

Sacramento Valley Chapter

California Association of Marriage & Family Therapists

Newsletter Editor: Heather Blessing, MFT Registered Intern

newslettereditor@sacramentovalleycamft.org

February 2013



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SVC-CAMFT shall focus on relationship building with clients, our members, and our community. Our Chapter serves members in furthering professional excellence as agents of change in enhancing individual and family life and in exerting a positive, humanizing impact on the larger society.

**Come to the Annual Membership Meeting
on Friday, February 15, 2013
at 9:00AM**

This Month....

In our Special Feature ...

Learn how important listening to our intuition is for our self-care.

Read the article on Page 7

In our Column "The Legal Beagle"....

our legal beagle looks into the question of whether to conduct concurrent or sequential individual, couple, family, and/or group therapy

Read the article on Page 3

Contents

Letter from the Board.....	Page 2
The Legal Beagle	Page 3
Calendar of Events	
January's Presentation Summary.....	Page 4
February's Meeting and Training.....	Page 5
SVC-NAMI Walk Information.....	Page 6
Special Feature.....	Page 7
Psyched about Books and Movies.....	Page 8
Advertising and Announcements.....	Page 9
Advertising Policy.....	Page 10

Letter from the Board

Hello my Fellow SVC CAMFT Members

It's been a wild ride over the past six to eight weeks. It has been a rapid transition for me, from someone who has operated on the outskirts of the organization being thrust into a leadership role. As I sit and take stock of the Chapter and review the work that has been done by the outgoing Board of Directors, I find myself in awe of all of the things they have done on behalf of our chapter and the Sacramento region. We owe a tremendous amount of gratitude for the work they have labored through for our mutual well being. I would like to personally thank them for their dedication and service in the face of adversity and for the tremendous amount of time they have unselfishly given to further our footprint in the valley and foothills.

2013 brings a multitude of challenges for our profession as we prepare for the Affordable Care Act set to become law in 2014 and provide a new era of unprecedented availability of healthcare to the vast majority of Americans. Electronic Medical Records need to be prepared, trainings need to be held, and an immense political push by CAMFT to include both licensed, intern, and student practitioners into the Affordable Care Act as front line primary providers of mental health services. The introduction of this enhanced medical system offers us an unprecedented opportunity to claim our rightful place in the hierarchy of mental health care.

In 2012 when I interviewed for the role of President of our parent Association, CAMFT, my platform was clear and remains unchanged. LMFTs, LCSWs, LPCCs, EdDs have long been cast off as secondary and less important pieces of the healthcare solution. My focus then as it is now is full inclusion and acceptance into the community of mental health care providers as well as with the payor sources. My goal at the parent level was to petition for our inclusion in the Medi-Cal and MediCare programs as well as the Workers Compensation system. Unfortunately the parent association has not pursued these avenues. I will be your voice, when possible and when appropriate to further our inclusion.

It is my hope at the local level that we continue to work to support each other and our noble profession. I will fire a warning salvo that I am horrible at remembering names and apologize in advance if I either massacre your name or miss it completely. I have long ago stopped trying to hide the fact that name recognition is not one of my strong points.

While I have sat for only one Board Meeting, I am very impressed with the level of respect and camaraderie your elected officials exhibit. You have selected a fine group of people to help guide our organization. I want to again thank the Board members who are leaving office for their hard work. I also want to thank those who are staying on and or assisting in the transition to the present Board. The memories of the organization live and breathe through you.

Finally, we are your Board. We stood up when called and did so for whatever reason(s) we felt at the time. I would encourage you to participate in the process and become well versed in how this organization runs. One day soon you may feel called to serve and a working knowledge of the process is always helpful.

I am fairly confident I can speak for all of us on the Board that we WANT to hear from you, we WANT to hear your ideas, we WANT for you to feel welcome to participate. We have been called to lead today, it would be inappropriate to not help mentor and usher in those who would follow behind us.

Here's to a great 2013!

Regards, Chad

Legal Beagle



Welcome to the section of the SVC-CAMFT newsletter, Legal Beagle written by Darlene Davis, LMFT. The chapter thought it would be helpful to keep you updated on new laws, legislative pursuits or actions, as well as ongoing legal and ethical dilemmas

we all face in our career as Licensed Marriage and Family Therapists, Interns, and Trainees. Please feel free to ask questions that you have and I will do my best to investigate and post your answer in the newsletter. Please note that articles are based on information from CAMFT and/or the BBS and have been researched to the best of my ability. This is not meant to be legal advice. Please contact CAMFT or Board of Behavioral Sciences for any legal matters you need assistance for.

CONDUCTING CONCURRENT OR SEQUENTIAL INDIVIDUAL, COUPLE, FAMILY, AND OR GROUP THERAPY

The question of whether to conduct concurrent or sequential individual, couple, family, and/or group therapy has come up on many occasions looking for the answer as to whether it is legal and/or ethical. I usually say, "Well it depends on the situation and on the client(s)". I have not found in our ethics or the law that it prohibits this type of therapy across ALL situations. What is important is to keep in mind what is in the best interest of the client(s). For instance, if you are seeing a 16-yr-old female dealing with depression and the aunt calls wanting to see you as her individual therapist you do not necessarily have to turn the aunt away. It would be important to talk with your 16-yr-old client and ask how she might feel if you did see another family member for therapy. What might she be worried would happen or not happen? What would you need to do to keep confidentiality between the two including making sure appointments were far enough apart that they would not see each other in the lobby? Assuring the client that nothing discussed in one session will be shared in the other session. I understand it might be difficult to keep confidential information that each individual may have shared in their own separate session. On the other hand, using a systemic lens, it may be helpful to know what a client's cultural or behavioral environment is made of. This environment can be expressed through the perceptions of each individual client.

Using the above example, if my 16-yr-old client does not feel comfortable with me seeing any other member of her family then I would honor her request. If she agreed it was acceptable then I would make sure she is aware of all the risks and benefits that may arise and would invite her regularly to discuss thoughts or feelings that may change her mind. If I thought at any time that my clinical judgment was impaired because of conducting concurrent individual sessions then I would discuss with my client(s) the impasse and decide on the best course of action always keeping the client(s) best interest in mind.

Below are two CAMFT Ethical guidelines that assist us with our decision making process. As stated in the CAMFT Code of Ethics section:

1 Responsibility to Patientsⁱⁱ

1.14 POTENTIAL CONFLICTS: Marriage and family therapists carefully consider potential conflicts when providing concurrent or sequential individual, couple, family, and group treatment, and will take reasonable care to avoid or minimize such conflicts.

8 Responsibility to the Legal System

8.9 CONSEQUENCES OF CHANGES IN THERAPIST ROLES: Marriage and family therapists inform the patient or the treatment unit of any potential consequences of therapist-client role changes. Such role changes include, but are not limited to, child's therapist, family's therapist, couple's therapist, individual's therapist, mediator, evaluator, and special master.

*Please use your professional judgment and consult with colleagues and CAMFT to make decisions on the above topic.

Darlene Davis, LMFT

Executive Director HOPE; Healthy Outcomes for Personal Enrichment

MFT Stipend Coordinator for Greater Sacramento

Instructor of University of Phoenix

www.darlenedavismft.com

www.hope-counselingcenter.org

Calendar of Events

January Presentation Summary

Breaking the Cycle of Generational Molestation

by Kim Johnson, LCSW

Our first meeting of 2013 got us off to a rousing start! We were inspired and informed by Kim Johnson, LCSW, long-time therapist, EMDR expert, and co-founder of M.O.M.S (Mother of Molestation Survivors), a non-profit group devoted to the healing of mothers, fathers, and caretakers of molested children.

From their research from 100 client interviews, Kim and her co-founder, Rebecca Lucero found that there are seven types of parents of molested children including the *Protective Parent*, the *Un-Protective Parent*, the *Over-protective Parent*, *Co-perpetrator*, *Educated Parent*, *Resourceful Parent*, and *Spiritual Parent*. Kim defined the salient characteristics of each of these with videos and case presentations.

She also shared the importance of refining our goals as therapists of caretakers. Some of these involve de-stigmatizing the molest for parent and child, protecting the children, and educating the parents. As a group of CAMFT members, we were able to engage in an interactive discussion of why some parents do or do not protect their children, and what it costs parents to do so. We considered the prevalence of "Axis II" diagnoses in the case of the Co-perpetrator, which Kim explained as the parent who uses the child's misfortune to benefit himself.

Our speaker gave an excellent handout with detailed characteristics of each parent type. She explained that the protective parent is rare, choosing to "step up and take action." She also delineated the "battle" parents face as they deal with emotional, social, legal, and financial challenges. This is where therapists and a support group like M.O.M.S. can step in to provide support for each step in the

process. It may even involve services such as going to court with the parent and educating her/him about C.P.S., etc.

Without excusing the behavior, Kim shed light on reasons for non-protection from a parent. She mentioned domestic violence, low self esteem, the parent's own history, which often includes molestation, a lack of resources, and mental or physical illness.

The Over-protective parent was explained as one who is scared, hiding from the battle. This parent often creates a child who is either overly dependent, or acting out, and because of a lack of practical life lessons and few natural consequences, is even more vulnerable to abuse.

The "Co-perpetrator" was explained as a person who will act or not act depending in order to get her own needs met. She takes advantage of the molestation of her child and exploits her for things like drugs, attention, baby-sitting, financial gain, and relationship with the perpetrator.

Our speaker didn't just leave us with the bad news! She gave very practical ideas for educating parents in bringing about change both to *prevent* abuse and also after it is discovered. She talked about helping parents know how to openly communicate about sexual behavior and molestation, how to respond after a child's disclosure, how to trust their inner voice and act accordingly, and how to "face the enemy". She advocated helping parents become "resourceful" by getting their child into therapy, receiving family therapy, and therapy for themselves. She shared spiritual lessons such as "children can heal and grow from molestation", and gave advice for re-establishing safety in the family.

For more information, email Kim at helpmoms@yahoo.com. She is a dynamic and enjoyable speaker. – Thank you, Kim Johnson!

-----Written by Retha Millikan, LMFT

February Pre-Licensed Members' Meeting

Will not be held due to Annual membership meeting starting at 9:00AM

February Monthly Meeting

Date: Friday, February 15, 2013 from 9:00 to Noon

Location: University of Phoenix, 2860 Gateway Oaks Drive, Sacramento 95833

Speaker: Marty Cottler, PhD

Topic: Mindfulness: Skills for Enhancing Professional Fulfillment by Reducing Professional Stress and Burn

Dr. Cottler is a Mindfulness Based Stress Reduction (MBSR) and Mindfulness Based Cognitive Therapy (MBCT) trained psychotherapist, teacher, and workshop presenter. In this workshop, Dr. Cottler will teach about the effects of stress-reactions on career performance and personal wellness and explain the science behind the evidence-based antidote of mindfulness. This workshop will teach you how to cultivate a practice of mindfulness to mitigate the effects of career stress and burnout while improving therapy treatment and outcomes for clients.

Please note: This month's workshop will begin at 9 a.m. instead of our regular start time of 9:30 because we will be starting with the Annual Membership Meeting.

Cost: Pre-register: \$15 stu/interns, \$20 SVC-CAMFT memb, \$30 non-memb., +\$5 "at-door" registration. Inclu. Cont brkfst. & 2 CEUs. No cc's at door. Reserv req'd by Oct. 17-Laura (916) 350-1577, email:membership@sacramentovalleycamft.org or reg,pay,directions at

<http://www.sacramentovalleycamft.org> pre-license mtg. 8:30-9:15 for 1 addl workshop hour.

Reservations required: You can register and pre-pay online at www.sacramentovalleycamft.org, or contact Laura Frederick at (916) 350-1577 or email membership@sacramentovalleycamft.org to register and pay at the door. Please help us contain the cost of presentations by making reservations in a timely manner (by Tuesday before the meeting). This is much appreciated.

*Disclaimer: University of Phoenix is a trade name and registered trademark of the Apollo Group, Inc. Its use herein by SVC- CAMFT to identify the event location is not intended to imply affiliation with, sponsorship or endorsement of the event by University of Phoenix or Apollo Group, Inc.

REMEMBER:

Our General Meeting will be held on Friday, February 15, 2013 from 9:00am - 9:30am before the February Monthly Meeting

Join the Team! Help make a difference in our community!

Sacramento Valley CAMFT is walking with 2013 NAMIWalk Northern California on Apr 27, 2013 10:00 AM.

The walk is a 5K in William Land Park, here in Sacramento. All proceeds go directly to NAMI, The National Alliance on Mental Illness.

NAMI is a wonderful organization that provides resources and support to families who are struggling with mental health issues.

Our team name is SVC CAMFT.

Come join in the fun by going to:

<http://namiwalks.nami.org/svccamft>

From our Team Page, click on the 'Join My Team' button to register and help us fund-raise. If you can't join us, you can also support our team by making a donation online.

If you have any questions, please contact our Team Captain, Catherine Zanzi, 916-214-1479, czanzi@frontiernet.net



Hope to see you there!

Special Feature

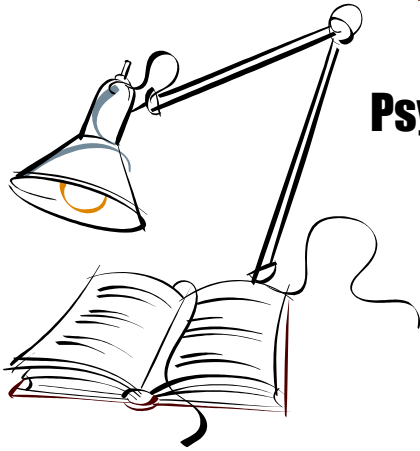
The Breathing Space by Tracy Thomas

When accidents happen, we tend to look backwards and connect the dots that led to our demise. The big challenge is how do you take each life lesson in each moment and carry it forward. The other day, I felt really run down. As many of us, there was a lot on my plate and I continued to pile more on. I felt a weariness in my body and my mind was far from at rest. I heard a voice inside me saying, "You need to take a break." The voice is what we call "intuition." Intuition is a valuable self-protective tool that people often ignore when too busy or stressed to listen.

That evening after completing assignments, cooking dinner, cleaning the house, and putting the kids to bed, I was ready to finally take care of myself and turn in. I turned out all the lights and laid down to do some deep breathing. I jumped out of bed and thought, "I better put in one load of laundry." I recalled my husband's hints about how my projects were getting in the way of the housework. Maybe you or many of the clients you see have the same challenge – trying to fill so many roles at once, trying to please everyone, and widening the hole inside themselves because they have not taken the time to fill it with nurturing, loving care that is reserved solely for the self.

I grabbed a pile of clothes and headed downstairs. I thought to myself, "Turn on the light first." However, I was in a rush to get the load in so that I could get back to bed and decided to feel my way down the stairs that I have walked thousands of times. However, where was my mind? Not on the steps of course, it was on the other laundry list of to-do items I had for the next day. Needless to say, not only did I not listen to my intuition about the light, I was far from being in the moment. I missed the last step and tumbled off the stair onto the cold, hard tile floor. I had missed my pedicure the week before because I was simply "too busy" and my lengthy toenail was caught up in the fall and was torn half off. I held my foot, screaming in pain, as I watched the blood come out and my foot balloon. Why didn't I listen to myself? All the signs were there, loud and clear, to prevent this accident. If I had only listened. However, intuition is a skill. It is a muscle that has to be developed and practiced consistently. The only way to sharpen the tool of intuition is to listen and follow it – to test it –every chance we get. Listening, hearing, and following the voice inside, or that feeling in our gut, is easier when we allow ourselves the breathing space to fully receive this intelligence. Through self-care, we allow ourselves the gift of following it.

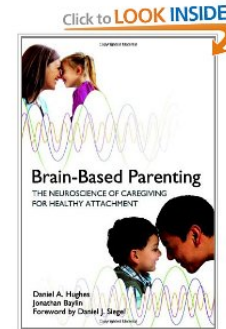
That morning, I found myself on the couch with my foot propped up on a pillow. I sipped my cup of tea and giggled to myself. I was finally getting the rest I needed, whether I wanted it or not. Now, with each painful step I take, I am reminded of practicing to see the path before me more clearly through nurturing and listening to my body, mind, and spirit. I hope you will do the same.



Psyched About Books and Movies

Welcome to “Psyched about Books and Movies!” Each month we include a book or movie review by one of our readers. Please see below for guidelines on submitting a review.

Happy reading!



Title: Brain-Based Parenting: The Neuroscience of Caregiving for Healthy Attachment

Author: Daniel A. Hughes & Jonathan Baylin

Copyright: 2012

Reviewer: Heather Blessing, MFT Intern

I have always been interested in neuroscience, but I have struggled with being able to understand how the different parts of the brain and the chemicals affect our abilities to parent and to connect to another person. I have read books that explained how the brain works and I have read books on parenting but this is the first book that explained step by step how the brain works while parenting and what things hinder and help parenting. This book helps understand how to understand what part the brain plays in parenting and how to use this information to become better parents and form healthy or healthier bonds with their children.

Book/Movie Review Submission Policy

All reviews are not to exceed 1000 key strokes.

Your review should include the title, a short synopsis about why you like or dislike it, and the author's name & publication date. You can also include a picture of the book and/or movie. After review, we will publish your review in our next newsletter. Reviews submitted that are longer than 1000 characters will be returned for editing. It is best to type your review in a Microsoft Word document to note how many key strokes (characters with spaces), how big your review is, and for your own record keeping. You can then copy and paste it into the online submission form located here (<http://www.sacramentovalleycamft.org/Newsletter.html>) To learn more about checking your review for key strokes, spelling grammar and size click below:

(<http://www.sacramentovalleycamft.org/How to check review in microsoft word.doc>).

It is your responsibility to check for spelling and grammar errors.

Reviews must be received **by the 20th** of the month in order to appear in the next newsletter. **You can submit your review by:**

Visiting our webpage: www.sacramentovalleycamft.org

Mailing it in: P.O. Box 163385, Sacramento, CA 95816



Advertising & Announcements

Instructor needed for mentally ill parolee program

Instructor needed to teach relationship skills to groups of 5 to 15 adults. Program participants are currently on parole, and have significant mental health diagnoses. Topics covered include communication, how to problem solve in a relationship, parenthood, partner selection and relationship development.

Training will be provided in procedures, and in child abuse and domestic violence prevention.

This is a part time job. Classes run on Wednesdays from 11:30 to 1:30 and on Thursdays from 12:30 to 2:30.

To apply, please send a cover letter and resume to jobs@skillscenter.org.

OCD Kids Sacramento 2013 Schedule

*OCD Kids Sacramento is a **free** mutual support group for kids and teens with obsessive compulsive disorder and their families*

meet and share your experiences with other kids and teens that have OCD as well as their families learn about subjects pertaining to OCD from health professionals with experience in treating this disorder & talk to other kids and teens with OCD and make new friends

*Meetings on the **second Sunday every other month** Jan, Mar, May, July, Sept, Nov **2:00 PM to 4:00 PM** at **Kaiser Permanente Point West Clinic Conference Room #1** 1650 Response Rd. Sacramento, CA 95815 For more information, go to **www.ocdkids.com** or contact Susan Haverty, MFT at (916) 353-0750. Open to Kaiser members, non-Kaiser members and the public. Call to confirm days and time.*

The Interperonsonal Neurobiology of Addiction Training Fridav. March 22. 2013

6CEs The Interperonsonal Neurobiology of Addiction: Adolescent, Young Adult and Adult Etiology and Treatment. Presented by Jon Daily, LCSW, CADC . Learn More at www.recoveryhappens.com

The Place Within's Folsom Office is now offering a Managing Depression Support Group.

The Group's goals are to help clients gain a sense of hope that depression is something that can be managed, to process feelings associated with living with depression, to develop coping skills to manage depressed moods, to understand depression and build preventative techniques, and much more!

Location: 1839 Iron Point Road, Suite 120 Folsom, California 95630

Groups are Wednesdays from 6-7:30pm and Monday 2-3:30pm. Groups are led by Debbie McJimsey MFT Intern and Marie Iconomopolos MFT Intern both supervised by Gary Henderson MFC #7053. Fee for groups is \$25 per session or based on sliding scale.

Please contact Debbie at (916) 230-7476 or Marie at (916) 792-7518 for more information and to reserve your spot.

Advertising Policy for the Newsletter

All ads and reviews are not to exceed 1000 key strokes. Chapter members advertise at no cost. Non-members can advertise about employment opportunities at no cost. Non-members, non employment-related ads follow these rates:

\$10 for 200 key strokes

\$20 for 201-600 key strokes

\$30 for 601-1000 key strokes

Full page and 1/2 page ads are not accepted.

All ads contain text only; no graphics will be included.

Ads submitted that are longer than 1000 characters will be returned for editing. It is best to type your ad in a Microsoft Word document to note how many characters, how big your ad is, and for your own record keeping. Please visit our site to find more information on how to use Microsoft word for editing. You can then copy and paste it on our online submission form located here (<http://www.sacramentovalleycamft.org/Newsletter.html>)

It is your responsibility to check for spelling and grammar errors.

Ads must be received **by the 25th** of the month in order to appear in the next newsletter. Ads are placed in the order that they are received.

You can submit and pay for your ad by:

Visiting our webpage: www.sacramentovalleycamft.org

Mailing in payment: P.O. Box 163385, Sacramento, CA 95816

Emailing the Newsletter Editor: newslettereditor@sacramentovalleycamft.org

Thank you for contributing to the newsletter!

SVC-CAMFT

CONTACT US

MAIL:

P.O. Box 163385
Sacramento, CA 95816

PHONE:

(916) 916.350.1577

EMAIL:

membership@sacramentovalleycamft.org

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See us at:

www.sacramentovalleycamft.org

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to this**

Email:

svccamft-owner@yahoogroups.com.