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## Advocacy— The Other Social Work Value

*Lisa Wilson*

I entered the social work profession expecting to engage in both clinical work and advocacy. But as I moved from one agency and population to another seeking my niche, I kept so busy cultivating my nascent therapeutic skills and developing familiarity with new protocol and resources that I all but lost sight of the big, macro picture.

I was brought to my senses last December by a coworker who is a member of a coalition to promote sexual assault survivor’s rights in the District of Columbia. He encouraged me to prepare verbal and written testimony for a hearing by the District of Columbia Council Committee on the Judiciary and Public Safety, chaired by councilmember Tommy Wells. The hearing allowed public comment on Bill 20-417, the Sexual Assault Victims’ Rights Amendment Act of 2013 online at the DC Council website (<http://dcclims1.dccouncil.us/images/00001/20130712164753.pdf>). My coworker told me that as a DC resident and a social worker who has worked with survivors of sexual assault, I had input that the Council would want to hear. That brief conversation helped me remember that I not only have the ability to support clients’ personal healing and growth, but I also have a voice that can impact the health of our political and social systems. I found this inspiring - and more than a little intimidating. I decided to push through my anxiety and participate in the hearing, and I am extremely glad that I did. I share my experience here in hopes that taking a little mystery out of the legislative process may reduce barriers to others’ participation.

Working with the coalition made my task relatively easy. They provided a draft of the bill, an outline of the bill’s main provisions, and tips for giving verbal and written testimony. I did a quick online search and found additional advice on how to prepare testimony for the Council. I talked with people who had an interest in the issue to help clarify my thoughts, reflected on conversations with clients, and then sat down to write out my testimony. I understood it was important to clearly express the aspects of the bill that I support as well as needed changes, illustrating my points with client experiences as appropriate. I had to do all this in three minutes or less at the hearing, so I practiced reading through my notes with a stopwatch running. I felt a sense of tremendous privilege and responsibility to speak on behalf of the survivors who had entrusted me with their stories and would likely not be present, themselves, to speak with the Council.

**For all the latest...  
visit  
[www.gwscsw.org](http://www.gwscsw.org)**

*continued on page 4*

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

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### GWSCSW NEWS & VIEWS

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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 June 2014 and the deadline is April 20

Email articles to newsletter@gwscsw.org.com

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# President's Message

Kate Rossier



Happy Spring to all!

Time has flown by and my two-year term is rapidly coming to its end, as are the terms of other board members. The Leadership/Nominating Committee has been hard at work as they look to connect with those of you ready and interested in becoming more involved with our Society. This is a big turnover year, and we have a lot of spots to fill! Of the officers, not only I am completing my term, but also Irene

Walton, secretary and Marie Choppin, vice president are finishing theirs after many years of great service. Thankfully Hani Miletski, our wonderful treasurer, will be staying on for her second year.

We also have some director positions to fill in the areas of education, development, and legislation and advocacy. Terry Ullman is completing her final year as director of education, and has done an amazing job providing us with clean, clear, and streamlined procedures for the involved process of putting on workshops and providing CEUs. She also organized the March 1 workshop given by Laura Groshong. We will miss her! We are also sad to lose Lisa Snipper in the role of director of development. She has been a wonderfully enthusiastic board member for many years, and has held several positions—working sometimes on the front lines and at other times behind the scenes—and we have benefitted greatly from her energy and her many contributions to the society.

Juleen Hoyer will be continuing as director of communication, in addition to her role as co-chair of both the Early Career & Graduate and the Social Media Committees. This is good news indeed! Margot Aronson is leaving her position as director extraordinaire of Legislation and Advocacy after being at the helm of our legislative and advocacy efforts for several years. Prior to that, she was a three-year president and also a newsletter editor. Truly, Margot has been one of the great shapers of our Society over the past decade. In sharing so much of her heart, soul, wisdom, and skill with us, she has won my undying gratitude.

Please take the time to thank Margot, Marie, Irene, Terry, and Lisa for their wonderful service—in person, by email, or by phone. I would encourage you also to thank Hani and Juleen, who are continuing in their board leadership positions!

I'd also like to give special thanks to Lisa Wilson, our wonderful newsletter editor, who will be stepping down at the end of this year—which means that she has just one final issue to go. She has done a great job and we are very grateful to her.

These leaders have helped move us forward, and I'd like to provide a brief snapshot of what the board is up to as we complete our current terms.

Our Society is in good shape financially, and the board is about to head into our budgeting process for the coming fiscal year, which begins on July 1. We are looking over our Mission Statement to be sure we're moving

forward in a way that speaks truly to us, and that our programs reflect this course as we prepare to celebrate our 40th anniversary next year.

We are continuing to explore how we can better communicate with members via our website and list-serv and also to find new ways that the Internet and social media can serve us as an organization and as mental health practitioners. We are improving our infrastructure by streamlining processes and procedures and putting important documents online.

We offer wonderful workshops and brown bags and are working to evaluate our continuing education program. We continue to reach out to the folks in Northern Virginia and in Maryland beyond the Beltway, to be more fully connected and to offer an amazing and strong presence in the tri-state area legislatures.

And we do all this as a virtually *all volunteer organization!* At the risk of sounding obnoxiously boastful, we are amazing! We have a tremendously generous and vital group of colleagues in each other. And this brings me to the part of our society that I find most important. We are a truly vibrant community of clinical social workers, committed to our profession and our clients and also supportive of each other. I feel very appreciative and proud to be a part of this group.

As we head into the final couple of months of this fiscal year and my presidency, I am getting excited to see who our new board will be. Happily, as the immediate past president, I will still be a board member. ❖

### Free Matching Service!

If you are not sure how to best use your skills or interests in GWSCSW, we can help. For example:

- If you like to collaborate or help new members, consider joining the Mentor committee.
- If you like to organize and "be in the know," consider being secretary.
- If you like to try new ideas, problem solve and be supportive, consider being vice president.
- Whatever you like to do, we can find a match for you!

Contact Susan Post, [susan.post@gmail.com](mailto:susan.post@gmail.com) or Sydney Frymire, [sydneyfrymire@yahoo.com](mailto:sydneyfrymire@yahoo.com).

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The day before the hearing, I contacted Margot Aronson, head of GWSCSW's Legislative & Advocacy Committee, to request her feedback on my written testimony. Margot outlined various resources her committee can provide, then gave me some guidance to ensure that my testimony was in compliance with Council protocol and client confidentiality requirements. She also committed herself to draft written testimony on behalf of the Society, to be submitted during the period for written public comment following the hearing. You can find this on the next page. With Margot's input, I made final edits to my testimony and printed 15 copies to take to the hearing, one for each member of the Council.

Arriving early to the Wilson Building on the day of the hearing, I was struck by the palpable sense of democracy at work. This was reinforced when I entered the council hearing room and found it already filling with people 30 minutes before the scheduled start time. I was pleased to recognize social workers I knew from various agencies around DC; some with obvious engagement in the area of sexual assault and some with connections that became clear upon reflection. I felt a deep, settling sense of our professional community and the shared priorities that transcend our narrower disciplines.

I received an "Agenda and Witness List," identifying the people scheduled to give testimony. With nearly 60 people speaking, the list was unusually long. I was 39th on the list, so I had the opportunity to hear testimony from survivors, their friends and family members, providers, and agency representatives before it was my time to speak. This provided a fascinating snapshot of the reality of sexual assault and our community's response to survivors and assailants. I was excited to recognize the Society's own Eileen Dombo on the witness list and to hear her testimony. As the day progressed, I found my emotions shifting powerfully between fascination, anger, hope, and sadness; but throughout, I was consistently aware that exercising my voice on behalf of those I serve is critically important; both because there are other loud and powerful voices that are motivated by other priorities; and because in the act of speaking I found my own best instincts strengthened.

I was impressed by the insightful and probing questions Chairman Wells asked of each witness, and his kind recognition of each survivor and relative that spoke. His social work training was evident, and I was pleased to see him apply it with evident diligence in this arena.

I was called in a group with three other witnesses when it was my turn to testify, and we four went forward to sit at the table facing Chairman Wells. A small box sat on the table with green, yellow, and red lights to indicate when each person's allotted time was beginning and ending. As my name was read and a camera was trained on my face, I had a moment reminiscent of grade school book reports, when I was keenly aware of eyes on me. Fortunately, I had my notes with me and had practiced enough to know what I wanted to say in those 3 minutes. This enabled me to focus on my words and speak into the microphone. After I and the other witnesses in my group had spoken, Chairman Wells asked clarifying questions and noted his pleasure that so many social workers were in attendance.

It was 4:30 p.m. when I got up from the table, and I reluctantly opted to leave despite the remaining witnesses. People are free to come and go from the Council hearing room, but food and drink are not allowed—so I was ready for supper and some fresh air by the time my testimony was done.

The committee continued to receive written testimony for several days following the hearing, during a period of time in which committee members further consider and research concerns related to a proposed bill. In an upcoming "mark-up" session, the committee will make desired revisions to the bill. This revised bill will be put to a vote in the committee, and if passed it will go to the full Council for consideration. You can view public testimony online, following steps detailed in this issue's DC Legislative & Advocacy report on page 7. You are also heartily invited to contact Margot Aronson, Legislation & Advocacy Director, if you'd like to explore ways you might stay informed about the progress of this bill or otherwise become active in the area of advocacy.

Now that I've had a taste of this process, I'll be looking for opportunities to testify in the future, and to engage with the Legislative & Advocacy Committee to support their efforts. I encourage you to do the same! ❖

Greater Washington Society for Clinical Social Work  
statement concerning

**The Sexual Assault Victims' Rights Amendment Act of 2013 (B20-417)**

The Greater Washington Society for Clinical Social Work (GWSCSW), with 900 active members, represents the interests of the more than 5000 licensed independent clinical social workers who practice in a wide variety of settings in the District of Columbia. Established in 1975 to promote social work licensure in the District, Maryland, and Virginia, the Society takes an active interest in legislative and regulatory affairs, advocating for accessible, affordable mental health treatment in the public and private sectors and for other issues relevant to the profession.

GWSCSW commends the Council Committee on the Judiciary and Public Safety for addressing the rights of sexual assault victims in this thoughtful and compassionate legislation. Most of our members have, at some time in our careers, had direct experience working with victims of sexual violence; many of us are currently providing services in crisis centers, shelters, hospitals, family centers, private practices, and other social service-based venues. We have seen at first hand how sexual trauma can devastate a life, and applaud your committee for creating much-needed victim supports.

Two elements of B20-417 are, however, of some concern: the proposed exception to the right to a victim advocate, and oversight of the Metropolitan Police Department (MPD) by the Police Complaint Board and the Office of Police Complaints.

With regard to the first, **we urge the Committee to consider an amendment. As written, the bill permits an exception to the right of the victim to an advocate if the advocate's presence "will be detrimental" to the proceeding. Vague and overly broad, this provision wrests control away from the victim, creating a re-victimization and undermining the path to empowerment and emotional healing. The presence of a trained victim advocate is critical to ensure that victim's rights are respected, to educate the victim about the investigative process and the possible ramifications of his/her statement, and to support effective investigation and prosecution of the assault. The decision to waive the right to an advocate should be solely in the hands of the victim.**

With regard to our second concern, we believe that jurisdiction over the Metropolitan Police Department by the Police Complaint Board and the Office of Police Complaints in handling complaints related to sexual assault cases, as established in the bill, is essential, especially important to combat those instances when trauma may be caused by a police officer or detective who doesn't believe or blames a victim. It has been alleged that the MPD routinely ignores disciplinary action in these instances. If this is indeed the case, it will be critical for the Committee to maintain close oversight, and **we would urge a regular review of sexual assault cases incorporating survivor feedback, to be sure that concerns are responded to and resolved before controllable situations fester and grow into major problems.**

With the aforementioned concerns, GWSCSW strongly supports the bill. The Committee is to be commended for the very strong protections provided to victims, all of which are supportive of what mental health professionals consider best practices for trauma-informed healing:

- Providing sexual assault victims the right to have an advocate present in forensic medical exams and law enforcement interviews;
- Providing testimonial privilege for sexual assault advocates;
- Establishing standards for training of advocates and requiring supervision by licensed mental health professionals;
- Requiring processing of rape kits by the Metropolitan Police Department within 90 days; and
- Relieving victims of the sexual assault forensic examination expenses by authorizing hospitals to bill the DC Crime Victims Compensation Program.

With the addition of an amendment confirming the right of a victim of sexual assault to a victim advocate *without* exception, and the institution of a regular, survivor-informed case review of police cases involving sexual assault, the Act will make a powerful stand in ensuring rights for victims of sexual assault in the District of Columbia.

# LEGISLATION & ADVOCACY

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## ■ FEDERAL

*Laura Groshog*

After years in the shadows, mental health and substance abuse treatment policy came into the spotlight this year and became part of our national discourse. Our mental health advocacy community has long asked for a comprehensive approach to our national mental health system. But as they say, “Be careful what you wish for.” The current situation is complicated.

A perfect example of the complexity is demonstrated in The Helping Families in Mental Health Crisis Act (H.R. 3717), introduced in the US House by Representative Tim Murphy (RPA). Murphy is a psychologist, and his bill is a serious effort to bring mental health issues which have been addressed in a fragmented, piecemeal fashion for decades into a system that is more cohesive. However, the bill is imperfect as written, providing strong support for some positive initiatives while defunding or even prohibiting others.

Given the scope of this omnibus legislation—it weighs in at 135 pages—it is not surprising that there would be disagreement about various provisions of the bill in the health care advocacy community. The Clinical Social Work Association (CSWA) of which GWSCSW is an affiliate participates actively in the Mental Health Liaison Group (MHLG), a coalition of 68 national mental health advocacy organizations representing a wide range of interests, including issues of serious and/or chronic mental illness, disability rights, substance abuse, professional scopes of practice, privacy rights, suicide prevention, community mental health services, and more. While each MHLG member organization takes its own position on legislation and policy, it is when we speak as a community that we are strongest. This bill creates an important moment for us to exercise our collective voice.

The Murphy Bill provides funding for a demonstration program for federally qualified community behavioral health clinics. This had been planned during the 1960s as an integral part of deinstitutionalization, but was never achieved. The bill also supports outstanding programs such as the Garrett Lee Smith suicide prevention program and the National Child Traumatic Stress Network. It provides funds for Department of Justice programs focused on people with mental illness and substance use disorders involved with the criminal justice systems, supports community mental health programs, and more. Further, there are no cuts to reimbursement!

However, the bill also calls for a significant loss of privacy and self-determination rights for the seriously mentally ill, deep cuts to funding for children’s mental health services, lack of funding for the treatment of substance abuse and cooccurring disorders, sharp reduction in funding for legal services for those with disabling mental illness, and redirection of mental health funding into state block grants.

As clinical social workers and as part of the broader mental health community, CSWA cannot support the Murphy Bill as it stands, and we are working to address our areas of concern with Rep. Murphy. We are convinced that open and constructive debate is essential to crafting the bill into good legislation that truly supports a comprehensive, coherent mental health system, and we are committed to participating in this debate.



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An integrated approach to all these issues starts with internal agreement within the mental health/substance abuse/disability community on how to work together to help all the people with emotional distress needing help. CSWA will continue to build bridges in pursuit of this goal as we educate the larger community and public about what LICSWs and psychotherapy have to offer. ❖

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Laura Groshong, LICSW, is the Clinical Social Work Association (CSWA) Director for Government Relations. Laura writes *The Aware Advocate*, informative CSWA reports on legislation, Medicare, and insurance issues that appear frequently on our GWSCSW listserv. Laura maintains a private psychotherapy practice in Seattle, Washington. Information about CSWA (including how to become a direct member) can be found at [www.clinicalsocialworkassociation.org](http://www.clinicalsocialworkassociation.org).

## ■ DISTRICT OF COLUMBIA

*Margot Aronson*

The DC Board of Social Work has issued a policy statement defining “clinical case management,” making clear which case management activities a DC Licensed Graduate Social Worker (LGSW) may include in the 3,000 hours of clinical practice experience required for his/her advanced clinical licensure.

At the January board meeting, Dr. Cathleen Gray, chair of the board, expressed deep appreciation for the work of the committee of specialists who worked with her to develop the definition: Dr. Eileen Dombo, faculty at Catholic University of America; Dr. Janice Berry Edwards, faculty at Howard University; and Joel Kanter, who is widely recognized for his expertise and publications on clinical case management.

According to the new clinical case management policy, for advanced licensure consideration by the board, clinical practice experience must include and be focused on the following:

- Diagnostic assessment experience giving the applicant a working knowledge of the DSM
- Bio-psychosocial assessment experience giving the applicant the ability to create a theory-based social work assessment of the client system
- Goal-oriented, psychotherapeutic treatment with a clear theory base and specific treatment goals
- Receipt of theory-based clinical supervision focused on diagnostic assessment, specific treatment goals, and ethical practice standards.

The policy statement includes important details concerning documentation, supervision require-

ments, limitations, and more; LGSWs working toward advanced licensure and their supervisors are urged to review the policy carefully. The full policy statement will be posted on the board’s website, and all DC social work licensees will receive a notice by email. (Any licensee who has not yet received the email notice should be sure that the board has a correct email address. The point of contact is Ms. Mavis Azariah, Health Licensing Specialist, at 202-442-4782.)

## Testimony for the DC Council

This winter, both Eileen Dombo and Lisa Wilson presented verbal testimony, based on their clinical experience and knowledge, concerning legislation being considered by the DC Council’s Committee on the Judiciary and Public Safety to enhance the rights of sexual assault victims. To view Eileen’s and Lisa’s testimony and their exchanges with Councilman Tommy Wells, search Google for “octt.dc.gov 13” and select “On Demand.” In the left-hand column, find the 2013 calendar, and select “December 2013 listings.” Click on “Week of December 8–14” and scroll down to the December 12 hearing of the Committee on Judiciary and Public Safety. Eileen speaks at 3:18 and 3:40, and Lisa speaks at 4:12.

Based on the invaluable input provided by Eileen and Lisa, our Society submitted written testimony identifying the strengths and needed changes of bill B20-417, The Sexual Assault Victims’ Rights Amendment Act of 2013. GWSCSW Testimony is on page 5 of this newsletter. ❖

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Margot Aronson, LICSW/LCSW-C, is GWSCSW Director for Legislation & Advocacy, as well as a past president and newsletter editor for the Society. She maintains a private practice in the District.

.....  
: **“It is in giving that we receive.”** :

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:.....



## ■ MARYLAND

Judy Gallant, LCSW-C

Maryland's 2014 General Assembly opened January 8th and will be in session until April 10. During that time, its 47 senators and 141 delegates will be proposing, considering, and acting on approximately 2,500 pieces of legislation. Alice Neily Mutch, our indomitable Maryland lobbyist, has been reviewing and sorting through this session's bills. She takes our input and, for those bills touching on mental health treatment or our profession, recommends strategies of close monitoring, written testimony, or active participation with legislators. On priority bills, Alice helps us prepare testimony and sometimes, in a pinch, prepares and delivers the testimony for us. In addition to hearings, she attends and reports on seemingly endless subcommittee and workgroup meetings, facilitating connections so that we can effectively make our point of view known to legislators sponsoring bills of interest. We're not sure when she sleeps.

## Failure to Report Child Abuse

None of last year's "failure to report" bills passed. This year, SB 210 includes the establishment of a task force to study risk factors, prevention, identification, and the reporting of child abuse. We strongly support this approach, and emphasize that the task force should be allowed to complete its study and make its report before putting in place the bill's fines and jail time for failure to report. We would also like to see a clinical social worker included among the appointees on the Task Force, based on our profession's leadership in the field of child protection and on our expertise and involvement with vulnerable families.

We believe that an increase in Child Protective Services staff numbers and compensation would be a far more effective approach to protecting our children than expenditure of scarce resources on criminal prosecution of mandated reporters. Further, the health professional boards already have the responsibility for investigating complaints and applying quite severe disciplinary actions.



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Saturday, April 12, 2014

1 - 2:30 PM

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**RSVP: Linda Grey, MSN at 703-533-1359 ([lgrey01@aol.com](mailto:lgrey01@aol.com))**

*Learn more about our program at: [www.wcpweb.org](http://www.wcpweb.org)*



## Reimbursement Rates and the Mental Health/ Substance Abuse Safety Net

Without strong provider networks, timely and accessible treatment is not a possibility, making for serious gaps in the mental health and substance abuse safety net. Unfortunately, recent years have seen financial disincentives discouraging private mental health practitioners and practice groups from participating in Medicare, Medicaid, and insurance networks. The result has been that many providers are dropping out of networks as they see their practices become economically unsustainable.

We are urging an increase in reimbursement rates for mental health treatment providers, with particular attention to clinical social workers (LCSW-Cs), who provide a majority of treatment.

## Telemedicine

The final report and recommendations of the Maryland Health Care Commission's Telemedicine Taskforce identifying opportunities for expanding Telemedicine to improve health status and care delivery are due in December, 2014. Because the use of Telemedicine in the mental health field offers clear benefits but also poses particular challenges of confidentiality and inappropriate use, we have asked that there be close focus upon the specific issues related to mental health and confidentiality.

The Telemedicine proposal currently under consideration, SB 198, repeals limitations for reimbursement of certain services delivered by Telemedicine in the Maryland Medical Assistance Program. Be advised that the definition of Telemedicine does not include audio-only telephone conversation or electronic mail messaging between health care provider and patient. A video connection is required.

## Oversight of Insurers, Autism, End-of-Life, and Advance Directory Issues

In addition to the above issues, we have also addressed with legislators the need for increased state oversight of health insurers to protect network adequacy. We have asked that LCSW-C's be explicitly included in regulations for reimbursement for certain approved autism treatments. We have advocated that clinical social workers be considered an integral part of end-of-life and hospice treatment teams. We have also recommended against collecting fees from citizens

who complete an advanced directive to be included in the State Advance Directive Registry.

Alice maintains an email list of members who have expressed interest in Maryland legislative issues and want to be kept informed of up-to-the-minute developments. Mailings during the legislative session include a direct link to each bill we're reviewing. Email [alice@capitalconsultantsofmd.com](mailto:alice@capitalconsultantsofmd.com) to request that she add you to the list.

If you would be willing to serve as an informal consultant on any of these issues or want to join our committee as we review upcoming legislation, please contact Judy Gallant at [jg708@columbia.edu](mailto:jg708@columbia.edu). We would greatly value your help! ❖

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Judy Gallant, LCSW-C, is chair of the Maryland Clinical Social Work Coalition, our GWSCSW legislative committee in Maryland. She maintains a private practice in Silver Spring.

Marie Caterini Choppin, LCSW-C & Associates



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## ■ VIRGINIA

Judy Ratliff, LCSW & Dolores Paulson, LCSW

Given the shift in political climate in Virginia and the presence of mental health issues on the front pages, this is an excellent time for social workers to make their views known. Governor McAuliffe is in favor of the Medicaid Expansion, thirty-eight million dollars has been put into the 2014 budget to implement mental health crisis legislation, and several bills relating to mental health treatment are under consideration in the 2014 Assembly.

Your legislators need input on these various issues. Educate them! The home page of the Virginia General Assembly displays a prominent link to the "Who's My Legislator?" service, where you can find the names and contact information of your state delegates and senators.

When we asked Senator Janet Howell from District 32 how best to support Medicaid Expansion in Virginia, her prompt response was: "Have your members contact their representatives. Especially important

are the rural delegates and Speaker of the House." A simple email from each of you will help provide your representatives and the Speaker of the House with the grassroots support they need for making the case for Expansion. Groundswells of interest do make a difference. Just do it!

### Social Workers and "Qualified Equivalent Workers"

A "title protection" bill passed last year in the Virginia Assembly and signed into law established that only individuals with MSWs from social work schools accredited by the national Council on Social Work Education are permitted to identify themselves as social workers.

Virginia law exempts social service agency and non-profit agency workers from licensing requirements and the title "social worker" has come to be used, in some of those settings, on the basis of job description rather than an MSW credential. It is perhaps not surprising that a bill now being considered in the House – HB 890—includes a provision to "allow family-services specialists and qualified equivalent workers to perform tasks previously limited to social workers." The multi-faceted HB 890 also seeks to expand the authority of

## Gottman Workshops for Couples

Presented by Certified Gottman Therapists  
Scott Wolfe, Ph.D. & Patricia Gibberman, LCSW, BCD

Research-based Workshop for Couples  
Created by:  
Drs. John and Julie Gottman

**March 16 & 17, 2013 and  
September 28 & 29, 2013 in NoVA**

**June 29 & 30, 2013 and  
November 9 & 10, 2013 in MD**

To register, visit  
[weekendcouplesworkshop.com](http://weekendcouplesworkshop.com)  
or call Scott at  
410-381-4411 ext. 1.

*The Art*  
& SCIENCE  
*of Love*



8:30 am to 5 pm both days  
Registration 8am-8:30am on Saturday

**Sheraton Columbia Town  
Center Hotel**  
10207 Wincopin Circle  
Columbia, Maryland 21044

**Fairfax Marriott at Fair Oaks**  
11787 Lee Jackson Memorial Hwy  
Fairfax, Virginia 22033

discounts for mental health professionals

## Virginia Board of Social Work

Terms are ending this June for three members of the Virginia Board of Social Work. Two of the three have the option of applying for a second 3-year term, but the third—the only Northern Virginia licensee, Board Chair Susan Horne-Quatannens—will have completed two full terms.

Please consider applying to serve on the board. The nine-member volunteer board, with reportedly excellent staff assistance, is responsible for the licensing of social workers, the enforcement of standards of practice, and the provision of information to licensees and to the public. What's involved? There are quarterly meetings in Richmond (with reimbursement for travel, hotel, and meal expenses), plus additional informal meetings and telephone conferences when needed.

For more information, contact the board's executive director, Catherine Chappell (Catherine.Chappell@dhp.virginia.gov).

the Adult Protective Services Unit and Department of Medical Assistance Services to establish minimum employment standards for all workers to match those currently applying to social workers.

### Continuing Education Requirements for Supervisory Training

The current Virginia requirement for approval to be a supervisor for an MSW in the process of earning advanced licensure is fourteen hours of continuing education in supervision (or a three-credit graduate-level course) within the five years preceding provision of supervision, with renewal every five years.

A challenge to this regulation has been published for public comment on the Virginia Regulatory Townhall at [www.townhall.virginia.gov](http://www.townhall.virginia.gov). The petitioner argues that "it is not reasonable professionally, from a financial, educational or time management perspective, to expect highly experienced LCSWs providing supervision to retrain for [14] CEU hours every five years." Instead, the petitioner proposes that after the initial training, the requirement be only a two- or three-hour update each renewal period.

Comments must be received by March 24, 2014. The board will consider the petition and any comments received at its April meeting, and determine whether or not to make changes. ❖

Dolores Paulson, LCSW, PhD, has been a mainstay of the GWSCSW Board. She chaired the Continuing Education committee for many years, has organized several major conferences for the Society, and serves on the legislative committee. She has served on the Virginia Board of Social Work. Dolores is in private practice in Virginia.

Judy Ratliff, LCSW, has been a member of GWSCSW since the late 1980s. She has served on conference committees for the Society, and currently serves as co-chair with Dolores Paulson on our Virginia legislative committee. She and Dolores also represent the Society at board meetings of the Virginia Society for Clinical Social Work.

### LCSW Supervision in Fairfax, Virginia

40 years in practice in a variety of settings. 30 years in private practice specializing in mid-life issues, life transitions workplace issues, career counseling. CBT and eclectic approach. Certified in using the MBTI and Strong Interest Inventory. Certified NLP practitioner. PhD in Human Development from Virginia Tech. Time and fee negotiable.

**Patricia A. Morgan, PhD, LCSW**  
(703) 273-9216  
[www.adultfamilycareer.com](http://www.adultfamilycareer.com)

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[kfiorentino@shulmanrogers.com](mailto:kfiorentino@shulmanrogers.com)

**Heather Mehigan**

301-255-0552

[hmehigan@shulmanrogers.com](mailto:hmehigan@shulmanrogers.com)

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### THE • PRO • BONO COUNSELING PROJECT

18th Annual Mary Douglas Wells Speakers Forum  
at the Sheppard Pratt Conference Center

**Friday, April 11, 2014**

### Ages of Anxiety: The Management of Anxiety Across the Life Span

**Golda S. Ginsburg, PhD**, Director, Research, Division of Child and Adolescent Psychiatry, The Johns Hopkins Hospital; specializes in anxiety disorders in children, adolescents & their parents

**Steven L. Shearer, PhD**, Director, the Anxiety and Stress Disorders Clinic; specializes in adults

**Julie Wetherell, PhD**, Professor, UC San Diego Health System & Staff Psychologist, VA San Diego Health System Home-Based Primary Care Program; specializes in anxiety related to aging

\$150 Full day program 8:30–4pm • 6 CE  
Cancellations will be refunded less \$15 processing cost  
Continental breakfast and lunch included

Online registration at  
[www.probonocounseling.org](http://www.probonocounseling.org)  
or call 410-825-1001 or 877-323-5800



# Hats Off To Our Hosts

*Terry Ullman, LCSW-C, Director of Education*

One of the challenges we have faced as an organization is finding sites to host our continuing educational programs. It isn't easy finding facilities that have audio-visual equipment, a comfortable environment, ample parking, a convenient location and that are willing to host us for free!

We have been very fortunate to have found not one, but four wonderful facilities. All four have exceeded our expectations; not only have they met our initial criteria, they have proven to be exceptional hosts, going out of their way to make sure we are comfortable and have everything we need, including great refreshments. The following is a list of these sites along with some information they provided about their services. Please feel free to contact them for more information and let them know how much we appreciate them!

## **INGLESIDE AT ROCK CREEK**

**3050 Military Road, NW  
Washington, DC 20015**

*Kristin Shanks*

*kshanks@westministeringleside.org, (202) 596-3083*

"Nestled in the woods, Ingleside at Rock Creek provides a bucolic setting in the heart of our Nation's capitol. Our not-for-profit continuing care retirement community features all levels of care that fosters continuing wellness and independence for residents. For over 100 years, Ingleside has been enhancing the lives of seniors. Tours are available for those who are interested in learning how Ingleside can enrich your life."

## **SUNRISE AT FOX HILL**

**8300 Burdette Road  
Bethesda, Maryland 20817**

*Jennifer Feldmann*

*jennifer.feldmann@sunriseseniorliving.com  
(301) 968-1837*

"Set on 16 beautiful acres in Bethesda, Sunrise at Fox Hill Assisted Living and Memory Care is nestled in the middle of the elegant Fox Hill senior living condominium community. Our specially trained staff provide residents with personalized support and the highest quality of care in warm, elegant surroundings with all of the comforts of home.

Sunrise of Fox Hill also recognizes the special needs of people living with Alzheimer's disease and other related memory impairments. By understanding the stories and details of the senior's life, Fox Hill is able to offer activities and programs residents enjoy and feel successful at, in specially designed surroundings that are both safe and stimulating."

## **HEARTLANDS SENIOR LIVING VILLAGE AT ELLICOTT CITY**

**3004 North Ridge Road  
Ellicott City, Maryland 21043-3381**

*Nick Niles, nniles@5sqc.com, (410) 313-9401*

"Our beautiful retirement community is located on 48 acres of land with nature paths, apartments, cottages, an indoor pool, restaurant style dining, and much more. Heartlands at Ellicott City is a monthly rental retirement village that provides independent living, assisted living, short-term stays, respite care, and physical and occupational therapy. Heartlands has been servicing the Howard County area for over 26 years."

## **SUNRISE AT MCLEAN**

**8315 Turning Leaf Lane  
McLean, Virginia 22102**

*Nancy Van Buskirk*

*mclean.dos@sunriseseniorliving.com, (703) 734-1600*

"Sunrise Assisted Living communities provide the ideal solution for seniors who value their independence but need some help with daily activities. We focus on personal wellness and encourage continued independence through an individualized service plan (ISP) provided by a team of specially trained, designated care managers who get to know our residents' unique preferences and needs.

Sunrise recognizes the special needs of people living with Alzheimer's disease and other forms of memory loss. As part of our Reminiscence Program, designated care managers are trained to communicate with empathy and help stimulate the memories and senses of residents with memory impairments."

# Washington Center for Psychoanalysis INC.

2120 L Street, NW, Suite 600-1, Washington, DC 20037 • 202-237-1854 • [www.wcpweb.org](http://www.wcpweb.org)

New!

## The Washington Psychoanalytic Institute Psychoanalytic Studies Program

A two-year program introducing foundational concepts of psychoanalytic theory and technique. Students who complete the PSP may elect to pursue further education at the Center, including full psychoanalytic training. By creatively combining three formerly separate programs of the Center -- Psychoanalytic Training, Psychotherapy Training and the Scholars Program -- we have created a psychoanalytic educational experience for the twenty-first century.

## Fellowship in Psychoanalysis

Ten session program for mental health professionals/students designed as an introduction to psychoanalysis. Fellows participate in monthly didactic seminars, an ongoing case presentation, and have an opportunity to meet with an individual mentor and to attend complimentary WCP Conferences.

## 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.

## Psychoanalytic Takes on the Cinema

Participants attend a series of films and join in a discussion of psychoanalytic thought as it applies to the films from cultural and literary perspectives.

## 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*

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.

## Couple and Family Therapy Training

A Two-year certificate program designed to enhance the ability of clinicians to work with couples and families by incorporating theoretical readings, group classes, video discussions of faculty clinical interviews, plus supervision and group case conferences geared to deepen the clinician's work and skill sets.

## New Directions

A unique, highly regarded three-year postgraduate training program for clinicians, academicians, and writers who want to develop a richer understanding of writing with a psychoanalytic perspective and apply it to their own work. Program consists of three seasonal weekend conferences and optional summer and winter retreats.

## Psychoanalytic Perspective on Theater

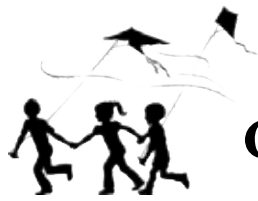
A psychoanalyst leads post-performance discussions of plays held at metropolitan area theatres. Tickets for the performances are purchased by registrants directly from the theatres.

## 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.

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.

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## Chesapeake Beach Professional Seminars

Chesapeake Beach Professional Seminars  
joins the Association for Play Therapy  
in celebrating  
**National Play Therapy Awareness Week**  
**February 2-8**

If you are providing mental health  
services to young children,  
learn about play therapy and  
how to incorporate it into your practice.

CBPS provides 150 hours of training  
approved through APT to become a  
Registered Play Therapist.

Visit our website or give us a call  
to find out more.

### *Upcoming Trainings*

#### **Discovering the Mystery of Play Therapy**

A FREE 2 hour training  
to promote our play therapy institute:  
March 30, Baltimore, MD • March 2, Elkton, MD  
March 23, Brooklyn, NY

#### **Art as a Neurosequential Approach for Developmental Trauma Treatment in Play Therapy**

Peggy Kolodny, ATR-BC, CPC  
March 28 & 29, 8:30am-4:30pm in Towson, MD

### *Training Locations*

Maryland: Baltimore, Elkton • New York: Brooklyn  
Virginia: Chantilly, Roanoke, Virginia Beach

*Visit our website for a full list of trainings*

Chesapeake Beach Professional Seminars | 3555 Ponds Wood Drive | Chesapeake Beach, MD 20732

**(410) 535-4942 | [www.cbpseminars.org](http://www.cbpseminars.org)**

## Gottman Couples Therapy Training

Presented by Senior Certified Gottman Therapists and Trainers:  
Scott Wolfe, Ph.D. & Patricia Gibberman, LCSW, BCD

**Earn up to 51.25 CE** (provided by CMI Education for an additional charge) by completing all three levels of Gottman Couples Therapy Training in Maryland. Register online at [couplestherapytrainingcenter.com](http://couplestherapytrainingcenter.com).

You will receive certificates of completion from the Gottman Institute for each level completed. These trainings fulfill the Levels 1, 2 & 3 requirements of the Gottman Institute Certification process.

**Level 1 Training in Gottman  
Couples Therapy:**  
**Bridging the Couples Chasm (11 CE)**  
April 5 & 6, 2014 in VA  
Oct. 10 & 11, 2014 in MD

**Level 2 Training in Gottman Couples Therapy:**  
**Assessment, Intervention and Co-Morbidities**  
**(20.25 CE).** (prerequisite: Level 1)  
May 2-4, 2014 in VA  
Nov. 7-9, 2014 in MD

**Level 3 Practicum in Gottman  
Couples Therapy (20 CE)**  
**(Prerequisites: Levels 1 & 2)**  
May 30- June 1, 2014 in MD  
Dec. 5-7, 2014 in MD



**The Art  
& SCIENCE  
of Couples Therapy**

All training runs 8:30am to 5pm In Maryland at Sheraton Columbia Town Center Hotel  
10207 Wincopin Circle Columbia, MD 21044/ in Virginia at Fairfax Marriott 11787 Lee Jackson Memorial Hwy. Fairfax VA 22033

**Details and registration online at [couplestherapytrainingcenter.com](http://couplestherapytrainingcenter.com)**

# Retribution and Forgiveness

By Marilyn Austin, MSW, PhD

Like all cultures throughout history, ours is defined by particular rules and customs. A person or group that violates these norms is viewed as having offended the culture, and becomes framed as an "enemy." Frequently, the desire for punishment or revenge follows, leading to what can be called "highly charged, primitive thinking." Violent action may result. When punishment is administered, the feeling of satisfaction develops because of the belief that "justice has been served." Our sense of power is restored along with a type of homeostasis, or balance.

The fundamental prohibition against harming another human being somehow gets set aside and the transgressor is reduced to the status of a "thing" or an "object"—which then allows, mentally, the prohibition to be lifted and harm to be justified.

Any war is a prime example: when those who may previously have been viewed with benevolence become identified as having reduced human status, or "enemies" who are to be hated and eliminated.

On the individual level, the same mechanisms are involved. From an undisciplined child who provokes our anger, to the insults of a neighbor, the deviousness of a friend, or the abusing spouse or parent—physically and emotionally our reactions are similar. In our culture it is accepted that suitable punishment may result. But at what point is forgiveness to take precedence over sustained animosity or even continuing rage?

Emotionally and physically that sort of negative emotion becomes limiting and even harmful to ourselves. What do we say to the person who says, "I can't forgive him/her" for some harm or perceived harm which was experienced in the past? That piece of retained hatred continues as a kind of canker sore in that person's life processes.

During this class session in early April, we will be talking about this and similar issues, and we will discuss the film "The Power of Forgiveness." ❖

Marilyn Austin, MSW, PhD, is a past Society president. She maintains a longstanding private practice in Olney, MD.

*A GWSCSW Continuing Education Workshop...*

## Retribution and Forgiveness

In this culture we commonly emphasize the need for "justice" but often the concept of justice carries with it the companion wish for "payback" or revenge/punishment. But when does it stop? Probably many of us carry the germs of hurt and hatred with the wish to continue revenge or punishment, but what effect does this have on the body? Does retaining the anger/revenge mode block the person from moving on with the rest of life? With this course, we will explore various cultural, religious, philosophical and bio-psychological viewpoints dealing with guilt, retribution and forgiveness. We will view and discuss most of the film, "The Power of Forgiveness."

Date: **Friday, April 4, 2014**

Time: 9:00 AM – 12:15 PM

Location: Sunrise at Fox Hill:  
8300 Burdette Road, Bethesda, MD 20817

Instructors: Marilyn Austin, PhD, MSW

Info: maaustin@starpower.net  
301-570-9143

Cost: Members \$60 / Non-Members \$90

CEUs: 3 hours

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

### "There is strength in numbers."

If we each do a little, no one will have to do too much. There are lots of one time jobs that you could try to see what it is like to be more active in our Society. Or ask a friend to do a job with you. Less load—more fun!

One time opportunities:

- Visit a local University to introduce MSW students to the Society
- Help pass out flowers to the new members at the Annual Dinner
- Bring treats for a committee event
- Help host a wine and cheese

*Check out [gwscsw.org](http://gwscsw.org) (About GWSCSW) to see what you might be interested in doing.*





# Greater Washington Society for Clinical Social Work

Education ♦ Advocacy ♦ Community



## GWSCSW CONTINUING EDUCATION COURSES 2013-14

Register early—many of the courses fill up quickly. **PRIORITY OF REGISTRATION** Registration is available on a first-come, first-served basis at our website: [www.gwscsw.org](http://www.gwscsw.org). Registration is also available by mail; however mailed registrations are added to the class list on the date they are opened, not the date they are postmarked. **LATE REGISTRATION** Pre-registration ends one week prior to date of workshop. After that date, there is a \$10 late registration fee. **REFUNDS** In the event GWSCSW cancels a workshop, full refunds will be made. Cancellation by the registrant made prior to one week before the course will receive GWSCSW credit less a \$10 cancellation fee. Cancellation must be made by via email to the office ([admin@gwscsw.org](mailto:admin@gwscsw.org)). No credit is given for cancellations made less than one week prior to the course.

### ■ Aging: An Improvisational Art Form

The purpose of this presentation is to offer participants a new way of thinking about aging, late adulthood, and retirement, congruent with an active aging population of today. Mary Catherine Bateson has proposed a new developmental stage in Erik Erikson's 8 stages of life: one between Generativity vs. Stagnation and Integrity vs. Despair. This stage is called Active Aging II: Engagement vs. Withdrawal. Others have also encouraged this idea of an active aging engagement. This presentation will offer participants a three hour experiential workshop consisting of activities they may use with their patient populations and themselves to explore new avenues to pursue in an aging period of their lives.

Date: **Friday, March 7, 2014**  
 Time: 9:00 AM – 12:15 PM  
 Location: Sunrise at Fox Hill:  
 8300 Burdette Road, Bethesda, MD 20817  
 Instructor: Deborah S. Levinson, LCSW-C  
 Info: [dslevinson@gmail.com](mailto:dslevinson@gmail.com) or 410-653-9610  
 Cost: Members \$60 / Non-Members \$90  
 CEUs: 3 hours

### ■ Retribution and Forgiveness

In this culture we commonly emphasize the need for “justice,” but often the concept of justice carries with it the companion wish for “payback” or revenge/punishment. But when does it stop? Probably many of us carry the germs of hurt and hatred with the wish to continue revenge or punishment, but what effect does this have on the body? Does retaining the anger/revenge mode block the person from moving on with the rest of life? With this course, we will explore various cultural, religious, philosophical and bio-psychological viewpoints dealing with guilt, retribution and forgiveness. We will view and discuss most of the film, “The Power of Forgiveness.”

Date: **Friday, April 4, 2014**  
 Time: 9:00 AM – 12:15 PM  
 Location: Sunrise at Fox Hill:  
 8300 Burdette Road, Bethesda, MD 20817  
 Instructor: Marilyn Austin, PhD, MSW  
 Info: [maaustin@starpower.net](mailto:maaustin@starpower.net) or 301-570-9143  
 Cost: Members \$60 / Non-Members \$90  
 CEUs: 3 hours



### ■ Relational Ethics and Social Work Practice

Social work practice is based on values and beliefs that apply to the development of social work ethics. This course will review the NASW code of ethics and apply those ethics to real life everyday practice. Participants will have an opportunity to review their own belief systems and practice situations with clients.

Date: **Friday, April 4, 2014**  
 Time: 9:00 AM – 12:15 PM  
 Location: 215 Loudoun Street SE Leesburg, Virginia 20175  
 Instructor: Theresa A. Beeton, PhD, LCSW  
 Info: [theresabeeton@gmail.com](mailto:theresabeeton@gmail.com) or 703-771-7555  
 Cost: Members \$60 / Non-Members \$90  
 CEUs: 3 hours (Ethics)

## ■ What Complementary Medicine and Energy Practitioners Can Teach Clinicians

This course focuses on the clinical implications of the paradigm shift that's taking place in how we understand consciousness and the nature of change. As quantum theory is integrated into clinical practice, and as growing numbers of Americans use complementary and alternative medicine and practice yoga and meditation, it is important for clinicians to understand, from a clinical practice perspective, the implications of this profound shift. As scientific research legitimizes the heightening of human potentials, we see the growing pains of a paradigm shift. Many gifted and talented individuals cannot speak openly for fear of being dismissed out of hand or labeled pathological. Misunderstanding their gifts raises an important social justice aspect of working with this population; these clients are often vulnerable to practitioners who are uninformed. When these individuals enter mental health delivery systems they are often misdiagnosed and mistreated, but, in reality, they have much to teach clinicians.

This course proposes a model of direct experience that reflects an integration of quantum theory with research on the efficacy of prayer, meditation practices, subtle energy, and intuition across theoretical, cultural, and practice settings. Case materials will demonstrate work in this new paradigm, including the nature of the clinical relationship, the structure of the clinical process, and treatment goals and outcomes.

Date: **Friday, April 11, 2014**

Time: 9:00 AM – 12:15 PM

Location: 5319 Lee Highway, Arlington, VA 22207

Instructor: Marilyn Stickle, LCSW

Info: [ms@marilynstickle.com](mailto:ms@marilynstickle.com) or 703-790-0232

Cost: Members \$60 / Non-Members \$90

CEUs: 3 hours

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

Register early—many of the courses fill up quickly. **PRIORITY OF REGISTRATION** Registration is available on a first-come, first-served basis at our website: [www.gwscsw.org](http://www.gwscsw.org). Registration is also available by mail; however mailed registrations are added to the class list on the date they are opened, not the date they are postmarked. **LATE REGISTRATION** Pre-registration ends one week prior to date of workshop. After that date, there is a \$10 late registration fee. **REFUNDS** In the event GWSCSW cancels a workshop, full refunds will be made. Cancellation by the registrant made prior to one week before the course will receive GWSCSW credit less a \$10 cancellation fee. Cancellation must be made by via email to the office ([admin@gwscsw.org](mailto:admin@gwscsw.org)). No credit is given 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 \_\_\_\_\_

Course Title:	Date:	Course Fee	Late Fee
_____	_____	\$ _____	\$ _____
_____	_____	\$ _____	\$ _____
<b>TOTAL (make check payable to GWSCSW)</b>		\$ _____	\$ _____

Mail to: GWSCSW, PO Box 3235, Oakton VA 22124



GWSCSW Brown Bag Seminar: **A Day at the Office of a Sex Therapist** 12–1:30 PM

**Friday April 25, 2014** • Davis Community Library: 6400 Democracy Blvd., Bethesda, Maryland

This workshop is about sex therapy. Presenter **Hani Miletski** will describe various clients/patients she may see in one day and their presenting problems and issues. She will discuss what is sex therapy, the training one needs in order to become a sex therapist and the AASECT certification process. There will be plenty of time for questions and discussion. If time permits, the presentation will end with a discussion about the clients/patients Hani described in the beginning of the presentation, their presenting problems and issues, and ways to evaluate and treat them. **1½ CEUs. Free for GWSCSW members.**

Information and registration at [www.gwscsw.org/brownbag.php](http://www.gwscsw.org/brownbag.php)

## **Group on Groups: A Weekly Group Supervision for Group Clinicians**

*An experiential and process-oriented model  
focusing on intrapsychic, interpersonal, and systems processes.*

**Tuesdays, 12:15–1:30 PM  
Upper NW Washington, DC**

**Mary Dluhy, MSW, LICSW, CGP, FAGPA  
Leader/Supervisor**



Mary Dluhy has been leading groups for 35 years and is a Fellow of the American Group Psychotherapy Association, longstanding faculty member and former Chair of the Washington School of Psychiatry's National Group Psychotherapy Institute.

For further information, contact Mary Dluhy  
202-363-9400 | marydgroup@aol.com

## **NCSSS Professional Education and Training Program**

The National Catholic School of Social Service (NCSSS),  
offers a full list of Professional Development Courses.

For information about courses to meet  
Ethics and HIV requirements for license renewal, go to  
<http://ncsss.cua.edu/ce/default.cfm>

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

# OUT & ABOUT

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*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).*

**Britt Rathbone** coauthored *Dialectical Behavior Therapy With At-Risk Adolescents*, which was recently published. He is currently coauthoring a book on building successful working relationship with adolescents for therapists, coaches, teachers, doctors, and other youth workers. To contribute to this book, please visit [www.reachingteens.com](http://www.reachingteens.com).

A play written by **Marilyn Austin**, called "The Point," has been accepted for performance during the special celebration of women playwrights during the 2015 theater season in the Washington, D.C. area.

**Barbara Blitzler** was interviewed about her mind-body program for fertility on the radio show "Fertility Today." She described the mind-body stress reduction techniques presented in her book, *The Infertility Workbook*, published by New Harbinger Press. Additionally, *The Infertility Workbook* has recently been translated into German.

**Joel Kanter** presented on "Failure to launch: family consultation with young adults" at the International Conference for the Advanced Professional Practice of Clinical Social Work (ICAPP) in Reykjavík Iceland in July and on "Keeping Children Alive: The Life and Legacy of Clare Winnicott" at the Tavistock Clinic in London in October.

**Kathleen Nardella**, JD, LCSW-C, LICSW has been appointed by Maryland Governor Martin O'Malley to serve on the Commission on Child Custody Decision-Making through December 2014. The Commission was established during the 2013 session of the General Assembly to study existing child custody laws in Maryland and propose revisions as needed.

**Adele Natter** attended an ISTDP Immersion Course given in Halifax, Nova Scotia. The subject was how Intensive Short-Term Dynamic Psychotherapy can be applied with patients who have Medically Unexplained Symptoms (MUS). Research studies and videotaped evidence were presented, demonstrating that ISTDP helped patients with pain, movement disorders, and somatic symptoms. ❖



## ICP+P's 20th Annual Conference **A Relational Psychoanalytic Approach to Couples Therapy**

featuring Philip Ringstrom, PhD, PsyD

**Saturday, May 17, 2014**  
9:00am – 4:30pm

National 4-H Conference Center  
7100 Connecticut Avenue  
Chevy Chase MD 20815

Dr. Ringstrom will discuss his model for doing relational couples work. Treatment goals include actualization of self experience in an intimate relationship, the capacity for mutual recognition, and the relationship having a mind of its own.

Based on his new book, *A Relational Psychoanalytic Approach to Couples Psychotherapy*, Dr. Ringstrom will describe six steps in which these themes are achieved. The steps wed theory and practice, are nonlinear, and offer specific clinical guidelines for working with couples.

His presentation will use plenty of illustrative clinical material to bring the concepts to life.

6 CE credits available

**Registration**  
(includes lunch)

**Early Registration (on or before April 4)**

ICP&P Member—\$160 | Non-Member—\$185  
Full Time Student—\$65

**Late Registration (after April 4)**

ICP&P Member—\$175 | Non-Member—\$200  
Full Time Student—\$80

.....  
For more information about this program,  
a listing of learning objectives, or to register please  
call **202-686-9300 x5** or visit **[www.icpeast.org](http://www.icpeast.org)**  
.....

6.0 CE credits available for full attendance Continuing Education Credit - The Institute of Contemporary Psychotherapy and Psychoanalysis (ICP+P) maintains responsibility for this program and its content. ICP+P is approved by the American Psychological Association to sponsor continuing education for psychologists. ICP+P is approved by the Maryland Board of Social Work Examiners to offer Category I continuing education credit. Because ICP+P has approval from the Maryland Board, CE credit hours awarded by ICP+P may also be claimed by social workers licensed in Virginia and the District of Columbia.

These continuing education credits meet the ANCC approval standards for nurses and the approved standards for marriage and family therapists. Attendees from the above professional groups will earn 6.0 CE credits for attending the conference. Full attendance is required to receive the designated CE credit. ICP+P is accredited by MedChi, the Maryland State Medical Society to provide continuing medical education for physicians. ICP+P designates this educational activity for a maximum of 6.0 AMA PRA Category 1 Credit(s). Physicians should only claim credit commensurate with the extent of their participation in the activity.

# TECH TIPS

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## Twitter

Sara Feldman and Juleen Hoyer, Social Media Committee

What is Twitter? Twitter is a social networking site that enables users to send “Tweets,” which are messages limited to 140 characters or less. People and organizations use Twitter to send and receive quick bits of news or headlines. It can be accessed on the go from a smartphone, using the Twitter app. All Twitter account names are denoted with an “@” before the username.

### How do I set up a Twitter account?

In order to set up an account, you just go to twitter.com, pick a username, and sign up! If you wish to control access to your tweets, you can change your account settings to make your tweets “private.” You then select your “followers,” or people who have access to your tweets. Otherwise, anyone on Twitter can see your tweets. Alternately, you can request to “follow” anyone on Twitter, and those people or organizations will then show up on your main “feed,” or ongoing stream of Twitter messages.

### How do I Tweet?

In order to send out a tweet, you go to the left hand panel on your feed. Click the box that says “Compose new tweet”. Type in your tweet and then hit the “Tweet” button. You can “tag” others in your tweet by typing in their “@username.” Tagging allows others who are mentioned in your tweet to be notified that you are mentioning them. Using the hashtag symbol (#) before a relevant keyword or phrase allows tweets including these words to be categorized and more easily located in a twitter search. Clicking on a hashtagged word in any message shows you all other tweets marked with that keyword. Hashtags can occur anywhere in the tweet—at the beginning, middle, or end. Hashtagged

words that become very popular are often designated “Trending Topics.”

### How do I “follow” someone?

In the upper right hand corner of the website, you can search users by their names or usernames. A checkmark next to a celebrity or official organization’s username means that the account has been verified by Twitter as the real person/organization and is not an imposter.

### How can you use Twitter professionally?

The Social Media Committee suggests that if you want to use twitter professionally (i.e., to post links to articles, talk about something original you are doing in your practice, or to “follow” other professionals), you should create a separate twitter account to represent your professional self. (Your “followers” interested in the workshop that you are offering this coming weekend may or may not be interested in your thoughts on last night’s episode of the *Bachelor*.) Keep in mind that all tweets are public unless you have specified otherwise. Thus, if you still want to keep up with friends, your kids, the news, and/or pop culture, we recommend creating a separate twitter account for those ventures. Remember to keep your personal and professional social media lives separate!

### How is Twitter different from Facebook?

Twitter is less personal than Facebook. You can post pictures and links, but you are directed to a different window to view pictures and links. Twitter is used for short, direct, to the point communication. Remember, it is public, so once you “Tweet,” it gets sent out to everyone (or at minimum your followers)! Facebook allows the user to have more ways to privately contact someone, and it is a more personal experience than Twitter.

Is there something you would like to see featured in the next Tech Tips column? Send an email to [social-media@gwscsw.org](mailto:social-media@gwscsw.org) to let us know! ❖

### Volunteer!

Are you interested in being part of the Society but 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, contact us at [membership@gwscsw.org](mailto:membership@gwscsw.org)

# Volunteers

GWSCSW says a great big thank you to all of its volunteers! Thank you all—and thank you also to those who have helped out at one event or another but whose names might not appear on this page.

And to the rest of our members . . . Be sure to thank the people you know on this list! They do a lot for all of us. And maybe you'd like to consider joining the fun yourself! If so, visit our website ([www.gwscsw.org](http://www.gwscsw.org)) and click on About GWSCSW > Volunteer Opportunities.

Margot Aronson	Nancy Harrington	Gwen Pla
Marilyn Austin	Nancy Harris	Catherine Player
Steve Asher	Joyce M.L. Harrison	Susan Post
Nancy Barskey	Emily Hershenson	Adam Randolph
Jenna Bartels	Deborah Horan	Judy Ratliff
Theresa Beeton	Susan Horne-Quatannens	Adele Redisch
Rebecca Berlin	Juleen Hoyer	Patricia Reilly
Gilbert Bliss	Flora Ingenhousz	Julia Rosenfield
Mary Ann Blotzer	Christine Jackson	Kate Rossier
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Karen Brandt	Joel Kanter	Gina Sangster
Jane Carey	Paul Kelner	Erica Scarpulla
Terence Chang	Marilyn Lammert	Martin Schnuit
Marie Choppin	Kathleen Landers	Diana Seasonwein
Janet Dante	Grace Lebow	Amanda Shapiro
Tybe Diamond	Susan Lesser	Golnar Simpson
Eileen Dombo	Roni Lieberman-Lapan	Amanda Slatos
Danille Drake	Julie Lopez	Lisa Snipper
Janice Berry Edwards	Beverly Magida	Sarita Spinks
Sara Feldman	Erin McCarthy	Mary Lee Stein
Erica Friedman	Hani Miletski	Sue Stevens
Linda Friskey	Molly Milgrom	Terry Ullman
Sydney Frymire	Sheri Mitschelen	Audrey Thayer Walker
Judy Gallant	Gloria Mog	Irene Walton
Susan Gibbons	Brooke Morrigan	Louise Dugan Weaver
Dara Goldberg	Kathleen Nardella	Chantay White
Karen Goldberg	Adele Natter	Lisa Wilson
Evelyn Goldstein	Mark O'Shea	Liz Wolfe
Melissa Grady	Patricia Olsen	Ann Wroth
Sharon Greenbaum	Dolores Paulson	Laurie Young
Kirsten Hall	Erika Bugaj Petova	Sara Yzaguirre

# PROFILE

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## Early Career Social Worker Shines at GWSCSW: Interview with Juleen Hoyer, MSW

Joyce M.L. Harrison

You may find that the member chosen for recognition in this article represents a departure from the profile of members typically acknowledged in this way. She has not served as president of the Greater Washington Society for Clinical Social Work (GWSCSW) and hasn't published books or articles. In fact, she has only worked as a professional social worker for three years. So I think you'll agree that shining the spotlight on a new social worker does signal a change. Then again, a lot of changes have been afoot in the GWSCSW in the past few years.

Workshop registration and membership renewals can now be completed on our website. And now the membership directory will not only be available online and updated daily, but you can "save a tree" by opting-out of the printed directory. Maybe you know that we have increased our online presence by participating in Facebook. Even if you are aware of these and other changes, you probably don't know that Juleen Hoyer has been a key player in their continued implementation. But before I say more about Juleen's contributions to GWSCSW, I'd like to tell you about this bright, vibrant, friendly young woman's path to becoming a social worker.

Juleen lived in Pennsylvania prior to moving to the D.C. area. She worked at the YWCA of Harrisburg, PA, in a domestic violence and sexual assault intervention program. She also obtained valuable experience at Philhaven, a neighborhood residential facility for adolescent girls, most with histories of early childhood trauma. She began an MSW program at Widener University, but transferred to Catholic University of America (CUA) when she decided to move to Washington, D.C.

Juleen joined the GWSCSW when a professor at CUA advised students to network and join professional groups. Joining GWSCSW was only an item to check off of her "to do" list at the time. "It sounded good in theory while I was still in school. But when I did get involved, I truly began to understand why it was important. It felt so good to have the support I needed

in order to deal with the challenges of being a new social worker," she said.

A very big challenge was waiting for her after graduation. "The process of finding employment in clinical social work was traumatic in a way. It was depressing and isolating. I wasn't prepared for six months of feeling rejection. I feel very fortunate to have found a job I love."

The position she has as a counselor at the Center for Abused Persons (CAP) in Waldorf, Maryland, capitalizes on her prior work in domestic violence intervention and provides her with opportunities to develop additional skills in treating trauma. She finds working with adolescent and young women very rewarding. In her words,

"It's a great moment in their lives for intervention. There is so much hope to change the maladaptive patterns, if we introduce the ideas of healthy romantic relationships earlier. Shifting (to healthy behaviors) is more difficult when a woman has been thinking about and experiencing romantic relationships in a certain way for years and years."

Juleen engaged passionately in her work after launching her career, but chose to remember her difficult job search experience. She thought about how she might make the transition from school to career a little smoother for those coming behind her. This personal mission was merely an abstract notion, when an opportunity to develop it arose out of her connection with members of the GWSCSW board. As she said,

"I was already pleased that the members of the Society were so welcoming to me. It was validating that the board, established social workers, were interested in what my life was like, and what I needed as a new social worker."

Juleen seized the opportunity to enhance the role of GWSCSW in assisting new social workers. Juleen and Sara Yzaguirre, the student representative to GWSCSW at the time, determined that a committee geared toward issues especially relevant to new social workers



was needed. The board embraced the idea and the Early Career and Graduate Committee was formed. It is an active committee and Amanda Slatos, who participated at the outset, recently replaced Sara as co-chair. The members meet quarterly to share career struggles and determine ways that the GWSCSW can engage more productively with early career social workers.

Founding and maintaining a new committee was not to be the sum of Juleen's involvement with the GWSCSW. Additional responsibilities include attending Executive Committee meetings as an advisor. She is Director of Communication and oversees communication both within and outside of the Society. She and her committee also look for ways to increase user friendliness of information that is conveyed through technological means. She also co-chairs the Social Media Committee with Sara Feldman. She and Sara helped get the GWSCSW on Facebook. Throughout my interview with her, Juleen explained all of her roles and tasks in a light and pleasant manner. I marveled that she seemed enlivened by her volunteer responsibilities.

The reason for her enthusiasm became clear when she described the enriching experiences she has had since joining the GWSCSW. "I've met so many people through my involvement with the Society. I know it is important for me to be connected to other social workers, and I think it is important for all of us. That is why I am glad I was warmly welcomed. I wouldn't have known how welcoming they were if I hadn't become an active member."

I hope you have the pleasure of meeting Juleen Hoyer. Maybe you'll meet her at a brown bag workshop or a wine and cheese event. If you are just starting your career, maybe you've decided to attend the Early Career and Graduate Committee meetings and will come across her there. Wherever it happens, be sure to give her a warm greeting. I know she'll have one for you!

Joyce M L Harrison, LCSW-C *Joyce is in private practice in Silver Spring, MD and can be contacted at [jml.harrison@att.net](mailto:jml.harrison@att.net).*

### Join a Committee!

Are you interested in being part of the Society?  
Consider joining a committee.

If any of the committees sound your cup of tea,  
contact us at [membership@gwscsw.org](mailto:membership@gwscsw.org)



## INFERTILITY COUNSELING TEN MONTH STUDY GROUP

September 2014 to June 2015  
Second Tuesday of the Month  
Rockville, MD  
4:00-7:00 PM

Taught by  
Sharon Covington, LCSW-C  
& Nancy Hafkin, PhD

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# RECOMMENDED READS

Books recommended and briefly reviewed by GWSCSW members. Compiled by Molly Milgram

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## Working with Trauma

### **Body Sense; The Science and Practice of Embodied Self-Awareness (Norton Series on Interpersonal Neurobiology) by Alan Fogel, PhD**

This cutting edge book...describes the science and method behind Rosen Method bodywork which is a form of gentle touch that guides the individual to improvements in health, emotional wellness, and interpersonal relationships. Includes case studies. ~ *Helen McDowell, LCSW-C*

### **Treating Psychological Trauma and PTSD, Edited by John P. Wilson, PhD, Matthew J. Friedman, MD PhD, Jacob D. Lindy, MD**

This collection offers a wide array of information about trauma. The three editors, experts in research and clinical aspects of trauma, have compiled a comprehensive volume that focuses on innovative, psychological approaches to treating those affected by trauma and PTSD. Of particular interest is the section that explains allostasis, the "body's effort to maintain stability through change when loads or stressors of various types place demands on the normal adaptive biological functioning." Understanding this process can be invaluable to those working in the realm of trauma. Another section is dedicated to specialized treatment approaches, including cross-cultural, dual diagnosis and couples and family. The last section includes guidelines to help practitioners select interventions ie. pharmacotherapy, acute intervention, psychodynamic, CBT, etc., based on situational aspects, and various characteristics of the individual or population being treated. ~ *Joyce M L Harrison, LCSW-C*

### **A Practical Approach to Trauma: Empowering Interventions by Priscilla Dass-Brailsford**

This book is great for clinicians who are looking for an overview of current approaches to trauma treatment—it considers the "big picture" but also gets into the nitty-gritty of practice. A brief historical overview of intergenerational and cultural trauma provides a nice theoretical foundation, while more in-depth chapters on assessment, treatment models, and empowerment-based interventions inform the following chapters on

specific populations (e.g traumatic stress survivors, community trauma, interpersonal violence, children and adolescents, political refugees, terrorism, natural disasters). Easy to read and thorough, with lots of case examples and ample "further reading" for each chapter. ~ *Sara G. Yzaguirre, MSW, LGSW*

### **Courage To Heal by Ellen Bass & Laura Davis**

This primer on recovering from childhood sexual abuse continues to be the first book for people wanting to heal from childhood trauma. It is clear, not too broad and hopeful. Readers will get a sense that others have moved from being victims to being survivors and so can they. I like how it suggests that there's no right way to read this book; readers can skip around, read pages here and there, look just at chapter titles—whatever works for them. ~ *Marge Coffey, LCSW-C*

### **Trauma and Recovery: The Aftermath of Violence—from Domestic Abuse to Political Terror by Judith Herman**

This is the most well written book on the subject of trauma and the recovery from the effects. It is written for readers accustomed to scholarly texts and for those victims, supporters and clinicians eager to have advanced knowledge about this important subject. Herman's chapter on the experience of captivity, short and long-term, is the best I've read. ~ *Marge Coffey, LCSW-C*

### **Allies in Healing: When the Person You Love Was Sexually Abused as a Child by Laura Davis**

This book for the partners, family and friends of people who have been sexually abused in childhood gives clear descriptions of common responses both the victims and the people who love them, commonly experience. It suggests helpful responses to survivors behaviors and statements without being at all condescending. Readers will have a sense of the ways they can be helpful and show their caring. The book also helps the supporters realize that there are definite gains to be had from having connections with survivors. ~ *Marge Coffey, LCSW-C*

# GWSCSW BOOK CORNER

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## **Dialectical Behavior Therapy for At-Risk Adolescents: A Practitioner's Guide to Treating Challenging Behavior Problems** Pat Harvey, ACSW, LCSW-C, and Britt Rathbone, ACSW, LCSW-C

Reviewed by Emily Hershenson

In their recently published book, *Dialectical Behavior Therapy for At-Risk Adolescents: A Practitioner's Guide to Treating Challenging Behavior Problems* (New Harbinger Publications, 2013), co-authors Pat Harvey, ACSW, LCSW-C, and GWSCSW member Britt Rathbone, ACSW, LCSW-C, provide practitioners with a pragmatic resource for the application of Dialectical Behavior Therapy (DBT) to clinical work with adolescents and their parents.

When interviewed by *News & Views*, Britt Rathbone said that he and Pat Harvey wanted to make evidence-based DBT accessible to mental health practitioners whose adolescent clients are at an increased risk for behaviors associated with moodiness, aggression and impulsivity. The authors purposefully did not specify diagnoses for which their book may be most useful. "Our goal," said Rathbone, "was to write about the application of DBT to a wide variety of challenging symptoms and problem behaviors in adolescents."

The book begins by acknowledging the difficulties inherent in adolescence. While DBT was originally introduced by Marsha Linehan, Ph.D, in the early 1990s as an effective treatment for borderline personality disorder, Harvey and Rathbone detail in four comprehensive sections how DBT concepts, principles and skills can be applied to adolescents struggling with severe and life-threatening behavioral problems not necessarily associated with this disorder. Rathbone explained that DBT, which is an adapted cognitive behavioral approach that promotes emotional acceptance and tolerance of change through structured individual therapy, group work and coaching, is a natural fit for therapeutic work with adolescents who may seem initially disinterested in treatment. Harvey and Rathbone point out in the first section of their book that adolescents are often mandated by a parent or other authority figure to seek treatment for challenging behaviors. The paradox, as the authors refer to it, is that these adolescents seldom see their behavior as requiring modification. The authors outline in an easy-to-follow format how the DBT tenets of transparency, collaboration, validation and empathy, along with the therapist's adoption of

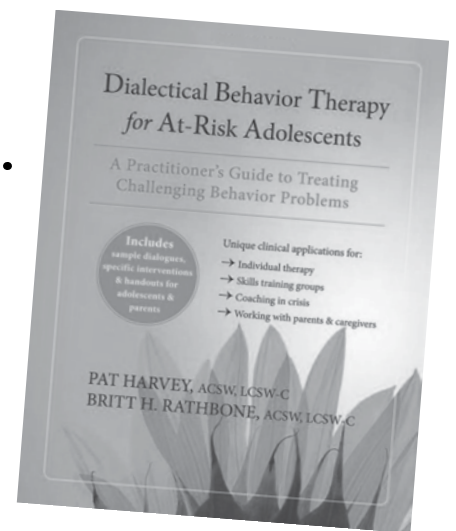
a nonjudgmental stance toward client behavior, can help adolescents engage and commit to their treatment.

The second part of *Dialectical Behavior Therapy for At-Risk Adolescents* includes an overview of DBT modalities that incorporates sample clinical conversations between practitioners, adolescents, and parents, as well as a hyperlink to downloadable handouts for therapists to print and use with clients.

In the third part of their book, the authors address how specific problem behaviors and correlated treatment goals can be conceptualized from a DBT perspective. This part addresses specific DBT interventions and skill-building to treat a range of challenges including self-harm, chronic suicidal ideation, obsessive thoughts, compulsive rituals, disordered eating and disruptive, threatening behavior. Hyperlinks are provided to reproducible handouts.

In the last section of the book, the authors discuss how successful treatment hinges in large part on the practitioner's fidelity to the treatment model. DBT as originated by Linehan requires, among other components, that the practitioner participate in ongoing consultation with other professionals, so that he or she can work towards maintaining "a dialectical and nonjudgmental stance." The authors reiterate the importance of keeping firm boundaries and practicing mindfulness as they implement the same skills they are using to engage and treat the adolescents and their families. While the work requires effort and commitment from both the therapist and the adolescent, Rathbone asserts that it is structured in a way that works. He emphasizes that it is well worth the effort, as "The results are very effective and can even be life-saving." ❖

Emily Hershenson, MSW, is a clinical social worker who works primarily with patients in treatment for AIDS-related cancers at a research hospital in Bethesda, Maryland.



# POETRY

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## Deep Listening

By Wendi R. Kaplan

What do therapists do?

Therapists listen. Really listen!

Not just with our ears. Not just to words.

We listen with our ears to the words that are spoken and notice what is not spoken. We listen to the sounds of the voice, the pitch, the tension, the ease and the faltering. We listen with our eyes; to the way the hands and knees and eyebrows move or clench or stay utterly still. We watch the colors in the eyes and cheeks. We listen to the body of the speaker and how it leans, or softens or tightens. We listen to the breath. Is there breathing or holding or sighing? We bring an exquisite attention to people who come to see us and meet them with open hearts and curious minds. In this process we are awakened because it is like a meditation to listen that deeply. And the people who come to see us are awakened as their mirror neurons open

in concert with our own. As perception grows in us, it grows in our patients.

So how did we learn to listen? Certainly we have been taught to listen in our graduate programs and post-graduate studies. What else in our lives has taught us to listen? From some I have heard stories of listening through art. How, before beginning to paint or sketch or sing or play an instrument or write, you pause, you listen, you wait and then you begin. From some I have heard stories of learning to listen to the maleficent step or the last swallow of beer or the squint of the eyes that you knew preceded a scary maelstrom. Some share about the sounds of their mother's voice as it reads the child into sleep. Most of us listen each morning to the sounds outside our windows—birds chattering, rain drop percussions, winds that rustle like taffeta. We may hear how the trees creak as they move and leaves click in their autumnal flutter, how waves swish like dancers' skirts in a choreographed ball. Nature teaches us how to listen.

For me it is poetry. Poetry reminds me of ways to listen. As Mary Oliver notes in "Last Night the Rain Spoke to Me,"

*My right hand...  
Was holding my left hand  
Which was holding the tree  
Which was filled with stars*

We can *hear* and thus *remember* all of the ways in which we are connected with ourselves and with nature and the universe.

And how Hafiz, the great Sufi poet, instructs,


*O listen -  
listen more carefully  
to what is inside of you right now.*

He reminds me to listen again to myself.

So here is a poem that might remind you about listening!

***When Someone Deeply Listens to You***

*When someone deeply listens to you  
it is like holding out a dented cup*



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*you've had since childhood  
and watching it fill up with  
cold, fresh water.*

*When it balances on top of the brim,  
you are understood.*

*When it overflows and touches your skin,  
you are loved.*

*When someone deeply listens to you,  
the room where you stay  
starts a new life  
and the place where you wrote  
your first poem  
begins to glow in your mind's eye.*

*It is as if gold has been discovered!  
When someone deeply listens to you,  
your bare feet are on the earth  
and a beloved land that seemed distant  
is now at home within you.*

– John Fox

And some questions that you might want to ponder:

- What is it like for you when someone deeply listens to you?
- How do you know when someone is listening deeply?
- What do you notice about yourself when you listen deeply?
- Who listens to you?
- How do you listen to yourself?

You might want to write your responses.

Or do a writing starting with the line: *When someone deeply listens to me...*

Writing is a powerful way of listening to one's self.

*May your listening be attuned  
To the deeper silence  
Where sound is honed  
To bring distance home.*

– John O'Donohue  
from "For The Senses"

If you would like to share any of your writings or thoughts about this, feel free to email me at wendi.kaplan@verizon.net. ❖

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Wendi R. Kaplan, MSW, CPT-M/S, is a psychotherapist in Alexandria, Virginia. She is the founder of the Institute of Poetry Therapy where she teaches the theory and process of biblio/poetry therapy, journaling and word arts. Wendi is an assistant clinical professor for the George Washington University School of Medicine. As a meditator since 1974 Wendi weaves mindfulness practices into, well, everything!

## Welcome New Members!

### Full

Rebecca S. Ashery  
Amy Craig-Van Grack  
Melissa F. Crown  
Barbara M. Eckert  
Nicole Halpern  
Mia R. Joelsson  
Meredith Kerley  
Aubrey M. Le Fey  
Christine H. Lucas  
Mary B. Moore  
Mary Anne Nulty  
Anne C. Ross  
Katie J. Smeltz  
Randi M. Walters  
Wanda Wheeler

### Graduate

Mark J. Romero  
Laura M.X. Steyer

### Student

Mujiba Abdul-Latif  
Jennifer A. Barry  
Melissa Bondio  
Jacquelyn M Brannock  
Katherine Carroll  
Alexandra E Fertig  
David Glaser  
Deena Guirguis  
Anna T Kaspark  
Sevilla King  
Kate MacShane  
Erin K. McCleary  
Jeanne Meyer  
Tiffany M Mills  
Katherine M Searcy  
Nina Van Sant  
Melissa Abigail Wagner

### Retired

Joyce A. Higashi

### "I used to be in awe of the people who ran our Society."

I thought you had to be very accomplished, experienced or connected to hold an office. And then I learned that these leaders were just wonderful people who took the leap and signed on. I learned that this is a group that offers lots of support, friendliness and flexibility. So I guess they are "awesome" but in a different way than I had imagined.

*Curious about how you might be more involved? Look on our website [gwscsw.org](http://gwscsw.org) and click on the section "About GWSCSW" to see the different committees and positions that are available.*

# COMMITTEE REPORTS

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## Continuing Education

Deborah Horan, 301-325-3052  
Kathleen Landers, 240-200-5401 x4  
cechairperson@gwscsw.org

The Continuing Education committee is currently reviewing proposals that were submitted for the 2014-2015 calendar year, and will notify presenters if their proposals are selected. We strongly encourage all presenters of successful proposals to submit articles for the newsletter in their topic area.

The committee also welcomes any additional GWSCSW members to join in its important work.

## Early Career & Graduate

Juleen Hoyer & Amanda Slatus  
graduatecommittee@gwscsw.org

The Early Career & Graduate Committee continues to provide a collaborative experience for GWSCSW students, recent graduates, LGSWs, and early career social workers. We are excited to see returning and new committee members at each of our meetings. This winter, we have been working on plans for our second-annual spring social event. Stay tuned for details! We are also actively working to serve as a bridge by connecting our committee members to other parts of GWSCSW.

If you're an early career social worker and even thinking about dipping your toe into getting more involved, please contact us at graduatecommittee@gwscsw.org!

## Leadership/Nominating

Sydney Frymire, 301-233-7612  
Susan Post, 301-652-5699  
leadership@gwscsw.org

Can we make you an offer you can't refuse? It's that time of year again—time to bring new energy and ideas into the ranks of our leadership. And those new ideas just might be *yours!* As Membership Committee co-chair Sue Stevens, our in-house humorist, has been observing in her "We're Just Sayin'" posts on the listserv, "I used to be in awe of the people who ran our Society. I thought you had to be very accomplished, experienced or connected to hold an office. And then I learned that these leaders were just wonderful people who took the leap and signed on. I learned that this is a group that offers lots of support, friendliness and flexibility. So I guess they are 'awesome' but in a different way than I had imagined."

For the past month, our committee has been focused on putting together the next slate of GWSCSW officers and directors, as well as broadening our committee membership. We need you! There will be a great deal of turnover in the ranks of our leadership this year, and that presents an ideal opportunity for all of us. Our membership numbers have grown tremendously over the past several years, reaching close to one thousand if not more by now, and we have become increasingly diverse in terms of our professional involvements. That means an ever-broadening base of talent as well as greater responsibility. Responsi-

bility for ALL of us, not just those few in elected office.

A completely volunteer organization of this size does not run on fumes but on the high power diesel fuel comprised of the creativity, broad skill base, energy and dedication of its growing membership. There is a place for every one of us to be involved in making the clinical society the very best it can be at serving our needs and those of our community.

Both Sydney and Susan are past presidents who continue to be involved. We can attest to having been somewhat reluctant to assume positions of significant responsibility, but have been rewarded by joys, personal satisfaction, and growth while working within this association's leadership community that has far outweighed our hesitation. It is an incredibly accepting group of people who demonstrate eagerness to grapple openly and frankly with issues, to work in tandem to support each other's projects, and to have fun doing whatever this takes.

A testament to the gratifications of participating in the leadership is the stability of the committee chairpersons, most of whom will continue in their roles this year. But we have term limits on the positions of officers and directors in order to assure we don't become stale or overwork a handful of members.

So join us—you will be warmly and enthusiastically welcomed by all of us. Our president, vice president and secretary will all be stepping down after several years of service,



as will our directors of education, development and advocacy. And let us note that the large majority of our current and past officers had *no previous experience* in this kind of leadership. It just takes willingness to learn, to share, and to step up and in. To imagine yourself doing something you may not have done before with a bunch of similarly caring individuals. Give one of us a call or shoot us an email with your interests and ideas. We want you and need you!

## Legislation & Advocacy

*Margot Aronson, 202-966-7749  
DirLegislation@gwscsw.org*

The January snow storm meant a last minute postponement of our Maryland committee's signature winter event, the Annual Legislative Workshop and Dinner in Annapolis; but cold weather is not slowing down the 432nd Session of the Maryland General Assembly. Judy Gallant, our Maryland legislative committee chair, has taken the lead in preparing testimony for hearings on bills identified by our lobbyist Alice Neily Mutch as relevant to our profession and/or our advocacy mission. The committee reads and discusses each bill, reviews the stance of other organizations such as the Maryland Mental Health Coalition (whose positions are not always the same as ours), explores strategic issues with Alice, and then writes the letter or testimony. The contribution of committee members Gwen Pla and Linda Friskey has been essential, and we are all greatly appreciative of Society members who periodically provide thoughtful commentary, either directly to us or on the listserve.

On another front, our Maryland legislative committee efforts to

bring together area schools of social work in a Colloquium on Cultural Competency are coming to fruition. We have the date (May 3, 2014), the venue (Howard University), funding and in-kind contributions from a number of schools, and a packed agenda. Delegate Shirley Nathan-Pulliam, whose bill HB671 inspired this effort, has accepted the role of Honorary Chair. Janice Berry Edwards (Howard University), Eileen Dombo (Catholic University), and I are working with faculty from University of Maryland and Gallaudet University to organize this event.

Meanwhile, Kendra Brown, our outstanding Howard University intern, graduated this winter with her MSW. We're very proud of Kendra and welcome her to the professional social work fold. We are left without an intern for this semester, but even so, because of our committee's role with students, we were invited to an extraordinary daylong program at Howard. Gwen and I attended and were deeply moved. We heard from former Congressman Ron Dellums, former School of Social Work Dean Cudore Snell, and others on their experience in Civil Rights and anti-Apartheid activism of the 1960s. They described social work of which we may all be proud.

In the District of Columbia, Eileen Dombo and Lisa Wilson both offered testimony to the DC Council's Committee on the Judiciary and Public Safety, and provided focus for our GWSCSW testimony, included on page 5. Also in the District, Mary Lee Stein continues to represent us on the coalition of community health advocacy groups monitoring the progress of DC's Health Benefits Exchange (DCHBX).

In Virginia, Judy Ratliff took advantage of an email newsletter from Janet Howell, her District 32 State Senator, to pose a question by return email. Judy asked, "What can our Greater Washington Society for Clinical Social Work do to support attempts to get Virginia to expand its Medicaid program? We have lots of Virginia social workers/voters." The Senator promptly emailed back: "Judy, Have your members contact their representatives. Especially important are the rural delegates and Speaker of House. Janet" Judy co-chairs our Virginia legislative committee with Dolores Paulson, and they met with Senator Howell last summer (described in the September 2013 issue of *News & Views*, page 11).

Can we put together an effective grassroots email campaign in Virginia? Judy and Dolores need more participation from our Virginia members. Now is the time; please get involved!

## Membership

*Sue Stevens, 301-984-1325  
Nancy Harrington, 703-608-0180  
membership@gwscsw.org*

Who says there is no such thing as a free brunch?! The Membership Committee is rolling out a new program designed to help new members feel more connected to the Society and to introduce them to the benefits of becoming active members. We are calling this "The Brunch Bunch" and we plan to take small groups of new members out to brunch. If you would like to be a "Brunch Buddy" and join us in welcoming new members, just let us know.

This is also the time of year that we do our University Outreach to introduce MSW students to the  
*continued on page 30*



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### **Committee Reports, from page 29**

Society. We have great volunteers who go to George Mason University, University of Maryland, Catholic University of America and Howard University to spread the word about the value of GWSCSW membership. The volunteers report that they really enjoy visiting their respective schools and catching up with faculty and other alumni. Like many of the volunteer opportunities the Society offers, it doesn't take a long term commitment but is fun and rewarding.

### **Professional Development**

*Sydney Frymire & Karen S. Goldberg  
professionaldevelopment@gwscsw.org*

As a follow up to our June workshop, the Professional Development Committee offered "Life Re-Imagined: Part 2" on October 20, 2013. Ruth Neubauer, LCSW-C, a long time GWSCSW member, led the workshop, which provided information, experiential exercises and discussion focused on the next stages of the personal and professional life cycle for those age 50+. The committee is interested in offering additional workshops on this topic. Please let us know of your interest by sending emails to [goldbergks@aol.com](mailto:goldbergks@aol.com). Past attendees will receive an email to survey future possibilities.

From the other end of the professional life cycle, a panel discussion workshop called "Social Work Licensing: DC, MD, VA" is being offered in collaboration with National Catholic School of Social Service on February 21, 11 AM – 1 PM in Caldwell Hall. Representatives from each of the three

jurisdictions will provide relevant information and answer questions. Registration information is available on the GWSCSW website.

Our committee met on January 19 and already another workshop, related to changes we are all facing, is in the planning stage for the spring. If you are interested in joining the committee, please contact one of the co-chairs listed above.

Experienced members are still needed to serve as mentors to help newer social workers address career development concerns. Mentors provide guidance through one-to-one relationships and are matched according to location, interests and types of experience. You can find additional information for mentors and mentees under the Professional Development tab on the GWSCSW website, or contact Sheila Rowney at [sheila@rowney.com](mailto:sheila@rowney.com)

### **Newsletter**

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

Once again this quarter, members and affiliates have filled this issue of *News & Views* with timely concepts and updates that support our Society's commitment to education, advocacy and community. I hope you enjoy the newsletter and make good use of the wealth it contains.

It has been a tremendous privilege and learning experience for me to serve as editor for the past two years. At the end of this fiscal year, I will be stepping aside and offering that opportunity to another member. If you have any ideas for making the newsletter better, have an interest in soliciting or editing

content or communicating with contributors about their submissions, or might enjoy organizing and tracking the logistical aspects of newsletter production, please contact me at the editor's inbox noted above.

### **Social Media Committee**

*Sara Feldman & Juleen Hoyer  
socialmedia@gwscsw.org*

The Social Media Committee has been excited to participate in the lively conversations on the listserv related to social media. We are continuing to update the GWSCSW Facebook page with articles, events, and photos. Please visit the page, like/comment on the posts, and remember to email us photos of GWSCSW events to add to the page! Additionally, the GWSCSW will now "like" GWSCSW members' business pages in our ongoing effort to use technology to improve our sense of community and to generate referrals within the society. If you want GWSCSW to "like" your Facebook page, please send us an email. We are exploring ways to increase member use of the GWSCSW Facebook page, so let us know if you have an idea.

We will continue to post helpful technology hints on the listserv as various topics become relevant. Feel free to email us at [socialmedia@gwscsw.org](mailto:socialmedia@gwscsw.org) if there is something you would like us to post about on the listserv. We are also available to field any personal questions you may have about your own social media pages and accounts. We'd love more help, so contact us at [socialmedia@gwscsw.org](mailto:socialmedia@gwscsw.org) if you're interested in joining the Social Media Committee! ❖

**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.

Material should be sent to [gwscsw.ads@gmail.com](mailto:gwscsw.ads@gmail.com). For questions about advertising, call 202-537-0007.

<b>Classified Ads:</b> 75¢ per word Minimum price \$15 (20 words)	<b>Display Ads:</b> Full page 7 x 9¼ .....\$300 Quarter page 3¾ x 4½ .....\$100 Eighth page 3¾ x 2¼ .....\$ 50	Half page ..... \$175 Horizontal: 7 wide x 4½ high Vertical: 3¾ wide x 9¼ high
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Size of display ads indicated above is width by height. These are the only sizes that will be accepted. Electronic submission (PDF) preferred.

Publication does not in any way constitute endorsement or approval by GWSCSW which reserves the right to reject advertisements for any reason at any time.

### OFFICE SPACE AVAILABLE

**ANNANDALE** – Well established practice in centrally located office near Beltway, Little River Turnpike and 395. Rent by the hour or block of time. Referral possibilities. For more information: Roger Rothman, LCSW, 703-642-1112 or [rothmania@aol.com](mailto:rothmania@aol.com).

**CHEVY CHASE** – Part-time psychotherapy office available. Large windows, beautifully furnished, professional building. Excellent location directly above Friendship Heights Metro. Accessible anytime. Available Saturday, Sunday, Monday. \$12/hour or \$500/mo for all 3 days. Contact Theresa Minni at [info@theresaminni.com](mailto:info@theresaminni.com) or 240-235-1859.

**DUPONT CIRCLE** – Spacious, beautiful office with large windows in shared psychotherapy suite, 1 block from Metro. Waiting room, kitchenette, private staff bathroom. Available 3 half days a week. Reasonable rent based on number of hours. Contact: Za McDonnell, [za@zamcdonnell.com](mailto:za@zamcdonnell.com) or 202-331-1999.

**ELLICOTT CITY** – Soundproofed offices available in a very congenial, nicely decorated, multi-disciplinary mental health suite. Also, furnished offices available on a daily basis. Includes workroom (photocopier & fax available) and a full kitchen. Handicapped access, ample parking, private staff bathrooms, convenient to Rtes 40, 29 and 695. Contact Dr. Mike Boyle, 410-465-2500.

**SILVER SPRING** – Office for rent in downtown Silver Spring for therapist or nutritionist. Call 240-403-4036.

**FRIENDSHIP HEIGHTS** – Office to sublet in highly desirable Highland House, Wisconsin Ave. Chevy Chase, Maryland. Three offices in our suite, flexible hours. Large, shared waiting room, bathroom and kitchen. Access to wi-fi, copying machine. Back door for therapists to enter. Metro accessible on Red Line. Contact Diana Seasonwein: 202-412-9020, [drseasonwein@verizon.net](mailto:drseasonwein@verizon.net) or David Chen: 301-312-9537, [dchen003@gmail.com](mailto:dchen003@gmail.com)

### GROUPS

**EATING DISORDERS GROUP** – Monday nights, 6–7:30 pm, \$70 per session. The group is a good adjunct to individual therapy and will not interfere with your dynamically-oriented work. It is multimodal: behavioral, cognitive, interactive, goal-oriented. [Judith.asner@verizon.net](mailto:Judith.asner@verizon.net) or 301-654-3211.

**PARENTS OF ADOLESCENTS WITH MENTAL ILLNESS** – Support group in Rockville, Mondays at 5:30 pm. Call 240-403-4036.

### SERVICES

**LUNCH TIME YOGA** – For therapists. Silver Spring, \$15 per class. Call 240-403-4036 to register.

**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

**ADOLESCENT SPECIALISTS** – Effective, high quality, evidence-based treatments for young people 11–25. Treatment that works. Rathbone & Associates. [www.rathbone.info](http://www.rathbone.info). Bethesda and Rockville. 301-229-9490.

### EVENTS

**MARCH 8, 2014** – Confidentiality in the Practice of Psychodynamic Psychotherapy and Psychoanalysis – Paul Gray Visiting Scholar Psychoanalytic Forum. Presenters: Paul Mosher, MD and Barry Landau, MD. 5:00–6:30 pm at the Baltimore Washington Center for Psychoanalysis, ten minutes from the Capital Beltway at 14900 Sweitzer Lane, Suite 102, Laurel, MD 20707. *Ethics continuing education credits available.* 1½ CEs/CMes. For more information visit [www.bwanalysis.org](http://www.bwanalysis.org) or call 301-470-3635 or 410-792-8060.

### POSITIONS

**FAMILY COMPASS** – in Reston is seeking a licensed professional to lead social skills groups for children: Seeking a professional with extensive experience leading groups that support the emergence of better social thinking and friendships. Our practice also includes drama therapists, and we seek an innovative professional to design a cutting-edge program that combines experiential and reflective elements. For full job description go to <http://www.familycompassgroup.com/careers.php>. If interested, please email letter of interest with a CV to: [familycompass@aol.com](mailto:familycompass@aol.com).

## News & Views Submission Guidelines

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

**Articles** – Focus on your area of expertise and 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** – Share 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

**Send all submissions to [newsletter@gwscsw.org](mailto:newsletter@gwscsw.org)**

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

# Community!



## Online at Facebook

1. Log into your own personal or professional Facebook page (you must have a Facebook account in order to view our page )
2. Type 'Greater Washington Society for Clinical Social Work' in the Facebook search window
3. Don't forget to Like us!  
Click on the Like button (top right, under the GWSCSW logo)



Watch the listserv  
and the website  
for information about the  
annual meeting/party!

## Network in Person with Wine & Cheese



**Silver Spring, Maryland**  
**Saturday April 5**  
Bagels & Cheese  
9:30 – 11:30 AM  
Kate Rossier

**Mt. Pleasant, Maryland**  
**Friday, May 9**  
5:30 – 7:30 PM  
Terence Chang

**Fairfax, Virginia**  
**Friday, May 16**  
5:00 – 7:00 PM  
Sheri Mitschelen

**Bethesda, Maryland**  
**Friday, June 6**  
5:00 – 7:00 PM  
Nancy Barskey

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

SIGN UP FOR THE GWSCSW LISTSERV

Email your request to: [admin@gwscsw.org](mailto:admin@gwscsw.org)