



news&views

Society Says Thank You to Volunteers at Appreciation Luncheon

Nancy Harrington

Sunday April 17th was this year’s designated day for the Annual Volunteer Appreciation Luncheon. About 30 of the 110 Society volunteers who were invited to come be honored for their volunteer activities attended and helped celebrate and honor each other.

We all enjoyed a delicious buffet served by Silver Spring’s finest Pacci’s, from appetizers to entrees, ending with a fantastic dessert table carried in with great flair by the Pacci crew.

This is the Society’s way of saying Thank You to all the volunteers who play a part in one or many of the numerous events and activities throughout the year. We had a wonderful turnout, and much fun was had by all.

Laurie Young, our Secretary, and Cristy Novotney, our Volunteer chair, organized and set up the whole event. So a huge thank you goes to them, as well. ❖



Steve Szopa, Nancy Harrington, Laurie Young & a Pacci staff member.

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GWSCSW News & Views

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President's Message

Nancy Harrington

Gratitude and Goodbye

This is my final message to the Society as President. I have so enjoyed serving on the board and working with each member to help further the Society's mission. It's been lots of fun and lots of work, with each equally enjoyed. And so, I want to extend my thanks to the team that worked so hard to keep the Society running so well and so smoothly for our members. When I think about the fact that all of our operations have been planned, from start to finish, entirely by the volunteer members of this Society, I am completely amazed.

The Officers of the Board, Vice President **Steve Szopa**, Secretary **Laurie Young**, and Treasurer **Hani Miletski** have all been generous workers, endlessly giving of themselves, their time, and their eager volunteer spirits. It has been such a surprising and unexpected joy to get to know all of these very intelligent, talented group of people. **Steve Szopa**, Vice President, has been the perfect partner and sounding board, and will make an excellent President.

Susan Post, **Sydney Frymire** and **Amanda Slatus**, the advisors to the President and Executive Committee, have been excellent sources of support and guidance, the two former being past presidents, and Amanda coming out of the Early Career Committee.

Communications

Kate Rossier, our immediate past president, now co-director of the Communications branch with **Juleen Hoyer Chevalier**, led and spearheaded the reconstruction of our new website and has overseen all of the upgrades since its inception. They, plus **Donna Dietz**, our fantastic Administrator, have made significant changes and upgrades to the workings of the Society on every front.

Jennifer Kogan has done an extraordinary and beautiful job putting together our Society's quarterly newsletter religiously, without a hitch. **Kirsten Hall's** generous work with the advertising in the Newsletter, and Jen's previous work experiences have truly benefited us all.

Sara Feldman, an Early Career member and the Social Media Committee Co-Chair with **Juleen Chevalier**, was also a pivotal player on the 40th Anniversary Committee, along with **Gloria Mog**, **Marie Choppin**, **Julie Lopez**, and **Roni Lapan Lieberman**, all of whom spent at least 18 months working on and putting on three fabulous events for our members.

Community

Sue Stevens, Director of the Community Branch, has been a constant in the Society as a wise and tactful counsel to the committee chairs in her branch, her peer directors, and to the Executive committee, including myself and Vice President **Steve Szopa**.

Julien Chevalier and **Amanda Slatos** have carried on the fine work of the Early Career Committee which has been the newest generation of Society members, a relatively new segment of our Society that has grown and grown. Amanda has graciously taken over the Wine and Cheese gatherings, since **Evelyn Goldstein** retired from the position.

Cindy Crane and **Mary Moore**, co-chairs of the Membership Committee have given of themselves, and their time so generously working together to welcome new members into the Society, hosting multiple events, and helping out whenever needed. In particular, **Mary Moore** heads the committee organizing the Annual Membership Dinner on June 12th, as she and **Susan Post** have done the past two years.

Cristy Novotney, our Volunteer Chair, has done an excellent job of overseeing the volunteers, both in terms of being a driving force behind recruitment, and also with helping to plan the Volunteer Appreciation Luncheon in April with **Laurie Young**. She has also spearheaded efforts for upcoming Charity Walks in Maryland and DC planned for the next year.

Our Senior Seminar Coordinator, **Grace Lebow**, who has begun three retiree groups, as a way for them to stay connected to each other and to the Society.

Susan Post and **Sydney Frymire**, co-chairs of the Nominating/Leadership Committee, have done an excellent job inspiring leadership, and taking on the task of searching out and encouraging new leaders in the Society. As past Presidents, they see the need for constant renewal and rejuvenation of the leadership within the Society to ensure for a vital and thriving organization such as ours.

Education

Our Director of Education, **Mike Giordano**, has worked many, many hours, reworking schedules and plans, organizing and overseeing the educational offerings for our members. These include Brown Bag events (Virginia's committee co-chaired by **Meredith McEver** and **Lenali Smith** and Maryland's committee co-chaired by **Tish Reilly** and **Terry Ullman**) to CEU workshops (chaired by **Barbara Kane** and **Linda Hill** who have done a tremendous job coordinating and collecting proposals, and much more) and the Alice Kassabian and Frederic Reamer's Ethics conferences (put on by **Dolores Paulson**, **Golnar Simpson**, and **Audrey Thayer-Walker**), and Professional Development events co-chaired spectacularly by **Sydney Frymire** and **Karen Goldberg**.

Legislation and Advocacy

Our Society's wonderful Director of Legislation and Advocacy, **Judy Gallant**, with the assistance and support of **Judy Ratliff** from Virginia and **Margot Aronson** from DC have been remarkable, and their contributions have been extensive. These women routinely make trips to Richmond, DC, and Annapolis, attend legislative sessions, meet with our lobbyists, testify, when necessary, to name just a few of their tasks. Their work advocating on the Society's behalf, along with the Clinical Social Work Association, is invaluable.

It has been such an honor holding this office. What a fun, rewarding and educational journey it has been! It takes a village to run this Society. What a wonderful one it is. ❖

Thank you one and all.
Very sincerely, Nancy A. Harrington



SAVE THE DATE:

NOVEMBER 5, 2016
Annual Alice Kassabian
Memorial Conference

REFLECTIONS ON WISDOM~ITS NATURE, VALUE,
AND RELEVANCE TO CONTEMPORARY PRACTICE
with Nancy McWilliams

The Alice Kassabian Memorial Conference Committee is pleased to announce the 2016 Alice Kassabian lecturer is Nancy McWilliams, internationally noted author, lecturer, scholar, teacher, and adventurous psychoanalyst and psychologist. Dr. McWilliams's professional agility in integrating and advocating the human and humane multiple worlds, inner and outer, resonates so well with our clinical social work profession. She was the 2012 Smith College School for Social Work Commencement speaker, plenary lecturer American Association for Psychoanalysis in Clinical Social Work conferences as well as key speaker at a benefit lecture for our own DC Institute for Clinical Social Work (the PhD granting institute Alice Kassabian so passionately pioneered.) Her books such as *Psychoanalytic Diagnosis: Understanding Personality Structure in the Clinical Process*, *Psychoanalytic Case Formulation*, and *Psychoanalytic Psychotherapy: A Practitioner's Guide* are widely used in graduate social work classrooms as well as advanced training institutes. Dr. McWilliams' innumerable books and papers, translated into sixteen languages, and her worldwide lecture tours make her truly a world advocate for psychodynamic understandings and treatments. She is Associate Editor of the *Psychodynamic Diagnostic Manual* (2006, rev. ed. 2015), an effort to compensate for the limitations of the DSM descriptive psychiatric diagnoses. Midst all this Dr. McWilliams teaches at Rutgers University's Graduate School of Applied and Professional Psychology and has a private practice in Flemington, New Jersey. Please be sure to save the date for our annual Alice Kassabian Memorial Conference celebration of our clinical social work profession. **Register as soon as you can!**

Food for Thought



Beth Levine

When Freud was writing something that he anticipated would get a lot of push back from colleagues, he would address potential reservations at the beginning of his

essay. Freud would soften the blow. It was a way of getting beyond defenses which could prevent people from being open to information that was in some way contrary to their current beliefs and that they didn't want to hear.

I am going to write about something I foresee most therapists will want to dismiss. Before you stop reading, I hope you will remember that perhaps the most common defense mechanism people use to disconnect from the cognitive dissonance that arises between how they perceive themselves and their actual actions is to avoid the topic altogether.

We live in a society that teaches us that it is permissible to treat other living beings as inanimate objects, as "property," and that other living beings are here for our use. It is also deemed acceptable to grant ourselves greater moral worth because we call ourselves human and just because, as the dominant group, we can.

The idea that some lives matter less is the root of all injustices. This process of oppression is the same whether it is toward African Americans, homosexuals, women, or nonhuman animals. As Derald Wing Sue, PhD, and David Rivera, M.S., summarize from Sue's book *Microaggressions in Everyday Life: Race, Gender and Sexual Orientation*, "Many scholars and humanists have argued that being an oppressor requires a dimming of perceptual awareness and accuracy that is associated with self-deception." They note that few oppressors are completely unaware of their roles in the oppression and degradation

of others. To continue in their oppressive ways means they must engage in denial and live a false reality that allows them to function in good conscience. Although the term "oppressor" used by Sue and Rivera refers to people whose maltreatment is toward another human, there is no reason to believe these cognitive costs do not also apply to humans oppressing other animals. Human beings want to see themselves as good and people will go through all sorts of cognitive distortions to make it so.

Since part of our job as therapists is to help people become more fully themselves, it is important for us to be aware of and thoughtful about the power of our prejudice toward nonhuman animals in our lives, our work with clients, and society at large. The cultural norm of oppressing nonhuman animals and of devaluing their lives, keeps us from making conscious choices about our relationship with animals, taking responsibility for our actions towards them, having our values and behaviors towards other sentient beings aligned, and causes us to disown parts of ourselves.

When we hear (or say to ourselves):

- But we need animal protein to survive
- I'd go vegan in a second, but I can't give up cheese
- Veganism is so extreme
- We've been eating animals forever
- I love the feel of fur
- Leather is so fancy
- I only eat organic eggs
- I buy humanely raised meat

We need to step up to the plate (pun intended) and recognize rationalizations, intellectualizations, compartmentalizations, and denial for what they are. These are all defenses against the cognitive dissonance that arises between seeing ourselves as a kind, compassionate and just person and the reality of our role as oppressor.

An integral component of our professional work is recognizing defense mechanisms and getting under, through or joining with these defenses to help people become more fully integrated and make conscious choices. And yet, in regards to our relationship to other animals, as a community, we are not getting beyond our own defenses and helping others and society do the same.

It turns out that some have gotten beyond their defense mechanisms in regards to our treatment of other sentient beings and recognize the intersectionality of oppression. Ethical vegans acknowledge that an individual's life has inherent value, regardless of species membership and that denying their participation in violence towards another does not make them less responsible for that violence. They therefore make conscious moral choices of inclusion, regardless of differences, including species membership.

Both vegans and non-vegans live in a state of disconnect. Non-vegans disconnect from the fact that a billion (Caesar was assassinated a billion minutes ago) of nonhuman animals are enslaved,

tortured, confined and violently murdered each week for their pleasure, preferences and entertainment. Vegans live in a state of disconnect so that their hearts don't shatter into a million pieces moment by moment due to the fact that billions of non-humans are being exploited and the people they love continue to participate. Vegans have to disconnect just to be able to get through the day. (Paragraph adapted from a quote from the blog, The Thinking Vegan, thethinkingvegan.com)

Therapists play a pivotal role in helping society heal, whether ourselves, our clients or our culture. Working towards a vegan world is not only a step toward peace, but also of mental health, as we become more fully integrated and compassionate, make conscious choices, and as we honor the interconnectedness of all life. ❖

Beth Levine, LCSW-C, has a private practice in Rockville, Maryland. She works with adults in individual and couple settings. She specializes in Emotionally Focused Couple Therapy and also uses Internal Family Systems and Accelerated Experiential-Dynamic Psychotherapy in her work. Beth is an ethical vegan and animal rights activist and is developing a resource of therapists who are also ethical vegans for the vegan community.

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The Characteristics of Mindfulness



Vicki Goodman

Mindfulness meditation has taken off like a fire storm, becoming inculcated into our western culture. The resonance with western psychology and application to psychotherapy is ubiquitous. Many clients are looking for that interface of mindfulness based practices and psychotherapy. In our catchment area, there are many mindfulness based classes and workshops that can represent a larger container in which to practice meditation and learn what the Buddha taught. A large number of folks seek out mindfulness meditation when they are encountering emotional difficulties. They can find refuge in the awareness practices, the community and the heart practices many of us know as loving kindness. Mindfulness can teach and support affect tolerance, affect regulation and the cultivation of an observing ego. The various classes and workshops can provide a sense of belonging. When clients avail themselves of both, mindfulness based psychotherapy and meditation classes, the two will reinforce each other. In the best of circumstances, it becomes a way to live and not just something to do.

It must be added here that when these emotional doors open in large groups it can be risky. When the Buddha taught to his disciples it was not meant to be therapy. Nor was it meant to be therapy when the senior teachers in the Insight Meditation tradition brought these teachings to householders (householders is the word used to describe those that are not monks and nuns) in the west. It has been in some circles, an inquisition whether Buddhism is a spiritual practice, a philosophy or psychology. While there is overlap for sure, it is the western culture that has most psychologized Buddhism. While it's psychological value cannot be underestimated, some folks do get triggered when observing the interior of their minds and hearing about teachings on suffering.

So what is mindfulness, really? It's more than just being aware of what the mind is doing. For starters, mindfulness is knowing what is happening in the mind, body and heart. Mindfulness is radically inclusive...nothing is left out. I remember when a teacher mentioned that my mindfulness practice did not extend to family relationships and thinking, "of course not, that's the really hard stuff." When we practice mindfulness as a hobby we tend to pick and choose the times to bring this kind of refined attention. At some point we practice not just to be free from our own suffering but for all beings to be free from suffering. Mindfulness includes how we relate to others with regard to consumerism and our material life, how we use transportation, the resources we use, our speech, our ethics, etc.

Many of us have heard mindfulness defined as something like, "moment to moment awareness without judgment." That's true but mindfulness is knowing any reactivity of the mind, not only judgment. Once we become awake to the reactivity of the mind how do we meet that reactivity? What is needed when there is an agitated state of mind? Mindfulness practice is more than knowing our thoughts, it's about knowing mind states or the quality of mind, heart and body. In essence, the Buddha taught what leads to suffering and what can free us from suffering...that mindfulness has the potential to free us from the way the mind and heart double down on the inevitable difficulties in life.

When there is sadness and loss how do we meet that? In the larger, mindful understanding, we know the law of impermanence or the natural arising and passing of all phenomena. By noticing both the trigger thought and the resultant mind state, we can contemplate the arising nature of these states and stay free from attachment or clinging. The Buddha identified clinging and its opposite, aversion, as those reactive states that lead to suffering. Thus, mindfulness is both a caring awareness and a caring letting go of wanting things to be a certain way. As such, it is both a wisdom and compassion practice.

Mindfulness can give rise to wholesome states of mind. Which mind states lead to happiness and which lead to suffering? When we feel angry about something and repeat the story of what has happened over and over in our minds we are actually practicing anger. This keeps us from the hurt or fear that is often behind anger. But it also keeps us from a more in depth understanding of the causes and conditions that give rise to ill will or the good intentions that may have been perverted.

Mindfulness has as it's qualities, "bare knowing" and "seeing clearly." This means observing or knowing objectively what is arising without getting lost in associations, reactions, judgments or evaluations, or if we do, then to be aware of those states themselves. It's a non-interfering awareness, a pure knowing of what presents itself. It is a simple and direct experience that gives way to a deeper knowing that is unfettered...calm, restful and fully awake.

As we dedicate and commit to being mindful, the practice itself becomes more continuous and less effortful. As the continuity of bare knowing becomes stronger, awareness becomes more panoramic. The emphasis moves from mindfulness of the content of experience to mindfulness of the process of change itself. ❖

Vicki Goodman, LICSW completed the Community Dharma Leader 2008 and the Dedicated Practitioner Program in 2013 both sponsored by the Spirit Rock Meditation Center in CA. She is on the Teachers Council of the Insight Meditation Community of Washington (IMCW) where she coordinated the Mentor Program for IMCW from 2003 through 2007. Vicki currently maintains a psychotherapy practice with an emphasis in Dharma-based psychotherapy in Washington, DC.

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LEGISLATION & ADVOCACY

❖ FEDERAL

Laura Groshong, Director for Government Relations, Policy and Practice

The cherry blossoms were out in Washington DC some weeks ago when Margot Aronson, LICSW, CSWA Deputy Director of Policy and Practice, and I spent two days lobbying Republican senators on S. 2173, the Improving Access to Mental Health Act. This bill will raise clinical social work reimbursement in Medicare; allow LCSWs to work independently in Skilled Nursing Facilities; and allow LCSWs to use medical and behavioral assessment codes now only used by physicians. We met with 9 staff from 10 Senate offices and wanted to let you know the results of these meetings, as well as OUR contact with two Democratic office.

Our goal was to identify some Republican senators who might be willing to sign on to this bill. There was a wide range of knowledge about clinical social work in this group as well as a wide range of reactions to the bill. With Republicans in the Senate majority, there is no chance the bill will proceed without some support from senators in this party. So far, no Republicans have become sponsors of this bill. These visits were CSWA's first attempt to connect with Republican senators; Margot and I were hopeful about the responses we have gotten and want to build on them.

We were pleased to find an aide for Sen. David Vitter (R-LA) who was also working with Sen. Bill Cassidy's (R-LA) office who had been previously interested in mental health. Arne Owens has worked in SAMHSA and had a broad knowledge of mental health treatment, knew all about clinical social workers, and was very pleased to see us. Cassidy is probably one of the best options for Republican support that we have.

We met with aides from both North Carolina senators, Matt Flynn, in the office of Sen. Thom Tillis, and Angela Wiles who works with Sen. Richard Burr. It turned out they were good friends and planned to talk to each other about our request. Despite recent problems in North Carolina about discrimination against LGBTs, these meetings were cordial and hold some promise.

Sen. Gardner's (R-CO) aide, Alex Rendon, had had a mental health interest as well and wanted more information about the chronic care comments CSWA submitted in January (see website), and the LCSW bullet page that describes what we do. Mary Blanche Hankey, Counsel in Sen. Jeff Sessions' office (R-AL), was put out that we hadn't come to visit earlier, but was interested in what we had to say. We assured her that we would do more to reach out in the future. We had a great meeting with Desiree Mowat of Sen. Roy Blunt's office (R-MO) who had a colleague with her to gather more information from us.

One of the best meetings was with Will Patterson, who works for Sen. Lamar Alexander (R-TN), the prime sponsor of the new Mental Health Reform Act of 2016 (S. 2680). He brought in a staffer, Andrew Burnett, from the HELP committee which will be hearing S. 2173. They were very pleased that we were in strong support of S. 2680, the descendent of Sen. Chris Murphy's 2015 bill which we also supported.

Finally with our excellent colleague from South Carolina, Robin McKenna, LISW, CSWA Past President, we met with Kate Hunter of Sen. Tim Scott's office (R-SC). It is always helpful to have constituents with us on these visits. There is a good chance that we will revive visits to the Hill at the next CSWA Summit in October. ❖

Laura Groshong, LICSW, is the Clinical Social Work Association (CSWA) Director for Government Relations, Policy and Practice. Laura writes The Aware Advocate, those informative CSWA reports on legislation, Medicare, and insurance issues that appear frequently on our GWSCSW listserve. In addition to her advocacy, 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.

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❖ District of Columbia

Margot Aronson

On March 18, 2016, DC Superior Court Judge Holeman issued a ruling in support of a budget initiative which will allow our local government to spend our local DC money collected through local taxes; we will no longer have to await Congressional approval and give in to Congressional disapproval. Congress has long enjoyed the privilege of micromanaging our local budget. As you may remember, for example, Congress blocked any spending on needle exchange for years, despite the soaring rate of the HIV/AIDS in DC.

This budget initiative - on the ballot in 2013 - was ratified by 83% of the voters; it has been making its way through the courts since then. This Superior Court ruling, hopefully, will be the last stop.

LGBTQ Continuing Education Act Becomes Law

Over the past year, the DC Council acknowledged citizen concerns about the stigma that all too often confronts LGBTQ individuals. In an effort to ensure that licensed District health professionals will be knowledgeable and unbiased in working with LGBTQ clients, the Council developed the Cultural Competency Continuing Education Amendment Act of 2015 (B21-0168), which Mayor Bowser has now signed into law. This Act specifies that two (2) CEU hours pertinent to cultural competency with LGBTQ patients or specialized clinical training that focuses on LGBTQ patients must be included as part of the continuing education requirements for any Department of Health license, registration, or certification.

Note that this requirement will not be in effect for social workers until the licensing period beginning in 2017. There is a strong possibility that, at that time, the new LGBTQ cultural competency CEU requirement will replace the

current requirement for 3 HIV/AIDS CEUs; the DC Board of Social Work is exploring options.

Please keep in mind that the DC HIV/AIDS training requirement for social workers remains in effect for the current licensing period which began in 2015.

Board of Social Work Vacancies

Finally, a reminder: There are currently two openings on the DC Board of Social Work. Although the two vacancies are specified as Consumer Member and Bachelor of Social Work, the Board has stressed that anyone with an interest in serving should apply directly to the Mayor's Office of Talent and Appointments (MOTA). There may be a possibility of some flexibility, and if not, your application would be ready for consideration for the next opening. No one wants to see a repeat of the last Board's struggle with vacancies. ❖

Margot Aronson, LICSW, is the Clinical Social Work Association's Deputy Director for Policy and Practice. She has served as GWSCSW president, vice president/director for legislation and advocacy, and is current chair of the DC Legislative Committee.



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LotusPointWellness.com.com or call 301-960-1198
Silver Spring & Bethesda, Maryland locations

❖ Maryland

Pam Metz Kasemeyer | Judy Gallant

The Maryland General Assembly session of 2016 ended on April 11. The Maryland Clinical Social Work Coalition, our Maryland legislative committee, followed more than 40 bills this session. A number of the bills of particular interest to Clinical Social Workers were enacted.

Child Abuse and Neglect:

Legislation that would criminalize “failure to report” suspected child abuse has been proposed and, with our help, defeated in the General Assembly in prior years. This year’s *Abuse and Neglect – Failure to Report* (Senate Bill 310/House Bill 245) that is participating in a child abuse or neglect investigation and that has substantial grounds to believe that a person has knowingly failed requires an agency to report suspected abuse or neglect to file a complaint **with the appropriate licensing board (if the person is a health practitioner)**, law enforcement agency (if the person is a police officer), or the appropriate agency, institution, or licensed facility at which the person is employed (if the person is an educator or human service worker). The passage of this bill will hopefully end the debate on criminalization and minimizes the potential for an inappropriate referral of a health practitioner for “failure to report” abuse and neglect due to the requirement that the failure must be “knowingly”.

Family Law – Child Abuse and Neglect – Expungement of Reports and Records – Time Period (Senate Bill 31) reduces the time period after which a local department of social services is required to expunge records of *suspected* child abuse and neglect. If no further reports of abuse or neglect are received during the 2 years subsequent to the report, the local department need only maintain the record for 2 years if abuse and neglect were **ruled out**. If the report is **unsubstantiated** (meaning it can’t be ruled in or ruled out), a report of suspected abuse or neglect must be maintained for at least five years after the date of referral. The local departments may, on good cause shown, expunge a report

and all assessments and investigative findings immediately, if the report is ruled out. This is especially helpful in instances where an angry ex-spouse may have reported the other parent with no cause.

Insurer Network Adequacy:

For the first time, the Maryland Insurance Commissioner will have authority to determine the adequacy of an insurer’s network under Senate Bill 929/House Bill 1318 (*Health Benefit Plans – Network Access Standards and Provider Network Directories*). The Commissioner will be adopting regulations to establish criteria to evaluate the network. The bill also includes important provisions concerning essential community providers.

In addition to network adequacy, the Commissioner will also have authority to determine the accuracy of an insurer’s provider directory and can fine an insurer for inaccuracies. An insurer, however, can avoid a fine if it can demonstrate that the insurer *contacted the provider, but the provider failed to submit accurate information to the insurer*. Thus, for those of us who are network providers for insurance plans, it is extremely important to respond to insurance plans requests for current information and to periodically check the accuracy of our information listed in an insurer’s directory. We and other advocates successfully eliminated language in the bill that would have penalized providers for not updating their information.

Additional information about the 2016 Maryland Legislative Session will be published in our next newsletter.

Another important development is that the Maryland Board of Social Work Examiners has set up a committee to look at possible statute and regulatory changes to their licensing structure. While this is still in its preliminary stages and cannot move forward unless the State Legislature changes the Statute covering social work licensing and orders BSWE to create regulatory changes, it is important to be aware of the potential effects on our licenses. Currently, the

MdBSWE committee is looking at the possibility of eliminating the category of LCSW, changing the LGSW to an LMSW (Licensed Master of Social Work) and changing the LCSW-C to an LMSW-C (Licensed Master of Social Work, Clinical). While it appears that the Board, in part, is hoping to bring our State's Statutes in line with the Association of Social Work Board's Model Practice Act, there are also differences between what is being proposed and the recommendations of the Model Practice Act. Please contact Judy Gallant at jg708@columbia.edu if you would like to help with our efforts to monitor and provide input to potential changes.

Stay tuned for announcements on the list-serve for small-group meetings with legislators during the interim period (from April-December, when the State Legislature is not in session). Your interest and support of our committee's work is needed and greatly appreciated. ❖

Judy Gallant, LCSW-C, is the director of the Society's Legislation & Advocacy program, as well as chair of the Maryland Clinical Social Work Coalition, our GWSCSW legislative committee in Maryland. She maintains a private practice in Silver Spring.

Pamela Metz Kasemeyer, JD, and her firm of Schwartz, Metz & Wise, PA, represent us in Annapolis and guide our advocacy strategy. Ms. Kasemeyer is an acknowledged authority on Maryland's health care and environmental laws and has represented a variety of interests before the Maryland General Assembly and regulatory agencies for more than 25 years.

This report is based, in part, on Pam's multi-page summary of this year's legislative session.

❖ Virginia

Judy Ratliff

At the beginning of this legislative sessions, I met with Senator Creigh Deeds (along with several members of the Va legislative..... led by Joe Lynch, as well as our shared lobbyist,...) to discuss his proposed legislation. I am happy to report that SB 250, "Prisoners: treatment to those unable to give consent for medical or mental health treatment," passed. This bill adds licensed professional counselors and licensed clinical social workers to the list of providers who are required by court order to inform the court and the prisoner's attorney of any change in the prisoner's condition resulting in restoration of the prisoner's capability to consent to treatment.

Currently in the state of VA, there are two levels of licensure: the Licensed Bachelor's Social Worker (LBSW) and the Licensed Clinical Social worker (LCSW). The VA Board of Social Work will meet on Friday, April 29 to discuss the addition of a third level of licensure, the Licensed Master's Social Worker (LMSW). Each level will require it's own exam. On April 29, the Board will meet to develop the appropriate scope of practice for each level of practitioner. ❖

Judy Ratliff, LCSW is chair of the Society's Legislative Committee for Virginia. In addition to her years of GWSCSW service, Judy has served on the Fairfax County Long Term Care Coordinating Council and in Leadership Fairfax. She began her professional life as a medical social worker, has taught medical and social work students for the University of Maryland, and is currently in private practice in Fairfax.

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FEARLESS FINANCING: TIPS FOR THERAPISTS



Revenue Diversification and why it is important for Psychotherapists

Lori Atwood

Revenue diversity means having more than one way of earning money in your business. If you have only one way, you are vulnerable to small shifts in scheduling, outside events and marketing slumps that you would not feel if you were well diversified. Diversity brings protection and reduces risk.

Individual psychotherapy, by definition, suffers from a lack of revenue diversity. From a business model perspective, you “eat what you kill.” If you are not there, there is no revenue. You are limited to the hours in the day you can see clients to generate revenue.

Many therapists complain (and rightfully so) about cancellations, slow months, slow-oddball weeks when only a small number of clients are scheduled and of course, snow days and one-day holidays. A therapist who has a full roster of clients could make less than he/she needs in any given month if there are a few snow days.

The combination of slow times, cancellations, holidays and out-of-office family obligations on the part of the therapist can push your revenue down to an unacceptable level or you may want to just grow your practice in general. To protect your business (and, more importantly, your household,) from ups and downs and grow your practice, consider diversifying your revenue base.

Below are my 5 favorite revenue diversification strategies for therapists:

1. Group Therapy – I LOVE this one! It’s good for clients and allows you to see several clients at once, thus increasing your revenue (albeit at a reduced rate for groups). You can also run groups at times of the day when you potentially have empty slots.
2. Evaluations – there are a lot of opportunities to work with other institutions (e.g. educational, governmental, and medical) to do evaluations if you are qualified. You can write evaluations at off times and while at home. Some pay very well.

3. Subletting – Make your office work for you when you are not there. Try to sublet as many hours as feasible. Rent is, generally, your largest business expense. The best way to mitigate this expense is by keeping your office full.
4. Specialized Training – you can get specialized training to do evaluations or treatments, which, after the initial outlay for certification, can produce more revenue for you.
5. Writing and Speaking – some therapists can develop a following by blogging, writing articles, books, making videos and speaking about their areas of expertise.

Note that I did not take up the question of hiring associates. This is a more complicated matter and although it is ultimately a way of generating revenue, it merits a longer discussion, which I will take up in a future article.

Okay, you are on board. Where do you start? First, start by critically looking at your schedule and seeing where there is down time. If you use your office every minute of the day and are full with clients and a wait list, then do not worry.

If you have some extra time or slots that are generally empty, think about the time of day at which those empty slots occur. If they are daytime and you just cannot get clients in because of work obligations, consider subletting to a professional (who does not have to be a therapist), whose clients come during the day.

If those empty slots appear in late afternoon/ evening or even weekends, consider running a group. Does that work for your client base? Can you think of 4 clients who might benefit? Try for one group meeting weekly with a goal of 4 members to start. It may take several months to get a group together and generally it will not run in the summer months (some do, but most do not).

Next, look at potential training, evaluations or writing opportunities. You will need to market yourself and network for evaluations and writing/speaking. Make sure

you are up for that task. If you are not, that's okay, try a different revenue diversification strategy.

Some or none of these ideas may be right for you, but the point is that you should have more than just one type of revenue stream (individual psychotherapy). I am only speaking from a business perspective; you have to decide from a clinical perspective, but it's healthier for your business if you diversify your revenue streams. ❖

Lori Atwood, CFP has been in finance for over 20 years and believes that people can and should be fearless about their finances. Lori started Lori Atwood - Fearless Finance, LLC, 7 years ago because she was looking for someone to help her with her family's financial planning, but who was not paid on commission. She did not find anyone and with her background as a Registered Investment Adviser years before for Piper Jaffray Private Client Banking (now part of UBS), she decided to do it herself. Friends and acquaintances began to ask her for help and Lori Atwood - Fearless Finances was born. You can see Lori's articles and services at: www.loriatwood.com.

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RECOMMENDED READS

Compiled by Molly Milgrom, LICSW, LCSW

Recommendations from GWSCSW members on the listserve for working with issues of boundaries and codependency

Codependent No More by Melody Beattie

"This was one of the first and still one of the best resources for family members of addicts and alcoholics. I have also found it helpful for family members of people with personality disorders and eating disorders" - Betsy F. Amey, LCSW-C

Beyond Co-Dependency by Melody Beattie

"Though much has been written more recently about co-dependency, I find many clients benefit from the work of Melodie Beattie, whom I was introduced to back in the last century through her book Co-dependent No More. That and Beyond Co-dependency still stand the test of time. I think the co-dependent - dependent dynamic is at the core of many dysfunctional relationships and can be changed through insight and taking concrete steps to build better boundaries." - Gina Sangster, MFA, MSW

Intimacy and Solitude by Stephanie Dowrick

"This book is written by an Australian feminist. She is writing about codependency, but from a different angle. It is about learning to have intimacy with yourself, to then bring a richer self to relationship. - Leslie C. Kilpatrick, MEd, LCSW

Extraordinary Relationships by Roberta Gilbert

"This is highly readable and accessible explanation of Bowen systems theory and in particular, of how to manage emotions in relationships. The third section, "Toward Better Relationships" is filled with insights and practical tools for managing the emotional self in human interactions. I have recommended it to numerous clients, who have appreciated the read and benefitted greatly from an understanding of how the healthy differentiation of self can make relationships "extraordinary." - Hetty Irmer, LCSW-C

The Dance of Intimacy by Harriet Lerner

"In The Dance of Intimacy, Harriet Lerner clearly lays out changes we can make to strengthen our sense of self. She also gently relays (in layman's terms) Murray Bowen's family systems theory in a concise user-friendly manner. For those clients, who want to work on co-dependent and boundary issues - it is one of my go-to recommendations."- Jennifer Kogan, LICSW

Boundaries: Revised and Revisited by Pia Mellody

"Boundaries is a 2-set CD by Pia Mellody. It's one of the best resources I've come across that describes boundaries (physical, sexual, emotional), and the relationship between boundaries and self-care, self-esteem and healthy relationships. Also, Pia Mellody is funny, and poignant, at times. The CD is easy to listen to (many of my clients do so in the car), and one can easily replay segments to help grasp the information Pia's imparting." - Elaine Shaver, LCSW ❖

Members Enjoy Yin Yoga for Social Worker Appreciation Month



On March 19th, a dozen or so hardy social workers braved torrential downpours to make it to Yin Yoga -- we arrived, all soaked, to a room that felt like a refrigerator! Luckily, all it took was a call to management to warm the room -- and it was toasty in twenty minutes. Then, with Mabelle Lee's expert guidance, we rested, we restored, we were gentle with ourselves -- we

nurtured our bodies for two hours of blissful immersion in Yin Yoga. What a lovely way to honor ourselves for Social Work Appreciation Month!

Nancy Harrington added that this was all Laurie Young's wonderful idea! She planned, plotted and carried it all out with the generous assistance of Cristy Novotney and Sue Stevens. What a group! Thanks volunteers!!

POETRY MUSINGS: INSPIRATION



Wendi R. Kaplan

"Breath remains the vehicle to unite body and mind and to open the gate to wisdom."

-Thich Nhat Hanh

*Breath is life,
is spirit,
is inspiration.*

How do you notice your breath? This simple, mostly-barely-noticed physical function that is absolutely crucial for your life and well being. Without it nothing else IS! Our breath fuels our blood, our heart, our brains, enables our thoughts and feelings — the quiet, nearly invisible breath is paramount for our lives. Indeed, the Sanskrit word for breath is prana, which means life force. Prana (Sanskrit), along with the Hebrew word, ruach, and the Greek word pneuma, translate to mean both breath and spirit! Our breath is so much more than a vehicle for oxygen. So, stop for a moment. Notice your breath. Give attention to this miraculous breath. To how the air touches your nostrils. To the way that your diaphragm moves with each breath and how your ribs and the rest of your body respond...the way your shoulders move, or your belly expands as you inhale and contracts as you exhale. Notice when it is deep and when it is shallow. The way your breath hides and slows or even quickens when you are tense or afraid or anxious. The way that breath wakens you, soothes you, is with you like a shadow or a friend. The way that breath both reflects your emotional state (even before you recognize it) and the way it can lead you to other emotional states. Intriguingly, breathing is an autonomic process managed by our brains and is the only function that is performed both consciously and unconsciously. And yet there are times that we need to be reminded: BREATHE! And with that breath, change happens! As Judyth Hill, the poet, calls us to, "Wage peace with your breath," we are reminded of the power of breath and our ability to direct it. Our breath bridges body, thoughts, feelings, and spirit. Our breath also connects us to inspiration! In fact, the root of the word inspiration is spire which means breath or breath of life in Latin. Interestingly, therapists pay attention to breath. We notice the pressured breath,

the hyperventilating, the barely breathing. As social workers we are especially taught to attend not only to what is "wrong" but to what is right as well. So we want to know what inspires our clients, what makes them joyful and energized. What makes them breathe! I invite you to pay attention to yourself! What inspires you? What inspires your work? What gives you room to breathe? To think? To contemplate your story and the stories that you hear daily? What sparks your creativity? For me, poetry inspires me every day. This gift of inspiration lifts me, each breath a wave, holding me higher. I breathe in Mary Oliver's words,

*To live in this world you must be able
to do three things:
to love what is mortal;
to hold it against your bones knowing
your own life depends on it;
and, when the time comes to let it go,
to let it go.
(from "In Blackwater Woods")*

Try it. Simply by reading her words you can feel the breath enter your entire being! John O'Donohue's words fill my lungs and heart as he reminds me,

*Awaken to the mystery of being here
and enter the quiet immensity of your own presence
(from "For Presence")*

Breathing these words in and breathing them out, they are guideposts, beacons, lighthouses on this journey of life. I know them by the embers they spark that crackle in my brain, by the way they water my heart and it blossoms wide like a lotus, by the way they sit in my belly like a sky nourished by a golden sunrise. I know it by the way the words sizzle in my feet and hands until they feel like they are flying or dancing. The way that they arouse something like a deep memory that reminds me of something I know and yet cannot know. When I hear Emily Dickinson's description,

Hope is the thing with feathers

I remember how hope also perches within my soul. How did she know? Perhaps it is as David Whyte says, "poetry is language against which you have no defense." It opens us up to our most tender, vulnerable and authentic self. So when we read it we breathe recognition of that deep place within that both allows us to be and inspires us to be all that we can be! Listen, and breathe as you read. ❖

Enough... *Enough. These few words are enough.*

If not these words, this breath.

If not this breath, this sitting here. This opening to the life

we have refused

again and again

until now.

Until now

-David Whyte

Wendi Kaplan, MSW, CPT-M/S, is a psychotherapist in Alexandria, VA. She is the founder of the Institute of Poetry 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.



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Does Improving Access to Older Adults Matter to Young Social Workers?

Shauntia D. White

Aging baby boomers and buoyant millennials both cap growth in the world's biggest economy. Why is there a generation war going on between boomers and millennials? The basic argument made these days around this perceived conflict is this: government spending on the elderly.

Why is this news so problematic for young adults? Well, the answer is simple: Social Security and Medicare together accounted for 42 percent of Federal program expenditures in fiscal year 2014, according to the Social Security Administration (2015). Even worse, the government projected that Medicare's hospital insurance trust fund will be depleted by 2026, and Social Security's trust fund in 2033 (Social Security Administration, 2012). These are the statistics that fuel generational warfare. Does this same feud exist in the social work profession?

I believe not.

This year's advocacy day forum brought nearly 400 social workers - the first time in history - to Capitol Hill on March 1 to rally in support of improved access to mental health services under the Medicare program. Faculty from CSWE-accredited social work programs escorted students to Washington and shadowed the efforts of Congresswoman Barbara Lee (CA-13), a professional social worker who now chairs the Congressional Social Work Caucus (CSWC) and serves on the House Committee on Appropriations.

The legislation of focus, Improving Access to Mental Health Act of 2015 (H.R. 3712; S. 2713), introduced by Congresswoman Lee and Senators Debbie Stabenow (D-MD) and Barbara Mikulski (D-MD), grew from the growing constituency of older men and women in the United States who feel disenfranchised, powerless, and apathetic. Depression, for example, is both underdiagnosed and undertreated in primary care settings (World Health Organization [WHO], 2015). Symptoms of depression in older adults are often

missed or overlooked because of co-occurring health problems in the population (WHO, 2015). It is hoped that, through this legislation, a full range of behavioral assessments and intervention services provided by licensed Clinical Social Workers (LCSWs) will be accessible to eligible Medicare recipients aged 65 years or older. The proposed increase in the reimbursement rates of Clinical Social Workers, from 75% to 85% of what physicians and psychologists received for the same services, will hopefully increase participation of social workers as Medicare providers and permit greater access of mental health care to the elderly.

By the time student social workers started arriving to the U.S. Visitor Center of the Capitol around 8:30 a.m., lines had already formed outside of the building. Undergraduate students who came from as far south as Alabama voiced excitement over the opportunity to meet with their local legislator and see first-hand how the policy making process works. Master's degree students - some of whom came from the four corners of the country - shared unique perspectives on older clients who experience some type of mental health condition and the demand for mental/ behavioral health services at their field agencies. But those who provide direct services - LCSWs or LGSWs - were painfully aware of the nearly 20% of older adults who experience anxiety, severe cognitive impairment, and mood disorders (such as depression or bipolar disorder; American Association of Geriatric Psychiatry, 2008)

A panel of social work experts, including Dina Kastner, MSS, MLSP, Senior Field Organizer of the National Association of Social Workers (NASW), Darla Coffey Spence, PhD, President of the Council on Social Work Education (CSWE), Tanya Rhodes-Smith, Executive Director of the Nancy A. Humphrey Institute for Political Social Work (NAHIPSU) and Margot Aronson, LICSW, Deputy Director of Legislation and Policy Practice of CSWA, helped expand the attendees' knowledge of policy practice, the legislative process and how-to advocacy tips in preparation for congressional visits.

Immediately after lunch, the President of the Congressional Research Institute for Social Work and Policy (CRISP), Charles E. Lewis, PhD, greeted attendees and welcomed Congresswoman Lee who explained the importance of H.R. 3712 and why she values the code of ethics as a political social worker and leader of the CSWC. Lee also highlighted that she has sponsored bills primarily in the areas of international affairs (29%), health (21%) and social welfare (13%).

Inspired by Ms. Lee, student social workers walked proudly in the hallowed halls of Congress, moving from one office to another, from members of the Congressional Social Work Caucus to members of the Ways and Means Committee. Many proudly wore their event t-shirt saying "Ask a social worker, [why] social work?" which was part of the GWSCSW's sponsorship of the event.

March 1st was a well-attended event on Capitol Hill; however, we are still far from victory. The changes (does she mean challenges or the changes we seek?) we and our clients face are often caught in a quagmire of political rhetoric, but the profession has the ability to navigate these obstacles in order to bring about change. But first we need to recognize the victories we can achieve when the aging boomers and the buoyant millennials work together. The foundation of change requires all who are willing to extend a helping hand from one generation to the next. ❖

Citations:

World Health Organization (2015). Mental health and older adults. Retrieved from: <http://www.who.int/mediacentre/factsheets/fs381/en/>

American Association of Geriatric Psychiatry (2008). Geriatrics and mental health—the facts. Retrieved from: http://www.aagponline.org/prof/facts_mh.asp.



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TECH TIPS: GOOGLE CALENDAR

.....
Sara Feldman

You can use Google Calendar on a computer, phone, or tablet. Any events you create or edit will sync automatically among all versions of Google Calendar where you're signed in (i.e., you can also sync it with your phone if you are logged into Gmail on your phone). You need a Gmail or Gmail business account to use Google Calendar. To access your Google Calendar in your mail, go to the 9 dots in the upper right hand side of your Gmail email screen. Then, select the calendar feature. From there, you can simply click on the day or time you want your event to take place. You can title the event, set the time for the event, invite others to the event by including their email addresses, or set up reminders for the event. You can also share your calendar with other people, so that others may view your calendar. This is helpful for private practices where you may be sharing office space or letting others know when you will be busy with clients. Remember, Google Calendar is not HIPAA compliant, so do not put client's full names on the calendar. Hopefully, using Google Calendar will help you keep track of your schedule in both your personal and work lives! ❖

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OUT & ABOUT

.....
This column shares news about members' professional accomplishments—our publications, speaking engagements, seminars, workshops, graduations—as well as our volunteer projects and special interests or hobbies. Send your Out & About info to newsletter@gwscsw.org.

Jen Kogan launched a website called DCtherapistconnect.com for clinical social workers, psychologists, counselors, art therapists, psychiatrists, marriage and family therapists who want to connect and support each other as they start and grow their practices in the Washington, DC area. A Yahoo group called DC-TherapistConnect is also back up and running. You can find it at <https://groups.yahoo.com/neo/groups/dc-therapistconnect/info>.

Beth Levine spearheaded an effort asking 12 organizations that research and promote empathy and compassion to include nonhuman animals. Beth wrote the Open Letter and gathered 33 signatures of ethical vegans in the social sciences. In an article in the DoDo, Beth is quoted: "Do unto others as you would have them do unto you does not depend on race, gender, sexual orientation or species. If these organizations were true to their mission, they would be advocating that we treat all animals, human and nonhuman, as individuals whose lives matter to them." To read the full article, go here: <https://www.thedodo.com/social-scientists-call-on-organizations-that-promote-empathy-and-compa-1486013118.html>.

Jennifer Rollin became a Junior Board Member for The National Eating Disorder Association. She also had articles published recently for The Huffington Post, Psychology Today, and Eating Disorder Hope.

Robert Scuka had his article (co-authored with Catalina Woldarsky Meneses) "Empirically supported humanistic approaches to working with couples and families" published in D. J. Cain, K. Keenan, & S. Rubin (Eds.), Humanistic psychotherapies: Handbook of research and practice (2nd ed.). Washington, D.C.: American Psychological Association, 2016.

Marilyn Stickle and **Margaret Arnd-Caddigan** are principal investigators of a research study titled "Clinical Intuition in Psychotherapy and Counseling" recently approved by the Internal Review Board at East Carolina University. This exploratory study seeks to learn more about therapists' opinions and practices regarding intuition in the clinical encounter. ❖

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COMMITTEE REPORTS

Continuing Education

*Linda Hill & Barbara Kane
cecommittee@gwscsw.org*

The CE committee has reviewed and selected a wide range of category 1 presentations for next year, including ones on ethics and HIV. We are presently working on securing venues. Announcements for all events will be sent once logistics are finalized. We plan on holding events in MD, DC and VA. This is our last year as co-chairs of CEU committee. We have enjoyed getting to know many of you and learning about your special interests in presenting seminars. It is a great opportunity to be more involved with the Society. If you are interested in volunteering for this position, please contact the GWSCSW office.

Early Career & Graduate

*Juleen Hoyer & Amanda Status
earlycareer@gwscsw.org*

The Early Career Committee met Sunday April 10th to discuss future plans. We are actively seeking new leadership to continue the mission of our committee. This is an excellent opportunity to become more involved with the society and serve on the GWSCSW board. Guidance and mentorship will be provided to create a smooth transition. We welcome current MSW students, recent grads, LGSWs, and others early in their careers to attend a committee meeting or a committee hosted event. We are excited to announce a Yoga Event for Early Career members Thursday June 30th 7:30-9pm with an hour of socializing afterwards hosted by our own Early Career member Irina Katz. Details are on the GWSCSW calendar and

on the list serve. We are having our next committee meeting in August with a social event following the committee meeting. Our meetings always includes an opportunity to network and gain support, as well as an easy way to get more involved in your professional organization (watch the listserv or check the calendar on www.gwscsw.org for scheduled events). The committee is hoping to partner with NASWs DC chapter's YPEL (their early career group) for some cross programming in the fall. The Early Career Committee would like to wish Committee Co-Chair Juleen (Hoyer) Chevalier well on the birth of her and her husband's first child! Please email us at earlycareer@gwscsw.org if you have any questions or you're interested in joining us!

Leadership & Nominating

*Sydney Frymire & Susan Post
leadership@gwscsw.org*

Thanks to the many new and old volunteer members of the clinical society, we are putting together a terrific ballot of officers and directors to serve during the 2016-2017 year. You won't hear about them on the nightly news, and none of them has a PAC, but we guarantee that the likeability factor of our candidates surpasses that of those running for President of the United States! You should be receiving your ballots in the next few weeks, so please VOTE!

The voting process is simple – you can do it on line in a minute. You'll also receive a printed ballot in the mail and can return that if you prefer. Our leaders and volunteers make GWSCSW run as smoothly as it does, and we owe them all

our appreciation. Thanks also to Donna Deitz, our administrator par excellence, who makes it possible for voting and so many other tasks to be so easy for us all.

Thanks, also, to our outgoing group of leaders who will be honored at the June membership dinner meeting when the new leadership will be introduced. Please save the date and plan to attend - it's a wonderful way to connect with each other and it's always lots of fun. This year's dinner will be Sunday, June 12 from 5-8 pm in the Silver Spring Civic Building Great Hall. See you then!

Legislation & Advocacy

*Judy Gallant, Acting Director
dirlegislation@gwscsw.org*

The L&A Committees is planning another informational session in the fall with our lobbyists to answer any questions Society members might have about Legislation and Advocacy. We also hope to be able to have some small group meetings with local legislators in Maryland in the next few months. Look for more information on the Listserve and in the next newsletter.

See individual jurisdiction articles for the latest updates. Be sure to contact one of us with any questions or suggestions you might have, or to join one of the committees: in DC, Margot Aronson, malevin@erols.com; in Maryland, Judy Gallant, jg708@columbia.edu; and in Virginia, Judy Ratliff, jratliff48@hotmail.com.

Newsletter

Jen Kogan
newsletter@gwscsw.org

The Newsletter wants to hear from you! Send your ideas for features and articles about private practice and practice building. Questions? Send me an email so we can discuss! Deadline for the September issue is July 20th.

Professional Development

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

By publishing time, our Committee will have completed its Winter/Spring programs. Thanks to Joel Kanter, who on 2/20 offered a workshop on three social work heroes: Selma Fraiberg, James Roberson, and Clare Winnicott. The plentiful biographical/historical information and insights Joel presented regarding their contributions to our profession was truly inspiring. Appreciation also goes to Laurie Young for organizing the 3/19/16 workshop on Yin Yoga with Mabelle Lee, which provided experiencing another path to self-care. On 5/1/16, "Enlivening Your Practice" will offer four clinicians speaking on skills that have been enriching their work with clients. We appreciate Nancy Harris, Catherine Lowry, Fran Zamore and Deborah Schulman for sharing approaches, and are looking forward to hearing audience responses and their favorite practice tools. Currently being planned for 6/5/16, with the generous offer from Sue Stevens to lend her home, our Committee and the Membership and Early Career Committees are organizing a "getting a head start" celebration for new graduates.

A more detailed information page and online applications for the Mentor Program are on the GWSCSW website. Mentors provide guidance to newer social workers with concerns including licensure, private practice, employment, supervision, and professional identity. Mentors and Mentees are matched according to location, interests and types of experience, but have the opportunity to collaborate on defining the specifics. Potential mentors and mentees can press the Professional Resources on the website main page at www.gwscsw.org. Nancy Harris (nlharris1214@gmail.com;301-385-3375) can answer your questions. Please keep letting us know ideas for future workshops!

Senior Seminar

Estelle Berley, N.W.D.C. Retiree Seminar Leader
deberley@verizon.net

The Clinical Society Senior Seminar, originally named "The Grown-Ups," was started by Grace Lebow in 2006 for GWSCSW members considering retirement or already retired. In 2008, because of a family member's illness, she was unable to continue as leader, and I volunteered to take her place. Grace stayed in the group and finds it so valuable that she is now organizing more such groups. She asked me to write about my experience as leader for the benefit of new group leaders, so here I am.

At each of our meetings a member chooses a book which deals with some aspect of our lives and leads the discussion at our next meeting. The group has ten members and meets for ten months, so each member is responsible for suggesting one reading and leading the discussion.

When I took over as leader, I didn't have much group experience, so for the first year I observed to see what was needed. Over time, I made adjustments mostly to strengthen group cohesion and for ease of record keeping. With the help and suggestions of the group, we changed the name to reflect its purpose: the Clinical Society Senior Seminar. Most important, when I became leader, Carolyn DeVilbiss volunteered to write the minutes and has so for every meeting. Members tell me that they look forward each month to our meeting, and I do too.

As group leader I submit documentation for CEU certification as follows:

- Learning goals and objectives
- Location and time of each meeting
- Bibliography with a short summary of each reading
- List of all participants; list of all who desire CEU certificates and number earned for each; \$25 from each member desiring a certificate
- Attendance sheet
- An evaluation from each member

I created three forms to use for this: an evaluation form that I send each member in April or May to be completed and returned ASAP; the page of goals and objectives; and an attendance form worked out over several years that contains on one single page most of the necessary information for CEU documentation. It is a calendar; at each meeting each attendee must sign in the required space for that date, creating an attendance record. (I make a red mark to show the discussion leader for that month

so I can easily see whose turn is next.) Besides the calendar there are columns to show receipt of evals and payments, total number of sessions attended and total number of CEU's earned.

Once this is set up it can be used every year and is just a matter of maintenance. I would be glad to share these forms to be used as templates by future leaders.

I find our group so rewarding that the work involved is surely worth it. Members tell me that they look forward each month to our meeting and I do too. For all of us the group provides involvement, so necessary to a satisfactory retirement and fills a need for positive collegial interaction - something important that is often lost upon retirement. We have a wealth of life experience to share, and it is very gratifying to have this accomplished, congenial group with which to share it.

Social Media

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

The Social Media Committee has been excited to continue to improve our community by helping people connect through 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! Let us know if you have an idea about how to make the page more relevant to YOU. We held a social media ethics workshop on March 25 presented by our own society member, Lisa Kays, LICSW. Thank you Lisa for sharing your expertise, and we hope all of you that attended found it useful. Feel free to email us at 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 if you're interested in joining the Social Media Committee! ❖



SAVE THE DATE
NORTHERN VIRGINIA
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July 08, 2016



2016/2017 EDUCATIONAL OFFERINGS

Friday, September 9, 2016 | 9:00 - 12:15

Self-Leadership Skills to Address Ethical Dilemmas

Friday, September 23, 2016 | 10:00 to 4:00

(lunch requested) Holy Attunement: The Spiritual Dimension of Brainspotting

Friday, October 7, 2016 | 9:00 to 12:15

HIV in DC: A Snapshot of an Adolescent Clinic

Friday, October 14, 2016 | 9:00 - 12:15

Symptom Reduction Through Mind-Body Medicine

Saturday, October 15, 2016 | 9:00 to 12:15

Medical Marijuana:
Current Issues for Mental Health Providers

Friday, October 21, 2016 | 9:00 to 12:15

Rethinking Sex Addiction -
An Introduction to a Sexual Health Protocol

Friday, January 13, 2017 | 9:00 to 12:15

Symptom Reduction Through Mind-Body Medicine
(Part 2)

Thursday, March 9, 2017 | 9:00 to 12:15

Serious Play: Improvisation in Clinical Practice

Thursday, March 23, 2017 | 9:00 to 4:15

A Systems Approach to Sex therapy

Friday, April 21, 2017 | 9:00 to 12:15

Symptom Reduction Through Mind-Body Medicine,
(Part 3)

Friday, April 21, 2017 | 9:00 to 12:15

Intuition: Research and Practice

Thursday, May 4, 2017 | 1:00 to 4:00

Holistic Healthcare for Transgender Clients

Friday, May 19, 2017 | 12:00 to 3:15

Mother-Son Incest: The Unthinkable Broken Taboo

ADVERTISING

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. For questions about advertising, call 202-537-0007.

Classified Ads: 75¢ per word	Display Ads: Full page 7 x 9¼	\$325	Half page	\$250
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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.

Services: Adolescent/Young Adult — Treatments that work provided by experienced therapists. Rathbone & Associates, www.rathbone.info, 301-229-9490, Bethesda and Rockville.

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NEWS & VIEWS SUBMISSION GUIDELINES

We welcome GWSCSW members to write articles, contribute to one of the columns, or share your news in Out & About. Deadlines at <http://www.gwscsw.org/newsletter.php>

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. **Send all submissions to newsletter@gwscsw.org**

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



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TO CONTEMPORARY
PRACTICE with
Nancy McWilliams**

Saturday, November 5, 2016

9:00 AM - 12:30 PM

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