



Newsletter Spring 2011

Greetings NCAMHP,

Next General Meeting is Thursday, March 24th, 2011 from 5:30pm to 8pm at the Humboldt Area Foundation.



1 CEU will be provided for MFTs and LCSWs.

Special Presentation: Assessing Sexual Difficulties: Common Problems, Important Questions.

Presented by Melinda Myers, PsyD.

Topics Include:

- Adapting the clinical interview to assess sexual concerns
- Helping clinicians examine their own personal values surrounding sexuality
- Identifying potential and common co-morbidities that complicate treatment
- Knowing when to refer

Melinda Myers is a Licensed Clinical Psychologist (PSY 22811) with a specialization in sexuality and gender. Utilizing an approach sensitive to the power dynamics in relationships in her practice, Dr. Myers works with individuals and those in traditional and non-traditional intimate partnerships on issues related to sexuality and sexual health. While primarily a cognitive-behavioral therapist, she works from attachment and differentiation perspectives with a sex-positive viewpoint.

She teaches core and breadth courses for the Psychology and Critical Race, Gender, and Sexuality Studies departments at Humboldt State University where she has been a lecturer since 1994. She provides consultation and sexual health presentations to campus and community organizations. In addition, she provides community-based sexuality and health education through her ownership of Good Relations in Eureka.

She is a 5th generation Humboldt native, graduate of Humboldt State's Psychology Bachelors and Academic Research Master's Programs and received her doctorate in Clinical Psychology from Ryokan College.



“Why Recommend Mindfulness Meditation to Child Abuse Survivors?”

By: Cindee Grace

An enticing and ongoing harvest of scientific proof of the psychotherapeutic power of mindfulness meditation based stress reduction (MBSR) is encouraging more therapists to recommend MBSR to child abuse survivors.

For instance, researchers at the Center for Integrative Medicine (University of Maryland School of Medicine) investigated how MBSR helps adult survivors of childhood sexual abuse. After eight weeks of daily twenty-minute mindfulness meditation practice, twenty-seven women survivors reduced their depression by 65%, anxiety by 47%, and PTSD symptoms by 31%. Their significant decrease of avoidance (“numbing out”) allowed the women to stay present with difficult memories or emotions. Sixteen weeks later, the participants’ scores were still much improved over baseline (Journal of Clinical Psychology 66: 17-33, 2010).

Many other studies about MBSR’s psychological benefits are described at www.mindfulnessexperience.org. The basics of mindfulness meditation can be learned in a few minutes. Though mindfulness meditation comes from a Buddhist tradition, one need not be Buddhist to practice it.

The Eureka Mindfulness drop-in group that I facilitate welcomes beginners, as well as participants of any or no faith. A free-will donation of any amount is appreciated but is not required. We meet the second and fourth Wednesdays 7:15pm – 8:30pm. Each meeting includes instruction and features a special topic (such as addressing emotional or physical challenges). Our meetings are fragrance-free (no perfume, hairspray, etc.) and wheelchair accessible. For information, email me via www.humboldtmusic.com/cindeegrace or call 707-269-7044.

Cindee Grace is a retired Doctor of Naturopathy and author of [Holistic Self-Care for Post Traumatic Stress & Dissociative Identity](#) (available free as a PDF or for a Kindle to read online: www.archive.org (search “Cindee Grace”) www.archive.org/details/HolisticSelf-careForPost-traumaticStressDissociativeIdentity



Board of Behavioral Sciences Application Delays Report submitted by Ellen Searle LeBel, MFT

Board of Behavioral Sciences Application Delays

Delays in processing MFT examination applications, license renewals and the implementation of the new LPC license are significantly affecting therapists in California and appear likely to continue for an indeterminate time. The BBS did not announce these delays on their website www.bbs.ca.gov until early February. CAMFT followed with a summary on their website www.camft.org in early March. Due to the state budget crisis, the BBS has 12-13 vacancies that cannot be filled and apparently has only one staff person who processes all applications.

The effect of these delays could become widespread. It has already impacted one local MFT intern in private practice, whose November application to take the MFT exam has still not been processed, forcing her to terminate her internship and refer her clients because she will reach the 6 year deadline before she can pass her exams. A letter of concern about the BBS delays was sent to both Wes Chesbro and Noreen Evans, our state representatives, and signed by 15 local therapists, all NCAMHP members and many of whom have been or are currently supervisors in private practice. The letter emphasized the effect of these delays on clients as well as therapists. The BBS is not adequately fulfilling its mandate to serve and protect consumers when therapy has to be prematurely terminated due to this bureaucratic failure to process applications in a timely manner. Unfortunately, the government system has no flexibility to respond and the only way to adjust the situation is to pass legislation to extend the 6 year deadline in such cases, which is a slow and uncertain process.

Send any renewals or applications in as early as possible and expect delays. Since there is no sign of resolution with the budget yet, all licensed MFT, LCSW, LEP, recent graduates applying for intern numbers and therapists who recently passed the licensing exams may ALL experience delays in receiving paperwork in the foreseeable future. The BBS advises that license renewals may take a minimum of 10-12 weeks and that the application delays for the exams will take a minimum of 12-16 weeks. These appear now to be optimistic estimates.

Intern Registration Procedures

If you are completing your 1st six years as an intern you must submit an application for a new/2nd Intern registration/IMF number. To do this you download the standard application for IMF # and though there is no place on the application for it you must write on it "Application for 2nd registration #". *Make sure you also indicate when your 1st IMF # expires and ask them to issue the new one effective that date* or a new, earlier date could make your 1st IMF # invalid before it has actually expired, resulting in new limits to your ability to practice sooner than necessary. You submit a new photograph along with the application.

Stay informed about LPCC applications

Applications for the LPCC license during the grandfathering period are seriously delayed. At this time no one can submit the applications.

The reason is explained by CAMFT:

“Implementing regulations must be in place to begin grand-parenting LPCC’s in the state of California. Included in these regulatory provisions are the fees that will be charged applicants for the LPCC license. Without established and approved fees, LPCC applications cannot be received by the Board. The proposed regulations have been approved by the Dept. of Consumer Affairs, but must also be approved by the State and Consumer Services Agency, the Dept. of Finance and then by the Office of Administrative Law. These approvals must be gained sequentially and not concurrently. At this time, no one has been appointed to the State and Consumer Services Agency, thus any approval is in limbo. The other state agencies are also slow to take action, thus it may be awhile before the BBS can receive applications-possibly even near the end of the grand-parenting period or after. Grand-parenting was to have taken place between January 1, 2011 and June 30, 2011 but it may be necessary for there to be additional legislation to extend the grand-parenting time frame.”

Take Action and notify your professional license organization or contact our local state representatives if you are having problems due to the application delays.

The BBS

A written response was received from BBS Assistant Executive Officer Tracy Rhine on March 19. Our February letter of concern was forwarded to the BBS by Assembly Member Wes Chesbro’s office. In her reply Ms. Rhine neither confirms nor denies our concern about the effects of the application delays on any individual’s opportunity to become licensed by the Board in a timely manner. She also neglects to address our expressed concerns related to client welfare when an intern learns that the BBS is delayed in processing applications, and because of the 6 year rule, is forced to refer or terminate clients on short notice. It is discouraging that the BBS does not recognize that the months of significant, unannounced processing delays have prevented some interns from getting their hours approved in time to take the exams and continue in private practice.

Ms. Rhine explains the laws related to the 6 year time limit.

“ The requirement for both marriage and family therapist interns and associate clinical social workers is that the experience must be earned during a period of at least 104 weeks, not more than 40 hours in seven consecutive days. The registration can be renewed annually up to five times, thereby affording the registrant six years to complete the needed hours of experience. There is no legal mandate that interns who are not licensed within six years must reapply for a new intern number. The “six year” requirement pertains to the time frame during which hours of experience must be earned prior to applying for examination eligibility, in order for those hours to be acceptable.”

She continues: “With respect to your concerns with the law that was enacted on January 1, 2010, pertaining to subsequent registrations and private practice employment, please note that this new law is applicable only to ASW practice. The statute served to bring the ASW standards more in line with MFT Intern standards, which have for several years barred MFT interns from private practice employment under a second registration.”

What is not clarified in the letter but essential to understand for any MFT or ASW private practice intern, is that in order to continue in private practice at the end of 6 years, you must have not only acquired your hours, but have taken and passed both exams. In other words, you must complete the full licensing process before the 6 years are up. If you are not licensed at the end of those 6 years you have to stop seeing clients in private practice. After that, an intern can only work in an agency setting under the second registration number, an option that is not always easy to find in Humboldt County.

I conclude from Ms. Rhine’s response that the BBS has an inflexible focus on following the rules and is hamstrung by the state budget fiasco from adequately performing some of its functions at this time. Any change must come through the legislative process. In the meantime, anyone in the licensing pipeline and those of us who teach students or supervise interns should remain alert to the situation at the BBS, be realistic in planning and be mindful to allow a lot of time for any new licenses, renewals or applications.

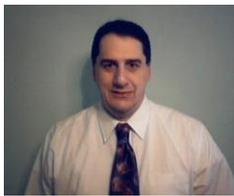
Ellen Searle LeBel, MFT



**Review of Workshop, “Treating Infidelity”
By, Michelle Lee
NCAMHP Board Treasurer and Education Committee
Member**

The 2/5/11 workshop, Treating Infidelity, was well attended and well received. Carmela Wenger, psychotherapist extraordinaire, taught therapeutic techniques that are effective when treating infidelity. She presented from an attachment theoretical perspective, incorporating neuroscience research findings. Overall, the feedback of Carmela's presentation was excellent, with requests for additional training in attachment theory and couples therapy.

This workshop was the first 3-hour workshop that NCAMHP has offered. Based on feedback from those attending, the briefer time period was a success and provides NCAMHP with greater flexibility related to workshop lengths in the future.



A REVIEW OF TECHNIQUES IN MANAGING DEPRESSION

By Stanley Popovich

Some people have a difficult time in managing their depression. Sometimes, their depression and fears can get the best of them. As a result, here is a short list of techniques that a person can use to help manage their depression.

One of the ways to manage your depression is to challenge your negative thinking with positive statements and realistic thinking. When encountering thoughts that make you fearful or depressed, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense. For example, you're afraid that if you do not get that job promotion then you will be stuck at your job forever. This depresses you; however your thinking in this situation is unrealistic. The fact of the matter is that there all are kinds of jobs available and just because you don't get this job promotion doesn't mean that you will never get one. In addition, people change jobs all the time, and you always have that option of going elsewhere if you are unhappy at your present location.

Some people get depressed and have a difficult time getting out of bed in the mornings. When this happens, a person should take a deep breath and try to find something to do to get their mind off of the problem. A person could take a walk, listen to some music, read the newspaper or do an activity that will give them a fresh perspective on things. Doing something will get your mind off of the problem and give you confidence to do other things.

Sometimes, we can get depressed over a task that we will have to perform in the near future. When this happens, visualize yourself doing the task in your mind. For instance, you and your team have to play in the championship volleyball game in front of a large group of people in the next few days. Before the big day comes,

imagine yourself playing the game in your mind. Imagine that you're playing in front of a large audience. By playing the game in your mind, you will be better prepared to perform for real when the time comes. Self-Visualization is a great way to reduce the fear and stress of a coming situation.

Another technique that is very helpful is to have a small notebook of positive statements that makes you feel good. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you in your pocket. Whenever you feel depressed, open up your small notebook and read those statements.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Managing your fears and anxieties takes practice. The more you practice, the better you will become.

The techniques that I have just covered are some basic ways to manage your depression; however your best bet is to get some help from a professional.

BIOGRAPHY:

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" - an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to:
<http://www.managingfear.com/>



Upcoming Training Events

Steven Frankel, PhD, JD, ABPP

Law and Ethics, Greatest "Hits" – Alerting You to the Most Frequent Problems for Mental Health Professionals

April 9th, 2011 from 9am to 4:30pm

The Humboldt Area Foundation

Dr. Frankel will once again keep us entertained with this required training. The course objectives include focus on participants being able to:

1. List the most frequent causes for discipline of mental health professionals.
2. State the primary vulnerability factors for clinicians.
3. State the Primary vulnerability factors for patients.
4. List two types of “moral” offenses.
5. List at least two steps in licensing board action procedures.
6. List at least two steps in the malpractice action procedures.

6 CEUs will be provided. Cost: \$125.00 NCAMHP Licensed, \$160.00 Non-Members Licensed, \$125.00 Pre-Licensed Non-Members, \$95.00 Pre-Licensed Members, and additional \$12.00 for Licensed Psychologists. Lunch is catered on site. Contact ncamhp.org website or Judy Judge at 443-3384 for registration and information.

Advertisements

The below advertisements are not endorsed by NCAMHP

Office to rent in Arcata: Quiet, private, lovely setting.
Nice sized room in Dr. Tessler's office. \$ 700/mo (full time) includes waiting room,
utilities, plus extras. Call 826-2830.

The Emma Center is looking for therapists and other professionals to facilitate
mental health and/or activity groups.
The Emma Center has stipends available for facilitators and supplies needed.
Please contact the Emma Center for additional information 825-6680.



Announcements

Your voice is important!

**Please e-mail NCAMHP, we are looking to update the Treatment Section of the
online Directory of Mental Health Providers search and would love your
feedback ideas**

Contributions are always welcome; anything from a paragraph to a page 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.

Reminder of the New Advertising Guidelines

The Board and newsletter committee has worked hard to create guidelines to further develop and streamline our newsletter! Advertisements will remain free of charge to all NCAMHP members. The new guidelines are as follows:

1. The advertisement will be limited in word count.
2. The advertisement must be approved by the NCAMHP BOD to ensure relevancy toward the profession and the membership.
3. There will be a \$25.00 charge per newsletter for non-members.
4. NCAMHP members can advertise for free per above advertising rules.
5. There will be a notice above the ad section that will state: The Below Advertisements are not Endorsed by NCAMHP.

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

Newsletter Frequency

The NCAMHP Newsletter has now changed to a seasonal format:

 **Winter:** December through February 

Spring: March through May;  **Summer:** June though August; and

 **Fall:** September through November

Because the Newsletter will be coming out 4x a year instead of the usual 6x keep in mind 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



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