



Newsletter Spring 2012



Letter from Your President ~ Jennifer Saffen, MFT

Greetings NCAMHP,

During our Spring General Meeting, we covered many topics and enjoyed a lively presentation from Dr. Ruby Bayan. Here are some highlights:

We thanked Dr. Scott Greer for being our fearless leader for the 2010 year as well as hard work as secretary before that and continued great guidance. Thank you Scott!

We discussed how being involved in volunteer time can increase connections and be generally fulfilling!

The Website Counter shows us that the NCAMHP website has between 8,500 and 14,500 hits each month!

We are currently in transition with our Education Coordinator. We thank Judy Judge who helped find our DBT presenters and took care of so many organizing duties; no wonder she's so busy! Let's welcome Marianne Morse - Marianne has worked with HAF in the past and is currently training with Judy to be our new Education Coordinator.

The membership committee has done a lot to increase support and inclusion of students through a presence at HSU and CR.

We asked for a show of hands to get an idea of the membership's interest in having profile pictures. The following question was asked, "If you had an option to include a photograph of yourself with your profile on the NCAMHP website, would you do so?" The tally follows: 26 yes's and 20 no's. The Board will take this into consideration and update the membership on the next steps.

Dr. Bayan presented fundamentals of psychotropic medications, including anti-depressants, anxiolytics, and mood stabilizers; keeping our attention after a yummy

catered dinner, by telling interesting stories to illustrate pharmacology.

Hopefully those who missed our Spring meeting can join our Fall General membership meeting. It was nice to see new members and hear from those starting practices as well as seeing the familiar faces of varying degrees of veteran members!

Best Regards,

Jennifer Saffen, MFT
NCAMHP Board President 2012



On February 1st, we had our first ever annual Volunteer Appreciation Dinner at the Bayfront One Restaurant! Board and Committee Members, Thank you for all of your hard work in supporting NCAMHP as a thriving professional organization governed by Volunteers!





An NCAMHP Member Goes to the Movies – *Take Shelter* Review

By, Patrick Carr, MFT

With the power Hollywood has in shaping popular views of mental health conditions and treatment, it's fitting that we look at how our field, and the people we help, are portrayed in recent films. Movies can do a lot to promote awareness of psychological and relationship problems and their treatment. Films like "The Color Purple" (1985) helped educate the public to the impacts of sexual abuse of girls and domestic violence, and "Ordinary People" (1980) gave viewers a genuinely empathic psychotherapist who saved the life of his teenage client.

Other movies don't do so well. Our work requires an intimacy present in few other professional relationships and it's easy to sensationalize what we do for entertainment value, usually with sex involved. I keep rooting for therapists like Gabriel Byrne's character in "In Treatment," or the young psychological assistant in "50/50" to avoid those boundary problems; but they keep disappointing me. And Hollywood takes plenty of liberties in portraying the people who come to see us; often they're either criminals ("Sixth Sense" or "Analyze This") or caricatures of people with psychological problems. What about Bob?

I believe that mental health professionals should be talking about the movies, just as we talk about legislation and insurance company practices, because flicks help shape the world in which we practice. So, with the caveat that this review represents my opinions only, which could well be quite different from yours, here's the first NCAMHP newsletter film review.

"Take Shelter," released in 2011 and currently available on DVD, Blu-Ray, and on Netflix, is one of those films that seems sincere in its portrayal both of a man who is apparently in the grip of serious mental illness, and the treatment he receives. The film follows Curtis, played by Michael Shannon ("Revolutionary Road") who is a drill rig operator in the heartland of rural Ohio. With a beautiful wife, Samantha (played by Jessica Chastain of "Tree of Life"), and a decent job, he is told by his best friend "You've got a good life."

But things aren't as good as they may look. Curtis' daughter is deaf and is aggressive toward other children, and Curtis begins having nightmares and hallucinatory experiences in which his friends and family attack him and a monstrous tornado looms. His response to this crisis follows the ambivalence of the saying "you can be paranoid and people are still out to get you." Recalling that his mother developed schizophrenia at the same age he is, he goes to his doctor and a therapist for help,

but at the same he sinks the family money into building a large tornado shelter, losing his job in the process.

Shannon possesses a wooden quality to his affect that looks a lot like schizophrenia, and there is no sensationalizing in this movie that quietly simmers until it suddenly boils over. While there are features to his presentation that conflict with typical symptoms -- have you ever had a client tell you they don't meet all the criteria for schizophrenia and so they think they're having a brief reactive psychosis? -- his acting captures the terror of a sudden onset of psychosis and the shock of a man whose life has turned upside down.

Mental health professionals don't get a very good shake in this film, though the portrayals don't seem grossly inaccurate. Curtis develops a good connection with his "free clinic" therapist, Kendra, but one day he comes for his appointment and is told by a stranger at her desk "Oh, she transferred out. I'll be your new therapist." Maybe public mental health isn't doing so well in Ohio. And the one psychiatrist portrayed in the movie won't give a straight answer to Curtis' question about whether he will need hospitalization when he returns from a much anticipated family vacation to Myrtle Beach, South Carolina.

Where treatment fails Curtis, and his friends shun him, Samantha shows a deepening in her relationship to Curtis that seems to represent his one chance at salvation. "We can get through this," she tells her shattered husband, a response showing a surprising degree of compassion; the kind of compassion one might hope for from a therapist.

The long planned vacation provides the ending to "Take Shelter," an ambiguous conclusion that suggests that in Curtis' madness lays a kernel of truth, and that the realities we see aren't as certain as we might want.

Patrick Carr is an MFT and NCAMHP member who loves narratives in therapy, life, and film.



**Humboldt County Department of Health and Human Services &
The Mental Health Services Act**
Present

Voices That Heal



This documentary features interviews with six people whose personal stories shed light on mental health and the experience of being labeled as having a mental "illness".

Those who face the challenge of recovering from mental health conditions, also often face the experiences of being shunned, avoided, and deprived of employment, housing, relationships, and other life opportunities. Stigma can lead adults and children to feel worthless and alone, though many of the most creative and talented members of society face these sorts of challenges.

The courage and generosity of sharing, disclosing their struggles and triumphs over mental health challenges, is a transformative experience, both for those sharing and for those bearing witness to these "Voices that Heal".

**Doors open at 3:30, FREE ADMISSION, limited seating
Program starts at 4 pm**

**Panel discussion following the film with filmmaker Alex Goldenberg &
local *Seeds of Understanding Speakers Collective* members**

For more information contact: Karen Diers, kdiers@co.humboldt.ca.us or 441-5553





MCEP Program Change

Next year (2013) the MCEP Accrediting Agency will cease operating. One of the most immediate repercussions for you will be the BOP's audit program and how you personally manage your record keeping. ([Click here for full text of the BOP changes](#)) Currently, the BOP audits for compliance through the Accrediting Agency. As of January, 2013, licensees will be selected annually for audit and required to report their CE activity **directly to the BOP**. This means that psychologists will be responsible for proving compliance and providing all CE documents upon request. CPA is looking at creating a fee-for-service program to support psychologists to meet this new record keeping requirement. CPA is exploring both a Basic Plan and a Premier Service Plan. The **Basic Plan** would:

1. Track, record, and store your CE documents.
2. Review documents and assess for compliance with CE renewal requirements.
3. Provide you with unlimited copies of your documents upon demand.

The **Premier Service Plan** would, in addition to the Basic Plan:

1. Monitor your records and proactively work with you to establish compliance in advance of your license renewal date.
2. Notify you of any changes in the CE requirements.
3. Supply CE documents to the BOP and act as an advocate during a CE audit.
4. Supply documents to meet a credentialing requirement from a hospital or insurance panel upon request.
5. Provide unlimited consultation if there are CE compliance issues

Please help us assess interest in these service plans by completing a very brief, three question survey. Upon completion of the survey, there will be a link to download an MCEP Reporting Form. www.surveymonkey.com/s/Interest_Survey-October_2011



Training Events for 2012

SPRING WORKSHOPS, You still have the opportunity to attend one or both sessions!

Morning Workshop: Dreams and the Creative Process with Madeline McMurray, MFT to be held at HAF on Saturday 4/21/12 from 9a to 12:15 pm.

Participants of the morning workshop will gain a basic understanding of a Jungian Approach to dreamwork and have some of the tools and techniques needed for working with dream and images. They will also be given resources to further their knowledge base on this subject.

Afternoon Workshop: Expressive Arts with Miriam Labes, MFT and Cathy Chandler-Klein, MFT at HAF on Saturday 4/21/12 from 1:15p to 4:30pm.

Participants of the afternoon workshop will gain an understanding of how expressive arts help us connect to our body, mind, and heart; how the creative process offers us access to increased joy and healing; and how to use the expressive art process to access inner resources and integrate strengths and vulnerabilities. Participants will learn the applications of this work in psychotherapy.

To register for one or both; click on the link and complete the registration form!

<http://ncamhp.org/DCPBrochure.pdf>

Save the Date: Fall General Meeting 10/04/12 at HAF Presenter: Laura Holmes, LCSW **Topic:** Psychotherapy with the Elderly.

Save the Date: Fall Workshop ~ Dialectical Behavioral Therapy (DBT) Skills Building for the Therapist with Mark Rosenthal, LCSW of the SFDBT Center to be held at HAF Friday 9/21/12, 3pm to 6:15pm and Saturday 9/22/12 9am to 4:30pm

Training Events for 2012

**Redwood Coast Regional Center
Community Placement Plan Presents:
Free Training Event**

**Ruth Myers, MD and Stephen Myers, PhD, BCBA
of the Community Circle, MN**

Ruth is an internationally known neuro-psychiatrist who pioneered the concept of Whole Person Assessment with individuals with intellectual and developmental disabilities, and Stephen is a board certified behavior analyst with extensive experience with this population.

CEUs available for Psychologists (\$7.00), MFTs, and LCSWs.

Friday, April 27, 2012 9:00-3:30pm

First Presbyterian Church, 819 15th Street, Eureka, CA
To Register Contact Marie Crawford at 707-445-0893, Ext 304.
Please inform if needing CEUs.

**Redwood Coast Regional Center
Community Placement Plan Presents
FREE TRAINING EVENT**

Sarah Blackstone, PhD

Sarah Blackstone is an internationally recognized leader in the field of augmentative and alternative communication. She is the President of Augmentative Communication, Inc, in Monterey, CA; serves on the Board of Directors, Central Coast Children's Foundation; and is on the Board of Directors at the Bridge School.

Monday, May 7, 2012 9:00-4:00pm

Red Lion Inn
1929 4th Street
Eureka, CA
To Register Contact Marie Crawford at 707-445-0893, Ext 304.
Please inform if needing CEUs.

FREE INTRODUCTION EVENT

**Introduction to Mental Health Recovery and
Wellness Recovery Action Planning (WRAP™)**

To register, please contact ***Gordon Pfeffer, Del Norte TPP, 1301 El Dorado St.,
Crescent City, CA, 95531; 707-464-0297 by May 1, 2012:***

Facilitator(s): BJ North, CRE, ALF, MHRS, Eileen Cavalier, MFT, Lynn Murphy, MFT

Learn about the Five Concepts of Recovery, Wellness Tools, Daily Maintenance Planning, Triggers, Early Warning Signs, Crisis Planning, and Action Plans at this great workshop!

HOSTED BY DEL NORTE COUNTY UNIFIED SCHOOL DISTRICT TPP

DATE: MAY 18, 2012

PLACE: DEL NORTE COUNTY U.S.D. DISTRICT OFFICE
301 W.WASHINGTON BLVD.
CRESCENT CITY, CA 95531

TIME: 9:00-4:00

Advertisements

The below advertisements are not endorsed by NCAMHP

**There are no advertisements for this issue.
Remember, as a member you can advertise for free!**



Announcements



**NCAMHP Member:
Peter Moore, MA, MFT (MFC 23507)**

(Please take note of the following information,
as it did not make it into the Redbook!)

**Trained in character-analytic orgonomic therapy with
additional biophysical interventions for deeper change.
Licensed 25 years, 30 years professional experience.**

Availability: Within one to two months

Theoretical Orientation: Character-analytic; orgonomic/biophysical

Primary Address: 527 E Street Eureka, CA 95501 Phone: (707) 442-7228

Preferred Treatments

Anxiety Disorders/Phobias
Depression
Somatoform Disorders
Attachment Disorders
PTSD/Trauma

Preferred Populations

Men
Women
Gay/Lesbian/Bisexual/ Transgender/Transsexual
Adults
Couples

Advanced Clinical Training

Body-Centered Therapy
Object Relations
Expressive Arts Therapy
Gestalt Therapy
Hypnosis

Character Analytic Study Group with Peter Moore, MFT

Freud's original hope was to ground psychopathology in physical processes. The analytic method would sometimes produce cure, but the results were haphazard. Freud asked Wilhelm Reich to lead the technical seminar in psychoanalytic technique. It was in this

group of practicing psychoanalysts that Reich began to develop character analysis. His book by this title was widely read and many psychodynamic therapists today are influenced by Reich's contribution. Masterson's development of pre-Oedipal diagnostic categories in borderline, narcissistic, and schizoid disorders of the self has furthered the field tremendously, but the technique is purely character analytic. Reich's contribution is unknown; however, presumably because of the successful attempt to discredit his work, which, by court order, resulted in his scientific equipment being destroyed, many of his books being incinerated, and Reich's incarceration in prison, where he died in 1957. As a consequence, much of Reich's work is misunderstood, and a superficial Google of his name can reveal him as a crackpot.

The character analytic technique reveals the inherent truth in the functional equivalence between the patient's character and blocks in the body's energy flow. The character is the sum total of the patient's stereotyped behaviors, thought patterns, and emotions, which together defend against, ultimately, the pain of disappointments in love, starting in the womb. The outermost layer or façade is what the patient brings to therapy in the way he or she presents—the process not the content: how they talk, how they think, how they relate to you. When these traits, rather than the symptoms, are focused on, the patient begins to make better contact with who they are, and begins to feel their false, defensive self as ego-dystonic.

The work is challenging for both therapist and patient, but since we are working with what's present in the consulting room, the work becomes alive, creative, and deeply rewarding. Visible changes are apparent as the character becomes more flexible, both in and out of session.

In order to learn this method, students needed grounding both in theory and practice. The correct diagnosis is important, since this guides the whole therapy. Without it a chaotic situation develops. As students progress, case presentations will ground theory and practice, and aid in the development of diagnostic skills and character analytic interventions. Since the main instrument for change is the therapeutic relationship, the self of the therapist is fundamental in the psychotherapeutic journey. It is our professional responsibility to stay in therapy or reenter therapy as our character resistances are revealed to us. If needed, students will be required to be in therapy, and will be given suitable referrals for such.

Advanced students will eventually progress to learning the biophysical interventions in what Reich later termed "orgone therapy". Character analytic orgone therapy is different from the more dilute forms of somatic therapy such as bioenergetics, gestalt, or somatic experiencing, and requires a thorough grounding in diagnosis and case management. The biophysical work takes patients deeper toward their core, and can resolve at a more profound level issues in attachment and differentiation. This moves patients toward a more authentic self, and improves patient's functioning in their ability to love and work.

Initially, classes will be 3 hours duration, scheduled monthly (time TBA), at a cost of \$60 per group. Classes will be held at 527 E Street in Eureka, CA. Please contact me at 707-442-7228, or peterjrmoore@att.net for further information.

Peter Moore graduated with a first from Oxford University, and received his MA in clinical psychology from Antioch West. He has been licensed twenty-five years.

Practice Update: The Humboldt/Del Norte area needs mental/behavioral health providers!

How to Enroll and Serve Path2Health Members:

Anthem Blue Cross and its subcontractors, administer Path2Health benefits. They also administer CMSP benefits. If you are interested in providing health care services to Path2Health members, you must be a part of the Path2Health/CMSP provider network administered by Anthem Blue Cross (Anthem). To become a part of the network, you must execute a provider agreement. Participating providers are also encouraged to enroll in the Medi-Cal program as Medi-Cal providers, which will assist you in verifying Path2Health eligibility and any changes in eligibility, such as conversion to Medi-Cal or CMSP.

Professional Mental Health Counseling Services – Call to ensure rates. Effective January 1, 2012, through December 31, 2013, the CMSP rates for professional mental health counseling services provided by a **psychologist, licensed clinical social worker, and marriage and family therapist** shall be as ninety dollars (\$90.00) for an assessment and seventy dollars (\$70.00) for a one-hour individual counseling visit, and thirty dollars (\$30.00) for a group visit.

For further information about participating as a medical provider or a behavioral health services provider, contact Anthem Network Development at (800) 670-6133 and check out the website: www.path2health.org

Your voice is important!

Contributions are always welcome; anything from a paragraph to a couple of pages would fit well in the newsletter. Send your ideas to the newsletter committee: newsletter@ncamhp.org, Lesley Manson, Psy.D. at drmanson@msn.com or Jennifer Saffen, MFT at jes@humboldt1.com

Always wanted to pay your student loans down, but thought it would not happen until retirement? Think again.

The National Health Service Corps offers the opportunity to pay off all of your student loans. The program starts with **\$60,000 in loan repayment** for two years of service. Let us help you with your student loan burden so money doesn't have to be a factor in choosing your field of practice. Employment opportunities are available within primary care settings, hospitals, mental health organizations, and private practices.

Visit NHSC.hrsa.gov for complete program information. A NHSC Ambassador, Lesley Manson, PsyD is available questions locally.

Members may advertise and post announcements for office rentals free of charge via the web at any time:

- Step 1: Go to www.ncamhp.org
- Step 2: Click on Member Login and Login
- Step 3: Click on Member Discussion Board
- Step 4: Choose "Office Rental"

Please give us feedback on this new policy: newsletter@ncamhp.org, Lesley Manson, Psy.D. at drmanson@msn.com or Jennifer Saffen, MFT at jes@humboldt1.com



Board of Directors

Jennifer Saffen, MFT, President
407-9030

Lesley Manson, Psy.D., Past President
602-369-3343

Bonnie Carroll, LCSW, Interim Secretary
839-1244

If someone is interested in becoming Secretary, please let us know!
This is a wonderful introductory position on the Board!

Michelle Lee, MFT, Treasurer
268-5654

Loren Farber, MFT
442-2752

NCAMHP COMMITTEES

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Scott Sherman
Looking for Members!!!

Membership Committee
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Looking for Members!!!

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