

L.A. THERAPIST UPDATE



www.lacamft.org

IN THIS
ISSUE



The LOS ANGELES CHAPTER of CAMFT

In collaboration with...

SANTA MONICA-WEST LA
NETWORKING DISTRICT



Brunch, Networking, MFT Update, 30 Minute Featured Presentation,
Participant Announcements, Office Space List, Business Card Drawing

2 CEUs

Motivational Interviewing:
A Practical Introduction to the What, Why & How
What Therapists Need to Know

Naveen Jonathan, MFT & Katheryn Whittaker, MFT

For: Licensed Therapists, Interns, Students & Related Professionals
When: Friday, July 29, 2011
Time: 8:30 a.m. to 11:30 p.m.
Registration, Informal Networking & Exhibits 8:30-9:30 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: **\$25.00** AAMFT, LA-CAMFT & Other CAMFT Chapter Members
\$35.00 Non Members

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President's Message

by JONATHAN FLIER, President

Overheard by Angela Kahn at the Orange County Law and Ethics Conference. Two ladies were behind her in line voicing concerns about the CAMFT conference when one of them said, "Yeah, but have you been to LA-CAMFT? That's a party!"

Some definitions of "party" from the web:
A social gathering of invited guests, typically involving eating, drinking, and entertainment; A formally constituted political group; A group of people taking part in a particular activity or trip, esp. one for which they have been chosen.

LA-CAMFT is a "party" in all those ways. Looking at it in that way helps us hone in on what it means to be drawn together as a community.

As a social gathering, we are a place to experience the heart-felt connection, the nurturing calm of belongingness and acceptance of an invited guest among colleagues and friends. The warmth of our monthly community gatherings is created by our ethos and village conception that we are host to all our invited guests, tasking all the volunteer

Continued on page 2

Feng Shui Introduction for MFT Practitioners

By Meg Kuroda, MFT

Feng Shui (pronounced 'fung shway') – you hear the word every now and then, but what is it? Is it an Asian cult, or mysticism? Feng Shui is a way to mindfully organize your living environment, so that it can fully support your goals in life. Although many cultures use different forms of Feng Shui for harmony and balance, it was first documented in Chinese culture more than 3000 years ago. Feng Shui means 'Wind and Water', two of the most powerful forces in nature that shape the environment. Feng Shui is an intuitive art focusing on the invisible life energy called Chi (pronounced 'chee'), which makes up all matter including: humans, plants, animals, furniture, rooms, houses, buildings, neighborhoods, and cities in which we live. The quality of Chi energy you want in your body and your environment is harmonious, vibrant, positive, and uplifting. In traditional Chinese medicine, it is believed that a good flow of Chi within your body maintains good health. When it is out



WIND



WATER

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President's Message continued from page 1



workers at the event with the purpose of reaching out and welcoming all who enter and seeing to their comfort by helping them find a place and a connection within the environment of our meeting. From the greeters at the door to our Membership, Registration and Nametag tables, our guests are recognized and welcomed into the community. Once inside, they are invited to share with the community who they are by placing information on their professional activities on the Literature table or in entering our beautifully decorated patio, finding a seat and being beckoned to a delicious breakfast buffet. Once seated, our Table Hosts are tasked with encouraging professional and personal connections by introducing all at the table, the exchanging of business cards and overseeing the Networking portion of our event. Our next connection opportunity is for participants to stand up at our Announcement section and reach out to the gathering with a tidbit of who we are in our professional work.

As a political group we experience the power of the collective, strengthened by the synergy of individuals bonded together in a common purpose. We use this power for the greater good of our internal therapeutic community through sharing important theoretical and professional practice information, mentoring and supervisory relationships and acting for the common good for the internal and external community as a referral source for the treatment needs of our clients. We also represent our local community to our statewide affiliate to educate and guide them on how best to fill the needs of ourselves as clinicians and our responsibilities to the mental health needs of the communities in which we practice.

In the last definition, the part that stands out most for me is the word "chosen". We have been chosen to our profession, through the trials and tribulations of our lives, to seek help and understanding through intellectual and emotional guidance. It is through that process that we are then able to utilize this knowledge and self-understanding in our work with guiding our clients through their life's journey. We have been chosen by our lives to recognize the collective damage of isolation and alienation and the healing power of heartfelt connection with self and with "other", with family and with community.

So by definition and by practice, the "village" LA-CAMFT is a party! ■


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If you are interested in any of the committees or interest groups, please contact any Board member

On behalf of LA-CAMFT

Welcome to the Village!



Los Angeles Chapter of CAMFT

The Honorable Christine Kehoe
California State Senate State Capitol, Room 5050
Sacramento, CA 95814

Dear Senator Kehoe,

The Los Angeles Chapter of the California Association of Marriage and Family Therapists would like to offer its strong support for your bill, Senate Bill 747, the Lesbian, Gay, Bisexual and Transgender (LGBT) Cultural Competency for Health Care Providers.

SB 747 would require regulatory boards that license or certify health care personnel to mandate continuing education cultural competency training programs on treating lesbian, gay, bisexual and transgender patients. SB 747 sends a strong message to health care professionals and to consumers in California that everyone deserves access to safe and competent health care.

Our association represents nearly 500 Marriage and Family Therapists, Interns and Trainees in the Los Angeles area. Our mission is to provide our members and colleagues with a professional community that offers continuing education, practice development opportunities, and professional mentoring. We also advocate on behalf of our members within our statewide

June 17, 2011

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Therapist Burnout

By Ryan Howes, Ph.D.

Therapists burn out? Don't we have a bottomless reservoir of empathy and patience? Aren't we masters of healthy relationships, exquisite self-care and self-actualized career fulfillment? No, we aren't immune to burnout, defined as "an imbalance between the psychological resources of an individual and the demands being made on those resources." We provide a service based on our thoughts, feelings and energy to an often challenging clientele. When we give more than we get, we will burn out.

How do you know you're burning out? You may have an inkling when you:

- drag yourself into work most days
- find yourself repeating the same interpretations over and over
- give advice as a shortcut rather than helping clients learn and grow
- begin sessions late and/or end early
- doze off or space out during sessions
- experience a noticeable decline in empathy
- do things that would make your old ethics professor cringe
- push your theory, technique or agenda rather than listening and adjusting
- feel relieved when clients cancel
- haven't read anything psychology related for a while
- self disclose in ways that don't help the client
- fantasize about that high school job at the food court in the mall where you were appreciated, got tips and left work at work.

Why do we burn out? Theories vary, but most agree on a few

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LETTER FROM THE EDITOR

Victoria Van Zandt, M.A., MFT

Summer's here; the flowers are in full bloom; allergies are flaring up; the temperature is rising; and, we have some new changes on our board to tell you about. Since the decision of Vice President, Angela Kahn, to join the founding board of a new Networking District of AAMFT, the position has been vacant. Stepping in to take on the role of VP is our own talented and experienced, Karen Wulfson. Karen is a familiar face at our monthly networking breakfasts and has been involved with both LA-CAMFT and AAMFT for many years. It is so great to have Karen fill this position, and I know, I look forward to working more closely with her. A new face that has joined our team is Christina Bielfelt. Christina has taken on the position of administrator for LA-CAMFT. Christina comes from a background in business and her range of responsibilities allows our organization to stay afloat. We welcome her and are so happy she decided to take on this incredibly important role.



...members are always welcome at our monthly board meetings... Check our website calendar for dates and times

As you may know or not know, members are always welcome at our monthly board meetings that meet a Factor's Deli on Pico Blvd. Check our website calendar for dates and times.

One board position that remains vacant is that of board

Continued on page 12

SUPERVISION AS A PREPARATION FOR LICENSING EXAMS

As a prelicensed person supervision is a big part of your life. You are spending time with your supervisor(s) every single week until you are licensed. (If you aren't there are some ethical, legal, and liability issues about which I'd love to chat with you.)

Wherever you are in the process of gaining hours or test taking, you can use this one-on-one time to your advantage to prepare for a successful test-taking experience. Here are just a few ways you can use supervision as part of your preparation for licensing exams:

1. Talk diagnosis if you aren't already. Practice verbalizing your client's diagnosis and saying aloud how you ruled out other diagnoses. Even if you're working with a clientele that is sub-clinical you can verbalize WHY they don't meet the criteria for a diagnosis related to the symptoms they present with.
2. Talk theory based treatment planning. What? Many of us are either eclectic clinicians, or specialized heavily in one particular theory. The exams require you to have a pretty in-depth knowledge of the use of one particular theory for a

clinical presentation. What would a narrative therapist do in the early, middle, and late stages of treatment for your client? But Miranda (I can hear you saying) - I don't want to DO narrative therapy! You don't have to! You just need to get comfortable verbalizing options for treatment in a theory-specific way. It doesn't mean you have to change your orientation. Even so, you might just find a great intervention this way to add into an eclectic mix.

3. Ask for evaluation. Yikes!

Yes, it's scary to ask for feedback, or even to share with your supervisor areas where you feel weak in your development. In some cases, it might not be safe in that particular supervisory relationship. If it is safe, practice self and supervisor evaluation so you can identify areas that just haven't been covered in your supervision yet.

Remember, your supervisor agreed that they "know and understand the laws and regulations pertaining to both the supervision of trainees and interns and the experience required for licensure as a marriage and family therapist." I don't believe that bit of law was put in there just so that supervisors "know" what is required. I think there is a responsibility on the part of the supervisor to help you prepare for independent licensure. Passing exams is a metric used by the state to

Continued on page 10

By Miranda Palmer, LMFT

COMMITTEE UPDATE CORNER

Expressive Arts Special Interest Group

Leslie Tuchman, MFT, Committee Chair

LA/CAMFT Expressive Arts Therapies Special Interest Group presents

Terrie Silverman, MFA, facilitating:

Identity

as an act

of

Courage

A Writing/Storytelling Workshop

Sunday, September 18th, 3:00 - 5:00pm
Clearview - 911 Coeur D'Alene, Venice, 90291

Free Workshop, Space is limited

To reserve a space - leslietuchmanmft@aol.com

Who we are has everything to do with where we come from and where we call home. This workshop will explore the connections between home, identity and the courage to be who you are. Using oral storytelling, spontaneous writing, drawing and guided imagery, you will access your authentic voice and experience the power of personal narrative.

Facilitator-Terrie Silverman, MFA, Artist-in-Residence, Beyond Baroque Literary Arts Center
& founder- Creative Rites Workshops/Coaching for Writing, Performance & Creative Expression
www.creativerites.com | creativeriteing.blogspot.com | 310-281-3175

Summer 2011 Update

*Please let our creative selves begin,
to empty out from
deep within.
Through paint or pen
or clay we shout,
"Please let us in.... to let us out".*

Leslie Tuchman, MFT

We are happy to announce the continuation of FREE events for all Mental Health Professionals who have an interest in The Expressive Arts Therapies Special Interest Group (part of the Los Angeles Chapter of the California Association of Marriage and Family Therapists) These events require an RSVP to Leslie Tuchman, Chairperson of this Special Interest Group Sunday, May 15, 2011

UPCOMING FREE EVENTS

- Sunday July 17, 2011, 1 to 3 pm

Location: Clearview Treatment Center, 911 Coeur d'Alene, Venice, CA.

Calling All Therapists: Writing 4 Healing, Presenter, Leslie Tuchman, MFT, Recipient of 2007 Poetry Therapy Award. Simple writing techniques for therapists to support clients in recovery from drug, food and alcohol addiction. www.leslietuchman.com

Reservations are required:

leslietuchmanMFT@aol.com

- Sunday, September 18, 2011, 3 to 5pm
A Writing/Storytelling Workshop: Identity as an Act of Courage, (see box on left for more information.) ■

WHEN I'M NOT SITTING IN THE THERAPIST'S CHAIR, I'M...

Unconscious Mind

*Early in the morning
we hear the language of the natural world.
The ants, the birds, spiders and
the four-legged ones sleep like backpackers who have
temporarily lightened their load.
In the daylight, everyone hurries to get somewhere.
The natural world falls out of our
conscious minds.
But only for a short time.
In the dark of night,
our minds perform dramas
that some study
for a lifetime.*

A Poet

Poem by Leslie Tuchman, MFT

Leslie Tuchman is a MFT and poet. She is also a poetry therapist and the chair of the LA-CAMFT Expressive Arts Special Interest Group ■



Here's what you missed from June's networking meeting

Simple Secrets for Getting Through to Difficult Clients

By Mark Goulston, M.D.

Warren Bennis, USC Professor and the world's leading expert on leadership has said, "Get where people are coming from, care about them when you're there, and they'll be more likely to be open to what you have to say."

Persuasion Cycle™*



Before a client agrees to do and continue to do something you suggest, their mind goes:

- From resisting to listening
- From listening to considering
- From considering to willing to do
- From willing to do to doing
- From doing to glad they did
- From glad they did to continuing to do
- From continuing to do to telling others to do the same

The more mindful you are of these stages and incorporate them into your conversations with your client(s), the more you will help them. You may think, "But my clients are not resisting being helped, that is why they are there with me." On a certain level that is true, but one of the walls you are up against with difficult clients is that they are dependent (i.e. needy and/or demanding), but distrustful.

To cause your clients to give you the chance to help them is to move them from resisting to listening to you and then considering what you say also known as gaining "buy in." Do that by imagining in your mind's eye that a difficult and resisting client has their arms crossed in their mind (which they may or may not be doing with their actual arms) which is coming from the distrustful part of their personality. Here's the secret...If you get a client to uncross their real arms, they will uncross their arms in their minds and their resistance to you will lessen.

Do that by having them elaborate on something they

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Asperger's Syndrome and High-Functioning Autism in Adults on the Couch

By Curt Widhalm, LMFT

Treatments for autism spectrum disorders usually focus on children. Seemingly every new study about autism treatment stresses the importance of early intervention for this population. In turn, early intervention leads to a better prognosis, a wider range of usable skills, and a higher quality of living. Unfortunately, autism spectrum disorders are lifelong conditions. This means that children who are identified as being on the autism spectrum grow up to be adults on the autism spectrum.

Adults with Asperger's Syndrome (AS) and High-Functioning Autism (HFA) are often able to lead very normal lives. They are able to hold jobs, live independently, and be active participants in social and romantic relationships. These aspects of life can contribute stressors in the same way that neurotypical (NT) clients are affected. However, in a psychotherapeutic setting, AS and HFA clients do not necessarily respond to the same treatment methods as NT clients.

Clients with AS and HFA present in therapy with characteristics that are often associated with other disorders. Rigidity to change, strict adherence to routines, and anxiety can be misdiagnosed as OCD. Black and white thinking, literal wordplay, cerebral mind games, and odd uses of language are often assumed to be Cluster B personality disorders, most often with narcissistic or borderline traits. Inattentiveness, hyperactivity and fixations on objects or subjects are misattributed to ADHD. Properly identifying AS and HFA involves looking at a combination of social deficits, communication deficits, and repetitive behaviors.



Developmental disabilities do not preclude a client from other conditions. Often times, the other conditions will be the identified issues for AS and HFA clients. These commonly include anxiety, depression, relationship difficulties, and work difficulties. Not surprisingly, these symptoms can usually be traced back to social impairments. These same social impairments can also leave clients vulnerable to financial, emotional, physical, and sexual abuse. Due to their social deficits and sometimes difficult personalities, they often have small or non-existent social support systems to rely on for stability.

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Unfortunately, autism spectrum disorders are lifelong conditions. This means that children who are identified as being on the autism spectrum grow up to be adults on the autism spectrum

Treatment for AS and HFA clients requires sensitivity to their way of thinking. Clients with AS and HFA typically think in very concrete terms and will usually be very logical and analytical. Further, these clients often feel paralyzed or confused in situations where they cannot discern the social rules. It's not unusual for these clients to have difficulty understanding why something is being done by another person or group of people. A therapist's awareness of these characteristics allows for the treatment

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POP CULTURE REVIEW

...With a Therapist's Slant

by Shana Brandes
MFT Trainee



If you have heard anything about the movie *Blue Valentine*, it won't be a spoiler to say it's depressing. "Feel good movie" it is not. Most of the people I have recommended it to come back to me saying, "Why did you make me watch that?" But I think there is something in this movie that is beautiful, especially for MFT's. Because if there is one thing *Blue Valentine* is, it is honest about relationships and how they can fall apart.

The premise is simple; see boy and girl fall in, and subsequently out, of love. It's the dissolution of boy, Dean, and girl, Cindy's marriage that makes most people recoil in horror. This movie is a stark reminder that happy endings are few and far between. Yet I feel that there is value in watching things disintegrate. Because we, as therapists, can analyze what we think might have helped this couple and use it to our advantage in both our own relationships and our practices.

Cindy and Dean's most obvious problem was lack of communication. Watching conversations between them is painful. Dean futilely asks some form of, "What are you thinking?" so many times to no avail it makes you want to scream at Cindy, "Tell him!" What makes this intriguing is that we, the audience, have a pretty good idea of what she is thinking. She is thinking: this is not the life I imagined for myself. She is thinking Dean isn't everything she wanted. And she is deeply scared that her relationship is rapidly becoming like her parents', whom she thinks "must have loved each other at

some point." Being unable to express fears is hard for any couple. It's especially hard when you are married to someone who doesn't want to believe there is anything wrong.

Dean is the romantic who confirmed his belief in love at first sight when he met Cindy. He wants this relationship to work so bad he ignores numerous, telling signs that things are not well; the most obvious being her recoiling from his touch. Dean's optimism precluded him from seeing that she can't talk to him, and that she at times had to actually leave his presence to release her emotions. What Dean didn't understand was that life's unexpected detours might be easier for some people to handle than others. And unfortunately, love isn't able to conquer all.

So what can a clinician take away from this story? Could things have changed if Cindy had learned to express herself and if Dean would have been willing to listen? Marriages are for better or for worse and one hopes that if guided with the proper tools to communicate, the worse can get better before it's too late. To me, *Blue Valentine* is a cautionary tale of how to not let something beautiful wither away. And I hope when I am practicing, I will help couples do just that.

Shana Brandes is an MFT candidate at The Chicago School of Professional Psychology. She received a Bachelor of Arts in Communications from the University of California at San Diego, and is an avid reader, eater, and thinker. ■

SAVE THE DATE Reminder

LA-CAMFT is happy to **announce** the

3rd Annual Summer Social

Sunday, August 7th at Cheviot Hills Recreation Center
a.k.a. Ranch Park.

Fun & Food for members and their guests.

The day will include Art in the Park - the artwork of LA-CAMFT members and a bookfair to benefit the LA-CAMFT scholarship fund.



The committee for this event is forming.
Be a part of it. Contact:

Maria Dylan mariadylan@dreamstudies.net or

Larry Starr-Karlin larry.starrkarlin@verizon.net



Simple Secrets

Continued from page 5

have said that has an emotional charge on it such as: “really hard,” “can’t,” “difficult,” “scared,” “anxious.” After they have talked about or shared something with you, they are expecting you to offer a solution or at the very least an interpretation or clarification and that is something that difficult clients are primed to resist. What they are not expecting is for you to say: “Tell me more about ____ (the emotionally charged word).” When you ask them that, they will use their hands as they talk, uncross the arms in their mind and go deeper and become more open. When they finish sharing that, say: “At its worst, how painful (or frustrating or depressing or scary) can such a situation make you feel?”

“Get where people are coming from, care about them when you’re there, and they’ll be more likely to be open to what you have to say.”

They will then open up further. Then say in a confident and caring voice: “And that is why you’re here and why together we need to figure out

how to make things better so you don’t have to feel that way. Isn’t that true?”

You have then set the stage for a collaborative and therapeutic interchange.

* Source: “Just Listen” Discover the Secret to Getting Through to Absolutely Anyone by Mark Goulston (AMACOM, \$24.95).

For more info go to: markgoulston.com. ■

2011 MEETING DATES

DATE	DAY	HOST
July 29	Fri.	SM-WLA
Sept. 24	Sat.	LA-CAMFT
Oct. 28	Fri.	SM-WLA

INFORMAL NETWORKING & REGISTRATION:
8:530-9:30 AM
BRUNCH & MEETING:
9:30-11:30 AM
SUNDAY PROGRAMS
1:00-4 PM

FOR INFORMATION AND TO REGISTER:
CONTACT THE HOSTING ORGANIZATION
www.lacamft.org OR
www.sm-wla.org



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November 5, 2011

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ANXIETY
MEDICAL TRAUMA
RELATIONSHIPS
LIFE CHANGES
MINDFULNESS
INDIVIDUAL/
COUPLES/GROUP



Therapist Burnout

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things: psychotherapy can be socially isolating, the progress of the work slow and the emotional toll extreme. The limits of confidentiality make venting frustrations and celebrating success difficult. Many people drawn to this profession are "helpers" who give until depleted; masters at caregiving but novices at self-care. Graduate schools don't do a great job of teaching healthy career longevity. If therapists don't have good boundaries in place, this healing profession can harm them. The list goes on.

Much of my work as supervisor entails teaching (and modeling) patience, lifelong perspective on the client's process and self-care for the clinician. We must meet our own needs first: if we're emotionally spent we're no help to the client.

The list below may seem like common sense, but if you're burning out I'll bet you're neglecting one of these areas:

- 1. Hold the frame** - The frame is the environment of therapy, consisting of the physical, professional and ethical boundaries of our work. Therapists who are clear about boundaries of self, client and therapy from the beginning sleep better at night.
- 2. Get therapy** - I believe therapists who have never been a client are either on the fast track to burnout or they aren't doing meaningful work. Personal therapy for therapists relieves stress, assists coping with a stressful career and helps distinguish the therapist's issues from their clients' issues.
- 3. Fees, office hours, vacation** - If you're working nights and weekends 51 weeks a year for a wage you feel is substandard, you will burn out. Charge a fair wage, work reasonable hours and get out of town once in a while.
- 4. Don't take work home** - In my experience, the first therapists to burn out are those who carry a 24 hour pager, return phone calls and emails all weekend and are generally on the clock all the time. Find coverage for your emergencies, finish your paperwork at your office and let home be your sanctuary.
- 5. Join groups** - Consultation or supervision groups and professional organizations provide opportunities for much-needed professional connection. When the only people you speak with all day are clients, you are socially isolated.
- 6. Find a niche** - Some of the most successful, driven therapists have found creative ways to pursue a focus within their careers. Love theatre? How about providing group therapy to acting students? Sports? How about marketing to coaches and athletes? Whether it's within a specific population or a target area of treatment, you can find vitality while increasing your expertise.

We provide a service based on our thoughts, feelings and energy to an often challenging clientele. When we give more than we get, we will burn out.

7. Diversify - Many therapists I know have several irons in the fire. They augment therapy with research, teaching, supervising, writing, consultation, assessment or volunteering. Spread your talents to feed parts of self not tapped in therapy.

8. Continue education - Most licensing boards allow most, if not all our CE's to be acquired over the Internet. It's cheaper, faster, and there's less hassle. But there's also less collegiality, no Q & A and probably not as much learned. Take the time to attend some workshops, learn theory, interact with colleagues and get back in touch with the inner student who wanted to grow and make a difference.

9. Get a life - I've always maintained that therapy cannot be both my career and my hobby. It's crucial to create and maintain a life outside therapy that includes hobbies, friendships, loved ones, creativity, physical activity - anything that feeds you emotionally and spiritually. Your identity needs to extend beyond "therapist." It's a valuable role, but shouldn't be your entire life.

10. Quit - You might not want to hear this, but someone needs to say it. If you've tried the above-mentioned strategies and still feel your passion is lacking, perhaps it's time to look for another line of work. We're in

the business of growth and change - it shouldn't come as a surprise that some people simply grow out of their desire to provide therapy. There's no shame in that. Rather than force yourself to work joylessly and potentially subject your clients to subpar treatment, maybe it's time to give yourself permission to dust off your resume.

The bottom line: in a career where our heart, brain and spirit are our most valuable assets, nurturing those resources should be our top priority.

Ryan Howes, Ph.D. is a Pasadena psychologist, Clinical Professor at Fuller Graduate School and writer for Psychology Today and Psychotherapy Networker. You can reach him at www.ryanhowes.net. ■



Asperger's Syndrome

Continued from page 5

to be adapted to utilize these traits as strengths.

Early in the therapeutic process, it is important to teach clients effective ways to manage anxiety. Often these clients will employ negative self-management techniques for their anxiety symptoms. They may avoid situations that cause anxiety, especially social situations. Others may use self-soothing rituals that seem odd to other people, which, in turn, can create more anxiety. Still others will have emotional tantrums regardless of their social surroundings. Early focus on teaching productive anxiety-management strategies will allow for the clients to work on their goals.

Cognitive behavioral techniques are often the best starting point for clients with AS and HFA. The treatment plan includes goals, which allows the clients to work toward a concrete endpoint. Cognitive restructuring challenges the clients' experiences and their black and white thinking. Homework assignments challenge the clients to break out of "safe" routines and take part in new experiences.

There comes a time in therapy with AS and HFA clients when cognitive behavioral techniques require too much insight, whether it is into social norms or in recognition of their own feelings. What often seems like resistance to treatment usually tends to be issues related to being unable to move out of being fixated on a point of view. When therapy with these types of AS and HFA clients stops progressing, a shift to solution-focused techniques can often be beneficial. This shift also plays to the strengths of linear thinking and logic.

Self-advocacy is an often-overlooked goal for these clients. In addition to having difficulty recognizing their own needs, they often lack the capacity to request help and go through proper channels to get assistance. This can lead to occupational, relationship, and day-to-day problems. A major step in self-advocacy is teaching clients how to provide psychoeducation for their coworkers or family members. This is a crucial step to helping employers and family members understand the limitations that these disabilities.

As a therapist it is most important to remember that these are lifelong conditions and there is not at present a cure. Treatments tend to focus on the problems that the clients are currently experiencing which can range from daily tasks to global issues. Successful treatments allow clients to feel like they are able to function in an NT world. Therapists must show a great deal of patience, understanding, and tolerance with AS and HFA clients. Most simply, these clients need to be understood for their strengths, weaknesses, and unique approaches to life.

Curt Widhalm, LMFT is the co-founder of CANDDI, which specializes in assessing autism-spectrum disorders and providing individual and family psychotherapy for people affected by special needs. CANDDI has locations in West L.A. and Encino. ■



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July 29 Meeting Information ~ continued from Page 1

Motivational Interviewing is not just for addiction treatment any more. Today's Motivational Interviewing (MI) helps clients move toward change successfully with confidence and can help you engage clients for positive behavior change. MI, a client-centered, non-authoritative, semi-directive therapeutic approach to helping people free up their own motivations and resources, is a powerful technique for overcoming ambivalence and helping clients to get "unstuck." Learn the guiding principles of MI and specific strategies for building motivation and strengthening commitment for change. Discover how to use this powerful therapeutic approach with individuals, children, couples, and families, those in recovery from co-occurring disorders, mental illness, and substance abuse.



Naveen Jonathan, Ph.D., MFT Co-Leader AAMFT Orange County Networking District, Professor & Director of Chapman University's Frances Smith Center, is Treasurer for AAMFT-CA, served on AAMFT's national board, & is on AAMFT's Elections Council.

Katheryn Whittaker, M.S., MFT Co-Leader AAMFT Orange County Networking District, is in private practice in Costa Mesa, specializing in adults, couples & students. An adjunct professor at Chapman & Alliant, she provides therapy & supervision to MFT students & is a bilingual, Spanish-speaking MFT.

Register by **FRIDAY, July 22, 2011**

Seating is limited. Register online at <http://www.lacamft.org>

For further information:

Lynne Azpeitia at lynnemazpeitia@yahoo.com or 310.828.7121

Karen Wulfson at karen@karenwulfson.com or 310.475.1759

Jonathan Flier at jflier@pacbell.net or 310.552.5338

AAMFTCA PCE 91. Course meets qualifications for 2 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences. Refund Policy: Registrants who do not attend or fail to request a refund one week prior to scheduled event will be charged full fee. A \$20 charge will be applied to denied credit cards charges



Connections in Recovery (CIR) is a consulting and referral company founded by Case Managers Lauren Arborio and Patty Baret specializing in the **addiction** and **mental health** fields. We are dedicated to helping those who need recovery as well as their family members and loved ones. We do all the footwork for you by personally providing you with a treatment plan best suited for your needs. We will connect you with the appropriate support team, treatment center, sober residency, outpatient and aftercare program. We are there with you from the beginning to the end. Our goal is to make sure you and your loved one(s) receive quality **personalized care**.

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SUPERVISION continued from page 3

determine if you can practice on your own. The system isn't perfect; no system is.

In sum, consider ways to take your supervision to the next level by asking your supervisor to challenge you and get you

...consider ways to take your supervision to the next level by asking your supervisor to challenge you and get you out of your comfort zone - especially as you get closer to exams

out of your comfort zone,- especially as you get closer to exams. Don't allow the relationship to get stale and feel like a "hoop." Take every possible advantage of supervision while you have it. Remember, after you get licensed, supervision is called consultation and it can cost \$90-300 an hour (or more) depending on your area and the specialization of the supervisor!

Miranda Palmer, LMFT is a coach and consultant who helps pre-licensed professionals become successfully licensed professionals who meet their career and income goals. Check out <http://mftguide.com> for free resources and articles related to the MFT process! Already licensed or in a pre-licensed private practice? Check out her newest resource at <http://zynnyme.com> ■



Feng Shui

continued from page 1

of balance, or blocked, it leads to ill health, depression and other physical discomfort.

Likewise, the same principle applies to the environment in which you live and run your business. While my focus today is on the business environment, the same principles apply to your home environment. When the Chi in your office environment is out of balance, it will affect your business in different ways, such as unnecessary legal issues, relational challenges with your clients, difficulty getting new clients, delayed payments, etc. Thus the main goal of Feng Shui is to manipulate or direct the Chi inside your office so that it nourishes and supports your goals in your career and business.

“So what can I do?” you might ask me. The most important practice in Feng Shui is removing clutter (called ‘de-cluttering’). I cannot stress DE-CLUTTERING enough, because SPACE CREATED = ROOM FOR BUSINESS OPPORTUNITY and ABUNDANCE TO ENTER. By abundance, I mean the number of quality clients who are serious about ‘the work’ and pay on time, a positive cash flow, your growing wisdom and knowledge, strong support from colleagues as well as the community,

loads of client referrals, and your good reputation as a clinician.

Clutter is a delayed decision causing delayed action. The more clutter you have, the more it drags on your energy. Clutter can have a very powerful hold on you emotionally as well as physically. It can prevent you from making changes that you want; yet your unconscious is afraid to take the first step into the

**Feng Shui means
‘Wind and Water’,
two of the
most powerful forces
in nature that
shape the environment**

unknown. Clutter protects you from the inventive business ideas you dream about and allows you to live stuck in the past where you may actually feel more comfortable. Get rid of things that no longer serve you. To help activate the positive flow of Chi into your office is to start the removal of any and all clutter – particularly behind the entryway of your office, and the main front door that leads to your office. The front door of your building and your office is very

important as it is the “the mouth of Chi” – the major source of entry for these energies into the space. It is also important that the front doors are allowed to swing open all the way.

The most powerful corners of your office are the furthest right and left corners as you enter the front door of your office. The left is your Wealth/Prosperity corner (your abundance and money), and the right is your Relationship corner (your relationship with your clients). If you are motivated to de-clutter, I suggest beginning with the front door, and these two most powerful corners. Remember that everything you own actually owns you!

And in case you were wondering where to hang your diplomas and certificates, they should go on the wall in between these two corners. In Feng Shui this space is known as the fame/reputation area or what you want the world to know about you. If this doesn’t work for your particular situation, do not panic – there are many other options.

My goal is to help people bring better energy and abundance into their office by educating them on the principles of Feng Shui. I enjoy sharing my unique, fun approach to Feng Shui by skillfully blending the principles of Feng Shui design with my knowledge and experience in psychotherapy, holistic health, and metaphysics. If you are interested in a personal consultation, I can be reached at megchat@mac.com, or 310.699.2508.



Meg Kuroda, M.A., MFT was born and raised in Japan and Feng Shui was part of her culture. After moving to the United States, She studied the Tibetan Tantric Buddhist Black Hat Sect form of Feng Shui, which is cleaner, straightforward, and aesthetically pleasing. Her teachers include Nate Batoon, Dr. Alma Christina, and Karen Rauch Carter. While she works as a MFT intern and prepares for the BBS exams, she applies Feng Shui practice to every aspect of her life to increase the positive outcomes in her life. She also enjoys sharing her Feng Shui knowledge through her workshop, and consultations. ■

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LETTER FROM THE EDITOR *Continued from page 3*

secretary. The secretary position is an important role and it is not just about taking minutes, but it is a way for you to expand your networking, make new connections and have fun while doing so. Here are the responsibilities of what this position entails:

- Attend 2 board meetings a month – 2 hours long
- Take comprehensive notes/minutes, while still actively participating – multi-task!
- Be able to write up minutes in a format requested by the Board and submit to board members in a timely manner
- Participate as needed and able on committees, in board decision-making

This is not "just" a secretarial job - it's an important and participatory board position." Contact one of us and let us know you are interested.



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I would also like to introduce Shana Brandes, who has volunteered to help me with the newsletter and is also working with membership chair Ana Adal on the membership committee. Shana is an MFT Trainee and has joined both our committees with great enthusiasm. You might recognize some changes in the look of the newsletter, and I'd like to thank Shana for suggesting many of these changes and co-editing the "L.A. Therapist Update" with me. She has many creative ideas, and comes from a background in film to the MFT world. Please read her article/review on the movie "Blue Valentine" on page 6.

In each issue, I try to have a mix of clinical, special interest and news-related articles pertinent to psychotherapists. We have added a few new sections including, "When I'm not seeing Clients I'm..." Here, you are invited to contribute what it is that gives you pleasure in your life outside of sitting in the therapist's chair. In this issue, we share a poem by LMFT, Leslie Tuchman. If you are interested in submitting your art, writing, recipes, etc, drop me an email at: sealoverv@aol.com. Thank you.

On another note, by the time you read this newsletter, our annual summer picnic will only be about a month away. The annual picnic is a great way to let down your hair, roll up your sleeves, grab a guitar or drum, or make your favorite dish as you join us for some summer fun. This year picnic's is being held at Rancho Park. You will get a chance to mingle, meet and network with other friends and family members of LA-CAMFT. More info on page 6.

I want to personally thank all of you who contribute to the "L.A. Therapist Update." It takes a lot of time, energy, creativity and follow through to put the newsletter together. I want to thank Duane Law for his proofing expertise and his interest to write for the newsletter. Another newsletter committee member is Lois Provda, who has offered her assistance in helping write and proof the "L.A. Therapist Update." So, thank you to those of you who submit articles, help with proof-reading, and buy ad space, without you, we wouldn't have a newsletter!

If you are interested in submitting your art, writing, recipes, etc, drop me an email at: sealoverv@aol.com.

See you at the annual summer bash on August 7th! ■



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Letter to the Honorable Christine Kehoe
Continued from page 2

organization (CAMFT) and in matters of public policy that concern the direction of the profession.

We believe that same-sex sexual orientation is a normal and positive variant of human sexuality and that SB 747 would help ensure the best possible non-heterosexist treatment, by mandating that health care professionals receive the latest information about the standards of care for LGBT patients.

On behalf of my board, I am asking you to continue to advocate for SB 747 in order to ensure cultural competence among health care professionals who work with LGBT patients. There is still substantial misinformation about and discrimination against LGBT people by members of our profession, and it is our hope that with specific training and education requirements, Marriage and Family Therapists will be prepared to protect the rights of LGBT patients and offer the best possible service to this large minority within our community.

Sincerely,
Jonathan Flier
President of the Los Angeles Chapter of 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:**
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DEADLINE FOR ALL SUBMITTED MATERIAL:

February 20th	March/April issue
April 20th	May/June issue
June 20th	July/August issue
August 20th	Sept./Oct. issue
October 20th	Nov./Dec. issue
December 20th	Jan./Feb. issue

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

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

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or 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.

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!
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L.A. THERAPIST UPDATE

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