

Education ♦ Advocacy ♦ Community

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Reamer Conference Huge Success

Over 175 social workers attended the ethics conference with Frederic Reamer November 9, co-sponsored by GWSCSW and the Clinical Social Work Institute. Reamer, who has presented to the Society twice before, is a renowned writer and speaker who chaired the working group that wrote the NASW Code of Ethics.

Reamer's focus this year was on difficult dilemmas: those that do not lend themselves to easy, clear-cut resolutions. He talked about teasing out legal or clinical/supervision issues from ethical issues—something we don't often hear about. At times using his own vast and even amusing experiences, and other times drawing on situations from the audience, he made what can be a dry subject exciting, and engaged the group in lively, thought-provoking discussion.

Attendees came from a variety of practice venues. Many are involved in agency work, with a significant representation from the DC Child and Family Service Agency, who were invited to attend free by the Society. Evaluations offered glowing feedback: "Excellent presenter—wonderful combination of erudition, experience, rapport with audience, and humor." "Please have him return yearly. I'd attend again—even if I didn't need ethics CEUs!"

The conference was organized by an ad hoc committee chaired by Dolores Paulson and including Audrey Thayer Walker, Alice Kassabian, Golnar Simpson, and Connie Hendrickson. Audrey Thayer Walker hosted a totally delightful reception for Reamer at her home the night before the conference, attended by committee and Board members as well as by Reamer's brother, who lives in DC.



Dolores Paulson, Golnar Simpson, Frederic Reamer and Audrey Thayer Walker at the reception held for Dr. Reamer

We extend a huge thank you to the committee members for all their efforts in making this a stimulating, well-run and pleasurable experience. Reamer has often expressed his regard for our organization and members, and the enjoyment he takes in his visits and interpersonal exchanges here. We plan to continue having him present every other year, and hope that those of you who have not had the surprising pleasure of one of his conferences will join us the next time around. ❖

GWSCSW ANNUAL CONFERENCE

Diane Barth, MSW

**February 6
Friday Dinner Meeting**

*Idealizing and Blaming Parents:
Developmental issues*

**February 7
Saturday Workshop**

*Treating Eating Disorders
in Clinical Practice*

(More information on page 10)

www.gwscsw.org

Greater Washington Society for Clinical Social Work, Inc.

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202-537-0007

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— ♦ —

GWSCSW NEWS & VIEWS

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Erin Gilbert, Jonah Green, Shoba Nayar,

Susan Post, Connie Ridgway, Mary Lee Stein,

Ann Wroth, Kim Yamas

News & Views is published four times a year: March, June, September and December. The deadline to submit articles and advertising is the 20th two months prior to publication.

Articles and letters expressing the personal views of members on issues affecting the social work profession are welcome and will be published at the discretion of the editorial board.

Signed articles reflect the views of the authors; Society endorsement is not intended.

For advertising rates see page 23

Email ads to gwscsw@gmail.com

The next issue will be published

March 2009 and the deadline is January 20.

Email articles to koganblackwell@verizon.net

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President's Message

Susan Post

The G8. The G7. The G20. Neo-cons. Credit default swaps. Post-racial America. Post-American world.

How many of these terms do we really understand? I mean *really* understand. The first three refer to defined groups of nations and meetings of their representatives—how many of us know which countries and which representatives are involved in each? Or what their different purposes are? One refers to a group of people with certain economic and social belief systems—can you define it? Do you know who is in it? Another is a complex “financial instrument”—for this one, you have to look up the definition of the definition. And the last are the kinds of terms commentators throw around, as if they are self-evident and brilliantly prophetic. I’m not trying to be sarcastic or even skeptical—honestly. If you can accurately define every one of the above, and tell me the precise location of South Ossetia for extra credit, you are a better citizen than I.

As you read this, it is December and we have a new president-elect. But as I write, it is late October with election day less than two weeks away. What a remarkable, long campaign season we have had. Never have I been so engaged and so hopeful. But I’m starting to grow tired of spending so much time at my computer fact-checking the candidates’ rhetoric, obsessively reviewing electoral maps and polls, and making phone calls for my candidate.

Last night I had the great privilege of attending a forum at the National Cathedral at which Brent Scowcroft and Zbigniew Brzezinski discussed the role of America in a changing world. Scowcroft (Republican) and Brzezinski (Democrat) have published a book of dialogues on this topic, moderated by our local columnist David Ignatius, who also sponsored and moderated last night’s event. Wow—the glorious treat of listening to two very smart, articulate, and especially thoughtful public servants. It’s reassuring to know they are out there to help move our minds—and those of our leaders—beyond the hype and spin of political campaigns and the media.

I wish I could share every pearl of wisdom dispensed by these great men whose understanding of the world is both broad and deep. Let me just note that Brzezinski talked forcefully about the folly of attempting to “nation build” in the Middle East; that Scowcroft perceptively discussed the counter-productive role of humiliation in our policies towards Iran; and that they feel we must include Russia in our vision of the world rather than isolate it in relation to NATO. Most importantly, these two men with widely divergent views continuously pressed for greater inquisitiveness about, tolerance toward, and dialogue between opposing parties here at home and in the world at-large.

Tom Friedman, informative and down-to-earth as always, gave the summation. If you read or listen to Friedman, you know how far-reaching yet personal are both his curiosity and his knowledge. He brought the con-

versation home. Like the two statesmen, Friedman observed that while parts of the world may be dismayed (or worse) by American hubris, interventionism or culture, this same world—first-world, second-world, and third-world—has also always looked to American generosity, ingenuity, and especially optimism as a guide into the future. So his focus was the nation building we need to do in this United States. Not that we are in danger of entering a Post-American world, but that we risk the very ideals we stand for by becoming internally divisive.

How does all this relate to our Society and social work? If I had the brains of those I heard speak last night, perhaps I could be eloquent and precise. I only know that they all stressed the increasing importance of attention to community, and that we comprise a community and exist in the context of larger communities, and that we need to attend to all of these. For the most part, as individuals and social workers, we're pretty good at this civic duty. I'd render a guess, as well, that more of us participated actively in this recent campaign than ever before.

But they also talked with grave concern about the decline in American education with regard to history

and geography, and the consequences of this paucity of understanding to our roles as citizens of the world. In this regard, I'm guessing many of us could do a lot better. I know I could. I "Tivo" Charlie Rose and Bill Moyers. I listen to C-Span daily in my car. I obsessively Google the financial terms—some I've never heard before, some familiar to me but never understood—I hear every day now. But I have books by my bedside on the Balkans, the history of world religions and languages, genocides around the planet, both recent and distant, and I can't boast that I have completed any of them. I need to break my bedtime addiction to Sudoku—my sleeping pill of choice—and read more. And then query and explore and discuss and debate.

As social workers, many of us invest huge amounts of time and money in furthering our understanding of theory and clinical practice. It's natural—this is our professional interest and our bread and butter. But we need to stay intellectually curious and honest not only about psychology and social issues but about the history and cultures of the larger world as well. And we need to encourage our children to do the same.

Systems theory on a grand scale, I suppose—maybe that's the connection to social work. ❖

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Check Out Clinical Social Worker Retirees Group

Grace Lebow

We Grown-Ups have been meeting since September 2006. We get together in our homes near the Maryland/DC line. We meet monthly to study and discuss retirement topics. Information is shared based on the professional and personal experiences of group members. We also talk about our own professional skills and explore how we can apply these in our retirement years. Ideas are shared as we support each other in new retirement ventures. We also read and review books together, such as our current choice, *What Color Is Your Parachute – For Retirement: Planning For The Life You Want*, by Richard Bolles and John Nelson.

CEUs are given for each 90-minute meeting.

Newcomers are welcome. Please drop in and see if this is the right group for you. This year's leader is Estelle Berley. For more information, call Estelle at 202-362-2804.

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New Internet Group: Therapists/Moms/Dads of Kids and Teens

Jen Kogan

A new internet group has just been created for therapists who are also mothers of children and teens. As we all know, motherhood is a rich and rewarding experience but it can also be tough and somewhat isolating. Another rewarding role that can be equally isolating is that of therapist. As moms/therapists we may be able to carve out time for a coffee or lunch date, but things are always subject to change. It could be that the babysitter is sick or the school has closed due to a power outage (this happened to me a few weeks ago).

My goal for this group is that we all get to introduce ourselves and our practices to each other. Meeting online to share ideas and offer support over the internet can be done anytime and according to each person's own schedule. Dads who are therapists are welcome to join the group as well. Once we get off the ground, it would be wonderful to meet in person sometime for a mom/dad/therapist get-together.

Until then, go to this link: <http://groups.yahoo.com/group/DCtherapistmoms> and click on Join. Hopefully, you will have a whole new resource at your fingertips!

Save The Date:

Theater Party at the Studio Theater May 3

Following last year's successful event seeing Arthur Miller's play, *The Price*, the GWSCSW is planning a theater party on Sunday May 3, 2009 to see Tom Stoppard's play *Rock 'N' Roll* at the Studio Theater in Washington, DC. A rapturous, decades-spanning tale of Prague's rock revolution, Tom Stoppard's *Rock 'n' Roll* follows the passions and politics of a Marxist professor in Cambridge and his Rolling Stones-obsessed protégé fighting for freedom in Soviet-dominated Prague. Nominated for four 2008 Tony Awards, *Rock 'n' Roll* pulsates to the beat of the Stones, Pink Floyd, and Syd Barrett, Floyd's disturbed genius, whose reclusive life becomes a haunting motif of the play. This event which will be followed by a light supper.

AAPCSW Conference

February 26–March 1, 2009 in New York City

The American Association for Psychoanalysis in Clinical Social Work will be holding its biennial conference at the Marriot Downtown hotel in New York City February 26–March 1, 2009. The theme of this excellent conference is *Memory, Myth and Meaning in a Time of Turmoil*.

On February 26, the preconference workshop focuses on the impact of the outside world—war, politics, environment and health care and the conference addresses a wide range of issues. Notable speakers include Jay Greenberg, Andrew Samuels, Judith and Allen Schore, Eda Goldstein, Carol Tosone, Salman Akhtar, and Joan Berzoff. GWSCSW members presenting at the conference include Joel Kanter, Alice Kassabian, Golnar Simpson, and Audrey Walker.

A complete conference program can be found at the AAPCSW website: www.aapcsw.org. Early registration ends December 15, 2008.

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OUT & ABOUT

.....
This column shares news about members' professional accomplishments—our publications, speaking engagements, seminars, workshops, graduations—as well as our volunteer projects and special interests or hobbies. Here is what some of us have been up to...

Jan Freeman and **Nancy Wilson** recently co-lead a three hour Saturday morning workshop on ethics, boundary issues and boundary violations. The turnout was excellent with over 40 Society members participating in an energetic and lively discussion about the ethical decision making process with material drawn from two videotapes of psychotherapy sessions from the HBO "In Treatment" television series.

Monica Berger assisted with the program and other important details in making the workshop a success.

Marilyn Lammert moderated a panel last month at New Jersey's 27th Annual "Let's Talk Adoption" Conference. School experiences and issues of racism and identity were highlighted in a panel discussion of Korean adoptee adults talking about how they became the individuals they are today.

Connie Ridgway just released a CD of her original music, joining with two other friends in three-part harmonies and songs to encourage people on a spiritual path. Contact Connie or hear a song sample at FullCircleCreativeHealing.com.

Joel Kanter became the first recipient of the Private Practice Clinician Award of the Montgomery County Mental Health Association. Joel was recognized at the Mental Health Professional Awards Breakfast on November 14 for his contributions over several decades to the care of the mentally ill, to training and supervision of new clinicians in the county social services system, and to research and scholarship in the field. ❖

Send your information for Out & About to newsletter co-editor Jen Kogan at koganblackwell@verizon.net.

VISIT OUR WEB SITE: www.gwscsw.org

ADVOCACY & LEGISLATION

■ FEDERAL

Laura Groshong

I hope you are all aware of the historic mental health parity bill that passed Congress and was signed into law by the President on October 3, 2008. The passage of the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008, part of the Emergency Economic Stabilization Act, is good news for the country on a whole. While CSWA would have preferred a 'free-standing' bill, the passage of mental health parity in any form is something to celebrate. This law must be implemented by the Departments of Labor, Health and Human Services, and the Treasury by October 3, 2009.

However, this law should not be confused with true mental health parity. Many states have parity laws which are stronger than this Federal law. (Luckily, they will not be affected by this law.) Furthermore, the political value of this law is probably far more important than the actual benefits the bill contains. In short, mental health disorders and their treatments have been given more Federal legislative recognition than ever before.

Here is what the law contains:

The law requires parity between mental health/substance abuse services and medical/surgical services, i.e., if a mental health/substance abuse benefit is offered, it must be at parity with medical surgical benefits in the following areas: 1) co-pays; 2) coinsurance; 3) deductibles; 4) out-of-pocket expenses; and 5) out-of-network coverage.

Here is what the law does not contain:

First, the law does not contain a mental health *mandate*; it contains a mental health *offering*, meaning that any insurance plan covering large businesses, whether it is a self-insured plan (with Federal oversight) or a state regulated plan, must *offer* mental health benefits *at parity* with medical/surgical benefits *if* mental health benefits are offered. There is no requirement that a mental health benefit or substance abuse benefit be offered. (This mainly covers about 82 million enrollees in ERISA plans (about 1.6 million in Washington). Until now, these enrollees have had no parity protection in these plans, as they are exempt from state parity laws.)

Second, there are several major groups that are not included in this law. They are Medicare (which has a recently-mandated mental health co-pay at parity with medical/surgical co-pays which will be phased in over the next six years, passed in separate legislation); Medicaid; small business plans; and individual health plans.

Nonetheless, having recognition of some form of mental health parity should incrementally improve the acceptance of the need to acknowledge and treat mental health disorders as well as physical disorders.

Many thanks to all of you who responded to the legislative alerts CSWA and other groups sent requesting your help in contacting members of Congress. Your actions contributed to this fine achievement. ❖

Laura Groshong, LICSW, is Director for Government Relations for the Clinical Social Work Association (CSWA), the national voice for clinical social work. Laura can be reached at lwgroshong@clinicalsocialworkassociation.org. GWSCSW members are reminded that, while our Society receives some benefits as a CSWA affiliate, a direct membership in the Association brings additional benefits to the individual member.

■ MARYLAND

Alice Neily Mutch

The statewide budget deficit has been a primary focus for the Maryland Legislative Council (the coalition of the Greater Washington and the Maryland Societies of Clinical Social Work) during this interim between Assembly sessions.

In the effort to balance the FY09 budget, Governor O'Malley and the Board of Public Works have approved reductions of over \$345 million and cut spending up to 5% in all state agencies.

The cost of living increase (COLA) for mental health providers will be affected; the remaining 1.2% increase agreed upon during the last legislative session is now cut in half. As for the 1% cut to community mental health services (totaling \$3.6 million), the Mental Hygiene Administration has said it will manage this cut by means of tougher controls on service utilization and compliance, with particular focus on providers showing certain billing patterns. There are "no plans at this time" to reduce rates.

For a complete list of budget reductions by State agency, visit: <http://www.governor.maryland.gov/documents/BPWdetail081014.pdf>

Welcoming Our Intern

Novlett Lewis, a second-year MSW student at Howard University, is our Legislative Council intern this year. The internship is designed to

- provide the student with hands-on experience in grassroots and collaborative advocacy;
- provide opportunities to learn about government, politics, democratic processes, cultural diversity, public administration, the making of public policy, and the nature of power; and
- provide an opportunity for in-depth understanding of health and mental health treatment/service issues.

Novlett comes to us with a wide range of experience; she has worked with a housing assistance program, in hospital case management, with the chronically mentally ill, with a court offender supervision program, and at a psychiatric hospital for children. Her special interest is in research on health care disparities.

Alice Neily Mutch of Capital Consultants of Maryland is lobbyist for the Legislative Council, the coalition of GWSCSW and MSCSW. Her website www.capitalconsultantsofmd.com provides a wealth of information about Maryland legislation and legislators. ❖

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■ VIRGINIA

Christopher J. Spanos

The 2009 session of the Virginia General Assembly will convene Wednesday, January 14, and is scheduled to adjourn on Saturday, February 28, 2009. Members of the General Assembly will be consumed with matching state revenues with state programs and services. Currently, the state has a \$77 billion budget. Based on an updated state revenue forecast, a reduction of approximately \$3 billion needs to be put in place.

Issues Facing the Practice of Clinical Social Work

House Bill 1146, passed in 2006, ordered:

“That the Board of Social Work shall consult with relevant stakeholders, including educators, professionals, and appropriate agencies and organizations, to determine (i) if current education and training requirements for social workers are adequate to assure the public of professional competency and (ii) whether current exemptions from the requirements for licensure best serve the citizens of the Commonwealth.”

Based on their two-year study, the state Board of Social Work has adopted a draft Report on Social Work Practice in the State of Virginia. There is a 30-day period for public written comment on the report. The Board is tentatively scheduled to vote on the final report at its January 2009 meeting. Once the report is final, a courtesy copy will be sent to the legislator who was patron of the bill requesting the study.

In its draft report, the Board made a recommendation to remove the current statutory provision for exemptions from licensure. At present, the Board has no plans to request legislation based on its recommendation. However, any Virginia constituent can approach his or her member of the General Assembly with a request to file such legislation, or to file legislation to implement any of the other recommendations in the report related to the licensure requirements for social work and clinical social work. ❖

Christopher J. Spanos, government and public affairs counselor for the Spanos Consulting Group, is the lobbyist for the coalition of GWSCSW and VSCSW. He can be reached at ChrisSpanos@SpanosConsulting.com or (804) 282-0278.

■ DISTRICT OF COLUMBIA

Margot Aronson

The District's Child and Family Services Administration (CFSA) continues to struggle with a serious backlog of child abuse and neglect reports, and came under increased fire this fall after an adoption decision went tragically awry.

We have been in contact with Councilman Tommy Wells in support of our CFSA colleagues who are dealing with back-breaking caseloads, and we have attended the relevant hearings. We have been publicizing CFSA recruitment needs and urged other groups to do the same. (See ad, page 23.) Most recently, in what we hope is a morale-booster, we extended an invitation to these social workers to be our guests at our ethics workshop with Frederic Reamer.

CareFirst in the Spotlight

GWSCSW has been an active member of the CareFirst Watch Coalition, which came into being several years ago shortly after our local BlueCross/BlueShield, known as CareFirst, attempted to sell itself to a for-profit company. As details of the planned transaction came to light, we were stunned to learn of the audacity of CareFirst executives entrusted to manage the publicly-chartered nonprofit: they had arranged to be rewarded for the deal with multimillion-dollar bonuses.

The Maryland insurance commissioner halted the sale, and a major study was undertaken to examine both the specifics of the congressional mandate and the financial status of CareFirst compared to other insurance companies. The study, published by the D.C. Appleseed Center for Law and Justice, determined, first, that CareFirst has, as a "charitable and benevolent" entity, a legal obligation to invest in the health of the District, and, second, that CareFirst's stockpile of millions of dollars of "excess surplus" is far above and beyond what the insurance industry considers necessary even for unexpected catastrophic needs.

With the possibility of health dollars coming back into the District, a coalition of community organizations began to meet to track how CareFirst would handle its obligation in D.C. and to learn about how nonprofit insurers in other jurisdictions deal with the uninsured and the underinsured. GWSCSW has been part of the coalition steering committee from the beginning as the voice for mental health needs.

The Medical Insurance Empowerment Amendment Act of 2008

The D.C. government recently filed a lawsuit seeking \$100 million from CareFirst for community health benefits, and Councilwoman Mary Cheh has put forward Bill 17-934, the Medical Insurance Empowerment Amendment Act of 2008. This Act would establish standards and accountability for CareFirst's community health obligation.

- CareFirst would be required to engage in "community health reinvestment" using a specific percentage of its gross revenue from premiums.
- CareFirst would be required to maintain (and advertise) an open enrollment insurance program in the District, with affordable premiums, deductibles, and copays, and no lifetime or annual caps.

At a very lively (and lengthy) hearing on October 10, Councilman David Catania grilled CareFirst representatives, noting that the insurer had snubbed the Council's efforts to negotiate and had pulled out of an earlier agreement to fund and administer a health program. Councilwoman Cheh suggested that CareFirst should welcome guidance, oversight, and accountability.

After the expert testimony, various nonprofit organizations—recipients of CareFirst's largesse in the past few years—testified as to their appreciation for and dependence upon their CareFirst grants. Putting this charity in context, Sharon Baskerville of the D.C. Primary Care Association noted that her association had received \$1.5 million from CareFirst over three years. Nevertheless, she supports the legislation, she said, because it would provide a steady resource for the city's neediest residents, adding that when nonprofit groups have to compete for CareFirst's beneficence, too much depends on lobbying expertise.

GWSCSW testified in support of the bill, urging the Council to consider our two specific concerns. (See testimony in side box.) As to the first—the importance of prohibiting the exclusion of pre-existing conditions in the open enrollment insurance program—Councilwoman Cheh responded, "I hear you. We have an understanding, but you're right, we need an express provision, and we will act on it." Commenting on our second concern regarding the issue of provider remuneration, she noted that it "is a larger project which we will take on, separate from this bill." (Later, the representative from the American Psychological Association,

testifying in support of the legislation, referred to our testimony and emphasized that his organization is in agreement with ours on these two issues.)

As this newsletter goes to press, the bill has gone through mark-up and is scheduled for first reading in early November. We will continue our support, with letters to the Council and follow-up with Councilwoman

Cheh to explore the “larger project” that might affect provider remuneration. ❖

Margot Aronson, LICSW, is GWSCSW vice president for legislation and advocacy; Mary Lee Stein is GWSCSW’s representative on the CareFirst Watch Coalition steering committee. Both are in private practice in the District of Columbia.

GWSCSW Testimony
before the
D.C. Committee on Public Services and Consumer Affairs
Bill 17-934, the Medical Insurance Empowerment Amendment Act of 2008
Friday, October 10, 2008

The Greater Washington Society for Clinical Social Work is pleased to be here today to testify in support of Bill 17-934, the proposed Medical Insurance Empowerment Amendment Act of 2008. The Society has a membership of over six hundred licensed clinical social workers at the masters and doctoral level in the D.C. metropolitan area working in hospitals, social service agencies, nonprofit centers, mental health clinics, schools, and in private practice.

We clinical social workers see at first hand the impact that lack of access to affordable, quality, health/mental health care has on such troublesome District concerns as HIV/AIDS, domestic violence, gangs, teen pregnancy, and child abuse and neglect. We support Bill 17-934 because it would require CareFirst to apply its huge excess surplus to community health reinvestment: by providing health coverage for low-income, uninsured, or underinsured persons; through subsidies for public health provider programs; and through other community healthcare-related expenditures approved by the mayor. The bill provides clear direction for this nonprofit insurer, which has for so long taken advantage of all the benefits of its federal charter as a “charitable and benevolent institution,” to at last take responsibility for fulfilling that charter’s mandate.

The bill will require CareFirst to maintain and advertise its open enrollment insurance program for those who cannot qualify for a group or public healthcare plan. It establishes much-needed standards for affordability, adequacy, and protection against annual and lifetime caps. In our experience, such standards are critical: we serve clients whose only possibility of continuing insur-

ance coverage, after their COBRA is exhausted, is priced at \$1,500 and up per month. Other clients have premiums that are affordable with impossibly high deductibles—over \$2,500—making coverage useless except if there is a catastrophic illness.

Two concerns remain.

- First, we urge that the standards for adequate care set by the legislation expressly prohibit the refusal or delay of care for so-called “pre-existing conditions”—an insurance tactic that unfairly targets the most vulnerable.
- Second, we ask the Council to be aware that maintaining an adequate provider network will require, at the very minimum, reimbursement rates comparable to Medicare rates, and we urge the Council to address this issue. At present, CareFirst is notorious among providers both for the extraordinarily generous remuneration packages it offers its executives and board members, and, at the same time, for the nickle-and-diming approach it takes to provider reimbursements. Increasingly, experienced providers are leaving CareFirst panels with the complaint that they cannot afford to practice at the currently contracted rates.

In closing, we applaud the Council for taking this step to hold CareFirst to its legally mandated obligation—as well as its moral and ethical responsibility—to promote community health. We urge the Council to take the additional steps we’ve described, and we thank you for the opportunity to comment on this bill.

GWSCSW Annual Conference and Dinner Meeting with F. Diane Barth

On February 6 and 7, F. Diane Barth, MSW, LCSW will return to the GWSCSW to present a Friday Dinner Meeting Lecture and a Saturday Morning Workshop at our Annual Conference.

Her Friday evening talk will address the topic of *Idealizing and Blaming Parents: Developmental issues and Therapeutic Phases*. Her Saturday workshop will focus on *Treating Eating Disorders in Clinical Practice*. In both presentations, Diane will share her unique integration of attachment theory, self psychology and clinical experience.

F. Diane Barth LCSW, has written numerous articles on eating disorders, and has taught at the Center for the Study of Anorexia and Bulimia, the Postgraduate Center and the National Institutes for the Psychotherapies. An excellent presenter, Diane's most recent article, "Hidden Eating Disorders: Attachment and Affect Regulation in the Therapeutic Relationship," was recently published in the October 2008 issue of the *Clinical Social Work Journal*.

Location and registration information is available at the GWSCSW website: www.gwscsw.org.

Conference on the Effect of Suicide on Clinicians Set For February in DC

The suicide of a patient is a traumatic event in the life of a psychotherapist, and is often not talked about or studied for complicated reasons such as shame, stigma or fear of litigation. This silence is remarkable since research suggests that up to 50% of clinicians will lose a patient to suicide in the course of their career.

The Consortium for Psychoanalytic Research will be sponsoring a one-day conference in which Dr. Jane G. Tillman will present *The Effect of Suicide on Clinicians: A Research Perspective*. Dr. Tillman is a clinical psychologist and supervisor at the Austen Riggs Center in Stockbridge, Massachusetts. She has published and presented her research on the effect of patient suicide on clinicians and is currently working on a research project interviewing people who have survived a near-lethal suicide attempt.

Dr. Tillman will present data from a study in which she interviewed psychotherapists who have had a patient commit suicide. Eight themes common to this experience emerged from these data and help to outline the predictable responses of clinicians to such an event. Understanding the acute and long-term consequences of patient suicide on professional identity and ongoing clinical practice will be reviewed.

Conference participants will learn about qualitative research methodology and the existing literature on

the impact of suicide on clinicians. They will have the opportunity to review their own experiences and attitudes toward working with suicidal patients and their responses to colleagues who have had a patient commit suicide. Understanding the potential effect of having a patient commit suicide may help the clinician anticipate the difficulties associated with this painful professional experience.

The Program Chair is Gerald P. Perman, MD, the Facilitator will be Melanie Starr Costello, PhD, and discussants will include Nancy Meyer, MSW, and Anton Trinidad, MD. ❖

Sunday, February 1, 2009


8:30 AM – 4:30 PM

Sibley Memorial Hospital, Ernst Auditorium
5255 Loughboro Road NW, Washington, DC 20016

The registration fee is \$60 general and \$30 for full-time students and active military

A continental breakfast and boxed lunch is included with advance registration.

Additional information can be obtained at www.cprincdc.org



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Introductory Imago Relationship Therapy Consultation Group

Gail Guttman, LCSW, of Guttman and Pearl Associates is offering an 8-session Introductory Imago Relationship Therapy Consultation Group, which meets twice monthly. Therapists will learn the theory and techniques of Imago Relationship Therapy and present couples' cases for consultation. Participants will receive feedback and explore their own issues, which present "road blocks" to helping couples. Gail has been consulting with Imago and non-Imago therapists for the last 14 years and a couples and sex therapist for 30 years. CEUs available.

For further information, please contact
 Gail at 301-984-0322 or gailgpa1@comcast.net

**Professional Consultation Group
 on the Treatment of
 Psychological Trauma**

Led by: Christine Courtois, PhD and Jeffrey Jay, PhD

For the first time, Dr. Courtois and Dr. Jay are joining to offer a consultation group for psychotherapists who work with psychological trauma. Dr. Courtois is an internationally recognized expert in the treatment of the sequelae of early childhood traumas, especially incest/child sexual abuse and attachment trauma. Dr. Jay is a senior clinician in the treatment of adult, civilian and war-related traumas. Together, they will bring over sixty years of experience into a unique and provocative dialogue about the course and treatment of trauma, using their distinct but related expertise comparing and contrasting early stage with adult-onset psychological injury. The group will focus on treatment models as well as the needs of therapists, encouraging discussion of the risks as well as the potentials of this work.

This group will provide a unique opportunity to address case material in several dimensions: individual cases will be discussed in depth, but cases will also be placed in the context of varying theoretical approaches, as well as historic and cultural contexts.

Beginning in December, the group will meet on first Wednesday of the month at noon for ninety minutes and will have no more than 10 members. Group members will be pre-screened to avoid dual relationships among group members and for the purpose of confidentiality. The fee for each session is \$100, payable by session. We are seeking an initial 6 month commitment.

Dr. Courtois, is currently principal of Christine A. Courtois, PhD & Associates, PLC, a DC-based private practice that focuses on trauma treatment, life transitions and wellness. She is the Co-Founder and former Clinical and Training Director of The CENTER: Posttraumatic Disorders Program (inpatient and Day program) at the Psychiatric Institute of Washington. She has published numerous chapters and articles and three books on trauma treatment: *Healing the Incest Wound*; *Adult Survivors of Child Sexual Abuse*; and *Recollections of Sexual Abuse*. A new book, *Complex Traumatic Stress Disorders: An Evidence-Based Clinicians' Guide*, co-edited with Julian Ford, PhD, will be published later this year. Dr. Courtois is a frequent speaker at national and international conferences on treatment approaches and issues.

Dr. Jay, the Director of The Center For Post Traumatic Stress Studies, has worked with psychological trauma since 1970. In 1979 he established one of the first independent programs for Vietnam Veterans and their families. Over the years, he has worked with survivors of the Holocaust, victims of torture, as well as victims of disasters and crime. On 9-11, he was asked to respond to the attack on the Pentagon and to the World Trade Towers and subsequently worked with many families from the attacks. He has produced a PBS television show on Hurricane Katrina and regularly provides expert testimony in court for individuals seeking asylum in the United States, based on reports of torture.

For further information
 Dr. Courtois at 202-362-2776 or CACourtoisPhD@aol.com
 Dr. Jay at 202-362-0063 or jeffjayphd@aol.com.

GWSCSW Welcome



Melinda Salzman, Membership Chair



Margot Aronson and Sue Stevens



Nancy Meyer, Melinda Salzman, Molly McKenna, Karen Brandt



Kathi Nardella and Susan Post



Erica Berger, Sheila Resnick and Gloria Beller



Molly McKenna and Karen Brandt

es New Members



Mary Lee Stein, Melinda Salzman & Jeanette Bruce



Gloria Beller and Melinda Salzman



Deborah Newmark, Margot Aronson, Lisa Wilson, Sheila Resnick



Molly McKenna, Jeanette Bruce, Margot Aronson



Jane Nielson & Judy Gallant



Nancy Meyer and Gwen Melnick

Freeing My Voice: Sound Care for One Therapist

Connie Ridgway

When I was a child, I wanted to be a singer. My idol was my choir director, Claudia. She had such enthusiasm for singing. I also knew that I connected well with people and I liked “helping” them. I majored in Community Development and Housing in college, with a thought to help low-income people obtain adequate housing. It is quite possible that I got the subtle (non-verbal) message from my family that music doesn’t make any money. It is also possible that I was afraid to put myself “out there” to be a musician.

I worked for a housing organization right out of college. I had also started to write music and perform with a group from my church. We sang for church and also at various social action events. I even got labeled by the Washington Post, when singing for an anti-war rally, as a “Joan Baez sound-alike.” It was a back-handed compliment, but I took it. What I liked was the combination of music with a cause, and with a community.

For a time I forgot about my original love and desire to sing for a living. It didn’t seem to fit in. Occasionally I would find a song that suited a client’s particular situation and share the song with them. Soon after, I discovered a program called Guided Imagery with Music, whereby one would play carefully selected music to help a client travel on a guided imagery journey of their own making. It was effective and moving work.

Lately I have been yearning to bring singing back into the forefront. I’ve started a workshop called “Freeing Your Voice” that has taken a few different forms. The first workshop I did was for a spiritual group that wanted to deepen their life together. We sang, did body centering exercises, drew our images and shared.

I then started to do some research on “compassion fatigue” among therapists, and found that the techniques I have been using for a long time—somatic (body) awareness, guided imagery, and, yes singing—are all excellent ways to heal from compassion fatigue. I read that the resonance of sound, and especially music that one performs (versus listens to) alters brain waves to calm the nervous system, lessens reactivity, and alleviates depression.

I knew this experientially, but hearing about it in research journals was gratifying.

In the next workshop I incorporated this research on compassion fatigue to meet the needs of helpers on the “front lines” who may absorb the trauma of their clients—social workers and others who work with clients who have suffered domestic violence, life-threatening illness, and disasters. I will be doing another Freeing Your Voice workshop for an organization helping ex-offenders, and a singing workshop for helpers at a small hospice for formerly homeless people.

It is scary to bring singing into my paid work. I feel very vulnerable, as it is close to my core, my heart. I keep thinking someone will say, “You can’t do this for a living! No one will take you seriously!”

But singing takes us to a deeper level, a vibrating core of heart-openness. It is worth the risk.

Connie Ridgway, MSW is has been a therapist since 1995. She is offering a workshop for GWSCSW in Spring 2009 called “Freeing Your Voice: Sound Care for the Therapist.”

ca

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Brown Bag Workshops

Resuming a tradition of member-led lunch hour workshops, the GWSCSW has initiated two series of Brown Bag workshops, one at the Davis Library in Bethesda and the other at Virginia Commonwealth University School for Social Work in Alexandria.

All Brown Bag workshops are held Noon–1:30 PM
Cost is free for Members and \$20 for non-members
1.5 CEUs are available for each workshop

Davis Library

6300 Democracy Blvd, Bethesda, Maryland

Friday, December 19, 2008

Noon – 1:30 PM

Demystifying Interpersonal Psychotherapy & Psychoanalysis

Presenter: Adina Shapiro, MSW, LCSW

This workshop will address the confusion many people feel between various forms of the relational psychotherapies; specifically the school of interpersonal (aka Sullivanian) psychotherapy. How do we understand the differences between different relational approaches to psychodynamics and the clinical situation? After a brief review of the evolution of interpersonal, intersubjective, and relational (including self) psychologies, emphasis will be placed on clinical material.

Friday, February 20, 2009

Noon – 1:30 PM

Divorce Therapy: Helping Families Separate and Reorganize

Presenter: Jonah Green, MSW, LCSW-C

This workshop will help clinicians assist families to separate and divorce in a way that maximizes the well-being of all family members and orients families towards more positive futures.

Friday, April 19, 2009

Noon – 1:30 PM

Deepening the Connection between Couples

Presenter: Gail Guttman, MSW, LCSW-C

Most couples show up in our offices because they used to feel connected and there has now been a rupture in their connection. However, for many, their secret desire is to restore and deepen the connection. This workshop will focus is on a relational paradigm, i.e., strengthening the bond between couples; teaching couples to become aware of their power to impact the relationship for the better; and using the relationship as a forum for healing and growth.

VCU School of Social Work

6295 Edsall Road, Alexandria, Virginia

Tuesday, January 27, 2009

Noon – 1:30 PM

What's in a Dream?

Presenter: Melanie Ness, MSW, LCSW

With the advent of brain studies, of MRIs and PET scans, the question we will examine is: Has neuroscience rendered irrelevant our psychoanalytic understanding of the meaning and function of dreams? After a brief presentation, participants will be encouraged to offer own their thoughts and ideas.

Tuesday, March 31, 2009

Noon – 1:30 PM

An Introduction to Emotionally-Focused Couples Therapy

Presenter: Beth Levine, MSW, LCSW-C

Come hear an exciting presentation on Emotionally Focused Couple Therapy (EFT), a wonderfully effective way of working with couples. We will briefly discuss its three components: Attachment Theory, Systems Theory and Rogerian techniques and watch a segment of Sue Johnson, the founder of EFT, working with a couple.

Free for GWSCSW Members

Register by sending an email with

Brown Bag [date of workshop]

in subject line to:

gwscsw@gmail.com

Non-Members are welcome: Please complete your registration by mailing a check for \$20 made payable to GWSCSW (write BB [date of workshop] on memo line) and mail to:

GWSCSW, PO Box 3235, Oakton VA 22124



Psychotherapy with Couples

An Object Relations Approach to Understanding and Working with Common Clinical Situations

Saturday, March 28, 2009

Offices of IPI Metro:
6917 Arlington Rd., Suite 224, Bethesda, MD 20814

- 9:00–9:15 Greetings and Introductions / Kate Scharff, MSW
- 9:15–11:00 Object Relations Work with Couples / David Scharff, MD
- 11:00–11:20 Break (with refreshments)
- 11:20–12:20 Application of Infant Observation Theory to Couple Therapy / Rachel Kaplan, MSW
- 12:20–1:30 Lunch (on your own)
- 1:30–2:30 Working with Nasty Couples / Sheila Hill, MSW
- 2:30–3:30 High Conflict Divorcing Couples / Kate Scharff MSW

Cost: \$150 (student scholarships available)
Continuing Education: 4.5 hours
No Registration accepted after March 21

Information/Register at www.ipimetro.org
or (301) 951-3782

VISIT OUR WEB SITE: www.gwscsw.org

One of the popular benefits of GWSCSW membership...

The GWSCSW Listserv!

The listserv has become our primary up-to-date method of communication about dates to remember, meetings, gatherings, continuing education seminars, deadlines for renewals of membership, legal plan, and other participatory activities.

The listserv is also a valuable resource for sharing information on issues related to ethical dilemmas, insurance, referrals, private practice issues, educational resources, and just about anything else you may want to know.

You can choose to receive the listserv emails one-by-one or as a digest which comes as one email per day and includes all postings.

**To join the LISTSERV, email:
GWSCSW@gmail.com**

Henriette Kellum, LCSW

Northern Virginia

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with

Gary Rodin, MD

Saturday, March 7, 2009

8:30 am to 12:30 pm

**National 4-H Conference Center
7100 Connecticut Avenue
Chevy Chase, Maryland 20815**

Fees: ICP&P Members FREE / \$35 Students

Non-Members, \$75 Early Registration until Feb. 21, then \$90

Three CEUs awarded for full attendance at the program.
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This is not a "sales" position – individuals and organizations already want to advertise in our newsletter but need to be reminded of deadlines, etc. Extensive database of advertisers already set up (comfort with FileMaker or Excel very helpful). Great way to start getting involved – time required is confined to four times a year. To find out more about this opportunity, call Jan at the GWSCSW office (202-537-0007).

GWSCSW 2009 CONTINUING EDUCATION COURSES

■ Effective Treatment for Autistic Spectrum Disorders: An Eco-Systemic Approach

Increasing evidence demonstrates that Autism Spectrum Disorders (ASDs) have genetically based etiologies. At the same time, individuals with autism both impact and are impacted upon by their social environments. Working with families, school systems, other health care practitioners, and social service systems is an integral part of any effective treatment for individuals with autism. This course will assist clinicians in working with families and larger systems to help autistic children and adults to lead more fulfilling, productive lives. Bring your own lunch.

Instructor: Jonah Green, MSW
Location: 3930 Knowles Avenue #200, Kensington MD
Date: January 18, 2009
Time: 10:00 am – 2:00 pm
Info: 301-466-9526
Cost: Members: \$60 / Non-Members \$100
CEUs: 4 Hours

■ The Supervisory Relationship

This is a two-day workshop for those who supervise or who are considering supervising practitioners of clinical social work. The focus of the workshop will be on the relational dynamics between supervisor and supervisee. The underlying assumption is that this relationship is the most significant medium through which clinical social work is taught to practitioners. A model will be presented which describes clinical supervision. The primary elements of the supervisory relationship include the use of power and authority, and the development of trust and shared meaning. The process of supervision is seen as one of accountability and the goal is that of insuring competent service to clients. All of this takes place in a larger context, which includes the agency, the community, funding sources and credentialing bodies.

We are offering a 12-hour course to meet the Maryland requirements for supervision certification with an optional additional 2-hour case conference Saturday afternoon from 3:15–5:15 to meet the 14 hour Virginia continuing education requirement. Lunch is included for both days.

Instructor: Eileen Stanzione, PhD
Location: Northern Virginia TBA
Info: 240-409-0005
Date: February 6 & 7
Time: 9:30 am – 5:15 pm
Cost: Member: \$150 (12 hrs) or \$180 (14 hrs)
Non-members: \$275 (12 hrs) or \$325 (14 hrs)
CEUs: 12 or 14 Hours

■ An Overview of Neurofeedback for Clinical Social Workers

This four-hour course will describe and explore clinical applications using neurotherapy interventions for clients with PTSD, traumatic brain injury, pain, chronic health conditions, and cognitive problems. Neurotherapy assessment data gives valuable information about difficult-to-treat clients. The burgeoning contribution of neurological research to understanding central nervous system, and autonomic nervous system functioning in relation to DSM conditions offers new tools for therapist and client. Case illustrations will be presented. Ongoing neurofeedback research data for PTSD/TBI with Iraq service members, will be presented, as well as published research outcomes with fibromyalgia, and TBI. EEG patterns will illustrate the relationship between history, current psychosocial functioning, and predictive value for appropriateness of neurofeedback treatment.

Instructor: Mary Lee Esty, PhD
Location: 7920 Norfolk Avenue #200, Bethesda MD
Info: 301-652-7175
Date: February 21, 2009
Time: 9:00 am – 1:00 pm
Cost: Members: \$60 / Non-Members \$100
CEUs: 4 Hours

■ Freeing Your Inner Voice: Self-Care for the Therapist

Resonance...attunement...sympathy...instrument...all are words of music. And therapy. Therapists use themselves and their voices to be a healing presence. Recent brain studies show what singers and healers have intuitively known, that music, especially when performed and not just listened to, deeply affects our self-regulation, calms our sympathetic nervous system, helps us concentrate and remember, changes brainwave frequency, and reduces depression and anxiety. Freeing the voice can take many forms, all for the benefit of the therapist and thus for our clients. This workshop hopes to provide a fun way to open us up for more capacity for staying in the present, listening, speaking the truth, and enjoying.

Instructor: Connie Ridgeway, MSW
Location: 4115 Wisconsin Ave. NW #203, Washington, DC
Info: 202-966-8230
Date: March 18, 2009
Time: 9:30 am – 12:30 pm
Cost: Members: \$45 / Non-Members \$75
CEUs: 3 Hours

continued on next page

■ Ethics: Boundary Violations

This course raises and reviews ethical questions the clinician faces in the course of practice with a particular emphasis on boundary violations. Questions are analyzed and understood based on the Clinical Social Work Association's Code of Ethics. Students are encouraged to bring into class ethical questions they encounter.

Instructor: Carolyn Gruber, PhD, LICSW
Location: 6129 31st Street NW, Washington DC 20015
Info: 202-686-2139
Date: May 13, 2009
Time: 12:00 noon – 3:00 pm
Cost: Members: \$45 / Non-Members \$75
CEUs: 3 hours

■ Ethics: Termination

This course raises and reviews ethical questions the clinician faces in the course of practice with a particular emphasis on issues relating to termination. Questions are analyzed and understood based on the Clinical Social Work Association's Code of Ethics. Students are encouraged to bring into class ethical questions they encounter.

Instructor: Carolyn Gruber, PhD, LICSW
Location: 6129 31st Street NW, Washington DC 20015
Info: 202-686-2139
Date: May 27, 2009
Time: 12:00 noon – 3:00 pm
Cost: Members: \$45 / Non-Members \$75
CEUs: 3 hours

CEUs For Your Study Group

Study Groups promote ongoing social work education, collaboration, peer leadership, and the exploration of a wide range of clinical interests. The GWSCSW Continuing Education Committee has developed procedures to make it possible for GWSCSW members in Study Groups to be granted Continuing Education Units (CEUs).

A study group can be a wonderful resource for Society members, since no fee is charged for participation and members themselves can establish the size, time, place, frequency, content and learning objectives of the group. Generally these groups are led by peers, though they may be leader-led. Group discussion may utilize resources such as books, articles, films, case examples, or even call upon relevant outside expertise.

For information, contact Ted Billings,
Continuing Education Chair, 202-232-2001

■ The Role of Social Workers in Stroke Recovery

This course is for anyone working or aspiring to work with clients affected by Stroke: Stroke Survivors, Caregivers and Family. The central theme of this course is the role of Social Workers in Stroke Recovery with an emphasis on psychotherapy and counseling focused on rebuilding a life despite lasting impairments. Case material and video clips will be presented.

The course will include an overview of stroke, the many different ways stroke affects the brain and implications for stroke recovery. We will also look at the roles of Occupational and Physical Therapy and Speech and Language pathology in stroke recovery. Come and learn how you can help this underserved population.

Instructors: Flora Ingenhouz & Melinda Salzman
Location: 11500 Nairn Farmhouse Ct., Wheaton, MD
Info: 301-649-5525
Date: March 6, 2009
Time: 9:45 am – 1:00 pm
Cost: Members: \$45 / Non-Members \$75
CEUs: 3 hours

■ Book: The Brain and the Inner World

We will discuss *The Brain and the Inner World: An Introduction to the Neuroscience of Subjective Experience* by Mark Solms and Oliver Turnbull. Solms has published several works exploring relationships between psychoanalysis and neuroscience, his dual passions. The authors assure the reader, "This is very much a beginner's guide to the brain. It makes virtually no assumptions about previous knowledge of neuroscience." Topics include consciousness and the unconscious, emotion and motivation, dreams and hallucinations, the self and the neuroscience of the "talking cure," as well as future implications.

Instructor: Diane Rainey, PhD
Location: 7700 Leesburg Pike #425, Falls Church VA
Info: 703-734-1103
Date: May 22, 2009
Time: 1:00 pm – 3:00 pm
Cost: Members: \$30 / Non-Members \$50
CEUs: 2 Hours



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- Jean Houston—The Journey



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GWSCSW COURSES REGISTRATION FORM

Name _____

Address _____

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Home Phone (_____) _____ Office Phone (_____) _____

E-Mail _____

Courses Desired:	Date:	Member Fee	Non-Member Fee
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_____	_____	\$ _____	\$ _____

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Dear Colleague,

Do you maintain a professional affiliation? Is your affiliation with your state clinical society, AAMFT, or some other organization? Who speaks for you on national legislation, helps with practice issues that affect your clinical work, and keeps you current on relevant clinical trends? The Clinical Social Work Association would like to help. In the last year:



- CSWA's newsletter, *Access*, published legislative and policy articles on HIPAA after five years, mental health parity, the Social Work Revitalization Act, and Medicare
- *Access* also published excellent clinical articles including personal crisis in the therapist's life, treating domestic violence, professional wills, and attachment
- CSWA provided an 800 Hotline through which members could access legal and practice consultation
- CSWA created Job Board on our website, listing clinical social work jobs all over the country, as well as posting resumes for employers
- CSWA provided the *Clinical Social Work Journal* to members at a reduced rate
- CSWA had an active role in passing the Medicare Improvements for Patients and Providers Act of 2008 which included a 5% increase in reimbursement rates for LCSWs, phased-in Medicare mental health parity co-pays, and prevented 10% cut in reimbursement and in passing Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008, guaranteeing a form of Federal mental health parity

The Clinical Social Work Association, a national membership organization, helps you stay informed on issues critical to your practice. We want our members to be passionate and involved with their profession.

Please join CSWA – be informed, be aware, be involved!

Building on 30 years as the Voice of Clinical Social Work

For an online application, go to

<http://www.clinicalsocialworkassociation.org/content/membership-dues>

■ GWSCSW Directory Update / Change of Address, Office Info, Email, etc.

In addition to your name, please enter only information that has CHANGED since the last directory.

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Fax to: 703-938-8389 or Mail to: GWSCSW, PO Box 3235, Oakton VA 22124 ■ Email info to: gwscsw@gmail.com

COMMITTEE REPORTS

Continuing Education

Ted Billings, Chairperson
ted.billings@gmail.com

We are well under way with our 2008–2009 program and want to report good attendance at and reviews of this year's offerings. Courses for the winter and spring are listed in the newsletter and I encourage you to sign up early to ensure a spot.

Audrey Thayer Walker has resigned from the committee after many years of service. She asked if she could step down over a year ago but graciously continued during the transition of the committee chairmanship. I hope all of you will personally thank Audrey for her service the next time you see her. Although we are losing Audrey, Continuing Education is adding two new committee members: Eileen Stanzione and Patricia Demont. We will meet in January to begin developing the 2009–2010 program. Ideas and proposals for courses are very welcome.

Ethics

Judy Gallant, Chairperson
jg708@columbia.edu

The ethics conference presented by Frederic Reamer on November 9 is already informing the practice of those who attended. Kudos are in order to Dolores Paulson, Alice Kassabian and all the members of the ad hoc committee who made it possible. The Ethics Committee contributed to planning, raising points for discussion, and helping at the registration tables.

Legislative & Advocacy

Margot Aronson
malevin@erols.com

Our concerns about the ongoing DC child protective services crisis and our focus on the efforts of the DC Council to address community health insurance needs have kept us busy this fall. (See this newsletter's legislative pages for details.) Happily, we welcome two new committee members for DC: Bonnie Gallagher, who will be making time to participate now that her term on the DC Board of Social Work has ended, and new GWSCSW member Lisa Wilson, a school social worker who brings a special interest in mental health treatment access and follow through for young people.

In Maryland, the serious budget crunch is going to take a toll on a wide variety of mental health and related programs. Lobbyist Alice Neily Mutch is helping us develop and carry out our advocacy strategy, joined by our intern from Howard University, Novlett Lewis. The Maryland Society handles hearings and meetings in Annapolis, but if we're to be effective, our coalition very much needs GWSCSW members in Montgomery County and Prince George's County to step forward.

Our Virginia contingent, led by Alice Kassabian, puts in yeoman efforts to represent our interests when changes in social work regulations are proposed, and when lobbying is needed on mental health-related legislative issues. Recently, Virginia member Fran Lewandoski asked if we could con-

front a problematic decision by the Fairfax public school system to bypass licensed clinical social workers when a DSM IV diagnosis is needed for Medicaid (even though it's the LCSWs who do the treatment, and the diagnosis is based on a interview, not a test battery). Fran has joined our committee and will take the lead on this issue. So—what about other Fairfax County members: why not get involved?

Membership

Melinda Salzman, Chairperson
salzmanmsw@starpower.net

The Membership Committee returned from our various summer idylls to plan the annual Fall Gathering (See photos on page 12–13) for new members. Mary Lee Stein opened her warm and gracious home for the event on a beautiful late October Sunday. The Gathering is a chance for new members to learn more about the Society's activities and to get acquainted with committee chairs and other members. We were very pleased that over twenty members, new and old, turned out for this event.

The Committee welcomes new member Nancy Meyer, who pitched in with chairperson Melinda Salzman, Sue Stevens and Jane Morse to host the Fall Gathering. We are eager to add to our committee roster as we continue to plan this year's events. If you are interested in joining us, please contact Melinda at salzmanmsw@starpower.net or (301) 585-7352. (Reported by Jane Morse)

continued on page 22

Mentor

Sheila K. Rowny, Chairperson,
sheila@rowny.com

The Mentor committee is developing a new support group for members who are beginning a new private practice. This venture is in response to the interest expressed during the discussion segments of our Getting Started in Private Practice workshops that we have run in the past and which we will schedule again this winter. The support group will probably meet once per month and have rotating guest speakers. The speakers, GWSCSW members who are in private practice, will share their experience, wisdom and advice. The newest member of our committee, Susan Marks will organize this group. Please contact her if you want to join the group, and also if you want to be one of the monthly presenters. Contact Susan at 703-533-9337 or surobbin@comcast.net.ad

An interesting observation is that many of the recent requests for individual mentoring have come from newer grads struggling to find clinical jobs in the field. So, we have a particular need for Mentors who have more recently been in the job market and can offer ideas, leads, and support for this issue.

Any GWSCSW member who would like to volunteer to be a Mentor, or anyone who would like to be assigned to a Mentor, please go to the Mentor page of our website at www.gwscsw.org, download the appropriate application, and mail it to me. If you are recommending this worthwhile service to colleagues, please make sure they know that Mentoring is a benefit available only to members of GWSCSW.

Program Committee

Joel Kanter, Chairperson
joel.kanter@gmail.com

The Program Committee has been busy planning an assortment of events for this year including the "In Treatment" discussions, two series of Brownbag lunch workshops in Maryland and Virginia, the February dinner meeting and conference with Diane Barth, and a May theatre party at the Studio Theatre.

Committee members include Monica Berger, Jan Freeman, Tina Levin, Adele Redisch, Tish Reilly, and Barbara Tahler. Our meetings are on Wednesdays during the lunch hour at Kirsten's Cafe in Silver Spring. If you are interested in participating in the committees or have ideas for future programs, please email me.

Newletter

Jen Kogan, Co-Editor
jenko108@gmail.com

Maya Godofsky, Co-Editor
maya_beth@yahoo.com

The newsletter is a way to keep in touch with your society. As always, we actively seek article contributions but now we have a new opportunity that we would like to report on. If you are looking for a way to become more involved consider helping us with advertising. It is an easy way to contribute and help with the production for the newsletter. See page 16 for a more detailed description of the position. Please contact us at the emails listed above. We would love to talk with you regarding submissions and/or about joining the newsletter staff.

Welcome New Members!

Full Members

Jerri Lynn Dickinson, Phyllis Pomerantz, Terri R. Adams, Erica Berger, Michelle Booth, Jeanette Bruce, Patricia Demont, Ann Dobbertin, Donna Firer, Patricia Harden, Rebecca A. Helem, Nan Kaufman, Henriette Kellum, Rebecca Kullback, Fran Lewandoski, Julie Lopez, Margaret J. McMahon, Erin McNamara, Angela Moore, Janice A. Quinn, Michele Tornabene, Lenore Weinberg

Graduate Members

Sara Hope Franks

Retired Members

Cynthia Lazarow, Emily Erma Sims

Student Members

Sean D. Illemszky, Rebecca Weaver

ADVERTISEMENTS

Advertisements, accompanied by full payment, must be received by the GWSCSW by the first of the month preceding publication. Material should be sent to GWSCSW, PO Box 3235, Oakton VA 22124 or gwscsw@gmail.com. For questions about advertising, call 202-537-0007.

Classified Ads: 75¢ per word Minimum price \$15 (20 words)	Display Ads: Full page 7 x 9¼ \$300 Quarter page 3¾ x 4½ \$100 Eighth page 3¾ x 2¼ \$ 50	Half page \$175 Horizontal: 7 wide x 4½ high Vertical: 3¾ wide x 9¼ high
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Size of display ads indicated above is width by height. These are the only sizes that will be accepted. Electronic submission (PDF) preferred. Publication does not in any way constitute endorsement or approval by GWSCSW which reserves the right to reject advertisements for any reason at any time.

OFFICE SPACE AVAILABLE

BETHESDA – Window office to sublet in a medical building suite with 3 established mental health professionals. Conveniently located in Bethesda near Montgomery Mall, accessible, secure building with plenty of free parking. Call Ellen at 301-309-8077 or email emm.lcswc@gmail.com for more information.

CHEVY CHASE DC – Sunny tasteful office at Connecticut & Nebraska Avenues; large enough for groups but comfortable for couples and individuals. Parking for clinician; plenty of street parking for clients. Kitchen, two bathrooms, spacious pleasant waiting room, full-time concierge. Many days and nights available to sublet; week-ends also available. Call Deborah, 301-986-0099.

FALL CHURCH – Great location! One mile east of Tysons and 495 and one mile west of 66. Small windowed, private office in two-suite psychotherapy unit — great for beginner or part-timer. Communal waiting area, bathroom, and kitchen space. Call 703-356-8181.

FALLS CHURCH CITY – At crossroads of Routes 7 and 29 in the center of Falls Church City. Office availability in suite with other mental health therapists. Bright and sunny. Furnished. Waiting room, group room, kitchen, copier, fax. Convenient to public transportation. Ample free parking. Contact Carol S. Miller at 703-534-5100 x2 or carol@cwb-counseling.com.

FRIENDSHIP HEIGHTS, DC – Attractive, convenient psychotherapy office sublet. Wed. afternoon, Thursday morning, Friday afternoon. Excellent location, Wisconsin Ave., 3 blocks south of metro. Call Josephine Bulkley, 202-422-3553.

KENSINGTON – Sunny corner office suite with waiting room available for part-time sublet. Congenial long-time psychotherapy practice. Accessible office building, parking, bus line. Connecticut and Knowles Ave. Call Diane Stuart, LCSW-C, 301-652-9199.

SHIRLINGTON – at I-395. Furnished, congenial and collegial. In suite with other therapists. FT \$550. PT starting at \$130. Incl utilities and amenities. On bus line. Free parking. Minutes from Pentagon, Crystal City, Alexandria/Old Town, Arlington, DC. Call Helen Reznick 703-379-9520 x 2.

SILVER SPRING – Bright, spacious office with large windows in downtown Silver Spring, near Metro. Office is in a comfortable suite with 2 congenial therapists. Available all day and evening Tuesday, also on weekends. Irene Walton: 301-589-0209 or irenewalton@gmail.com.

TRAINING

SOCIAL WORK LICENSING – Prep Courses and Home Study Materials. For sample questions, schedule, and information call Jewell Elizabeth Golden, LCSW-C, LICSW, BCD, 301-762-9090.

GROUPS

ADOLESCENT THERAPY GROUPS – 20 ongoing psychotherapy groups for adolescents 6th grade through college and DBT Skills Group for high school students. Offices in Bethesda and Rockville. Rathbone & Associates. 301-230-9490. High quality effective adolescent treatment. www.rathbone.info.

COED ADULT PSYCHOTHERAPY GROUP – beginning in January Tues. evenings 7:15 to 8:30 p.m. in Bethesda. Dynamic process group will focus on interpersonal skills, self esteem, emotional awareness/regulation while interacting with others, identity issues. Psychotherapy groups since 1982: effective group experiences provide a synergistic boost to individual treatment. Contact Jan Freeman at (301) 657-2292.

FREE PEER SUPPORT GROUPS – For children or adolescents who have experienced significant loss (death, divorce, other separation) in Silver Spring. Call RAINBOWS MD/DC Chapter at 301-495-0051.

HIGH SCHOOL GIRLS GROUP – to begin in January. Contact Jan Freeman at (301) 657-2292.

STUDY GROUP – Non-Dual Healing integrating Jewish mysticism (kabbalah), Buddhism, psycho-social perspectives exploring suffering & healing, the spiritual journey, presence and wholeness in the therapeutic relationship. February 2009, Category 1 CEU's, Marilyn Lammert, LCSW-C, www.marilynlammert.com 301.951.9645, PAKM@aol.com

POSITIONS OPEN

IMMEDIATE EMPLOYMENT IN CHILD WELFARE POSITIONS FOR THE DISTRICT OF COLUMBIA – During this critical time of shortage of available child welfare social workers, the DC Board of Social Work is waiving DC licensure requirements for one year for UNLICENSED social workers to be hired as child welfare social workers at CFSA and contracting agencies. The process for licensed social workers from other jurisdictions to obtain District licenses for these jobs has been streamlined as well. The DC Child and Family Services Agency (CFSA) is responsible for public child protection throughout the District of Columbia. We have many challenging and rewarding career opportunities for highly skilled and motivated social workers to use their clinical skills to make a difference in the lives of abused/neglected children and troubled families in Washington, DC. Highly competitive salaries, benefits and incentives! Supervision provided to meet licensing requirements. Ask about eligibility for relocation as well as loan repayment options. We are currently recruiting for full-time, part-time retired and contracted social worker positions for various Administrations. To learn more about employment opportunities with CFSA, visit our website at www.cfsa.dc.gov or call 202-724-7373. EEO, Drug Free, M/F/V/D

UPCOMING GWSCSW EVENTS

**December 19 Brownbag Lunch Meeting:
Demystifying Interpersonal Psychotherapy and
Psychoanalysis**

Presenter: Adina Shapiro, MSW, LCSW

Time: Noon – 1:30 PM

Location: Davis Library, 6400 Democracy Blvd. Bethesda

No Charge for members; \$20 for non-members.

January 18 Effective Treatment for Autistic Spectrum Disorders*

Presenter: Jonah Green, MSW

Time: 10:00 AM – 2:00 PM

Location: Kensington, Maryland

**January 27 Brownbag Lunch Meeting:
What's in a Dream**

Presenter: Melanie Ness, MSW, LCSW

Time: Noon – 1:30 PM

Location: VCU School of Social Work, Alexandria VA

No Charge for members; \$20 for non-members.

**February 6 GWSCSW Dinner Meeting
Idealizing and Blaming Parents: Developmental
Issues, Therapeutic Phases**

Speaker: F. Diane Barth, LCSW

Cost and Place: TBA

**February 7 Morning Workshop
Treatment of Clients with Eating Disorders**

Speaker: F. Diane Barth, LCSW

Cost and Place: TBA

**February 20 Brownbag Lunch Meeting
Divorce Therapy: Helping Families Separate and
Reorganize**

Presenter: Jonah Green, MSW, LCSW-C

Time: Noon – 1:30 PM

Location: Davis Library, Bethesda

No Charge for members; \$20 for non-members

**March 31 Brownbag Lunch Meeting:
An Introduction to Emotionally-Focused
Couples Therapy**

Presenter: Beth Levine, MSW, LCSW-C

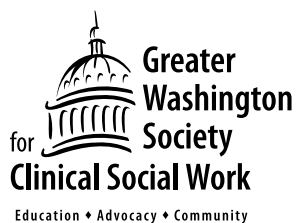
Time: Noon – 1:30 PM

Location: VCU School of Social Work, Alexandria VA

No Charge for members; \$20 for non-members

**For current information on events, dates, times, locations go to our
website at www.gwscsw.org and click on CALENDAR.**

*** See all the 2009 GWSCSW Course Offerings on page 17 & 18**



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