

The Conejo Connection

A Quarterly Publication of the
Conejo Valley Mental Health Professionals Association

www.cvmhpa.org

Spring 2007



The ABCs of Alpha Behavior

■ In organizations that value co-operation, people prefer leaders who speak with some hesitation. Language marked with doubt and qualification appears to indicate respect for the group.

■ When asked to draw an 'E' on their foreheads, those who feel most powerful are more likely to draw it backwards for an observer - a symptom of ignoring others' perspective.

■ When men in charge express anger, their perceived effectiveness increases. But female leaders need to watch it - when they lose their lids they lose credibility, too.

■ Big smiles and sustained eye contact are contagious. Folks who watch leaders express charismatic behavior also become outgoing.
from Psychology Today

Words of Wisdom

For every minute you are angry
you lose 60 seconds of happiness.

Ralph Waldo Emerson

Life may not be the party we
hoped for, but while we're here we
should dance.
Unknown

What counts in making a happy
relationship is not so much how
compatible you are, but how you
deal with incompatibility.

Daniel Goleman

Do you have a favorite quote? Please
submit to: susantmft@gmail.com

From the President's Desk - Linda Lower, LMFT

The seventh year, in academic circles at least, is often synonymous with having a sabbatical. As CVMHPA begins its seventh year, far from resting on our laurels, and having completed our most successful membership drive to date, it is time to celebrate all that we have accomplished and look forward to the year ahead.

Our humble beginnings trace back to 2000 with six of us sitting around a table and asking 'what if?'. What if we "reached across the mental health aisle," to use a political term, and brought together a multidisciplinary group of professionals?

Today we boast 198 members and from January 2006 through January 2007 have sponsored seven programs with an average attendance of

over fifty participants per meeting. Our programs listed below covered a broad range of topics:

Law enforcement, Domestic Disputes and Restraining Orders, *Sheriff Bob Brooks;*

Law and Ethics, *Dr. Pamela Harmell;*

A Process Approach to Couples Therapy, *Don Booth LCSW;*

Integrative Care: Mental Health and Medical Perspectives, *Dr. Sharon Norling;*

Sensory Integration Dysfunction, *Dr. Shiro Torquato;*

Juvenile Mental Health Courts, *The Honorable Brian Back;*

What is This Thing Called Grief, *Randi Pearlman Wolfson, LMFT*

(If there is a topic and/or a speaker you would like to recommend, please

contact our V.P. in charge of Programs, Mary Ann Lovegren, 805-449-8193). Our Membership Directory is in wide demand for its thoroughness and ease of use - a very special thank you goes to *Sally Olshan* for the countless hours and excellent job in publishing the directory or addendum annually.

We have also welcomed several new faces at our monthly board meetings held the first Friday of each month (see info on page 4) Finally, let me take a moment to thank our board for 2006: Howard Leavitt, Michele Harway, Sally Olshan, Mary Ann Lovegren, Roberta Kopacz, Lynn Sweeney, Susan Tschudi, Cynthia Horacek, Lori Hops, Judy Wiener and Catharine Hogue. Their energy and hard work has made 2006 a banner year.

Valuable Resources For YOU: Consultation and Discussion Groups

The newest addition to CVMHPA's interest meetings is an **EMDR Peer Consultation**. This group will meet on a monthly basis to provide and obtain peer consultation regarding the use of EMDR with psychotherapy clients. Participants must have taken at least Level 1 EMDR training to

attend. The first meeting is scheduled for Tuesday, May 1 from 9 to 10:30. Please contact Lily Goldfarb, LCSW at 805-490-0455 or email her at lilinggoldfarb@aol.com for location and more information.

Dr. Lori Hops reports that the **Mind, Body, Spirit Approaches to**

Healing Discussion Group's first meeting got off to a great start. Members had a chance to connect with old friends and forge new acquaintances. Group members represented a wide variety of interests, training backgrounds and theoretical orientations. (Continued on Page Two)

Ask The Doctor - Typical Questions About Cymbalta - Ed Jesalva, M.D.

Q. What is Cymbalta?

Cymbalta (duloxetine), manufactured by Eli Lilly, is a new antidepressant released a few years ago. It has gained popularity among the mental health community as a first line choice in the pharmacotherapeutic treatment of depression and anxiety disorders.

Q. What is different about Cymbalta compared to other antidepressants?

There are several differences but let me highlight the most clinically observed. First, Cymbalta is categorized as a selective Serotonin (5HT) and Norepinephrine (NE) Reuptake Inhibitor or SNRI. As the name implies, it is selective for 5HT and NE and thus the net effect is to increase levels of 5HT and NE in the brain. After a few weeks, this improves or ameliorates the symptoms of depression and anxiety.

A second difference is sort of a corollary to the above. First some definitions. Remission is the absence of symptoms, whether we are talking about depression, anxiety, ADD, bipolar disorder, etc. Response means at least 50% of symptoms improved based on a tool to measure them. Remission is the goal of

treatment. No longer is a response acceptable. There is debate, however, whether an antidepressant with a dual mechanism of action might be better in achieving remission compared to a drug with a single mechanism of action. Studies with Effexor (Venlafaxine), the other SNRI in this class, have resulted in mixed results. In clinical practice, however, patients usually respond to one or the other. But, the goal of remission is still a multi-modal approach encompassing emphasis on the psychological, sociological, as well as the biological issues of the patient. Thus, it is in my opinion, remission rates for Cymbalta are probably as good or slightly better than the SRI's.

Thirdly, Cymbalta seems to rarely cause weight gain. This is a very important point since weight gain is a very common side effect to most psychotropic medications. This becomes a compliance issue during the maintenance phase of treatment and most patients will not be very motivated to continue especially if they gain more than 10% of their body weight.

Another side effect that is absent with Cymbalta compared to the

SRI's is that Cymbalta does not seem to cause sedation, lethargy, somnolence and apathy. At its most extreme presentation, apathy can present as a compression of one's range of mood. Patients neither feel depressed nor happy but flat and neutral. This can sometimes be interpreted in therapy as an impasse or a lack of desire or motivation to change. A change to Cymbalta from an SRI can quickly change this problem.

Lastly, Cymbalta does interact with other medications more so than, let's say, Lexapro. The prescriber has to be more aware of such interactions and make adjustments accordingly.

Q. What dosages are commonly used with Cymbalta?

Dosages at 60mg per day are usually helpful for treating depressive symptoms. However, I increasingly use 90mg to 120mg per day for treating depression with anxiety disorders especially generalized anxiety disorder (GAD). I find that these dosages are much more effective in achieving remission and are better tolerated compared to high dosages of the SRI's.

Do you have a question for the Doctor? Submit to Susan Tschudi at susantmft@gmail.com

Valuable Resources (cont'd from Page One)

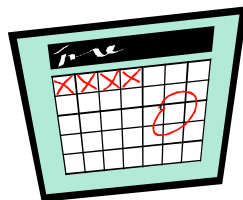
The *Mind, Body, Spirit* group plans to meet on alternate months, on the third Friday of the month from 12 to 1:30 p.m. This schedule is designed to allow group members to attend CVMHPA general meetings at Sherwood CC one month, and the interest group the following month. Please contact Dr. Hops at 805-496-8432 x 1.

Working with the Senior Population Professional Group, led by Jane Wolf Waterman, LCSW, J.D., is designed for those who are working with and/or want to work with the ever-increasing Conejo Valley senior population and their 'sandwich generation' children with the psychological, practical and emotional challenges they face. Meetings will be held on Mon-

day evenings - dates to be announced. Please contact Jane at 310-275-7554 or email her at waterpeople@earthlink.net

The **Consultation Group with Ed Jesalva, M.D.** continues to meet on the fourth Friday of each month. This group focused on psychiatry-related issues and psychopharmacology in particular. Participants find that it's a wonderful opportunity

to ask Dr. Jesalva, a highly qualified medical expert, for clarification regarding medications and treatment. Space is limited so please contact Judy Wiener, LCSW, MFT at 818-870-0435 x3 or email j-wiener@sbcglobal.net



The first **Meet and Greet** was successful and well received. The next one is planned for Friday, May 4th from noon to 1 pm and will be held at the Teen Scene offices at 30343 Canwood Street, Suite 208A, Agoura Hills. Cynthia Horacek, MFT will present a short talk on the Myths of Hypnosis. The format of these Meet-and-Greets is a one hour bring-your-own-lunch meeting, with a 15 to 20 minute presentation by one of our members, followed by informal discussion.

Future *Meet and Greet* dates and topics include: 6/1 - Parenting Our Parents; 7/6 - Spiritually Sensitive Psychotherapy; 9/14 - Managing Managed Care; 10/5 - Adult ADHD; and 11/2 - Bringing Baby Home. Contact Judy Wiener (info above).

CVMHPA CLASSIFIED ADS

Office for Rent 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.

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

Simi Valley Office for Rent: Well-established friendly practice. Mon, Fri, Sat, possibly Tues. Referrals possible if on panels and/or taking insurance. Frequent church referrals. Private exit, lounge, light system. Deborah Tucker 805-583-3976, ex.33.

Westlake Village Office: 32129 Lindero Cyn. Rd. (at the Landing). Full-time, spacious, unfurnished corner office with a beautiful lakefront view. Waiting room, signal light system and ample free parking. Part of a five office suite in a long established private practice. \$1,100 per month with a one year lease required. Contact Michael J. Gerson Ph.D. 818-707-3905 x5

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

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

Parenting Your Gifted Child, A Parent Workshop Series: A five week series of discussions based on the SENG model (Supporting Emotional Needs of Gifted) which will help parents meet the unique challenges and rewards of parenting the gifted child. The group will meet on Thursdays, May 3rd through 31st from 10:30 a.m. to Noon in Thousand Oaks. For more information and registration contact Judy Wiener, LSCW, MFT at 818-870-0435 or email her at j-wiener@sbcglobal.net

Advertising Rates: *Classified Ads:* 30 words/\$30 for members; \$40 non-members, each additional word 10 cents. *Display Ads:* Approximately 1/6 page: \$45.00 members, \$55.00 non-members.

Act, Don't Think to Relieve Depression (from Harvard Health Publications)

Emily is having a conflict with a co-worker and decides to stay home for several days. By withdrawing from a possible confrontation, she spares herself immediate distress. But at the same time she is also depriving herself of the satisfaction she gets from work - the pleasure of completing tasks and earning money. She gets nothing in exchange for sacrificing these daily pleasures, because the original problem remains. As a consequence of avoiding a temporarily difficult and unpleasant situation, Emily only sinks deeper into depression. She eventually finds that getting out of bed in the morning has become as difficult as going to work had been a week ago.

In many cases, if Emily went to a therapist, the therapist might use cognitive therapy or cognitive behavioral therapy (CBT). CBT has become one of the most widely used treatments for depression. But some researchers have questioned whether CBT achieves a good enough outcome. In a recent study at the University of Washington comparing standard CBT with a new version of behav-

ioral therapy called behavioral activation therapy (BAT) showed promising results.

BAT is based on the idea that depressed people experience the kind of vicious cycle that Emily does. They withdraw from the routine activities and demands of daily life to avoid emotional pain. As a result, they receive fewer rewards and become more depressed.

In BAT, the therapist is interested in the function of negative thinking - the way it promotes withdrawal - rather than its rightness or wrongness, as in conventional CBT.

Patients are shown how to: find out and record what gives them a feeling of accomplishment, then do it more; maintain regular routines and schedules; avoid pessimism and gloomy rumination by directing their attention to the immediate experience of their senses.

In this respect, BAT resembles newer forms of cognitive therapies that encourage patients to acknowledge thoughts and feelings as they arise,

without judgment, and then let them go.

In the study nearly 250 people with major depression were divided into four groups receiving either BAT, CBT, an antidepressant or a placebo. Treatment continued for 24 sessions over 4 months while standard questionnaires measured changes in the symptoms. Results were tracked separately for mildly depressed and severely depressed patients.

Patients in all four groups improved, and all treatments were equally effective for the mildly depressed patients. For the severely depressed patients, BAT and an antidepressant drug were equal, and both were superior to CBT and the placebo. But patients taking just the medication or placebo were much more likely to drop out of treatment than those receiving psychotherapy. So, over all, BAT was the most successful treatment. In this study, at least, when depressed people were prodded into action, they needed little more to experience improvement.

The Community Resource Directory

Another Additional Benefit of Membership

The Community Mental Health Resource Directory is offered as a benefit of membership in CVMHPA. It has been expanded to include information about resources for emergency services, hospitalization, substance abuse, seniors, eating disorders, low fee services, managed care, and more. Members can pick up a directory at upcoming meetings through June.

CVMHPA continues to develop the directory and YOU can help:

- If there are other resources you have found to be helpful in your work, please send this information to Helen Edler, MFT Intern at helen.edler@sbcglobal.net
- This is a great opportunity for other **interns** to get involved while learning about the numerous resources available in the community. Contact Helen if you are interested.

Don't Forget the Website: To create your listing, to update changes, find information, or locate referrals log onto www.cvmhpa.org

Conejo Valley Mental Health Professionals Association Board of Officers

President: Linda Lower, MFT	805-484-3214
Treasurer: Michele Harway, PhD	805-795-4390
Secretary: Judy Wiener, MFT, LCSW	818-870-0435x3
V.P. Membership: Sally Olshan, MFT	818-865-8701
Co-Chair Hospitality: Roberta Kopacz, MFT	805-531-7250
Co-Chair Hospitality: Linda Klug, MFT	805-526-2190
Marketing: Lori Hops, PhD	805-496-8432
Prof. Liaisons/Programs: Mary Ann Lovegren, MFT	805-449-8193
Historian: Cynthia Horacek, MFT	805-557-0405
Newsletter: Susan Tschudi, MFT	805-557-0405
Prelicensed Rep: Helen Edler, MFT Intern	818-512-9761
Past President: Howard Levitt, MFT	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.
Thanks to everyone who participated in the recent election.*

CVMHPA MEETINGS AND SCHEDULES

◆CVMHPA Meeting Dates

Mark Your Calendars for the following dates: Speakers and programs will be advertised at a later date.

June 22nd - *Yardenna Hurvitz, J.D.*
TOPIC: Family Law

September 7th - *Annual State of Mental Health: Valuable Resources Everyone in Private Practice Should Know About*

November 16th - *James Gottfurch, Ph.D.*
TOPIC: The Psychology of Money: A New Paradigm for Empowering People with Money.

January 25th, 2008 - *Frances R. McNeill, M.Ed. CBF*
TOPIC: Dementia

April 18th, 2008 - *John Sealy, M.D.*
TOPIC: 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

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 x 3; jwiener@sbcglobal.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)
May 4 - Cynthia Horacek, MFT: Myths of Hypnosis
June 1 - Jane Wolf Waterman, LCSW, JD: Parenting Our Parents

Mind, Body, Spirit Interest Group - See article page 1 for times and contact info

EMDR Peer Consultation - Beginning Tuesday May 1 from 9 to 10:30 am. Contact Lily Goldfarb at 805-490-0455

◆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.