



## MARCH - APRIL 2011

### President's Message

One of the goals of the Board of Directors of The San Diego Chapter of CAMFT is to offer dynamic and diverse events.

Searching to strengthen your clinical knowledge? We have four CEU opportunities on a variety of topics from law and ethics to financial planning. We are fortunate to have Mary Riemersma provide a

“State of CAMFT” presentation for a final time prior to her retirement this spring.

Maybe you need encouragement to meet your fitness goals. Join the San Diego CAMFT team as we participate in the annual National Alliance on Mental Illness (NAMI) walk on April 16th.

Perhaps your interest is meet-

ing other professionals in the field. Join us as we partner with the Employee Assistance Program on April 5th at Jimmy's Famous American Tavern for a night of conversation and networking.

Whatever your need for 2011, we hope one of our events helps reach that goal.

Join the San Diego CAMFT Walking Team for the NAMI Walk on April 16th, “San Diego CAMFT and Friends”

Register at <http://www.namisanidiego.org/namiwalks>

Questions? Contact Marni Goldberg, Community Relations Chair, at [camftsd.communityrelations@gmail.com](mailto:camftsd.communityrelations@gmail.com) for questions. We hope to see you there!

### *Networking by the Sea*

On **Tuesday, April 5th**, gather with the San Diego Chapter of CAMFT and the Employee Assistance Program at Jimmy's Famous American Tavern, 4990 N Harbor Drive, SD, CA 92106.

Bring business cards and any other materials you want to distribute.

\$20 with RSVP by April 3rd, \$25 at the door.

Questions or to RSVP, contact Hallie Herbert at [hallieherbert@yahoo.com](mailto:hallieherbert@yahoo.com), 808.489.6046

### Calendar of Events At a Glance

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.
April 4, 2011	SD CAMFT Board Meeting, 5:30 p.m. – 7:30 p.m.
April 5, 2011	Networking Event, 6:00 p.m. - 8:00 p.m.
April 9, 2011	CEU Workshop, 9:00 a.m. - 12:00 p.m.
April 16, 2011	NAMI Walk, 8:00 a.m. - 12:00 p.m.
April 19, 2011	CEU Dinner, 5:30 p.m. - 7:00 p.m.

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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## Continuing Education Luncheon

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

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

**No More Regrets!**  
**30 Ways to Greater Happiness and Meaning in Your Life**  
by Marc Muchnick, Ph.D.

We all want to live a life without regrets, but few of us succeed. Certainly whenever we do something we wish hadn't--or don't do something we wish we had-- we vow it won't happen again. But do we ask ourselves *why* it happened in the first place?

Inspired by the final conversation author Marc Muchnick had with a friend who died too young, *No More Regrets!* explores the deeper sources of our regrets and the themes they have in common. We get stuck in ruts and become prisoners of our habits and circumstances. We take the good people and things around us for granted. We lose our authenticity and at times fail to live true to ourselves. We stop growing, learning and evolving. We become overly self-absorbed, insensitive and judgmental.

The thirty ways to greater happiness and meaning outlined in this book are expressly designed to help you avoid these pitfalls. Just one or two of these insights could potentially change your life. Taken together, what Muchnick offers here is nothing less than a comprehensive approach to banishing regret forever.

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### Speaker Information



Marc Muchnick, Ph.D.  
People First Group, LLC  
3325 Windbreak Court  
San Diego, CA 92130  
858.414.1494

Dr. Marc Muchnick is an expert on leadership and human behavior who is on a mission to help people and organizations prosper without regrets. Marc's latest book *No More Regrets!* is quickly becoming required reading for personal and professional development and is noted for its personal yet practical – and often humorous – writing style.

Marc's latest book *No More Regrets!* is quickly becoming required reading for personal and professional development and is noted for its personal yet practical – and often humorous – writing style. His *No More Regrets!* blog on PsychologyToday.com has been viewed by over 10,000 people and is updated regularly with new postings.

Beyond being an engaging author, Dr. Muchnick is an online professor and research mentor for 15 years in the Ph.D. and MBA programs at Capella University's School of Business and Technology. Marc has chaired over 70 doctoral dissertations and taught over 150 courses in his academic career.

Marc lives in San Diego with his wife, two children, and dog Cali, and is in his 20th year as a Big Brother in the Big Brothers/Big Sisters Program of America. Marc is a leader, a motivator, a coach, an educator, a problem solver, and an individual who inspires others by walking his talk.

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Questions or to Register for CEU luncheons, Contact Bindu Khurana at  
President@camft-sandiego.org or 301.346.4213

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

## Continuing Education Dinner

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

Tuesday, April 19, 2011 - 5:30 p.m.—7:00 p.m., 1 CEU

**The State of CAMFT  
by Mary Riemersma**

Join us for our final “State of CAMFT” presentation by Mary Riemersma prior to her retirement as the Executive Director of CAMFT. This presentation is an open forum where participants are able to interface with one of the strongest voices of CAMFT while learning about recent developments affecting our field.

Do you want to learn more about the LPCC license and whether you should pursue dual licensure? Would you like additional information on what is happening in California that affects our profession? Are you interested in learning what is being done to cure managed care concerns? Are you unsure what role CAMFT plays in our profession?

This is an opportunity to learn about trends and what we can expect as MFTs practicing in California in the years ahead.

## Speaker Information

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Mary Riemersma, a Certified Association Executive, has been Executive Director of CAMFT for 26 years. Additionally, she has been in the business of managing associations for over 40 years. She holds an MBA, an MS, and a BA from Arizona State University. She has been recognized by the California Society of Association Executives as an Outstanding Association Executive, recognized by the American Society of Association Executives as a Fellow, recognized by CAMFT as an Honorary Distinguished Member, and recognized by AAMFT for Distinguished Service to the Profession of Marriage and Family Therapy. Mary has served in a number of leadership

capacities in her own professional associations and is currently serving on the US Chamber Institute for Organization Management’s Board of Trustees and is Past President of the California Coalition for Mental Health

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President@camft-sandiego.org or 301.346.4213

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

## Law and Ethics Workshop

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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.

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Questions or to Register for the Law and Ethics Workshop, Contact Christine Palmquist at  
ChrisPalmquist@gmail.com or 858.822.9093

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

## Continuing Education Workshop

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

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

### **Applied Behavioral Finance – The Intersection of Psychology and Economic Theory In Financial Decision-Making by Justin Reckers CFP, CDFP, AIF and Robert Simon, Ph.D.**

The field of Behavioral Finance has developed in recent years with a goal of understanding and explaining how human emotions and cognitive processes (particularly cognitive errors) influence the movement of stock markets. While the field was originally explored by those interested in increasing their profits in the markets, analysis of the principles of this field show there is a broad applicability to a variety of everyday settings and decisions. Applied Behavioral Finance combines the disciplines of psychology and economics to explain why people make seemingly irrational or illogical decisions when they spend, invest, save, and borrow money. Since psychology systematically explores human judgment, behavior, motivation, emotion, and well-being, it can teach us important facts about how human functioning differs from traditional rational economic assumptions.

This workshop will: 1) Share the history of development of Behavioral Finance from academics in the fields of Economics, Psychology and Social Science including the concepts of Prospect Theory, “Libertarian Paternalism” and many functions used in marketing 2) Discuss the events that brought the concepts closer to the front of American and International interest 3) Share the concepts behind our model for observing the common human departures from “rational” economic models 4) Describe some of the most common barriers such as mental accounting, framing, recency bias, confirmation bias and work through demonstrations and examples of how they manifest in a person's decision-making process 5) Provide a framework for understanding the ramifications of these common barriers 6) Describe practice guidelines we have developed for professionals to determine how they may positively affect a client's decision-making process (Will you want to attempt to moderate or remove the barriers or will you need consider adapting as a professional to provide the most effective guidance.)

### **Speaker Information**



**Justin A. Reckers, CFP, CDFP, AIF** is Director of Financial Planning at Pacific Wealth Management, [www.pacwealth.com](http://www.pacwealth.com) and Managing Director of Pacific Divorce Management, [www.pacddivorce.com](http://www.pacddivorce.com). Pacific Wealth Management (PWM) is an independent investment management, consulting, and financial planning company specializing in asset growth and preservation strategies for high-net worth individuals, corporations and foundations. Pacific Divorce Management (PDM) specializes in the financial aspects that arise for individuals and couples going through a divorce. PDM provides education and support during difficult decision making processes in order to facilitate rational and informed conclusions for clients.



**Robert A. Simon, Ph.D.** is a Licensed Psychologist who is a Recognized Expert in Forensic Psychologist Consulting with over 20 years of experience in the legal domain of family law and domestic relations. Dr. Simon is licensed as a Psychologist in the State of California and available for consultation throughout California and the United States. Based in Del Mar, California, Dr. Simon offers empirically driven, ethically integrated Forensic Psychology solutions to both legal professionals and individuals.

Questions or to Register for CEU Workshops, Contact Christine Palmquist at  
[ChrisPalmquist@gmail.com](mailto:ChrisPalmquist@gmail.com) or 858.822.9093

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

\$45.00 for non-members with CEU certificate

## Membership Letter

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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-licenseses 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](http://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!***

San Diego Chapter of CAMFT  
 3089 C Clairemont Drive, PMB #465  
 San Diego, CA 92117

## 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](http://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 \_\_\_\_\_

Questions about membership? Contact Kathleen Muir at  
 CAMFTSD.Membership@gmail.com or 619.796.5638

## Office Space for Rent

Ocean view office space available across from the YMCA in Encinitas. Easy access, ample parking, private bath and kitchenette within suite. Share space and referrals with 4 psychologists full or part time. Call 760.436.5570 for info.

Professional Office Space: Beautiful space in renovated craftsman building in the heart of Bankers Hill/Hillcrest. An established, small group practice is looking for a psychologist to join us. Office and billing support available as well as a reserved parking space for tenant. Please contact: Breffni Barrett, Ph.D., 3225 Fourth Avenue, San Diego, CA 92103; Email: [breffnib@cox.net](mailto:breffnib@cox.net); Tel: 619.291.7181 x107

MISSION VALLEY: 14'x17' furnished windowed office space available all day Monday, Wednesday, Saturday and Sunday. Rent 1, 2, 3 or all 4 days. Utilities and janitorial services included. Centralized location. Month-to-month. 3511 Camino del Rio South #302. Call Patti 858.792.6060 or email at [docpatti@gmail.com](mailto:docpatti@gmail.com).

SCRIPPS RANCH PSYCHOTHERAPY OFFICE FOR LEASE: Bright (unfurnished) private office with a large window is available in my beautiful 2 office psychotherapy suite, with a tastefully furnished, professional waiting-room. New carpet/paint, 2<sup>nd</sup> floor location, ample/free parking, & convenient Scripps Ranch location. Full or part-time \$500/per month (no extra costs). Available now. Contact Michelle Hobby, Ph.D., [MichelleHobbyPhD@gmail.com](mailto:MichelleHobbyPhD@gmail.com) , 858.414.2523.

## Employment Opportunities

Clinical Supervisor, Mental Health Systems, Inc. – Supervision of licensed eligible interns, MFT/LCSWs, and BA level staff. Exciting full time opportunity to join management team of large children's mental health program providing wraparound services to high risk youth and their families in San Diego. Two year minimum post licensure required. Please send resume and cover letter to [mwilson@mhsinc.org](mailto:mwilson@mhsinc.org) or fax to 858.569.1873.

Mental Health Systems, Inc. is an equal opportunity employer and offers excellent benefits and competitive salaries.

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Interested in advertising an event, office space for rent or employment opportunities?  
Contact Bindu Khurana at [President@camft-sandiego.org](mailto: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](mailto: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 the President Bindu Khurana at [Damaharani@aol.com](mailto:Damaharani@aol.com). 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?*

Email Christine Palmquist at [Chrispalmquist@gmail.com](mailto:Chrispalmquist@gmail.com) stating your intention to attend, SD CAMFT membership status, license type/number, and your contact information. You will receive a confirmation of space held for you. Send a check made out to SD CAMFT and indicate the workshop on check. Please send check to: SD CAMFT, 3089 C Clairemont Dr. PMB 465, San Diego, CA 92117. You can also pay online through Paypal on the events page. Special note: if the workshop is just a few days away from your registration, indicate in your email to Chris that you will pay at the door.

### *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](mailto: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

### **President**

Bindu Khurana, MFT  
[President@camft-sandiego.org](mailto:President@camft-sandiego.org)  
 301.346.4213

### **Attorney/Therapist Chair**

Betty J. Jackson, MFT  
 858.573.0173  
 858.573.0178 (Fax)

### **Membership Chair**

Kathleen Muir, IMF  
[CAMFTSD.Membership@gmail.com](mailto:CAMFTSD.Membership@gmail.com)  
 619.796.5638

### **Past President**

Brian Oltman, MFT

### **CEU Luncheon Chair**

Vacant  
[CAMFTSD.CEUChair@gmail.com](mailto:CAMFTSD.CEUChair@gmail.com)  
 619.609.7106

### **Newsletter Editor**

Vacant

### **Financial Advisor**

Benjamin Edwards, MFT  
[Treasurer@camft-sandiego.org](mailto:Treasurer@camft-sandiego.org)  
 619.563.1161

### **CEU Workshop Chair**

Christine Palmquist, IMF  
[ChrisPalmquist@gmail.com](mailto:ChrisPalmquist@gmail.com)  
 619.335.8896

### **Pre-Licensed Representative**

Vacant

### **Community Relations Chair**

Marni Goldberg, MFT  
[CAMFTSD.CommunityRelations@gmail.com](mailto:CAMFTSD.CommunityRelations@gmail.com)  
 858.634.0394

### **Secretary**

Hallie Herbert, MFT  
[CAMFTSD.Secretary@gmail.com](mailto:CAMFTSD.Secretary@gmail.com)