



## Chapter Meetings

### 3<sup>rd</sup> Friday of Every Month

8:30 am – 12:00 Noon

Carson Doubletree Hotel

2 Civic Plaza, Carson CA 90745

*Continental Breakfast Included*

## Schedule of Events

### Friday, July 21, 2006

Lucinda Gray & Diana Marder

Focusing, Experiencing the  
Wisdom of the Body

### Friday August 18, 2006

Dr. Virginia Green

Every Therapist a Healing Artist

### Friday, September 15, 2006

Dr. Jack Kuo

Borderline Personality Disorder

### Friday, October 15, 2006

Dr. Leonard Felder

New Ways To Help Highly  
Stressed Couples

## Board Meetings

### Friday, July 7, 2006

Installation of New Board

## Exciting Upcoming Speakers

### **July 21, 2006**

Lucinda Gray, Ph.D. & Diana Marder, Ph.D.

### **FOCUSING, EXPERIENCING THE WISDOM OF THE BODY**

Lucinda Gray, Ph.D. is a clinical psychologist in private practice for over 25 years. She studied Focusing with Eugene Gendlin, Ph.D., and Linda Olsen Weber, Ph.D. She is a Coordinator of the International Focusing Network, and a Certified Teacher of Integrative Body Psychotherapy. Focusing is a research-based way of opening awareness to the inner knowing carried in body sensation and feelings. Developed at the University of Chicago by Eugene Gendlin in the 1960s, focusing has evolved for 40 years. Now it is a primary tool for therapists all over the world, and has been adapted for use with any therapeutic orientation.

### **August 18, 2006**

Virginia C. Green, Ph.D., MFT, MBA

### **EVERY THERAPIST A HEALING ARTIST WHO NEEDS ROOM TO GROW**

Dr. Green has advised entrepreneurial start-ups and Fortune 500 companies for twenty-five years. She has coached hundreds of artists and healing artists as they build businesses. She is in private practice in Manhattan Beach, and on the faculty at Antioch University, and, most importantly, she is revising her first novel. Building your practice can have all the fun and creative drive of any artistic endeavor. Virginia Green, PhD, MFT, MBA, will help us explore how to relate the creative talents we already have as psychotherapists to developing a thriving healing arts enterprise. Learn how to generate a Creator-centered business plan that is actually a nurturing experience. Learn how to cultivate a Board of Directors that loves your business as much as you do and includes people whose personal strengths complement your own. Learn why it's important to schedule time to play with your Healing Artist Entrepreneur. This interactive workshop will be fun, mind-opening, and creative.

### **September 15, 2006**

Dr. Jack Kuo

### **BORDERLINE PERSONALITY DISORDER**

Resident psychiatrist at Promises Treatment Center will present on  
**Borderline Personality Disorder**

### **Friday, October 20, 2006**

Leonard Felder, Ph.D.

### **NEW WAYS TO HELP HIGHLY STRESSED COUPLES**

## Board of Directors

### President

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### Pre-Licensed Director at Large

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## Welcome New Members!

Christopher Hiransomboon

Jeannine Beaumont

Dr. Felder, author of *WAKE UP OR BREAK UP: 8 Crucial Steps to Strengthening Your Relationship*. Dr. Felder is a licensed psychologist in West Los Angeles whose 9 books have sold over 1 million copies. His titles include *WAKE UP OR BREAK UP*, *WHEN DIFFICULT RELATIVES HAPPEN TO GOOD PEOPLE*, and *THE TEN CHALLENGES*. His presentation will describe how romantic partners who are both busy and stressed can dramatically improve their relationship. Specific innovative techniques will be described for participants on how to help clients: -- unhook from the tensions of the day so that they don't have a short fuse with each other. --make sure both partners improve their negotiation skills and that neither partner slips back into "unilateral decision-making." -- guide a lousy listener to become an excellent listener, especially when one or both partners are going through an upsetting time. --deal with divisive relatives, exes, or kids who try to split the two of them apart.

### What You Missed

At the May meeting, **Charlotte Resnick, PhD**, presented her innovative and thoughtful approach to children's healing through guided imagery. In an interactive demonstration of her meditative techniques, complete with dozens of inspiring children's drawings, Dr. Resnick provided convincing evidence that the healing power of visualization, meditation, and mindful therapist intervention can achieve prodigious results in the treatment of children. One of the techniques she uses, and I used that afternoon with an adult patient who has recently survived a double mastectomy, is to ask – after invoking the healing power of a guided meditation – “what does your heart want to tell you? What does your belly want to tell you? What do your heart and belly want to say to each other?”

Dr. Resnick uses the imagery of “calm” to dissolve stress, and “love” to soothe anger. Her patients have drawn beautiful pictures of transformed anger, helped by magical animals and even wizards. Dr. Resnick's work is creative, inspiring and freeing. In a couple of hours, we gained not only practical information on the strength of this type of therapy, but also helpful resources we can access immediately, including her own guided meditations on CD (available on her website: [www.imageryforkids.com](http://www.imageryforkids.com)), an extensive bibliography, and a list of good CDs appropriate for background music for guided imagery.

The quality and variety of our speaker program is outstanding, and worth considering reserving time for in your busy month. I save Friday mornings for the administrative side of my practice, or the moveable meeting, so I can be sure to attend CAMFT programs. I have always been amazed at the dedicated professionalism of our colleagues who are willing to share their incredible experience with us, purely because they want us to be better at what we do.

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## President's Message



Dear Colleagues,

I hope that you are all enjoying the summer, with its warm weather and, for many of us, a much-needed vacation. By the time you read this newsletter, I will have just returned from a week of camping at the Grand Canyon with my boyfriend, Gene, and my two children Ben, age 10, and Miriam, age 8. I'm looking forward to returning feeling rejuvenated!


## Membership Information

Contact: Artemis Tegan:  
artemistegan@aol.com

Download membership applications at the website:  
[www.lbsb-camft.org](http://www.lbsb-camft.org)

Clinical Member	\$50.00
Pre-Licensed	\$25.00
Associate	\$50.00
Link from LB-SB Website to your website	\$10.00
Mailing Labels:	
Members	\$ 50.00
Non-Members	\$100.00

## Benefits of Membership

-  Monthly Meetings
-  Exciting Speakers
-  CEU's
-  Networking Opportunities
-  Member-to-Member Email
-  Web Therapist Finder
-  Professional Peer Support
-  Website: [www.lbsb-camft.org](http://www.lbsb-camft.org)
-  Membership Directory
-  E-Quarterly Newsletter
-  Advertising

## Speaker Inquiries

Virginia Haigh Green  
(310) 798-3615

## Helpful Links

<http://www.lbsb-camft.org>  
<http://www.camft.org>  
<http://www.lacamft.org>

Editor: Artemis Tegan, MFT

Congratulations to our new Board of Directors! We had 28 returned ballots, along with 29 responses to our Chapter Survey. I would like to thank Barbara Mignosi, our outgoing V.P. of Marketing, and Francene Eguren, our outgoing V.P. of Legislation, for their service and contributions to the chapter. You will be missed on the new Board, and we'll continue to keep up with you both at the general meetings.

I would like to provide you with a summary of the 29 surveys which were returned to me. Thank you for providing this information. When asked to rate the format of the chapter meetings from 1 (dislike) to 5 (like a lot), there was an equal number of people who responded with a 2, 3, 4, and 5. Our members had a wide range of responses to this question. The chapter, almost unanimously, did not want to pay more money for a better breakfast. A few did not want to pay at all, which isn't possible at a hotel. We realize that the hotel itself is not ideal; however it was the best we could find that is located between Long Beach and the South Bay.

Fourteen people said they would prefer the second Friday of the month, ten said they wanted to keep it as is, and three said they had no preference. When asked to rate the relevancy of our speakers, again, there was an equal number of people who responded with a 2, 3, 4, and 5. Again, members have a wide range of preferences in this area.

When asked about suggestions for future topics, we received twenty three widely different topic ideas. We have a wide range of interests in our chapter; however, everyone seemed to agree that they were interested in hearing about individual interventions/techniques/methods. Thank you so much for all of your feedback. Be assured that your Board of Directors will be discussing these results at our first board meeting on July 21.

Please contact me with any questions or comments by phone or by email.  
All the Best,

Mindy Fox Sachs, MFT, President  
310-314-6933 [mfoxmft@yahoo.com](mailto:mfoxmft@yahoo.com)

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## Winner - Intervention of the Quarter

The LB-SB Chapter is pleased to announce that Dr. Marjorie Rand is the winner our first **Intervention of the Quarter** Contest. Her intervention is described below by one of her clients.

Members are invited to submit their most effective clinical interventions. Interventions will be reviewed by the Board and the winning intervention will be printed in this e-newsletter to be published quarterly. In addition, the winner will be announced at the monthly LB-SB Chapter meeting and receive a coupon for free admission to their next LB-SB CAMFT Chapter meeting. Send your submissions of 100 words or less to Mindy Fox Sachs at [mfoxmft@yahoo.com](mailto:mfoxmft@yahoo.com).

"Attachment Theory and Bowen Theory: What Difference Do the Differences Make? How Bowen Theory Guides Therapy " October 21-22, 2006 in Costa Mesa, CA. featuring Michael Kerr, M.D. and Kathleen Kerr, MSN, MA from the Bowen Center for the Study of the Family in Washington, D.C. Approved for 13 CE credits for psychologists and MFT/LCSW. Call: Carolyn Jacobs, Psy.D. (619) 525-7747 sctbt@cox.net.

## When Talking Doesn't Work: Using the Body to Move Through Stuckness A Client's Story

For the past year and a half I have been working with Dr. Rand on a number of issues. Namely, we've been working on my lack of trust in myself. It has become apparent to me throughout my therapy that this self-doubt has affected my life in more ways than one. Specifically I have been working on my ambivalence about a committed relationship that I have been in for the past six and a half years. My ambivalence about this relationship caused a great deal of stress in my life. I just couldn't see a way out. Either direction, whether it be to stay in the relationship or end it, was completely unbearable. I was so out of touch with what I knew deep down to be true, that I was not in a happy relationship and this was not going to be my marriage partner. But I continued for years to either be completely unaware of my true feelings or do whatever necessary to deny them. Dr. Rand helped me to see that I was "stuck".

We talked a lot, but we also worked with the body/mind connection. I was so disconnected to my feelings, always trying to intellectualize my way out. She helped me to tune into my body and describe the sensations that I felt when I entertained certain thoughts, ie. What it would feel like to end the relationship, stay in the relationship, etc.

Dr. Rand made the suggestion that perhaps this being "stuck" was a pattern in my life that my body learned very early. I thought this was an interesting idea and it certainly is a metaphor for so many experiences that I have had in my life. Dr. Rand asked me if I would be willing to experience moving out of stuckness. She designed an obstacle path (pillows, furniture) for me to move through. We went through this process three times. The first time was very much guided. The second time I got stuck. I didn't know which way to go. The third time I made my way through. I took a deep breath. She asked me how I felt. "Relieved", I said. She then asked me if this is how I would feel if I followed through with what my intuition was telling me to do. "Yes, I think I would". I'm starting to gain some clarity. Then she asks me why the last time worked. I told her that I trusted that I would be lead. As the words are coming out of my mouth, something clicked in me. Oh, I need to trust that my feelings are valid. My feelings are valid because they are my truth. My truth is the way. From that moment, I knew what I needed to do.

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## Book Review

### ***Psychodynamic Diagnostic Manual (PDM)***

Alliance of Psychoanalytic Organizations

856pp., ISBN: 0976775824, \$35.00

Publisher: Psychodynamic Diagnostic Manual, 2006

Overview: [www.pdm1.org](http://www.pdm1.org)

*Reviewed by Birgit Wolz, Ph.D.*

You may recognize the writing of Dr. Wolz from her column in CAMFT's "The Therapist", *Mining the Gold of Movies for the Therapeutic Process*.

Clinicians, who include a psychodynamic perspective in their work or use other therapies that attempt to address the full range of human functioning, will now add another encyclopedia of mental disorders to their professional library. The PDM goes far beyond providing a taxonomy of symptoms of mental disorders from a psychodynamic viewpoint. This manual is an invaluable resource for clinical work.

Now a special task force has gone further. Based on current neuroscience, treatment outcome studies, and other empirical investigations, as well as psychoanalytic theory, a collaborative task force, which was appointed by a coalition of organizations representing psychoanalytically oriented therapists, completed the PDM. This popular new manual, which covers all ages from infancy and early childhood through adulthood and old age, is designed to complement the DSM and ICD (*International Statistical Classification of Diseases*).

- Unlike the other manuals, which focus exclusively on pathology, the PDM includes **descriptions of healthy functional patterns** and **healthy personality**.
- The new manual insists that **personality be evaluated first, and symptoms considered as secondary**, because symptoms cannot be understood, assessed, or treated in the absence of an understanding of the personality structure of the person who has the symptoms.
- While the PDM sees it as important to differentiate "personality disorder" from personality *per se*, the manual does not present a hard-and-fast dividing line between the two, but suggests a **continuum of severity**.
- For each personality disorder, clinicians learn what **transference and countertransference reactions** to expect in the clinical hour and what treatment approach to consider. For many diagnoses the **possible psychological roots** of the client's problems are mentioned.
- Depending on their evaluation of a client's location on this severity dimension, **therapists need to behave with important differences** in emphasis, level of activity, explicitness of boundary-setting, frequency of sessions, and other features of technique.
- The psychodynamic manual considers **subjective experiences** and **typical relationship patterns** in the description of a person's overall functioning.
- The PDM addresses **the full range of mental functioning** by using a **multi-dimensional** approach to describe a person's functioning, including ways of **engaging in the therapeutic process**.

Since I started using the PDM in my clinical work, I came to find it invaluable. It expanded my understanding of my clients' personalities, the meaning, extent and the roots of their suffering, as well as appropriate treatment approaches.

*Birgit Wolz has a private practice in Oakland. She designed the ce online course: "Psychodynamic Diagnostic Manual: A New Approach to Diagnosis in Psychotherapy" ([www.drzur.com/pdmcourse.html](http://www.drzur.com/pdmcourse.html)) or [bwolz@earthlink.net](mailto:bwolz@earthlink.net) .*

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# Substance Abuse Professional

By: Trina O'Quinn MA, MFT

As a result of The American Association of Marriage and Family Therapist advocacy work Marriage and Family Therapists have been included in the **Department Of Transportation Substance Abuse Program**. Once this change has been written into law (the regulations published), **LMFTs** who have completed a qualification training and passed a **SAP** exam can begin providing **SAP** services to Department of Transportation employees who have violated a **DOT** rule, including testing positive for drugs or alcohol.

A **SAP** is a Substance Abuse Professional. A **SAP** assesses an employee who has violated a DOT drug and alcohol rule. The **SAP** then refers the employee to the treatment and/or education. The **SAP** monitors the employee's treatment progress, reevaluates at the end of treatment, and reports compliance or noncompliance to the employer. Until the employee completes all these steps, DOT forbids the employee to return to work.

There are four important reasons an LMFT would desire a **SAP**.  
1. As an **SAP** you will be able to expand your services outside managed care and set your own fees. 2. As an **SAP** you will have a specialty that will give you a niche for managed care panels that are presently closed to you. 3. As an **SAP** you will be able to work with Employee Assistance Professionals of fortune 500 companies. 4. As MFT's gain recognition as **SAPs** we can put additional pressure on the federal government to include us as Medicare Providers. The more we are included on the federal level, the more our license will gain parity to LCSWs.

An LMFT must take the **SAP** Qualification Training and pass an **SAP** exam. The Department of Transportation is currently in the rule-making process. So as soon as the rules are published, LMFT's that have passed the **SAP** Qualification Training and Examination can provide services to DOT clients.

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## Advertising Policy

	<u>Members</u>	<u>Non-Members</u>
-Business card ad:	\$ 35	\$ 70
-2-3 line ad:	\$ 25	\$ 50
-1/2 page ad:	\$ 50	\$100
-Full page ad:	\$100	\$200
-Flier/insert:	\$100 per page	\$200

For questions about advertising submissions, please contact Artemis Tegan: [artemistegan@aol.com](mailto:artemistegan@aol.com). You must be a current member with LB-SB CAMFT and State CAMFT in order to receive the member's rates. The e-newsletter goes out quarterly January, April, July, & October.

## New Way to Market Your Practice from LB-SB CAMFT

LB-SB CAMFT is about to launch an exciting "**New Practice Building Tool**" available only to Chapter members.

When you join our Chapter you automatically receive an "Individual Webpage" at <http://www.lbsb-camft.org>.

Now, you will be able to get a new "**ENHANCED WEBPAGE**" for a small fee.

**The "ENHANCED WEBPAGES"** will be available beginning in August 2006.

Members will be able to include on the "**ENHANCED WEBPAGES**":

- > A Professional Photograph
- > More Information About Yourself & Your Practice
- > Explanation of Specialties
- > Fees & Appointment Times
- > Insurance Accepted
- > Associations & Affiliations

Members can utilize the "**ENHANCED WEBPAGES**" to:

- > Promote Your Personal Website;
- > Advertise On Your Business Card To Direct Clients To Your Website;
- > Increase Local Exposure

This is a fabulous opportunity to put your face out there and build you practice!

The "**ENHANCED WEBPAGE**" will be advertised on major search engines, on local websites, at LB-SB Chapter Meetings, and through e-mail blasts as well as other publications. We have made a commitment to making the LB-SB Website high on search engines to reach our local South Bay communities.

Watch for more news on the enhanced website in this Quarterly E-Newsletter and at LB-SB CAMFT Chapter meetings.

Trina O'Quinn  
and Associates

*Serving the healing  
community for  
over twenty years*



## ***RSVP***

310-798-0712  
Trina O'Quinn  
or  
310-952-4134  
George Melgarejo

***SEATING IS LIMITED***



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# DEL AMO HOSPITAL

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Trina O'Quinn, MFC, CHT

with

Robert Bruner, CEAP, C-SI  
Gordon Van Cleve, LCSW, SAP  
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Torrance, CA 90505

*JULY 20-21, 2006*

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