



MAY—JUNE 2011

President's Message

Summer break is rarely something that adults get but the board of the San Diego Chapter of CAMFT is doing just that! For the months of July and August, the board members are getting a break from all their hard work. We will resume events in September and hope you like some of the changes we are implementing.

One key change is moving our CEU Luncheon's from the second Friday to the second Tuesdays of each month. We will be rotating the times between breakfast, lunch and dinner to appeal to a larger number of chapter members.

If we don't see you at one of our May or June events, happy summer and see you in the fall!

Community Relations Update

We had another successful and wonderful networking event on **Tuesday, April 5th**. It was great to join with the local chapter of the Employee Assistance Program. The former chapter President, Linda Erwin-Gallagher shared information about getting certified as a EAP and the career opportunities available. We look forward to providing future opportunities to mingle with colleagues in a relaxed and fun atmosphere and hope you will join us! Keep an eye out for future networking events, and please let us know if you have any ideas or suggestions.

Saturday, April 16 was a beautiful morning to gather in Balboa Park to walk in the NAMI 5K. The San Diego Chapter of CAMFT was a proud sponsor of this event and it was exciting to see our beautiful logo on the event t-shirts as well as the website. We joined with the North County Chapter of CAMFT and had a great time networking and educating the public on what we do. It was great to be a part of such an important event and the energy was contagious with the amazing turnout that they had. We hope to see you next time we participate in a charity walk! Look out for notices in our email blasts as well as on our website's calendar of upcoming events.



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Calendar of Events At a Glance

May 2 2011	SD CAMFT Board Meeting, 5:30 p.m. – 7:30 p.m.
May 13, 2011	CEU Luncheon, 11:30 a.m. – 1:00 p.m.
June 6 2011	SD CAMFT Board Meeting, 5:30 p.m. – 7:30 p.m.
June 10, 2011	CEU Workshop, 9:00 a.m. - 12:00 p.m.
June 10, 2011	CEU Workshop, 1:00 p.m.—4:00 p.m.

Mental Health Mobile Rolls In to San Diego



The “Mental Health Mobile” is hitting the road and making a special stop in San Diego.

Would you believe that more than one in four Californians recently surveyed reported that they could benefit from therapy?

- Are you looking for more balance in your life?
- Want to learn how to de-stress?
- Do you know someone who might benefit from talk therapy?

Then come on out and find out more at the Mental Health Mobile!

When Where & Who

Tuesday, May 24 from 6 a.m. to 2 p.m.

Horton Plaza, 324 Horton Plaza, San Diego, CA

(You can find the Mental Health Mobile south of Broadway and west of 4th Avenue.)

Licensed Marriage and Family Therapists will be on hand offering advice on how to find mental balance and cope with the stresses of everyday life.



The Mental Health Mobile is sponsored by CounselingCalifornia.com and the California Association of Marriage and Family Therapists. For more information please visit www.mentalhealthmobile.com.

Continuing Education Luncheon

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

Friday, May 13, 2011 - 11:30 a.m.—1:00 p.m., 1 CEU

**Social Styles
by Daphne Yuhas, MA**

Interacting well with people, is the hallmark of communication. What happens when you have someone you are having a little trouble connecting with? Have you noticed there are people you are comfortable with, and others are a little more...difficult? How about those folks who might plain get on your nerves? And then, there are people you could not love more.

Learning about social styles might be an answer. Based on the work of Florence Littauer, learn what it means to be a Sanguine, Choleric, Melancholy, or Phlegmatic. I like to say the Chimpanzee, Lion, Giraffe, or Turtle.

Each temperament has their strengths and challenges. When social styles are understood and used, better communication is yours! Utilizing this skill can accentuate therapy, but also everyday life. So, come learn about your social style (a quick assessment will be given), and see how this can make life a lot more interesting!

Speaker Information



You're reading this to find out a little about me. Hopefully, my biography will leave you asking more questions. I have 20 plus years of providing direct services to children, teenagers, and adults with chronic mental illness. I have also spent several years as an entrepreneur building businesses in direct marketing, real estate, and now success mentoring. During that time, I have also had multiple speaking engagements on what makes marriage successful.

I was born in North Carolina, but raised and educated in Georgia. I moved to San Diego in 1992. I received my bachelor's degree from Emory University in Psychology and Sociology. I also received an MA in Counseling, with an emphasis in Mar-

riage and Family Therapy, from the University of Georgia. After many, many years of "front-line services"; I decided to launch DY Mentor in 2009. Success, one person at a time, is the motto taught to me by my own mentor. It accurately describes my business.

We go to school to learn how to participate and courage the therapeutic process, but what about people skills? Sometimes a mentor is needed to help sort this all out. Sometimes the landscape you'd planned for isn't what you see. If you are like me, there have been plenty of ups and downs in your life. I have learned when life gets tough, the tough get a mentor.

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 Workshop

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

Friday, June 10, 2011 - 9:00 a.m. - 12:00 p.m., 3 CEU's

Turning Developmental Theory Into Effective Therapeutic Practice
Developmental Principles Applied to Adult, Teen, Child, Couples, and Family Therapy
By Ronald Mah, MFT

This workshop reviews and examines developmental principles applied to child AND adult therapy. While therapists have basic training in developmental theories, they may miss assessment and therapeutic opportunities where developmental principles are sometimes can powerfully guide therapy. Review of foundational developmental theories (for example, Piaget, Ainsworth, and Erickson) will increase assessment and diagnosis of individuals (of any age), couples, and families. This will lead to more accurate understanding of psychodynamics, family-of-origin issues, psychopathology, and current problematic processes and relationship.

Coupled with introduction of the basic rules of developmental theories- there are ten rules that guide assessment and treatment, a developmental theory of growth and change- that identifies problematic areas of client processes for clinical attention, a developmental theory of relationship intimacy- that both identifies intimacy issues and directs therapy to intrapsychic and interpersonal growth, and the role of attachment and of play in intimacy development- to direct relationship behavior goals and practice to improve relationships (including the therapist-client relationship, the seminar can bring conceptual and practical clarity to successful client interventions for individual adult, teen, and child work or couples or family therapy.

Speaker Information



I am Ronald Mah, therapist, trainer, and educator, son, father, husband, activist, radical, and interventionist... speaker and author... child of immigrant parents. I seek to combine all relevant concepts, principles, and philosophy with practical techniques and guidelines for effective and productive results. I will use stories, experiences, humor, and wisdom (gained from sometimes less than wise earlier decisions!) from diverse realms to illustrate important points in a stimulating and highly motivating style. Making the process practical yet conceptually sound for clients or workshop participants is the goal of my work.

A Licensed Marriage and Family Therapist, my experiences include community mental health, Severe Emotional Disturbance (SED) school programs, vocational programs for at-risk youth, welfare to work programs, Head Start, supervising a high school mental health clinic, work with diverse populations, private practice in San Leandro, credentialed teacher, Masters of Psychology instructor, author of the Asian Pacific Islander Parent Education Support curriculum for the City and County of San Francisco, Department of Human Services.

Questions or to Register for the CEU Workshop, Contact Christine Palmquist at
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

Continuing Education Workshop

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

Friday, June 10, 2011 – 1:00 p.m. – 4:00 p.m., 3 CEU's

**From Difficult to Dangerous:
Acting Out, Aggression, or Volatility versus Dangerous or Violence Potential in Children,
Teens, and Others
by Ronald Mah, MFT**

“How dangerous is my client?” Therapists are often presented with difficult clients to treat. Among the presenting issues are aggressive, impulsive, and violent behaviors. Or, there may also be aggressive, obsessive, and violent thoughts or writings. Sometimes, there are both present. How dangerous is the client? Is there a likelihood of physical assault on another person?

There are often complex issues and circumstances that make a child or teen (and adult) "act out" or become moody. Effective treatment comes from appropriate assessments of client personality, issues, and circumstances that lead to theoretical clarity that subsequently imply treatment approaches and interventions.

Fifteen or more specific criteria will be introduced to help clinicians differentiate danger potential and treatment and intervention processes. This information gives guidance for both treatment and preventative work for children and teens. Information from this seminar is applicable for assessing for potential for domestic violence, child abuse, physical assault, and emotional, psychological, economic, financial, and social attacks by adults.

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

If registering for both workshops, \$50 for members of San Diego CAMFT, \$80 for non members of San Diego CAMFT

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-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.

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 _____

Office Space for Rent

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, Telephone: 619.291.7181 x107

Employment Opportunities

Rancho L'Abri Job Announcements, www.RanchoLABri.com

Clinical Director: Supervision of MFT/PhD Interns, Clinical Oversight and Management of Rancho L'Abri Programs including Sober Livings, Residential Facilities, Outpatient Programming and Management of Rancho L'Abri Clinical Staff
Counselors, Case Managers or Marriage and Family Therapist Intern: Provide therapeutic services within scope of individual training/experience for individuals receiving treatment for addiction and co-occurring disorders. Create and implement individualized treatment plans for patient population. Facilitate group counseling. Collaborate with treatment team to synthesize patient care.

San Diego Center for Change, Central Region, Point Loma site has an opening for a Full Time Licensed Therapist conducting assessments with court ordered clients in the drug court. For further information, <http://www.mhsinc.org/>

Internship Opportunities

Catholic Charities San Bernadino/Riverside

We provide: Individual, Couples, and Family Counseling, Workshops and Group, Parenting (English and Spanish), Anger Management (Adult and Teen), Teen Social Skills, Co-Parenting (Divorce Parenting), Why Try Program (Working with Foster Youth in Group Homes), School Counseling Placements in elementary and middle school settings, Professional presentation with in the community

Average Weekly Hours Required:

25 Total Clinical Hours - Number of Client Contact Hours - 20 hours, Number of Supervision Hours - 3 hours (1 hour individual/2 hours group), School Counseling Supervision - 2 hours group (School Counselors Only)

4 Total Clinical Training Hours - Average Number of Clinical Training Hours - 2 hours per week for 9 months, Clinical Intake Training Hours - 1 hour (total of 35 hours), Case Management Training Hours - 1 hour (total of 30 hours)

29 Hours per week of Total Weekly Number of Placement

31 Hours per week for School Counselors

Availability Required - A minimum of three weekday evening blocks of time (3-8 PM) or two evening and Sat., Fridays from 10:00 - 12:00pm or 3:45 PM - 5:45 PM for Group Supervision, Fridays from 2:35-3:35 PM for Didactic Training, Fridays from 12:25-2:25 PM for School Counselor Training only, One daytime block of at least three hours for School Counselors only, One Friday evening per month for staff training in-services from 6:00-9:00 PM., One four-hour block of time between 9:00 AM -5:00 PM for phone intake for 10 weeks., One hour for individual supervision to be determined by supervisor and supervisee.

If you are interested in pursuing a placement with the agency, please forward your resume and a cover letter to: Lena Bradley, LMFT, Clinical Coordinator, Phone: 909.763.4970 ext. 412, Fax 909.763.4977, Email: lbradley@ccsbriv.org

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- 2012.

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 President@camft-sandiego.org. 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 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 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
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 301.346.4213

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 619.957.3661 (Emergencies Only)

Pre-Licensed Representative

Vacant

Community Relations Chair

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CAMFTSD.CommunityRelations@gmail.com
 858.634.0394

Secretary

Hallie Herbert, MFT
CAMFTSD.Secretary@gmail.com