



JANUARY—FEBRUARY 2011



President's Message

Welcome to 2011!

The start of a new year is always a time to look forward and make plans on what can be done to improve and strengthen. The San Diego Chapter is no different! We want to move to as much electronic communication as possible to make information readily available for you and go paperless to support our environment.

We also want to strengthen our presence with the pre-licensed members of our profession. The students and interns are the future of our profession and we want to support their development through stronger collaborations with the graduate programs.

Have you joined or renewed your membership with the chapter? Soon you will be receiving a Welcome Kit in the mail that will include confirmation of your membership and a survey we hope you can complete and return to us.

The Board would like to hear from you on what activities and schedules work best for you. We have considered moving our monthly CEU Luncheons to an evening or a weekend if that schedule works with the majority of the membership.

We are also looking into have another social event. Our first social event held at Jimmy's Famous American Tavern last fall was a huge success and the feedback received was people

enjoyed an opportunity to network with colleagues. We are hoping to have another event in the spring so be on the lookout.

The San Diego CAMFT Board of Directors are shooting high for 2011 and hope you will join us! There is always room for new ideas, new energy and a renewal of passion for our profession. Attend a meeting, event or just send us an email.

I look forward to meeting you!

Have you completed your Law and Ethics CEU's for your renewal period? There is a Law and Ethics Workshop scheduled on March 26, 2011

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Calendar of Events

January 3, 2011	SD CAMFT Board Meeting, 5:30 p.m. – 7:30 p.m.
January 14, 2011	CEU Luncheon, 11:30 a.m. – 1:00 p.m.
February 5, 2011	CEU Workshop, 9:00 a.m. – 12:00 p.m.
February 7, 2011	SD CAMFT Board Meeting, 5:30 p.m. – 7:30 p.m.
February 11, 2011	CEU Luncheon, 11:30 a.m. – 1:00 p.m.
March 7, 2011	SD CAMFT Board Meeting, 5:30 p.m. – 7:30 p.m.
March 11, 2011	CEU Luncheon, 11:30 a.m. – 1:00 p.m.
March 26, 2011	Law and Ethics Workshop, 9:00 a.m. – 4:00 p.m.

Continuing Education Luncheon

**All CEU Luncheon's are held at
Argosy University, Room 112, 1615 Murray Canyon Road, San Diego, CA 92108**

Friday, January 14, 2011 - 11:30 a.m.—1:00 p.m., 1 CEU

A Gottman Primer: Key Principles, New Research, and Selected Interventions in Gottman Couples Therapy by Trish Stanley, PsyD, MFT

This presentation introduces a way of thinking about what makes relationships work well or fail using the Sound Relationship House Theory and thirty-five years of John Gottman's research with over 3000 couples. We'll explore the friendship system, the conflict management system and the meaning system through the lens of strengths and vulnerabilities. We'll look at the assessment process, sample interventions and peek at a session in progress. We'll discuss how aspects of the Gottman approach can be incorporated into a therapist's current ways of working with couples.

Participants will be able to 1) understand the concepts of the various "systems" including "friendship system, conflict management system and the meaning system;" 2) identify at least 2 Gottman interventions, and 3) identify at least one way in which Gottman's approach might be incorporated into their way of working with couples.

Speaker Information



Trish Stanley, PsyD, MFT.
5190 Governor Drive
Suite 104
San Diego, CA 92122

Trish Stanley has been in private practice for over 30 years, and is a Certified Gottman Therapist, a provider for the Gottman Relationship Center, and a Level-I Gottman Couples Therapy Trainer for Professionals. She is the founder and head of Trish Stanley & Associates Therapy Collaborative (www.sandiegotherapy.net). She has done individual, couples, family and group therapy, both as sole practitioner and leader of a multidisciplinary group providing integrated services. She has founded and designed treatment programs, and consulted and trained professionals in a variety of settings. She provides training and supervision of marriage and family therapy interns. She is a member of the Academy for Eating Disorders,

the International Association for Eating Disorder Professionals, sponsors the Eating Disorders Colloquium locally, and has made numerous presentations and written articles on eating disorders, and the Gottman approach.

Questions or to Register for CEU luncheons, Contact Andrea Knox at
CAMFTSD.CEUChair@gmail.com or 619.609.7106

Free for members of San Diego CAMFT or North County CAMFT
\$5 CEU fee for non members of San Diego CAMFT

Continuing Education Luncheon

**All CEU Luncheon's are held at
Argosy University, Room 112, 1615 Murray Canyon Road, San Diego, CA 92108**

Friday, February 11, 2011 - 11:30 a.m.—1:00 p.m., 1 CEU

**Motivational Interviewing, What's All the Buzz About?
by Katie Slack MSW**

Motivational Interviewing (MI) is definitely being talked about more and more by providers and Administrators of social service, criminal justice, and health care programs. Why all the interest? This presentation will provide a brief overview of MI, a description of the populations with whom it has been shown to be effective, and a quick skills practice- to give you a taste of this innovative approach.

Speaker Information



Katie Slack was trained by Bill Miller, co-creator of Motivational Interviewing. She holds a BA in Psychology and a Master of Social Work degree. Ms. Slack is an Office of Criminal Justice Planning (OCJP) Certified Crisis Intervention Counselor and a member of the Motivational Interviewing Network of Trainers (MINT). She has trained hundreds of therapist, case managers, social workers and advocates to use Motivational Interviewing with their clients to help elicit healthy behavior change.

Katie Slack has over 12 years of experience in the Social Services field. Ms. Slack has worked as a counselor providing therapy for survivors of domestic violence and sexual assault. She also has experience working with adolescents aging out of foster care, persistently mentally ill adults, and

adults and adolescents struggling with alcohol and drug misuse. Ms. Slack was part of the teams for three projects focused specifically on evaluating the use of Motivational Interviewing with different populations: the CAS-BIRT Project, providing brief alcohol and drug treatment for adults; the USC TND Project, providing drug and alcohol prevention/early intervention services for adolescents; and Project Support at Rady Children's Hospital, providing therapy to survivors of Domestic Violence who have an open Child Welfare Services case.

Katie Slack provides Training and Consultation nationally and internationally on Introductory Level and Advanced Motivational Interviewing (MI), the use of MI with Intimate Partner Violence survivors, and the use of MI with adolescents.

Questions or to register for CEU luncheons, Contact Andrea Knox at
CAMFTSD.CEUChair@gmail.com or 619.609.7106

Free for members of San Diego CAMFT or North County CAMFT
\$5 CEU fee for non members of San Diego CAMFT

Continuing Education Workshop

**All Workshops are held in the San Diego Room at
Health Services Complex, 3851 Rosecrans Street, San Diego, CA 92110**

Saturday, February 5, 2010 – 9:00 a.m. – 12:00 p.m., 3 CEU's

**The Answer Model: A New Path to Healing
by John Montgomery, Ph.D. and Todd Ritchey**

This workshop will discuss The Answer Model, which is both an exciting new theoretical model of human behavior, and a powerful new method of psychotherapy. Neuroscientists have found that stress hormones released during negative emotional states such as anxiety have effects in the brain that are almost identical to the effects of addictive drugs like cocaine or methamphetamine. The Answer Model -which is based on cutting-edge research in neuroscience, psychology, and anthropology —suggests that nearly all of us develop literal biochemical addictions to various destructive habits and negative emotional states, such as anger, hurt, regret, and self-pity. In this workshop, John and Todd will discuss both the theoretical foundation for the model, and also provide practical tools and exercises that are part of the therapeutic method.

Speaker Information



John Montgomery received his Ph.D. in neuroscience from Caltech in Pasadena, California and his B.A. in molecular genetics from Trinity College in Dublin, Ireland. The primary author of *The Answer Model Theory* and *The Answer Model: A new path to healing*, he has also written about science for the Washington Post and The Economist, largely about the interface between psychology and neuroscience. He is also a counselor who uses The Answer Model method, which he co-developed with Todd Ritchey, at the Personal Growth Institute in Los Angeles, CA.



Todd Ritchey is an addiction specialist with over a decade of experience as an interventionist, counselor, and mentor. He has treated families and couples dealing with substance abuse, relationship issues, and a variety of other painful conditions and circumstances. The Answer Model method has proven to be extraordinarily effective for his clients.

Questions or to Register for CEU Workshops, Contact Christine Palmquist at
CAMFTSD.Workshops@gmail.com or 619.335.8896

\$30.00 for San Diego CAMFT or North County CAMFT members with CEU certificate
\$45.00 for non-members with CEU certificate

Law and Ethics Workshop

Health Services Complex, San Diego Room
3851 Rosecrans Street, San Diego, CA 92110

Saturday, March 26, 2011 - 9:00 a.m. - 4:00 p.m., 6 CEU's in Law and Ethics

What Does the Law Expect of Me? By David Jensen, JD

As a psychotherapist you have probably heard references to the "standard of care" or the "reasonably competent therapist," but you may not have a clear understanding of how such concepts affect you on a day-to-day basis. Consequently, you may not have an accurate understanding of what the law expects of you as a psychotherapist. In this six-hour workshop, which is Part II of a multi-course series on this subject, you will learn about what the law expects of you regarding advertising, scope of competence, scope of practice, confidentiality, child abuse reporting, termination of the therapist-patient relationship, and forms of business practice.

This is a lecture-format course that will satisfy the BBS's on-going requirement of six (6) CEUs in law and ethics.

This course will cover eight key objectives,

1. To help practitioners advertise correctly.
 2. To help practitioners understand the laws pertaining to scope of competence.
 3. To help practitioners understand the laws pertaining to scope of practice.
 4. To help practitioners understand the laws pertaining to patient confidentiality
 5. To help practitioners understand the laws pertaining to child abuse reporting.
 6. To help practitioners understand the laws pertaining to elder abuse reporting.
 7. To help practitioners understand the laws pertaining to valid terminations of the therapist-patient relationship.
 8. To help practitioners understand the laws pertaining to valid business organizations.
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Speaker Information



Dave Jensen has been a Staff Attorney with CAMFT since April 2002. He was born in Flint, Michigan, but was raised in Tustin, California. Dave graduated from Brigham Young University with a Bachelor's Degree in History, and he received his law degree from the Thomas Jefferson School of Law in San Diego, California. Dave passed the California bar examination in February 1999, and he did it on his first try! Before joining CAMFT, Dave worked for Foley & Lardner, a large national law firm, where he regularly established and advised nonprofit organizations. As an

attorney with CAMFT, he consults with its members regarding their legal and ethical dilemmas, and he is a regular contributor to *The Therapist* magazine. Dave gives numerous law and ethics presentations to chapters, schools, and agencies, and his popular What Does the Law Expect of Me? series, which includes Parts I, II, III, and IV, have helped therapists to better understand their legal and ethical obligations.

Questions or to Register for CEU Workshops, Contact Christine Palmquist at
CAMFTSD.Workshops@gmail.com or 619.335.8896

\$60.00 for San Diego CAMFT or North County CAMFT members with CEU certificate
\$90.00 for non-members with CEU certificate

Membership Letter

Dear Colleague,

Thank you for your continued support and membership in the San Diego Chapter of CAMFT. We appreciate you. Your Board Members strive to provide many opportunities for us to support each other and participate in our local community. We now provide our newsletter and membership applications electronically which has permitted us to lower our dues. Payments for dues and event attendance can be made online through Pay Pal. Your membership renews annually in the month you joined and will be listed on our website.

Here are some of the many benefits of membership:

Advertise: Members may advertise in the website and newsletter at a **REDUCED RATE**.

Attorney-Therapist Interface Luncheons: An opportunity for members to NETWORK with other professionals and expand both knowledge and connections. Both CEU's and MCLE's are offered through the Attorney-Therapist Interface Luncheons.

Clinician Connection: Resource for online communication, referral requests and networking.

Community Relations: Reach out to the San Diego community by increasing your professional visibility by becoming involved in Speakers Bureaus that can include CEU classes or workshops. Attend local **CHAPTER CO-SPONSORED EVENTS**.

Intern/Employer Networking: Bi-annual **INTERN NETWORKING FAIR:** interns and employers have an opportunity to find mutual benefits. An excellent opportunity for Pre-licensed members to learn more about the job search and licensing process.

CEU Luncheon Meetings and Monthly Networking: Learn about relevant topics from local professionals. Opportunity to Network to develop collegial and supportive relationships with peers. Receive 1 CEU for each meeting.
FREE FOR MEMBERS~ Bring your own lunch.

Newsletters: All members receive our informative San Diego CAMFT Newsletters five times throughout the year. E-blasts are also sent out to keep individuals informed of chapter events and other educational opportunities.

Pre-Licensed Development: Attend quarterly meetings to learn about topics relevant to pre-licensurees and to **BUILD YOUR NETWORK** of colleagues.

Reciprocal Membership Benefits: With the San Diego North County Chapter of CAMFT. Allows you to get the full range of membership benefits regardless of where you live within San Diego County.

SD-Therapist Finder Directory: Build your clientele. This searchable online directory lists San Diego CAMFT MEMBERS ONLY and is available as a public resource. All members may be included in this directory at no charge. Information on how to be included can be found on the website @ www.camft-sandiego.org.

Workshops: Attend presentations providing an opportunity to connect with other professionals, expand your knowledge, share insights and information while completing your required CEU's. Receive 3 - 6 CEU's per workshop.
MEMBERS RECEIVE 33% DISCOUNTS.

JOINING CAMFT-SD BENEFITS YOU PROFESSIONALLY!

Membership Application

Clinical, Pre-licensed & Associate Chapter Members must be a member of CAMFT when joining the local chapter. If you are not a member of CAMFT, contact CAMFT at (858) 292-2638 or go to www.camft.org and complete a state CAMFT application on line. *Affiliate Chapter Members do not need to join CAMFT.* At any time, you can check the San Diego Chapter Membership List on our website to see if you are a member of the local chapter and your renewal month.

Please note Membership in CAMFT-SD requires yearly renewal.

You now have two options for completing the New or Renewal application, either electronically or by mail. For electronic processing, please complete this one page application, submit via email to the Membership Chair, CAMFTSD.Membership@gmail.com, and complete payment through Paypal. The alternate option is to complete this application and mail this page in with your check payment. Please make checks payable to: CAMFT-SD and mail to the attention of Membership Chair.

Please note that your name and renewal month ONLY will be posted on the website as public information unless you initial here: ____ NO, please do not list me as a member on the website.

New Member **Renewing Member** **My CAMFT Membership Number is:** _____

Name: _____

Email: _____

Primary Mailing Address: _____

City: _____ State: _____ Zip Code: _____

Business Phone: _____ Business Fax: _____

Current Lifetime Member: - **No Fee- Please Update Information** - License Number: _____

Clinical Member (MFT's only – Voting Member) - **\$50.00** – MFT License Number: _____

Pre-licensed Member (Voting Member) - **\$25.00** - Please indicate pre-licensed member status:

Intern - Intern Number: _____

Trainee - I am applying for a BBS MFT Intern Number, and will provide it when received.

Graduate Student – I am enrolled in a MFT graduate program

Associate Member - **\$40.00** - (professional or student in a related field. Non-Voting Member)

Ph.D., Psy.D., M.D. – State License Number: _____

LCSW – BBS License Number: _____

Student - Please specify: _____

Other (CADAC, RN, etc.) _____ License Number: _____

Affiliate Member - **\$40.00** - (attorneys, probation officers, schools, organizations, etc. Non-Voting Member)

Profession or Organization's name: _____

State License Number (if any): _____

Signature _____ Date _____

Community Events

March 19, 2011 - San Diego Bowen Family Systems Theory Conference featuring Daniel Papero, Ph.D. Approved by BBS (PCE 959) and submitted to MCEP AA (JAC008) for 6.5 CE Credits. Register online: www.socalbowentheory.com or contact Carolyn Jacobs, Psy.D. (PSY15774). (619) 525-7747.

Office Space for Rent

Scripps Ranch/Mira Mesa Office Space: Starting at \$150/month! Professional furnished offices for rent. Part-time, days, evenings and weekends available. Wonderful location 1 block from 15 freeway, 3 blocks from Miramar Military Base, Referral Potential! Hugh Scripps Ranch, Mira Mesa, Rancho Bernardo, Poway client base. Plenty of free parking. Must see! Available January 1, 2011! Contact Mike toll-free 1-888-293-3182

Professional office available in centrally located office suite. Reception area, waiting room with light notification system; access to fax, copier, fridge and internet. Office is 10 x14 ft, extra sound proofing with floor to ceiling windows. Great access to major highways ; HWY's 163,805,52. Unlimited parking, located on the first floor it is handicap accessible with ample parking. Conference and exercise rooms available. Share with psychiatrist, psychologist and social worker. \$450/month plus 1/4 utilities Please contact Rebecca: 619-515-4622 or Rhonda 619-251-4618

Employment Opportunities

There are three Job Opportunities within the San Diego Unified School District. Fluency in Spanish is a plus. **Please see full job descriptions on website.** Apply online at www.sandi.net under employment>job opportunities>non-teaching positions

Rehabilitation Specialist: Basic function: Provide assistance in the development of student functional skills of daily living, social skills, medication compliance, and positive behavior support and intervention techniques. Applications are accepted continually. **Minimum Qualifications:** Combination of training, experience, and/or education equivalent to 3 years behavior modification with emotionally disturbed or conduct-disordered youth. Possibly working on master's degree.

Mental Health Case Worker: Basic function: Determine eligibility of clients for services, assess needs and provide case management services as an unlicensed qualified mental health professional to students diagnosed with mental health problems. Applications are accepted continually. **Minimum Qualifications:** **Pre-Licensed** MFT, LCSW or Clinical Psychologist (must be registered with CA state licensing board). Any combination of training, experience, and/or education equivalent to a master's degree in psychology, social work, or mental health counseling and one year experience with children and adolescents in a mental health setting.

Licensed Mental Health Clinician: Basic function: Provide a variety of mental health services to mentally ill or emotionally disturbed students, including therapy, consultation, and advice concerning client status, diagnosis, and treatment. Applications are accepted continually. **Minimum Qualifications:** **Licensed** Clinical Social Worker (LCSW), Marriage and Family Therapist (MFT), or Licensed Clinical Psychologist. Any combination of training, experience, and/or education equivalent to master's degree in psychology, mental health counseling, or social work and two years post-license experience in counseling and crisis intervention to children, adolescents, and their families.

Interested in advertising an event, office space for rent or employment opportunities?
Contact Bindu Khurana at President@camft-sandiego.org

\$15.00 for San Diego CAMFT members
\$25.00 for non-members

Questions and Answers

How do I join the chapter or renew my membership?

The Membership Drive is underway! You should have received a Membership Letter and Application in the mail. The application is on page 7 of this newsletter and will be in all issues moving forward. If you have any questions about your membership status, please contact our Membership Chair Kathleen Muir, at CAMFTSD.membership@gmail.com or 619.796.5638

Who do I contact if I want to be a speaker for either the CEU Luncheons or CEU Workshops?

You can contact the CEU Chair via email or phone. Their contact information is below and they will assist in determining available dates for 2011.

How do I register for the CEU Luncheons?

Very soon, you will be able to register online! Until that time, please register for our CEU Luncheons by contacting our CEU Luncheon Chair Andrea Knox at CAMFTSD.CEUChair@gmail.com or 619.609.7106. Luncheons are free for chapter members and \$5 if you are not a member of the San Diego Chapter of CAMFT. Bring your own lunch and earn CEU's!

How do I register for the Workshops?

Very soon, you will be able to register online! Until that time, please register by contacting our CEU Workshop Chair Christine Palmquist at CAMFTSD.Workshops@gmail.com or 619.335.8896

What if I want to attend a San Diego CAMFT Board Meeting or join the San Diego CAMFT Board?

All members are invited – please join us! Contact Bindu Khurana at President@camft-sandiego.org or 301-346-4213

What are the benefits of joining the San Diego CAMFT Board?

You will have the unique opportunity to shape the experiences for members of our profession within San Diego County. By having a diverse group of individuals representing all licensure types and experiences, we help to identify areas to focus educational or social efforts. Board membership also showcases your commitment to our profession and increases visibility with colleagues.

San Diego CAMFT Board of Directors

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Newsletter Editor

Vacant