

### AUGUST GENERAL MEETING 2016

## Gender Consciousness for the Clinician

By Andrew Smith, MFTI

Julie Frumin, LMFT, presented at the August general meeting on the subject of gender consciousness. She began the conversation on this timely topic with the question “what is gender?” She talked about the different historical and societal definitions and then presented new ideas from itspronouncedmetrosexual.com. Julie used the Genderbread Person they developed to describe differences in gender identity, gender expression, biological sex, sexually attraction, and romantic attraction, all of which she suggests are a part of a broader definition of gender. Julie advocates asking a client what appropriate language they are comfortable with when defining their gender. During her presentation, Julie emphasize the difference between gender and

sexuality as she reflected on gender roles defined by social norms. She identified the role conflict that has been impacted by culture, Feminism, and inequality within the family system. Julie also indicated that men’s issues are lagging behind in these areas. Finally, Julie presented a “Therapist To-Do List” which includes such suggestions as: develop new skills, keep your bias in check, change your forms, remember being Trans is not a form of mental illness, help couples examine their ideologies regarding gender, provide information that expands possibilities and options, create an open discussion regarding choices. Above all, Julie, says, quoting Brenè Brown, help your client “love themselves through owning their story.” ☯

*Julie Frumin, is a Licensed Marriage & Family Therapist practicing in Westlake Village.*

*Julie also works at Kaiser Behavioral Health as a Lifestyle Educator and currently as a Behavioral Health Case Manager. She has worked in Youth Shelters, Drug and Alcohol Rehabilitation Centers, and with Western Youth Services, Autism Partnership. Julie is currently an Adjunct Professor at California Lutheran University teaching “Perspectives on Gender and Sexuality.”*



### SEPTEMBER MEETING 2016

## Using Motivational Interviewing With Clients to Improve Treatment Outcomes

By Ellyn Goldstein, LMFT

Lois Zsarnay, LMFT, presented at the extended September meeting. She first spoke on Motivational Interviewing. During the second half of the program, she spoke on Food and Mood.

Lois described Motivational Interviewing (MI) as an evidence-based technique that is used to change behavior. MI has been around for a long time, and has been the subject of over 300 studies. It is a SAMSHA evidence-based practice. Originally used primarily in addiction counseling, it now has a multitude of applications.

MI is about amplifying a client’s natural ambivalence and using their own logic to inspire change. It’s ‘simple but not easy’. MI is a ‘guiding style’, where ambivalence is seen as ‘normal’. MI is designed to strengthen a person’s own motivation for change by examining and resolving their own ambivalence towards change. Decision-making is left to the client, who is ultimately responsible for making the choice and living with the natural consequences of that choice. If it is not their solution, the client will not feel heard and understood.

The professional (whether a therapist or another professional or paraprofessional using MI) stays out of the expert role. We see the client as the expert on their lives with the wisdom to make their own decisions. We don’t tell the client what to do, but allow them to explore their thoughts and feelings, and come to their own resolution. We ask permission to share our opinion or advice, while taking the



*(Continued on Page 4)*

## NOVEMBER MEETING

**FRIDAY, NOVEMBER 11, 2016**  
**GENERAL MEETING LUNCH**  
11:30 am to 1:30 pm  
**Walter Thomas, M.D. Psychiatrist,**  
**Addictions Specialist**  
**Treating Bipolar Disorder and Addictions**  
\*\*Cost: \$20 / \$25 / \$30 (See below)  
1 CE

## DECEMBER MEETING

**FRIDAY, DECEMBER 16, 2016**  
**GENERAL MEETING LUNCH**  
11:15 am to 1:30pm  
**Annual Holiday,**  
**Sponsor a Charity,**  
**and Networking Party**  
\*\*Cost: \$20 / \$25 / \$30  
(See below)



## JANUARY MEETING

**FRIDAY, JANUARY 13, 2017**  
**GENERAL MEETING LUNCH**  
11:15 am to 1:30pm  
**Giselle Teller-Holt, Ph.D., MFT-Intern,**  
**Certified Addiction Treatment Counselor**  
**Compulsive Sexual Behaviors**  
\*\*Cost: \$20 / \$25 / \$30 (See below)  
1 CE

## INFORMATION FOR MEETINGS

### LOCATION:

Spanish Hills Country Club  
999 Crestview Ave., Camarillo, CA 93011

### RESERVATIONS/CANCELLATION:

Pre-licensed Members: ..... \*\*\$20 / \*\$50  
Clinical & Networking Members:.. \*\*\$25 / \*\$60  
Non-Members, Late Reservations  
and Walk-Ins: ..... \*\*\$30 / \*\$70  
**Cash or check only.**

**For reservations, please  
visit [www.VC-CAMFT.org](http://www.VC-CAMFT.org) or  
email [vc\\_camft@yahoo.com](mailto:vc_camft@yahoo.com)**

You can now register ONLINE for events! Please visit our new website at [www.VC-CAMFT.org](http://www.VC-CAMFT.org) and go to the Calendar tab to register for any future event.

Reservations/Cancellations must be made 7 days (Friday) prior to the meeting to qualify for MEMBER discounts. Please request a specific meal at time of reservation (Vegan, Vegetarian, Gluten-Free)

Completion Certificates will be handed to attendees at the end of the workshop, at which time course evaluations will be turned in. Continuation education credit does not include lunch, introductions, and announcements.

If a grievance regarding CEUs is brought to the attention of the VC-CAMFT Board the board will review it and will vote on the validity of the grievance. If the grievance is proven valid by the Board a full or partial refund may be given.

Please visit the Ventura County Chapter's website: [www.vc-camft.org](http://www.vc-camft.org)

## From the President's Chaise Lounge Chair...

By Audrey Slaugh, LMFT

Contemplating this task, I've realized this is the last submission I will make for this, my first year as your President. This has been a year of wonderful opportunities as well as professional growth for many members of our Chapter, me included. It has been an honor to see new volunteers come on the Board and be willing to work hard to keep this Chapter moving forward. It has also been great to work with the long standing Board members that continuously give of their time, effort, and energy throughout the year. This being said, I am looking forward to the next year of serving and the wonderful changes in the New Year. Speaking of the year, it seems to be passing by rather quickly and we are preparing for our Annual Holiday party and Sponsored Charity on Friday, December 16, 2016. Tender Life Mater-

nity Home has been selected this year and you can read more about them on their website, [tenderlife.org](http://tenderlife.org). Please see the "WISH LIST" in this newsletter. Our members have always been very generous and I look forward to seeing how we come together again this year to support Tender Life! We also have a great meeting coming up November 11, 2016 where Walter Thomas, MD will be speaking. He is an Addictions Specialist and will be providing information about the treatment of addiction and mental health disorders.

Enjoy this issue of the VC-CAMFT Communicator and I look forward to seeing you in November and hopefully again in December. ☺



## From the Editor's Desk

By Andrew Smith, MFT Intern

This edition of The Communicator; recap our previous meetings and highlights the needs of our holiday charity. Also, be sure to check out membership information: it's time to renew or sign up.

If you have question about the newsletter you can contact me at [andy.smith27@gmail.com](mailto:andy.smith27@gmail.com). ☺



### COMMUNICATOR EDITORIAL POLICY

The Ventura County Communicator is a bimonthly publication (newsletter) of the Ventura County Chapter of CAMFT. Its purpose is to inform members of items of interest to Marriage and Family Therapists in the Ventura County Chapter. This includes, but is not limited to: Chapter Meetings, news about members' involvement in county- and state-wide programs, pre-licensed members' issues, continuing education, and local resources. Articles on topics of interest to the readership may be published on a space-available basis at the discretion of the editor. Articles and news published in The Communicator may be reprinted in other chapters' newsletters, and your submission of material hereby includes your permission to do so. The Communicator is not a professional journal, so articles should be in line with the newsletter format, rather than academic in nature. Paid advertisements, both display and classified ads, are accepted and encouraged.

Approved by Ventura County CAMFT Board on March 30, 1993.

Amended May 31, 2016

The opinions expressed in this newsletter represent the authors of the individual articles, not the Boards of either Ventura County or California State CAMFT.

COMMUNITY AGENCY

# SPOTLIGHT



VENTURA COUNSELING CENTER

**Hope • Help • Healing**

Ventura Counseling Center (VCC) first opened in 1977 as an outreach of Ventura Missionary Church. VCC is currently under the leadership of Clinical Director, Maureen Houtz, LMFT and has a staff of 13 clinicians including a Psychologist, LMFTs, LMFT/LPCC interns and trainees. We serve approximately 500 individuals, couples and families each month. The

variety of clinical experience at VCC allows us to work with many clients dealing with issues including addiction, eating disorders, PTSD etc. Our licensed clinicians are preferred providers for many insurance companies, including Anthem and Beacon. Our MFT/LPCC Interns and Trainees work on a sliding scale, with interns also accepting Beacon. We are committed to

500 High Point Drive  
Ventura, CA 93003  
[vccinfo@vmc.net](mailto:vccinfo@vmc.net)

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

providing professional clinical counseling in an environment that nurtures hope, offers help and fosters healing at an affordable price. Please feel free to contact us at (805) 644-1650. ☎



We bring hope, health & healing to people with chronic pain and coexisting conditions, including psychological, trauma-related and addictive problems.



**A Healing Place - The Estates**  
*Transformative Solutions for Chronic Pain*

Located In Camarillo, California | [www.AHealingPlaceTheEstates.com](http://www.AHealingPlaceTheEstates.com)

Continued from Cover

## SEPTEMBER MEETING 2016

# Using Motivational Interviewing With Clients to Improve Treatment Outcomes

attitude of being curious, receptive, open and 'quiet inside and out'. We ask the client what they want to accomplish. We amplify their talk about change and their ambivalence. This highlights their discomfort with staying where they are, inspiring them to move.

If they express why they aren't open to change, we don't amplify it, but do acknowledge it. We let them bring up their own 'change ideas', draw them out and help them come up with solutions. The MI perspective on resistance is that it is more about the clinician pushing his/her own agenda. It is not 'blamed' on the client. When we follow their lead, validate them and hear our clients, they are more likely to relax and share their thoughts. When we lead the conversation, we may misunderstand the client's perception of the issue. When we set the agenda, they frequently don't feel heard. It is important for the clinician to talk about what the client brings in, not what we think the agenda should be.

The MI interviewing principles can be expressed using the acronym RULE:

- R: Resist the 'righting' reflex
- U: Understand their motivation
- L: Listen to them
- E: Empower them

In MI, reflective listening is used rather than asking a lot of questions. By using more reflections and affirmations, the process is slowed down, and there is more opportunity to move forward. Use of analogies and metaphors help to establish a common understanding. Educated guesses, expressed as statements, not questions may help to move the process to the next level. Questions tend to elicit yes or no answers, while

statements will evoke clarification, explanation, and more detail. It is not helpful to use jargon, as this makes us the 'expert'. Instead, open-ended questions and affirmations are more effective.

Decisional Balance is a technique in which the pros and cons of making changes are explored. It helps to amplify 'change talk'. First, the pros for not changing are identified, followed by the disadvantages of staying where you are. Lois advises having the client make a list of these. Next, the downside of changing, followed by the pros of changing are examined. The client should also make a list of these. A Decisional Balance Summary then looks at the downside of staying put vs. the advantages to changing.

Readiness rulers and scaling questions are used to help explore how important it is to make the change, how confident the client is that s/he can make the change, and why s/he is confident (or not confident). These reasons are written down to reinforce the reasons for change and help to think through plans for making the change. The therapist can reflect back the pros and cons to help pinpoint the ambivalence and organize the client's thought process. The therapist can also acknowledge reasons to not change, and put an emphasis on the benefits of change. This process can be repeated for two to three sessions, then shift into discussing how they might have to change their identity. The plan is documented so that it can be referenced if the ambivalence returns, or if there is a 'flight into health'.

MI training is widely available, and more information is available at [www.motivationalinterviewing.org](http://www.motivationalinterviewing.org).

## Food & Mood

Lois Zsarnay became a Registered Dietitian in 1982. She served as RD in the US Air Force, then worked as RD in the psychiatric field. Initially she specialized in Eating Disorders, then got her master's in clinical psych, and becoming a licensed MFT. She spoke on how our food intake affects our mood, and how this can be a factor with our clients.

Lois tells us that people commonly eat poorly, making poor choices that directly affect brain function and causing psychiatric symptoms such as anxiety and depression. Nutrition is science-based, and there are a lot of confounding variables that are not under our control, and that impact how nutrition affects a person's mental well being. These include genetics, the environment, and epigenetics, which all influence a person's symptoms, diseases, and health. However, most of us have control over what we eat, and that we can contribute to a positive mental state by making good food choices. Lois states that every year of poor nutrition can take two years to nutritionally recover. Americans eat a lot of processed foods, but Lois cautions that the more of these we eat, the more our body thinks we are malnourished. People of normal or higher than normal weight can actually be malnourished if their eating patterns are poor.

At any given time, approximately 30% of Americans are on a 'diet'. Typical diets encourage eating patterns that trigger fat cells to hoard too many calories, leaving too few for the functioning of the body. This increases hunger, and our metabolism slows down, resulting in weight gain. When we cut our calories with low fat diets, this makes the situation even worse. By eating a more balanced diet, the body's insulin levels are reduced, and weight is naturally lowered.

Food and mood relationships are quite complex. Physiologically, neurotransmitters affect food cravings. The levels and balance of amino acids, such as tyrosine and tryptophan, can affect levels of neurotransmitters such as serotonin, dopamine and norepinephrine. Keeping these in balance is important to preserve the positive functioning of the blood-brain barrier, as well as neurotransmitters (like serotonin) which boost our mood.

In hypoglycemia the body overreacts to carbohydrates, and too much insulin is produced. Low blood sugar causes anxiety from not having enough carbs. Refined sugars and starches can cause blood sugar spikes and hypoglycemia. Moodiness can result. Whole grain starches help to keep our mood stable because there is a more steady increase in blood sugar and less chance of hypoglycemia. These foods are chewy. Over-processing of grains produce 'micro-ground' ingredients, which are lower in nutritional value. When your body has to 'grind' the food, it is getting more nutritional value. Remember that more chewing is better.

The glycemic index determines how slowly or quickly food influences blood sugar. The highest GI foods cause sugar and carbs to be stored in fat cells and more insulin to be produced. Insulin moves amino acids (except tryptophan) out of the blood stream and into the tissues. Glycemic load is even more important to consider, because it indicates how much glucose a food will deliver into the blood.

Cortisol is a stress hormone that is secreted into the blood stream when we are under stress or from lack of sleep. Cortisol triggers carb cravings, impacts

neurotransmitters, and can affect mood. Cortisol turns on hunger when it is secreted. It peaks in the afternoon, creating cravings. When you get too little sleep (less than 8 hrs), you secrete more cortisol, causing an increase in appetite and fat storage.

Lois says that we need about .8 grams of protein per kilogram of body weight. Too much protein can cause dehydration because it causes the kidneys to flush out nutrients. A high protein, low carb diet can cause mood imbalance. Poorer mental health is seen when the diet is high in red and processed meats, take out, sugary and refined foods. The right kind of carbs, combined with a small amount of protein early in the day can help to restore balance. Omega-3 fatty acids, which can be found in fish, have a positive impact on mental health, and have shown to be beneficial to neural functioning. In addition, Vitamin D (obtained primarily from cow's milk) can positively affect mental well-being. Lois doesn't recommend supplements because they can throw the system out of balance and overload the kidneys. Better mental health is encouraged with a higher intake of fresh fruit and leafy green vegetables, and Lois enthusiastically endorses organic container gardening. ☯

*Lois Zsarnay, LMFT, CEDS, BCPC, RD is a Licensed Marriage & Family Therapist, Certified Eating Disorder Specialist, Board Certified Professional Counselor and Registered Dietitian. She specializes in Eating Disorder & Addiction treatment. Her practice is located in Ventura. She also teaches in the addictive studies program at Oxnard College.*

*More information is available at her web site, [www.familytherapyventura.com](http://www.familytherapyventura.com).*

## Professional News

The NEW BEGINNINGS CENTER in Camarillo has opened an Adult Mental Health Intensive Outpatient Program treating trauma, PTSD, anxiety, and depression from a Somatic and Integrative Health perspective. Call 805.987.3162 for details.

## Personal News

DREE MILLER reports: two accomplishments for me; recovery from a fractured vertebrae and turned 80 years old.

## VC-CAMFT Artist Corner: Showcasing ART & CREATIVITY from our Members

We are pleased to continue with our recognition of art and artists from our VC-CAMFT community. Our hope is to showcase artwork created by one of our VC-CAMFT members at each of our monthly chapter meetings. Art comes in many forms, so please consider participating if you are a writer, poet, sculptor, painter, seamstress, weaver, photographer or however you express yourself. Any and all media appropriate for display in a professional setting is welcome.

Also, we are interested in the use of expressive arts in therapy. If you use art in your practice we would love to showcase some examples.

For more information contact:  
Inajane Nicklas at  
[inajane@email.com](mailto:inajane@email.com)

*Wishing you a Happy Holiday Season!*

# Welcome!

VC-CAMFT would like to welcome  
our new members...  
We are glad you're here!

Joan Berl-Brooks, Clinical

Priscilla Batarse, Clinical

Stephen Grinstead, Clinical

Steven Hobbs, Trainee

Siobhan McDevitt, Intern

Margot Parker, Intern

Lucy "Kate" Jones, Related Professionals

## Watch Your Mail in Early November for your 2017 Renewal Application!

Be sure to  
mail before  
December 15  
for your listing  
to be  
included  
in the  
2016  
Resource  
Guide Directory.



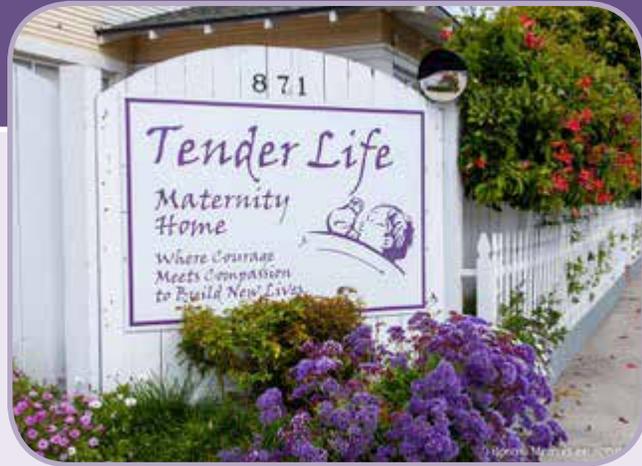
For an additional \$10, you  
(Licensed Clinical LMFTs and  
Related professionals) can add a  
personalized 25-word statement  
describing your special skills.

Contact Denise Dalgarn, VP  
Membership with questions:  
ddalgarn@yahoo.com.

## VC-CAMFT Holiday Charity Information



With the holiday season just around the corner, our Board of Directors selected  
**Tender Life Maternity Home** as this year's holiday charity recipients.



We want to support moms and babies at Tender Life Maternity Home by providing holiday gifts that meet the needs of moms and their new babies. Here are some gift ideas:

- Gift cards – Target, Kohl's, Walmart
- Robes, cozy slipper socks
- Lotion, hair ties, razors, shampoo, conditioner, soap
- Hygiene products – toothbrush, toothpaste
- Reusable water cup w/straw
- Thank you cards, postage stamps
- Chocolate
- Parenting magazine, cardboard baby books
- Rubbermaid type food storage containers
- Diapers, infant clothing, infant hygiene products

Our chapter's contributions will be presented to a guest from Tender Life Maternity Home at our annual holiday, sponsor a charity and networking party on December 16th from 11:30 – 1:30 at Spanish Hills Country Club. Please bring your items that day to support Tender Life Maternity Home.

We thank you for your continued support of non-profit agencies in Ventura County through our annual holiday charity sponsorship. Your generous contributions provide support to moms and their new babies.

Karen Johnson, Program Manager  
805 653-7474

More information about donation collection will be in the next newsletter.

**SAVE THE DATE!!**

**FRIDAY, APRIL 28, 2017**

*Legal and Ethical Issues:  
“Shh, It’s Confidential:  
The Legal and Ethical Requirements  
of Confidentiality”  
6CE’s*

**David G. Jensen, JD, State CAMFT Staff Attorney**  
8:15am Check-in; 8:30am to 4:00pm  
Spanish Hills Country Club, Camarillo, CA

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, IV, V, and VI, have helped therapists to better understand their legal and ethical obligations.



**Details and  
Registration –  
January 2017**

**VC-CAMFT COMMUNICATOR POLICY  
AND ADVERTISING RATES**

There are two options for advertising to the members of the Ventura County Chapter of CAMFT: The Ventura County Communicator newsletter and/or an E-mail Blast. The Ventura County Communicator is a bi-monthly publication. All Communicator ads should be sent to the Ads Personnel by e-mail. Please make all checks out to VC-CAMFT and must be received by Newsletter Deadline.

Business Card (3.5" w x 2.0" h).....\$25  
1/4 page (3.5" w x 4.75" h) .....\$50  
1/2 page (7.5" w x 4.75" h) .....\$75  
Full page (8.5" w x 11" h) .....\$100  
Inserts (B&W) 1-Sided...\$100.....2-sided \$150  
printed by VC-CAMFT "Paid Advertisement"

must appear on all inserts

**E-MAIL BLASTS TO ALL MEMBERS**

E-mail blasts (check payable to VC-CAMFT) ..\$30  
Not bound by any deadline

Contact: Linda Klug, 805-526-2190  
mariposa100@sbcglobal.net

**Newsletter ADS**

Contact: vc\_camft@yahoo.com

License and Intern numbers required for all ads.  
VC-CAMFT has the right to refuse to advertise for any individual, organization or agency.

**Need to make an  
announcement!**



For only \$30 your announcement can be sent to all VC-CAMFT members.

**E-MAIL BLASTS** are an excellent method for getting the word out to fellow VC-CAMFT members. The blast may pertain to an upcoming event, workshop, new training you have received or a room available for rent. The process is easy:

1. E-mail the text, as you wish it to appear online, to Linda Klug:  
mariposa100@sbcglobal.net
2. Send a \$30.00 check made out to VC-CAMFT to:  
Linda Klug, MFT  
1720 Los Angeles Ave. Suite 237  
Simi Valley, CA 93065.

When these steps are complete the blast will go out. Please provide at least two weeks notice for processing.

VC-CAMFT has the right to refuse to advertise for any individual, organization or agency.



## Ventura County Chapter

California Association of Marriage and Family Therapists  
Post Office Box 373, Camarillo, CA 93011

### 2016 VC-CAMFT BOARD OF DIRECTORS

**President, Audrey G. Slaugh:** 805-701-3624 audig@verizon.net

**President-Elect, Open**

**Past President, Shawn Klein:** 818-427-1264 enantiodromia@mac.com  
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**VP Programs, Andrea Miranda:** 805-794-9856 andreamirandalmft@gmail.com  
Speakers, Provider # and CEs

**VP Membership, Denise Dalgarn:** 805-368-2624 ddalgarn@yahoo.com  
Membership Drive and Resource Guide

**Financial Officer, Denise Butler-Foley:** 805-373-5923 denbf@hotmail.com  
Financial Statements, Contracts and Insurance

**Secretary, Ellyn Goldstein:** 805-630-4984 ellyngold3990@gmail.com  
Board Minutes and Records

**Hospitality, Giselle "Gigi" Teller-Holt:** 805-208-2074 gkteller@yahoo.com  
Reservations-Monthly Meetings

**Veronica Marchese:** 805-665-7511 veronicamarchese@sbcglobal.net

**Newsletter, Andrew "Andy" Smith:** 805-419-0156 andy.smith27@gmail.com  
Newsletter Editor and Ads

**Community Liaison, Paul "Bowie" Hahn:** 805-402-0738 BowieHahn@gmail.com  
Meet & Greet, NAMI and Community Spotlight

**Pre-licensed Rep, Renee Rivera:** 818-807-5534 reneegriviera@yahoo.com  
Pre-licensed Forum and Placement Guide

**Historian, Inajane Nicklas:** 805-404-0740 inajane@email.com  
Scrapbooks and Monthly Pictures

**Member-at-Large, Denise Butler-Foley:** 805-373-5923 denbf@hotmail.com  
Legal and Ethical Workshops

**Committee Chair, Linda Klug:** 805-526-2190 mariposa100@sbcglobal.net  
Email Blasts Advertising

**Helper-at-Large, Alice Richardson:** 805-231-0585 alicemft@gmail.com

# MEMBERSHIP

# RENEWAL

# 2017

## Watch your mail in early November for your 2017 Renewal Application!

Be sure to mail before December 15, 2016 for your listing to be included in the 2015 Resource Guide Directory. For an additional \$10, you (Licensed Clinical LMFTs and Related professionals) can add a personalized 25 word statement describing your specialty.

For more information contact:

Denise Dalgarn 805-368-2624 or ddalgarn@yahoo.com