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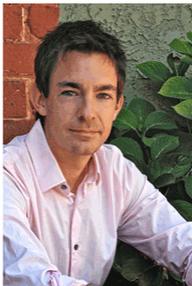
San Diego North County Chapter
California Association of Marriage & Family Therapists



February 2018 eNews



*Caldwell Discusses the Practice of Telehealth
at Chapter's Mini Workshop
Friday, February 16, 2108*



Our February chapter meeting is a mini-workshop from 9-noon at our new venue, [Tri-City Medical Center](#). Dr. Benjamin Caldwell to discuss the topic of “*Online Therapy: The Legal, Ethical and Clinical Landscape.*” As a clinical practitioner, if you have ever participated in a phone session with a client then you are a telehealth provider. Are you aware of the standards governing the telehealth practice?

Dr. Ben Caldwell is a LMFT practicing in the Los Angeles area. He has written several books and is chair of the Legislative & Advocacy Committee for the California division of AAMFT. Dr. Caldwell has also chaired the AAMFT Online Therapy workgroup, which developed a document in

2017 entitled, “Best Practices in the Online Practice of Couple & Family Therapy.” To quote some bullet points from the document, “...many MFTs appear to lack basic knowledge of their obligations when providing telehealth services. For example, many MFTs talk openly of using Skype and FaceTime in their provision of services even though these platforms do not provide the Business Associate Agreements (BAAs) required under HIPAA in the United States (Huggins, 2016).” “Therapists are using new technologies before regulations or professional standards have been developed regarding their use.” One such technology cited is texting. “Licensing boards generally recognize therapy as occurring where the client is physically located at the time of service.”

These and many more points are relevant to how clinicians provide their services online. In the mini-workshop format, you will have the time to have your questions answered and gain further clarity around how to manage your practice. **Don't miss your chance to get your questions answered by one of the most knowledgeable advocates and practitioners, Dr. Ben Caldwell.**

Hope to see you there!
Katie Militello
Professional Development Board Member

[REGISTER](#)

Sponsor Spotlight - Silver Linings Transitions

As professional therapists, you understand the effect stress has on health and the ability to make sound decisions. When a move is necessary due to major life transitions like divorce or the challenges of aging, this task becomes even more difficult.



Silver Linings Transitions' mission is to take away the stress of moving so our clients can focus on getting through these transitions. Our work also makes it easier for adult children sandwiched between aging parents and their own families.

SILVER LININGS TRANSITIONS

We've helped clients move from their family home of 40 plus years into senior communities.

We've also helped divorcing couples like a client who went from a 4800 square foot home where clutter had taken over into a small two bedroom apartment. When she came in for the first time, she cried because her new home was beautiful, clean and organized. From there, she could begin to heal in a peaceful space that was hers alone.

Our scope of services is comprehensive and includes packing, unpacking, organizing and decorating. In addition to handling the physical aspects of the

move, we also help the clients sort through their belongings and help them determine what to do with discarded items taking into account their budgets and values.

In as little as two days clients can be completely packed and unpacked, organized, and decorated and when they come into their new homes for the “big reveal” they won’t see a single box.

Best of all, if a client needs to sell or purchase a home, most if not all of these services are included at no additional cost when they close escrow with our Realtor partner, Bryan Devore, of Pacific Sotheby’s International Realty.

We spare no detail. Whenever possible, we recreate the feeling of home using pictures as guides. From a freshly made bed to an organized linen closet or recreated nightstands, our services are designed to help clients transition from one home to the next with little to no disruption in their everyday life.

We also assist families who’ve lost a loved one peacefully divide belongings, prepare the house for market and sell the home.

In addition to serving our clients, Silver Linings Transitions hires women and men transitioning back into the workforce after their own divorce or after taking time off to raise children.

Using our own experiences of divorce, partners Jami Shapiro and Bryan Devore also host Real Divorce Talk, a Facebook Live show discussing all aspects of divorce; run a nondenominational divorce support group, and host the reality show Senior Savers addressing issues seniors face as they make decisions about the best options for living safely. **Contact Silver Linings Transitions, Inc.** (760) 522-1624 or visit our website www.SilverLiningsTransitions.com



Membership Corner

by Emily Gilmore

We kicked the year off with our first chapter meeting in our new location at Tri-City Medical Center, and aside from some minor hitches, the meeting went well. Attendees gave some helpful feedback at the meeting, and I encourage anyone who would like to make suggestions or comments about the new location to email me at membership@sdnc-camft.org or talk to a Board member at the next chapter meeting (you may have already given input on your meeting evaluation). We look forward to a good partnership with Tri-City as our new venue.

Thank you to our January speaker Megan Hawker, PsyD, LMFT, for helping us to understand more fully the concept of Posttraumatic Growth. Many of us as clinicians are much more familiar with PTSD, and it was refreshing to learn specifics about PTG, including factors that contribute to it, as well as ways we therapists can facilitate its expression in our clients. It was encouraging to see a more hopeful side

to the trauma that many clients face, and to know that there are concrete ways to support those moving toward/through PTG.

I want to extend a special "Thank You" to our longtime members. We truly appreciate your continued support and attendance at our meetings. It is a pleasure to see you, and to know that you have participated in our chapter's events for years. We value your presence in our community, and respect the years you have put into our profession. Look for a feature in the coming months on some of our founding members.

JOIN TODAY



Attention, pre-licensed therapists:

You are important to us! Please join your fellow trainees and associates at our first support group/info session. We will meet [Saturday, Feb. 24 from 9-11 am](#) at Tri-City Medical Center in Oceanside. This is a chance for you to get all of your questions answered in a supportive and encouraging environment. We will discuss topics including the recent title change from "intern" to "associate" for post-graduate MFTs and PCCs (read more about that [here](#)) and where and how to find internships. We'll also share our challenges and successes on this unique career path. For more information, please contact Pre-Licensed Representative Rachel

Moore at: prelicensedrep@sdnc-camft.org

Interested in Helping Our Chapter Be The Best It Can Be?

The Nominating Committee is tasked with finding the best candidates to serve on the Board of Directors. Unlike other committees, it is a short-term commitment over the next couple of months. However, this committee is extremely important for the growth of our chapter and it helps all of us by having the best people serving on the Board.

I am Pete Martin, the current Board Treasurer. I will chair the Nominating Committee and need the assistance of two clinical members. We have a couple of months to identify 3-4 candidates interested in serving a 2-year term on our Chapter's Board of Directors, beginning July 1, 2018. If you are interested in supporting me on the Nominating Committee, please [email me](#). Looking forward to working with the membership to identify perspective board candidates!

Get Involved in a SIG

Our Special Interest Groups (SIGs) are small groups who meet monthly to discuss specific topics. To learn more about SIGs, [click here](#).

Saturday, February 10th, 10am - [Health Insurance](#) Leader Ryan Buchmann

Tuesday, February 27 12pm - [Supervisors](#) Leader Pete Martin

[Emotionally Focused Therapy](#) Leader Kendall Wagner.

[Business & Marketing](#) Leader Belinda Rachman

[Sandplay](#) Leader Gail Gerbie

Welcome New Members

Melissa Barsotti, LCSW

Jenee James, LMFT

Thereza Powell, MFT Intern

Lorena Ramirez, MFT Intern

Kathleen Rapp, LCSW

Juliet Schmitt, LMFT

Marcella Stafford, LMFT

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[UC San Diego Eating Disorders Center](#) | [Silver Lining Transitions Inc.](#)

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