



# Sacramento Valley Chapter

California Association of Marriage & Family Therapists

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February 2012



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SVC-CAMFT shall focus on relationship building with clients, our members, and our community. Our Chapter serves members in furthering professional excellence as agents of change in enhancing individual and family life and in exerting a positive, humanizing impact on the larger society.

## This Month....

### In Part one of our special 3 part series on The Role of MFTs in Effective Chronic Pain Management...

...Historically, addictive disorders and pain disorders have been treated as separate issues. However, to effectively implement an APM approach, both the addictive disorder and the pain disorder must be concurrently addressed...

**Read the article on Page 6**

### In our new Column "The Legal Beagle"....

If a Licensed Marriage and Family Therapist releases information about a former patient to the patient's current therapist without a written authorization from the patient will the LMFT have violated the Confidentiality of Medical Information Act and be subject to disciplinary action by the Board of Behavioral Sciences? TRUE or FALSE?

**Read the article on Page 2**

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## Letter from the Board

Our month of New Year resolutions and fresh starts has passed. This was an exceptionally busy month for me, and I suspect many of you also. I am grateful that so many people offered their support and help in the transition of the new board. The new board members, as well as the remaining members jumped in and kept things moving. They are an incredible and talented group of people and I am honored to work with them this year.

As I attempted to keep my head above water, with various commitments calling for my attention, I realized my priorities were becoming a bit askew. My husband reminded me to take a moment and re-evaluate my priorities. As a profession, we encourage our clients to maintain a balanced life, and I had said I try to live what I teach. So I assessed what was truly important and realized I was out of balance. I'd like to use this message to remind my dear colleagues to slow down (*yes things are not quite as urgent as we tend to think*), take time to care for our own health – body & mind, enjoy our family – they too deserve our attention and to give thanks for having the opportunity to work in a field that has infinite opportunities for personal growth.

Wishing you continued success and passion for your work...

Eva Tak, SVC-CAMFT President 2012

## Legal Beagle



Welcome to the new section of the SVC-CAMFT newsletter, Legal Beagle. We thought it would be helpful to keep you updated on new laws, legislative pursuits or actions, as well as ongoing legal and ethical dilemmas we all face in our career as Licensed Marriage and Family Therapists, Interns, and Trainees. Please feel free to ask questions that you have and I will do my best to investigate and post your answer in the newsletter. Please note that articles are based on information from CAMFT and/or the BBS and have been researched to the best of my ability. This is not meant to be legal advice. Please contact CAMFT or Board of Behavioral Sciences for any legal matters you need assistance for.

Hopefully many of you saw the recent email blast from *Richard S. Leslie, JD in collaboration with CAMFT (BBS Approved Provider # PCE 50)* that asks the question:

If a Licensed Marriage and Family Therapist releases information about a former patient to the patient's current therapist without a written authorization from the patient will the LMFT have violated the Confidentiality of Medical Information Act and be subject to disciplinary action by the Board of Behavioral Sciences? TRUE or FALSE?

Most therapists would have answered TRUE when in fact the answer is FALSE. I remember attending an SVC-CAMFT sponsored legal and ethical training last year presented by Dave Jensen, legal attorney for CAMFT when this question was first posed. You should have heard the reaction in the room! You could have heard a pin drop as participants couldn't catch their breath; huh....

We have all been told; no drilled in our heads that you need a written release of information form signed by your client before you even so much as confirm or deny you see this particular client. So Dave Jensen stated the facts again to reassure us that when it comes to Treatment or Diagnosis we can share information with other clinicians to further the client's treatment. So for the last year I have been spreading the word. Recently, several trainees came to one of my supervision groups after sharing this information with their fellow cohorts in school saying, "they told us we were wrong" Luckily for me the above mentioned article came out a week later. Thank you Richard Leslie you must have been reading my mind!

Now my personal opinion is that we always get a release of information but I have thought of situations where I am glad I can without written consent. Say I have a client that is under the care of a Psychiatrist and they are refusing to take their medication and are displaying symptoms you believe to be detrimental to their well-being. For reasons they do not share they don't want you to talk with the psychiatrist. It is comforting to me that if needed I can talk with the psychiatrist in order to better serve my client and possibly assist the psychiatrist in his or her treatment.

Darlene Davis, LMFT

Executive Director HOPE; Healthy Outcomes for Personal Enrichment

MFT Stipend Coordinator for Greater Sacramento

Instructor of University of Phoenix

[www.darlenedavismft.com](http://www.darlenedavismft.com)

[www.hope-counselingcenter.org](http://www.hope-counselingcenter.org)

## **Calendar of Events**

### **January Presentation Summary**

Presenting for Full Circle Treatment Center were Executive Director, Erin Johansen & Program director, Jordon Sanders. Full Circle Treatment Center provides early intervention for destructive behaviors; they support healthy families by providing parenting education and ongoing aftercare to promote and sustained success. The program duration is Ten- Sixteen weeks of Intensive Treatment plus ongoing aftercare for up to one year. The FCTC approach treats the whole family. The focuses are assessment and intervention counseling, adolescent intensive outpatient program, educating about the disease of chemical dependency, parenting education, family education/therapy and support and aftercare. In 2011, 48 kids/families entered the program, five teens have completed their full year program, 20 teens have completed their intensive program and \$78,000 in scholarships was distributed and 60% of families treated received some financial assistance. Full Circle Treatment Center accepts several major health insurers, and a sliding scale is available. Contact information: 730 Sunrise Avenue, #250 Roseville, CA 95661 Phone: **916-787-HELP(4357)**. The topics discussed were: Public Health Problem in America Addiction and the Brain, The Progression of Addiction in Adolescence, How Parental denial exacerbates the Problem, and Accessing Treatment. The presentation stated that 75% high school students have smoked cigarettes, has drunk alcohol or used another drugs, they raised our awareness to a new street drug called Bath Salt. Erin and Jordon stated that the drug effects of the powders (Bath Salt) are as powerful as abusing methamphetamine. They stated that Bath Salt is easily acquired it can be purchased in any Tobacco store, and they reported that as of today there is no current test that can determine if someone is under the influence of the drug.

*Submitted by Athea Lee, MFT Intern*

## February Pre-Licensed Members' Meeting

**Date:** Friday, February 17, 2012, 8:30 am-9:15 am

**Location:** University of Phoenix, 2860 Gateway Oaks Drive, Sacramento 95833 ([map](#))

**Speaker:** Julian Feeley, HR Director for Stanford Home for Children

**Topic:** Julian Feeley, HR Director for Stanford Home for Children - will be speaking about pre-licensed career opportunities at Stanford Home

(Those who attend will receive one additional workshop hour)

## February Monthly Meeting

**Date:** Friday, February 17, 2012, 9:30 am-12:00 noon

**Location:** University of Phoenix, 2860 Gateway Oaks Drive, Sacramento 95833 ([map](#))

**Speaker:** COURAGE 2BU. Karen Coates

**Topic:** COURAGE 2BU. Karen Coates, MFT, will speak about the adolescent sex trafficking in the Sacramento area. Her program C2BU opened a residential treatment program to rescue, house, and provide a nurturing therapeutic environment to give these girls their lives back.

**Cost:** \$20 for licensed members, \$15 for pre-licensed members, and \$30 for non-members if paying before the Wednesday of each meeting. If you sign up after Tuesday of the meeting week, the meeting will be an additional \$5. The meetings include a full hot buffet style breakfast that is catered and 2 CEU'S. For those of you paying at the door please be prepared to pay via cash or check, as we cannot take credit cards on-site. A \$5.00 charge will be added for "at-the-door" registrations.

**Reservations required:** You can register and pre-pay online at [www.sacramentovalleycamft.org](http://www.sacramentovalleycamft.org), or contact Laura Frederick at (916) 350-1577 or email [membership@sacramentovalleycamft.org](mailto:membership@sacramentovalleycamft.org) to register and pay at the door. Please help us contain the cost of presentations by making reservations in a timely manner (by Tuesday before the meeting). This is much appreciated.

\*Disclaimer: University of Phoenix is a trade name and registered trademark of the Apollo Group, Inc. Its use herein by SVC- CAMFT to identify the event location is not intended to imply affiliation with, sponsorship or endorsement of the event by University of Phoenix or Apollo Group, Inc.

## Trauma Response Training

### Eye of the Storm: Friday March 16 - Saturday, March 17

**Presented by Diane Myers, RN, MSN, CTS**

**Friday and Saturday, March 16 & 17, 2012**

**8:30 AM - 4:00 PM**

**(Registration Begins at 8:00 AM)**

**Includes Continental Breakfast and 14 CEU Hours**

Mental health professionals are increasingly called upon to respond to large-scale community-wide disasters. This 2-day workshop will provide participants with essential knowledge and skills for

intervening effectively with mental health needs in the complex and intensive aftermath of a disaster. Topics will include types of disaster, trauma caused by disaster, risk groups, and phases of recovery. This particular course is not offered often. It can be taken by those who have a general interest in learning more about disaster mental health, or as one of three courses required to be a member of a CAMFT TRAUMA RESPONSE NETWORK.

**Clinicians will learn**

- Effective mental health interventions to be used in a variety of disaster settings (including workplace and community) and time phases.
- How disaster mental health needs differ from psychotherapy
- How to become part of an integrated community response effort
- Self-care and prevention of secondary traumatization for disaster mental health professionals.

**Diane Myers, RN, MSN**, has her Master's Degree in psychiatric nursing from Yale University, and is a licensed Psychiatric Mental Health Nurse and Clinical Nurse Specialist. She is a Board Certified Expert in Traumatic Stress, American Academy of Experts in Traumatic Stress; Certified Trauma Specialist, Association of Traumatic Stress Specialist; and holds the credentials of Certified Traumatologist and Master Traumatologist from the Florida State University of Traumatology Institute. She has 30 years of experience in disaster and critical incident stress management.

**Register by February 15 Register after February 15 Fee includes**

Chapter Members \$250 Chapter Members \$275 Eye of Storm Booklet, continental  
Non-Members \$275 Non-Members \$300 breakfast each day, CEUs

**Location:** Mountain View Fire Department, 1000 Villa Street, Mountain View, CA

Payments may be made by credit card when you register online, by personal check, or PayPal. Please use the chapter's e-mail address: [mail@scv-camft.org](mailto:mail@scv-camft.org) for PayPal payments, or make check payable to SCV-CAMFT and mail to: SCV-CAMFT, P.O. Box 60814, Palo Alto, CA 94306. For reservation information, contact 408/235-0210 or [mail@scv-camft.org](mailto:mail@scv-camft.org). For information on the workshop, please email Pamela Eaken ([pamelaeaken@gmail.com](mailto:pamelaeaken@gmail.com)).

SCV-CAMFT.ORG | Phone: 408-235-0210 | PO Box 60814 | Palo Alto | CA | 94306

## **Upcoming Trauma Response Training Critical Incident Stress Management**

2 day (16 hour) course to be held on May 8th and 9th 8:30am - 5:00pm at the Bridgeway Christian Church in Rocklin. (Bridgeway Christian Church 3735 Placer Corporate Dr Rocklin, CA) This course is geared towards law enforcement, fire and emergency response, chaplains, and other first and secondary responders, and presents the core elements of a comprehensive, systematic and multi-component crisis intervention curriculum. It specifically prepares participants to provide demobilizations, defusings and Critical Incident Stress Debriefings (CISD). This training meets one of the three required courses needed to become part of the CAMFT Trauma Response Network. If you would like further information about this and/or upcoming trainings or information about becoming part of the network contact Andrea Orr SVC CAMFT Trauma Response co-chair at [aorr@surewest.net](mailto:aorr@surewest.net) or 916-803-3781.

# Special Feature

## Part One of a Three Part Series

### The Role of MFTs in Effective Chronic Pain Management: Using the Addiction-Free Pain Management® System

Dr. Stephen F. Grinstead, LMFT, ACRPS, CADC-II

For years the numbers of people experiencing chronic pain and coexisting psychological disorders including addiction have been increasing significantly. According to the International Association for the Study of Pain in 1999 there were approximately 86 million Americans suffering from chronic pain. In 2003, according to Peter D. Hart Research Associates, the number increased to over 117 million adults—about a 35 percent increase.

In 2006 I found research from Health & Productivity Management – Vol. 2, No. 2, 2005, that estimated the cost of chronic pain management to be well over \$120 Billion per year. Today as I was researching for this month's News/Research Posts I found a report by the *Institute of Medicine* (IOM) that stated that the cost of chronic pain management in America today is over \$635 Billion per year in direct medical costs and lost productivity.

I found this information to be very validating as I have also seen the pattern of increase over the past five or six years. I also believe a significant percentage of this cost is due to under-treatment or in many cases late-treatment of a chronic pain condition. Another factor for these high costs is the failure to identify and/or treat coexisting psychological or other medical disorders that I believe to be the number one cause of poor chronic pain management outcomes.

Living with chronic pain is very difficult. If a person also has a coexisting addiction or other psychological disorders it becomes even harder. People with chronic pain and addiction can become severely depressed and feel hopeless. Their self-esteem is practically non-existent and many of them lose the support of their significant others. Healthcare providers often become confused and frustrated when their treatment interventions are ineffective.

The Addiction-Free Pain Management® (APM) System was developed to address the specific needs of this under-served population. Historically, addictive disorders and pain disorders have been treated as separate issues. However, to effectively implement an APM approach, both the addictive disorder and the pain disorder must be concurrently addressed. In addition, the physical, psychological, and social implications of these disorders—including the impact on family systems—must also be adequately dealt with.

For someone with chronic pain and coexisting disorders, including addiction, effective pain management requires the implementation of a multi-disciplinary treatment plan. The Addiction-Free Pain Management® System uses a collaborative three part approach: (1) A medication management plan—in consultation with an addiction medicine specialist; (2) A cognitive-behavioral treatment plan—addressing pain versus suffering, treating family system issues and changing self-defeating behaviors; and (3) A nonpharmacological pain management plan—developing safer medication-free ways to manage pain. Recovery and avoiding relapse is possible if patients are willing to do the footwork and

follow the APM™ System using a collaborative multi-disciplinary treatment team.

The role of licensed Marriage and Family Therapists (MFTs) is crucial in treating the synergistic problems facing couples and families who have been severely impacted by chronic pain, addiction, and other psychological disorders. When these conditions coexist it creates a major challenge that must be addressed by utilizing a multidisciplinary treatment approach. The inclusion of MFTs is vital to this process. When these coexisting conditions occur, the family problems increase synergistically. Effective treatment can be challenging and confusing for therapists and other healthcare providers, but especially for patients and their families. This article explains the strategic three-part approach outlined above that can improve treatment outcomes and give families new hope.

### **Collaboration Not Competition**

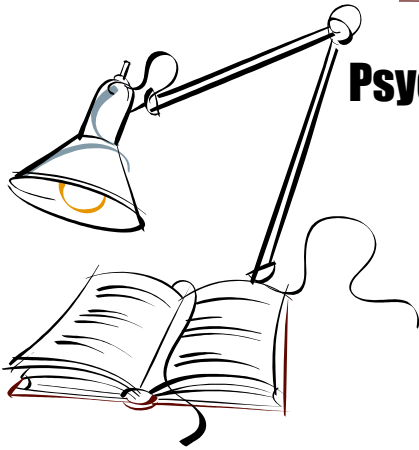
However, there is a systemic problem that sabotages effective treatment for anyone with an addiction problem, but especially people with chronic pain and coexisting disorders. It's called Competition! In my experience of working with this population, an integrated, multidisciplinary treatment approach is essential to the success and effectiveness of pain management recovery. But everywhere throughout society competition reigns supreme: in politics, sports, and relationships. It's fundamental to our American economy and the foundation for every reality program on TV today. Regrettably, in the treatment field, it often develops into "Turf Wars" between healthcare disciplines. Unfortunately, one by-product of this mentality is the conclusion held by pain management specialists that there is no need for MFTs to be included on a multidisciplinary pain treatment team—This is not only short sighted, but can sabotage effective treatment for patients working with a therapist.

**Part 2 of our 3 part series will be in the March 2012 Newsletter**

**About the Author:** Dr. Grinstead is author of the book *Freedom from Suffering: A Journey of Hope as well* as author of several other pain management books and internationally recognized expert in preventing relapse related to chronic pain disorders and is the developer of the Addiction-Free Pain Management® System (please visit [www.addiction-free.com](http://www.addiction-free.com) for more information). He has been working with pain management, chemical addictive disorders, eating addiction and coexisting mental and personality disorders for over twenty-eight years. He is also the Clinical Director of Training and Consultation for the Gorski-CENAPS® Corporation.

Since 1996 Dr. Grinstead has conducted *Addiction-Free Pain Management®; Managing Pain Medication in Recovery; Managing Pain and Prescription Drug Abuse; as well as Relapse Prevention Counseling, Relapse Prevention for Eating Addiction and Denial Management Counseling*, seminars and certification trainings for almost twenty thousand healthcare professionals therapists and counselors at more than 200 training seminars in key cities across the United States and Canada. For more information about the Addiction-Free Pain Management® Treatment System, please check out Dr. Grinstead's website

<http://www.drstevegrinstead.com> or email [sgrinstead@cenaps.com](mailto:sgrinstead@cenaps.com) and feel free to contact him at (916) 575-9961.



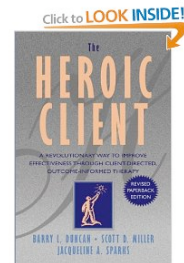
## Psyched About Books and Movies

Welcome to “Psyched about Books and Movies!” Each month we include a book or movie review by one of our readers. Please see below for guidelines on submitting a review.



Happy reading!

**Title:** The Heroic Client: A Revolutionary Way to Improve Effectiveness Through Client-Directed, Outcome-Informed Therapy  
**Author:** Barry L. Duncan, Scott D. Miller and Jacqueline A. Sparks  
**Copyright:** c.2004, Jossey-Bass  
**Reviewer:** Heather Blessing, MFT Intern



In school they teach theories, methods and models. I was often scared and confused that I could never be a therapist because I would forget the modality or theory of what I was supposed to use in certain circumstances. Then I read this book. Based on many studies, the authors found that it is really the all important connection the therapist has with the client that is the most effective. The authors also give ideas to make sure you know how well you are connecting with the client and building that important relationship. This book removes the focus off the medical model and back to the client. It was eye opening for me and has helped me refocus on the most important thing - the relationship between the therapist and the client.

### Book/Movie Review Submission Policy

All reviews are not to exceed 1000 key strokes.

Your review should include the title, a short synopsis about why you like or dislike it, and the author's name & publication date. You can also include a picture of the book and/or movie. After review, we will publish your review in our next newsletter. Reviews submitted that are longer than 1000 characters will be returned for editing. It is best to type your review in a Microsoft Word document to note how many key strokes (characters with spaces), how big your review is, and for your own record keeping. You can then copy and paste it into the online [form submission](#) ([click here](#)). [Click here to learn more about checking your review for key strokes, spelling, grammar, and size.](#)

It is your responsibility to check for spelling and grammar errors.

Reviews must be received **by the 20th** of the month in order to appear in the next newsletter. **You can submit your review by:**

Visiting our webpage: [www.sacramentovalleycamft.org](http://www.sacramentovalleycamft.org)  
 Mailing it in: P.O. Box 163385, Sacramento, CA 95816  
 Emailing: [newslettereditor@sacramentovalleycamft.org](mailto:newslettereditor@sacramentovalleycamft.org)



## Advertising & Announcements

### **MFTI Bereavement and Trauma Recovery Therapy: Spousal-Partner Loss, Child , Parent-Sibling Loss Seeks Position in Private Practice**

Greetings, My name is Francesca and I am interested in finding a position as a Bereavement Therapist working in a Private Practice -for pay-setting. My hope is to work with a therapist who has supervision experience working with interns. I currently intern as a Bereavement Counselor with Hospice Kaiser-Sacramento. I seek to further supplement my hours. Over this past year, I have met with clients from all ages and backgrounds and facilitate a bereavement group. I inspire trust and confidence . I have the capacity to create an atmosphere of support. I recognize, validate and embrace diversity. I am mindful, trustworthy and unequivocally conscientious and adept. I believe in upholding our human right to thrive in wellness and self-determination. I can offer a resume and cover letter along with recommendations both from undergraduate and post graduate work. Francesca Winters MFTI - Hospice Kaiser-Sacramento - BBS Registration: #65500  
[francesca\\_0098@yahoo.com](mailto:francesca_0098@yahoo.com)

### **FIT Therapist opening at Stanford Home for Children**

At Stanford Home, we are intensely determined to do whatever it takes to create success for youth. The FIT Therapist functions as the lead case coordinator, providing comprehensive, strength-based, culturally competent, flexible, effective, quality mental health services, including psychotherapeutic interventions, to eligible at-risk children, youth, and families. The FIT Therapist provides services in accordance with Sacramento County Child and Family Services and Stanford Home principles, including family voice and choice, provided in collaboration with those individuals and agencies involved with the child or youth. Must be registered with the Board of Behavioral Services and have at least one year of experience providing services to adolescents and their families. \$40,000-\$45,000/yr. For more information or to apply, visit [www.stanfordhome.org](http://www.stanfordhome.org).

### **Office for Rent**

Midtown office for rent on 22nd street. Fully furnished (or not), full service, kitchen, copier available, permit for parking available. Nice shops and restaurants close by. Two hour free parking on street for clients. Call or email Lynn Belzer at 443-2546 [lbelzer@sbcglobal.net](mailto:lbelzer@sbcglobal.net) or Jane Zeiger at 441-4271 [janezeiger@comcast.net](mailto:janezeiger@comcast.net)

### **Deborah Miller-Froh, MA.**

I am a Marriage and Family Therapist Registered Intern #69374 at Sage Psychotherapy&Treatment Program ([www.sagepsychotherapy.org](http://www.sagepsychotherapy.org)), supervised by Robin Taylor Kirk, LMFT #37167. I am currently accepting new clients and have afternoon and evening appointments available. I attended the California Institute of Integral Studies and John F. Kennedy University in the Bay Area and received my graduate degree in Counseling Psychology from JFKU with specialization in Somatic Psychology. I have extensive experience with yoga and meditation, and integrate Mindfulness practices as a fundamental element in my work with most clients. I welcome individuals and couples of all ethnic backgrounds, sexual orientations, and spiritual traditions. I am a pre-licensed member of California Association of Marriage and Family Therapists (CAMFT), the Sacramento Valley Chapter of CAMFT (SVC-CAMFT) and United States Association of Body Psychotherapy (USABP). You can reach my confidential voicemail at 916-614-9200 Ext. #4 or visit [www.deborahmillerfroh.com](http://www.deborahmillerfroh.com). Please feel free to contact me with any inquiries, as I look forward to expanding my referral network. Thank you!

## Advertising Policy for the Newsletter

All ads and reviews are not to exceed 1000 key strokes. Chapter members advertise at no cost. Non-members can advertise about employment opportunities at no cost. Non-members, non employment-related ads follow these rates:

\$10 for 200 key strokes

\$20 for 201-600 key strokes

\$30 for 601-1000 key strokes

Full page and 1/2 page ads are not accepted.

All ads contain text only; no graphics will be included.

Ads submitted that are longer than 1000 characters will be returned for editing. It is best to type your ad in a Microsoft Word document to note how many characters, how big your ad is, and for your own record keeping. Please visit our site to find more information on how to use Microsoft word for editing. You can then copy and paste it on our [online submission form](#) ([click here](#)).

It is your responsibility to check for spelling and grammar errors.

Ads must be received **by the 25th** of the month in order to appear in the next newsletter. Ads are placed in the order that they are received.

### You can submit and pay for your ad by:

Visiting our webpage: [www.sacramentovalleycamft.org](http://www.sacramentovalleycamft.org)

Mailing in payment: P.O. Box 163385, Sacramento, CA 95816

Emailing the Newsletter Editor: [newslettereditor@sacramentovalleycamft.org](mailto:newslettereditor@sacramentovalleycamft.org)

Thank you for contributing to the newsletter!

### SVC-CAMFT

#### CONTACT US

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[membership@sacramentovalleycamft.org](mailto:membership@sacramentovalleycamft.org)

#### We're on the Web!

See us at:

[www.sacramentovalleycamft.org](http://www.sacramentovalleycamft.org)

**To post to the listserve, please write  
to this**

**Email:**

[svccamft-owner@yahoogroups.com](mailto:svccamft-owner@yahoogroups.com).