



## President's Message - Bindu Khurana, MFT

This is a time of change all over this country. From the passing of legislation to natural events such as earthquakes, San Diego is in a period of transition. The San Diego Chapter of CAMFT is no exception to adjusting to the world around us. We have done several initiatives to make some changes not only to strengthen the chapter but also to ensure your getting the best value for your money.

- This is our third electronic newsletter keeping in our attempts to go green! Not only is it better for the environment but it also saves a tremendous amount of money we can put into doing new and exciting events for the membership.
- We have started a new segment in the newsletter entitled "Membership Spotlight" where we will randomly select one attendee from our monthly luncheons to highlight in each issue.
- We have started a logo contest to allow all of you to provide input on the look of SD CAMFT.
- We have a section in the newsletter for "Community Contributions" to highlight the work of all our members throughout San Diego.
- We have changed our monthly CEU luncheons to Argosy University to be more centrally located. In addition, they are now free meetings for SD CAMFT members! Bring your own lunch or just come listen to a speaker and earn 1 CEU! It can't be any easier to get those CEU's!!

We are working to come up with new ideas and events for the chapter. We are planning to have a second Law and Ethics workshop in the late summer and a "Welcome to the Profession" event in the fall. Stay tuned for all the details!!

If you have any ideas for workshops, luncheons, newsletter or any other area of SD CAMFT, I encourage you to contact any of the board members of SD CAMFT. New faces and ideas will continue to help us keep up with an ever-evolving community and continue to meet the needs of all of you.

## Upcoming SD-CAMFT Events:

### **INTERN-NETWORKING EVENT**

Ready to Make Sense of the Job Search Process?

Join us on Saturday, May 1, 2010 from 10:00 a.m. – 1:00 p.m.

Be sure to have your resume and business cards ready for networking with future employers.

Additionally, we encourage you to participate in the open forum with agency representatives.

The forum is designed to facilitate questions and information regarding the challenges of navigating through the intern job search process.

Health Services Complex-Rosecrans | Coronado Conf. Room | 3851 Rosecrans St. | San Diego, CA 92110

\$10 admission fee that includes lunch. Business attire recommended.

Questions? Contact Bindu Khurana at [damaharani@aol.com](mailto:damaharani@aol.com) or 301-346-4213

### Friday, May 14, 2010 - CEU Luncheon Presentation, 11:15 a.m. - 1:00 p.m.

Argosy University, Room 112, 1615 Murray Canyon Road, Suite 100, San Diego, CA 92108

Earn 1 CEU Credit while listening to a presentation on

*Psychotherapy and Clinical Hypnotherapy: A Good Marriage* by Nikki Goldman, Ph.D.

Please register with Andrea Knox ([andobst@gmail.com](mailto:andobst@gmail.com) or 858-442-0465) by Thursday, May 13, 2010.

Members may attend for free, non-members: \$5.00 for CEU credits.

*New! CEU Luncheons are free to members – beverages are provided; please bring your own lunch!*

### Monday, June 7, 2010 - SD CAMFT Board Meeting, 5:30 p.m. - 7:30 p.m.

5959 Mission Gorge Road

Meet with the Board of San Diego CAMFT to assist in program planning and events for the chapter.

Questions: Contact Bindu Khurana, [Damaharani@aol.com](mailto:Damaharani@aol.com) 301.346.4213

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

Argosy University, Room 112, 1615 Murray Canyon Road, Suite 100, San Diego, CA 92108

Earn 1 CEU Credit while listening to a presentation on

*Understanding and Treating Self-Injury: Helping Those Who Hurt Themselves* by Tracy Alderman, Ph.D.

Please register with Andrea Knox ([andobst@gmail.com](mailto:andobst@gmail.com) or 858-442-0465) by Thursday, June 10, 2010.

Members may attend for free, non-members: \$5.00 for CEU credits.

### Friday, June 25, 2010 – ATTORNEY-THERAPIST INTERFACE LUNCHEON

**SPEAKER:** To Be Announced

**WHEN:** Friday, June 25, 2010

**TIME:** 11:15 am – Registration & Networking

11:45 am – Luncheon Served

12:15 pm – Speaker

1:30 pm – Adjournment

**LOCATION:** The San Diego County Bar Association

1333 Seventh Avenue, San Diego, CA 92101

(Northeast corner of 7<sup>th</sup> & A Street downtown San Diego)

Limited pay-to-use parking is available within the building. Additional pay-to-use parking is in nearby parking structure and in nearby public parking lots.

**COST:** \$30.00 Members of the San Diego Chapter of CAMFT  
\$35.00 Nonmembers  
\$38.00 Late registrations or walk-ins (*lunch not guaranteed!*)

One MCLE credit for attorneys or one CEU credit for therapists is available.

**REGISTRATION & YOUR CHECK MUST BE RECEIVED BY 5:00 pm MONDAY, June 21, 2010**

Late registrations accepted by phone per space available.

For information, questions, or late registrations, please call: Betty Jackson, MFT (858) 573-0173

### **CEU Luncheon Schedule**

Don't forget that CEU Luncheons are now *Brown Bag Luncheons*. In order to provide the CEU luncheons at a low cost to our members and non-members, we have eliminated the lunch fee for SD-CAMFT members and it will be \$5.00 for non-members in order to cover the CEU unit costs (beverages are provided). Please pass on the good news and be sure to attend these worth-while topics.

*Argosy University, Room 112, 1615 Murray Canyon Road, Suite 100, San Diego, CA 92108  
(behind the Ralph's Shopping Center)*

Friday, May 14, 2010  
Nikki Goldman, Ph.D.  
Psychotherapy and Clinical Hypnotherapy: A Good Marriage

Friday, June 11, 2010  
Tracy Alderman, Ph.D.  
Understanding and Treating Self-Injury: Helping Those Who Hurt Themselves

**No luncheons during the months of July and August, 2010.**

Friday, September 10, 2010  
Mary L. Obata, M.A., MFT  
Postpartum Depression and Related Disorders: Diagnoses and Treatment Approaches

Friday, October 8, 2010  
Susan Goodell, MA., M.S., MFT  
Adaptive Information Processing Theory

### **“COMMUNITY CONTRIBUTIONS”**

The board members of the San Diego Chapter of CAMFT are aware that, in addition to our busy schedules with clients, the membership also gives back to the community. We felt that our newsletter would be an appropriate space to let members know about community events in the South/Central county and ways we are participating. If you or other members of this chapter are volunteering their energies in the community, please let us know! We will post them in our new “COMMUNITY CONTRIBUTIONS”

**Questions? Contact Bindu Khurana at [damaharani@aol.com](mailto:damaharani@aol.com) or 301-346-4213**

## Board Members

Chapter Web Site:  
[www.camft-sandiego.org](http://www.camft-sandiego.org)

### President

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### Financial advisor

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### CAMFT-SD Trauma Response Network Coordinator

**Gregory A. Childs, MFT**  
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GAchilds@sdcoe.net

**Bindu Khurana** will be participating in the San Diego County NAMI 5K Walk on Saturday, April 17<sup>th</sup>.

Board members **Bindu Khurana** and **Andrea Knox** will be volunteering their time at the Camp Erin San Diego, June 11-13, 2010, hosted by the Center for Grief Care and Education at San Diego Hospice and the Moyer Foundation.

**Jennifer Jenkins** and co-workers will be participating in the Sexual Assault Awareness Walk on Saturday, April 17<sup>th</sup> at the La Jolla Indian Reservation, sponsored by the La Jolla Native Women's Advisory Committee, the La Jolla Band of Luiseno Indians, Avellaka Program, and Tribal Governments.

**Jennifer Jenkins** participated in the Indian Health Council's Earth Day Celebration at the Rincon Reservation on April 20<sup>th</sup> providing mental health outreach information and face painting!

*Please submit your upcoming community events!*



**Friday, May 14, 2010, Nikki Goldman, Ph.D.**

### **Psychotherapy and Clinical Hypnotherapy: A Good Marriage**

If you had a client whose issue remained even after a great deal of insight what would you do? While there are many psychotherapeutic techniques, Gestalt, Cognitive, Interpersonal, psychoanalysis and more, one should be at the top of the list: Clinical Hypnotherapy. When you marry psychotherapy with hypnotherapy, the results can be almost magical.

While in the hypnotic state, we can change a persons emotional memory of trauma, increase their available inner resources, shift their body chemistry, (as in panic attacks) and more.

Dr. Nikki Goldman Ph.D. Will demonstrate how hypnosis fits into the psychotherapeutic setting. How hypnosis can help a client past an impasse, enhance their coping ability, use insight to finally let go of a chronic problem.

### Speaker Information:

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](http://www.DrNikkiGoldman.com)



### Friday, June 11, 2010, Tracy Alderman, Ph.D.



#### **Understanding and Treating Self-Injury: Helping Those Who Hurt Themselves**

This presentation will focus on providing information critical for those who offer treatment, support, and assistance to individuals who purposefully injure themselves. Attendees will receive essential information relating to types of self-injury, reasons for self-injury, models used to explain self-injurious behaviors, assessment and diagnostic issues, and treatment issues.

#### Speaker Information

Tracy Alderman, Ph.D. is a licensed clinical psychologist with the Cognitive Assessment and Risk Evaluation Program at the University of California, San Diego. Additionally, she is a supervising psychologist at Springall Academy, a non-public school for children, adolescents and young adults with emotional, behavioral and learning disorders. She is author of *The Scarred Soul: Understanding and Ending Self-Inflicted Violence* (New Harbinger Publications, 1997) and co-author of *Amongst Ourselves: A Self-Help Guide for Living with Dissociative Identity Disorder* (New Harbinger Publications, 1998). Dr. Alderman is a leading expert in the field of self-injury and has provided numerous trainings and workshops for agencies, educators, clinicians, hospitals, counselors, and parents nationwide. Dr. Alderman's blog related to issues of self-injury, *The Scarred Soul*, is featured on the *Psychology Today* website.



#### **Advertising Information**

**SCRIPPS RANCH/MIRA MESA OFFICE SPACE:** Starting at \$125/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!** Huge Scripps Ranch, Mira Mesa, Rancho Bernardo, Poway client base. Plenty of free parking. Signal lights. Must see! Available immediately!

Contact Rebecca toll-free at 1-888-559-3595

### **Learn Hypnotherapy in India or Orange County! Your Choice!!!!**

Balaji Nettimi, PsyD., Psy 23115 PCE# 3854

Rosalia Munoz-Ledo Koba, PhD., MFC 22304 PCE# 4557

**India:** Los Angeles, August 12<sup>th</sup> –18<sup>th</sup>, 2010; \$6,000.00.

All expenses included! Call free DVD and register (760) 799-1000.

**Orange County:** June 5<sup>th</sup> and 6<sup>th</sup>, 2010, 9-5, San Juan Capistrano.

\$799.00, Interns 10% Discount; Materials included. Registration: (949) 294-4413.

**Spanish Speaking Therapist:** Taught in Spanish with translated workbook.

BBS Approved for LMFT and LCSW 24 CEU Plus Bonus Free Law/Ethics 6 CEU

### **Workshop Schedule**

#### **Saturday, July 24, 2010, 9-Noon**

Dr. Leon Altamirano and Jennifer Jenkins, MA, IMFT, of Southern Indian Health Council, Inc., will be presenting on Saturday, July 24, 2010 at the County's Health Services Complex regarding: *Historical Trauma in Context: Restoring Wellness for Future Generations.*

#### **Friday, August 6, 2010, 9-4**

Mark Your Calendars! Once again we are privileged to have CAMFT Staff Attorney, David Jensen, provide us with a *Law and Ethics Workshop* on Friday, August 6, 2010 at the County Health Services Complex/San Diego Room. This is a day-long event and provides 6 CEU's

#### **Saturday, October 23, 9-12**

**The Impact of Divorce on Therapy: WHAT COUNSELORS NEED TO KNOW**

**Nancy Fagan, MFT**

Health Services Complex-Rosecrans | Coronado Conference Room | 3851 Rosecrans St. | San Diego, CA 92110

Divorce impacts 50-68 percent of the population. As a therapist, what you don't know about divorce could be hurting your client relationships. This talk will increase your awareness about the key dynamics in all phases of the divorce process, and in some cases, may even help you to identify previously unseen factors to help prevent divorce altogether.



UPCOMING SEMINARS with Nancy Fagan:

<http://thedivorcehelpclinic.com/seminarlist.html>

Divorce Planning & Mediation Services

(858) 863-3380

[www.TheDivorceHelpClinic.com](http://www.TheDivorceHelpClinic.com)

## Membership Spotlight, Kathleen Muir, IMFT

As announced in our March/April newsletter, the San Diego Chapter of CAMFT is introducing a new feature article entitled, “**Membership Spotlight.**” Each month, at one of our Friday CEU Luncheons, the names of those SD-CAMFT members attending the luncheon will be placed together. One name will be drawn as the next month’s “**Membership Spotlight**” featured member.

If your name is selected, one of our board members will contact you regarding the next newsletter’s “Membership Spotlight” article. For our May/June newsletter, we are featuring San Diego Chapter of CAMFT member, MFT Intern **Kathleen Muir**:

**1. What keeps your passion for the profession?**

*I love working with people and truly believe our work can heal emotional pain and foster self-growth in ways no other profession does.*

**2. If you could offer one piece of advice to someone new to the profession, what would it be?**

*Be prepared for the internship process by learning more about it while in school.*

**3. If you weren’t a therapist, what job do you think you would be doing?**

*I have owned my own Insurance Brokerage Agency, as a Chartered Life Underwriter, I have done financial planning with clients and sold individual& group life, health, and disability products.*

**4. What makes your practice unique?**

*I love to do imaginal work with clients using sand tray tools for all ages.*

**5. What do you find inspiring about your work?**

*I am inspired by the constant challenge to find a gentle way into a client’s wounded space so that we might together seek and find some healing and happiness. I am happiest about this work when a client has a moment in therapy when they appreciate themselves in a new way. Those AH-HA moments!*

**6. How does your practice compare and contrast from the vision you thought it would be when you first began your MFT education?**

*The internship period is a financial struggle I hadn’t realized it would be.*

**7. How has the recession, if at all, affected your practice?**

*Well paying internships seem very limited for MFT’s. I am not sure if this is because of the recession or it is the standard for our profession. I am working three jobs to make this happen. That’s okay for now, but it surprises me how interns are held in such low regard as far as pay scales go. I am really surprised that interns are often expected to continue to earn their pre-licensing hours as volunteers.*

**8. What do you do for self care?**

*I have horses that are a great source of healing and joy for me as well as doing yoga and going to the beach.*

### **Logo Contest**

The San Diego Chapter of CAMFT would like to integrate a chapter logo into our newsletter. Featured art therapist intern, Jennifer Jenkins has submitted three drawings for chapter members to vote on as to which one they would like to see on our newsletters each month. The intention of the chapter logo is focused on the therapist's experience as "containers for hurts and, containers for peace." Please set aside some time to view, comment, and vote on the three pieces. Deadline is May 20<sup>th</sup>. We would like to integrate the chapter logo in our July/August newsletter.

Please vote and respond at the chapter membership's new email address: [sdcamft@yahoo.com](mailto:sdcamft@yahoo.com)

