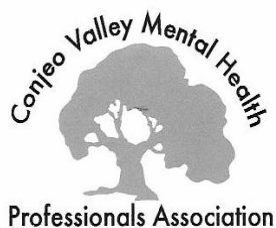


The Conejo Connection

A Quarterly Publication of the
Conejo Valley Mental Health Professionals Association

www.cvmhpa.org

Fall, 2007



From The President - Linda Lower, LMFT

September in my house isn't what it used to be. Now with young adult daughters, long gone are the days of last minute shopping *blitzkriegs* for notebooks, dividers, filler paper and backpacks. Even hazier in my memory are my own school days, replete with parochial school uniforms (now suddenly in vogue in public schools), and the ever dreaded "saddle shoes." Difficult enough to put shoes on feet left happily unshod all summer, saddle shoes - a two-toned tied oxford - took at least one month to break in and offer any measure of comfort. In other words, you had to work hard before they really fit! What has all this to do with September and the annual invitation to renew your membership in CVMHPA? It's all about fit and feeling at home. When I wandered accidentally into one of the first

CVMHPA planning sessions seven years ago (yes, it was an accident), I felt so much at home, so energized and even entertained by the small group that had gathered, that I never left. I was comfortable walking in those shoes. As you consider the many options you have for professional membership, I hope you too have found a home with Conejo Valley Mental Health Professionals Association and will renew your membership and encourage others to join our more than 200 members. You already know about our stimulating general meetings with engaging speakers and networking opportunities at the beautiful Sherwood Country Club. You have experienced our State of Mental Health program with a free Resource Directory and marketing tables for agencies and vendors to provide information on their pro-

grams and services. You anticipate your annual membership Directory, have participated in monthly "Meet and Greets" and are ready to join one of our specialized Interest Groups. You visit the Web Site regularly to see what's ahead. Could there be more? Yes! Stay tuned for an October social, details coming soon, open to all members! Finally, if you've found a home with CVMHPA, if indeed it feels like a "good fit" for you as it has for so many, consider one more step -- sharing some of your ideas for new directions, opportunities and programs. You are always welcomed at our monthly Officers' Meetings -- 1st Friday of the month, 9-11 a.m., Los Robles East Campus, 150 Via Merida, Thousand Oaks. Meanwhile, find a pair of comfortable shoes!

CVMHPA GATHERING

OCT. 26TH from 2 to 4

MANDEVILLA RESTAURANT

Mark your calendars to attend a gathering of fellow CVMHPA members and colleagues for a festive afternoon. Appetizers and soft drinks are on the house, with a no host bar at Mandevilla Restaurant in Westlake Village from 2 to 4 p.m. on Friday, October 26th. We will be sharing time together, networking, and learning more about our ever expanding organization in a fun and relaxed setting. Check out the website for directions and more information on this not-to-be-missed event.

Words of Wisdom

The important thing is not to stop questioning. Albert Einstein

We could never learn to be brave and patient, if there were only joy in the world.
Helen Keller

The human brain starts working the moment you are born and never stops working until you stand up to speak in public.
George Jessel

Never doubt that a small group of committed citizens can change the world. Indeed, it is the only thing that ever has.
Margaret Mead

November Meet and Greet - 'Bringing Baby Home'

CVMHPA sponsors a 'Meet and Greet' program for mental health professionals who are interested in an opportunity to learn from others' expertise and to network with other mental health professionals.

The next program will be November 2nd from noon to 1 p.m. when *Mary Ann Lovegren, LMFT*, will share her expertise on the 'Bringing

Baby Home' Program.

This valuable information will discuss John Gottman's program that is designed to provide new parents with information that can dramatically change the course of their relationship by providing knowledge and skills designed to help cope with the birth of a child. Mary-Ann's presentation will be followed by informal discus-

sion and opportunity for networking. All meetings are held at the offices of the Teen Scene Outpatient Program—30343 Canwood Street, Suite 208A, Agoura Hills. There is no charge to attend. Participants are welcome to bring their own lunches. For more info, call Judy Wiener, LCSW at (818) 870-0435 ext 3.

James Gottfurcht, Ph.D. to present “Psychology of Money”

On Friday, November 16th, CVMHPA is proud to present James Gottfurcht, Ph.D. who will be conducting a workshop at Sherwood Country Club titled, “**The Psychology of Money**”.

Dr. Gottfurcht is an internationally recognized speaker, a professional and personal development coach, a clinical psychologist, and president of L.A. based Psychology of Money Consultants. His thirty years of pioneering work has led to developing a new paradigm of understanding the psychological aspects of money and empowering clients financially.

He has been a keynote speaker for MasterCard International, Morgan Stanley, local chapters of CAMFT, the National Attorney Network, The Financial Planning Assn., and City National Bank.

He is a popular media guest and has appeared on Good Morning America, CNBC, the A&E Biography Special “Million Heirs”, and the BBC.



He has been interviewed in Time Magazine, Business Week, Fortune, Forbes, and The New York Times.

The presentation will begin with a description of why money is an

emotionally charged issue and how the roots of financial success lie in the beliefs, expectations and attitudes developed in childhood. Dr. Gottfurcht refers to this area as a mindset of prosperity and abundance versus poverty or scarcity. The heart of the talk will deal with the two major psychological money skills most significantly associated with enhancing financial success. He will provide definitions and case stories and explain how to increase financial empowerment. Also included will be a question from a proprietary profile that assesses each skill. Since the skills can be taught, he will introduce exercises to help develop them.

Mark your calendars now for Friday, November 16th.

Alternative Medicine for Depression (from the Harvard Mental Health Letter)

According to the National Comorbidity Survey Replication, only about 40% of people with major depression receive adequate conventional treatment, so it's important to get a better understanding of the other measures depressed patients are taking. A survey of American women indicates that a high proportion of them use alternative and complementary medicines for depression.

The most popular alternatives were manual therapies, including chiropractic, massage, and acupressure, used by 26%, medicinal herbs and teas, used by 20%, and vitamins and nutritional supplements, used

by 16%. Other unconventional remedies were yoga, meditation, tai chi, Chinese medicine, Ayurveda, and Native American healing.

The women responded to interviewers' suggestions of various specific and general reasons for using unconventional medicines. Forty five percent mentioned side effects of conventional medicines, and 43% said conventional medicines were ineffective. 17% said they could not afford conventional treatment. Sixty-five percent preferred a natural approach. 59% said that use of alternative remedies was consistent with their beliefs, 45% had become familiar with these remedies in

childhood, and 39% had read or heard something about an alternative medicine.

Although an alternative treatment that has not been studied scientifically should not *substitute* for an evidence-based medical treatment, the authors believe physicians should generally remain neutral about their patients' use of these remedies as supplementary. In particular, criticism of remedies accepted in a given culture or by a given ethnic group could be interpreted as disrespectful.

(Wu, P, et al. “use of Complementary and Alternative Medicine Among Women with Depression: Results of a National Survey)

New MFT Salary Information from U.S. Department of Labor

In a report released in May 2007, the Department of Labor shows that MFT salaries (median hourly wages—20.78) are in line with other master's professions—beating out mental health social workers (median hourly wages—17.02) and mental health counselors (median hourly wages 16.53) — making MFT's the highest paid of master's mental health professionals. (Family Therapy Magazine, July/August 2007)

CVMHPA CLASSIFIED ADS

Office in Thousand Oaks: Large room with 2 windowed walls and beautiful view. Available full-time. Waiting room. Extra soundproofing. Contact John 805-449-4005 or Regina 805-496-3811.

Office in Westlake Village: Unfurnished office, part of a three-office suite. Long established psychotherapy office, sound-proofed, with signal light system, fresh paint and new carpeting. Easy weekend and night access (air conditioning operated for free on weekends and evenings). Contact Bruce Whitney, Ph.D. at 805-496-2343

Office in Agoura Hills: Available full or part time, furnished or unfurnished. Includes waiting room, call lights, work room, DSL, convenient parking. Contact info: 818-870-0435 x3 for Judy Wiener or Randi Klein at rkleinmft@aol.com

Office in Thousand Oaks: Dr. Beth Haynes and Dr. Irene DiRaffael are looking for a third therapist to rent office space beginning in January 2008. Rent is \$922 per month for private office full time with balcony. Available immediately. Call 805-435-4569.

Office in Westlake Village: on Thousand Oaks Blvd across from Promenade Mall. Attractively furnished, newly decorated and carpeted windowed office with kitchen, private bathroom, call system. Amenities include shared business office with copier and space for mail and storage, serene courtyard garden with pond, safe - well lit pathways, large parking lot with handicapped parking and wheelchair access on the same level as the office. Also several private outdoor patio areas and access to public restrooms. Contact Tom Dakoske at 805-379-2223

Groups in Agoura Hills: Groups for therapy, support and learning skills to help deal with mental health and life's challenges. Groups include: 1) Anger & Stress Management 2) Women's 3) Depression & Anxiety 4) Senior's 5) Mental Health Professional's Group 6) Caregiver's. Call Carol Polevoi at Counseling Resource Center 818-773-3383

Wellness Community Job Position: for Latino Outreach Coordinators in west San Fernando Valley and Ventura County to manage and administrate a comprehensive Spanish language program of education, emotional support and hope for people with cancer and their loved ones. Duties include leading support groups, developing education workshops, coordinating hospital visitation and social events, interfacing with community organizations to develop cooperative efforts, developing volunteer program, planning and implementing outreach activities, and assisting in grant development and reporting. Position is full time (40 hrs/wk) for west San Fernando and part time (20hrs/wk) for Ventura Co. Candidate must be Spanish bilingual, Master's in Public health or Social Work; Clinical Nurse Specialist in Psych/mental Health; or Marriage and Family Therapist. Licensed preferred. For more information regarding salary, contact Marty Nason, RN, MN, Program Director 805-379-4777 or marty.nason@wellnesscommunityhope.org, subject line "LOP Job"

Want to place an ad? Contact Susan Tschudi
susantmft@gmail.com

Trauma Response Mental Health Responder - Patricia Ruddy, LMFT

Patricia Ruddy, LMFT and CVMHPA member is currently recruiting interested parties to become part of a team of trained mental health responders in cases of national disasters and trauma related situations.

Patricia currently serves on the CAMFT Ventura Chapter board as the Trauma Response Network Chapter Coordinator. She states that there are two separate entities that need to be fulfilled in order to be a Trauma Responder. The Red Cross and CAMFT have specific requirements for professionals to be trained for response to disasters.

The requirements for the Red Cross consist of the following: Overview, Red Cross application, and Introduction to Disaster Services.

The requirements for CAMFT include: Trauma Response Network

Responder Application and the following trainings:

- *Foundations of Disaster Mental Health*—a one day course offered to licensed mental health professionals who desire to be involved in Red Cross disaster mental health (DMH) preparedness, response and recovery activities at their local chapter and on national disaster relief operations. Please note that for those individuals who have done the old two day course, they must take the new one. And also, you must be a licensed, interns are not eligible.
- *Basic Critical Incident Stress Management Group Crisis Intervention*— a two day course taught by International Critical Incident Stress Foundation (ICISF). Interns may take this course.

- *In the Eye of the Storm*—a two day course taught by Diane Myers, RN, MSN, CTS. Interns may take this course.

As Trauma Response Network Team Chapter Coordinator, Patricia will disseminate information from CAMFT to members of the team. She will receive the applications and forward information to CAMFT. She will also coordinate two meetings per year for the purpose of training and to acquire updated information.

If you are interested in becoming a part of the Trauma Response Team, download an application from the CAMFT website (www.camft.org) and mail to: Patricia Ruddy, LMFT, 699 Hampshire Rd. Suite 210, Westlake Village, CA 91361. If you have questions or need more information you can contact her at 805-405-2850 or at pruddytherapist@yahoo.com

◇◇ INTERN INFO ◇◇

If you are
LOOKING for an internship?
or
LOOKING for an intern to work for you ?
Internship opportunities are listed
as a FREE service to members.
Contact susantmft@gmail.com to list.



CVMHPA Needs Your Help!

The CVMHPA Board of Officers currently has a vacancy for the Historian position. This is a great, fun job. Duties include attending meetings, taking photos of speakers and events, and organizing the photos and information into a scrapbook. If you have creative talent, then this will be a perfect way to serve in the organization. If interested or if you want more information, contact Linda Lower, LMFT at 805-484-3214.

**Conejo Valley Mental Health Professionals Association
Board of Officers**

President: Linda Lower, LMFT	805-484-3214
Treasurer: Michele Harway, PhD	805-795-4390
Secretary: Judy Wiener, LMFT, LCSW	818-870-0435x3
V.P. Membership: Sally Olshan, LMFT	818-865-8701
Co-Chair Hospitality: Roberta Kopacz, LMFT	805-531-7250
Co-Chair Hospitality: Linda Klug, LMFT	805-496-1600
Co-Chair Marketing: Lori Hops, PhD	805-496-8432
Chair Webmaster: George Kappaz, LCSW	818-313-0100
Prof. Liaisons/Programs: Mary Ann Lovegren, LMFT	805-449-8193
Newsletter: Susan Tschudi, LMFT	805-557-0405
Prelicensed Rep: Helen Edler, MFT Intern	818-512-9761
Past President: Howard Levitt, LMFT	805-495-0375

All are welcomed to attend the monthly meetings (first Friday of every month from 9 to 11 a.m. at the Los Robles East Facility at 150 Via Merida in Westlake Village). Call a member to verify the date or if you have questions/need more information.

CVMHPA MEETINGS, SCHEDULES, and INFORMATION

◆ **CVMHPA Meeting Dates**
[at Sherwood Country Club]

Mark Your Calendars for the following dates:

Friday, November 16th - *James Gottfurcht, Ph.D.: The Psychology of Money* (see article on page 2)

Friday, January 25th - *Speaker TBD:*
Topic – **Dementia**

Friday, March 14th - *Pamela Harmell, Ph.D.: Six Hour Law and Ethics Workshop*

Friday, April 18th - *John Sealy, M.D.: Out of Control Sexual Behavior and its Progression*

(Meeting dates and guest speakers are subject to availability. Both may be changed due to circumstances beyond our control.)

◆ **CVMHPA Ongoing Meetings**
[at different locations]

CVMHPA Board of Officers meetings

are the first Friday of each month from 9:00 a.m. to 11:00 a.m. at Los Robles East facility (150 Via Merida in Westlake Village).

Peer Consultation Group meets in Westlake on the fourth Friday of each month from noon to 1:30 with Ed Jesalva, M.D. Call or email Judy Wiener for availability and directions (818) 870-0435 ext 3; jwiener@bglobal.net

Meet-And-Greets meet the FIRST FRIDAY of each month from noon to 1 p.m. at the Teen Scene Offices (30343 Canwood Street, Suite 208A, Agoura Hills).

Oct. 5th - NO MEETING
Nov. 2nd - Mary Ann Lovegren, LMFT: Bringing Baby Home

Mind, Body, Spirit Interest Group - will be meeting on the following Fridays from noon to 1:30 p.m.: Sept. 28, Oct. 26, Nov 30. Please RSVP (space is limited) to Dr. Lori Hops at 805-496-8432 ext. 1#.

EMDR Consultation Group—watch for email information for upcoming meetings.

◆ **CVMHPA Meeting Guidelines**

DRESS CODE: Due to a policy set by Sherwood Country Club, anyone wearing **DENIM** clothing will not be admitted to the meeting.

RESERVATION POLICY: We regret that we cannot accommodate walk-in guests at our meeting. Reservations must be made in advance and must be post-marked by the **Friday prior to the meeting.**

In order to receive a cancellation refund, you must send a notification by FAX to (805) 492-6220 by the **Monday prior to the meeting.** No credits given - sorry, no exceptions.

ETC: Be prepared to show your driver's license at the gate when you arrive. If you arrive more than *5 minutes late* or leave more than *5 minutes early* you will not be entitled to CEUs or MCEPs.