

Sacramento Valley Chapter

California Association of Marriage & Family Therapists

Newsletter Editor: Heather Blessing, MFT Registered Intern

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January 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.

**Remember to renew your membership and mail in your ballots.
You can renew your membership online at
<http://www.sacramentovalleycamft.org/>**

This Month....

In our Special Feature ...

We learn how to market our practice even in the midst of this painful economic slowdown.

Read the article on Page 6

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

our legal beagle covers the changes for CPT Codes in 2013.

Read the article on Page 2

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Letter from the Board

The end of the year has arrived and this will be my farewell as board president. I am enjoying the creativity of the neutral zone; finally experiencing some slack time after a very busy year. Using William Bridges' "Transitions" framework, endings lead the way to new beginnings. As most of the challenges of 2012 are behind us, a new Board of Directors is forming. This will bring renewed vitality and innovation to our chapter.

Due to some unexpected changes, such as the resignation of our President-Elect, the launching of our updated website and electronic communications, we found ourselves a little behind our normal timelines. You should have received your membership renewal information and ballots by now. Please return the ballots by January 11, 2013. We will install the new Board of Directors at the January 18th meeting. Our annual general membership meeting will be held at the February 15th meeting. I sincerely thank you for your patience and support as we transition to a bright and exciting new year.

Wishing each of you a successful New Year,

Eva Tak

2012 SVC-CAMFT President

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.

Many of our members contract with insurance companies to provide mental health services to clients and because the Current Procedural Terminology (CPT) Codes are changing as of January 2013 I thought it might be helpful to list some of the codes frequently used by LMFT's. This is not a complete list. Full CPT code information can be found at www.ama-assn.org. Check with your contracted insurance panel for particular use and interpretation of codes. For additional help with your coding

questions, CAMFT recommends: <http://insurancemaze.wordpress.com/> . Information below was retrieved from www.camft.org News and Updates.

PSYCHOTHERAPY PROCEDURE CODES

Psychotherapy is the treatment of mental illness and behavioral disturbances, in which the clinician, through definitive therapeutic communication, attempts to alleviate the emotional disturbances, reverse or change maladaptive patterns of behavior, and encourage personality growth and development.

PSYCHOTHERAPY

90832: Psychotherapy, 30 minutes (approximately 16-37 minutes) with patient and/or family member.

90833: Psychotherapy, 30 minutes with patient and/or family member when performed with an evaluation and management service (List separately in addition to the primary procedure, and use 90833 in conjunction with 99201-99255, 99304-99337, and 99341-99350.

90834: Psychotherapy, 45 minutes (approximately 38-52 minutes) with patient and/or family member.

90836: Psychotherapy, 45 minutes with patient and/or family member when performed with an evaluation and management service (List separately in addition to the primary procedure). Use 90836 in conjunction with 99201-99255, 99304-99337, and 99341-99350.

90837: Psychotherapy, 60 minutes with patient and/or family member.

90838: Psychotherapy, 60 minutes with patient and/or family member when performed with an evaluation and management service (List separately in addition to the primary procedure).

Use 90838 in conjunction with 99201-99255, 99304-99337, and 99341-99350.

Use the appropriate prolonged service code (99354-99357) for psychotherapy services 68 minutes or longer.

Use 90785 in conjunction with 90832, 90833, 90834, 90836, 90837, and 90838 when psychotherapy includes interactive complexity services.

90840: Psychotherapy for crisis, each additional 30 minutes after the first 60 minutes (List separately in addition to code for primary service).

Use 90840 in conjunction with 90839.2013 Current Procedural Terminology Codes 4

Do not report 90839 or 90840 in conjunction with 90791, 90792, psychotherapy codes 90832-90838 or other psychiatric services, or under 90785-90899.

90845: Psychoanalysis

90846: Family psychotherapy (without the patient present)

90847: Family psychotherapy (conjoint psychotherapy) (with patient present)

90849: Multiple-family group psychotherapy

90853: Group psychotherapy (other than of a multiple-family group)

Use 90853 in conjunction with 90785 for the specified patient when group psychotherapy includes interactive complexity.

90857 has been deleted so do not use it. To report, use 90785 in conjunction with 90853.

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

November Presentation Summary

Identifying and Managing Your Inner Saboteur

A Strength-Based Motivation Approach

by Dr. Stephen F. Grinstead

Dr. Stephen F. Grinstead, Clinical Director for the Gorski-CENAPS Corporation gave SVC-CAMFT members an important learning experience in managing denial at November's meeting. He gave us members an opportunity to identify and manage our own inner saboteur and reduce self-defeating behaviors in hopes of helping our clients to do the same. This strength-based motivational approach provides effective tools to manage resistance and denial while developing intrinsic motivation for treatment and a better quality of life.

The first tool was a lesson in providing ourselves with a healthy time out, known as the breathing space. This space is used for managing our "Monkey Minds" the chattering mind that is busy listening to the committee in our heads and mindlessly going along with mistaken thoughts, opinions and conclusions that sabotage our success. The breathing space gives us quality time between thoughts and feelings and urges and actions.

Working in groups, Dr. Grinstead helped us identify our own denial patterns of avoidance, minimizing, rationalizing, blaming and total denial that protect us from our painful realities. It is helpful to remind our clients and ourselves that denial is part of our brain's immune system. Denial is part of a healthy protection system that protects us from pain. It is important to normalize and depathologize denial and not to expect to eliminate it. Increasing our awareness of the emotional drivers of denial (anger, fear, guilt, shame, and pain) as well as the levels of our defenses (lack of information, conscious defensiveness, denial, and delusion) and the triggers of thinking and talking about our painful reality can be very empowering.

We take it our motivation for positive changes one step further by understanding how we demonstrate denial. One way is by comparing our problems to the problems of others that we may perceive as much worse than our own. Another common way of giving into our inner saboteur is through "recovery by fear," believing that the problem will be solved if you get scared enough over not solving it. In other words, fear alone will solve the problem. Other behaviors include manipulation, compliance, flight to health, believing you cannot be helped, and thinking you have the "right to be this way."

The next exercise in the workshop was to personalize of our most important denial pattern. A completed example of this exercise is "My pattern is Recovery by Fear. I picked this pattern because fear is my driving factor for denial. Rumination of fear takes the emphasis off my painful reality. I know I am doing this when I anxiously ruminate excessively about a problem that worries me. I talk to at least 10 other people about the problem - seeking backing, consolation, and emotional release rather than taking sound advice and actually *doing* something to solve the problem. If I worry and talk about it enough, eventually the problem will be somehow be resolved through all the energy I have given to thinking and talking about it."

Ideally, this exercise can be done during the breathing space. With the acute awareness of our denial patterns, our emotional drivers, and behaviors, we can begin to challenge our mistaken thinking. Practicing this awareness and using the breathing space can help us to make a shift in a positive direction of change between thinking and feeling, urges and actions, and our reactions to our painful realities.

Dr. Grinstead ended this engaging workshop with a thought-provoking quote inspiring us to move our clients and ourselves in a healthier direction. The Sanskrit Proverb reads, "Today well lived makes yesterday a dream of happiness and every tomorrow a vision of hope. We thank Dr. Grinstead for this wonderful gift we can use for ourselves and our clients to move toward positive changes and a better quality of life.

If you would like to learn more about this training, you can contact Grinstead Treatment and Training at (916) 575-9961 and <http://grinsteadtreatmentandtraining.com/>.

Submitted by Tracy Thomas

January Pre-Licensed Members' Meeting

Date: Friday, January 18, 2013, 8:30 am-9:15 am

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

Speaker: None

Topic: This will be a networking\socializing event - Join us to meet, network and have fun with other pre-licensed therapists

January Monthly Meeting

Date: Friday, January 18, 2013 from 9:30 to Noon

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

Speaker: Kim Johnson, LCSW, Founder and Executive Director of Mothers of Molestation Survivors (MOMS)

Topic: Parents of Molestation Survivors

Kim Johnson, LCSW is the Founder and Executive Director of a non-profit, Mothers of Molestation Survivors (MOMS) that provides support, counseling services and resources to mother's, parents and caretakers of children have been sexually assaulted. Kim is in private practice and has authored the book, "Mother's of Molestation Survivor; Supporting Mother's to Make a Difference in their Children's Lives.". She will be speaking and showing ways of treating the caretakers of the victims. You will acquire tools that provide support and healing for both the child and parents including 7 different types of MOMS. Through videos and group discussion, you will learn how to recognize symptoms of child sexual abuse, how to keep open lines of communication with the child and be armed with resources to help both parents and child.

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

Special Feature

STRATEGIES TO MARKET YOUR PRACTICE: FOCUS ON NETWORKING

By Fran Wickner, Ph.D., MFT

When therapists come to my workshops or come for an individual private practice building consultation, I often hear comments like:

"I don't see clients in the morning".

"I never see insurance clients in my evening slots".

"I only work with private pay clients".

In the past, I would help therapists get a full practice based on their "rules", such as the examples above. But due to the economic slow-down, all rules are off. The meltdown of our economy is affecting our profession. And, unfortunately, the rules of how you want to run your practice right now have to change, or you won't be able to keep a full practice.

I am not suggesting that you need to change your practice rules forever, however now is the time to have a paradigm shift to look at new possibilities. The economy will improve. But for now, changes in how you view and run your practice must be different.

There are many ways to promote your practice without spending a lot of money. In my practice building work, I tend to emphasize practice building ideas that are free or low cost. One of the most effective and economical strategies to build and expand your practice is to focus on networking.

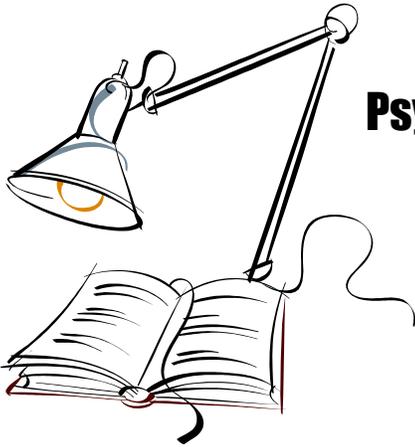
Here are some ways to network and get new clients.

- 1. Go to clinical workshops and network with other therapists.** I've found that by going to smaller group trainings there are more opportunities to connect with therapists than going to the large convention-like workshops. You might even run into an old colleague or someone you went to graduate school with. Arrive at the training early and talk to the other participants. Stay afterwards and have informal discussions about the presentation, trade business cards and make a coffee date. Also check out their websites.
- 2. Join professional associations.** Go to their meetings and better still, get on the board, it will get your name out. Most professional associations have networking lunches. As with the workshops, arrive early and stay afterwards.
- 3. Always carry business cards.** You never know who might be a good referral source. It could be the other carpool mom or the friend you run into at the grocery store or the person in line for the baseball game. I've found that many people are really interested in our work and happy to take a business card. Having business cards are useless unless you actually use them.
- 4. Do "coffee" once a week.** Invite another therapist, health practitioner, teacher or business person with whom you might be able to cross refer.
- 5. Follow-up.** Follow-up is as important as the initial contact so make sure it is an integral part of your marketing plan.

I know that many of us find the prospect of networking to be intimidating but if you network and market in a way that fits your values and personality you will get results. Having a steady stream of referrals will motivate you to keep working on the business side of your practice.

Fran Wickner, Ph.D., MFT has been a Licensed Marriage and Family Therapist since 1983. In addition to seeing clients in her Albany, CA office, Dr. Wickner is a practice building consultant (in-person or by phone) and offers individual consultations and workshops regularly scheduled as well as availability to speak to your consult group or professional association on all aspects of building and expanding your private practice. You can also download practice building packets at http://franwickner.com/?page_id=67 .

For more information: www.franwickner.com , franwickner@hotmail.com , 510-527- 4011.



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!

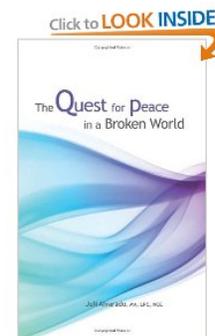


Title: The Quest for Peace in a Broken World:
A 100 Day Journey

Author: Juli Alvarado, MA, LPC, MCC

Copyright: 2012

Reviewer: Heather Blessing, MFT Intern



This is a great book especially for a New Years Resolution to work on living more mindfully. I highly recommend this book for therapists and social workers to practice being more mindful. This book walks you through day by day (for 100 days) becoming more mindful and working on healing yourself. After working through this book, you might find it useful in working with clients. Everyday I looked forward to working on each new assignment and working on myself. Juli makes writes in an easily understandable way and breaks things up in bite size pieces. While the whole concept can seem overwhelming, she presents it in such simple steps that it is easy to start making small changes in your life.

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 grammer 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

HOPE; Healthy Outcomes For Personal Enrichment Counseling Center

- Counseling Services to Individuals, Families, and Couples.
- Sliding scale based on income
- Offices in Roseville and Sacramento
- Training opportunities for interns and trainees.
- Live supervision using one way mirror
- Supervised by LMFT
- Training Room available for rent.
- HOPE is a CEU provider.
- Call for more information.
- Contact Darlene Davis, LMFT, Executive Director 916.248.2436 www.hope-counselinacenter.org

Job Opening: Flexible Integrated Treatment (FIT) Therapist Stanford Youth Solutions

Job Description: The FIT Therapist functions as the lead case coordinator, providing comprehensive, strength-based, culturally competent, flexible, effective, quality mental health services, including psychotherapeutic interventions, to eligible at-risk children, youth, and families. The FIT Therapist provides services in accordance with Sacramento County Child and Family Services and Stanford Youth Solutions principles, including family voice and choice provided in collaboration with those individuals and agencies involved with the child or youth. Supports the Mission, Vision, and Values of Stanford Youth Solutions..

To review qualifications and apply visit www.youthsolutions.org

Is there someone in your business life, or in your personal life, who could benefit from a process group focused directly on men's issues?

MALE MATTERS, an open-ended men's group, is now available and accepting members. We meet from noon until 1:30 on Saturdays at Healthy Choices Counseling, 8002 California Avenue, in Fair Oaks Village.

Topics vary from relationship issues to career problems to social stressors, depending on the current needs of the group. The group is solution focused and Twelve-Step oriented, but no experience with such modalities is required. The purpose of the group is to effectively solve problems that confront men in their everyday lives. There are no contractual obligations, and the fee for each session is only \$25.00.

Potential members can contact me, Bill Burg, MFT, at (916) 725-4154, or at bburgmft@gmail.com, and can find out more about services I provide at my website, healthychoicescounseling.com.

(916) 799-1644

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

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We're on the Web!

See us at:

www.sacramentovalleycamft.org

**To post to the listserve, please write
to this**

Email:

svccamft-owner@yahoogroups.com.