



**Letter from Your President ~  
Paula Nedelcoff LMFT**

**Greetings NCAMHP members--**

Hope this finds all of you in good health and spirits. Referrals keep coming for all of us. It seems people are able to help connect clients through reaching out on our list serv. Please remember to keep a minimum of information about the clients when we try to find providers.

I want to thank all of you who are sending things in for the newsletter. This is a great way to communicate a wide variety of things for all of us members. For those who do not want to be on insurance panels, I understand. Maybe consider being an EAP provider. The reimbursement is less but it is limited commitment and many times that is all a community member needs. If you are interested please feel free to contact me.

Enjoy your summer and if you are traveling, I hope you do so with safety and ease. Take good care and I hope we will see you all at our Fall membership meeting, if not before.

*Paula Nedelcoff MFT*  
NCAMHP Board President  
[therapydok@sbcglobal.net](mailto:therapydok@sbcglobal.net)



## **NCAMHP Fall General Meeting**

Join your fellow NCAMHP members for dinner, networking, and continuing education at the Fall General Meeting on Thursday, October 24, 2019 at the Humboldt Area Foundation, 363 Indianola Road, Bayside CA. Come for networking from 5:30 - 6:00 pm. From 6:00 - 6:30 pm will be the General Meeting and catered dinner by Comfort of Home Catering begins. At 6:30 - 8:00 pm Steven Russin, LMFT and Mike Cox, Multi-instrumentalist and Music Educator will give a presentation focusing on the male experience. This presentation is for all those that love, support and work with men. Objectives: With a little inspiration from the mythopoetic and depth psychology work of James Hillman, Robert Bly, and Michael Meade, we will be bringing ancient traditions of music, poetry and song to guide us through the often stirring challenges confronting men and masculinity. From this workshop we are hoping for participants to have an enhanced capacity to empathize with the male experience and support men in the therapy hour. Steven Russin has many decades of work and specialized training concerning men's issues. He works with men in multiple contexts, including anger management, groups, couples, families, and individuals.

One hour of continuing education is offered for an additional cost of \$10.00. To receive credit, you must register and stay for the entire presentation. No refunds will be given. Please include a check for \$10 for the continuing education credit with your registration. **EVERYONE MUST PRE-REGISTER TO ATTEND!!!** (This is important for the catered dinner planning.) A flyer with a registration form has been emailed through the Listserve. Please mail this form with \$10 check if you want CEUs to: Melissa Defenbaugh, NCAMHP Education Coordinator, PO Box 2, Eureka, CA 95501. If you do not need the credit, you may email just the registration form to: [mdefncamhp2019@gmail.com](mailto:mdefncamhp2019@gmail.com). NCAMHP is approved by the California Psychological Association (CPA#NOR-048) to sponsor continuing professional education for psychologists in California. NCAMHP maintains responsibility for this program and its contents. This course meets the CPA requirements for 1 hour of continuing education credit.



**Listening to Temperament: An Invitation**  
by Alice Shannon, LMFT

The field of temperament, the body of information about normal individual styles, is not a new area of research. It is less common now than years ago for me to find myself speaking to someone with little or no understanding or interest in temperament. And yet it still happens fairly often, even though everyone has a temperament. I am not comfortable relegating temperament to a niche or my personal passion, although it is my personal passion. I find it to be an often missing and sometimes immensely important aspect of therapy and parent education. It's been a defining part of my personal and professional life for many years. Utilizing a temperament perspective has been a wellspring to me as a parent, personally, in my marriage and as a therapist.

I believe strongly in looking at concerns, even serious ones, in the most benign light possible, and using the most benign interventions, adding on only when and if necessary. Temperament is often a missing assessment piece that when omitted can lead to a more serious diagnosis. If you have a temperamentally easy or moderate child any number of parenting responses are likely to work well. If you have a child who is more temperamentally challenging, with one or more extremes in their temperament, such as low adaptability, high intensity or high sensitivity, then fine tuning your understanding of your child's temperament and best responses will make things easier for the whole family. "Strong willed" young children often have a hard time with change and transition. Digging in their heels is a coping response. Children who are high in intensity have big dramatic responses and meltdowns. Repeated behavioral challenges are a sign that a child needs extra support and skill building. Rewards, consequences, time outs or punishment will not increase self-regulation, a very teachable skill. Children who are high in sensitivity may be easily overwhelmed and over stimulated, and they may be anxious. They don't need more exposure to toughen up. They need help learning to filter rather than over attending both internally and externally and how to honor and manage their sensitivity rather than feeling done in by it.

Psychologist, researcher and author of the bestselling book, [The Highly Sensitive Person](#), Elaine Aron, has found that the majority of adults in therapy are highly sensitive. I find this to be true. It's not because there is anything wrong with people who are highly sensitive but rather that our culture suggests we should just get over it. Highly sensitive people feel things more strongly and have often been told, and wonder, what's wrong with them. They feel more easily pressured, and done in by sometimes daily experiences than many other people. Finding out that high sensitivity is a normal variation of temperament alone can be stress relieving. Building self-care and learning to work with their temperament can make daily life much easier.

This is the briefest of overviews of course. There is much that can be learned about and from temperament. You can find out more on my blog, <https://listeningtotemperament.com/>



## The New Casual NCAMHP Meet Up

You may have recently seen an invitation on the NCAMHP Listserve for local members to come and mingle at the new Septentrio Winery in Arcata, Ca. This “new” casual meet up is essentially the chill sibling of the better known general meeting. The intention is to encourage practitioners to meet on up & get to know one another in a comfortable laid- back setting, with options for various libations & snacks.

The idea was born out of a personal need for professional belonging. It began gestating last winter of 2018. While many of my friends spoke about their office holiday parties around that time, I was about 6 months into my private practice experience and recognized that I felt nostalgic for that office style celebration of the seasons, the kind that I grew up counting down the days to. I imaged that other private practitioners may be feeling the same way as well and so I ran the idea by Paula and the rest of the board members at an NCAMHP meeting after the New Year of 2019 and everyone agreed that it was a great idea to follow up on. Fast forward to a late summer, where I met up with Amelia, a private practitioner Psychologist for a relaxed Saturday Brunch. Over coffee & bubbles the meet up idea came up again and we both decided, “why wait”, let’s get it going this season see what happens.

As many of us educate our clients on the importance of social support systems, we too as practitioners sometimes need to be reminded of this notion. The importance of feeling connected to a group of somewhat like- minded individuals, many who have an inside understanding of the nature of the work that we do, feels both exciting & healthy to me. From the general vibe at the meet up, I believe that others may feel similarly as well.

The first meet up went well and everyone thanked me, though I won’t take much credit for it, as all I really did was share my thoughts & send an email. It was all of YOU that either responded or showed up with open, positive energy that really made it happen. So thank yourselves & each other (and possibly the wine) for making it great! The more formal general meetings will of course still be taking place, with the next one scheduled for the end of October. Reminder, any NCAMHP member is welcome to attend board meetings and contribute ideas for growth & consistency in the NCAMHP community. Join us! **The next casual meet up will likely be planned for the winter celebratory season (at a fresh location) so keep your eyes and ears out for the details on the Listserve if you’re interested.** Sincerely--Lori Davidoff, LMFT & NCAMHP Board Member



## **Trainings**

### **Mindfulness-Based Stress Reduction (MBSR)**

MBSR is an empirically supported, educational and experiential training. In this 8-week program, you will learn to train your attention and build a health relationship with yourself especially when you are stressed. This course will be taught by Dr. Sangwon Kim, Associate Professor of Psychology at Humboldt State University. She is currently an MBSR Teacher in Training through the UCSD Mindfulness-Based Professional Training Institute. She will become an MBSR Qualified Teacher as well as a Licensed Psychologist this summer. The class will meet Thursdays, 5:30-8 pm in BSS 419 at HSU starting 9/19/19. For more information and an application visit the website at : <http://www2.humboldt.edu/psychology/people/sangwon-kim> or 707-683-9506 or email [sangwon.Kim@humboldt.edu](mailto:sangwon.Kim@humboldt.edu)

### **Heal the Healers with Nature as Ally Workshop 10/13/19**

Join us in the redwoods for an afternoon of reconnecting to nature, ourselves, and each other. As a professional in the healing professions, you know that being grounded in yourself and well-resourced is critical to serving your population. But sometimes we don't have (or rather, don't take) the time or allow the space for ourselves to re-connect to our own vitality and wholeness. This workshop is for healers of all kinds (LMFTs, body workers, massage therapists, nurses, coaches, social workers, etc.) to take a sacred pause with nature to allow our natural body and heart wisdom to re-emerge.

Through experiential and eco-therapeutic activities (both solo and group), we will be invited to re-connect to our most authentic and ecological selves and align with our intuition. We will explore our own flow, groundedness, and spaciousness, and re-connect to our own vitality and purpose. We will relax deeply into our senses and cultivate skills on how to embody self-care with nature as ally. We know (and probably tell our clients) that disconnecting from our bodies, hearts, and nature comes at a cost. With nature as therapeutic partner, you will come away feeling recharged, rejuvenated, clear, and inspired, so to better serve your people.

It will also be an opportunity to meet colleagues in the healing professions.

Workshop Offerings: Nature connection and sense-based activities, Mindfulness and embodiment exercises, Truth mandala, Nature art from the heart, Council circle and Deep listening activities, Integration time through journaling, Earth poetry.

Last month's workshop was well received, so Ryan, certified ecotherapist (through the Earthbody Institute) is putting on another on September 29<sup>th</sup>, 12-3 pm at Sequoia Park, Eureka, \$75-\$95 sliding scale. If you have any questions you can reach Ryan at [ryan@wildnatureheart.com](mailto:ryan@wildnatureheart.com). The description and registration link is: <https://wildnatureheart.com/product/heal-the-healers-with-nature-as-ally-workshop/>



## **Announcements**

### **Important BBS Announcement “Law Changes for 2019”**

In November 2018, the BBS made the publication “Law Changes for 2019” available to the public. These changes go into effect on or after January 1, 2019 and all licensees and applicants should carefully read the eight-page document, and determine which changes impact them as a licensee, a clinical supervisor, or an applicant (ASW). The BBS Publication: Law Changes for 2019 is available online at: [https://www.bbs.ca.gov/pdf/legupdate\\_18.pdf](https://www.bbs.ca.gov/pdf/legupdate_18.pdf)

To stay abreast of current and future changes, licensees and applicants are strongly encouraged to do the following—if they have not already done so: Visit the BBS website homepage and choose “What’s New” and “Important Updates” at: <https://www.bbs.ca.gov/>. Become a subscriber of the BBS automated email announcements at: <https://www.dca.ca.gov/webapps/bbs/subscribe.php>

All related BBS web information, applications, and forms will be updated to reflect changes soon after January 2019, including the 2019 Statutes and Regulations (annually updated) and located at: <https://www.bbs.ca.gov/pdf/publications/lawsregs.pdf>. Questions should be addressed to the BBS through their online message board at <https://www.dca.ca.gov/webapps/bbs/contact.php>.



## **New Private Practice Announcements**

### **Larry Soll AMFT**

Hi, my name is Larry Soll. I am an Associate Marriage and Family Therapist. Francis Muela is my supervisor. I am also a Somatic Experiencing Practitioner working with trauma, developmental trauma, stress, and their related symptoms. I accept Beacon-Partnership and have a sliding scale for private pay.

Last year I worked as a Post-Graduate Resident at HSU Counseling and Psychological Services where I provided individual counseling, and co-led groups in

Acceptance and Commitment Therapy, in Relationship Skills, and for Survivors of Sexual Assault. If you want information from local therapists you may know, Paula Nedelcoff was my supervisor, and I co-led groups with Jacqueline Mayrand and Andrea de Cleyre. They have all offered to be references.

Counseling is my third career. I worked for 10 years instructing Outward Bound wilderness courses helping participants face challenges and access their strengths. I taught elementary, middle, high school and community college. At Mediation Works (now Resolve) in Medford, I mediated conflicts and taught peer-mediation, bullying bystander skills, and conflict resolution skills. I also worked at Changing Tides. I believe these experiences help my counseling work.

If you have referrals, please send them my way. I work with individuals, couples and youth, and I accept Beacon-Partnership insurance. I have day and evening hours Tuesday, Wednesday, and Thursday, and morning hours Friday. Thanks for the work you all do. I look forward to meeting you in the future. Larry Soll AMFT  
105348, (707) 298-5990



### **Chronic Pain Group for Open Door Patients**

All Open Door patients are welcome to join our Chronic Pain Group that meets every 2nd Tues of the Month from 1:30 to 2:30 in Eureka. The group gives each other support and suggestions concerning chronic pain issues and other emotional issues. The group is lead by Carol McNeill, MFT. For location and other information, please call Carol at 707-498-6158.

### **Humboldt County Programs for Recovery/ HCPR**

Humboldt County Programs for Recovery (HCPR) provides services to those seeking help regarding recovery from substance use. The program treats individuals who, due to substance use, are experiencing problems in a variety of areas including physical health, relationships, employment, or with the legal system. HCPR offers outpatient treatment conducted primarily in a group setting. A variety of outpatient treatment groups meet from one to four days per week and are tailored to meet individual interests and needs. If a person needs other services such as residential treatment, detoxification, or other types of counseling, referrals are provided to other programs or agencies. It is easy to access services by stopping by either of the HCPR locations, picking up a packet, and then bringing the completed packet to the HCPR office at 720 Wood Street during any of their intake times: Mondays at 2:00 p.m. Wednesdays at 9:00 a.m. and 2:00 p.m. Fridays at 9:00 a.m.

For more information, call 707-476-4054. Office hours are 8:00 a.m. to noon, and 1:00 to 5:00 p.m., Monday through Friday.

The following groups are meeting: Extensive Outpatient group is focused on identifying triggers for relapse and teaching coping skills (4 days a week). Dad's Program with components on parenting, anger management, relapse prevention and seeking safety/ trauma and addiction recovery (4 days a week). Men's Recovery group utilizes Seeking Safety and Helping Men Recover curriculums, a trauma informed group using Relational-Cultural Theory (2 days a week). Women's Recovery group utilizes Seeking Safety curriculum, art therapy and relapse prevention (2 days a week). Outpatient Group is a relapse prevention group focusing on identifying triggers and learning coping skills (2 days a week). Pre-Contemplation Group is a harm reduction group focusing on learning to recognize and reduce problematic substance use (2 days a week). Aftercare Group for people who have completed one of the other groups or who have recently completed residential treatment and would like ongoing support (1 day a week). Young Adults Group is a harm reduction group for adults ages 18-24 that provides education about the effects of substance use on the mind and body while establishing motivation for change in a safe, non-judgmental environment. (2 days a week).

### **“Our Pathways to Health”**

“Our Pathways to Health” is a free, 6-week program of the Humboldt Independent Practice Association to help improve the health of anyone living with a long-term health condition such as high blood pressure, high cholesterol, diabetes, arthritis, depression, obesity, heart disease, fibromyalgia, COPD, or chronic pain. Workshops are held throughout Humboldt County. Each workshop during the 6-week program runs for 2 ½ hours, with the full series totaling 15 hours. New classes start monthly. By participating, individuals will learn better ways to cope and manage their health including: setting achievable goals, working with others, finding support and answers to questions, making daily tasks easier, relaxing and managing stress and working in partnership with you healthcare professions. For more information on locations, start dates and any other questions call (707) 267-9606.

### **Parent and Caregivers Support Group**

The Parent and Caregivers Support drop-in group will continue to meet at its school year location, the Lincoln campus of the Marshall Family Resource Center, 216 W. Harris St (Summer And Pine). The day and time is still being figured out, along with arrangements for playcare that is available if arranged in advance.

Parents and caregivers (such as grandparents raising grandchildren or foster parents) meet in a safe and supportive setting to learn ways to get and give support to each other. For parents and caregivers who are looking for mental health services for themselves or their children, the Parent and Caregiver Support Group can be a helpful way to get support right away, even while they are trying to find a therapist for themselves or their child. Emily Siegel LCSW facilitates the group. She has been using and teaching this method for over 35 years. It is based on Re-evaluation Counseling also known as Co-Counseling (<http://www.rc.org>). Call Emily Siegel LCSW 707-845-2401 for more information or questions.

## **Humboldt County MotherWoman Support Groups**

These groups use the MotherWoman Support Group model to create a safe, welcoming environment where women can share their reality and be supported in a non-judgmental environment. Emotional changes & challenges during surrounding motherhood are common. Moms can experience a range of emotions from feeling isolated, lonely or overwhelmed to experiencing anxiety and depression throughout their experience. These challenges can affect the whole family. It can help to share in a safe, supportive group environment.

**MotherWoman Support Group**, Om Shala Yoga, 858 10<sup>th</sup> Street, Arcata, 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays 12:45pm, Kate 707-845-7635 or Erica 707-834-0373.

**Real Talk**, Moonstone Midwives Birth Center, 4677 Valley East Suite 2, Arcata, Infants in arms welcome, 3<sup>rd</sup> Thursdays 5:30pm, Laura 707-223-1638 or Julia 707-599-7919.

**Motherhood Journey Support Circle**, North Country Prenatal Services, Shaw Pavilion, Infants in arms welcome, Mondays 5:15pm-6:45pm, 707-822-1385.

**Family Matters**, Calvary Lutheran Church, 716 South Ave, Eureka, and Wednesdays 10-11:30, Stacy 707-682-6046.

**Healthy Moms MotherWoman Group**, \*This is a closed group; Please contact Healthy Moms for more information. 707-441-5220.



## **Resources**

### **Priority Care Center Same Day Medical Services Are Available**

The Humboldt IPA/ Independent Practice Association wants to make sure our NCAMHP membership and the clients we serve is aware of services now available through their Priority Care Center Same Day Services.

When someone needs to be seen and is unable to get an appointment with their primary care provider there are physician services available online for the following plans: Blue Shield—[www.teladoc.com](http://www.teladoc.com); Blue Cross—[ww.livehealthonline.com](http://ww.livehealthonline.com); Blue Lake Rancheria—[www.mdlive.com](http://www.mdlive.com). If someone's health plan is not listed, all of these have an affordable self-pay option that may be less than Emergency Room co-pay.

The Priority Care Center Same Day Services are accessible by appointment or walk-in basis. They are now available to all adult members (18 or older) of the following health plans listed here, regardless of where they are going for primary care

services: Anthem PPO, Anthem HMO, Blue Shield HMO, Blue Lake Rancheria Health Plan.

The Priority Care Center is increasing access to services for members in order to provide an additional alternative to the Emergency Room for non-emergent needs. Service will include treatment for: urinary tract infections, upper respiratory infections, musculoskeletal pain/low back pain, ear pain/infections, asthma, abdominal pain/nausea/vomiting, skin rash. To ensure continuity of care, if a member is being seen for primary care in another office locally the visit summary will be faxed to that office at the end of the encounter.

Priority Care Center Hours of Operation: Monday – Friday 8 am to 5 pm. As demand grows, additional evening and weekend hours will be added. 2316 Harrison Ave., Eureka. Call the Priority Care Center at 707 442-0478 with any questions about any of these services.

### **Open Door Psychiatry Consultation for Private Insurance Clients**

We are pleased to announce that the psychiatry service at Open Door Community Health Centers has been expanded to allow consultation for clients with private insurance. We will continue offering psychiatric consultation to clients with Partnership Health Plan (Medi-Cal) and Medicare.

Our clinic model will remain strictly consultative, which means we can have 1-6 visits with clients who are referred to us. We can see clients with mental illness categorized as mild-moderate (based on Partnership Health Plan criteria). Our goal is to establish an effective medication regimen, then allow the primary care provider to take over longer-term prescribing of medications. If a client requires a higher level of psychiatric care, then we will make a referral for care outside of the Open Door system. I'm attaching our psychiatry clinic consent form so you can get a sense of the care we offer.

We can accept referrals from Open Door primary care providers. We cannot accept referrals from any other sources. If you have a client who is already established for primary care at Open Door that is interested in our services, then please have that client speak with their Open Door primary care provider about a referral.

An issue in our referral process, which may affect you, has come up in the last few months. When a client within Open Door is referred to our psychiatry clinic, that client will have a psychosocial assessment visit and be screened for exclusion criteria before seeing the psychiatric provider. This assessment is completed by an Open Door LCSW or LMFT. If a client is currently seeing you as a therapist in the community, then the assessment visit by our LCSW/LMFT may create a billing problem for you. We have heard that in some cases clients have lost their billing approval to continue seeing their community therapist, which may lead to

reimbursement problems and necessitate new approval paperwork. In effort to avoid this problem for you and the client, we have created an exclusion criteria checklist. If you have a client seeking our psychiatric services, then please consider completing this checklist and faxing it to your client's Open Door primary care team. This would allow us to bypass our internal assessment visit, which has led to the billing and approval problems.

If you have any questions about this issue or about psychiatry services at Open Door you can reach us at the following numbers. For referral process and administrative questions, reach our referral coordinator, Mia Houlberg at 826-8633 (ext. 3233). For clinical questions about our services, you can reach me at 443-4666.--Dr. Jasen Christensen, Psychiatrist, Open Door Community Health Centers

### **Beacon/Partnership Representative Greta Blixt**

The Beacon/Partnership representative for our area is Greta Blixt. She is available for any kind of help including application for Beacon and billing issues. Her phone number is (707) 273-8725. Email: [greta.blixt@beaconhealthoptions.com](mailto:greta.blixt@beaconhealthoptions.com) (It is generally more useful to contact our local area representative than the people at the 800 number.)

### **Redwood Coast Village**

Redwood Coast Village is a member-run, volunteer-based organization. Members are Humboldt County residents, ages 50 and older. Volunteers come from all age groups and walks of life. They coordinate matching members' needs with volunteers' services, disseminate information from member recommendations, and help to ensure high quality in all that we do. Redwood Coast Village is a program of the Area 1 Agency on Aging, a 501c3 organization.

Redwood Coast Village has continued to grow. Volunteer-based services are now being offered Eureka and Trinidad. Outreach to areas in the Eel River Valley will begin in the first half of the year. The most popular requests for services are people are mostly asking for help with rides and home technology. There have also been requests for things like dog walking after an operation and replacing a deadbolt lock. For more information: <http://www.redwoodcoastvillage.org> or call Susan Rosso 442-3763 x 217.



## **NCAMHP DIGITAL CONNECTIONS**

**Being Careful When Requesting Referrals on the NCAMHP Listserve**

The Board wants to encourage NCAMHP members to continue reaching out to one another through the list-serve. We appreciate all being mindful of a few details. Please be as brief as possible concerning information about the referral, stating only such things as: age range, gender, reason for wanting therapy (symptom) and insurance. Then simply ask for anyone who may be interested to contact you the posting person. We urge you to leave out anything beyond the basic, especially first or other name and contact information of the patient. We are all concerned about our community and their needs. With that said, there is a two degree of separation in Humboldt and at times there has been too much information being put out on the list-serve. Thank you for the support and collaboration in this process.

## **How to Post Messages on the NCAMHP Listserve**

If you have joined the NCAMHP listserv, then there are two ways you can post a message. One way to post is to simply send an email to the listserv group email address. Sending an email to [ncamhp@groups.electricembers.net](mailto:ncamhp@groups.electricembers.net) will post a message, and be sent to the listserv subscribers based on their preferences. You can also login to the Listserv website directly. From there you can make changes to your account, read messages, and post messages.

In order to login to the Listserv website, you'll need to create an initial password.

1. Go to: <http://groups.electricembers.net>
2. Click on 'New Login//Password Reset' at the top left.
3. Enter the email address you use for the Listserv and click the button to request a password.

Once your password is created, you can go to <http://groups.electricembers.net> and Login at the top right.

The NCAMHP Listserv link will then be available. Inside the group, you have options to Post Messages, view the Message Archive, change your Subscriber Options, or unsubscribe.

A word of advice: you might cc yourself on the message, as the listserv will not automatically send a copy to the poster of messages.

More help can be found at:

<http://electricembers.coop/support/groups/subscribers/>

## **Reminder: Update Ability to Take New Clients on NCAMHP Website**

Please remember to update your NCAMHP website profile regarding ability to accept new clients. There have been a number of complaints about this issue lately.

## **Non-Licensed Clinicians Need to Include Supervising Information**

Just a friendly reminder to those of us who supervise and those who are not yet licensed. The following is important to be and stay aware of. Any non-licensed

clinician in training must include their intern or assistant number, and their supervisor's name, supervisor's license number and clearly state the supervisor relationship. This needs to be on all business cards, web sites, advertising and correspondence. I know we are all busy but these fine details can prevent legal errors. Thanks for correcting and updating if this concerns you.

## **Making Changes to Members' NCAMHP Information**

When you make changes on the website, they are not reflected on our master membership list. It is especially important for addresses and changes in licensure (going from intern to fully licensed) to be phoned into the NCAMHP phone line 707-441-3832 so we can update the master list. The only other way we find out is if your dues letter is forwarded and we see a new address when you send payment.



## **NCAMHP Resources**

*NCAMHP has an Internet library*, located on the NCAMHP website. To submit a paper/article for the library, please contact Caitlin Scofield at: [Crs102@humboldt.edu](mailto:Crs102@humboldt.edu)

*NCAMHP has a Listserv*. It is intended for communication with the NCAMHP general membership. NCAMHP encourages members to join the Listserv. It is a way to have questions answered and get clarification on issues common to NCAMHP members. It is a way to connect with the larger group, and gain access to a wider range of answers to your query. It is also a way to share other interesting information such as resources available for clients.

The listserv can be accessed at: [ncamhp@groups.electricembers.net](mailto:ncamhp@groups.electricembers.net) To get started you may wish to access the introduction page at: <http://groups.electricembers.net/lists/help/introduction>



## **Internet Resources**

### **A Little Help with Documentation:**

I am new to private practice and the paperwork was and occasionally is really the most daunting aspect of my new business. Maelissa Hall PsyD has a lot of free

resources that are very helpful. Her newest endeavor is her own YouTube channel. Videos can be viewed at her blog: <https://www.qaprep.com/blog/> --Kerima Furniss LCSW

## **Internet Articles and Occasional Free CEUs**

I have enjoyed reading The Psychotherapy Networker for many years. The website <https://psychotherapynetworker.org/> offers long excerpts of their recent articles, short videos, and for those subscribed to the newsletter, occasionally one free CEU for viewing a clinician interview. These change but at this time it is Janina Fisher, who we just hosted locally, who speaks about the evolution of trauma treatment, quite interesting. The newsletter also offers a weekly digest of the articles (along with additional educational offers of course). – Kerima Furniss LCSW



## **Your Voice is Important! Contribute to This Newsletter!**

Contributions are *always* welcome; anything from a paragraph to a couple of pages would fit well in the newsletter. **The deadline for the Winter NCAMHP Newsletter is December 4, 2019.** Send your articles and announcements to the newsletter committee: [emilysiegellcsw@sonic.net](mailto:emilysiegellcsw@sonic.net)

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](http://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 about this newsletter: [emilysiegellcsw@sonic.net](mailto:emilysiegellcsw@sonic.net)



### **Board of Directors**

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