

Subject: Happy New Year! SDNC-CAMFT eNews January 2018

Check out whats eNews at SDNC-CAMFT!



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



January 2018 eNews



***Dr. Megan Hawker to Present
Post-Traumatic Growth for MFT's
Friday, January 19, 2018***

We are excited to have Dr. Megan Hawker kick off our 2018 Chapter Meetings. She'll be the first to present at our new location, Tri-city



Medical Center in Oceanside. Dr. Hawker will be presenting **Post-Traumatic Growth for MFT's**. This presentation will cover the fundamentals of posttraumatic growth, the five factors which facilitate posttraumatic growth and how clinicians can support growth with clients.

Dr. Megan Hawker is the Clinical Director at Interfaith Community Services in North County San Diego and a Licensed Marriage and Family Therapist (LMFT). An Operation Iraqi Freedom (OIF) Veteran, Megan has over 17 years of working with military and veteran populations. She earned a B.S. in Biology from Rochester Institute of Technology and a Doctorate of Psychology (PsyD) in Couples and Family Therapy from Alliant International University in San Diego, CA. Her areas of emphasis include Solution Focused Brief Therapy (SFBT) and Eye Movement Desensitization Reprocessing (EMDR). She has conducted and published research on the topic of posttraumatic growth (PTG) in Iraq and Afghanistan veterans. Dr. Hawker is a member of the U.S. Army Reserves, a Master Resilience Trainer and a graduate of the U.S. Army Command and General Staff College.

REGISTER

January Sponsor - Oak Tree Mediation

Options & Directions for Relationship Dilemmas



When relationships feel broken, to stop the pain couples often want to end the relationship. But you wonder if divorce is the best option. Couples considering divorce may want to start with education, information and understanding unique to their situation – a place to process options to help them plan their next step. They want to see clear alternatives, either together or as individuals.

[One Last Look](#)[™] starts with the idea that divorce is not a target but an option among many alternatives. It starts with eight core questions that explore whether divorce makes sense or if there are alternatives. If divorce is the selected option, the conversation turns to the process. Couples see how children are impacted. They discover the court process, “do-it-yourself” divorce, and other options such as mediation and collaborative divorce. It is an exploration of methods before embarking on a journey that is full of consequences.

Couples also discover [FACCT](#): honest insights about separation and divorce. In FACCT they find that divorce is the formation of a new relationship with each other, especially when children are involved. Even if the relationship was one of hostility or abuse, the result is a re-formed family structure with new rules for interaction.

Awareness is explored. Couples discover, with the help of their therapist, what happened in their marriage that brought them to divorce. They learn that divorce, without awareness, often leads back to the same type of failed relationship.

Communication is part of this learning. Not the tender sharing couples used to enjoy, but the respectful exchange of accurate information. This includes information about children, finances, and schedules. They find that communication after marriage may be more involved than when they were married.

For couples, divorce seems to be the antithesis of the last two parts of FACCT. These are commitment and trust. In FACCT, couples learn that divorce is a legal dispute over the marital agreement. In divorce, they are seeking a court's permission to break the marital "contract." When that agreement ends, it is replaced by a new settlement. Their new arrangement has negotiated conditions which require commitment on the part of both individuals. Over time, trust builds around those obligations.

The hope is that commitments are built by the couple, rather than seeking court-imposed settlements. When couples make their own agreements, they are more likely to live up to promises they have made.

When couples understand FACCT, the results range from being more open to reconciliation or, if divorce is their option, agreements that include critical behaviors and attitudes, including:

- Respecting the rights of both spouses
- Building agreements that work for everyone
- Giving the other spouse what is rightfully theirs
- Learning to communicate respectfully and avoiding court hearings

While divorce is a struggle, it does not need to be devastating. At best, it can be educational and a life-changing experience with growth-oriented outcomes. Education goes a long way towards this result.

Armand D'Alo & Robbin D'Alo www.oaktreemediation.com

Membership Corner

Emily Gilmore

Welcome to the New Year! I hope everyone has had a chance to enjoy the holidays, and to relax, at least a bit. November's meeting was extremely popular, led by our own members Nicola Ranson and Natalie Cooney. Meeting attendees learned specifics about Somatic Experiencing (tm), a body-centered approach to healing many types of trauma (including developmental/relational trauma, and shock-based trauma due to assault, accidents, medical procedures, war, and natural disasters). We learned about the fight/flight/freeze mechanism in the body, and how humans often hold onto the energy caused by trauma, unlike most animals, who are able to release the physical stress of trauma through natural processes. Our speakers shared techniques for resourcing clients, strengthening their tolerance of physical sensations, and facilitating the release of trauma-based energy in the body. It was a timely and thought-provoking presentation, and we thank Nicola and Natalie for their skillful work in educating us in SE!

*****PLEASE BE AWARE THAT WE WILL NO LONGER BE MEETING AT NATIONAL UNIVERSITY. OUR NEW VENUE FOR ALL CHAPTER MEETINGS IS TRI-CITY HOSPITAL, at 4002 Vista Way, Oceanside, [directions here](#).**

Thanks in advance for your patience as we make the transition to our new meeting space. We hope our new location will make for positive and easily accessible learning experiences going forward. Please contact me at membership@sdnc-camft.org with any feedback, questions, or concerns. As always, I look forward to seeing you at our next meeting!

JOIN TODAY

Chapter Meeting Programming Focused on Licensee CEU Requirements
Katie Militello, Professional Development – Board Member

In providing Continuing Education Units (CEUs) for our chapter meetings, we strive to provide our licensed membership with the required CEUs they need for license renewal. All licensees are required to complete the MINIMUM of 18 hours of CEUs for their first renewal. Every licensed member needs 36 CEU credits every subsequent two-year license renewal period. With our 9 meetings/year, we attempt to provide 18 CEU credits if our members attend every meeting. The September networking meeting cannot provide CEU credits because there is no licensed speaker, curriculum or learning goals/objectives. Almost all other chapter meetings comply with the requirements necessary to provide CEUs.

For First Renewal Only there is a requirement to take an HIV/AIDs (7 hours) course. As a chapter, we have searched for a presenter that can provide our members with this requirement. Unfortunately, we have been unable to identify one. The one resource we have found is CE4Less, which is an online provider with the required HIV/AIDs course. Another requirement for every license renewal period is a Law and Ethics (6 hours) course. Every year CAMFT attorneys provide the chapter with the Law and Ethics requirement as a full day workshop.

For the 2017-2018 year, the SDNC-CAMFT chapter has provided 2.5 CEUs in October, 1.5 for November, and we have planned 1.5 for January, 2.5 for February and 6 CEUs for our Law and Ethics full day workshop in March. We have a total of 14 CEUs already identified, and then another 3 meetings to organize. Our chapter should be able to provide 18+ CEUs in the 2017-2018 year.

As a chapter, we try to provide our members with resources and information so members can be up to date and compliant with BBS requirements. We welcome any feedback and questions to better address the needs of our members. We look forward to the New Year and wish all members continued success.



Save The Date!

Team 3000 will gather 9 am -11 am Saturday, Feb. 24.
Join other pre-licensed members for networking and support.
More info to come!

New Year Brings Changes at CAMFT on the Local and State Level

What's Happening Locally?

This month, SDNC-CAMFT will begin to host chapter meetings at Tri-City Medical Center. This new venue will meet our needs as a growing chapter, and we're excited to invite two new speakers to our upcoming meetings! In January, we'll have Megan Hawker, PsyD, LMFT, speaking on [Post-Traumatic Growth](#), a topic that is particularly relevant in light of the recent Lilac Fire and other fires in California. In February, we'll have Ben Caldwell, PsyD, LMFT, discussing [Online Therapy](#) and how to navigate the legal, ethical, and clinical landscape before us. We will also be launching two new Special Interest Groups (SIGs) in January: [Emotionally Focused Therapy](#), and [Health Insurance](#)!

What's Happening Statewide?

Later this month, Nabil El-Ghoroury, Ph.D., will step in as CAMFT's new Executive Director. Under his leadership, CAMFT will continue to advocate for important changes within the field of marriage and family therapy, including preserving the 90-day rule (which allows MFTs to earn hours toward licensure during the time period between graduating and becoming registered with the BBS). CAMFT will be holding its [Chapter Leadership Conference](#) in February, which allows local chapter leaders to connect with CAMFT's Staff and Board of Directors on the state level.

What Does This Mean for You?

SDNC-CAMFT is always looking for ways to expand upon [CAMFT benefits](#) offered to its members. We realize that ongoing membership with CAMFT (on the local and state levels) is a cost that you take into account each year, and we want you to be aware of how your money is being used. Whether it's providing quality educational opportunities, enriching networking experiences, or meaningful legislative changes, we firmly believe that supporting CAMFT ultimately supports you in the short-term and long-term. Thank you for investing in us, which allows us to continue investing in you! If you have ideas on how we can further support you, please don't hesitate to send me an [e-mail](#). I'd love to hear from you!

Take care,

Robin Andersen, LMFT, President of the SDNC-CAMFT Board of Directors

Welcome New Members

Shawn Barnes, MD

Vera McGrath, Grad Student

Support Our Sponsors

[Oak Tree Mediation](#) | [Hospice of the North Coast](#) | [Weber Dispute Resolution](#)
[UC San Diego Eating Disorders Center](#)

[Redfin](#)

sdnc-camft.org

Check out our website for additional information and resources.

[LMFT Directory](#) [Team 3000](#) [Classified Ads](#) [Upcoming Meetings](#)

Copyright © 2018 SDNC-CAMFT. All rights reserved.

admin@sdnc-camft.org

[Facebook](#)

[Unsubscribe](#)