



JUNE GENERAL MEETING 2016

Barton Goldsmith: 10 Ways to Boost Your Self-Esteem As A Therapist

By Ellyn Goldstein, LMFT

At the June general meeting, local therapist and long-time CAMFT supporter, Barton Goldsmith, Ph.D. gave a presentation that helped us with some critical considerations for all practicing therapists. The presentation was entitled '10 Ways to Boost Your Self Esteem (Confidence) As A therapist, and How to Help Your Clients As Well'.

First, Barton asked, 'how do you push through your upset?' This is a question that every therapist should continually be asking. We clearly can't bring our feelings of distress or upset into the therapy room. This will have profound effects on the client, the therapy, and the therapist. So pushing

through the upset is essential, and we must find some way to do it, even if we have to do things differently.

Barton reminds us that it's 'normal' to be upset. Like all feelings, these feelings of upset are temporary. We can remind ourselves that we will pass through them, just as we teach our clients. We can develop tools and coping strategies to help us remain present in the room. However, sometimes these feelings are related to serious events or experiences in our lives, past or present, and they may be difficult to manage. Sometimes we might consider referring out.

Barton recognizes that there are many ways to push through our feel-

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JULY MEETING 2016

2016 Annual Pre-licensed Forum

By Renee Rivera, LMFT, Pre-Licensed Representative

This July, VC-CAMFT celebrated our pre-licensed community at the 2016 Annual Pre-licensed Forum. Those in attendance enjoyed a morning of networking and community as they made connections with professionals, potential placement sites, supervisors, peers, and friends.

This year, VC-CAMFT welcomed Dr. Brian Flame LMFT, Clinical Director/Supervisor at New Directions for Youth, Adjunct Faculty member at Pepperdine GSEP, and who also runs a private practice. His wide range of experience along with his charismatic personality made for an engaging and relevant presentation and discussion on all issues pre-licensed. Attendees also had a chance to hear from Andrea Miranda, LMFT who recently went through the licensing process and was able to share her experience.

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SEPTEMBER MEETING

FRIDAY, SEPTEMBER 9, 2016

GENERAL MEETING LUNCH

10:30 am to 2:30 pm

Lois Zsarnay, LMFT, BCPC, RD

Part 1. Motivational Interviewing

Part 2. Food and Mood

****Cost: \$50 / \$60 / \$70 (See below)**

3 CE's

OCTOBER MEETING

FRIDAY, OCTOBER 14, 2016

GENERAL MEETING LUNCH

11:30 am to 1:30 pm

Susan Tschudi, LMFT

Adult ADHD and How It Impacts Relationships

****Cost: \$20 / \$25 / \$30 (See below)**

1 CE

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

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 or
email vc_camft@yahoo.com**

You can now register ONLINE for events! Please visit our new website at 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). If you have a special need, please allow us as much advance notice as is possible to ensure ample opportunity to meet your needs.

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.

From the President's Chaise Lounge Chair... *By Audrey Slaugh, LMFT*

Yes, from a chaise lounge chair in my back yard, under the stars, enjoying a nice cool Camarillo evening. Summer vacations, backyard parties, families enjoying the longer days...I hope you all have enjoyed the summer so far.

We have a lot to look forward to at VC-CAMFT beginning with our Extended Meeting September 9, 2016. This is a 3 hour CE meeting that will have Lois Zsarnay, LMFT, BCPC, RD, DCC presenting *Motivational Interviewing* for the first part of the meeting, followed by a presentation on *Food & Mood*. Lois has extensive knowledge and experience using Motivational Interviewing with families and individuals that come into her private practice in Ventura. She has also worked with families and individuals struggling with eating disorders to create balance in life and discover ways to find comfort with food. If you have not heard Lois speak, you will want to make your plans to attend this meeting!

This brings us to our October

meeting scheduled for Friday, October 14, 2016. This meeting we will have Susan Tschudi, LMFT presenting *The AD/HD Affected Couple: What You May Be Missing*. Susan has conducted workshops on this subject at numerous national conferences as well as written a book "Loving Someone with Attention Deficit Disorder" (New Harbinger Publications, 2012). She will help us learn how to assist AD/HD affected couples develop healthier coping strategies and to resolve interpersonal conflicts with more clarity and purpose along with other very helpful skills to better assist couples where one partner suffers with AD/HD and the other does not.

So for now, I am going to go back to enjoying the stars, listening to my dogs snore, and preparing to enjoy the upcoming events our great chapter has to offer. I hope to see many of you soon enjoying the benefits of being members of VC-CAMFT. ☺



From the Editor's Desk

By Andrew Smith, MFT Intern

I hope you will enjoy this edition of The Communicator; it is full of content about what had been going on with the chapter and what will be going on in the future. You can find out what you have been missing and how you can connect in the future. Be sure to check out the Meet Up opportunities

and the introduction of this year's holiday charity. Exciting things are happening with VC-CAMFT.

If you have question about the newsletter you can contact me at andy.smith27@gmail.com.

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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, 1994

COMMUNITY AGENCY SPOTLIGHT



For over 28 years, Turning Point has operated as the only nonprofit, community-based mental health program in Ventura County. Turning Point's programs address the full range of human needs, including Hope for our Veterans, Haven for the Homeless, and Healing for Mental Wellness.

Hope for our Veterans

Veterans Transitional Housing Program

Turning Point Foundation's Street Outreach Program latest data shows Veterans are 20% of the homeless population and 30% of those were suffering from mental illness.



Homeless veterans, some who are mentally ill and/or co-occurring substance abuse; provides assistance with permanent housing, income, medical attention, drug and alcohol and mental health services.

Haven for the Homeless

Shelter/Homeless to Home/Health Navigator

Our Homeless to Home and Community Outreach programs run out of **Our Place Safe Haven** as does our Health Navigator Program. In the 12 months prior to **Health Navigation**, Emergency Services were used 288 times by the homeless. After initiating the **Health Navigation** Program, that number has been reduced to 28, resulting in a 98% reduction in the use of Emergency Services.

Our Place Safe Haven is the first stop on the road to recovery for homeless, mentally ill adults, often struggling with a co-occurring substance abuse disorder. This 10 bed shelter provides a safe place to live where basic needs are met and the most vulnerable members

of our community can receive mental health treatment, assistance establishing a stable source of income, and help obtaining housing. Drop in center services include, case management, medical and mental health service referrals, housing navigation, hot meals, showers, laundry facilities, phone messages, and mail.

Our Place Safe Haven

805-652-2151
536 E. Thompson Blvd.
Ventura, 93001

River Haven - The most unique and inspiring story!



10 years ago, **Turning Point Foundation** took a homeless encampment of people living along the river bottom in tents and started them on the path to hope and the promise of better things to come, a new beginning at **River Haven**. **River Haven** is bridge-housing, a self-governing community of formerly-homeless men and women, who now live in cleverly-designed Geodesic domes. **Turning Point Foundation** provides an umbrella of supportive services, helping the mentally ill, homeless and veterans that are housed there.

Healing for Mental Wellness

Wooley House/Stephenson Place/Villa Calleguas

Extremely low income, permanent supported housing for mentally ill, homeless adults that may be struggling with a co-occurring substance abuse disorder, that address the primary need is to obtain stable housing first. Case manag-

ers provide guidance on independent living skills, and linkage to community resources including VCBH.

Quality of Life

Mentally ill and co-occurring substance abuse adults; within identified Licensed Board and Care Homes, staffing provided by persons with lived mental health experience. **Quality of Life** is a pioneering program that enables us to extend our Peer Support services to three of the largest Board and Care homes as well as **Villa Calleguas** permanent support housing in Ventura County. This project increases the quality of life of the residents through individual relationships with peer staff, group activities within the home, projects involving residents to beautify the home and activities in the community that promote community integrations. **Quality of Life** creates an environment in these homes that promote recovery and movement toward independent living when possible.

The **Quality of Life** program is based on the evidence based practice developed by Mary Ellen Copeland. She is the author and designer of the Wellness Recovery Action Plan (WRAP), a self-help mental health recovery program encouraging people to develop individualized WRAP to assist them through the recovery process.



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JUNE GENERAL MEETING 2016

Barton Goldsmith: 10 Ways to Boost Your Self-Esteem As A Therapist

ings of upset. We can put ourselves in a different mental space. We can do short meditations. For example, we can use a visualization of a white or golden healing light, or any other visualization that works for us. Many professionals, including athletes and performers use visualization. Or we can place our upset in a file cabinet or other container that we have constructed in our mind's eye.

Barton continued to address what happens when our confidence level lags, when we begin to feel that we aren't 'good enough' as therapists. He observes that doing therapy is like climbing stairs – you go up, then level off. You might go down a bit, but you are typically still higher than when you started. As you learn tools to cope with your confidence levels, you need to practice them. Many people have heard that it takes 25-30 times of doing something new to form a new habit. Barton states that it actually takes at least 90 repetitions of a thought or behavior before you establish a new habit. Once you master some of the tools, you will find that the therapy is better and your confidence rises.

Barton states that research has shown that 80% of our thinking tends to be negative. We all know that there is no recipe or cookie cutter for effective therapy, and that it's different for each client. How do you dismiss your negative thoughts? Many people have the misconception that they should always be happy. Barton tells us that the aim should be contentment, not happiness. People expect that if their depression goes away, they will be happy. You can't be happy all the time, but you can be content.

Inner strength is something that can help you accomplish your goals, but how often do you access it, and how often do you help your clients access it? You can acquire 'tricks' to develop an inner structure that will support contentment and develop inner strength. The therapists' job is to point out to the client that they are

growing. They may not recognize it along the way, but when they finally do, they realize they have tools and are developing inner strength.

Heightening your confidence is also about 'being of service'. Barton encourages low-fee and/or pro bono work. Once we get to a certain point in our development as therapists, we realize that it's not always about money. Helping people or animals in whatever way you are able can be rewarding. You can be there for whoever comes into your path. Barton advises us to watch closely so that we don't miss opportunities.

Whether you are client or therapist, you need to boost your confidence and make an effort in order to change. If disappointments come your way, don't look in the rear-view mirror, look out the front window. Re-frame things. Allow it to 'be there' and it will change in time. Don't hold expectations. Push forward to something new. The absence of fear creates confidence and mastery.

One way to help dissipate fear is by thinking 'what's the worst thing that can happen?' Then, 'what's the best thing that can happen?' Then, 'what is most likely to happen?'

Think about what raises your confidence. You might develop an ongoing practice of being centered. You can focus on what you are able to do, not what you can't (or think you can't) do. Focus on the process, not the outcome. Honor your creativity. There are many ways to boost our confidence, and it is up to each one of us to find what works for us. ☯

Dr. Goldsmith has over 25 years of counseling experience. He is an award-winning published author, nationally syndicated columnist, talk show host, and public speaker. Some of his specialties include Substance Abuse Counseling, Relationship Counseling, Anger Management, Communication Issues and Business Management Consulting. More information is available at www.drbartongoldsmith.com.

We would like to recognize all those who participated at this year's Pre-Licensed Forum

The Following Hosted Tables at This Year's Event:

AATBS – Association for Advanced Training in the Behavioral Sciences

5126 Ralston St., Ventura
(805) 665-5054

Camarillo Hospice

400 Rosewood Ave., Ste. 102
Camarillo (805) 389-6870

Cancer Support Community

530 Hampshire Rd.
Westlake Village (805) 379-4777

Kids & Families Together

856 E. Thompson Blvd.
Ventura (805) 643-2488

The New Beginning Center

155 Granada St. Suite N
Camarillo (805) 987-3162

Vista Del Mar Hospital

801 Seneca St., Ventura
(805) 653-6434

West Coast Counseling and Group Therapy Center

16055 Ventura Blvd., Ste. 1222,
Encino (310) 475-0223

Goody Bag Contributors:

AATBS

Barton Goldsmith, Ph.D., LMFT, CADC

CAMFT

Cancer Support

Circle of Life Counseling Center

Engage Psychological Services

Gerry Grossman Seminars

Neil Palache

The New Beginnings Center

Thera-Pooch Family Counseling Center

Veronica Marchese Ph.D., LMFT

Vista Del Mar Hospital

West Coast Counseling and Group Therapy Center

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New Visions Center and Oxnard Clubhouse are day rehabilitation centers offering clients a place to learn symptom management skills to improve their community living skills, learn to live more independently, engage in work and productive activities, participate in recreational activities and become integrated back into our communities. VCBH referred clients receive mental health treatment, vocational services including work training and paid work experience, as well as hot meals.

New Visions Center
1065 E. Main St., Ventura

Oxnard Clubhouse
426 W. 5th St., Oxnard

The Wellness Center is located at Center Point Mall in Oxnard, with a satellite program in Ventura at **New Visions Center**. This is also the only tri-lingual, English/Spanish/Mixteco language mental health program in Ventura County. **The Wellness Center** is a



peer support program staffed by Peer Support Specialists. This program is based on the nationwide movement to integrate peer staff into mental health services demonstrating the importance of self-help and peer programs as a part of mental wellness. Self-help is a valuable part of recovery from mental health and/or drug and alcohol recovery. People who have experienced both sides of the mental health system (“been there, done that”) provide hope, education and direct support among their peers where they can share goals, conquer fears, and celebrate successes. Our recovery success stories include men and women who have struggled to maintain their mental wellness and/or sobriety, had legal trouble, or been homeless. These men and women are able to come to **The Wellness Center** and participate in and experience the serenity of recovery. **The Wellness Center** program incorporates the evidence based practice developed by Mary Ellen Copeland. She is the founder of the Wellness Recovery Action Plan (WRAP), a self-help mental health recovery program encouraging people to develop individualized WRAP to assist them through the recovery process.

The Wellness Center
Center Point Mall
2697 Saviers Road, Oxnard

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...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.

**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:
Veronica Marchese, LMFT at veronicamarchese@sbcglobal.net**

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.

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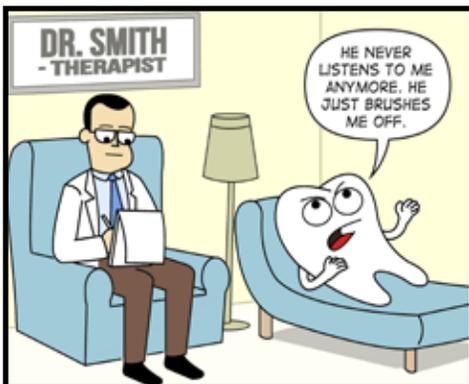
JULY MEETING 2016

**2016 Annual
Pre-licensed Forum**

All pre-licensed attendees received an exceptional goody bag chocked full of swag, courtesy of local agencies, licensed therapists, and test preparation companies. Some were lucky enough to win one of various raffle prizes, including a free VC-CAMFT luncheon, test prep materials or private practice building guide from AATBS, and gift certificates or test prep materials from Gerry Grossman Seminars!

Each year many people come together and contribute their time, effort, creative abilities, and resources in order to help make this event an enjoyable and valuable experience. I would like to thank all of those who participated in the event, in any way, as you all are a part of making it a success! Thank you to all of the Board Members whose combined efforts go into making the event run smoothly and who all contribute equal parts in the process. Thank you to all the goody bag contributors for their effort and generosity in assembling, and donating their swag for the event. Last but not least, I would like to thank all the agencies, which were able to participate and host tables, and share information and opportunities with the attendees!

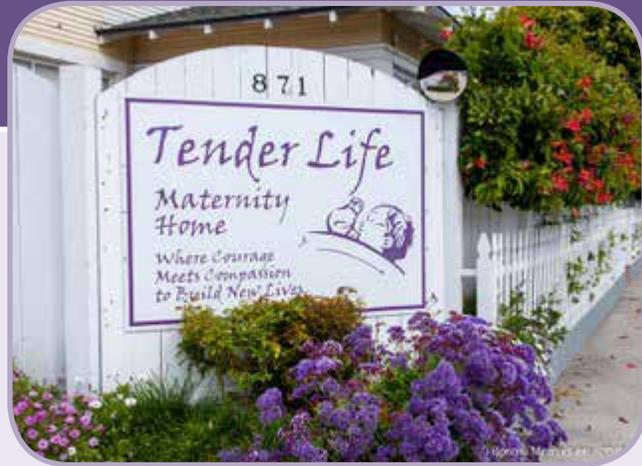
VC-CAMFT feels that it is important to support the pre-licensed community, and looks forward to hosting the Pre-Licensed Forum each year. We are pleased to put another successful Forum in the books for 2016. We are excited about the many new connections we made and look forward to seeing these new faces in the VC-CAMFT community in the future. ☺



Holiday Sponsor Recipient



With the Holiday season just around the corner, our Board of Directors selected **Tender Life Maternity Home** as the recipient of our member's generous support of a non-profit agency in our area. Here is an introduction to the charity...



Tender Life is, non-profit 501(c)(3) organization that provides homeless, pregnant women with safe shelter and a comprehensive program for change. Our goal is to empower the powerless, instill dignity where there was shame and provide tools for self-sufficiency. The Tender Life program includes pre-natal healthcare, career guidance, tutoring, counseling and a variety of growth opportunities.

Tender Life began in 1985 to provide a safe and caring environment for homeless pregnant women in need. Since then, Tender Life has served over 1000 women. Some of Tender Life's first born babies have graduated from college, found their careers and are living productive, fulfilling lives. Tender Life addresses the complex needs of at-risk, homeless pregnant women, many of whom have had substance abuse and domestic violence issues. Tender Life houses up to 6 women at a time. During their stay in Tender Life's program, they are offered classes such as parenting, child development, life skills, out-patient drug and alcohol programs as well as one-on-one therapy. They are also connected with a Public Health Nurse who visits once a week. Tender Life provides opportunities for inexperienced mothers to embrace the pregnancy process, celebrate motherhood and build a brighter future for both themselves and their children. Tender Life can house up to 6 women at a time and is complete with house rules, 24-hour staff accountability, program management and an array of services and resources. Once the baby is 3 months old the mother is eligible for up to a 2-year stay in one of Tender Life's 2 Transition Homes.

Karen Johnson, Program Manager
805 653-7474

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

Ventura County Mental Health Professionals Connect

www.meetup.com/VCCAMFTconnects/

Are you missing the next generation of networking, marketing, and connecting your professional services to your peers? We are now approaching the 150 member level since launching this in January. There are now 10-12 different monthly meet up opportunities and many other providers and agencies submitting for future events and gatherings. The feedback is from the mental health community is ecstatic. It seems that many of us desire and need alternatives to connect with our community of wellness professionals.

This is a free service open to all mental health professionals and will support and promote events, activities and networking gatherings throughout Ventura County. Formats, venues, days and times will vary. Please do not hesitate to contact me if you need guidance or have questions on how to utilize this service to promote, connect, support and bring our professional community together. BowieHahn@gmail.com. I look forward to hearing from you.

Calendar for September/October

(Go to: www.meetup.com/VCCAMFTconnects/ for more details)

September 2 – 9:00am-11:00am

Case Conference and Networking; Levitt Group – Westlake Village

September 5 – 1:00-2:15pm

Practitioners Support Group – New Beginnings – Camarillo (WEEKLY)

September 8 – 11:15am-12:30pm

Mission Oaks Counseling –Networking/Self Care group– Camarillo

September 9 - 11:30am-12:30pm

Hypnotherapy Monthly Luncheon – Ventura

September 9 – 10:30am-12:30pm

VCCAMFT Monthly Luncheon– Lois Zarney Speaker/Presenter

September 15 – 11:15am-12:30pm

Networking Lunch – Girls Empowerment Center, Thousand Oaks

October 9 – 9:00am-11:00am

Case Conference and Networking; Levitt Group – Westlake Village

October 13 – 11:15am-12:30pm

Mission Oaks Counseling –Networking/Self Care group – Camarillo

October 14 – 11:15am-1:30pm

VCCAMFT Monthly Luncheon – Susan Tschudi – “ADHD Couples”

October 15 – 9:30am-12:00pm

David Deutsch

“Co-occurring Recovery” – Genesis/Thousand Oaks

October 20 - 11:15am-12:30pm

Networking Lunch – Girls Empowerment Center, Thousand Oaks

October 26 – 11:30am-1:00pm

Coffee/Case Consultation – La Ventana Treatment Center - T.O.

Just added!!! – Welcome New Beginnings to our growing hosting agency hosts. Supervisors!!! – Please encourage your trainees and interns to join. They will gain tremendous value and build their skills by attending and speaking with our licensed community.

Welcome!

**VC-CAMFT would like to welcome
our new members...**

We are glad you're here!

Barbara Betterman, Clinical

Sherri Gilbert, Clinical

Patrick McCaslin, Clinical

Denise Ord, Trainee

Maria Viola Sanchez, Trainee

Ronald Thurlow, Clinical

Cameron White, Trainee

Joan Berl-Brooks, Clinical

Watch Your Mail in Early October 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.

