



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

Greetings NCAMHP Members --

Hi All,
How are you all managing with sheltering in place? I hope you are keeping healthy, sane and calm. We have some great information in this newsletter talking about this topic and ways to support ourselves, each other, and our clients. Folks have taken full advantage of the Listserv also. Thanks for everyone's input.

On a business matter, I wanted to remind you all when you send in your dues through PayPal, we still need an updated membership form making sure we have the most current information on you. Without current information, you might get lost in the email loop and we want all members to have current information on each other and the goings on with the organization. We will get this reminder on our website but wanted to give you all a heads up who may have their membership dues coming up soon and were planning on paying by PayPal.

Thanks, stay healthy

Paula Nedelcoff MFT
NCAMHP Board President
therapydok@sbcglobal.net

[Click Here to Download the Membership Application](#)



Use the NCAMHP Email Listserv

The NCAMHP email Listserv has been a big help in this time of COVID 19. Lots of helpful information and support has been exchanged on the Listserv. There is even

a delightful ongoing Positive Posting Challenge to list five positive things that are happening in your practice/life right now. Most of the information in this newsletter came from the Listserv. All members, we encourage you to join the Listserv if you are not already on it. To join, you can contact Cheryn English or Paula Nedelcoff. Just make sure your membership is current.



NCAMHP Zoom Support Meeting

I hope you are all doing the best you can; I like the rest of you have been in a virtual time warp, working from home, supporting patients via telehealth. As a group psychotherapist and member of the American Group Psychotherapy Association (AGPA), I have the fortune of having a second community of therapists to lean on. A member in Illinois has organized a Zoom support group for members of our organization; folks across the country/world are invited to join this meeting each evening to talk about whatever is present. Most of the time, the meeting serves as a welcome reprieve from the clinical world, a comforting space to be in with like-minded folks who are all feeling some burnout to some degree.

I would like to invite anyone in the NCAMHP community to join a zoom group as well. We are meeting 12-1 pm on Mondays. Feel free to stay for the duration of the meeting or drop-in. If you are on the NCAMHP listserve, I am sending weekly Zoom invitations there, otherwise contact me for your Zoom invitation at my email: brianpsyd@gmail.com Hoping you are all taking good care of yourselves. Hope to see many of you next Monday at noon on Zoom--Brian Lieberman, Psy.D.



Managing Coronavirus: Anxiety vs. Panic – through a psychological science lens

Drs. Elissa Epel & Aric Prather (2020), summarized by Jennifer F Taylor, PhD

“Greetings from San Francisco, where the line at the grocery store with partially emptied shelves is long, and the numbers of cars on the road and on passengers using public transportation are low. These observations reveal that the coronavirus anxiety, safety behaviors as well as panic buying that has hit hard in the Bay Area this past week”. Even as I write this, Mr. Trump is on TV giving an “emergency address” on the Coronavirus situation. Actors Tom Hanks and Rita Wilson are being reported as having contracted the virus while in Australia. The NBA has just suspended their season.

While Humboldt County at this day (3/11/20) has not experienced a slow-down in Hwy 101 traffic, even Costco has had to implement an item limit on Toilet Paper and Hand Sanitizer! While I can understand the need for hand Sanitizer, I'm curious about the TP—what about a RESPIRATORY virus threatens the TP supply? I'm just not sure.... Justification for the unusual grocery shopping behavior may be found via the human brain's anxious response system. Our brain is "hard-wired" for a negativity bias (Rick Hanson, PhD is a good resource). We can see this brain bias acted out through shopping behavior, in a likely *over* response (toilet paper hoarding) and likely *valid* response (hand sanitizer). Weirdly for me (I helped pay for undergraduate by working at Albertsons Grocery), the "panic" grocery items used to be milk and bread—times have changed.

"COVID-19, being a "new" virus, creates a very uncertain situation. It has been declared a public health emergency, and there are more cases than we know because we don't have the testing available yet. We are bracing for a period of uncertainty and the need to be especially cautious to help contain the virus". Anxiety around Coronavirus is considered a healthy response, as basic anxiety generates virus contamination prevention behavior. Taking such action can help prevent the extension of anxiety into unhealthy Coronavirus Panic response. Panic (in general) results in poor thinking and lack of coordinated behavior, not an effective strategy in preventing contamination. High anxiety also generates the Brain's increased use of Stereotypes in thinking. We can already see negative impacts of increased stereotyping, in many people considering COV-19 as an "Asian" generated problem, simply because the new strain was first reported in China.

Working with clients in a clinical setting provides the opportunity for addressing the Coronavirus situation and any corresponding anxiety. However, as we do physical face-to-face intervention, our field is in an especially delicate contamination balance, primarily due to a lack of telecommuting and other alternative formats. This places mental health providers in a *parallel process* of managing both provider anxiety/threat response to Coronavirus, as well as, addressing client anxiety/threat response. For example, while in session today with a "COV-19 anxious" client, I used the "Science of Psychology" in reviewing a handy early 2019 container of Kirkland brand cleaning wipes alleged to "kill viruses*". We found Coronavirus listed right there on the 2019 label; COVID-19 is only a new strain of an older virus. Somehow, this clarification calmed the client and we addressed how other information might be considered in a similar vein— Coronavirus anxiety not Coronavirus panic.

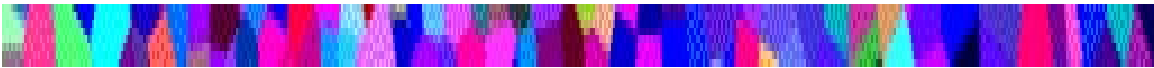
Note: "Given the high level of uncertainty, we need to be extra careful in our behaviors, especially for people at highest risk, those with health conditions and the elderly. Have compassion for the severe anxiety they might feel right now, and also do not take risks of contracting or transmitting it ourselves. Learn more about the virus by a microvirologist Lopez-Goni on WEF: http://bit.ly/coronavirus_perspective".

Drs. Epel & Prather (Aging, Metabolism & Endocrine Center (AME) in San Francisco) provide the following recommendations, listed below:

1. **Limit Media Exposure:** *News and social media often create the impression of global panic and this creates further panic both individually and in larger groups.* It is important to not transmit exaggerated anxiety. It's tempting to check for news for updates on new cases, but checking several times a day is both unnecessary and keeps us in an escalated state of anxiety. We then easily transmit that unhelpful panicky state to those around us. Instead, try to transmit key safety behavior information (facts from a reputable source, like the CDC), helping others think calmly about it, and take a break from anxiety provoking stimuli. There are also constructive ways to discuss Coronavirus with children, helping them manage their own anxiety and feel things are under control: <http://bit.ly/talking to kids about coronavirus>. For kids who are into comics, this is also helpful and addresses increased stereotyping and resultant xenophobia: <http://bit.ly/coronavirus comic>.
2. **Take "Social Distance" to heart:** **Stay home** if you don't feel well, and work at home if you can. If you are in an area with COVID-19 exposure, severely minimize exposure through public transportation and large crowds. We don't know enough about the virus yet. Some virologists say it can live on surfaces for up to a week, incubation periods could be up to 2+ weeks. So take this unknown virus seriously by not directly touching public doorknobs and surfaces (use a cloth or tissue). Wash hands really thoroughly, frequently and with soap!
3. **Make time for restorative practice each day:** For both mind and body, we need to slow down and take extra care in this uncertain period. We know well the effects of stress on the human immune system, a focus of our research at AME. Consider exercising outside or at home rather than the gym or exercise studio. Get enough sleep and take extra good care of your immune system. Drink lots of water (as always).
4. **Maintain a balance in perspective:** It makes sense to make a plan with family and/or colleagues for prevention--what are essential activities exposing you to large groups? What of those activities can be done from home? Overall, "better safe than sorry" may be important as the virus continues its spread. Here's a great article on social distance and the virus by Dr. Jordan Schlain: <http://bit.ly/socialdistance and coronavirus>

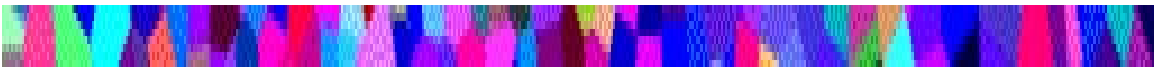
Most important: Remind yourself anxiety right now is normal, natural and helpful. We can be extra supportive and compassionate to those around us. Coronavirus Panic, on the other hand, stresses the whole system, is costly to both self and society.

"As we stay at home and don't rush around everywhere, we'll all become reflective poets, writers, composers, readers, painters, thinkers and more." (Elizabeth Blackburn, AME)



Community Mental Health Support Warm Line for COVID 19

Professional staff are available if you are feeling anxious, worried, or depressed related to the current health crisis and need someone to talk to. Two outpatient Humboldt County clinicians teamed up to create a county warm line, available at 707-268-2999, M-F 8 AM – 5 PM. They have done a lot of crisis and same day counseling work. They recognized a need for a place for people who need to talk to someone about their concerns about COVID 19 and sheltering in place, even if they do not feel they are in crisis. They also wanted to keep the county crisis line open for people who really are in crisis and need that service. The warm line is available for people who are distressed about what is happening, for example: feeling isolated and needing to reach out, or needing help breathing through anxiety or dealing with panic and anxiety attacks or are stressed parents. The warm line also helps people who are already living in crisis, so they don't think of the COVID 19 situation as a crisis because they are used to crisis as part of their regular life, such as people living with their abuser. They also are ready with referrals for whatever is brought up such as housing help filling out unemployment forms and food help resources. They are also referring people to the NCAMHP website as a mental health resource. So far, a lot of the warm line calls are people who are just worried. They can answer questions about COVID 19 within their scope of practice and also refer people to the county public health COVID 19 line 707-445-6200 or their email covidinfo@co.humboldt.ca.us for medical questions and information. The public health people also refer people to the mental health support line as well. So far it is working well. There are plans to make other clinicians available for the mental health support COVID 19 warm line in the future.



Gottman Method Couples Therapy and Emotionally Focused Couples Therapy

I received my MFT this past August, and of all the courses I took, Couples Counseling was my unexpected favorite. I was fascinated with two methods of couples therapy in particular: the Gottman Method and Emotionally Focused Therapy. Both are validated by research literature, and though they share much in common--exploring emotions is an essential element in each--there are some fundamental differences that I was eager to understand. Luckily, I have had the chance to do just that.

So far in my short career, I've gotten to learn about and practice both techniques with couples: the Gottman Method during my practicum and EFT in my current position as an Associate MFT under the supervision of Jessica Montague, LCSW.

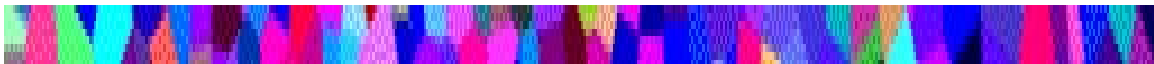
Initially, though I was intrigued by EFT, as a brand new therapist I was more drawn to the concreteness of the Gottman Method. Inspired to start the journey to become

specialized in Couples Therapy, I went to the Bay Area to take the first level of clinical training in the Gottman Method and left with a thick binder filled with relationship assessments, interventions and tools. The former public school teacher in me loved the “swag” I returned with, which included a pulse oximeter (to measure emotional flooding) and a deck of “Love Map” cards (for couples to build positive affective experiences.)

While working with couples during my practicum, I followed the Gottman Method manual closely. I found the assessments particularly helpful: a clear picture of the relationship was revealed after the couple completed them, and it was encouraging to the couples to have the strengths of their relationship highlighted as well as the areas of weakness. Other features of the Gottman Method that I greatly appreciated were the interventions for enhancing friendship and creating shared meaning. Those interventions infused the sessions with positivity and hope. The one area that fell flat for me in sessions with couples was in trying to implement interventions for managing conflict. I found that some couples didn’t want to follow “rules” of communication that the interventions put forth--no blaming, or criticizing, using “I” statements, etc. I wondered if it seemed too pedantic to them. I was disappointed when none of the couples I worked with did their “homework” of practicing stress-reducing conversations or working through conflicts constructively. The teacher in me loved the idea of the couple going home and practicing important skills they had learned during the session. My hopes didn’t match my clients’ realities; they had too much going on at home to practice what we had gone over during the therapy session.

After I graduated from my MFT program, I reached out to Jessica Montague, LCSW, who is a certified trainer in Emotionally Focused Therapy, and she agreed to be my supervisor. (I consider myself very lucky to get the opportunity to be trained in EFT by a skilled clinician like Jessica.) Practicing EFT is a very different experience for me than using the Gottman Method. Emotionally Focused Therapy is an experiential form of therapy. In session, I am modeling empathy and validation, helping the couple get to their core emotions, needs and fears, and reframing the conflict as being a threat to each other’s attachment needs. The couple may not leave with a handout that shows them how to have a healing conversation like they might in a Gottman session , but they may leave knowing how it feels to have one.

After my exposure to both methods, I find EFT offers a deeper and more transformative experience for the couple (and the therapist) during the session. Deep seeded attachment needs are revealed, and profound healing can take place. That being said, what I truly appreciate about the Gottman Method, besides the exhaustive assessments, is the inclusion of relationship building interventions, which once a relationship is stabilized can only add “money to the bank” of the relationship. ---Jennifer Karmioli, AMFT



Radical Healing in Times of Fear and Uncertainty

Psychology Today includes an article: "Radical Healing in Times of Fear and Uncertainty—It's natural to feel scared and isolated during the COVID-19 pandemic." <https://www.psychologytoday.com/us/blog/healing-through-social-justice/202003/radical-healing-in-times-fear-and-uncertainty> The authors are Helen A. Neville, Nayeli Y. Chavez-Dueñas, Hector Y. Adames, Bryana H. French, Jioni A. Lewis, Della V. Mosley, & Grace A. Chen, *The Psychology of Radical Healing Collective*. It includes links to resources and five recommendations to promote radical healing at this time of fear and uncertainty: 1. Educate yourself and share information about the impact of COVID-19. 2. Nurture your spirituality and practice self-compassion. 3. Stay connected and increase emotional intimacy. 4. Cultivate cultural understanding and curiosity. 5. Take action to address racism and inequities related to COVID-19 and to promote health for all. (Thanks to Jennifer Taylor PhD)



COVID 19 Resources

--"Coronavirus Anxiety: Coping with Stress and Fear"

<https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm>

a website article with extensive resources for our clients regarding health and well-being. [Helpguide.org](https://www.helpguide.org) is an amazing source of accessible, well researched, frequently updated information curated by the Harvard School of Medicine about all things mental health related. It has other articles on COVID 19 related challenges. (Thanks to Sheri Graham-Whitt, LMFT)

--"COVID-19 Resources for Social Workers and Therapists"

https://www.socialwork.career/2020/03/covid-19-resources-social-workers-therapists.html?fbclid=IwAR0qzg25oij_G_6AvY4u2JCheSr9b8TJDYsMWCqHblg8_xvXtzu2Jb6J08, a roundup of over 50 free resources that may be of help to you as a social worker, mental health professional and/or social work educator during the COVID-19 pandemic. These include free on demand trainings (some of which offer free CEUs), resources to assist with hospice and palliative care, protecting immigrant families, and several social work and higher education specific resources. It includes this link, a roundup of 30 free self-care resources donated by kind individuals and organizations that may be of help to you in managing COVID-19 anxiety and stress. These include various meditations, apps, coloring pages, e-books, videos, support groups, toolkits to manage anxiety, and online yoga and exercise classes

<https://dorleemichaeli.com/covid-19-anxiety-and-stress-30-free-self-care-tools/>

(Thanks to Sheri Graham-Whitt, LMFT)

--"COVID-19 and your mental health"

<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/mental-health-covid-19/art-20482731> a detailed website article from the Mayo Clinic including self-care strategies, connect with others, and recognizing what's typical and what's not. (Thanks to Carmela Wenger LMFT)

--"Taking Care of Your Behavioral Health Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak"

<https://naswcanews.org/wp-content/uploads/2020/03/tips-social-distancing-quarantine-isolation-031620.pdf> a helpful article from SAMHSA/Substance Abuse and Mental Health Services Administration that includes sources for more information.

--"Emotional Well-Being During the COVID-19 Crisis for Health Care Providers Webinar Series" <https://psychiatry.ucsf.edu/coronavirus/webinars> an 8-week webinar series featuring mental health and emotional wellness experts showing how health care providers can reduce personal stress during the COVID-19 outbreak. These webinars are held via Zoom on Thursdays from noon–1:00 p.m. Advance registration is required. (Thanks to Peter Moore LMFT)

--"List of Education Companies Offering Free Subscriptions Due to School Closings" <https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/> (Thanks Carol Cole LCSW)

--California Board of Behavioral Sciences website (<https://bbs.ca.gov/>) information pertaining to the COVID 19 situation.

FAQ related to Executive Order N-39-2

https://bbs.ca.gov/pdf/bbs_wavier_faqs.pdf

Important information on Law Waiver

https://www.dca.ca.gov/licensees/dca_waivers.shtml

And the Healthcorps website to sign up to assist

<https://covid19.ca.gov/healthcorps/>

BBS statement on telehealth

https://bbs.ca.gov/pdf/coronavirus_statement.pdf

BBS statement on HHS telehealth announcement

https://bbs.ca.gov/pdf/bbs_stmt_hhs_telehealth.pdf

Check the website frequently for updates as information may change.



Working with Anxiety During a Pandemic

When life feels uncertain, it's pretty natural to get caught up thinking through "what if" scenarios. The problem is that focusing too much on "what ifs" can feed anxiety, burn up a client's mental energy, and derail their ability to wisely plan or cope in the

present. That's why I wanted to share: <https://www.nicabm.com/working-with-anxiety-during-a-pandemic-part-2/> with you. Christine Padesky, PhD, Ron Siegel, PsyD and I get into three different ways to reduce anxiety and stop "what ifs" from taking hold in the mind. We're talking in the context of the current COVID-19 crisis, but really, these strategies have a much wider application than that. You'll hear how to turn "what ifs" into "then whats" so clients can set aside unproductive rumination. Please feel free to pass this along to a colleague. Ruth M. Buczynski, PhD, President and Licensed Psychologist, The National Institute for the Clinical Application of Behavioral Medicine, <http://www.nicabm.com> or <http://www.facebook.com/NICABM> or <http://twitter.com/RuthBuczynski> (Thanks to Fionna Davis LCSW)



Bay Area therapists do remote counseling during coronavirus age, but 'there's something lost'

Here's a link to an interesting article from the San Francisco Chronicle about the challenges of teletherapy. (Thanks to Loren Forber LMFT)

<https://www.sfchronicle.com/bayarea/article/Teletherapy-provides-a-pandemic-lifeline-but-15162343.php>



Announcements

Humboldt Coronavirus Mask Makers

This Facebook group

<https://www.facebook.com/groups/humboldtcoronavirusmasks/about/>

is very active, includes call outs for masks from local hospitals and "was formed for seamstresses and others who want to support local and national clinics and hospitals amid the Coronavirus with handmade masks. This group is not donating to non-medical businesses, our focus is medical staff working on the front lines of the virus. Procedural medical masks are already in short supply so let's do our part to help during this crisis! The masks will be used for medical providers and immune-compromised patients during the Coronavirus epidemic. ... Please note: The hand made masks do NOT replace medical grade procedure and N-95 masks. They are to be used when these supplies run out or to augment supplies to free up medical-grade masks for medical staff and providers." (Thanks to Faith Mason LMFT)

The GALAP (The Gender Affirming Letter Access Project)

The GALAP (The Gender Affirming Letter Access Project) announces a movement organized by a group of trans, nonbinary, and allied clinicians to re-envision assessments and letter writing for gender-affirming care.

The GALAP (The Gender Affirming Letter Access Project) <https://thegalap.org/> is a movement of clinicians organized to address the legacy and present-day practices of gatekeeping through a commitment to an informed consent model of care as well as a commitment to provide free and low-cost letters for gender affirming medical care. Most healthcare systems continue to require that individuals seeking gender affirming care obtain assessments and letters from mental health providers. This requirement can be a significant barrier to care for many reasons, including cost. By organizing together, providers can stop participating in and profiting from a system that is exploitative and disempowering.

We have committed in our own practices to discontinue charging fees for letter writing for gender affirming care and offer at least one spot in our practice each month for a pro bono assessment and resulting letter.

We invite you to:

1. Commit to a practice of providing care based on an informed consent model when conducting gender affirming medical care consultations, informing sessions, and letter writing.
2. Create space in your practice for at least one pro bono letter per month for clients seeking gender affirming medical care that requires a therapist letter.
3. Sign on to the statement and join the GALAP community.

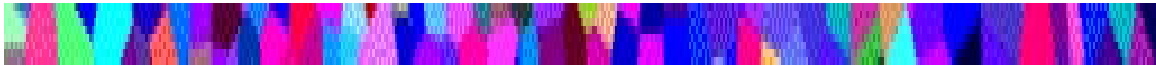
If you are interested, please visit <https://thegalap.org/> and sign the pledge. Please share/forward with your networks.--Sand Chang, Ph.D., Licensed Psychologist – PSY 22098, 166 Santa Clara Avenue, Suite 201 Oakland, CA 94610, (510) 545-2321; www.sandchang.com

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

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>

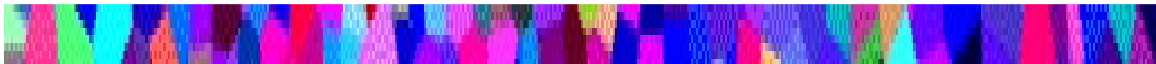
All related BBS web information, applications, and forms will be updated to reflect changes soon after January 2019, including the 2019 Statutes and Regulations (annually updated) and located at: <https://www.bbs.ca.gov/pdf/publications/lawsregs.pdf>. Questions should be addressed to the BBS through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



Resources

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 (It is generally more useful to contact our local area representative than the people at the 800 number.)



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 Listserv

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 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

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 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



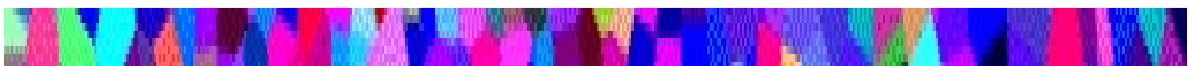
Your Voice is Important! Contribute to This Newsletter!

Contributions are *always* welcome; anything from a paragraph to a couple of pages would fit well in the newsletter. **The deadline for the Summer NCAMHP Newsletter is June 10, 2020.** Send your articles and announcements to the newsletter committee: 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
- 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



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