherings and our smaller committees and special interest groups. We are creating a place where you can come together in a large group of "strangers" and find yourself surrounded by family.

It's a great experience, and I encourage all of the readers of this column to come and experience this for themselves. Ask your friends and colleagues who are participating to tell you what it was like for them. After hearing their stories, I'm sure you will take the chance, take the opportunity, to join us, to be welcomed by us, and get connected with the new LA-CAMFT. ■



## Are You Not Yet a Member?

As chairperson of the Membership Committee, I wish to extend an invitation for you to join the Los Angeles Chapter of the California Association of Marriage Family Therapists. As a part of your membership in the state organization, CAMFT, you are entitled to join the local Los Angeles Chapter of CAMFT.

LA-CAMFT is a vibrant and expanding community of therapists. In the past year our membership has grown from 40 to over 200. The monthly events, held at the beautiful Beverly Hills Country Club, are generally sold out with over 120 participants. These events are a wonderful place to meet like-minded therapists as well as to network with other

professionals. Also, there are special interest groups and committees that provide wonderful opportunities to become directly involved in the Chapter activities. Personally, I have found the LA-CAMFT Chapter to be welcoming and supportive community of therapists.

Currently you can join LA-CAMFT for the rest of 2009 and all of 2010 for the one-year membership fee of \$50 for clinical members and \$40 for students and interns. Please feel free to contact me directly (310.479.7266) or email me (Sietze@sietzevanderheide.com) if you have any questions about joining our chapter.

**Join LA-CAMFT now for the remainder of 2009 and all of 2010 for the one-year membership fee of \$50 for clinical members (\$40 for students and interns)**

Sietze Vanderheide, MFT, Clinical Psychologist, Attorney at Law ■

## LA-CAMFT BOARD OF DIRECTORS & COMMITTEE CHAIRS

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Warren Shiell, J.D.....lafamilyla@yahoo.com

### Emergency Response Chair

Shannon Byrnes, MA, LMFT...shannon@shannonbyrnes.com

### Expressive Arts Chair

Leslie Tuchman, MA, LMFT.....leslietuchmanmft@aol.com

### Involvement Opportunities

Shannon Byrnes, MA, LMFT...shannon@shannonbyrnes.com

Faith Morgan, M.A.....faithros@aol.com

### 3000 Club Co-Chairs

Laurette Hayden, MA .....laurettehayden@aol.com

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Meg Kuroda, MA .....megchat@gmail.com

### Administrative Assistant

Kaye Porter, CHT, CNLP .....kaye@lacamft.org

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Lynne Azpeitia MA, LMFT ....Lynnemazpeitia@yahoo.com

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Ernest Moore, M.A.....elm@corbettstudios.com

Karen Savlov, M.A, LMFT.....Karensavlov@sbglobal.net

If you are interested in any of the new committees or interest groups now being considered for LA-CAMFT, please contact Dena Plotkin, dmplokin@gmail.com

- Membership ♦ Ways and Means ♦
- Legal Counsel and Ethics ♦ Hospitality ♦
- Technology ♦ Multi-cultural Diversity ♦
- Expressive Arts Group ♦
- Trauma Response Team ♦
- Budget & Finance Advisory ♦ GLBTQ ♦
- Supervisors Group ♦ 3000-Hour Club ♦
- Political/Social Advocacy ♦
- Email Response Tree ♦ Listserv ♦
- Information and Referral ♦ Mentoring ♦
- Presentation Planning ♦ Newsletter ♦
- Marketing Group ♦ Peer Supervision ♦
- Networking Group ♦ Divorce Mediation ♦



## ON THE FUTURE OF A PROFESSION by Steve Wolfson, MA, LMFT

**D**id you know the MFT (formerly MFCC) license is older than that for social workers and psychologists in the state of California? Did you know that the first MFTs were physicians and joining AAMFT used to require a doctoral degree? The vast majority of MFTs practicing today weren't around to see the painstaking creation of this profession. Hard fought legislation and the proliferation of MFTs into the mental health field changed our profession dramatically over time (see Mary Riemersma's article <http://www.camft.org/Content/NavigationMenu/AboutCAMFT/WhatisCAMFT/BuildingAProfession/default.htm>). In the face of proposed changes in health care what is the future of our profession?

The debate about health care has many opinions but it appears the vast majority of Americans, notably most health-care providers, favor a single payer system (see <http://www.wpasinglepayer.org/PollResults.html>). For better or worse this public option has likely bitten the proverbial dust in Congress which for many Americans is disturbing but should not be surprising (see [http://www.latimes.com/news/nationworld/nation/healthcare/la-oe-w-cannon-mcneely16-2009sep16\\_0\\_1662405.story](http://www.latimes.com/news/nationworld/nation/healthcare/la-oe-w-cannon-mcneely16-2009sep16_0_1662405.story)). If single payer healthcare passed and MFTs were included as approved health providers many problems associated with getting paid for our services would be reduced to one problem - how much, versus the current set of problems which includes the issue of being paid at all.

As MFTs, we are practicing within a legal and political landscape that is at the mercy of far larger forces than CAMFT's or AAMFT's collective influence (see [http://www.aamft.org/about/mft\\_profession\\_article.pdf](http://www.aamft.org/about/mft_profession_article.pdf)). What are the ramifications of the proposed changes to healthcare to MFTs? It is likely under the proposed reform legislation we will continue to have to battle for inclusion on insurance panels and potentially in government programs like Medicaid, Medicare and Medi-Cal. What would our profession look like if we could all be paid like psychologists and social workers are? Would MFTs not wanting to practice like other healthcare providers be adversely affected by changes permitting insurance and government healthcare payments?

Given the larger perspective and origin of our profession in medicine with the current challenges MFTs face in earning a living we might benefit from strengthening our ties to medical practice and try to get paid more like medical practitioners. This requires publishing research among the other things medical practitioners do. Another choice is to embrace our entrepreneurial side more and move away from our medical origins, becoming more like corporate trainers and life coaches. This would be a dramatic departure from the history of our profession but it may be an attractive choice for many MFTs.

Given the opinion that likely strategies for preventative medicine include behavioral health as a big part of the answer to healthcare reform (see [behavioralhealthtoday.com](http://behavioralhealthtoday.com)) we may stand to increase our role and thus our incomes taking this track. But for some this may represent an uncomfortable change in a long line of changes to our profession since its origins in the 1920s. ■

### FIRST LA-CAMFT SUMMER BASH...

~ A BREATH OF FRESH AIR ~

It was a typical August Southern California day—the air was sizzling, the sun was ablaze and the towel-clad beach-goers crowded the Venice streets heading west towards a cool spot on the sand. Inside, one contemporary neighborhood home, a party was underway. The first LA-CAMFT Summer Bash sponsored by Clearview Treatment Programs and LA-CAMFT. Clearview provided the chef-prepared main course while LA-CAMFT members contributed a wide variety of yummy desserts and scrumptious appetizers. Food was plenty and abundant as were the conversations. Clearview's Executive Director, Michael Roy, opened his spacious ocean-view home to us all. LA-CAMFT volunteers organized and planned the day making sure the event was enjoyed by all.

I mingled with my LA-CAMFT colleagues, and friends I knew from the past, while



Photos by Victoria Van Zandt

continuing to learn about the special niches being created by a community of talented therapists. Upstairs on the roof, a spectacular view of Venice beach and the amazing Pacific had me in awe of our beautiful coastal landscape. Downstairs, amidst the salads, sweets and music, a room-filled with seasoned and new professionals enjoyed a chance to unwind, relax and be part of the ever-growing LA-CAMFT community that offers monthly breakfast networking, educational and volunteer opportunities and a place to share one's expertise and talent.

Our next social event is the holiday party scheduled for December 13th. Check your e-mail for updates and announcements. ■



By Victoria Van Zandt  
Editor

## COMMITTEE UPDATE CORNER

### Expressive Arts Therapy Special Interest Group

Leslie Tuchman, MFT, Committee Chair

**T**he Expressive Arts Therapies Special Interest Group held their first meeting on Saturday, October 3rd. We had a wonderful meeting, presentation and networking event with 15 members present.

Our 2nd meeting will take place on Sunday, November 22nd from 9:30 AM to 12 Noon where Jane Goldberg, Ph.D., MFT and Registered Expressive Arts Therapist will conduct a hands-on art therapy activity for LA-CAMFT members at a community space in Los Angeles. Everyone is welcome. This will be a unique opportunity to try our Expressive Arts Therapies Special Interest Group as well as do some networking!

Art therapy, music, dance, drama and poetry therapy are adjunct modalities which are being utilized as therapeutic interventions in settings such as mental health clinics, educational settings, hospitals, recovery centers as well as in retirement homes and hospice environments. Many of us in LA-CAMFT are using these modalities in our work...and many others are interested in learning more about how they work!

The LA-CAMFT Expressive Arts Therapies Special Interest Group hosts this event for all interested LA-CAMFT members on a bi-monthly basis. Social/cultural events are also scheduled through UCLA LIVE. Please e-mail [leslietuchmanMFT@aol.com](mailto:leslietuchmanMFT@aol.com) or call 310.562.6105 for further information and scheduling. ■

*Art therapy, music, dance, drama and poetry therapy are adjunct modalities which are being utilized as therapeutic interventions in settings such as mental health clinics, educational settings, hospitals, recovery centers as well as in retirement homes and hospice environments. Many of us in LA-CAMFT are using these modalities in our work...and many others are interested in learning more about how they work!*



### Advocacy Committee

#### What the LPCC Bill Means for MFTs

Angela Kahn

**O**n October 12, 2009, Senate Bill 788 was signed by Governor Schwarzenegger. Last month, the much-debated bill passed the State Assembly after years of opposition, revision, and rewrites. This piece of legislation mandates that the State of California to recognize another mental health professional category, Licensed Professional Clinical Counselors, or LPCCs. The license will be administered and governed by the California Board of Behavioral Sciences, the same body that administers and governs MFTs and LCSWs.

The bill outlines a grandfathering process for other mental health professionals interested in obtaining this new license. It states that MFTs will have a six-month window from January 1, 2011 to June 30, 2011 to submit an application for licensure. From that point, the MFT would have twelve months to fill any educational deficits that might fall short of the requirements for LPCC licensure. For example, 80-85% of MFTs in California may lack training in the area of Career Counseling and would have to take a course to meet this requirement. Another 20% of MFTs in California may not have taken coursework in Group Counseling, and would have to meet this requirement as well.

Furthermore, there may or may not be an exam for LPCC candidates. The Office of Professional Examination and the BBS are expected to work together in the coming months to determine whether or not dramatic differences exist between the two professions, in which case an additional exam would be warranted.

As always, there are upsides and downsides for MFTs. Benefits of obtaining the additional LPCC license are many. First, current market research has shown that consumers are more comfortable with the term "counselor" than they are with "therapist." Second, some professionals do not feel that the MFT license truly reflects what they do in the room and are more comfortable with the LPCC title. These professionals often state that they pursued the MFT track not because of their interest in marriage and family therapy, but because they wanted to become mental health professionals and the MFT license was the only track that fit their goals and lifestyle. Third, there is the notion that, **although the LPCC license is not portable across states**, it would increase the chances of obtaining licensure in other states. CAMFT Executive Director Mary Riemersma has often noted that becoming licensed in other states as an MFT is far more difficult than becoming licensed as an LPCC if an individual already has the LPCC license.

Disadvantages include an additional license fee, a possibility of taking another exam, paying for additional coursework, and confusing the public with even more initials after your name. Contrary to popular belief, insurance companies in California **do not** currently recognize the LPCC license, and the profession will have to fight the same battles that MFTs fought for inclusion in managed care plans as mental healthcare providers. CAMFT, however, does not believe these disadvantages to be insurmountable and supports MFTs obtaining the LPCC license.

*Additional questions can be directed to CAMFT at 858.292.2638, or to Angela Kahn at 323.356.3571 or [akmft@yahoo.com](mailto:akmft@yahoo.com). ■*

## COMMITTEE UPDATE CORNER *continued*

### DIVORCE & CHILD CUSTODY MEDIATION COMMITTEE

With **Kathy Memel, Ph.D., MFT**  
and **Warren Shiell, Family Law Attorney**

**W**elcome to our committee! We are very excited to share information and provide resources to members of LA-CAMFT regarding Divorce & Child Custody issues.

One of our goals is to help promote social change and help elevate consciousness in this arena. We are living in a time of great change and transformation, and as marriage & family therapists, we help our clients facilitate change to enhance their lives. Sometimes, through therapy, couples can repair their relationship, and other times they can't. At that time, separation and divorce can become a part of their lives, but how couples choose to handle this process is oftentimes a choice.

The old ways of divorcing where families are destroyed both emotionally and financially in the litigation process, where couples carry rage for the next 25 years, and children get lost, has to stop. Our society is only hindered in this process.

There is a creative, less expensive, and healthier way to dissolve a marriage. Mediation is a cooperative, rather than a combative approach to settling disputes "out of court." When couples divorce they often think "this is the end of my family." In reality, it's the beginning of a "family reorganization", where people have the opportunity to decide what's best for their family with dignity and respect, build healthier communication skills, begin the healing process, and rebuild a new life.

When your clients question whether they should separate or divorce, how can you help inform them of their options?

FAQ'S: What happens when you separate? What should I ask my lawyer? What are the various ways to divorce? How do we separate our assets? How do we handle our liabilities? What about spousal & child support? How do we tell our children? How do we create a parenting plan where our children have time with both of us? What about birthdays and holidays? How long before the divorce is final?

What our committee offers:

1. We plan to offer meetings on the first Wednesday of each month from 4:00 pm to 5:30 pm at the office of Kathy Memel, where members can bring their cases and questions to us regarding divorce, child custody and family law matters. Our first meeting will take place on Wednesday, November 4, 2009. Please call 310.286.9201, to reserve your space.
2. We are planning to offer a series of Continuing Education classes for professional development on Divorce & Child Custody Mediation, provide valuable resources in this area, and help you build another aspect to your practice.
3. Our committee has already created a divorce & child custody google group and provides an interactive forum for your questions and concerns. Please join us at <http://groups.google.com/group/divorceandfamilylawmediation>.

Thank you for taking the time to visit our committee. We warmly invite you to be a part of our journey.

*Kathy Memel, Ph.D., MFT*  
*Psychotherapy & Counseling*  
*Divorce & Child Custody Mediation*  
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• 310.247.9913  
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• [lafamilylaw@yahoo.com](mailto:lafamilylaw@yahoo.com). ■

## The 3000 CLUB

**T**he revitalized 3000 Club is up and running! The club has been created to serve the needs and interests of the pre-licensed LA-CAMFT community, and we welcome you! Through workshops, social gatherings and e-mail updates the 3000 Club offers education, information, networking, collaboration, resources, fun and support. The club's co-chairs are Laurette Hayden, Meg Kuroda and John Helyar

The 3000 Club's kick-off event was held October 19th and was graced by a panel of speakers addressing "The Intern Experience: Everything You Want to Know About Internships but are Afraid to Ask!" Therapists Ana Adal, Mark Winitzky, Cheryl Woodruff and intern Michael Haboush discussed their respective journeys of internship-through-licensure and shared the two things they wish they'd known while going through the process.

Our next event, entitled "Hours! Hours! Hours!" will be held on Monday, November 16th and features Howard Spector, the innovative creator of trackyourhours.com. Howard will provide a comprehensive overview of tracking and reporting trainee and intern hours, organizing information regarding trainings and supervision, keeping up with BBS guidelines and more. This free workshop will take place from 7 pm – 9 pm at the Chicago School of Professional Psychology in Westwood at 1145 Gayley Avenue, 3rd Floor.

Please RSVP for the workshop by e-mailing: [johnhelyar3000@gmail.com](mailto:johnhelyar3000@gmail.com).

If you would like to be added to the 3000 Club mailing list, please contact: [megchat@mac.com](mailto:megchat@mac.com).

We'd love to have you join us! ■



## The Soldiers Project

By Judith Broder, Founder of The Soldiers Project

*All the troops come home different from when they left. They will NEVER be the same again, ever. They will carry their war with them for the rest of their lives. Much of what a returning serviceman or woman carries is hidden...even from him or herself.*

~ This is a quote from one of the veterans who has been involved with "The Soldiers Project".

In March 2005, I attended a performance of "The Sand Storm: Stories From the Front", written by a Marine (Sean Haze). It vividly portrayed the experiences of 10 marines. It became clear to me that these men were forever changed and that the psychological wounds they suffered were no less severe than the more obvious physical scars. I was convinced that when our colleagues learned the extent of the human suffering of our troops, they would be interested in participating in a program which would provide free, confidential, easily accessible psychological counseling to soldiers, their families and their loved ones. The Los Angeles Institute and Society for Psychoanalytic Studies agree to sponsor The Soldiers Project.

We now have over 200 mental health professional volunteers throughout Southern California, who provide pro bono treatment in their private offices. Many also participate in speaking engagements to community and military groups. We provide free seminars/workshops for our volunteers. Topics covered include PTSD, Traumatic Brain Injury, Military Culture and the challenges of home coming for Veterans and their families. Peer consultation groups are also provided for our volunteers.

What we have learned is, that the casualties of war are not always the obvious one, and the wounds are not always visible until after they've begun to affect families and entire communities.

We know that the divorce rate is exceptionally high (and climbing) among troops who have been deployed. The same is true for suicides, addictive behaviors, family violence and excess car accidents.

Reservists and National Guard members, who comprise nearly 50% of the front line forces in Iraq and Afghanistan, are usually men and women who are gainfully employed in their communities--often in police and fire departments or as physicians and nurses. They leave their jobs and families with virtually no predeployment support for themselves or their families. When they return home, they do NOT return to a military base, but are discharged directly back to their communities with little counseling for themselves or their families.

Over 1,700,000 troops have been deployed, with many having served 2-6 overseas tours. Each service member has someone close...wife, kids, parents, aunts, uncles, grandparents, lovers, brother, sisters, friends. Upon returning home (and during deployments), there are profound changes to which families and Veterans must adjust. The joys of homecoming often dissolve under the impact of the hidden wounds of war.

As the troops return home, there is an increasing need for mental health services throughout our region. The Soldiers Project not only provides essential services, but offers our volunteers an opportunity to "support our troops" in a meaningful way.

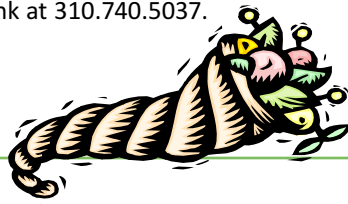
Please contact us at: [info@thesoldiersproject.org](mailto:info@thesoldiersproject.org) or 818.761.7438 if you are interested in becoming a volunteer. ■

### FINANCIAL NEWS

Since reporting on the financial health of LA-CAMFT in the last newsletter, the Chapter has continued to grow at an increasing pace. Of note, in September one hundred thirty-one people attended the general meeting. Costs of the monthly meetings at the Beverly Hills Country Club continue to be met by charging for the meeting. Income from memberships and advertising provide a reserve to pay for the newsletter, website development and management, modest administrative costs, and CEU expenses.

The Board looks to the Treasurer to report on the financial status of LA-CAMFT, but as membership increases and the goals of the organization expand, the Board also looks to the Ways and Means Committee to develop programs to facilitate the organization's growing needs and goals. Thus, finding financial support for the expansion of LA-CAMFT workshops, meetings, and special events is one of the functions of the Ways and Means Committee. In addition, the Committee is excited about beginning the process of establishing a scholarship program. The Committee meets once a month on a weekend day. If you are interested in becoming a member of this dynamic Committee and working on important behind-the-scenes goals of establishing financial support and sponsorship, contact [mariadylan@dreamstudies.net](mailto:mariadylan@dreamstudies.net).

On another topic, paying attention to business financial matters is an integral part of private practice or agency work. In this tight economy it's more important than ever to keep oneself educated to potential opportunities. LA-CAMFT's business banking is conducted at Union Bank and the professional designation as an MFT, Psy.D, or Ph.D. qualifies one to apply for lines of credit for business expansion. For additional information members of LA-CAMFT can contact Vincent Alexander, Business Development Officer, Union Bank at 310.740.5037.



**Maria Dylan**  
Treasurer and Ways & Means Committee Chair  
T. 310.880.3769  
Email: [mariadylan@dreamstudies.net](mailto:mariadylan@dreamstudies.net) ■

## COLLABORATIVE WORK WITH LA-CAMFT

By *Dena Plotkin, M.A., MFT*  
Vice President

So, how did a dedicated non-profit MFT become the vice president of LA-CAMFT?

In retrospect, it makes sense that I (and countless others) would join and dedicate a significant portion of my time to working with LA-CAMFT.

When I decided to begin my private practice, the first thing I elected to do was to find and join any professional organizations that focused on Marriage and Family Therapists. Although, a long time member of CAMFT, I had never been to meetings of, or even really thought about joining, the Los Angeles Chapter of CAMFT. Very quickly, after joining, I realized I was surrounded by a wealth of expertise and information that was comprehensive and dynamic. But, even more than that, it was accessible because the people who held it were open and caring and honest in their desire to connect, share and work together.

The necessity and benefits of forming collaborative working relationships has highlighted my 20+ years of working with non-profit agencies. In truth, this and other life experiences, has turned me into a sort of collaborative work geek. It is through my interaction with the others in this organization that my own work has come more sharply into focus and the details of it are fleshed out in a real and concrete way. The workspace created by us all helps me to engage with myself and then contribute to the larger community. Thus, the energy goes back and forth, growing in scope and relevance.

The direction I have taken with LA-CAMFT has been one rooted in helping to create a collaborative workspace in which we can all

come forward and offer and receive the energy and enhance the work to which we are so dedicated.

We are close to being done with the first phase of our organizational plan: the creation and development of the special interest committees and groups.

Next is to solidify the culture and process of the work we are doing together for LA-CAMFT. This is especially important because we, as an organization, are committed to creating a collective workspace which is not a drain on our personal resources and skill sets, but is instead a place where we can feel energized, nourished and bolstered in our efforts on both an individual and professional level.

It is satisfying to hear of our membership gathering and meeting, having discussions and sharing resources, outside of the larger monthly networking events.

As we look to the next several months and the end of this year, I can see great things ahead for our organization. As our numbers swell, so does the reality that our LA-CAMFT community will grow and change.

I can't wait to see what happens next...

*Dena Plotkin is a Collaborative Strategist, Life Coach and Therapist. She creates a unique work space to help people build clear strategies and insights into particularly difficult and complex situations. ■*



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## WELCOME NEW & RENEWING MEMBERS

### Clinical

Arline Agay  
Roland Alexander  
Judi Bucholtz  
Kristen Caron  
Matt Casper  
Mary Cocharo  
Patty Factor  
Christine Forest  
DeeDee Gartman  
Gail Gomick  
Elizabeth Gould  
Cathy Graf  
Marcy Gray Rubin  
Gerry Grossman  
Camille Jones  
Scott Killian  
Nancy Lichtenstein  
Barbara C. Major  
Beppy Michel  
Lori Perman  
Gayle Santochi  
Pam Sirota  
Ronnie Steinmetz  
Nancy Van Der Heide  
Linda Wilks  
Mark Winitsky

### Intern

Helaine Bruck-Ross  
Misa Butsuhara  
Pamela Georgette  
Douglas Green  
Nancy Hyland  
Bonnie Mark  
Bonnie (Bonita) Nelson  
Edna Lopez  
Sam Okibe

### Student

Marguerite Martins Miller  
Marcia Selz  
Marty Simpson-Revell  
Diane Whelan

## The Thanksgiving Village

By Sietze Vanderheide

The LA-CAMFT Village embodies the essence of Thanksgiving. Several months ago LA-CAMFT was on the ropes, but enthusiasm and effort from dozens of individuals has created a vibrant community with over 200 members. Our Village is built out of a generosity of spirit and through this Village we can all give and receive support.

The transformation of LA-CAMFT shows what we can do together when in times of need and scarcity we support each other and work together. Often feelings of scarcity lead us into constriction and isolation; however, openness and generosity are the best antidotes to feelings of scarcity. Times of scarcity often feed our inner demons. Generating an inner sense of sufficiency helps us deal with whatever the world presents. An inner sense of sufficiency led Henry David Thoreau, the 19th century naturalist and philosopher, to say that he had more wealth than the industrialist tycoon Andrew Carnegie. When someone pointed out to Thoreau that he lived in a cabin in the woods and Mr. Carnegie was the richest man in America, Thoreau replied that he felt wealthy not because of possessions, but because he felt he had enough and that Mr. Carnegie would never feel like he had enough.

Often generousness of heart is found in individuals who have experienced profound adversity.

John Steinbeck in the *Grapes of Wrath* says that if ever you are in desperate need ask the poor for help; they will always come through for you. Although Steinbeck was speaking to an anti-capitalist audience, he also speaks to us at a psychological level. When we are in emotional need others who understand emotional need are best able to assist us. In our Village we may find others who can be compassionate and generous.

Let each of us this season be aware of our riches and our needs. Let each of us be able to reach out for help when we need it and be able to offer support to others when asked. Perhaps if we all give and take there will be less fear, scarcity, and isolation thereby giving rise to a true Holiday Spirit of thanks and giving. ■

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K. Memel*

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**Jonathan Flier, M.A., MFT** is a highly regarded supervisor and therapist with 17 years' experience supervising, training and educating PsyDs, MFTs, and interns at the Southern California Counseling Center, Antioch University, and the California School of Professional Psychology (now Alliant International University). In addition to maintaining a private practice in Beverly Hills, he established support groups for the Miller Introduction to Judaism program at American Jewish University (former the University of Judaism) and has taught puberty, sex-ed and life-skills classes at private elementary and middle schools throughout Los Angeles.

For information, call **310 552 5338** or email [jflier@pacbell.net](mailto:jflier@pacbell.net)  
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### *Contact Us*

Please visit our Web site for information about the CSUN BCBA program, and to apply online:  
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### *Application Deadline is approaching!*

For information on the **course work and academic expectations** of this program: Dr. Ellie Kazemi at [csunbcba.info@csun.edu](mailto:csunbcba.info@csun.edu).

For information on **applying, registration and program processes**: Dr. Jennifer Kalfsbeek at [jennifer.kalfsbeek@csun.edu](mailto:jennifer.kalfsbeek@csun.edu).  
Phone: (818) 677-5943.

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# DIVORCE THERAPY<sup>SM</sup>

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Sietze Vanderheide is a clinical psychologist and an attorney at law. He can assist a couple in assessing their specific emotional and legal needs so that they can obtain the healthiest divorce possible.

Sietze Vanderheide  
Clinical Psychologist  
Attorney at law

9171 Wilshire Blvd. Penthouse  
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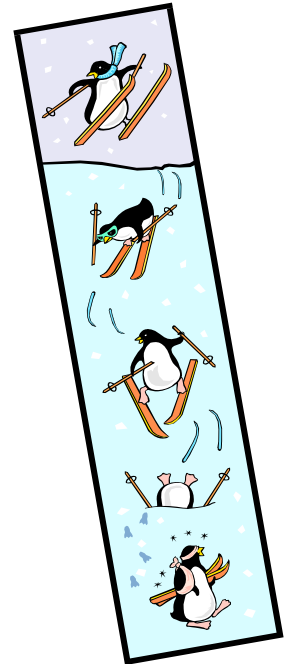
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# CLASSIFIED ADS

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**Women's Group for Eating Disorders:**  
Safe supportive environment to deal with frustration and obsession with body image, bingeing, bulimia, night eating and anorexia. West L.A. 310.473.6169. Janet K. Smith, Ph.D. PSY12167; [www.weighty-issues.com](http://www.weighty-issues.com).

### 2009 MEETING DATES

DATE	DAY	HOST
November 21	Saturday	LA-CAMFT

### 2010 MEETING DATES

DATE	DAY	HOST
January 29	Friday	SM-WLA
February 27	Saturday	LA-CAMFT
March 26	Friday	LA-CAMFT
April 17	Saturday	SM-WLA
May 21	Friday	LA-CAMFT
June 26	Saturday	LA-CAMFT
July 30	Friday	SM-WLA
September 25	Saturday	LA-CAMFT
October 29	Friday	SM-WLA
November 20	Saturday	LA-CAMFT

INFORMAL NETWORKING  
& REGISTRATION: 8:45-9:30 AM  
BRUNCH & MEETING: 9:30-11:30 AM

FOR INFORMATION AND TO REGISTER: CONTACT THE HOSTING ORGANIZATION

[www.lacamft.org](http://www.lacamft.org)  
OR [www.sm-wla.org](http://www.sm-wla.org) ■

### REDUCED MEMBERSHIP FEES MEMBERSHIP STATUS FEE

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GRAD. STUDENT/TRAINEE	\$30.00
ASSOCIATE	\$50.00

To request a membership application/renewal form please contact:

Sietze Vanderheide  
Membership Chair  
P.O. Box 480119  
Los Angeles, CA 90048  
Phone 310.479.7266  
E-Mail: [Sietze@SietzeVanderheide.com](mailto:Sietze@SietzeVanderheide.com)  
or to download an application go to [www.lacamft.org](http://www.lacamft.org)

FYI...LA-CAMFT is a local chapter under the umbrella of our State Association, CAMFT. According to the CAMFT by-laws, in order to become an LA-CAMFT chapter member, you first need to be a member in good standing with CAMFT.

## NEWSLETTER GUIDELINES

1. Newsletter will be published **SIX** times a year.
2. **Type and double space all copy.** Articles should be 250-300 words in length. If you would like to submit a picture with the article, it must be 2" x 2", and at least passport quality or better.
3. **E-mail all editorial copy to:**  
[KAYE@LACAMFT.ORG](mailto:KAYE@LACAMFT.ORG)

### DEADLINE FOR ALL SUBMITTED MATERIAL:

February 10th	March/April issue
April 10th	May/June issue
June 10th	July/August issue
August 10th	Sept./Oct. issue
October 10th	Nov./Dec. issue
December 10th	Jan./Feb. issue

**THIS DEADLINE IS FIRM.**  
Any late submissions may not be published until the following issue.

## ADVERTISING GUIDELINES

1. Advertising is reserved first come, first served.

**Type and double-space all copy.**

For your advertising requests, please contact:

Kaye Porter  
P.O. Box 480119  
Los Angeles, CA 90048  
Phone 310.552.5338 ♦ E-Mail: [KAYE@LACAMFT.ORG](mailto:KAYE@LACAMFT.ORG)

2. **Newsletter deadlines** (see box on this page) also apply to advertising.

**PLEASE MAKE CHECK PAYABLE TO LA-CAMFT**

### ADVERTISING RATES

(effective 5/1/09)

Rates are subject to change without notice

Member rates apply to members of LA Chapter of CAMFT only.

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### Classified Advertising

1st 25 words	\$25	\$50
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### Photo Processing

For each photo in ads	\$25	\$35
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### ACCEPTED DISPLAY AD FORMAT: PDF OR TIFF

FLYER INSERTS are no longer being accepted.

## ANALYTICAL ORGANIZER

Nurit Perek, the graphic designer for this LA-CAMFT newsletter, has specialized in insurance & patient billing for psychotherapists since 1989. Claims, payments & authorization tracking. We also design brochures, ads, stationery and more.

We strive to meet all your practice needs!

(310) 392-2012 ♦ [nperek@aol.com](mailto:nperek@aol.com)

## L.A. THERAPIST UPDATE

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Nurit Perek

ANALYTICAL ORGANIZER