

California Association of Marriage and Family Therapists

Santa Clara Valley Chapter

News

July, 1985

ELECTED OFFICERS:

Mary Ellen Edwards, President
160 Saratoga Avenue, Ste. 42
Santa Clara 95050
408/243-1200 or 408/353-3331

Pat Burbank, President-Elect
820 La Jennifer Way
Palo Alto 94306
415/493-0863 or 415/321-3126

Berget Jelinch, Vice President
523 Winterberry Way
San Jose 95129
408/255-2783

Ann Rudolph, Acting Secretary
3417 Benton Street
Santa Clara 95051

Dennis Facchino, Treasurer
110 Oak Rio Court, #56
Los Gatos 95030
408/356-5798 or 408/288-7744

Norma Etter, Program Chairperson
21301 Columbus Avenue
Cupertino 95014
408/725-0726

Rayna Lumbard, Publicity
1932 S. Bascom Avenue, #11
Campbell 95008
408/578-7920 or 408/559-3372

Lynn Wiese, Membership/Directory
4151 Middlefield Road, #205
Palo Alto 94303
415/494-2084 or 415/856-3761

Jackie Payne, News Co-Editor
160 Saratoga Avenue, #42
Santa Clara, CA 95051
408/243-1200

Marti Baum, News Co-Editor
3386 St. Michael Drive
Palo Alto, CA 94306
415/494-1893

Barrie O'Brien, Pre-licensed Rep.
1896 Market Street, #6
Santa Clara 95050
408/984-3657 or 408/947-5705

Ann Williams, Member-at-Large
3417 Michael Drive
Redwood City 94063
415/363-2131

STUDENT REPRESENTATIVES:

Marilyn Luotto
1745 Waverly Street
Palo Alto 94301
415/328-4395 or 415/322-1866

Haqqie Marco

CALENDAR To Be Aware, Share and Attend

MINI WORKSHOP: COUNSELING CLIENTS WITH PSYCHOSOMATIC PROBLEMS

When: July 12, 1985 (Friday) - 7:00 PM to 9:30 PM

Where: Pat Burbank's Office, 464 Forest Avenue, Palo Alto
(Located near Cowper, two doors down from CSAA; 454 Forest is in the front, 464 is the back unit). Parking is available in front.

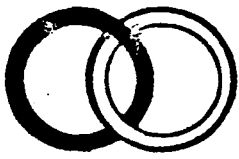
Psychosomatic illness are not new. However, we as psychotherapists can take a fresh look at these problems to more effectively impact them. As we attempt to endure life stresses, some of us are able to take them in stride and not become ill or feel out of control because we have discovered meaningful ways to decrease our stress levels. Others succumb to such stressors and become physically ill or emotionally distraught to the point of exhibiting signs and symptoms indicative of feeling out of control. Psycho-emotional reactions to life stresses may appear as physical symptoms such as asthma, chronic abdominal, neck, or back pain, migraines, irritable bowel syndromes, muscle tension, or starvation. Physical functioning problems are frequently accompanied by depression, anxiety, or agoraphobia.

This workshop will focus on the social context for emotional and physical illness, how the sick role gets played out within the family system and society at large, the meaning of noncompliance in maintaining illness, issues of secondary gain, and personality factors which seem related to illnesses. The treatment of psychosomatic problems will be addressed by exploring crisis intervention, effective methods of treatment, and specific disorders, especially those seen on the Comprehensive Medical Unit at Stanford Hospital. Case examples will be used to illustrate specific problems and approaches that have helped to effectively reduce psychological and physical symptoms.

WORKSHOP LEADER: Fran Scruggs, M.S., RPT, LMFCC

A Licensed Marriage, Family and Child Counselor with over ten years experience working with individuals, couples, and families having interpersonal and life adjustment problems. Her special expertise in working with psychosomatic problems comes from 24 years experience as a Registered Physical Therapist where she has practiced in Boston, Cleveland, San Bernardino and Downey, CA before coming to the Bay Area in 1972. For the past 9 years, she has worked at Stanford Hospital, the past 5 years of which have been in the Comprehensive Medical Unit for combined psychiatric and medical problems. In addition to her work at Stanford, she has developed her private practice in which she provides physical therapy and counseling to persons with physical disabilities and related psycho-emotional problems. Her primary interest presently is working with psychosomatic problems by dealing with both the physical and emotional components. As if working is not enough, she is also a Ph.D. candidate at the California Graduate School of Marital and Family Therapy in San Rafael. Her dissertation, which is in progress, will explore the body image distortion of anorexia nervosa.

Summer Party: August 11th from 2-6 PM will be the date and time set aside for our Annual Swim & BBQ Potluck get together! We'll meet again at 14720 Farwell Avenue in Saratoga. Bring your families. The grill will be hot, soft drinks cold and a dessert will be provided. Those of you who enjoyed this event last year can pass the word to others about the good time we had meeting one another on this Sunday afternoon! Call Norma Etter at 408/725-0726 for directions.



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PRESIDENT'S MESSAGE:

I've just returned from a CAMFT Board Meeting in Long Beach and want to share with you my impressions of what's happening on the State Level. A Big Coup! Our State organization has made a Participating Provider Agreement with Blue Shield! Blue Shield will publish a list of preferred providers (MFCC's) received from CAMFT. This agreement points the way for future preferred provider agreements and underscores the importance of belonging to our professional organization who will furnish the lists. This should be a strong incentive for licensees to join us.

Prospects for passing SB1331 are looking good. Victims, family members, witnesses of violent crime are eligible for psychotherapy expenses up to \$2,300 paid for by the state. (SB1331-Victims Compensation/psychotherapy MFCC's). SB137 makes sex with a patient a crime. Currently, it is not. The BBSE revoked 16 licenses last year. Fourteen were of MFCC's for having sex with a client. The BBSE intends to hold hearings on this issue soon. We discussed the status of 15 bills at this Board Meeting; some of which help us and some that threaten our status.

We are offering suggestions regarding regulatory changes to the BBSE about continuing education and tighter supervision of interns. The BBSE has solicited our help in this matter. Regulatory changes in both these areas will probably occur in the near future. The BBSE will begin publishing a regular newsletter soon.

The National Association of Social Workers has approached us about establishing a working relationship and supporting our legislation. We have worked hard to gain this alliance.

CAMFT, via Dick Leslie, and our lobbyist using our funds (Special Issues & PAC) stay on top of the legislature situation. They develop more political clout with every year that passes. We are fortunate to have Dick's expertise behind us as the security and scope of our license is constantly subjected to challenge and attack.

The Board also reviewed the financial status of CAMFT, which looks sound and strong. We discussed plans for the 1986 Conference at Irvine. (Norma Etter is working on the State Conference Planning Committee.) We picked a site for the 1987 Conference in Northern CA: the new Marriott's opening soon in Burlingame.

We discussed much, much more; an upcoming membership drive, Chapter interface, writing a chapter handbook, public relations, The Therapist, office reorganization and procedures which are shaping up well since we hired Mary Riermersma, our new Executive Director. We set policy and made decisions for about 17 hours at this last meeting. It was interesting, exciting, tiring and a lot of responsibility. Over half the Board is new, and for a first session we are working smoothly together. The prevailing directions are: To be responsible to the membership, to tighten up our procedures, and to act with integrity in making every decision.

Sincerely, Mary Ellen Edwards

NEW LAWS CONCERNING CHILDREN -- By Marti Baerg

1. Child abuse reporting requirements have been tightened by raising the fine for not reporting to \$1,000. MFCC's have civil non-liability for reporting. If sued for reporting, you may claim reimbursement of attorney fees from the State Board of Control.
2. Child snatching laws as of 1/1/85 better protect the children of newly separated parents. Last year such parents without a court order in effect had a "right of custody" defense to any child snatching prosecution. That defense has been eliminated and any parent who steals children with the intention to deprive another of custody may be criminally prosecuted.

THE BASICS OF MFCC LICENSING -- By John Thompson

- . An appropriate advanced degree is required.
- . After the advanced degree, 3,000 hours of experience are required before the written exam can be taken.
- . After passing a comprehensive written test, you are allowed to take the oral examination.
- . Passing the oral examination qualifies you to use the title "Marriage, Family and Child Counselor."

For all of us who have gone through these steps (at least the majority of us who weren't "grandfathered/grandmothered"), we need to reflect on the meaning of the licensing process in the professions. The process doesn't guarantee that a person is a good therapist, but merely provides for minimum competency. On the other hand, provisions are made in the California laws for psychotherapists that those who aren't licensed can't practice without certain provisions. Some of the provisions for those without licenses are:

- . Supervision is required.
- . Supervision consists of one hour per week for each week of experience claimed toward the 3,000 hours required for qualifying for the written examination.
- . Interns (those who have completed the graduate degree) must be registered with the Board prior to performing any duties.
- . The unlicensed counselor must inform each client or patient prior to performing any counseling functions that he or she is unlicensed and is under supervision.
- . It is illegal (and could jeopardize your being licensed) to advertise in such a way that implies that you are a licensed counselor.

For those of you who have just gone through the oral exams and now qualify as Licensed Marriage, Family and Child Counselors, congratulations! Part of being a professional is having uniform standards that are incorporated in the selection process. For those of you who are "pre-licensed", I'm sure that the efforts you're going through right now to attain the goal of being a licensed professional are worthwhile.

FROM THE MEMBERSHIP CHAIR:

Who's New, Welcome!

Joseph Berger, Perry Blackmon, Doreen Brown, Beth Chicoine, Mary Clauss, Nancy Dean, Maureen Hart, Pec Indman, Nancy McCusker, Marlene Morrison, Paula Pacetti, Carol Pavan, Lori Peterson, Beth Proudfoot, Ann Rudolph, Larry Silveira and Colin Wright.

Thanks to the many of you who responded to our Member Survey, and a warm welcome to our newest members named above. Here's what is happening with your survey responses: The names of each person who indicated "willingness to be involved" in an area have been distributed to the Board Members or Chapter Members with primary responsibility for that aspect of our work. Hopefully, you will hear from them before long, if you haven't already.

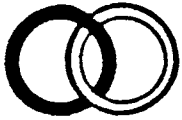
Individuals who wish to be involved with the Speaker's Bureau are encouraged to contact directly the Chair, Stephanie Ann Scott Savage, at 408/354-1085. Perhaps you can offer some new outreach ideas. Many of you checked "Referral Services". If you haven't already contacted the appropriate representative, be sure to do so now, because entry onto a referral service is necessarily periodic and a waiting list is maintained: 408 area: John Thompson at 408/866-2565; (415) Mid Peninsula: Ann Williams at 415/363-2131; (415) North Peninsula - Ralph Gram at 415/347-7474. President Mary Ellen Edwards and President-Elect Pat Burbank are currently reviewing all the returned surveys for your preferences and comments.

Interest in one particular area is apparently very strong: Business & Marketing Issues. At our Board Meeting 5/31 we already set wheels in motion to respond to your "mandate". Watch for more on this soon.

Probably closely related are the interests of many in further developing our Professional Outreach component. This includes me. I've had some ideas about how to develop this and would be interested in yours. I'd like to facilitate a "brainstorming forum" on this topic and am making available Wednesday morning, July 24th from 10:00 to Noon for this purpose. Are you interested? Can you join me and others who have expressed "willing to be involved" in Liaisons with Other Professionals? If you'd like to participate and the time works out for you, please give me a call or leave an RSVP for me at 415/856-3761. My office is at 4151 Middlefield Road, near San Antonio Road, Palo Alto.

By the way, if you haven't responded to the Member Survey yet, it's never too late! We're always interested in your suggestions and comments! See you at Lucille's in August!

Lynn Wiese, Membership Chair



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TAKE NOTE:

- Dennis Facchino is conducting weekly group counseling sessions for adults on Thursday evenings, 7-9:30 PM. The group membership consists of 8-10 participants and a woman co-therapist. The focus of the group is interpersonal using both Gestalt techniques and Growth Model processes for exploring individual concerns. The two-and-one-half hour sessions will cost \$35.00 per participant per session. Please call Dennis at 408/296-5600 for information.
- Office Space: Berget Jelinch and Norma Etter are looking for therapists interested in sharing office space with them in Cupertino. If you are interested, please call Berget at 408/255-2783 or Norma at 408/725-0726.
- Office Space: Dennis Facchino has space to rent in a sparkling new office located at 275 Saratoga Avenue in beautiful Santa Clara. The office is part of a merging of Delta Counseling and Associated Psychotherapists (AP). Both day and night hours are available with a minimum of 10 hours per week desired. Please phone 408/296-5600 for more information.
- Office Space: Available at Almaden Institute, San Jose. Excellent opportunity to build practice in rapidly growing area. A professional environment including psychiatric consultant and secretarial services. Contact Sue Fairey at 408/266-7826.
- Office Space: Spacious office available Wednesday evenings and Fridays beginning September 1. Excellent location on Middlefield Road near San Antonio Road, Palo Alto. If you are interested, please call Lynn Wiese at 415/856-3761.
- Mediation training specializing in custody, visitation and family reorganization with Isolina Ricci, Ph.D., author of Mom's House, Dad's House. An intensive, step-by-step, hands-on training in simple and confluent mediation. Videos, demonstrations & role plays are combined with theory, diagnostics and practice. Materials, books, office forms & client aids are included. Summer Advanced Training: July 26-28, 1985. Friday 9:00-6:00, Saturday 9:00-6:00, Sunday 9:30-1:30 in Palo Alto. Fee \$400. Fall Introductory Training: October 31-November 2, 1985. Thursday 6:00-10:00 PM, Friday 9:00-5:00, Saturday 9:00-5:00 in Palo Alto. The new Confluent Mediation Handbook is included. Fee \$400.

Newsletter Editor
Santa Clara Valley Chapter CAMFT
160 Saratoga Avenue, #42
Santa Clara, CA 95050

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San Jose, CA

Norma Etter
21301 Columbus
Cupertino, CA 95014

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