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## Parity Matters

*Margot Aronson*

On June 26, a standing-room-only crowd of at least 20 clinical social workers and close to 150 others interested in assuring parity for mental health treatment attended a parity field hearing at the Friendship Heights Community Center in Montgomery County. Convened by Congressman Chris Van Hollen (D-MD) and sponsored by the Maryland Mental Health Coalition, the hearing was one of the first in a series planned for various regions around the country.

The idea for these hearings was the brainstorm of former Congressmen Patrick Kennedy (D-RI) and Jim Ramstad (R-MN), who both worked very hard to pass the bipartisan Paul Wellstone & Pete Domenici Mental Health Parity & Addiction Equity Act (MHPAEA) in the House of Representatives back in 2008. Once MHPAEA was signed into law—four years ago in October—the Department of Health & Human Services was charged with the complex task of developing the specific regulations. As of today, the final regulations have not yet been published.

Final regulations are important: how can regulations be enforced if no one is sure what is required and what constitutes a violation?

### A Vehicle for Educating Consumers and Providers

Kennedy and Ramstad, each with personal experience with mental health and substance abuse issues, announced their plan for parity field hearings with a kick-off luncheon at the National Press Club last March. (See the June 2012 *News & Views* Out and About; Charles Rahn, Susan Post and Margot Aronson were guests.) The goal of these hearings was to educate consumers and providers both about the benefits guaranteed to them under the parity law and about the inclusion of parity in the Affordable Care Act (ACA).

At the March kickoff event, both Kennedy and Ramstad spoke with passion about the need to overcome stigma, and of their deep concern about treatment for returning veterans with post traumatic stress disorder. It is clear that the campaign of field hearings across the country holds the potential, in their eyes, to build a critical mass of legislators and citizens who “get” mental health and substance abuse issues.

### The Friendship Heights Hearing

The June hearing in Friendship Heights was sponsored and organized by the Maryland Mental Health Coalition (MMHC). Our Society was a co-spon-

*continued on page 4*

Second Annual  
**Alice Kassabian**  
Memorial Lecture

***Falling Through the Cracks:  
Psychodynamic Practice with  
Vulnerable Populations***

Keynote Speaker  
**Joan Berzoff, MSW, EdD**

**Saturday, November 10**  
8:30 AM – 1:00 PM  
Cosmos Club, Washington, DC

*For more information, see page 6*

## Greater Washington Society for Clinical Social Work, Inc.

PO Box 3235, Oakton VA 22124  
202-537-0007

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Articles 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. Articles are subject to editing for space and clarity.

The next issue will be published  
December 2012 and the deadline is October 20

Email articles to gwscsw.news@gmail.com

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For advertising rates see page 35

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# President's Message

Kate Rossier



Greetings to all, as the heat of summer begins to wind down and life moves back into a higher gear and we brace ourselves for an intense wind up to the presidential contest. This is my first newsletter to you as the Society's president and I'm looking forward to serving on your behalf—and with you—over the next two years! I am inspired by Sydney Frymire, who accomplished so much during her two years as our president and presided over a time of

huge growth in our Society. It is with some trepidation that I attempt to fill her shoes! With gratitude, I continue to consult with her and to benefit from her experience, guidance and wisdom. Thanks, Sydney!

By way of introducing myself, I came to social work and psychotherapy as my second career. As the daughter of a psychiatrist, I was interested in people—our different inner worlds and different life paths—from a very young age. This interest was fostered by growing up in a family where ideas like projection and projective identification were part of the dinner table conversation (can you imagine?). However, this took a back seat to my other passion, music, and I majored in piano at college, studied singing, and then decided that I had to give performing a try during my twenties. After many wonderful experiences and also discovering that a performing life didn't make my heart sing, I had children and turned my attention to volunteering and community involvement in various ways. It was during this period that I discovered the rewards of working together with others for a common purpose and the joys (and tribulations!) that come with leadership. Then, I went back to graduate school and received my MSW from Virginia Commonwealth University. Ah, social work at last! I worked for some time at The Women's Center in Virginia and DC and then struck out on my own in private practice. It has been a very rewarding and interesting experience and—as with music—I continue to work on how to listen deeply and hear what is important and imagine that I will always be learning more about how to listen!

My history with GWSCSW began—as it probably does for many—with being a passive member for several years. I read the newsletter and paid my dues—and that was it! Then, a few years ago, remembering the sense of connection and community I enjoyed in my prior volunteer life, I joined Joel Kanter's Program committee helping to organize some Brown Bag presentations and other events. I enjoyed that experience and met several wonderful colleagues on the committee. Then, when I became a Field Faculty Liaison for Virginia Commonwealth University's Northern Virginia MSW program, I found myself stretched too thin. So, with reluctance, I withdrew from the Program Committee and returned to my former passive membership status. But, a year ago, having completed my VCU liaison work, I found myself ready to dive into the society once again. Last winter, when I hosted a Wine & Cheese and had the opportunity to hear author Robin Berger talk about leadership (and even specifically about women in

leadership), I felt a shift inside. It was then that I knew I was ready to get involved again in some meaningful way with the Society. At that point, I didn't think it would be in quite such a big and meaningful way as your president (!)—but life has its surprises and I'm thrilled to be here and am looking forward to the next two years.

At this point, our Society has really grown—to a level that is perhaps an all-time high. We are 846 members strong with 72 at the student level, 77 at the graduate level, 4 affiliate, 23 retired, and 670 full members. Wow, these are impressive numbers!

As this September issue comes out, our Board will be meeting to have its annual retreat—the time when we create together our vision for the year. My next column will focus on the direction we will take over the next year as your Society's leaders.

I'm looking forward to getting to know you all and hope you will feel free to reach out to me to share ideas, concerns, enthusiasms—and your time and talents as well!

Finally, I'd like to remind all that it is membership renewal time! Don't put it off! The current year ends very soon—September 30! The easiest way and most efficient for our organization is for members to renew online—which also affords you a good opportunity to check out the website, which we are continually updating and expanding! If you prefer to renew by mail, you can simply mail your check to the GWSCSW office with your check. Complete information is on page 36 of this newsletter ❖



## Are You Listed On Our Therapist Finder?

Full members can log on, update their profiles on the PROFILE tab, then go to the THERAPIST FINDER tab to check "Show Profile on Therapist Finder Pages."

Check out our website at  
[www.gwscsw.org](http://www.gwscsw.org)

## Networking with Wine & Cheese!

The three pillars of our organization are community, education and advocacy and these informal wine and cheese get-togethers are a great opportunity for community. They provide the opportunity to get to know colleagues in an informal, relaxed setting.

### VIRGINIA

Friday, **September 14**, 5:30–7:30 PM  
Home of Kate Rossier  
7206 Elizabeth Drive, McLean VA 22101

Friday, **October 26**, 5:30–7:30 PM  
Home of Carolyn Dozier  
7125 Sanford Court, Annandale VA 22003

### MARYLAND

Sunday, **August 26**, 4:00 – 6:00  
Home of Gilbert Bliss (pool party)  
20026 Valley Mill Road, Freeland MD 21053

Friday, **September 21**, 5:30–7:30 PM  
Home of Deborah Horan  
6003 Kirby Road, Bethesda MD 20817

Friday, **October 26**, 5:00–7:00 PM  
Home of Sandy Murphy  
1338 Atwood Road, Silver Spring MD 20906

Friday, **October 26**, :30–7:30 PM  
Office of Gayle Bohlman  
602 Providence Road, Towson MD 21286

Friday, **November 30**, 5:00–7:00 PM  
Home of Sara Girovasi  
4073 Twin Arch Road, Mount Airy MD 21771

### DC

Friday, **November 16**, 5:00–7:00 PM  
Home of Tish Reilly  
2313 Huidekoper PI NW, Washington DC 20007

For updates and new events, visit  
[www.gwscsw.org](http://www.gwscsw.org)

**Parity**, from page 1

sor, as was National Alliance on Mental Illness (NAMI), the Maryland Psychiatric Society, the Maryland Psychological Association, the Foundation for Suicide Prevention, and a number of other mental health advocacy organizations and local community services boards.

At 7:30 PM, Van Hollen welcomed the crowd (and indeed it was a crowd!) and introduced Kennedy and Ramstad. These two former colleagues have been good friends since their days on the Hill, back in a time when Democrats and Republicans could work together. Each shared personal history, then spoke of the importance of speaking up about obstacles to obtaining mental health and/or substance abuse care. "When you speak out, you give us all strength," Kennedy noted, addressing the consumers who were about to present testimony.

From there on, the evening was split into three panels of witnesses. First were consumers, each with a dramatic, moving story of treatment denied. There was the business owner in crisis, seeking alcohol treatment, told that he must fail first in outpatient before inpatient treatment will be approved. A flight attendant

who lost friends over Lockerbie and then, in the air on 9/11, was told to go into the cabin and look for terrorists, has run out of mental health treatment sessions for depression, since mental health—at parity with occupational therapy, speech therapy, and chiropractic—

## WHAT IS PARITY?

The Paul Wellstone & Pete Domenici Mental Health Parity & Addiction Equity Act (MHPAEA) applies only to employer-sponsored health plans with 50 or more employees, and to Medicaid managed care plans. Under this 2008 law, such plans are *not* mandated to offer addiction & mental health benefits but, *if they offer the benefits*, they must do so in a non-discriminatory manner. That means:

- Same co-pays, deductibles and annual and lifetime caps on the medical/surgical benefits and mental health/addiction benefits covered by the plan
- Health plans cannot medically manage the mental health/addiction benefit more "stringently" than they manage the medical benefit
- Health plans must provide medical necessity criteria to plan participants upon request
- If out-of-network benefits are extended to medical/surgical benefits under the plan, out-of-network benefits must be extended to mental health/addiction benefits too

MHPAEA requirements relate only to private insurance plans. Parity for Medicare is covered separately, under Medicare Improvements for Patients and Providers Act (MIPPA), signed into law on July 15, 2008. Parity is being phased into Medicare gradually, and will be at 100% in 2014.

The website for the Parity Implementation Coalition is [www.parityispersonal.org](http://www.parityispersonal.org); information includes state and federal resources as well as details on how to file complaints, grievances, and appeals.

The link "Health Insurance Reform for Consumers" on the Centers for Medicare and Medicaid Services (CMS) website is also useful.



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WASHINGTON

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beginning Fall 2012

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visit the Baltimore Washington Center at  
[www.bwanalysis.org](http://www.bwanalysis.org)  
or call (301) 470-3635 or (410) 792-8060

#### **The Politics of Psychoanalytic Lexicography**

Elizabeth Auchincloss, MD & Eslee Samberg, MD  
September 15, 2012 • 5-6:30 pm

#### **When Child Analysis is Indispensable**

Anita Schumkler, DO  
December 1, 2012 • 5-6:30 pm

The Baltimore Washington Center for Psychoanalysis  
is ten minutes from the Capital Beltway and  
less than 30 minutes from Baltimore, at  
14900 Sweitzer Lane, Suite 102, Laurel, MD 20707

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is capped at \$2,000. A returning veteran was denied intensive treatment for PTSD.

Before the second panel, Congressmen Jim Moran (D-VA) and Paul Tonko (D-NY) were introduced. Held up because of a late vote on the Hill, they quickly became involved in the hearing. Both are active in the Congressional Mental Health Caucus, as is Van Hollen; all three were intently focused on the presenters throughout

### Dr. Sharfstein Joins the Second Panel

Maryland Secretary of Health and Mental Hygiene Dr. Joshua Sharfstein made an unexpected appearance, joining the second panel, which included officials from the U.S. Office of Personnel Management, the Montgomery County Department of Health and Human Services, and the Maryland Insurance Administration. One thing was very clear: Maryland is in the forefront as parity and the Affordable Care Act are implemented.

The final panel was focused on “what’s next.” Dynamic speakers—Ellen Weber, professor of law from the University of Maryland Francis King Carey School of Law Drug Policy Clinic and Dr. Steve Daviss, chair of psychiatry at Baltimore Washington Medical Center—pointed out that, until final rules are published, consumers are limited by the *complexity* of the regulations, the tight *control* maintained by the insurers, and the limits to *capacity* of most individuals to fight back. With final rules, it becomes the insurers who must demonstrate compliance, and advocates can then turn to issues of enforcement and adjudication.

The hearing concluded well after 10:00 PM, still with a full house. All in all, it was a powerful and informative evening. And undoubtedly, Kennedy and Ramstad are on their way to that desired “critical mass.” ❖

Margot Aronson, LICSW, currently GWSCSW vice president for Legislation & Advocacy, is a past president of the Society and a former News & Views editor. She maintains a private practice in the District.

## Volunteers!

Interested in being part of the Society but you don't have a whole lot of time? Consider volunteering for a time-limited, one-time event.

If any of the committees sound like fun, but you would just like to try it out, give us a call.

Nancy Harrington LCSW, CGP  
NAHLCSW@aol.com or 703-608-0180

## FALL GWSCSW CONTINUING EDUCATION

(More details on page 15)

### Gottman Couples Therapy: What Makes Relationships Work?

Saturday, September 8, 2012  
McLean, Virginia

### Empty Cradle: Coping with Perinatal Loss

Wednesday, October 10, 2012  
Rockville, Maryland

### Losing Our Minds: A Public Health Epidemic

Monday, November 2, 2012  
McLean, Virginia

### Stories of Stroke: An Exploration of Stroke's Impact on Survivors and Caregivers

Friday, November 9, 2012  
Silver Spring, Maryland

### Working with Children & Adolescents with Autism Spectrum Disorders

Wednesday, November 30, 2012  
Kensington, Maryland

Register now at  
[www.gwscsw.org](http://www.gwscsw.org)

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Denver, Colorado  
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DC - Date to be announced

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# Alice Kassabian: Her Legacy

*By Audrey Thayer Walker, Alice Kassabian Memorial Lecture Committee*

The Second Annual Alice Kassabian Memorial Lecture celebrates the life and legacy of one of our finest: Alice Anooshian Kassabian (May 24, 1926–June 9, 2011). It is fitting that the Society annual lecture tradition was reinstated in Dr. Kassabian's name. She valued the Society annual lecture, and chaired and supported many. She was saddened when these Society events ceased.

Dr. Kassabian, our Alice, was a founding GWSCSW member, president (1995–1997), president elect (1993), vice president for professional affairs (1992), annual conference chair, etc. She spent many years on the Continuing Education committee where she advocated for high standards in social work education while simultaneously encouraging and supporting fledgling Society teachers. Dr. Kassabian, ever a social justice advocate, was also active on the Society's legislative committee, advocating with the Virginia legislature for clinical social work interests.

I had the honor (2006) of nominating Dr. Kassabian as a Distinguished Practitioner (Social Work) to the National Academies of Practice. The following are some excerpts from this letter (paraphrased).

Dr. Kassabian's high professional standards, keen intelligence, integrity, genuine altruism, effective persistence, and generosity toward that which she committed herself made her a valued, truly treasured leader within the health and mental health communities of the Greater Washington area as well as nationally and abroad. Her respect for the democratic process was well known; her refined, quiet, accommodating demeanor shifted to strong thoughtful focused leadership when she perceived compromised short cuts and/or exploitations of this process. Her leadership in the American-Armenian community and knowledge of the history of the Armenian holocaust lent depth and substance to this conviction. She was a well-established speaker and writer on psycho-socio-political-cultural health and women's issues. She received numerous honors and national awards for her work; an example, the 1994 Award for Distinguished Service from the President of Armenia, Levon Ter Petrosyan, for "urgently needed humanitarian assistance to the people of Armenia."

Dr. Kassabian's stabilizing influence, her pragmatic capacity for problem solving, and her insistence on

democratic process contributed immensely to the establishment and, at several historical moments, to the survival of the Clinical Social Work Institute (Washington, DC). (This was a Ph.D. granting institute Dr. Kassabian helped found. One of her deep professional sorrows was when the Institute closed its doors.) The Elma Kahn Wolf Award was presented to Dr. Kassabian as "the 2002 woman who demonstrated outstanding leadership and made significant and sustaining contributions to the field of mental health, and specifically toward the doctoral level of training for clinical social workers." As an advisor to the GWSCSW Board, she guided and advised the Society through a tumultuous period when leadership was advocating closure. Of course, today this is one of the strongest clinical social work societies in the country. In addition, Dr. Kassabian served on the national board of the National Federation of Clinical Societies.

Dr. Kassabian was a pioneer in the field of health and mental health throughout her career. She received the 1969 Citizen of the Year award from the Fairfax (Virginia) Chamber of Commerce for her work in establishing the first non-profit day care center in the City of Fairfax. In the field of clinical social work, she was one of the first social workers in the DC area to move from agency practice (she had long been on the social work staff of the Fairfax-Falls Church Family Services Agency) to full time private practice. Dr. Kassabian practiced in Northern Virginia where she worked with individuals, couples, families, and groups as well as supervising and consulting to other mental health professionals. Her thirst for knowledge led her to numerous interdisciplinary associations such as Murray Bowen, MD, who pioneered family psychotherapy theory within a psychoanalytic perspective (rather radical for those times) and psychiatrists, psychologists and social work colleagues at the Washington School of Psychiatry. As an adjunct faculty member, she taught and supervised many Virginia Commonwealth graduate social work students. Dr. Kassabian was also among the earliest to seek a Ph.D. in clinical social work. Midst all this, Dr. Kassabian raised five children, all of whom as adults are contributing significantly to the world via varied professional pursuits.

How could our profession have a finer role model? The GWSCSW Alice Kassabian Memorial Lecture is a vehicle

to address the values Alice Kassabian so effectively and professionally lived and embodied. Psychoanalytic theories ever informed Alice's clinical and advocacy practice, a scholar, a pragmatist always a social worker. She passionately believed that the hope for our civilization and certainly our profession rested in creating a "safe enough" *community* where reality can be faced, dichotomous truths shared, spoken, explored,

while simultaneously intellect, reason, inquisitiveness and professionalism are kept alive.

Please do attend the lecture on November 10 and participate as a clinical social work community in this meaningful process of listening, thinking, exploring, sharing and learning from some of our best and brightest and even better yet, from each other. ❖

The Second Annual  
**Alice Kassabian Memorial Lecture**  
***Falling Through the Cracks:  
Psychodynamic Practice with Vulnerable Populations***

Keynote Speaker

**Joan Berzoff, MSW, EdD**

Professor, Smith College School for Social Work

**Saturday, November 10, 2012**

8:30 AM – 1:00 PM

**Cosmos Club**

2121 Massachusetts Avenue, NW, Washington, DC  
(2 blocks from the Dupont Circle Metro Station)

*Street parking and public garage nearby. No parking available at the Cosmos Club.*

Social workers in both agency and private practice encounter a range of psychodynamic issues when working with vulnerable and oppressed populations: forming a collaborative relationship, transference and countertransference, narcissistic issues, and psychological defenses such as denial, projection and splitting.

Reflecting the theme of Professor Berzoff's recent volume, *Falling Through the Cracks: Psychodynamic Practice with Vulnerable and Oppressed Populations* (Columbia Univ Press, 2011), this conference, cosponsored with the American Association for Psychoanalysis in Clinical Social Work, will address clinical social work practice with clients in settings often viewed as incompatible with psychodynamic theory and practice. Along with a keynote address by Joan Berzoff, breakout groups led by contributors to the book will offer opportunities to learn more about specific populations including low-income postpartum mothers, the terminally ill, deaf and hard-of-hearing clients, and persons with severe mental illness. These presenters include William Meyer, MSW, Duke University Medical Center; Carol Cohen, MSW, PhD, Associate Professor, Gallaudet University; and Joel Kanter, MSW.

This conference memorializes Alice Kassabian, a founding member and past president of the GWSCSW whose leadership in clinical social work emphasized the integration of psychological and sociocultural factors.

GWSCSW Members: \$75 | Non-Members: \$100 | Students: \$20

Late Registration Fee: Add \$20 after October 31

Cosponsored by AAPCSW (same rates as members)

4 CEUs

**Preregistration required**

**Register online: [www.gwscsw.org](http://www.gwscsw.org)**

Or mail check to PO Box 3235, Oakton VA 22124

*(Write 'Kassabian Lecture' on the memo line. Non-Members must include an email address.)*

**Cosmos Club Dress Code** requires all men to wear suit jackets and ties in the public areas. Ties and jackets can be removed inside the conference meeting rooms. Dresses, suits, or clothing of comparable formality are required for women. Jeans and tennis shoes are prohibited.

# LEGISLATION & ADVOCACY

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## ■ FEDERAL

Laura Groshong

"Good News for Mental Illness in Health Law," an excellent op ed by Richard Friedman, appeared in the *New York Times* on July 9, 2012. (It was shared on the GWSCSW listserv that day and is archived on the *Times* website.)

The Affordable Care Act does, indeed, offer much in the way of good news for mental health. However, Friedman's optimism is for the future; it does not match the reality of mental health coverage at this point in time.

Parity is assured by the ACA. However, as yet there is no clear formula for comparison of mental health treatment to medical/surgical treatment; I address this problem in my letter to the *New York Times* editor, below.

Another serious problem is that there is no clear definition of what constitutes adequate mental health treatment for chronic conditions. We know that chronic conditions, i.e., personality disorders, psychotic disorders, some forms of trauma, etc., can need years of treatment to prevent suffering. Yet insurers use functionality, not suffering, as the basis for coverage. New standards, such as the Milliman Behavioral Care Guidelines, cherry-pick studies which 'prove' that mental health disorders can be resolved in 5 to 10 sessions, a cycle that can be repeated when a new 'acute episode' occurs. How can this be appropriate treatment for someone diagnosed with an ongoing mental health

disorder who needs a therapeutic relationship to remain stable and/or make characterological changes?

As LICSWs, we must work to educate the public about what real mental health treatment involves for chronic conditions. ❖

*[Laura Groshong's letter, published in the Science section of the New York Times on July 17 with edits, appears here in its entirety.]*

To the Editor:

While there is potential good news for coverage of mental health disorders in the Affordable Care Act, recent insurance policies are restricting mental health benefits in new ways.

The statement by Dr. Friedman that "[t]he Affordable Care Act treats psychiatric illness like any other and removes obstacles to fair and rational treatment" may happen in the future, but over the past year most mental health clinicians and consumers have seen increasing barriers to psychotherapy coverage. Limits are being set by frequency of treatment, length of treatment and some diagnostic categories are being excluded altogether, in violation of state and Federal parity laws.

These limitations are the reason that a class action lawsuit was filed two weeks ago against United Behavioral Health for violating mental health parity laws in California. Similar actions are also being considered in New Jersey and Washington State.

The implementation of the final interim rules for the Federal mental health parity law, which have been in limbo for the past three years, would be a major step toward making Dr. Friedman's statement a reality. Until the rules are finalized and passed by DHHS, there will continue to be a divide between what the ACA says it will do and what is actually happening to many people who struggle with mental illness.

Laura W. Groshong, LICSW



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Laura Groshong is the Director of Government Relations for the Clinical Social Work Association (CSWA) and a clinical social worker in private practice in Seattle. Our Society is an affiliate of the national-level CSWA; more information can be found at [www.cswa.org](http://www.cswa.org).



## ■ DISTRICT OF COLUMBIA

Gina Sangster

On Monday morning, June 25, 2012, Dr. Cathleen Gray tapped the gavel for the first time as Chair of the Board of Social Work. Flanked by outgoing members Dr. Eileen Dombo and Willa Day Morris, along with Executive Director Ms. Bonnie Rampersaud, Dr. Gray—or Cathie, as she is more affectionately known—seemed at home at the head of the conference table. She graciously acknowledged the tireless work of the Board members that have managed with less than half the allotted membership and was not shy in noting she will look to them and support staff for continuing guidance in her new role. Her smiling face and the laughter that traveled around the room seemed to herald a new day for the Board after years of vacancies.

Many in the DC social work community are familiar with Cathie Gray who has just retired after 35 years of teaching at Catholic University's National Catholic School of Social Service (NCSSS). Dr. Gray has provided clinical supervision and maintained a private practice and continues at the helm of the Spirituality and Social Work program at Catholic. In 2009, she received NASW's Award for Lifetime Achievement and was named one of DC's "Top Therapists" by Washingtonian magazine. Dr. Gray's contributions include articles and papers presented at professional conferences as well as book chapters on topics such as spirituality in field instruction; court-mandated parenting workshops for divorcing families; the impact on grandparents when their adult children divorce; and the emotional phases of marital separation, to name only a few. Currently Dr. Gray is writing about "moral injury." In her testimony before the DC Council, Dr. Gray noted that retirement from teaching allows her to "serve my community in a meaningful way." Clearly, Dr. Gray has already made her mark on the profession; we welcome her in this new role as Chair of the Board of Social Work.

Joining Dr. Gray are Ms. Velva R. Taylor Spriggs, LISW; Ms. Faith Bonner, LSWA, Ms. Anne M. Selee, LGSW and Ms. Michelle Y. Rose, JD.

Velva Spriggs currently teaches at Bowie State University and brings a wealth of experience from local DC child welfare, substance abuse and mental health work to the Peace Corps in Central America. In addition to her extensive teaching, management and entrepreneurial experience, she has served on various Boards, including NASW, and has been awarded certificates of

appreciation for her contributions and leadership on behalf of children, youth and families in the District of Columbia.

Anne Selee currently coordinates projects for an international firm and recently conducted mental health evaluations with Adventist Behavioral Health and Shady Grove Hospital. Ms. Selee's MSW concentration at Howard was clinical, with a particular focus on crisis intervention. She completed the Short Term Psychodynamic Psychotherapy Program with the Washington School of Psychiatry in 2010 and is a member of the Red Cross Disaster Action Team. Clearly, Ms. Selee is not afraid of challenge and will bring her adventurous spirit to the Board of Social Work.

As we go to press, Faith Bonner, LSWA, is preparing to be sworn in; Michele Rose, JD, is to be sworn in as consumer representative in September.

It would be hard to imagine a more varied or impressive combination of skills, experience, energy and commitment than that which is represented by our new Board of Social Work. Building on the dedication of the two-member Board comprised of Eileen Dombo and Willa Day Morris, our new Board of Social Work is poised to represent us, strengthen our community and promote our profession's goals and aspirations. ❖

Gina Sangster, LICSW, LCSW-C, brings a wealth of experience in child welfare to the Society. Gina currently facilitates the support group for the Barker Foundation's older child adoption program, Project Wait No Longer.

*Legislation continued on page 9*

For the best in child, family and senior services...Think JSSA

### JSSA Training Institute

in co-sponsorship with the Maryland Psychological Association Foundation presents:

**New Research on Social Engagement Deficits in Young Children with Autism: Toward a New System of Healthcare Delivery for Infants and Toddlers**

**Presenter:** Ami Klin, Ph.D.

**Date/Time:** Wednesday, October 17:  
8:30 am-4:30 pm

**Location:** National 4H Center, 7100 Connecticut Ave, Chevy Chase, MD

**Cost:** By October 10: \$165, After October 10 and on-site (if available): \$175

**Registration/Information:**  
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## ■ VIRGINIA

*Dolores Paulson*

In stark contrast to Maryland and the District of Columbia, the Commonwealth of Virginia is firmly resisting health care reform. Attorney General Cuccinelli was one of the first to challenge the Affordable Care Act (ACA) in court, and since the Supreme Court has affirmed the constitutionality of the law, he has taken the position that Virginia should not proceed with either the ACA Medicaid expansion or the healthcare exchange.

Difficult as it must be to argue for the ACA in such a climate, members in Northern Virginia can make an impact by educating local delegates and senators about ACA benefits and letting them know you support it. Or perhaps you're not a supporter? There are still important ways to get involved for your profession and your clients.

### **Never Mind the ACA; Parity is Law Already**

Parity is assured by the ACA, but even without the ACA, Parity has been the law since 2008. Congressman Jim Moran is an ally: he is a member of the Congressional Mental Health Caucus and he made it a point to attend the Parity Field Hearing in June. (*See Parity Matters, page 1.*)

Are some of your clients faced with unreasonable obstacles to access to mental health or substance abuse treatment? Are you experiencing delays in payments, hassles in obtaining authorizations? Add to the Society's letter to Congressman Van Hollen, prepared for the Parity Field Hearing in Maryland; make the substance of the letter relevant to Virginia insurance issues. The Virginia Society for Clinical Social Work (VSCSW) is ready to join in. Contact Margot Aronson ([malevin@erols.com](mailto:malevin@erols.com)) to volunteer.

### **VSCSW Addresses LCSW Licensure Controversy**

In recent years, the Virginia Board of Social Work has been faced with applications for clinical licensure from a wide range of MSW graduates, some of whom appeared to lack sufficient clinical coursework to qualify for independent clinical practice. In an effort to clarify expectations, the Board developed a definition of a "Clinical Course of Study" which is now in effect and the subject of controversy.

The process of developing the course requirements was long, arduous, and transparent; schools of social work were invited to participate. The VSCSW guidance document “**Controversy in Virginia about LCSW licensure (May 11, 2012)**” gives a brief history and some data to help shed light on the problem. It can be found on the VSCSW website [www.vscsw.org](http://www.vscsw.org). Another link, “**VSCSW Response to Social Work Summit – Clinical Course of Study**,” reviews the specifics of involvement by social work stakeholders, including MSW programs in Virginia, NASW – Virginia Chapter, and the Association of Social Work Boards in the process.

### “Nuts and Bolts” for Documenting Supervised Experience

The VSCSW has also developed a guidance document for MSWs who are filling out the application for LCSW licensure. MSW practice experience must match the definitions in the Virginia regulations and the Code of Virginia to qualify for advanced clinical licensure; the Board of Social Work accepts or rejects applications on this basis. “Clinical Social Work Services: how to document that your practice matches the definition” provides six detailed pages of “nuts and bolts” instructions for the use of students, graduates currently in supervision, and supervisors.

While most useful if reviewed early in the practice experience, the document could also be helpful in developing a defensible position for challenging an adverse finding. It can be found on the VSCSW website at the “Guidance Documents” link. ❖

Dolores Paulson, PhD, LCSW, has been a mainstay of the GWSCSW Society Board. Dolores has chaired the Continuing Education Committee as well as several conferences for the Society. In addition, she has served on the State Board of Social Work. Dolores is in private practice in Virginia.

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## ■ MARYLAND

*Alice Neily Mutch*

The State of Maryland has taken a lead role in planning for and implementing health care reform under the Affordable Care Act (ACA). It’s not surprising, then, that your Society’s legislative committee, operating in Annapolis as the Maryland Clinical Social Work Coalition, has been extra busy this summer. There have been several state Health Care Reform Coordinating Committee (HCRCC) Work Groups to monitor, and a stream of documents to review, comments to submit, and letters to sign.

Nonetheless, your Coalition accepted without hesitation the Mental Health Association offer to be co-sponsors of the Parity Field Hearing this June. (See Parity Matters, page 1.) In encouraging attendance by publicizing the event on the Society’s listserv, the Coalition boosted the image of clinical social workers as knowledgeable, concerned, and ready to get involved. This kind of visibility with state legislators and leadership is a key to effective advocacy.

### Documenting Parity Concerns

With numerous examples where parity was not properly implemented and/or the intent of parity not observed - all documented by Society members – the Coalition prepared a letter to present to Congressman Chris Van Hollen and to Maryland’s Secretary of Health and Human Resources Joshua Sharfstein at the Hearing, outlining parity concerns in the following areas:

- Rationing and denial of coverage
- Creation of obstacles to pre-authorization
- Delays and refusals for payment for services
- Manipulation of CPT codes
- Limitations on “unlimited coverage”
- Disruption of continuity of mental health treatment
- Lack of access to treatment due to inadequate numbers of providers

Some of the complaints, standing alone, might not rise to a level appropriate for the official grievance process; nonetheless, together they show how therapy work and the clients’ search for treatment are under-

*continued on page 12*

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**Legislation, from page 11**

mined. As such, they provide valuable information for the legislators and officials who are developing guidelines for Maryland's Health Benefits Exchange, intended to provide transparency for the selection of insurers.

**Annapolis Day Planned for October 30**

The Joint Oversight Committee on Health Delivery and Financing will be meeting on Tuesday, October 30 from 1:00 to 3:00 PM. Legislators gathering for that meeting are important decision makers when it comes to mental health issues and the concerns of clinical social workers. As your lobbyist, I will be available for a Continuing Education workshop on advocacy and clinical social work from 10:00 AM to noon. Participants will have the option to stay for lunch, attend the Committee meeting, and, potentially, meet the legislators. Your professional presence would be felt. ❖

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Alice Neily Mutch of Capital Consultants of Maryland is Society's legislative representative in Annapolis. With a background of direct health care experience, federal program evaluation, and consultation, she has been a lobbyist for health and human service causes for close to twenty years.

**GWSCSW Advocacy  
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**Presenter: Alice Neily Mutch**

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## Scientific Meetings

Throughout the year, the Center sponsors numerous scientific lectures, programs and workshops featuring experts from the United States and around the world. Watch the Center website for announcements.

## The Psychoanalytic Clinic

Referral service for psychoanalysis, individual, couple, and family psychotherapy. Composed of individual private practices, the WCP clinic offers treatment based on an individual's ability to pay. For services, leave a confidential message on the Clinic voice mail: 202-337-1617.

## Institutional Review Board

Board established to review human research protocols to safeguard the rights, safety and well-being of all trial subjects. The WCP IRB is registered with the US Department of Health and Human Services and obtained a Federal-wide Assurance, and specializes on reviewing studies in the area of psychoanalysis and psychoanalytic psychotherapy.

## *close attention*

**New!**

A new, entirely clinical, hands-on training program in psychotherapy. Using a variety of learning formats, this program focuses on the nuances of the individual session. Reading will be kept to a minimum. Students and faculty will be presenting their work as a basis for learning. For information contact [rjwinermd@yahoo.com](mailto:rjwinermd@yahoo.com) or [sharon.alperovitz@gmail.com](mailto:sharon.alperovitz@gmail.com).

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## Psychoanalytic Takes on the Cinema

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## Psychoanalytic Perspective on Theater

A psychoanalyst leads post-performance discussions of plays held at metropolitan area theatres. Tickets for the performances are purchased by registrants directly from the theatres.

Visit [www.wcpweb.org](http://www.wcpweb.org) for more information or email [Center@wcpweb.org](mailto:Center@wcpweb.org). The Center offers continuing education credits for physicians, psychologists and social workers.

# Mindfulness-Based Interventions

By Meredith McEver

Mindfulness is “paying attention on purpose to the present moment, nonjudgmentally.” This may sound like a simple and mundane activity, when in reality it can be quite challenging and lead to profound insights. Try just for a moment to focus continuously on one thing, such as your breath, without judging the object or your ability to focus. See how long it takes before your mind wanders into thoughts about the past or future, judgments about yourself or the task; or is diverted by sounds, body sensations or sleepiness. Before even one breath is complete, it’s common for the mind to wander, sometimes into a thought such as, “I’m not having any thoughts.” Maybe you can see that increasing your ability to be present without judgment can lead to greater overall attention in life; but it can also lead to a whole host of health benefits including decreased depression and anxiety, as well as increased fulfillment in everyday life.

People can be mindful of anything: thoughts, feelings, body sensations, sights, or sounds. Being mindful of sounds, which has a more focused quality than everyday listening, can help a person feel more grounded and decrease physiological arousal. Being mindful of body sensations can help someone with anger management issues recognize anger earlier so he can take action before it’s too late. For someone experiencing uncomfortable emotions, being mindful of them can help the person tolerate these emotions rather than react to them by numbing or acting out.

Mindfulness is the main practice of Buddhist psychology, which is not a religion although some Eastern cultures continue to worship Buddha and his teach-

ings. It’s also similar to the Christian Eastern Orthodox practice of Hesychasm. However, most mindfulness interventions are taught from a secular, rather than Buddhist perspective.

Jon Kabat Zinn from the University of Massachusetts Medical Center is generally considered to be the person responsible for bringing mindfulness meditation into the mainstream. He developed Mindfulness Based Stress Reduction (MBSR), an 8-week structured program, reimbursable by Massachusetts Blue Cross Blue Shield under the group therapy procedure code. MBSR currently has over 30 years of carefully controlled research demonstrating its effectiveness with a wide range of symptoms and a wide range of diseases including anxiety, depression, chronic pain and heart disease.

Whereas MBSR was developed by a Buddhist practitioner, Mindfulness Based Cognitive Therapy (MBCT) was developed by three leaders in the cognitive therapy field; Segal, Williams and Teasdale. These psychologists received a grant from NIMH to develop a treatment program for recurrent depression. After



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widely researching treatment programs, they encountered Jon Kabat Zinn's MBSR and decided to model their treatment program after his.

A primary component of MBCT is mindfulness, which is taught through mindfulness meditation, group discussion, and experiential exercises with a strong emphasis on daily meditation practice. The practice in and of itself teaches people how to feel more fully alive, countering the anhedonia many people experience with depression. It emphasizes being in the present rather than ruminating about the past or preliving the future and helps people see their negative thought patterns, decreased mood and lethargy and fatigue sooner so they can take action.

The primary skill being taught is how to disengage from unproductive thought patterns and how to remain unengaged. Participants are explicitly taught that "thoughts are not facts" and learn to turn toward difficulty rather than automatically turning away. When they experience negative emotions or thoughts, participants learn to let them simply be present, experiencing the emotion or thought nonjudgementally, in order to see how best to respond. The aim of the program is not happiness or getting rid of negative thoughts, it's freedom from suffering.

Both MBSR and MBCT have been evaluated in many randomized clinical trials. MBCT is considered to be the gold standard in depression treatment and has been found to be comparable to maintenance psychopharmacology in preventing recurrent depression. In addition to the abundance of research demonstrating its impact on health, MBSR research most recently has focused on the brain. The research indicates that MBSR participation is associated with increases in gray matter concentration in brain regions involved in learning and memory processes, emotional regulation, self-referential processing, and perspective-taking, in addition to shrinking of the amygdala.

The demonstrated effectiveness of MBSR and MBCT has led to the development of many other mindfulness based interventions such as Mindfulness Based Relapse Prevention for Substance Abuse and Mindfulness Based Eating Awareness Training. In addition, it has been instrumental in establishing the acceptability of mindfulness in psychotherapy. ❖

Meredith McEver, LCSW has a private practice in Arlington, VA. She has led mindfulness groups since 1998 and currently provides individual therapy, MBSR/MBCT groups for adults and teens, and mindfulness training for organizations.

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- Neuroscience of the Mind (begins Jan.)
- Family & Couple (tba)

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- Group Psychotherapy (Oct. Jan. May)
- Aging: Sherwin Nuland, MD (Oct.)
- Leadership through Strategic Intelligence (Oct.)
- Sullivan Memorial Conference (Nov.)
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# GWS Annual Meeting

*By Susan Post*

On one of the most beautiful evenings of the summer, over 100 members of the GWSCSW gathered in Janet Dante's back yard June 15 for our annual dinner meeting. Organized by Sandy Murphy, Cristina Cunha, Judy Gallant, Steve Wechsler, Jan Sklennik and a wonderful team of helpers, it was certainly our largest and most successful—really, this event just gets better and better every year.

Attendees were welcomed by Marilyn Lammert and Lisa Snipper and entertained by the delightful music of our very own Steve Wechsler and his chamber group as we enjoyed wine and appetizers and found friends old and new. We gathered around the beautifully appointed tables to enjoy the potluck dinner, with a lovely breeze and no mosquitoes in sight.

Throughout the evening, Naomi Greenwood ran the raffle of amazing gifts she and others had solicited from service providers both within and outside our membership. This is always a highlight of the dinner, with great surprises and lots of laughs. The "meeting" part of the evening turned out to be as much fun as the rest, with outgoing president Sydney Frymire welcoming everyone, especially new members and those from the Maryland society, thanking old board members for their service and introducing our new officers for the 2012–2013 year. Sydney and Kate Rossier, our incoming president, gave wonderfully inspiring accounts of their experiences and hopes for our future. Flora Ingenhousz reported on the state of our finances (good), Irene Walton updated us on successful and continuing efforts to get our society on line and into the 21st century, and Marie Choppin, Joel Kanter and Lisa Snipper described continuing education plans for the coming year. Margot Aronson talked about the success and importance of our advocacy efforts, and Susan Post thanked Sydney for her remarkable leadership over the past two years with a plaque and a small gift. Many others chimed in with spontaneous expressions of appreciation and hopes for the future, and I really don't think that in all the years I've attended this annual dinner there has been a more enthusiastic tone to the event. People lingered over dessert and beyond, not really wanting to call it an evening.

Thanks to Janet, our host, and to all who made this event such an enjoyable evening. To those of you who were unable to join us: we hope to see you next year!



## ■ **Gottman Couples Therapy: What Makes Relationships Work?**

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This seminar is an introduction to John Gottman's research about relationships and how you can begin to apply these findings to assessment and intervention for couples. As a result of your attendance at this workshop, you will be able to understand how to think about what makes relationships work well and what makes them fail using Gottman's Sound Relationship House Theory; begin to use the theory to accurately identify the specific problems and strengths in the dynamics of a couple's relationship; determine the most beneficial points in the couple's interaction where intervention will be most effective; and, begin to apply this new, research-based couple therapy to the broad spectrum of problems you encounter in your daily practice.

Date: **Saturday, September 8, 2012**  
Time: 9:00 AM – 12:15 PM  
Location: Sunrise at McLean  
8315 Turning Leaf Lane, McLean VA 22102  
Instructor: Patricia Gibberman, LCSW  
Info: pgibbermanmsw@gmail.com or 703-208-9988  
Cost: Members \$60 / Non-Members \$90  
CEUs: 3 hours

## ■ **Empty Cradle: Coping with Perinatal Loss**

---

How does one cope with the unexpected end of a pregnancy? The depth of sadness is so overwhelming, the feeling of isolation so strong and even guilt can slither its way into your heart. Perinatal loss, including stillbirth, miscarriage, termination for poor prenatal diagnosis and abortion, is a heart breaking and misunderstood experience that is felt by millions of women each year, but not a topic that is openly discussed. Students will differentiate and define the categories of perinatal loss and explore how the grief process is related to the sudden end of a pregnancy; how different partners grieve a loss; the physical and psychological reactions following a loss; and the psychological effects subsequent pregnancies have on a family.

Date: **Wednesday, October 10, 2012**  
Time: 9:15 AM – 12:30 PM  
Location: 5818 B Hubbard Drive, Rockville MD 20852  
Instructor: Leslie McKeough, LCSW & Julie Bindeman, Psy-D  
Info: lamckeough@gmail.com or 703-909-9877  
Cost: Members \$60 / Non-Members \$90  
CEUs: 3 hours

## ■ **Working with Children & Adolescents with Autism Spectrum Disorders**

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The Person-In-the-Environment approach, which addresses clients' reciprocal relationships with multiple environments, is particularly suited to treating children and adolescents on the autism spectrum. The autistic child impacts his family and community, which, in combination with medical, educational, and social service systems, have an enormous impact on his development. This course will describe the individual, family, community, and larger systemic factors that influence the development of the autistic child, and will outline ways in which the clinician can effectively intervene on multiple levels in order to establish a stable, positive environment that maximizes the child's growth.

Date: **Friday, November 30, 2012**  
Time: 9:00 AM – 1:00 PM  
Location: 3930 Knowles Avenue, Suite 200  
Kensington MD 20895  
Instructor: Jonah Green, LCSW-C  
Info: jgreenlcswc@aol.com or 301-466-9526  
Cost: Members \$70 / Non-Members \$105  
CEUs: 3.5 hours

## ■ **Losing Our Minds: A Public Health Epidemic**

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Dementia, which gradually destroys the minds of those it afflicts, is one of the most frightening and devastating diseases of our time. Currently more than 5 million Americans have been diagnosed with dementia. With the aging of our population, this number is expected to double by the year 2040, making it a public health epidemic. This course will provide participants with a comprehensive overview including how to distinguish between dementia, Mild Cognitive Impairment and normal age-associated memory loss; risk factors, prevention and current research directions. Participants will also learn about treatment interventions for people with dementia and their care partners, community resources and ethical issues.

Date: **Monday, November 2, 2012**  
Time: 9:30 AM – 12:45 PM  
Location: Sunrise at McLean  
8315 Turning Leaf Lane, McLean VA 22102  
Instructor: Terry Ulman, LCSW-C  
Info: tlulmanmsw@gmail.com or 301-854-1121  
Cost: Members \$60 / Non-Members \$90  
CEUs: 3 hours

## ■ **Stories of Stroke: An Exploration of Stroke's Impact on Survivors and Caregivers**

---

Stroke is the leading cause of long term disability and the fourth leading cause of death in our country. Given this frequency, we are bound to encounter it in our offices. How are our clients and their families affected? What are the bio-psycho-social impacts of stroke? How does stroke affect one's sense of self? What challenges do caregivers face? How do marital and family dynamics change? Together, through stories, we will learn about stroke survivors and caregivers—their struggles and victories. We will consider their experience through the lens of Self Psychology. We will focus on helping stroke survivors and caregivers adapt, examine the impact on ourselves of cumulative suffering and how we can replenish ourselves.

Date: **Friday, November 9, 2012**  
Time: 9:15 AM – 1:15 PM  
Location: 11500 Nairn Farmhouse Court  
Silver Spring MD 20902  
Instructor: Flora Ingenhouz, LCSW-C & Melinda Salzman, LCSW-C  
Info: flora.msw@verizon.net or 301-649-5525  
Cost: Members \$70 / Non-Members \$105  
CEUs: 3.5 hours

## ■ **Creative Art Therapy Techniques for Therapists: Managing Burnout & Vicarious Trauma**

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This is an experiential workshop designed to help therapists manage countertransference and vicarious trauma through creative art making and sharing in a small group. In our work with clients, we clinicians advocate for self-care, the reduction of stress and the restoration of the core—that curious, creative, life-affirming center of the self. In the process, our own countertransference or vicarious trauma responses may build up, almost unnoticed. In this workshop, we extend an invitation to therapists to add the unique experience of making art to their personal resources for restoration and balance. The facilitators will offer a few simple creative exercises to be completed by participants during the workshop. We will explore how the very process of making art and reflecting on it in an emotionally safe environment promotes empathic understanding of our clients' inner world as well as our own. Prior experience in art making is NOT a prerequisite.

Date: **Sunday, January 13, 2013**  
Time: 2:00 PM – 5:15 PM  
Location: 2607 Connecticut Avenue, Washington DC 20008  
Instructor: Tally Tripp, MA, LICSW, ATR-BC & Barbara Sobol, MA, LPC  
Info: ttripp@gwu.edu or 202-785-2124  
Cost: Members \$60 / Non-Members \$90  
CEUs: 3 hours

## ■ **Cross-Cultural Complexity in Therapy: An *In-Treatment* Case Study**

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Using one of the HBO *In Treatment* therapy cases as a case study, explore some basic and some more subtle issues of cross-cultural conflict. The case—a widower recently from India whose son is married to an American—is rich in cross-cultural nuance and complexity. There are six half-hour therapy episodes. Each will be followed by discussion of the case study, and participants will be encouraged to share their own experiences as well. Some short readings in cultural diversity/cultural intelligence/differences will be assigned.

Date: **Friday, January 25, 2013**  
Time: 9:00 AM – 4:00 PM  
Location: 3201 Porter Street NW, Washington DC 20008  
Instructor: Margot Aronson  
Info: malevin@erols.com or 202-966-7749  
Cost: Members \$120 / Non-Members \$180  
CEUs: 6 hours

## ■ **Psychodynamic Psychotherapy: Theory and Technique**

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This course is designed for recent graduates (<3yrs post MSW) to provide an overview of basic psychodynamic theory and technique. By the conclusion of the class participants will have learned how to form a therapeutic alliance, work with resistance in deepening the treatment of adults, understand and work with defenses and intrapsychic conflict as well as be able to apply an understanding of early development in the treatment of a variety of disorders.

Date: **Friday, February 1, 2013**  
Time: 9:00 AM – 4:00 PM  
Location: Sunrise at McLean  
8315 Turning Leaf Lane, McLean VA 22102  
Instructor: Danille Drake, PhD, LCSW  
Info: ddrakephd@verizon.net or 301-320-5659  
Cost: Members \$120 / Non-Members \$180  
CEUs: 6 hours

**REGISTRATION REQUIRED – Register online at [www.gwscsw.org](http://www.gwscsw.org)**

## ■ What Therapists Need to Know about Polyamory

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The polyamorous community has been growing and thriving in the past few years and has been evidenced by the beginning of coverage of polyamory in the media. As therapists we need to be prepared to work with this growing population of clients. The goal of this course is for therapists to learn the basics of polyamory in order to be able to adequately work with clients in these relationships and provide them with the services they need. The course will begin by defining polyamory and explaining some of the advantages and disadvantages for families including children. Following that we will discuss different types of poly relationships and some demographic information; the stigma surrounding polyamory and how that affects the therapeutic experience; contracting; and managing jealousy.

Date: **Friday, February 8, 2013**  
Time: 9:00 AM – 12:15 PM  
Location: 1629 K Street NW, Suite 300  
Washington DC 20036  
Instructor: Tamara Pincus, LICSW  
Info: Tpincus76@gmail.com or 202-531-2780  
Cost: Members \$60 / Non-Members \$90  
CEUs: 3 hours

## ■ Adjustment to Spousal Loss

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Adjustment to Spousal Loss presents a way of thinking about loss of a spouse as a post-traumatic stress reaction. Numb and in shock, all a person can do at first is tread water before moving on and crafting the next chapter in his/her life. In contrast to traditional mourning theories, grief and mourning take place differently at different points in the life transition process. This idea is in contrast to mourning theories that suggest that one should grieve and mourn before moving on. Qualitative studies have suggested that in fact, grief and mourning takes place all along the life transition process. New ideas about grief and mourning will be presented in the DSM V when a new diagnostic category will be introduced, suggesting that there are kinds of grief that are not “normal.” This concept is separate from the traditional idea of complicated grief.

Date: **Friday, March 8, 2013**  
Time: 9:00 AM – 12:15 PM  
Location: Sunrise at Fox Hill  
3800 Burdette Road, Bethesda MD 20817  
Instructor: Deborah S. Levinson, LCSW-C  
Info: dslevinson@gmail.com or 410-653-9610  
Cost: Members \$60 / Non-Members \$90  
CEUs: 3 hours

## ■ Symptom Reduction through Mind-Body Medicine

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This didactic and experiential workshop will explore a variety of mind-body skills that therapists can use to support themselves and can easily be taught to clients. The material the presenters will teach is medically proven to calm the central nervous system, activate the parasympathetic nervous system and the frontal lobe. These techniques are applicable to many situations including, but not limited to, helping manage ADD, addictions and mood.

Date: **Saturday, March 16, 2013**  
Time: 10:00 AM – 2:30 PM  
Location: 559 Viewtown Road, Amissville, VA 20106  
Instructor: Fran Zamore, LCSW-C & Michael Shea, MSW  
Info: fran.zamore@gmail.com or 240-688-9099  
Cost: Members \$80 / Non-Members \$120  
CEUs: 4 hours

## ■ Emergency Coverage of Your Practice: Practical and Ethical Considerations

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If you suddenly were to become incapacitated due to injury, illness or death, who would contact your clients? Just as it is important for an individual to write a will to protect personal assets and provide for his or her dependents, it is also prudent for a clinician to prepare for an untimely or unanticipated inability to carry out their functions at work. The purpose of this course is to help clinicians anticipate the needs of their clients and their business or the organization where they work, should such an emergency arise. The goal of the course is to enable participants to identify individuals who could step in if needed, write instructions for their backup personnel, and distribute these instructions.

Date: **Friday, April 12 & 26, 2013**  
Time: 9:15 AM – 12:30 PM  
Location: Sunrise at McLean  
8315 Turning Leaf Lane, McLean VA 22102  
Instructor: Melinda Salzman, LCSW-C  
Info: salzmanmsw@starpower.net or 301-588-3225  
Cost: Members \$120 / Non-Members \$180  
CEUs: 6 Ethics hours

**REGISTRATION REQUIRED – Register online at [www.gwscsw.org](http://www.gwscsw.org)**

## ■ Introduction to Narrative Family Therapy

This presentation will focus on the enhancement of family sessions through the use of the narrative therapy stance. Humans are meaning-making beings. As such, we tend to make sense of our experience through the creation of life stories or narratives. When families present for therapy, the ending of the story is usually negative. We will talk about how to follow and work to undo endpoint narratives of those we endeavor to help. Narrative approaches discussed will include: externalizing conversations, remembering conversations, re-authoring conversations, scaffolding conversations, definitional ceremony, and rite of passage maps. Didactic presentation, discussion, case examples and practicing of skills will be utilized to help participants develop their understanding of the narrative family therapy approach.

Date: **Sunday, April 14, 2013**  
 Time: 9:00 AM – 12:15 PM  
 Location: 3200 Tower Oaks Boulevard, Suite 200  
 Rockville MD 20852  
 Instructor: Erica Berger, LICSW, LCSW-C  
 Info: erica@ericabergertherapy.com or 202-244-5121  
 Cost: Members \$60 / Non-Members \$90  
 CEUs: 3 hours

## ■ Creative Listening: The Art of Mind-Heart Integration

This workshop will offer a model for creative listening that integrates social work training, ethics, and direct practice experience. Drawing from research on creativity, intuition, and wisdom traditions, this program will provide a framework for understanding mind-heart integration in clinical settings. We will focus on development of clinical discernment that emerges at the intersection of the polarities of the mind and the heart. Listening creatively, we will explore case materials that are rarely discussed in clinical training.

Date: **Saturday, April 20, 2013**  
 Time: 9:00 AM – 4:00 PM  
 Location: 5319 Lee Highway, Arlington, VA 22207  
 Instructor: Marilyn Stickle, LCSW, BCD  
 Info: ms@marilynstickle.com or 703-790-0232  
 Cost: Members \$120 / Non-Members \$180  
 CEUs: 6 hours

# REGISTRATION REQUIRED – Register online at [www.gwscsw.org](http://www.gwscsw.org)

**LATE REGISTRATION** Register early—many of the courses fill up quickly. Pre-registration ends one week prior to date of workshop. After that date, there is a \$10 late registration fee. **REFUNDS** Cancellations made prior to one week before the course will receive GWSCSW credit. There are no refunds for cancellations made less than one week prior to the course.

### GWSCSW COURSES REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone (\_\_\_\_\_) \_\_\_\_\_ Office Phone (\_\_\_\_\_) \_\_\_\_\_

E-Mail \_\_\_\_\_

Courses Title:	Date:	Course Fee	Late Fee
_____	_____	\$ _____	\$ _____
_____	_____	\$ _____	\$ _____

**PAYMENT INFO** **TOTAL** \$ \_\_\_\_\_ \$ \_\_\_\_\_

Check (payable to GWSCSW) \$ \_\_\_\_\_

Charge to my VISA or MasterCard \$ \_\_\_\_\_

Credit Card Billing Address is same as above

Billing Address \_\_\_\_\_

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Credit Card # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp \_\_\_\_\_ / \_\_\_\_\_

Please return to:

**GWCSWS**

**PO Box 3235**

**Oakton VA 22124**

or if paying with credit card,  
you may fax to 703-938-8389



Nancy Newport, LPC, LMFT & Tracy Ryan Kidd, LCSW

## The Long and the Short of It: Treatment of Acute and Complex Trauma

### 12 hour DVD of a live 2-day workshop delivered by the presenters (12 CE Hours)

Whether in private practice or a clinic, shelter, agency, outpatient or inpatient setting, some of the most challenging clients we treat are those who have been traumatized.

Clients may present with depression, anxiety, relationship challenges, health or addiction issues. They are stressed, overwhelmed, not coping or functioning well. And many of these folks have been traumatized. Recently. Or long ago. And the body cannot tell the difference.

The field of TRAUMA TREATMENT is expanding. There is much more we can do as clinicians to effectively treat TRAUMA and we want to take you there!

We have pooled our expertise and designed 12 hours of strategies and techniques for creating a positive change in traumatic responses for those clients. This is a highly practical, skill building training with the latest techniques and strategies for treating clients with acute TRAUMA, as well as those with a history of long term TRAUMA.

Let's take action! Let's know what to do ( and what not to do) to stabilize and improve the functioning of our clients, adults and children alike. Watch, learn, and be empowered, to return to your practice setting and begin applying these advanced strategies right away. It's time we all felt more skilled at working with TRAUMA because it is everywhere!

**Price: \$237**

To view video clips or to purchase the DVD, visit  
[www.nancynewport.com/traumadvd.htm](http://www.nancynewport.com/traumadvd.htm)

#### For those trained in EMDR:

We offer a 12-credit EMDRIA approved DVD on the same topic. For information about this alternate DVD, visit [www.nancynewport.com/emdrtraumadvd.htm](http://www.nancynewport.com/emdrtraumadvd.htm)

### ACUTE TRAUMA DISC 1 with Nancy Newport, LPC (see bio on website)

- Identify key strategies to rapidly build a therapeutic alliance following an acute trauma
- Practice five stabilization strategies that can be initiated immediately following a crisis response
- Learn Meridian Tapping Trauma Protocols (also known as Emotional Freedom Techniques)
- Become familiar with grounding strategies for use with traumatized adults and children using Meridian Tapping
- View video case examples of actual trauma client sessions using the strategies being taught

### COMPLEX TRAUMA DISC 2 with Tracy Ryan Kidd, LCSW (see bio on website)

- Learn about the three stages of trauma work
- Learn and watch video demonstrations of stabilization strategies for containment, ego strengthening, and affect regulation skill development
- Be able to teach clients techniques for self-soothing as well as 15 strategies for grounding
- Be exposed to an overview of methods that can be used to process trauma
- Watch a video demonstration of a trauma processing session using EMDR with a client

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- Purchase the DVD set
- Download the handouts from the DVD which include instructions for taking the online test
- Watch the training
- Take the online test (as often as needed to pass)
- Once you pass the test, you will be able to download and print your Certificate of Completion
- Program is approved for 12 CEUs by NASW (Approval 886508131-5380) and NBCC (#6265)

# Meet Cathie Gray, New Chair of the DC Board of Social Work

Cathie Gray, GWSCSW member and new chair for the DC Board of Social Work, provided this inside view for *News & Views*.

## **N&V: WHAT MOTIVATED YOU TO STEP FORWARD AND SEEK THIS POSITION?**

CG: I read in *News & Views* about vacancies on the DC Board of Social Work, and I thought being on the Board might offer a chance to give back to my profession and at the same time provide a balance with clinical practice as I transitioned out of academia after thirty-five years teaching at the National Catholic School of Social Service.

Eileen Dombo and Willa Day Morris were holding down the fort as the only members of the Board of Social Work. This was an enormous task for two members who also had full time jobs, and a tremendous contribution to the social work community.

With much thanks to Margot Aronson of GWSCSW and Joyce Higashi of NASW, there was a campaign of emails sent to the mayor noting the need to fill the Board of Social Work vacancies. Councilman Jim Graham, who oversees the Board of Social Work, also committed himself to move applications through the process.

On May 15, 2012, the City Council approved the applications for the Board. The resulting body of current Board members represents all levels of social work licensure, which is not only helpful, but puts us in compliance with Board regulations.

## **N&V: WHAT DO YOU EXPECT TO FIND ESPECIALLY REWARDING OR CHALLENGING?**

CG: I expect the fact that I can volunteer my time and skill to be rewarding on a personal level. I was raised in a family where community service was an expectation, and was modeled by my father. While I was raising children and developing my career, there wasn't as much time to volunteer as I would have liked, and now there is.

The professional reward is the chance to develop policy as it relates to our professional standards. I was an original member of the Greater Washington Society for Clinical Social Work, when Eloise Agger was president and we were engaged in a fight for licensing. Now

I look forward to maintaining the standards we worked to have, and also serving in an educational role.

While deeply grateful for the continuity offered by Eileen and Willa, and the support of an assistant attorney general, the executive director, investigators, and support staff at our first meeting, I am also vitally aware of the challenges inherent in this position. On a very personal level, my role as a clinical social worker is to help people to heal. In this position, my role is to uphold strict standards. It remains to be seen how I will manage to go about the role of upholding standards while sustaining a compassionate stance. The first meeting felt overwhelming, like finding myself in charge of a meeting before even knowing where the restroom was. I anticipate a swift learning curve, with the need to do lots of homework to get up to speed. I am actually quite excited about all that I will learn.

## **N&V: ARE THERE ANY SPECIFIC GOALS YOU HAVE FOR YOUR TIME IN THIS POSITION?**

CG: A few initial goals are clear to me, and I'm sure these will develop in the year ahead. One goal, already under discussion, is the need to clarify what qualifications must be met before someone can be identified as a social worker. I am also concerned about the effects of social media and technology on the practice of social work. The sense of privacy and boundaries is changing so quickly that we have to be very clear about professional boundaries and ethical standards.

## **N&V: IS THERE ANY WAY GWSCSW MEMBERS CAN SUPPORT YOU IN THIS POSITION?**

CG: Margot Aronson and Kirsten Hall are already doing much to support me and the Board by attending meetings and speaking on behalf of GWSCSW. Members can support us by coming to meetings and alerting us to issues that need to be addressed.

Members can continue to make the needs of our clients and our profession known loud and clear to the Board and everyone else. I have always felt the support of GWSCSW, and depend on that ongoing support as I embark on this new position with the Board.

In closing I want to say that both Eileen Dombo and Willa Day Morris are hard acts to follow. I am in awe of all that they have done for all of us. ❖

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Lisa Ferentz founder and president

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# Navigating the Maze of Social Work Licensing

By Karen Goldberg

Required papers have been submitted, the last exams have been passed, an MSW degree is in hand, and for some the last boxes are being packed or unpacked as the aspiration to practice as a licensed social worker in the Greater Washington Metropolitan area comes even closer to becoming a reality. But wait! A new and daunting challenge: as if completing the graduate degree, possibly even landing a social work job, is not sufficient to prove your commitment to the profession, the questions pertaining to how to go about, and in which of the three jurisdictions to obtain, a social work license loom large.

The momentum to license social workers began more than forty years ago in an effort to protect the integrity of the profession, with the underlying rationale of underlining the special qualifications/competence of social workers, providing a means for insuring against unethical practice, maintaining competence standards and meeting qualifications for third party billing. Since then, almost every state has passed licensing laws, with differing rules and regulations. The three jurisdictions of the Washington Metropolitan area highlight this lack of consistency resulting in conflicting interpretations with regard to the regulations within each state.

In an effort to assist social workers as they pioneer their professional paths, the GWSCSW Professional Development Committee, in collaboration with the National Catholic School of Social Service (NCSSS) at Catholic University, sponsored a Licensing Workshop in June, which included a panel presentation/discussion regarding the licensing requirements of each of the three states. Ellen Thursby, LCSW-C, assisted with the planning of this event and Dr. Melissa Grady, LICSW, NCSSS professor and Professional Development Committee member, served as moderator. The panel participants included: Sheila Hardy, PhD, JD, LCSW covering Virginia; Eileen Dombo, Ph.D, LICSW covering DC; and Karen Goldberg, LCSW-C, covering Maryland. In preparation for the workshop each of the panelists consulted and reviewed information with colleagues who currently participate with the licensing boards. Many thanks to Dan Buccino, LCSW-C, Susan Horne-Quatannens, LCSW, Jim Mellow, LCSW-C, and Gloria Hammel, LCSW-C for your help in insuring the accuracy of the information presented.

Some highlights from the presentation and discussion:

- The importance of checking whether supervision toward the LCSW-C licensure meets the standards required by the state, particularly in Virginia which now requires documentation of the clinical aspects of the supervision on the licensure application.
- The requirement that LGSWs accumulate the necessary continuing education credits for the appropriate states if they need to renew the LGSW licensure after a two-year period.
- The usefulness of direct contact with the state boards' liaisons for social workers licensed outside the Metro area in attempting to use their qualifications to obtain licensure in our area.
- The benefits of preparing for the licensing examinations by taking the online practice examinations provided online at [www.aswb.org](http://www.aswb.org) or taking one of the preparation classes offered by Frances James, LICSW, LCSW or Jewell Golden, LCSW-C, among others.
- Creative ways to obtain the necessary clinical hours and obtaining adequate supervision, for example reaching out to state-approved supervisors from the Society, forming supervision groups of six members or under, and obtaining additional clinical hours by working on a contract basis or providing services at an agency in exchange for supervision.
- The difference between supervision for clinical licensure and supervision for licensure as a certified social worker at the Masters level.

Thanks to all who attended the workshop for the interesting questions raised and informative comments! Plans are underway to post a copy of the handout summarizing the requirements for licensing by jurisdiction on the GWSCSW website. Every effort will be made to update this page as new information becomes available, but candidates for licensure are encouraged to contact the Board liaisons directly regarding individual circumstances. The licensing workshop represents the first of what the Professional Development Committee plans to be at least a twice-yearly offering. We welcome any additional input for making this workshop useful to all who might participate. ❖

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Karen Goldberg, LCSW-C, is a licensed clinical social worker in all three jurisdictions, with a private practice in Bethesda and Silver Spring for individuals, including adolescents, couples and families. She is also the clinical director for the Family Support Center in Bethesda, MD, and provides supervision.





Institute of Contemporary  
Psychotherapy + Psychoanalysis

The 2nd Bruce Wine Memorial Conference

# The Role of Play in All Things Human

Presented by The Bruce Wine Memorial Fund,  
The Institute of Contemporary Psychotherapy & Psychoanalysis, and  
The International Association of Psychoanalytic Self Psychology

**Sunday, October 14, 2012**

8:45am – 5:50pm

The Cosmos Club

2121 Massachusetts Avenue NW, Washington, DC 20008

**Presenters: Russell Meares, PhD**

**Frank Lachmann, PhD • Gianni Nebbiosi, PhD • Alexandra Harrison, PhD**

Play, playfulness, and flexibility are all contributors to vitality and positive relationships.

We will explore with Russell Meares and his discussants these concepts from his esteemed book, *The Metaphor of Play*. Our speaker will illustrate the beneficial experience of play as it extends across a wide range of human endeavors.

Frank Lachmann and his discussants will consider the remarkable impact that play and its twin—humor—can have in promoting the “free” in free association and relational moments of closeness in therapy. Play is so integral to imagination and improvisation as to be synonymous with creativity.

Using music as exemplar of the range of human creativity, Gianni Nebbiosi and his fellow musician discussants will describe the role of play in music’s composition and presentation.

We identify the mode of treatment for children as “play” therapy. Alexandra Harrison and her discussants will consider the significance of play and the creation of an imaginary virtual reality space and the particular affect state that characterizes playful interchanges in the therapy of children.

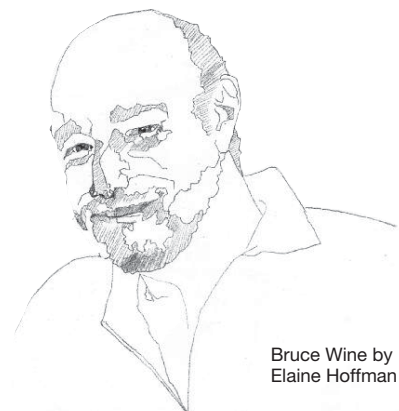
6.25 CE credits will be awarded for attending the conference.

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An EOE

# My Mentor Program Experience

By Kristin Heinz

About a year ago, shortly after completing my MSW and joining GWSCSW, I decided to sign up for the Mentor Program. This decision has paid off in many ways, both personally and professionally. I was quickly matched with Pam Thielmann, who contacted me to set up a time to meet for lunch. Over lunch we talked about our backgrounds and clinical interests, discovering we had much in common. Like myself, she graduated from VCU's Northern Virginia Program, and she knew many of the same people in the field that I had come across. Pam talked about how she got into social work and her route to a private practice. She also answered many questions I had about licensing in the state of Virginia and how to develop and maintain a successful private practice. I remember she was not only informative, but also very inspiring and encouraging. I walked away from lunch feeling confident in my clinical experience and skill set, as well as knowing that I was exactly where I needed to be, given my professional aspirations.

Pam and I continued to keep in touch throughout the past year. She would check in with me every so often with a friendly email, and when schedules aligned, we would connect in person for lunch. She has offered many resources and referrals that have been extremely helpful as a pre-licensed therapist, including contact information for LCSW supervisors and other mental health professionals, as well as recommendations for further educational seminars and clinical reading material.

This past spring Pam invited me to attend the annual potluck dinner with her, where she introduced me to many other members within the organization. In addition to meeting many new individuals, I also had the chance to reconnect with many colleagues from my Master's program and past internship experiences. It was an excellent networking opportunity and a chance to learn more about the activities of GWSCSW. As a new member, I am so grateful Pam encouraged me to attend and helped make my evening so enjoyable. I am also very grateful for the GWSCSW Mentor Program and their efforts to match me with such a helpful mentor and supportive friend. Thank you, Pam. ❖

Kristin Heinz, LGSW, is a pre-licensed therapist at The Women's Center in Vienna, Virginia. She offers individual, couples, and family therapy and facilitates a suicide survivor support group hosted by CrisisLink and The Women's Center.

## SAVE THE DATE!

The Consortium for Psychoanalytic Research  
***Developing a Psychic Skin: Implications of Infant Observation Research for Clinical Care***  
with Dr. Brian Feldman

**Sunday February 3, 2013**

8:15 AM – 4:30 PM

The George Washington University Hospital

Watch the GWSCSW listserv for details

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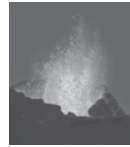
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Kathleen E. Scheg, JD, LCPC at  
703-568-0525 or 301-681-3590



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<http://ncsss.cua.edu/ce/default.cfm>

For more information, contact  
Ellen Thursby | 202-319-4388 | [Thursby@cua.edu](mailto:Thursby@cua.edu)

# 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. Send your Out & About info to [gwscsw.news@gmail.com](mailto:gwscsw.news@gmail.com).*

**Barbara Blitzer**, LCSW-C, M.Ed, gave a presentation on EFT and Meridian Tapping for Trauma at a symposium sponsored by the DC Rape Crisis Center at Catholic University on June 22. Additionally, she was interviewed in May by Pamela Brewer, *Myndtalk*, WPFW, and by Phyllis Martin, on Fertility Forum, about her book, *The Infertility Workbook*. She presented a workshop for *A Family of My Own* conference in May.

**Karen Freed**, LSCW-C, BCD, and Sue Soler, LCSW-C, have presented a workshop to a number of psychotherapy practices entitled "It Doesn't Have To Be The War Of The Roses: Creative Options for Families Going Through Separation and Divorce." This fall they will be speaking at The Lourie Center and Metro DC NASW and a doing a teleworkshop, nationally, for the Association of Conflict Resolution.

**Sydney Frymire** was recently interviewed on the healing aspects of voluntourism by Dr. Pamela Brewer for her *Healing Tapestries* series on WTOP (89.3). You can listen to the interview on Sydney's website: [www.thetrekofyourlife.com](http://www.thetrekofyourlife.com).

**Debby Kanter Klaus**, LGSW, was privileged to present a workshop at the 2012 American Association of Social Work with Groups (AASWG) Symposium at Adelphi University on June 17, 2012. It was entitled "Movement at Metaphor, a Workshop for Helping Professionals." This workshop grew from her many years as a dance teacher and choreographer in the metro DC area.

**Joel Kanter**, with Peggy Vogt, has coauthored an article entitled "On 'Being' and 'Doing': Supervising Clinical Social Workers" in *Case Management Practice* in the Fall issue (Vol. 82/3) of the *Smith College Studies in Social Work*. Email him at [joel.kanter@gmail.com](mailto:joel.kanter@gmail.com) if you are interested in an e-copy reprint.

**Ruth Neubauer**, LCSW, is now living in Denver, Colorado, and is writing a blog on various subjects on the *Huffington Post*, [www.huffingtonpost.com/ruth-neubauer/](http://www.huffingtonpost.com/ruth-neubauer/). She is also presenting a paper at the International Forum for Psychoanalytic Education annual conference in Portland, Oregon in November. Access her new photographic website at [www.liminalspace.com](http://www.liminalspace.com).

**Lisa Snipper** attended a Cape Cod Seminar in June, titled "Working with the Cycle of Self Destructive Behaviors," by Lisa Ferentz, LCSW. It was an opportunity for clinicians to learn, explore their thinking and views, and understand a non-pathologized framework for work with clients. Lisa S. was energized and excited by this training. ❖

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Kathy L. Beck	Rhonda A. Lieberman-Lapan
Allison V. Bennett	Enid McKittrick
Jean C. Campbell	Sharon R. R. Peterson
Marge Coffey	Benjamin Pleasure
Angela DiCorleto	Rachel B. Singer
Geoffrey L. Greif	

**Graduate**

Emily F. Ennis	Rachel Rosenberg
Margaret Epps	Michael F. Shea
Patrice Forrester	Pilar Siman
Rori Kochman	Kelsey N. Van Dyke

**Students**

Denise Choate	Amir Jahansir
Alicia G Cohen	Stephanie Lyons
Emma C Cruse	Twila L. Marks
Mona Daniali	Chelante C. Mitchell
Carol DeVany	Sarita Spinks
Shameca L. Green	Jennifer R. Stoneburg

## Listening, Communication and the Brain: Using Science to Enhance Your Work with Conflict and Challenging Cases

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8:30 am – 4:30 pm

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CEU fee: \$35 for 7 CE hrs

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For more information contact  
Gloria Vanderhorst: 301-578-8760 or [gkvanderhorst@gmail.com](mailto:gkvanderhorst@gmail.com)  
Ellen Kandell: 301-588-5390 or [ek@alternativeresolutions.net](mailto:ek@alternativeresolutions.net)

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Kimberly D. Hock  
President



The 2012-13 Brown Bag schedule was not determined at the time of printing.

Brown Bag workshops will be announced on the listserv, and posted on the website.

Registration will take place at [www.gwscsw.org](http://www.gwscsw.org)

SAVE THE DATE



**Game Changers**  
Social Workers Leading the Future

*A game changer is a person or organization that has new and different ideas that changes the way a situation develops. The world is changing fast, and our roles and challenges as Social Workers are changing, too. Our challenge is to look ahead, plan, and lead ourselves into the future we want.*

*The 2013 Conference will focus on several key areas of social work to identify where the biggest changes are occurring and then help prepare us to be on the leading edge of the change. As we continue to define ourselves and our profession in ways that resonate with our purpose, passion, and ethics, we will become game changers!*

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Political Activist & Author of 21 books, including the *New York Times* best sellers, *Nickel and Dimed: On (Not) Getting By in America* (2001) and *Bright-Sided: How Positive Thinking Is Undermining America* (2010).

# COMMITTEE REPORTS

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## Continuing Education

Marie Caterini Choppin, DC/Md  
mchoppin@counselingforcontentment.com  
301-625-9102

Terry Ullman, DC/Md  
tullmanmsw@gmail.com  
301-854-1121

Lisa Snipper, Virginia  
lisa.snipper@me.com  
571-230-2349

The Continuing Education committee spent the spring months putting together the 2012–2013 continuing education courses that are now available for registration. These courses are listed on the website and in this newsletter. Registration is easily done online, through the GWSCSW website (gwscsw.org), which has streamlined the process and allowed for more autonomy for members.

We had a very successful year, with courses being well-attended and even making a small profit. We were very glad to see this turnaround and hope to continue this positive trend. Along this line, we were able to increase our courses located in Virginia for the coming year. This should help our Virginia members have easier access to quality continuing education courses. We can thank Lisa Snipper for all her work!

We are excited to be offering six courses this coming year throughout the Northern Virginia region. We have partnered with Sunrise Senior Living of McLean which will be hosting several of our workshops this year. The Sunrise Senior Living Center is centrally located off I-495, near Tysons Corner.

We hope this location will allow for many of our members to be able to attend our workshops. And for our Maryland and DC members, we hope you will consider joining us, as it's not that far away! DC members can reach the Sunrise via I-66 to the toll road in about 30 minutes. We hope you will consider what we are offering and take the opportunity to join us at this location in the coming year.

We are now gearing up for the 2013–2014 year and will be accepting proposals from September 1, 2012, through January 15, 2013. We have a lot of information about the continuing education proposal process online, where you can find out about submitting proposals and all the associated requirements. Go to the GWSCSW website, under the "Continuing Education" tab, to find the *Proposal Template* and *Frequently Asked Questions*.

You can send Virginia proposals to Lisa Snipper (lisa.snipper@me.com) and to Marie Choppin (mchoppin@counselingforcontentment.com) or Terry Ullman (tullmanmsw@gmail.com) for Maryland or DC locations.

We are looking for members to join the CE Committee, and to help with the Brown Bag events. We also need someone to take over as chair of the Virginia CE Committee, who has an interest in continuing to help grow the educational opportunities in Northern Virginia. Lisa is happy to help teach you the ropes (in fact it's pretty easy!) If you think you are interested in volunteering for our committee or have any other questions, please feel free to email any of us.

## Finance

Flora Ingenhouz, Chair  
flora.msw@verizon.net  
301-649-5525

The Finance committee has met several times in the last few months and presented the profit and loss statement for the past year at the annual dinner. Thanks to the Maryland Society, which gave us \$8,000, as well as the educational events, (excepting free Brown Bag events) which bring in some money, we were able to break even in the last fiscal year. We are currently working on the budget for the new fiscal year, which started July 1, and will present our proposed budget to the full board at our September retreat.

Please contact Flora if you have any questions or are interested in serving on our committee.

## Leadership

Sydney Frymire, Co-Chair  
sydneyfrymire@yahoo.com  
301-233-7612

Susan Post, Co-Chair  
susan.post@gmail.com

The Leadership committee had their first meeting July 25. We are hoping to have a speaker come for a Leadership Event soon. Sydney attended an event at the Hirshorn Gallery in July, given by Barry Strauss, professor at Cornell University. He gave a talk about leadership from his book, *Masters of Command: Alexander the Great, Hannibal and Caesar, The Genius of Leadership*. Sydney found his talk

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### **Committee Reports, from page 31**

very stimulating and interesting. Here is a brief summary of the talk:

The ten qualities of a leader are: ambitious, has a “big soul”; strategist who formulates a winning plan in light of the purpose/big picture; likable, can get other people to follow; audacious and courageous; has a brand such as “Hope and Change” in Obama’s 2008 campaign; has a good infrastructure with money, organization, mechanism for feedback; charismatic; luck/divine providence; prudent/moderate; knows how to rebuild a newer and better product.

The five stages of change, as exhibited in war, are: attack, resistance, clash, closing the net, knowing when to stop.

Mr. Strauss pointed out that our leaders today often engage in the area of commerce. Steve Jobs and

Jeff Bezos (founder of Amazon) were two examples he cited.

### **Legislation & Advocacy**

*Margot Aronson  
malevin@erols.com  
202-966-7749*

Thanks to the energy and determination of Judy Gallant, the new co-chair of our legislative committee for Maryland, more than 20 Society members contributed to the parity letter we presented to Congressman Chris Van Hollen at the Parity field hearing described on the legislative pages of this newsletter. We hope that all of you who attended the hearing—and others as well—will maintain the enthusiasm and momentum of that event and step forward to work with Judy, as long-time co-chairs Betsy Amey and I step back.

In the District of Columbia, we welcome Gina Sangster to our

legislative committee, to focus on child welfare and foster care issues. Gina joins Mary Lee Stein (Mary Lee monitors community health care and health care reform issues) and Kirsten Hall and me (we concentrate on Board of Social Work and scope of practice/licensing issues). More Society participation would be welcome on these and other issues. One example: in DC, as in some but not all states, Medicaid is reserved for social workers who are affiliated with a hospital or core service agency. Lobbying for a change in that policy could bring real results. Let us know if you are interested.

There’s a lot going on in Virginia, where the Society works with the legislative committee of the Virginia Society for Clinical Social Work (VSCSW). Dolores Paulson and Judy Ratliff take responsibility every eight weeks for getting to the VSCSW board meetings, where

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they speak for the Society on legislative issues and report back. These meetings are in Richmond, Charlotte, or Culpeper, a two-hour trip each way. This is a huge time commitment for Dolores and Judy. Other Society members in Northern Virginia could be taking action: learning about and monitoring issues, taking aim at insurance/parity problems, informing membership of the need for grassroots letters, letting Northern Virginia state legislators know what's important to clinical social workers (and why they should care!) and so on. To make this happen, get involved!

## Membership

*Sue Stevens, Co-Chair*  
*snevetss1@gmail.com*

*Nancy Harrington, Co-Chair*  
*nahlcsw@aol.com*

The Membership committee is delighted to announce that as of July we have 845 members. Of this group, there are 670 full members, 76 graduate members, 23 retired members, 4 affiliate members, and 72 student members.

Compelling reasons for belonging to the Society are stated in our masthead: Community, Advocacy and Education. We have so much to offer but potential members need to know about us. The feedback we have received is that the most effective way to attract new members is through referral, personal contact and recommendations. Contribute to the Society by letting your friends and colleagues know about us, and inviting them along to one of our functions.

At the Annual Dinner we gave a special welcome to members who had joined the Society this year. Each new member received a rose

to attach to their name tag. Thanks so much to the organizers who helped to make this happen.

Our committee is looking for volunteers to be liaisons for the University of Maryland, Howard University, and Catholic University. This is a fun job and a way to stay connected to your alma mater. It doesn't have to take much time, and we would like your ideas on how to get and stay connected to MSW students.

We will be having a New Member Tea to welcome all our new members on October 28. Watch for details.

## Newsletter

*Lisa Wilson, Editor*  
*gwscsw.news@gmail.com*

It's an exciting time for the Society, as we welcome our new officers and launch a new year of education, advocacy, and community. Please take advantage of the many opportunities to be informed, inspired, and connected through the newsletter; and as you do so, consider what you'd like to share with fellow Society members from your own professional expertise and insights. You can send submissions and ideas to [gwscsw.news@gmail.com](mailto:gwscsw.news@gmail.com).

## Professional Development

*Sydney Frymire, Co-Chair*  
*sydneyfrymire@yahoo.com*  
301-233-7612

*Karen S. Goldberg, Co-Chair*  
*goldbergks@aol.com*  
301-680-9060

Spring and early summer have proven to be a time of many projects for the Professional Development committee.

On Sunday, April 29, the committee presented a panel discussion titled *Clinical Work in Agency Settings*. The workshop was well attended by both newer and seasoned social workers. A lively discussion evolved regarding the advantages and challenges of agency experience, the many opportunities for application of clinical skills, and the avenues to adequate supervision. Thanks to Sydney Frymire, Laura Ballard, Melissa Grady, and Randy Smith for serving as speakers on the panel and to Marilyn Lammert for moderating the discussion.

On Tuesday, June 5, the committee sponsored *Social Work Licensing: Maryland, Virginia, DC* in collaboration with the National Catholic School of Social Service. The workshop offered a panel presentation (Karen Goldberg, LCSW-C, Eileen Dombo, PhD, LICSW, and Stacy Hardy, PhD, JD, LCSW; Melissa Grady, PhD, LICSW, moderator) on the licensing regulations for each of the three jurisdictions in the Washington area followed by a question and answer session. The 37 attendees included current Society members and individuals interested in joining, some were recently graduated social workers and others have come to the area with licenses from another state. A more detailed narrative about this workshop can be found on page 24 of this issue of *News and Views*. The efforts of many individuals went into organizing it and their names are also cited in the article. Thanks to all! Plans are already underway to repeat the workshop in late fall or early winter 2012, as well as on a twice yearly basis in the future.

Another exciting development this spring/summer has been the formation of the Graduate com-

*continued on page 34*

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**Committee Reports, from page 33**

mittee under the leadership of Juleen Hoyer and Sara Girovasi. This is a subcommittee of the Professional Development committee, and will collaborate with other GWSCSW committees to facilitate the ongoing development of GWSCSW programs and functions as they pertain to current social work students interested in clinical work, recent grads, non-independently licensed MSWs, and early career social workers. The Graduate committee gathered for a Meet & Greet on June 10 and established an agenda of potential projects, including the exploration of ways to bring GWSCSW into the 21st century through the use of social media. The Graduate committee held its first official meeting on August 5. For more information about the committee or to join us, please contact Juleen (hoyer@yahoo.com) or Sara Girovasi (sgirovasi@gmail.com.)

Experienced Society members are still needed to participate as mentors in connection with the Mentor program, which is provided through the Professional Development committee. Mentors, who may have formerly participated in the Maryland Society, are particularly needed to volunteer their expertise to GWSCSW members from the more far reaching areas of the state. Mentors provide one-to-one guidance to newer social workers at mutually convenient times, in order to address concerns related to licensure, establishing a private practice, employment, securing supervision, consolidating professional identity and other questions related to professional development. Mentors and mentees are matched according to location, interests and types of experience. Additional information about the Mentor program, as well as applications to receive or become a mentor can be found by clicking on the "Professional

Resources" tab on the left hand side of the home page for the GWSCSW website and clicking on the Mentor Program listing. Further information can be obtained by contacting Sheila Rowny at [srowny@aol.com](mailto:srowny@aol.com).

Finally, Susan Marks leads a support group for members seeking to start and/or build a private practice. Susan's well-attended groups provide information, as well as discussion and encouragement. The group meets monthly at a location convenient to those interested. For further information, contact Susan at 703-533-9337 or at [surobbin@verizon.net](mailto:surobbin@verizon.net).

The Professional Development committee is currently exploring additional topics for workshops next fall. We are also excited to welcome Sydney Frymire as co-chair of the committee! Please contact either Karen or Sydney if you are interested in joining or would like to offer input. ❖

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### **News & Views Submission Guidelines**

We welcome GWSCSW members to write articles, contribute in one of the columns, and to share your news in Out & About. Below are a few guidelines to keep in mind.

**Articles** – Focus on your area and expertise of practice, ethical dilemmas, responses to events in the media or other topic relevant to clinical social work. Articles should be 500–700 words.

**Out & About** – News about you: an article you've written, if you've been in the news, taught a class, earned a new certification or are a singer, artist or writer. Submissions should be 50 words or less.

#### **Submission Deadlines**

March News & Views – deadline January 20

June News & Views – deadline April 20

September News & Views – deadline July 20

December News & Views – deadline October 20

All submissions will be reviewed by the editors and are subject to editing for space and clarity.

**Send all submissions to [gwscsw.news@gmail.com](mailto:gwscsw.news@gmail.com)**

**VISIT OUR WEBSITE: [www.gwscsw.org](http://www.gwscsw.org)**

## ADVERTISEMENTS

Advertisements, accompanied by full payment, must be received by the GWSCSW by the first of the month preceding publication.

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**OFFICE CONDO FOR SALE** – Chevy Chase, DC. Conveniently located on the first floor, this condo is in a prestige building with front desk, and on-site management. There are two offices and a waiting room. Both offices are light-filled and spacious with comfortable seating and attractive enhancements such as: built-in bookcases, desks, and soundproofing. The suite also has a small kitchen/storage, bathroom and parking. Walking distance to Friendship Metro. For details and appointment to see, call Pat Gerachis of Long and Foster at 202-494-0876 or email [pat.gerachis@longandfoster.com](mailto:pat.gerachis@longandfoster.com)

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### SERVICES

**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.



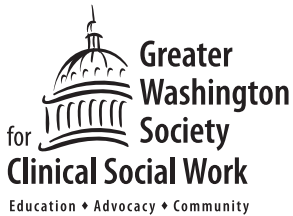
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Current full members may choose to list their practices on our new Therapist Finder. It is similar to our previous Referral Panel, but with these enhancements:

- There is no charge to be listed; it is free to all full members.
- It includes an interactive map, increased search categories, a place for your photo, and much more.
- You can update it anytime, yourself, by logging on at [gwscsw.org](http://gwscsw.org) and updating your profile.

While you're at the website renewing your membership, don't forget to sign up for the optional

#### **2013 Prepaid Legal Plan**

The 2013 Prepaid Legal Plan will be serviced by the same attorneys as in the past, and members can subscribe at the same time they renew their GWSCSW membership.

The plan will be in effect from January 1, 2013 to December 31, 2013.

The opportunity to subscribe to the 2013 Prepaid Legal Plan closes **December 31, 2012**. There are no mid-year subscriptions.

The cost for subscribing is \$125 for the year. This covers two hours of legal services. Any further consultation will be at the attorney's usual fee, and is negotiated between the subscriber and the attorney.

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...and one more thing. You might be wondering what happened to the list of GWSCSW continuing education and social events, that used to be listed here. They're all online at [www.gwscsw.org](http://www.gwscsw.org) > **Education, Events, Networking**.