

L.A. THERAPIST UPDATE



www.lacamft.org

IN THIS
ISSUE

September 25 General Meeting	1
President's Message	2
Lori Rosene-Gambino Tribute	2
July 31st Meeting Review	3
The Frame of LA-CAMFT	3
Marriage Equality	4
Expressive Arts Therapy	5
Treasurer Report	5
3000 Club	6
Welcome New Members	6
2009/2010 Meeting Dates	7
Follow Your Bliss	9
Newsletter Guidelines	15
Advertising Guidelines	15



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

2 CEUs

- For: Licensed Therapists, Interns, Students & Associated Professionals
 When: Friday, September 25, 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 Self Parking at No Charge
 Cost: \$25 AAMFT & LA CAMFT Members ~ \$35 Non Members
 Bring: At least 30 business cards for networking

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Brian Whetten, Ph.D., Founder of Core Coaching in Santa Monica, is a life and executive coach, and former Silicon Valley entrepreneur and executive, who teaches coaches, therapists, and healers how to be successful in business and their careers by embracing their desire to make money and to be of service to clients. He has a University of Santa Monica M.A. in Spiritual Psychology and is also an author and workshop leader.

RSVP by FRIDAY, September 18, 2009
Seating is limited.

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

For further information: Jonathan Flier at president@lacamft.org or 310.552.5338
Dena Plotkin at 213.864.6406

SAVE THE DATES!

LA-CAMFT/SM-WLA October
Presentation and Networking
Meeting

WHEN:

Friday, October 30th

TIME:

8:45 - 11:30 a.m.

*Registration & Informal
Networking*

8:45 - 9:30 a.m.

We are currently working out the final details with the speaker for our Friday, October 30 meeting, so stay tuned. Look for an e-mail with the details of the speaker and featured presentation.



LA-CAMFT

Holiday Party

Sunday, December 13

Details TBA

President's Message

by JONATHAN FLIER, PRESIDENT



Dear Members, Friends and Colleagues of LA-CAMFT:

As I write this note, it really pleases me to tell you we have reached another new phase of development in the growth of our chapter. Here are the new milestones we have reached.

We have grown our membership from 40 to over 170.

Our Advocacy Committee successfully surveyed our members concerns about Marriage Equality and we have responded accordingly with a clear and concise stand on the issue.

Our new website will begin construction soon.

We're creating free, community-wide social networking events, expanding our monthly networking presentations and have created the first of several special interest committees.

Here are the details:

We have chosen our web developer, David Viner and Viner Tech, LLC. He will begin building our website, which will have the following features: Online membership enrollment; reservations and payments for events; current and past newsletter access; classified advertisements; and information and referral directories.

Our newly instituted, free social networking gatherings have had a successful first event with an artist reception at the Duncan Miller Art Gallery. Nearly 100 therapists along with their friends, partners and spouses came by for the delicious appetizers and wine. The Jungian archetypal style of the photographs led to many interesting and intimate conversations. This warm and relaxed atmosphere created space for new and renewed friendships to take place and further built the familial aspects of our village life. Our First Annual Beach Bash Celebration event on August 30 is in the final stages of planning as this is being written and I am sure it will be a great success.

Our second SM/WLA AAMFT sponsored joint meeting in July was our biggest yet with over 126 people in attendance. What especially pleased me was how the intimate nature of the social and professional connections was preserved amid the buzz and excitement of the large gathering. Our hospitality volunteers primed the pumps of camaraderie, keeping conversations flowing and bringing the new and shy into the community. For more information, see the first person point of view piece by new member, Negar Khaefi, in this issue.

A large group of our intern members have personally taken on the task of creating a 3000 club for interns, trainees and students. Additionally, Board member Leslie Tuchman, has created an Expressive Arts Committee. Both Committees have great plans for the future and you can read about their efforts in this issue.

LA-CAMFT is organizing, strengthening, growing and maturing. We are the talk of the town and the community is coalescing into the therapeutic village gathering place for which we were all searching. Come join the fun!

Warmly, Jonathan ■

Tribute to Lori Rosene Gambino

Created and edited by Martha Carr and Jonathan Flier

Prior to the recent resurgence of our Chapter, Lori Rosene Gambino retired as our Administrative Assistant to fully pursue her successful and award-winning career as a screenwriter. The following brief statements of gratitude to Lori for all her years of personal and professional dedication have been gathered together from all the past-presidents of LA-CAMFT since she started in 2000.

"Lori was invaluable and extremely supportive when we took over the chapter and had to build it up almost from scratch. Over the years of being on the board, I always felt that Lori was very helpful and supportive and knew how hard she worked to keep us going!"

~Jan Johnson, MFT, Co-President 2000

"I credit Lori for single-handedly turning LA-CAMFT into the functional organization that it remains today. Lori was an integral part of LA-CAMFT for nine years and a friend to those of us who worked with her. In addition to her warmth, and amiable personality, Lori brought her amazing organizational skills and wonderful sense of humor to everything she did. I wish her continued success as a screenwriter!"

~Martha Carr, Psy.D, MFT, Co-president 2000

"It was a pleasure working with Lori for the three years I was president. I came to know her as friendly, efficient and always responsive. I thank her for the devotion she gave to LA-CAMFT. Those of us who worked with and came to know her will remember her fondly. I wish her well in all her future endeavors."

~Leonora Somers, MFT, Past-President 2002, 2003, 2004

LA-CAMFT BOARD OF DIRECTORS

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

The July 31st SM/WLA Networking District of AAMFT & LA-CAMFT Meeting: A Personal Review

by Negar Khaefi, MFT

In these difficult economic times of uncertainty and unpredictability, it is imperative to feel part of a community. I attended the July 31st joint meeting of the SM/WLA Networking District and Los Angeles Chapter of CAMFT, and I must say, it was just that.

The Beverly Hills Country Club is a perfect location for these events; sunny, inviting, full of charm, accommodating large numbers while supporting a sense of intimacy and togetherness. An excellent breakfast is served, and conversations fill the room. Flyers, postcards and pamphlets grace a long table at the entrance, laid out with valuable information, literature and resources shared by members.



After breakfast, a distinguished speaker takes the stage: Michael States takes on the issues of individuals going through battles with cancer, and those of their families and loved ones. Her presentation is both informative, and personal. She radiates wisdom, understanding, and courage. She shares with us an amazing resource: The Wellness Community, a facility in Santa Monica, providing free of charge support groups and other services for cancer patients and their families.



Structured networking exercises follow the presentation. We are encouraged to share our own experiences with colleagues seated at our respective round tables. A stone is passed around the table, and all attention is to be fixed upon the person holding the stone. My table appears to be

forthcoming, comfortable discussing their personal experiences with illness and wellness. They share their pitfalls and coping mechanisms, their successes and failures. When it is my turn to talk, I am not nervous. I feel heard and validated by the many talented psychotherapists that surround me.

Here at these meetings, I am part of a larger whole, supported, and aided by my colleagues. I confess that this is only my third LA-CAMFT meeting, and I am very new to this game. Being in the presence of seasoned practitioners that radiate confidence is both inspiring and humbling. Despite being still too intimidated to stand up and make a formal announcement about my practice, I find the meetings open, and welcoming. I am encouraged to contribute my own knowledge and expertise to my colleagues, while learning more about theirs.

Negar Khaefi, MFT

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Photos by Negar Khaefi

THE FRAME OF LA-CAMFT: A GROWING CULTURE OF COLLABORATIVE WORK.

I have a particular passion in life for the dynamics of organization, communication and structure. Fit. Form. Function.

My instructor used to say, "The clinical work we do, can only be as solid as the frame we construct with the client to do that work." This frame represents the bedrock of a specifically defined space in which client and clinician form a working alliance.

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

The solidity of the frame is not just true for my clinical work. Having a solid frame has carried over and shaped my strategic and organizational work with community building, corporate structure, and the way that we construct pathways for communication. This is part of why I enjoy the work I am doing with LA-CAMFT. (The fact that it is my professional community is an additional bonus.)

In May, LA-CAMFT began its journey towards the construction and development of its committees and their relationship to the LA-CAMFT organization and community.

As our members are aware, LA-CAMFT is so much more than a networking organization, we are a community. Establishing functioning, effective committees is an important part of any organization. These committees breathe life and energy into the community and provide space for personal and professional opportunities to grow and flourish.

The past few months have been exciting and fulfilling and I am not alone in this excitement. Over and over, members come forward bringing their vision and their energy to make LA-CAMFT an organization that meets the needs of its membership and provides a place where we all grow professionally and individually.

Now, our committees are up and running. We are on track with organizing efforts, creating deep connections, and alliances are being formed. Working collaboratively has allowed us to add our energies "to the pot". Through collaboration we can draw from the resources and energies available to see our individual and combined visions become a reality. ■

Marriage Equality and LA-CAMFT by Angela Kahn

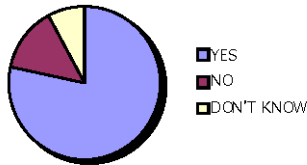
It's been ten months since the marriage equality controversy erupted in CAMFT, and the debate remains unsettled. The ongoing question remains, should the organization adopt a public position or not? Since this issue is of concern to many members, arguments on both sides are strong and emotions run high.

In response to the growing concern, the board of LA-CAMFT decided to poll its members in order to determine what action the chapter should take, if any. On July 29, 153 members received a three-question survey. Two weeks later the survey was closed with an impressive 42% response rate! Following are the results of the survey (questions have been summarized):

Question #1

Do you believe that influencing law and society regarding marriage and family falls within the mission and purpose of CAMFT?

(YES: 78.1%, NO: 14.1%, DON'T KNOW: 7.8%)



Question #2

Do you believe that CAMFT should take a public position supporting marriage equality?

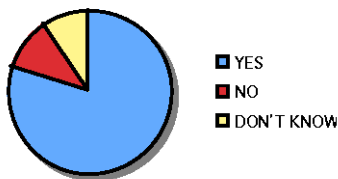
(YES: 81.3%, NO: 10.9%, DON'T KNOW: 7.8%)



Question #3

Do you believe that LA-CAMFT should take a public position supporting marriage equality?

(YES: 79.7%, NO: 10.9%, DON'T KNOW: 9.4%)



The LA-CAMFT Board of Directors, guided by the voices of the members, determined that a solid majority position had been reached. It was decided that the following statement would be adopted by the chapter and that a letter demonstrating the position would be sent to our state representatives:

"LA-CAMFT supports the right of same-sex couples to have legal access to civil marriage and to all its attendant benefits, rights, and privileges. LA-CAMFT acknowledges that the denial of civil marriage rights to same-sex couples constitutes discrimination and that such discrimination and prejudice have been shown empirically to be detrimental to the psychological, physical, social, legal, and economic well-being of individuals, couples, and families.

LA-CAMFT joins its sister organizations of mental health professionals in opposing all discrimination in legal benefits, rights, and privileges against same-sex couples.

LA-CAMFT urges state CAMFT to take a public position in this crucial debate, and to that end, we strongly urge that CAMFT articulate a definitive formal position in support of marriage equality."

This statement will also be published on the chapter website in order to reach the larger community. In an effort to respect all perspectives on such a charged issue, the board discussed possible ways for members to share their views with one another and is eager to provide these opportunities in the near future. LA-CAMFT is devoted to inclusiveness and is proud to represent a diverse membership.

For more information on the survey, please contact Angela Kahn at akmft@yahoo.com. ■



Expressive Arts Therapy Special Interest Group

Chaired by: Leslie Tuchman, MFT

Imagine a Village of MFTs to support the Expressive Arts and Healing Practices. Everyone is welcome...come join us for fun and education!

LA-CAMFT is excited to announce that an *Expressive Arts Group* has been formed and will meet on a monthly basis beginning October 3rd from 10 to 12 Noon at a member's home in Laurel Canyon. We will have networking, peer sharing as well as a short presentation from member Pamela Georgette, MFTI pertaining to her art therapy work with clients in a rehab center. Reservations are required! Please contact Leslie at leslietuchmanMFT@aol.com or 310.562.6105 for information and directions!

We have numerous activities that we know will pique your interest whether you use the expressive arts in your psychotherapy practices or whether you are simply curious to learn more about the power of expressive arts.

Art Therapy, Drama Therapy, Music, Movement and Dance Therapy as well as Poetry Therapy are being utilized in a wide variety of clinical and educational settings. Populations benefiting from this work include children and adolescents, cancer patients, the bereaved, substance abusers and the developmentally disabled. Research shows that forensic psychiatry, the frail elderly, aids patients, sexually abused patients as well as patients who suffer from severe abuse can be supported by the expressive arts when used an adjunct modality in psychotherapy.

Our Four Components are:

- I. Networking.
- II. Peer sharing of current practices and techniques.
- III. Non-profit community involvement. (Guest speaking opportunities for you!)
- IV. Support Social/Cultural Events sponsored by UCLA (www.uclalive.org)

If you'd like to be added to our mailing list for these activities, please contact Leslie Tuchman, MFT at leslietuchmanMFT@aol.com or 310.562.6105. ■

TREASURER REPORT

by Maria Dylan, M.A., MFT

The business side of LA-CAMFT has had a fairly good summer. Meeting attendance continued to expand and that increase helped to engender new memberships. Since our last newsletter, the Chapter has gained thirty-six new or renewing members (twenty-three clinical members and thirteen interns and students). Besides memberships, our other primary source of income is advertising which amounted to six hundred and twenty dollars for the last two-month period.

As a non-profit, all income goes back into supporting the Chapter's ability to provide professionally appropriate events including: CEUs, the newsletter, the Chapter website, and the needs of the various committees. As the Chapter grows, committees, as well as individual members are planning important workshops that will provide a variety of opportunities. The Chapter's income helps to support all of this.

With all this in mind, we want to increase our advertising income and hope that you will keep the LA-CAMFT newsletter in mind as a great space for your ad. The rates are very reasonable and the newsletter goes to over 2000 people. In addition, if you have a source or idea for sponsorship or fundraising, please contact me. Perhaps you'd be interested in participating in the Ways and Means Committee or maybe you'd like to discuss our professional organization's finances. I'm eager to visit with you.

Maria Dylan, Treasurer and
Ways & Means Committee, Chair
T. 310.880.3769

Email: mariadylan@dreamstudies.net ■

Tribute to Lori Rosene Gambino continued from page 2

"When I assumed the role of Chapter president, I quickly realized the multitude of tasks, which were a part of the position. After a bit of panic, I called Lori who patiently and supportively helped me formulate a plan of accomplishing those initial tasks. That was my first introduction of working with Lori and my experience of her only became more and more positive. She was always such an enormous help to the Chapter and to the Board. She was our Chapter historian and "go to person" and came through each and every time. We were extremely lucky to have her expertise and caring."

~Pat Healy, MFT. Past President 2005 & 2006

"Lori was the 'lifeline' of our chapter. She was part and parcel of the Board's functioning, providing her administrative skills reliably and responsibly. It was always a pleasure for me to have Lori at my side during my term as President."

~Lynda Levy, MFT. Past President LA-CAMFT 2007 & 2008

"I had the pleasure of working with Lori in my capacity as Newsletter Editor and Board Member from 2000-2009. The professional level of her work was outstanding. She often picked up the ball for the organization and kept us running through times of feast and famine. Through the early years of her tenure, she worked tirelessly on behalf of the chapter to help LA-CAMFT get on its feet and would only stop to rest when the job was done to her satisfaction. Without her endeavors on our behalf, LA-CAMFT would not have survived and later thrive through that period into our present success. I thank you, and the Chapter thanks you, for all you have done, and we wish you the continued happiness and success of your brilliant career as a screenwriter."

~Jonathan D Flier, MFT, President of LA-CAMFT 2009 ■

The 3000 CLUB

INTERNS & TRAINEES UNITE!

THE 3000-HOUR CLUB FOR LA-CAMFT INTERNS & TRAINEES

By Meg Kuroda

Have you ever felt you are all alone in the pursuit of the never-ending 3000 BBS hours? Have you ever wished you could connect with other experienced interns or recent licensees to go over your BBS paper work? Have you sent out numerous resumes, but never heard back from the agencies then wondered why? Perhaps, you need to put DMH documentation skills on your resume. Or, perhaps you need someone to go over your resume and cover letter to assist you in presenting yourself better on paper.

**If these are your concerns,
The 3000-hour Club can help!**

The purpose of the LA-CAMFT 3000-hour Club is to serve the needs of, and give support to, pre-licensed members of LA-CAMFT.

Support includes, but is not limited to, the following areas:

- ♦ **Education** – Including the process of licensure, workshops on marketing, improving interview skills, resume coaching, BBS paperwork dilemmas, insurance, et al, locating traineeships, internships and supervision and learning and developing new therapeutic techniques.

- ♦ **Networking & Collaboration** – Job and internship networking, social events and developing referrals.
- ♦ **Information about Agencies and Supervisors** – Past experiences, recommendations, and warning signs.
- ♦ **MFT Licensing Exam resources** – Workshops on BBS rules and regulations and exam strategies.
- ♦ **Tools for beginning therapists** – Including referral resources and supervision advice.

The 3000-hour Club welcomes all pre-licensed members of LA-CAMFT, and seeks experienced speakers and workshop presenters on topics helpful to MFT interns and trainees. We will meet monthly beginning in September to discuss our needs and to plan future workshops and presentations.

Information regarding the 3000-hour Club, please contact one of the co-chairs:

Laurette Hayden, MFTI: laurettehayden@aol.com
 John Helyar, MFTI: john@johnhelyar.com
 Meg Kuroda, MFTI: megchat@mac.com ■



WELCOME NEW & RENEWING MEMBERS

Clinical

- Micheal Beppy
- Yutta Darcy
- Todd Deutsch
- Jill Hirschman
- Marguerite Ingham
- Vida Nikzad
- Rhoda Pregerson
- Sum-Yee Wang

Intern

- Thuy (Twee) Cao
- Terri Carsley
- Kate Griffin
- Sohrab "Simon" Dahi

Student

Mick Kubiak

Associate

- Robin Siegal
- Karie White

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Collaboration Between The Santa Monica-West Los Angeles District of AAMFT and the Los Angeles Chapter of CAMFT

Contributed by Lynne Azpeitia, MFT

Since March 2009, LA-CAMFT and the Santa Monica-West LA Networking District of AAMFT have partnered together to bring our local MFT Community together for a Brunch and Networking Meeting each month.

Jonathan Flier, LA-CAMFT President, and Lynne Azpeitia and Karen Wulfson, SM-WLA District Co-Chairs, have worked together, along with the boards and committees of both organizations, to transform monthly meetings into an interesting and invigorating joint gathering for the members of both organizations and the local MFT community.

We are proud to offer quality professional development presentations, CEUs, and opportunities to network with other local professionals at our meetings for an affordable price. If you haven't experienced the wonderful sense of connection and community at our joint meetings, please join us to experience it firsthand.

The LA-CAMFT/SM-WLA collaboration will produce ten meetings, one each month, during 2010.

LA-CAMFT will be the host organization for six meetings per year. Santa Monica-West-LA Networking District of AAMFT will be the host organization for four meetings per year.

During August and December, LA-CAMFT will host community celebrations in lieu of the monthly brunch and networking meeting.

Each host organization will be responsible for the registration of their event and will receive all monies and pay all expenses.

The committees putting together and working at each event will be joint committees with members of both organizations contributing to each meeting, no matter which organization is the host.

Days of the meetings will alternate between Friday and Saturday to provide maximum opportunities for LA-CAMFT and AAMFT members to attend. Be sure to check the day and the date for each month when you put them in your calendar so you don't miss a meeting!

Join us for this new and exciting venture and have brunch with us at our spacious location, the Beverly Hills Country Club, which is freeway close in Cheviot Hills. Network, and increase your visibility in the professional community, make new connections, renew old ones, and get the latest news on jobs, internships, resources, training, and free services available to Los Angeles and Westside area MFTs, interns, trainees, students, and clients.

You don't need to be an AAMFT or LA-CAMFT member to attend. Non-members and members of the local business community are welcome.

Mark your calendar with the dates of our 2009 and 2010 meetings so you are sure to attend. Join us.

2009 MEETING DATES

DATE	DAY	HOST
September 25	Friday	LA-CAMFT
October 30*	Friday	SM-WLA
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 OR www.sm-wla.org

*October 30 is the correct date. ■



Joining LA-CAMFT is a Win-Win Decision By Sietze Vanderheide

LA-CAMFT offers mental health professionals a gathering place to share and grow together. LA-CAMFT is an open and welcoming association. Everyone is invited to gather together to develop professional connections and friendships. Being a psychotherapist need not be insular, through participation in LA CAMFT meetings, conferences and networking everyone can belong to a fellowship of caring professionals.

Here are just some of the reasons to join LA-CAMFT:

- ♦ Networking at the monthly events to develop referral resources
- ♦ Professional Development through the monthly presentations
- ♦ Obtain CEUs through attending the monthly events
- ♦ Members' Discounts on Monthly Meetings
- ♦ Belong to a Community of professionals by participation in LA-CAMFT
- ♦ Mutual Professional Support by intimately connecting with other therapists
- ♦ Cultivate Friendships and reconnect to old friends
- ♦ Special Interest Groups are available to members
- ♦ Create Peer Supervision Groups
- ♦ Improve Marketing Skills by sharing ideas with other therapists
- ♦ Public Recognition: include your LA-CAMFT membership in your advertising.

By joining LA-CAMFT, you win by gaining access to all the opportunities LA-CAMFT has to offer. And LA-CAMFT wins because you are a valuable asset to a growing community of Los Angeles psychotherapists. ■



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- ③ Psychiatric and Emotional Disorders

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"Follow Your Bliss"

By Sietze Vanderheide

In the current climate of scarcity and limitation in the health care field, many MFTs struggle to build a practice. Often the quest for success seems more urgent than the quest to discover, define and develop passion for the work. MFTs are told to speak in the community or to form professional networks in order to build their practice. There is a sense of having to sell yourself to the public, and few MFTs are sales people; most MFTs are therapists.

The renowned philosopher and mythologist Joseph Campbell advises each one of us to "follow your bliss." When we are on our unique path there are surprising opportunities open to us, "there will be doors where there were no doors before." These thoughts, by one of the 20th century's greatest mythologists, speaks to each Marriage & Family Therapist. Perhaps these invisible doors that Campbell speaks of conceal the illusive goal of having a successful private practice.

If you are doing something you believe in passionately, things change. When we have passion about our work we do not have to network, sell, or promote our services. Passion inspires us to share what we do with our colleagues

with enthusiasm. We are eager to inform our associates of recent successes or recent breakthroughs. When you have a passion and believe in your work, it is easy to share that with people who may need your help and expertise. Interest in the work leads us to seek out new learning that facilitates helping others grow and heal.

When we are passionate in what we are doing, we can take empowered action in the world. Doing something because we are fearful, pressured or think we should is not likely to help us find the doors that Campbell speaks about. The challenge is not building our practice. The challenge is to find your bliss and follow it, then you may find doors you did not know were there. ■



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Co-occurring Disorders**



NCP NEW CENTER FOR PSYCHOANALYSIS



LA Eating Disorders Study Center Announces a New Training Program 30 - Week Advanced Training in Eating Disorders October 2009 - May 2010

Classes meet weekly at NCP on Thursdays
from 9 to 11am beginning
October 15, 2009 and continuing through May 2010.

Applicants must complete an application form, and submit a
current CV. You may request an application form by telephone
(310 478-6541 ext. 10) or e-mail (lisar@n-c-p.org).

The New Center for Psychoanalysis is a member of the American and
International Psychoanalytic Associations.

PROGRAM

The New Center for Psychoanalysis offers an intensive and interactive 30-session advanced clinical training in eating disorders. This program is open to mental health professionals who have some background in psychoanalytic psychotherapy and some exposure to working with eating disorder patients.

This program provides a sophisticated educational experience at the cutting edge of current psychodynamic thinking. The lecture format includes discussion of seminal papers, videotaped interviews and supervision of case material. We pay special attention to group process as a means of understanding and sustaining the capacity of an empathic connection with the often fluctuating states of mind of eating disordered patients.

THE CORE FACULTY

Susan Cofsky, Psy.D.
Perrin Elisha, Ph.D.
Paulene Popek, Ph.D., Director
Janet K. Smith, Ph.D.

THE GUEST FACULTY

David Coffey, M.D.
Bruce Gainsley, M.D.
Robyn Goldberg, R.D.
Eleanore Meyer, M.D.
Elise Resch, M.S., R.D.

CURRICULUM

OVERVIEW OF EATING DISORDERS (6 sess.)

- Introduce the complex world of eating disorders and approaches to the mind and body, balancing patience, complexity, uncertainty, and knowledge.

MEDICAL/BIOLOGICAL AND PHYSIOLOGICAL (4 sess.)

- Explore the physical impact and dangers of eating disorders.
- Understand the psychological meaning of serious weight loss or gain.
- Discern appropriate times when medical intervention is required alongside psychological interpretation.

DEVELOPMENTAL, SOCIAL AND ENVIRONMENTAL ISSUES (9 sess.)

- Discuss the self, self-regulation and attachment and their disturbance in eating disordered patients.
- Build the capacity to observe subtle intrapersonal dynamics.
- Learn how the therapeutic relationship can be used as an intervention in these dynamics.

TRANSFERENCE/ COUNTERTRANSFERENCE (3 sess.)

- Explore transference/countertransference reactions as tools to understand a patient's unconscious experience.
- Develop the capacity to utilize the transference/countertransference relationship in the therapeutic process, with special attention on the group process of the class.

TREATMENT APPROACHES TO EATING DISORDERS (8 sess.)

- Examine different models of treatment.
- Learn how to utilize a multidisciplinary approach to coordinate with other medical professionals and the family in the treatment of eating disorders.
- Understand the cognitive, medical and psychoanalytic aspects of treatment as components of a comprehensive approach.

CONTINUING EDUCATION & TUITION

NCP awards a certificate of achievement upon completion of the program. The program offers a total of 18 CE credits. Only selected lectures are available for credit. You must be present at those lectures and fill out appropriate paperwork to be eligible to receive credit. This certificate neither constitutes a license nor implies completion of psychoanalytic training.

Psychologists: NCP is approved by the American Psychological Association to sponsor continuing education for psychologists. NCP maintains responsibility for this program and its content. Psychologists must attend the program in its entirety as partial credit may not be awarded based on APA guidelines.

Social Workers and Marriage and Family Therapists: NCP is an accredited provider for continuing education credits for LCSW's and MFCC's/MFT's (provider #PCE 674). This course meets the qualifications for 18 hours of continuing education credits for MFT's and/or LCSW's as required by the California Board of Behavioral Sciences. Only the actual number of hours spent in the educational activity may be claimed for credit.

Tuition fees total \$1,200 for the year. A nonrefundable \$50 application fee is required. Participants may apply for partial scholarships.

For more information about the program, please contact:
Paulene Popek, Ph.D., Director
(310) 472-2061 or ppopek@netzero.com

Coming in Spring 2010...

CSUN's Mediation and Conflict Resolution program. Learn to effectively resolve disputes and prevent conflict at work, in your community, within families, in your schools and beyond!



The Certificate in **Mediation and Conflict Resolution**

To meet the needs of the 21st century workplace and our diverse communities, CSUN's Tseng College offers a certificate designed to help professionals and community members become workplace and community mediators and dispute resolution specialists.

This 10 CEU (100 hour) certificate program is offered in the cohort (group) format and consists of three courses administered over the duration of one semester (approximately 16-18 weeks). The courses are:

- 1) Basic Mediation Skills and Techniques
- 2) Mediation Practicum
- 3) Diversity and Cross-Cultural Communications for Conflict Resolution

Program Information Session

October 28, 2009

6 – 8 p.m.

CSUN Campus, University Club

RSVP by October 19 at

<http://tsengcollege.csun.edu/rsvp.html>.

The Tseng | California State University
College | **Northridge**

For more information, contact Jennifer Kalfsbeek.

Email: jennifer.kalfsbeek@csun.edu

Phone: (818) 677-5943.

Or visit <http://tsengcollege.csun.edu/mediation>.



The CSUN BCBA Program

A Post-Master's Program in Behavior Analysis

Enroll in the Postgraduate Behavior Analyst Program at California State University, Northridge (CSUN)

The CSUN BCBA Program will start a cohort in Spring 2010.

Created by the Department of Psychology in the College of Social and Behavioral Sciences, this program can prepare you to take, and pass, the exam required for Board Certification as a Behavior Analyst.

In addition to preparing candidates for the BCBA Exam, the goal of the program is to increase professional competence of candidates in the application of behavior analysis in different settings (e.g., home, school) with different learners (e.g., those with disabilities such as Autism, ADHD, Mental Retardation, Anxiety and those without).

If you have a master's degree in a related field from a regionally accredited institution and are dedicated to helping people, this program could be for you. *(Related degrees include: Special Education, Educational Psychology and Counseling, Child and Family Studies, Behavior Analysis, Psychology, Marital Therapy, Clinical Social Work, Communication Disorders and Sciences, or an equivalent field.)*

Contact Us

Please visit our Web site for information about the CSUN BCBA program, and to apply online:
<http://tsengcollege.csun.edu/bcba>

Application Deadline is approaching!

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

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

California State University
Northridge



DIVORCE THERAPYSM

"Helping Couples Obtain a Healthy Divorce"

Divorce Therapy helps people obtain a healthy divorce by addressing both the emotional and legal aspects of getting a divorce. Addressing only the legal aspects can result in emotional scars that last a life time. Addressing only the emotional issues can result in a loss of rights and increased financial hardship.

Divorce Therapy helps people choose the optimal method for obtaining a divorce. The way a couple obtains a divorce can significantly effect the outcome. The method chosen can be the single most important choice made in the entire divorce process.

Divorce Therapy can help individuals manage the emotional distress that accompanies the divorce process. Healing during a divorce requires moving beyond the emotional ties of marriage and towards emotional autonomy. Divorce Therapy can help individuals channel difficult feelings in a positive transformative direction.

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
Beverly Hills, Ca 90210
310-385-9196
Sietze@DivorceTherapy.org



The 56th Annual Conference of the Group Psychotherapy Association of Southern California



An Affiliate of the American Group Psychotherapy Association

mindfulness & meditation in group therapy

October 4, 2009

Doubletree Hotel 1707 Fourth Street, Santa Monica, California 90401-3310

Mindfulness is not new. It's part of what makes us human—the capacity to be fully conscious and aware. By becoming aware of what is occurring within and around us, we can begin to untangle ourselves from mental preoccupations and difficult emotions. To truly understand mindfulness we have to experience it directly.

Conference Overview:

- This one-day seminar will cover strategies and concepts for use of Mindfulness & Meditation in group therapy, including a review of the Buddhist schools of meditation, emphasizing mindfulness, its roots in Buddhist psychology, its relationship to neuroscience and how mindfulness positively affects our brain, and the usefulness of mindfulness processes in contemporary group psychotherapy.
- The day will include two guided group meditations, demonstrating that mindfulness has the power to tame the mind and free the heart through careful, and caring, observation of the continuous changes in our bodies, emotions, and minds.
- Learn practical tools designed to reduce stress, increase relaxed presence, and transform hectic lives from, "Mind-filled" to "Mindful" Group members will experience surrendering through resistance and discomfort to greater balance, serenity, expanded awareness, joy, and vitality (as reducing stress, boosts the immune system).
- Learn and discuss how mindfulness meditation can teach us about ourselves in our experience of being in groups, focusing on the personal experience of separation and belonging. As part of the presentation, meditative exercises will be used to explore the here-and-now experience of being with others.

PROGRAM SCHEDULE

Keynote Address: Daniel Siegel, M.D. ~ "The Journey into Mindfulness"

8:00 – 8:55 AM Registration & Continental Breakfast	11:50 – 12:20 PM Guided Meditation: "Mindful Eating" Trudy Goodman, EdM	3:30 – 4:30 PM "Mindfulness and the Experience of Separation and Belonging" Marjorie Schuman, PhD
9:00 AM Welcome William Flaxman, PhD, MFT Conference Co-Chair	12:20 – 1:00 PM Lunch – Provided	4:30 – 5:00 PM Mindful Inquiry: Questions and Discussion Conference Co-Chairs: William Flaxman, PhD, MFT Stephen Lottenberg, MD, PsyD
9:05 – 10:50 AM "Mindfulness Based Mind/Body Group Therapy: an Integrative Approach" Ron Alexander, PhD	1:00 – 1:30 PM Guided Meditation: "Being Present" Trudy Goodman, EdM	5:00 PM Closing – Certificates handed out
11:00 – 11:50 PM Presentation of 2009 GPASC VIDA Award by Evelyn Pechter, PsyD, GPASC President	1:30 – 3:20 PM "A Mindfulness-Based Cognitive Therapy Approach" Stephen Johnson, PhD, MFT	

To Register and for More Information: www.gpasc.org

CLASSIFIED ADS

GROUPS

Therapy Group for Therapists: Tired of just listening to others, want some new ears to hear your struggles? Santa Monica group is forming, call 310.458.1310.

OFFICE FOR RENT

Santa Monica. Psychotherapy office available Fridays, Saturdays and Sundays for full days or blocks of hours. Furnished, Free Parking. Please call 310.458.1310.



REDUCED MEMBERSHIP FEES MEMBERSHIP STATUS FEE

CLINICAL MEMBER	\$50.00
MFT INTERN	\$30.00
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
or to download an application go to 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

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

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.

	NEW LOWER RATES!		Rate for Camera Ready		Rate if Typesetting Required	
	Member	Non-Member	Member	Non-Member	Member	Non-Member
Bus. Card (2" x 3.5")\$35\$55\$85\$105		
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1/2 pg. (7 1/2" x 4 5/8")\$50\$100\$110\$160		
3/4 pg. (7 1/2" x 6 7/8")\$90\$180\$150\$240		
Full pg. (7 1/2" x 9 1/4")\$100\$200\$160\$260		

Multiple Insertion Discount: 15% (Commitment of 5 or more issues, paid in advance)

Classified Advertising		Photo Processing
1st 25 words\$25	For each photo in ads
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\$15\$35

ACCEPTED DISPLAY AD FORMAT: PDF OR TIFF

FLYER INSERTS are no longer being accepted.

AO 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

L.A. THERAPIST UPDATE

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Victoria Van Zandt, M.A.

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Nurit Perek

ANALYTICAL ORGANIZER