

The Conejo Connection

A Quarterly Publication of the
Conejo Valley Mental Health Professionals Association

www.cvmhpa.org

FALL, 2009

An Important Message from our President, Howard Levitt, LMFT

I encourage you to please take a moment to read about important new changes and opportunities within our organization. As we begin our 10th year, the Conejo Valley Mental Health Professionals Association has much to be proud of. We have created a mental health organization that is truly multidisciplinary. I know of only one other such organization, Glendale Area Mental Health Professionals Association, created by Jim DeSantis, Ph.D.

The quality of the professional presentations offered to the membership, almost without exception have been ranked by our members as “good” to “very good.” We have produced top quality membership directories and resource directories, both praised by our members and the community as valuable tools. Our special interest groups con-

continue to provide an opportunity for members to interact with each other and the general community in areas of mutual interest. And I have heard many stories from our members who have seen a major increase in the growth of their practices through their involvement with the Conejo Valley Mental Health Professionals Association. In summary, I think we have greatly increased a sense of community among mental health professionals here in the Conejo Valley. Beginning in January 2010, we are reorganizing the leadership of the organization, and providing an opportunity for more members to become involved in our day-to-day operations in order to continue the growth that we experienced in the first 10 years.

One of the first changes will be in the area of the Membership Chairperson. Sally Olshan, LFMT

has performed the work of three people by handling general membership, creating the mailings for all our programs and producing our annual membership directory. Sally has accepted the role of Historian and we will divide her previous responsibilities into three separate positions. We are looking for volunteers to take over any one of her three responsibilities.

1) The Membership Chairperson is responsible for sending out new and renewal applications annually to members. 2) A second person is needed to handle all mailings announcing our presentations and programs. 3) And we are looking for a creative person to produce our membership directory.

Additionally, the Marketing Chairmanship position will be available when Lori Hops, PhD assumes her new responsibility for continuing education for psychologists. This position is ideal for a person interested in interfacing with institutions such

as schools, religious congregations and other organizations within the community. Finally, vital to our organization is the role of Program Committee Chairperson, formerly headed by Mary Ann Lovegren, LMFT, who will be stepping down in January. This is a wonderful opportunity for someone interested in helping to guide the future of programs for this organization. This is a golden opportunity to jump into a warm supportive group of mental health professionals and see your ideas flourish. If you have ever said to yourself ‘I’d like to get more involved’ or if you would like to have a busier private practice ... or if you want to associate with a wonderful group of mental health professionals. Now is the time to ACT! Feel free to call me, or any board member to discuss your ideas and to take that first step toward getting involved in our organization. I would love to hear from you.

PSYCHOTHERAPY AND LIFE COACHING - SIMILARITIES AND DIFFERENCES

By Sherry Gaba, LCSW

A woman comes in depressed and anxious after a recent divorce; another woman comes in after a divorce but is more hopeful and eagerly wants to move on with her life. Should these women see a therapist or life coach or perhaps both? Hopefully, this article will clarify the differences and similarities and how each profession provides its own unique gems.

Although there are therapists that are more goals oriented and solution focused, life coaches and therapists serve different purposes. The therapist is the person who is sought out for healing old wounds and deals with personal problems that need to be analyzed and solved. The life coach, on the other hand, is a mentor or guide. Coaches focus on the manifestation of one's future making their dreams come alive now with accountability and action steps designed both by the life coach and the client. Life coaching is

not about fixing a problem but rather helping a client get out of the comfort zone. Coaching does not focus on what needs mending but rather clarifies what the client wants to improve upon whether it is relationship, career, or their health and well-being. There is a "co-creation" in the process of coaching with the belief that the client is already "naturally, creative, resourceful and whole." Therapy, on the other hand, treats a client's diagnosis. Gary Yoon, a Life Coach insists, "Coaching demands us to be the person we were created to be. When we hide that part of ourselves, others can't benefit from the beautiful gifts and talents we already have."

Coaching puts the brakes on when will the client finally be fulfilled, but rather we have these gifts inside us already and coaching helps give birth to it. Mary Copek used coaching to help her work through her grief of the sudden death of her hus-

band. "Coaching allowed me the freedom to cry and even in the same breath consider the new opportunities that lay before me," she said.

In essence, there is always room for life coaching or psychotherapy. When issues are more serious, a life coach will refer a client to outside psychotherapy. They therapists is highly trained to deal with mental illness and other more difficult problems. Psychotherapy is about eliminating problems to live a more functional life and life coaching is about calling forth the magnificence that has always existed in the client.

Sherry Gaba, LCSW is a Life Coach and Psychotherapist in Agoura. She works with adolescents, adults, and couples. She is a contributing author to the "Conscious Entrepreneur" and "Chicken Soup for the Soul: Tough Times, Tough People." She can be reached at 818-756-3338 or sherry@sgabatherapy.com or www.sgabatherapy.com

New Meeting Venue for 2010—NORTH RANCH COUNTRY CLUB

Due to various considerations our speaker workshops and luncheons in 2010 will be held at:

**North Ranch Country Club
4761 Valley Spring Dr. in
Westlake Village, CA**

Hospitality Co-Chairs, Roberta Kopacz, LMFT and Linda Klug, LMFT have worked hard to find a new setting for our meetings, surveying several locations throughout the Conejo Valley. North Ranch

Country Club was determined to be our best choice. (One of the benefits that many of you will appreciate is that we will be receiving a HOT lunch that will be served directly to our seats.)

We will also be extending our speaker/workshop time by thirty minutes so that you will receive an additional half hour of continuing education units for each meeting. (Make sure you note the starting time that

will be on the mailer you receive for the January 22nd meeting).

After much due diligence and discussion, the CVMHPA board felt that moving venues was a wise decision and feels fortunate that the Conejo Valley has so many nice settings for our meetings. We hope that you will enjoy the future meetings at North Ranch Country Club. As always, the board welcomes and appreciates your input.

CVMHPA CLASSIFIED ADS

I'm Licensed—Now What?: Have you recently been licensed as a mental health professional? Congratulations! It's a long, arduous journey, and you made it. Now another challenge lies ahead: Establishing a successful private practice in a very challenging financial environment. Personal Coach, Renée Haas who is also a Licensed Marriage and Family Therapist, can help you get a quick start on setting up shop and generating clients. Among the areas she can help you with are: Finding office space; Establishing your administrative infrastructure (Setting fees, preparing forms and other materials for clients, and deciding if you want to become affiliated with private insurance or government health care programs); Marketing: Selecting the niche(s) you want to specialize in, and generating ideas and materials for reaching your target audience(s) via the Internet and other avenues; Identifying and connecting with prospective local referral sources; Finding books, websites and free e-newsletters with great practice-development and marketing tips for mental health professionals. **Contact Renee at (805) 306-1595.** A free 30 minute consultation is offered.

Westlake Village Office for Rent: Beautifully furnished office available p/t. Flexible hrs. Office is in upscale bldg in WLW. Large waiting room, break room, call lights, large windowed office. Contact hlowen-steinmft@gmail.com or kwlerose@gmail.com.

Associate—New Beginnings Counseling Center in Camarillo: We are a group practice of 6 Associates, including 5 marriage/family therapists and 1 clinical psychologist. We are looking for a mental health professional (psychiatrist, MFT, psychologist, social worker, etc.) to join our group. New Beginnings Counseling Center consists of independent practitioners who have a strong philosophy and value toward collaboration and cooperation in an effort to provide high quality mental health professional services. Our offices are nicely decorated and include a play therapy room for children; a group therapy room; and individual psychotherapy offices. Included are appropriate office equipment and a skilled office manager. Please feel free to visit our website: www.newbeginningscounseling.net. Our office is conveniently located near the freeway off-ramp and the Camarillo Outlets. If interested, please contact Dree Miller, Linda Rio, Susan Richter, Susan Baker, Miriam Hamideh or Raphael Serrano at (805) 987-3162.

**THE DEADLINE FOR THE NEXT NEWSLETTER IS
Jan 15, 2010**

Contact Susan Tschudi at susantmft@gmail.com to place your ad. Classified ads fee is \$20.00.

Brown Bag It to the 2010 MEET AND GREETINGS



All Meet and Greet programs, presented by CVMHPA members, are held once a month and are one hour in length: Noon to 1 pm., Teen Scene Outpatient Program, 30343 Canwood #208A, Agoura Hills. There is no charge and no need to RSVP (however, we suggest that you confirm the program and date). For more information contact Judy Wiener, LSCW, MFT at 818-706-0140 or j-wiener@sbcglobal.net. If you have an area of expertise or specialization and wish to share it with the community at large, contact Judy.

Jan 8	Sharon Norling, MD.	<i>Testing Neurotransmitters: An Effective Natural Approach to Treatment</i>
Feb 5	Kenji Watanabe, LMFT	<i>Child and Adolescent OCD</i>
Mar 5	Howard Levitt, LMFT	<i>Divorce Mediation</i>
Apr 9	Linda Klug, LMFT	<i>Aging: What Does It Mean and Where Are We Headed?</i>
May 7	Laya Tamar, LCSW	<i>Anxiety From The Inside Out</i>
Jun 4	Susan Tschudi, LMFT	<i>Treating Trauma with EMDR (Eye Movement Desensitization and Reprocessing)</i>
Oct 1	Andrea Lazarus, MFT	<i>Sexual Dysfunction</i>
Nov 5	Elana Eisner, MFT	<i>In an Age of Dr. Laura and Dr. Phil, Is There Room for Jungian Analysis?</i>
Dec 3	Carolyn Hall, LMFT	<i>Current Trends in Teen Drug Use and Ways to Prevent Use in Teens</i>

**Jan. 22—The Inner Game of Stress
John Horton, MD**

John Horton has been practicing preventative medicine for almost four decades. A graduate of the Duke School of Medicine, Dr. Horton is quickly becoming known as a stress specialist since the publication of his book “*The Inner Game of Stress*”, based on decades of clinical experience and feedback from hundreds of patients he’s successfully helped using Inner Game Techniques. He practiced medicine in New York and Maryland before coming to California to sit on the faculty at USC where he taught students how to take a medical history. Throughout his medical practice experience he has focused on the patient and strongly believes that this approach is crucial to helping people be healthy. Dr. Horton is an educator at heart, and his specialty is teaching about the intrinsic balance necessary for human health. He has also served as Director of Hospice of the Canyon and as a member of the Board of Directors of Care Now Foundation, a non-profit providing primary care assistance in Africa. He continues lecturing on stress and disease in both general community seminars and trainings.

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

President: Howard Levitt, LMFT	805-495-0375
Treasurer: Michele Harway, PhD	805-795-4390
Secretary: Susan Tschudi, LMFT	805-557-0405
V.P. Membership: Sally Olshan, LMFT	818-865-8701
Co-Chair Membership: Andrea Lazarus, LMFT	818-674-1216
Co-Chair Hospitality: Roberta Kopacz, LMFT	805-338-0791
Co-Chair Hospitality: Linda Klug, LMFT	805-526-2190
Marketing Chair: Lori Hops, PhD	805-496-8432
Co-Chair Programs : Mary Ann Lovegren, LMFT	805-449-8193
Co-Chair Programs: Judy Wiener, LMFT, LCSW	818-870-0435x3
Website: Kenji Watanabe, LMFT	818-266-3530
Newsletter: Susan Tschudi, LMFT	805-557-0405
Prelicensed Rep: Helen Edler, MFT Intern	818-512-9761
Past President: Linda Lower, LMFT	805-484-3214

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). Call a member to verify the date or if you have questions/need more information.

CVMHPA MEETINGS, SCHEDULES, and INFORMATION

Please Note: All 2010 meetings are scheduled to be held at

**North Ranch Country Club,
4761 Valley Spring Dr.
Westlake Village, CA 91362**

♦ **CVMHPA 2010 Meeting Dates**
Mark Your Calendars for the following dates:

Jan 22—John Horton, M.D.
Topic: The Inner Game of Stress

March 12—TBA

April 23—TBA

June 25—TBA

Sept 24—TBA

Nov 19—TBA

IF YOU KNOW OF ANY SPEAKER WITH EXPERTISE IN AN AREA THAT MIGHT BE OF INTEREST TO OUR MEMBERSHIP FOR A WORKSHOP, PLEASE CONTACT LINDA KLUG, LMFT AT 805-526-2190.

♦ **CVMHPA Interest Groups**

Consultation Group with Ed Jesalva, M.D.: Monthly consultation about case, medications, etc. — contact Judi Wiener, LMFT, LCSW j-wiener@sbcglobal.net or call (818) 870-0435 x3

Mind/Body/Spirit Approaches to Healing: Sharing information and resources, and networking. Contact Lori Hops, Ph.D. (805) 496-8432

Allied Professionals: Reaching out to professional in related helping fields for mutual benefit. Contact Shawn Marie Simon, M.A., P/ET at (805) 777-8182 or rizeabuv@earthlink.net

Prelicensed Professionals: Information and support for those working toward licensure. Contact Howard Levitt, LMFT at (805) 495-0375 or howard.levitt@roadrunner.com

♦ **CVMHPA Meeting Guidelines**

DRESS CODE: CVMHPA would request that you continue to respect appropriate business attire when attending meetings. Please—no denim.

RESERVATION POLICY: Reservations need to be made in advance and post-marked by the **Friday** prior to the meeting.

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

ETC: Please understand that, because of licensing laws, if you arrive more than 5 minutes late or leave more than 5 minutes early CVMHPA cannot provide CEUs or MCEPs.

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