



President's Message - Bindu Khurana, MFT

The New Year is a time to develop resolutions and make new plans. Some people take up hobbies; others create ideas for their professional development while some make the conscious effort to schedule time to relax. Whatever your goal is for 2010, the San Diego chapter of CAMFT has been working on coming up with some new ideas for our chapter members.

This issue is our first "Green" newsletter. By providing our bi-monthly newsletter electronically, we are saving the chapter a significant amount of money that can be used to host more events and was the catalyst in lowering annual dues. We are also helping the environment by decreasing the amount of printed copies produced. We hope to move the chapter to more electronic means of communication to eliminate the need for as much paper. This month also marks the movement of our monthly CEU luncheon to Argosy University. Our hope is that by moving the monthly luncheon to centrally located Mission Valley, a greater number of chapter members are able to attend these enriching events.

Finally, 2010 marks the election of a new term of SD CAMFT Board Members. We would like to thank all the members that diligently completed their Clinical ballot and showed your commitment to electing a diverse board that strives to further our profession. With every addition to the board, more and more new ideas and exciting opportunities are possible. We hope to organize events that help our Pre-Licensed and Licensed membership get every possible benefit from membership in the chapter. Have an idea for a workshop or event? Please feel free to contact myself, or any member of the board at any time.

We look forward to spending 2010 with you and plan to continue to move the chapter to the highest peaks of our profession. Happy New Year!

Friday, February 12, 2010 - CEU Luncheon Presentation, 11:15 a.m. - 1:00 p.m.

Location: Argosy University - 1615 Murray Canyon
Earn 1 CEU Credit listening to a presentation on:

The Inner Experience of Mental Illness: For Professionals Working with the Mentally Ill by Donald Kern, MFT

Registration must be received by Monday, February 8, 2010. \$15.00 fee includes CEU

Mail registration and payment to: SD CAMFT, 3089 C
Clairemont Drive, PMB #465, San Diego, CA 92117

Questions: Contact Andrea Obst, andobst@gmail.com
858.442.0465

Saturday, February 13, 2010 - Law and Ethics Workshop, 9:00 a.m. - 5:00 p.m. - 6 CEU's

County Mental Health Building, 3851 Rosecrans Street,
Harbor Rm.

Earn CEU's while listening to a *Law and Ethics*
Presentation by David Jensen, JD

The price of the workshop is \$30/members and
\$45/non-members.

To register, please contact Andrea Knox at
andobst@gmail.com, or call at 858-442-0465

Friday, March 12, 2010- CEU Luncheon - 1 CEU

Identification, Diagnosis and Treatment of Psychotic
Symptoms in Adolescents and Young Adults

Speaker: Tracy Alderman, Ph.D.

Location: Argosy University - 1615 Murray Canyon

Friday, April 9, 2010- CEU Luncheon - 1 CEU

Dream Interpretation

Speaker: Rochelle Pereper, Ph.D.

Location: Argosy University - 1615 Murray Canyon

Law and Ethics Workshop

Saturday, February 13, 2010 8:30 – 4:30 p.m.

Registration: 8:30 a.m. - 9:00 a.m.

Program: at 9:00 a.m.

Lunch: Noon

County Mental Health Building, 3851 Rosecrans Street, Harbor Room, San Diego

Cost: \$30 Members \$45 Nonmembers

Earn 6 CEU's while listening to a CAMFT's David Jensen, JD

Questions: email andobst@gmail.com or 858-442-0465

Law and Ethics Speaker Information



Dave Jensen has been 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. 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 CAMFT's members regarding their legal and ethical dilemmas, and he is a regular contributor to *The Therapist* magazine. Dave gives numerous chapter, school and agency law and ethics presentations and has developed *What Does the Law Expect of Me?* Parts I and Part 2, which have both garnered rave reviews.

January CEU Workshop

Success for the Diet Dropout: Strategies for Women Who Want to Stop Hating Their Bodies

Date: Saturday, January 23, 2010

Speaker: Nikki Goldman, Ph.D.

Time: 8:30am – Registration • 9:00am - Speaker begins • 10:30am - Break • 12:00pm - Adjourn

Location: Health Services Complex, Coronado Room, 3851 Rosecrans St.

Cost: \$30 members, \$45 nonmembers

CEUs: 3

Registration:

Please submit your registration by 5:00pm Monday, January 18th

Register online at the “Contact Us” page of www.camft-sandiego.org OR mail registration & payment to: SDCAMFT
3089 C Clairemont Drive, PMB #465, San Diego, CA 92117

Questions, please contact Andrea Knox, andobst@gmail.com or 858-442-0465



Nikki Goldman, Ph.D. struggled through school with undiagnosed learning problems. She'd been told she was a careless, lazy, underachiever. She continued to fail many classes throughout high school. These problems followed her into the work world. She was fired many times. Finally, in her early 20's, her disability was recognized. Armed with a reason for her difficulties, she was able to rekindle motivation and interest in learning and earn her degree. Memories of acute frustration in her own life give her a passion to help others overcome theirs.

Dr. Goldman has 20 years experience as a hypnotherapist in private practice. She uses hypnosis to help people build self-esteem, overcome obstacles to achieving goals, reduce stress, excel at job/sports performance, change eating patterns, improve body image, overcome phobias such as public speaking, heights, claustrophobia and more.

Dr. Goldman is also an award-winning author. She has contributed to such national magazines as Family Circle, BBW Magazine, San Diego Business Journal, and several professional journals. Her books, *Emotional Disorders* and *Teenage Suicide* are in schools and libraries across the country. Her book, *Success for the Diet Dropout: Strategies for Women who want to Stop Hating Their Bodies*, can be purchased on Amazon.com. Her weekly column, “Ask Dr. Nikki” was published in several California newspapers. She has been quoted in the Washington Post, San Diego Union, Family Circle Magazine, Parenting Magazine and more.

In addition, Dr. Goldman has lectured in such prominent institutions as the U.S. Navy, UCSD Medical School, Charter Hospital, and national health conventions and has been a frequent guest on radio talk and news shows. www.DrNikkiGoldman.com

Workshop topic:

Dr. Goldman's January 23rd workshop will be based on her book *Success for the Diet Dropout: Strategies for Women who want to Stop Hating Their Bodies* and include the topics of boosting body image, changing eating patterns, how to redirect stress, the joy of body movement, Neuro-linguistic Programming techniques and Ericksonian hypnosis.

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www.camft-sandiego.org

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February CEU Luncheon Speaker

The Inner Experience of Mental Illness: For Professionals Who Work With the Mentally Ill

Donald Kern, MA, MFT

Donald Kern, M.A., M.F.T. has been in private practice for over 11 years in both Woodland Hills and Thousand Oaks, Ca. His counseling credentials include training as a psychotherapist in the army and clinical membership in a number of professional organizations. Donald Kern has been a guest on the radio talk show, "Shrink Rap," has lectured on mental illness and bipolar disorder to students at UCLA, has spoken to service organizations and has done in-service training for several social service agencies and mental hospital workers. He is a consultant to other psychotherapists who desire to learn more about manic-depression.

Donald Kern has a 34-year history of bipolar disorder, the last 24 years on medication without an episode. As a clinician, he specializes in working with clients who have bipolar disorder and their families. He has trained support group facilitators and has extensive experience running therapy and psycho-educational groups for the chronically mentally ill. He brings his personal experience to the treatment of those similarly afflicted. His candid self-disclosure of personal experience has become a hallmark of his treatment style

Kern has written a variety of articles that have been published in professional and consumer magazines such as, "Professional Counselor Magazine," "Journal for the Alliance for the Mentally Ill," and "The Therapist," the magazine of the California Association of Marriage and Family Therapists. Recently, Donald Kern's book, "Mind Gone Awry," has been released and is available through his website: www.kerntherapy.com.

Topic:

At the February 12th CEU Luncheon, Donald Kern will speak about the inner experience of mental illness and how it feels to be in the mind of someone who is in the midst of delusion and psychosis. He will self-disclose and touch on how a therapist can deal successfully with such topics as medication compliance issues, issues with family members, and how to increase effectiveness in treatment.



"What do we live for if not to make life less difficult for one another?"

-George Eliot