

Subject: Your April SDNC-CAMFT eNews

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

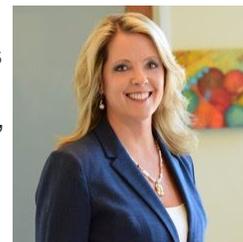


April 2018 eNews



Dr. Gilman to present "Therapists as Critical Incident Responders: Are You Prepared?"

With natural disasters occurring in our state and frequent national mass shooting incidents, there is a growing need for us to be prepared to respond to the trauma our clients, their families, and our communities are experiencing. For our Friday, April 20 chapter meeting presentation, Dr. Sara Gilman, PsyD, LMFT will be speaking on "Therapist as Critical Incident Responders: Are you prepared?" Dr. Gilman is a former San Diego Rural Firefighter/EMT and served on the San Diego Critical Incident Stress Management (CISM) Team for over 10 years. She is an EMDR (Eye Movement Desensitization & Reprocessing) Approved Consultant, Past-President and current board member of EMDRIA (EMDR International Association). She is the co-founder and President of Coherence Associates, Inc. a



professional counseling corporation with an emphasis on assisting first responders in the greater San Diego community to build ongoing resilience in their uniquely demanding profession.

Dr. Gilman, in her presentation, will focus on providing experiential learning to give you tools and understanding to utilize in your practice with clients who have experienced a recent traumatic, life threatening experience. Attendees will further develop their knowledge and skills in Disaster Mental Health and Early Intervention Psychological first aid from a trained and experienced clinician.

[REGISTER](#)

Upcoming SIGs & Networking Opportunities

[Emotionally Focused Therapy](#) SIG – Friday, April 6, 2018 10am

[Health Insurance](#) SIG – Saturday, April 7, 2018 10am

[Wine and Conversation](#) – Sunday, April 15, 2018 6pm

[Supervisors](#) SIG – Tuesday, April 24, 2018 12pm

[Sand Play](#) SIG – Friday, May 4, 2018 9am

Membership Corner - Law & Ethics + Self-Care

Emily Gilmore

Spring and Law & Ethics go together like...Impressionist paintings and song lyrics? Absolutely! As usual, our March Law and Ethics workshop with David Jensen was a real treat--a truly painless way to get those L & E CEUs. We had a full house for the full-day presentation entitled "The Therapist as Creator of Outcomes." Dave gave a uniquely creative, educational, and entertaining talk on ways therapists can prepare for the possible legal and ethical complaints (and other quagmires) we may encounter as clinicians. He explained ways we can go forward with confidence instead of fear, to learn that becoming credible, knowledgeable professionals can minimize the impact of many complaints, and allow for a richer understanding of our work. Thank you, Dave! (And by the way, I'm *still* being haunted by the lyrics and melody of "Fast Car"!)

Spring also reminds me of self-care. As familiar as we are with the term "self-care," I wonder how many of us consistently practice it. Whether it's Law & Ethics anxiety, or workplace burnout blues, taking a bit of time to rest and renew can make a huge positive difference in your ability to function as a therapist. Make sure to routinely treat yourself well—whether that means meditation, massage, or a walk in nature. Your body/mind/soul will thank you, and your clients will enjoy the benefits of a well-

balanced therapist prepared to accompany them on their journey.

Please contact me with any questions or comments at membership@sdnc-camft.org, and I'll see you in April!



Pre-Licensed friends! Join us for the next [Team 3000 meeting](#): 9-11:00 am Saturday, April 28. The meeting is free and open to all pre-licensed therapists (you don't need to be a CAMFT member). Please let us know if you are planning to attend, RSVP [here](#).

The meeting will be a great opportunity to connect with other pre-licensed therapists. We'll discuss your questions and concerns about life as a student or associate; if we don't know the answers, we'll do our best to point you in the right direction!

For more information, please contact Pre-Licensed Representative Rachel Moore at: prelicensedrep@sdnc-camft.org

P.S. After the meeting, you may want to head up to Orange County for the [CAMFT Annual Conference](#). They will host a free [Associates Job Fair](#) on Saturday, April 28, at 12:15-2:00 pm. If you want to attend the rest of the conference that day, CAMFT is offering a \$49 special Associates fee for Saturday. Click [here](#) for more info.

JOIN TODAY

Support Your Chapter "Going Green"



SDNC-CAMFT has been gradually reducing its use of paper materials at board and chapter meetings over the past two years. **We're proud of our "going green" efforts and hope you will support us in this area!** One way to do so is by accessing PowerPoint slides, handouts, and other presentation materials via your electronic devices (laptops, tablets, smartphones) during chapter meetings. This allows us to avoid printing hundreds of paper copies each month and invest our resources elsewhere. We understand that "going green" isn't always easy, so members who wish to print paper copies and bring them to meetings are still welcome to do so; however, we will no longer be providing paper copies at our chapter meetings. Feel free to [e-mail](#) us with additional ideas on "going green" as a chapter!

Chapter Reciprocity

We're proud to announce that SDNC-CAMFT and [SD-CAMFT](#) are offering chapter reciprocity for certain events!

SDNC-CAMFT Members: When registering for [SD-CAMFT's events](#), simply select the "North County Member" option. This will allow you to save money by paying the SD-CAMFT member rate, without having to join their chapter!

SD-CAMFT Members: Our chapter meetings will continue to be offered for \$20 each (which includes 1.5 CEs and light refreshments); however, you will now be able to attend our all-day workshops and mini-workshops at the SDNC-CAMFT member rate! Our administrators will send a unique discount code for each of these workshops to the SD-CAMFT Board of Directors, so keep an eye out for those. Our next workshop will take place in October!

Why Sponsor an Event?

SDNC-CAMFT is always looking for sponsors. There are many benefits of being a sponsor including an article in our monthly newsletter that is distributed to 900+ contacts, weekly posts on our Facebook page, having your logo displayed and linked on our website, and the ability to give a 10 minute presentation at one of our chapter meetings. Please check out our [sponsor's page](#) to see a list of our current sponsors and learn more about this opportunity. Contact Jessica at outreach@sdnc-camft.org if you are interested or have any questions.

Welcome New Member

Heather Burdick, LMFT

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sdnc-camft.org

Check out our website for additional information and resources.

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[Team 3000](#)

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