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The New World of Gender Identity

By Mike Giordano



“My psychiatrist asked me what my given name was,” a new client recently said to me when relating her experience on her latest visit for medication management. This client happened to be a genderqueer, transmasculine (assigned gender is female, gender identity is masculine) individual who was comfortable with female pronouns. She said it didn’t bother her, masking her affront at the microaggression, though

she was complaining to me about the visit. Acting tough and unaffected by the onslaught of small, unintended (and sometimes intended) acts of oppression, is a coping skill this client falls into easily. Why should she take offense? The doctor simply asked her about the name her parents gave her. Well, this client has been going by her preferred name for some time and even had it legally changed. Asking her to go back to revisit a gender identity forced on her without her consent is not the greatest way to build a therapeutic alliance, though it is an excellent way to trigger feelings of dysphoria and shame.

While I too was irritated with the psychiatrist, I also understood. I wasn’t always as aware of culturally competent and non-shaming ways of working with transgender clients as I am now. More and more mental health professionals are seeing clients who identify as transgender, gender non-conforming, genderqueer, or have an identity other than the one assigned to them at birth. Many of us, especially cisgender therapists, just aren’t prepared to work in the new, rapidly evolving world of gender identity. Almost all of us wish we were better informed and educated, as no mental health professional wants to induce feelings of shame in clients.

continued on page 4



Celebrating Our Connection...40 Years and Beyond

40th Anniversary Kick-Off Celebration!

Join us for our 40th Anniversary kick-off celebration set for Friday, March 6, 2015, from 6:30 to 9:00 pm at Ingleside at Rock Creek in Chevy Chase, DC. The evening will sparkle as you mingle and connect with friends and colleagues both old and new. Lots of fun, entertainment, prizes and giveaways will also be on the scene.

Mark your calendars for March 6 and get set to celebrate!

Greater Washington Society for Clinical Social Work, Inc.

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June 2015 and the deadline is April 20

Email articles to newsletter@gwscsw.org

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President's Message

Nancy Harrington



This is the third in a series of eight messages which I am sending to the membership over the course of my term as President. It has been such an honor to serve in this capacity. It has been quite an experience getting to know the inner workings of this super organization and getting to see the breadth of what the Society does. I am in awe of how this group operates and how it has been operating for past 40 years! Even more, it has been a huge pleasure getting to know, and working with, the spectacular group of volunteers on the Society's Board. As a Society member, there are many activities and events in which you can take part. There is a lot to do, and a lot of fun to be had.

40th Anniversary Celebrations

You will be receiving this message as we begin the 40th Anniversary celebration. We are so appreciative of the 40th Anniversary Committee, who have been at the helm of this major project. Our thanks to Gloria Mog, Marie Choppin, Julie Lopez, Rhonda Lieberman-Lapan, and Sara Feldman. They have been planning our 40th anniversary events for the past year or so. We are all looking forward to this year of events, which begins with the kickoff event on March 6. The featured highlight of the year will be the May 29th Dinner held at the Marriott at Pooks Hill in Bethesda! The finale will culminate in a fun event on October 18th.

Board Reorganization

The Board has been working overtime this past quarter to simplify and streamline the Society's structure. This onerous task was undertaken to eliminate and/or reduce duplication of efforts, thus making less work for all of our hard working volunteers.

The most salient feature is recomposition of the Society into what are its natural branches: Advocacy, Education, and Community. The most visible aspect of this reorganization will be the eventual reformatting of the GWSCSW website which will reflect the changes, consolidating things into the three branches.

This elaborate and complex endeavor was accomplished by the Big Arrow Ad Hoc Committee, which included Steve Szopa, our very active and involved Vice President; Sue Stevens, long standing and dedicated chair of the Membership Committee; and Susan Post and Sydney Frymire, both past presidents who are still very involved in the workings of the Society. My thanks also go to the rest of the wonderful board, the Committee Chairs, and Directors who have also worked very hard in compiling information on tasks, budgets, committee requirements, and the like so that others who come after them will have instructions on how to assimilate into the positions. The document, *Committee Tasks and Responsibilities 12/14*, which combines the work of the committees of the Board, is on the website in the Document Store, under Shared Documents, Document #14. Take a look and see what is happening.

Part of our effort is to try to make public as much as we can for the membership to see, so you can know as much about the Society as we do. The minutes of all of our Board meetings have been published on the Archived Documents section of the website. We want you to see how we are run.

Creation of Manual, Updating Bylaws

The next step of our process is the creation of a manual, which describes the tasks involved in each committee, or directorship. The manual will provide a reference for each new volunteer when they take over a position. It will also provide interested members with an opportunity to see exactly what is involved in taking on respective positions in the Society. The final phase of our work will be the updating of the Society's Bylaws which haven't been updated since 2003.

Social Work Student Advocacy Day on Capitol Hill March 17, 2015

Shauntia White, our Student Representative from Catholic University, has organized a project (see page 10) which supports the Dorothy I. Height and Whitney M. Young Jr Social Work Reinvestment Act (SWRA) first introduced in February, 2008 by former Congressman Edolphus Towns (D-NY), and later that year by Senator Barbara Mikulski. The Greater Washington Society will be co-sponsoring the event to be held on March 17, 2015, National Social Work Day, with the Congressional Research Institute of Social Work Policy (CRISP). This will be a day on Capitol Hill during which students from area Masters programs will participate and interact with lawmakers on the Hill towards furthering social work goals. There will be many opportunities to volunteer for this event and for events beforehand, so look for notices around the listserv and website to find out more. ❖

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Informal Networking!

The three pillars of our organization are community, education and advocacy and these informal networking events are a great opportunity for community. They provide the chance to visit with colleagues in a relaxed setting.

Old Town Alexandria, Virginia

Wine & Cheese

Friday, March 27

5:30 – 7:30 PM

Susan Horne Quatannens

Rockville, Maryland

Wine & Cheese

Friday, April 17

5:00 – 7:00 PM

Kathleen Landers & Sequence Associates

Northwest DC

Wine & Cheese

Friday, May 1

5:00 – 7:00 PM

Angela Fowler-Hurtado,
Sara Mindel & Mike Giordano

Severna Park, Maryland

Beer/Wine & Pretzels

Friday, June 12

4:00 – 6:30 PM

Martin Schnuit

Fairfax, Virginia

Wine & Cheese

Friday, June 12

5:00 – 7:00 PM

Susan Folwell

Silver Spring, Maryland

Bagels & Coffee

Friday, June 27

9:30 – 11:00 AM

Hetty Irmer

For details and
new events, visit
www.gwscsw.org



Below is some information to help you feel more competent as you work with gender identity issues:

Gender identity is different from sexual orientation. Gender identity is the internal way a person understands their gender. Most of us never question our gender identity. The doctor said that we're a boy or a girl and that stuck. It resonated with us. In the world of gender identity, people like us are *cisgender*. Your gender identity is in alignment with your assigned gender. Folks who aren't cisgender are *transgender*, *transsexual*, *genderqueer*, *trans* or may identify their gender with a wide range of identities.

Gender identity is not binary. In the fluid world of gender identity, a transgender person may not identify as either male or female, man or woman, boy or girl. Those terms don't fit for everyone. *Transgender* and *genderqueer* are both "umbrella terms" for a variety of identities and they can be identities on their own. As a therapist, you don't have to know each and every identity. You can simply ask, "What does that identity mean to you?" And just so you know, *genderqueer* is a catch-

all category for gender identities other than man and woman. Genderqueer people may identify as having two or more genders, not having a gender, moving between genders, or having a third or other gender.

It's a good idea to ask a client what pronouns they prefer, especially if they present physically in a manner that doesn't seem to align with their gender identity. Be ready to hear pronouns that you might not be familiar with, like "they", "hir", and "ve". And in an effort to be equitable and in alignment, I often will follow-up with "You've probably guessed as much, but I prefer he, him, his."

A person is transgender and may have transitioned, even if they haven't had surgeries or are receiving hormone replacement therapy. Not all transgender people desire either of these interventions and not all who desire them can access them. In either case, a trans person is still trans—regardless. People transition in several ways—social and physical transitions are the major avenues. In fact, some people never transition. Simply put, they have always expressed themselves in congruence with their identity. Please remember that identifying someone as "transgender but not having surgery" is unnecessary, unless that person is seeking mental health care to access surgeries. This kind of language, for many people, reduces their gender identity down to their genitalia; this can be insulting and marginalizing.

Never refer to cisgender people as "biological males" or "biological females". Those terms are old, out-dated, insulting, and unnecessary. And transgender people are still biologically people, whether or not they have had medical interventions. We now have the term cisgender. In my experience, use of this term will demonstrate to your clients that you are, in fact, sensitive and informed.

Opening yourself up to the new world of gender identity can be both exciting and enlightening. You will definitely be a more effective therapist to those coming to you with gender issues...and you might even learn more about yourself. ❖

Mike Giordano is GWSCSW Director of Education and has a private practice in Dupont Circle, DC where he specializes in gender identity, sexuality, and trauma. Learn more at www.WhatIHearYouSaying.com.

Thoughts or questions about this article? Email: News & Views at gwscsw.news@gmail.com.

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Ad Hoc Committee Update

by Sue Stevens



In September, the GWSCSW Board met with a facilitator, Justin Pollock, to help us plan for the future and ensure we continue to be a vibrant and relevant organization. It was clear from our discussion that we wanted to be connected to Society members, know where each committee fits in the organization and have a system that included more shared responsibility. An Ad Hoc Committee was formed to follow through on the ideas and recommendations from the retreat. And this is where the fun began!

Nancy Harrington, Steve Szopa and Sue Stevens formed the working group with Susan Post and Sydney Frymire as advisors. We began by having committee chairpersons fill out a questionnaire as a way to specify what is involved and what help they might need. This information is now available on the website and will be useful if you want to know more about how the Society operates or where you might like to help out.

Next, building on previous Organizational Charts, we came up with some new ways to think about how we work. We divided our work into three branches to reflect our mission of Advocacy, Education and Community. We tried to make sure everyone knew where they were connected and we looked at ways to share the work of the President.

Our final plan was to design a Membership Survey to help us stay on track with what the membership wants. We have designed this to be easy to complete and it will be available on the GWSCSW website.

The next step will be for a new ad hoc committee to write a manual for our procedures. All are welcome to help. Even if you haven't been involved before, you can contribute new ideas.

Below are some thoughts as to why you should consider joining the next ad hoc committee:

"I really enjoyed working on this project with like minded colleagues—we had a ball with all the different ideas, and ultimately all coming together with a finished product that we felt good about. The work/play distinction was hard to discern sometimes, there were so many laughs!" ~ Nancy Harrington

"My fellow committee members and I managed to find fun and creative ways to work on projects that will improve our efficiency as a Society and enhance continuity when new Officers and Board Members start their terms." ~ Steve Szopa

"This was great fun to work on: challenging, satisfying, collegial and with a definite end point." ~ Sue Stevens

So, please consider being a part of our next time-limited ad hoc committee to contribute, create, and have fun with colleagues as you make a real difference for our membership. ❖

Sue Stevens is Director of Membership and is in private practice in Bethesda, MD. Contact her at Membership@gwscsw.org

Welcome New Members

Full

Jerri Anglin
Alexandra Arbogast
Jane Baxter
Joan Bellsey
Elaine Boomer
Elizabeth Caritj
Steve Carreras
David Cavanaugh
George Coyne
Christa Jeutter Davidson
Arlene Levinson
Kelly Miller
Joann Stern
Jonathan Weinberg

Affiliate

Jonathan Lebolt
Elizabeth Pascoe

Graduate

Peter Aron
Molly Boehm
Laurie Chenoweth
Tammi Hogan
Joanna Strait

Student

Adrienne Bacchus
Katrina Dorse
Jessica Gaddy
Natalie Jones
Susan Joyner
Michael Kearns
Kate McSpadden
Angeline Pastrana
David Paul
Carmen Rivera
Lindsay Ross
Rebecca Scarborough
Alyson St. Amand
Karen Hahn Strider
Tracy Tilghman
Maryanne Trumbore
Aunjrealisha Williams

LEGISLATION & ADVOCACY

■ FEDERAL

Laura Groshong

On March 17, 2015, the Congressional Social Work Caucus is hosting a Social Work Day on the Hill, inviting social work organizations and social work schools to gather to celebrate our profession's many contributions to society and to educate legislators about our work and our concerns.

The Clinical Social Work Association leadership will be participating at the March 17 event, and we urge you—our members and affiliates—to join us. A show of numbers can be a very effective advocacy tool.

2015 CSWA Advocacy Priorities

The Clinical Social Work Association's mission—Identity, Integrity, and Parity—guides our advocacy. This year our advocacy priorities, in order of importance, are:

1. **Medicare Position Paper** – this paper is the basis for giving LCSWs equal pay for 'equal' codes. Currently LCSWs are paid 25% less than psychologists and psychiatrists for psychotherapy services.
2. **Online MSW Education** – the rise of online asynchronous MSW programs is cause for concern. The ability to teach students how to learn the way to create human connections and understand the complex experience of each individual is gravely undermined if there is no direct contact with faculty, fellow students, and, in some schools, clients.
3. **Implementation of Mental Health Parity** – the recent passage of the rules for federal mental health parity laws has not changed the denials of care or restrictions on care that have plagued mental health clinicians for decades. The primary obstacle is that insurers do not allow licensed clinicians to make clinical decisions about mental health treatment.
4. **Privileging of Medication over Psychotherapy** – over the past 30 years, psychotropic medication has become the primary treatment for emotional distress, recommended by primary care physicians and insurers. Building bridges with PCPs and making psychotherapy a fundamental part of the way that emotional disorders are treated is a major goal.
5. **Degradation of Psychotherapy for Treatment of Chronic Disorders** – over decades emotional disorders that require long term treatment have been denied coverage by many insurers. Even with the passage of mental health parity, personality disorders, dysthymia, and anxiety disorders are covered as if crisis management is the only need for treatment that should be covered. Using parity, legal means, and our own expert judgment to make true mental health treatment a reality has been a primary goal.
6. **Privileging of Manualized Treatment over Psychodynamic Treatment** – along with #3, longer term modes of therapy like psychoanalysis and psychodynamic psychotherapy have been specifically rejected by some insurers, using Milliman/MCG Guidelines. This practice is a violation of the LCSW's right to make clinical decisions and use valid methods of treatment.
7. **Underfunding of Psychotherapy** – reimbursement for psychotherapy has decreased over the past 20 years, leading to a real value of current third party payments at a 30-60% decrease from past reimbursement rates. The viability of earning a living as a private practitioner is in jeopardy unless this can be stopped.
8. **Telemental Health Development** – the rise of telemental health psychotherapy is a complicated issue that raises clinical and regulatory concerns. Reviewing the best ways to include telemental health in psychotherapy services is a goal of CSWA.
9. **Underfunding of Public Mental Health Care** – the recent excellent survey by Mental Health America shows exactly how each state funds mental health and addiction care in a variety of areas. Almost all states need more funding to meet adequate treatment standards, including wraparound services for the seriously mentally ill.

10. **Treatment of Addiction** – increased awareness of addiction and state regulation of endorsement to provide treatment for addiction may require more training in treatment of substance abuse for LCSWs who wish to work in this area. ❖

Laura Groshong, LICSW, is Director of Practice and Policy for the Clinical Social Work Association, the national organization with which our Greater Washington Society is affiliated. Laura writes *The Aware Advocate*, the informative CSWA reports on legislation, Medicare, and insurance issues that appear frequently on our GWSCSW listserv. 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.

■ MARYLAND

Judy Gallant

As I write this, Maryland legislators have just begun the 2015 General Assembly session in Annapolis. As of this first full week of the 3-month session, over 90 bills have been filed. Please be on the lookout for “Help Needed” emails from me. When we are informed about an upcoming hearing, we generally have very little lead time to write testimony or express our opinion. If you have ANY experience with the topic mentioned and can jot down essential issues as you see them, this will help us have more impact on the Legislature. We can’t do it without you!



Already, your Maryland Legislative committee has given input on a proposed Child Abuse Reporting bill prior to its official filing, successfully advocating to remove speculative language that mandated reporters (such as Clinical Social Workers) “should have known” when abuse they observe would cause significant injury or death, and if they did not report, would receive a hefty fine and/or a one-year prison sentence if convicted. Our recommendation for a public service safety campaign to begin in conjunction with the new law taking effect is also included in the current draft of the bill. However, given the current fiscal climate, it is unlikely that this - or our recommendation that training for, and the number of staff of Child Protective Services be increased to bolster the care children and families receive after being reported - will be incorporated into law if the bill moves forward to passage.

I am writing this article the weekend before our annual Legislative Workshop and Dinner at the Annapolis Yacht Club is scheduled where State Senator Delores Kelley and Delegate Kirrill Resnick will be addressing us on ways we can help them to help Marylanders be safer and our practices enhanced. I am looking forward to it. (See photos from the day below.) ❖

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.

Alice Neily Mutch represents us in Annapolis and guides our advocacy strategy. She has been a lobbyist for health and human service causes for close to twenty years. For more information about Maryland legislative issues, visit www.CapitalConsultantsofMd.com.



SOCIAL WORK DAY ON THE HILL

March 17 | 2–4 PM

Rayburn House Office Building, B-340

On Tuesday, March 17, Social Workers from around the country are invited to come to Washington to celebrate the many contributions our profession has made and continues to make to society. The reception sponsored by former Congressman Ed Towns and the Congressional Social Work Caucus will feature former Congressman Ron Dellums as keynote speaker.

Licensed clinical social workers represent more than one-third of the social work profession; Social Work Day is an extraordinary opportunity for us to make our presence known, to educate legislators about our work, and to advocate for our needs and the mental health treatment needs of our clients.

STUDENT ADVOCACY DAY #ySocialWork

March 17 | 11 AM – 2 PM
Thomas Jefferson Building
Members' Room

In conjunction with Social Work Day on the Hill, our GWSCSW student members have organized for advocacy training for MSW students from the greater Washington area, providing them an opportunity to voice ideas and concerns to legislators and to experience the power of getting involved in direct advocacy.

Plan to participate!
Watch the listserve,
the website (gwscsw.org), and
GWSCSW on Facebook
for more information.

■ DISTRICT OF COLUMBIA

Margot Aronson

More and more we're hearing the terms EHR and HIE—that is, Electronic Health Records and Health Information Exchange—and increasingly we're seeing hospitals and clinics using computers to record treatment, to provide patient information to treating physicians, to share test results directly with patients, and more. Certainly there are advantages at many levels. However, major privacy concerns arise with the use of EHR and HIE in mental health treatment. Careful planning is critical.

Happily, our DC legislative committee member Dr Danille Drake, who played a major role in safeguarding the District of Columbia law protecting patient privacy against incursions from overzealous managed care reviews, is representing our interests (and those of our clients) as DC develops a three-to-five year roadmap for Health Information Exchange and establishes "best practice" guidelines. Most recently, Danille has worked on standards for release of mental health information to home healthcare agencies, and met with the Department of Behavioral Health to discuss concerns about handling potential breaches of EHR privacy.

The DC Commissioner of Insurance Decides

When we participate actively on issues of broad importance to our coalition of DC health and mental health advocacy organizations, we gain standing and credibility to ask for what we clinical social workers want. The September 2014 New & Views explained the issue concerning the major insurance carrier CareFirst's "excess surplus" and described our part in a day of testimony before the DC Commissioner of Insurance. In a nutshell, we offered provider perspective, noting in particular our concerns about CareFirst limits on mental health treatments and about the dwindling CareFirst provider network (particularly for their HMO, Blue Choice).

The Commissioner has issued a decision: the CareFirst \$964 million surplus (beyond the required insurance carrier surplus) is excessive by approximately \$268 million. This means that CareFirst might meet its charitable obligations, as required by its charter from Congress, and spend down the excess in ways that will benefit the region. The District's share would be about \$60 million.

CareFirst is required to submit a plan for approval to the Commissioner; this could include lowering of premiums, increasing coverage options, providing coverage to the uninsured, investment in special public health projects, charitable contributions to worthy non-profits, increasing reimbursement rates, and so on. (*Did you notice "increasing reimbursement rates"?*)

Will CareFirst appeal the decision? Will Maryland—which would also get a share of the excess surplus—support or try to block the decision? Will we see an increase in reimbursement rates? Stay tuned. ❖

Margot Aronson, LICSW, is the Clinical Social Work Association Deputy Director for Policy and Practice. She has served as GWSCSW president, vice president/director for legislation and advocacy, and is currently chair for the DC legislative committee.

■ VIRGINIA

Judy Ratliff

Because it falls in an odd-numbered year, the 2015 Virginia General Assembly is scheduled for 30 days, with an option to extend for another 30. Since the first day, January 14, the session has been in full swing, with a wide range of issues coming to the floor and a focus on balancing the State's needs with a significant shortfall in revenue.

Our GWSCSW legislative committee works with the Virginia Society for Clinical Social Work legislative committee to develop a joint legislative agenda. With the assistance of our lobbyist Sue Rowland, we assess proposed bills, monitor the progress of some, and take action (grassroots or in Richmond) on those that seem most critical to our profession and to mental health care in Virginia. Following are some that we've identified so far in this session; details about each can be found on the Virginia Assembly website at www.virginiageneralassembly.gov.

- SB 1265: development and administration of a web-based acute psychiatric bed registry
- HB 1441: concerns training and requirements for mandated reporters of child abuse
- SB 779 and HB 1717; relating to psychiatric treatment of minors
- HB 1747: relating to health insurance, mental health parity, and transparency of claims denial information.
- SB 1308: issues of privacy in electronic communications

2014 legislation inspired by the Creigh Deeds family tragedy established the Committee on Mental Health Services in the Twenty-First Century. This Committee has created a Continuum of Care Workgroup, a Crisis Intervention Work Group, and a Special Populations Work Group. We urge Virginia members to get involved with and/or send comments to the Workgroups as they develop their agendas. For more infor-

mation, go to <http://studies.virginiageneralassembly.gov/studies/341>.

The Special Populations Work Group has requested names and locations of any model programs serving the needs of special populations; if you have any recommendations, please contact me at jratliff.lcsw@google.com. And do consider joining our committee! ❖

Judy Ratliff 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.

GWSCSW Legislative Program Survey Monkey:

First Look

By Judy Gallant, Margot Aronson, Judy Ratliff

Thanks to all of you who took the time to answer our Survey Monkey about our Legislative Programs.

Of the 58 responses we received, 63% of you practice in Maryland, 35 % in DC and 16% in Virginia. (This comes to more than 100% because some of you practice in more than one jurisdiction.)

The most challenging issues in your clinical practice that you felt legislation could help with are: insurance reimbursement rates (80%), parity for treatment of mental health and substance abuse (44%), and access to treatment (35%).

Barriers to participation in legislative advocacy included 81% of you having limited time available for advocacy and 36% feeling as if you don't know that you have enough experience to effectively voice your opinion.

But to us, some of the most interesting information comes from your insightful comments about our Society and our Legislative Program. This will take us longer to sort through and decide how we might improve things in response. We hope to be able to comment more on this in a future newsletter.

Note from your Maryland, DC, and Virginia legislative chairs: We owe much appreciation to Jennifer Loken who took primary responsibility for writing and managing the survey. Jennifer, we are thrilled that you are part of our legislative team!

Ensuring the Future of the Social Work Profession

By Shauntia D. White



On March 17, social work students and early professionals will attend the first student-led Social Work Student Advocacy Day on Capitol Hill.

With the support of the Greater Washington Society for Clinical Social Work (GWSCSW) and the Congressional Research Institute for Social Work and Policy (CRISP), GWSCSW Student Representatives from Catholic University (myself), Howard University (Jenna Simpson), and Amanda Benjamin (University of Maryland) have organized a late-morning advocacy training for students and emerging professionals, to complement the Congressional Social Work Caucus "Social Work Day on the Hill" described in the announcement on page 8.

The day's events will provide an opportunity for students to learn how policy is shaped and how pertinent issues are addressed that affect the profession as a whole. A major focus will be the Social Work Reinvestment Act (SWRA), a groundbreaking initiative created to address the challenges faced by social workers and recommend strategies to maximize the services social workers provide, with recommendations spanning recruitment, research funding, educational debt, salary inequalities, and more.

In-person training will provide an opportunity for millennials to voice ideas and concerns to legislators and congressional staff, to speak up about the need for support for professional growth and innovation in the field, and to experience the power of getting involved in direct advocacy.

#ySocialWork

The social work profession can be viewed as the backbone of health care and social services, with more than 650,000 individuals with social work degrees employed in the field. It is also one of the fastest growing careers in the United States: the Bureau of Labor Statistics (2012) anticipates that the percentage of Americans

who are employed in a variety of social work settings is expected to increase by more than 100,000 jobs by 2022.

A 2013 Council on Social Work Education (CSWE) Annual Survey of Social Work reported that 46% of Master's degrees were awarded to individuals aged 25–34 years, 86.4% were women, and 31.2% were from under-represented groups. By field placements, 22.9% of master's students were placed in mental health, compared to 1.8% in administration and 0.8% in social policy.

Why are millennials entering into the profession and how can this profession adapt along with society to the millennial culture? Through the use of social media, our advocacy project will provide each social work student an opportunity to share their narrative of what led them to be in one of the best professions there is, social work!

Since the beginning of the year, it has been an utmost honor to be able to organize such a meaningful event where social workers can gather together and celebrate the profession. Our project will continue, after Student Advocacy Day: we want students to realize that they do not need to wait to be licensed to get involved, or to be politicians to make policy changes; they can visit Capitol Hill and have a voice at the policy-making table on our future professional careers. There will be more opportunities to learn, to advocate, and to participate in social media campaigns supporting social work.

As I move through my own graduate studies, I pledge to uphold social work values and engage in generativity with those who train after me. I invite you to join me in paving the way for younger generations to ensure the future of the social work profession. ❖

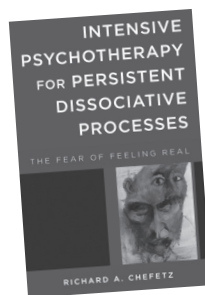
Shauntia White, MS, an MSW candidate at The Catholic University of America, holds a master's degree in human development and family science from Oklahoma State University. She is currently a research assistant for the Center for the Promotion of Health and Mental Health Well-Being. She has been awarded Prince George's County 40 Under 40 Award for exceptional contributions in her professional and professional endeavors.

GWSCSW Brown Bag Workshops

Somatic Psychotherapy: Using Mindfulness and the Body to Tell the Story • Friday, March 13, 2015 • 12:30–2:00 PM • Arlington Central Public Library: 1015 Quincy Street, Arlington, VA (2nd Flr Mtg Rm) **Sara Mindel** believes that when we sit with clients they only tell us half the story and their body tells us the rest. Stress, depression, sadness, anxiety and trauma have messages and indicators that are stored in the central nervous system and how we approach the world. This short course will help clinicians to identify indicators and interventions for finding the missing cues and clues to helping clients regulate their experience and their world.

Integrating Object Relations into Everyday Practice • Friday, April 17, 2015 • 12–1:30 PM • Maryland (TBD) **Chris Paranicas** will focus on ways object relations theory is integrated into our work. Theory informs many aspects of therapy including the frame, the on-going assessment, interventions, etc. We will begin at a basic level. But the focus of the discussion will be on ways object relations concepts (e.g., the two positions, projection) are used in our work and whether their use can be enhanced. The class is for social workers who see individuals and/or couples in therapy and are interested in object relations concepts.

1½ Cat.2 CEUs. Free for GWSCSW members. Information and registration at www.gwscsw.org/brownbag.php



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Building a Practice from Scratch: My Journey as a New Business Owner

By Chana Lockerman



The idea for my practice came all at once, in a moment of personal pain. At the time, I was supervising a home-based family therapy program at a large social service agency. So as my husband and I sat on our couch, dealing with the early stages of grief, I asked, "Where

is the therapist who comes to my house?" The answer, sadly, was that there wasn't one.

My idea grew from there. I wanted to start a private practice, which would offer home visits for clients dealing with emotional challenges related to reproductive health.

The idea sat around in the back of my mind, as I returned to work, clients, supervising, teaching, and normal life. I thought about my vision from time to time, but always pushed it away, given that I was so busy with my agency job and my life with my husband.

As time went on, I began to pursue my professional interest more seriously. I began to work on issues related to office space optimization, combining therapy research and interior design. I got extensive training in maternal mental health and infertility counseling, and began to incorporate these fields into my family therapy work. Slowly, my dream started coming to life.

Once I became a mother, and started to question my work/life balance, I felt ready to take the leap of faith and go into business. I set the goal of building a practice where I could work on my office space consulting, offer workshops, and see two or three clients each week. I wanted to maintain as much flexibility as possible, for the sake of my family, while still being professionally active and engaged. It seemed unattainable in the abstract, but I had hope.

Social work training and agency experience had not prepared me to be a small business owner. I knew that I needed a website, email, phone, and business cards. I read about branding¹ and the importance of special

izing in a particular niche. I met with therapists and marketing experts, trying to figure it all out.

In my search for resources, I found that some experienced therapists and fellow GWSCSW members offer to mentor others in business development. Each offered a unique perspective on practice building.

When I spoke with Gail Guttman, she suggested having a long-term goal for my practice. She asked me to envision where I would like the practice to be in five years. She advised that having a long-term goal would help guide my decisions about the practice, since building a business takes time and effort. It's helpful to know where one is heading.

Lynn Grodzki, whose second edition of *Building Your Ideal Private Practice* was just released this month, cautioned about engaging in financially reckless behavior. She pointed to such behaviors as basing fees on anxiety or guilt rather than good business decision-making. She warned that therapists can sometimes have difficulty dealing with the financial aspects of business ownership, and that these attitudes can lead to business failure.

Interestingly, whenever I asked for guidance on business ethics, experts and friends alike were not sure exactly what constituted ethical social work business. Some chose caution, making sure never to promise success in therapy, and using cautious language in their marketing. Others engaged in business practices modeled on other types of businesses, such as 15% off coupons, or bundled sessions at a reduced rate. While every expert that I consulted found these business practices incompatible with ethical social work practice, there were no clear guidelines to be found.

Since my business is based in Maryland, I called the Maryland Board of Social Work Examiners, to see if they had any guidelines to offer for ethical business practice. While no ethical business guidelines exist in the social work statutes, I did learn that all medical professionals in Maryland (including social workers) must send a letter to their Board, informing the Board

continued on page 14

¹ "Your brand individualizes you and what you do from the huge, generic category of others. So if you have a particular specialty, a unique way of working, a particular focus or interest, a record of success with certain kinds of clinical populations, as well as a reputation in the professional community and among former clients for doing genuinely helpful therapeutic work,

then you already have an outstanding brand. You just need to clarify it and promote it to the people who could most benefit from your clinical expertise." Joe Bavonese <http://www.psychotherapynetworker.org/magazine/recentissues/2013-sepocct/item/2243-whats-in-a-brand?>

How I Began the Trek of Your Life

By Sydney Frymire



When people hear about my volunteerism trips to Nepal, I'm often asked, "How did you do this?" To begin with, it wasn't easy. I'm not famous, and I don't have a trust fund. In fact, the thought of traveling to Nepal had never occurred to me until one day when I was traveling to visit my son in college,

I happen to read an article about trekking. In that moment, something sparked in me. The only hitch was I was a bogged-down single parent/social worker, employed full time in a Montgomery County government community mental health clinic, seeing clients in my private practice with two children in college.

In 2000, a few months before my fiftieth birthday I decided to take the plunge and traveled to Nepal for the first time to trek on the Annapurna Circuit. Afterwards, I felt transformed, optimistic and filled with new ideas. I wondered how others might benefit too. I wanted to trek again.

During a trip to Tibet in 2009, an idea occurred to me: maybe I could offer an opportunity to others where they could experience a completely different culture than ours, reconnect with parts of themselves they may have forgotten, and find ways to combine their professional skills with something they are passionate about to add excitement to their lives.

This idea resulted in the creation of my business, The Trek of Your Life, which gives people a unique opportunity to think about how they would like to spend the second half of their lives. How did I make this happen? I combined my social work skills and experience with my passion for trekking to sponsor service-oriented group tours to Nepal. My goal is to foster meaning and purpose for whoever wishes to join us by engaging Trekkers in global causes.

In 2010, I left my county job after 23 years to devote more time to developing this part of my private practice. Before I quit, Susan Post encouraged me to become President of the Greater Washington Society for Clinical Social Work (GWSCSW). Serving in this position greatly honed my leadership skills and gave me further confidence and energy to devote to taking groups to Nepal. Each Trek matches the skills and inter-

ests of group members with what the village needs and has a life of it's own.

The first year, (2009) we visited village homes to complete a survey determining what the villagers would like next in their village. During an interview, a young mother told us she was home because she had cut her leg badly as she carried wood on her back through the woods. When we asked what she hoped for her year-old baby girl, she said, "I will do whatever I have to make sure she can go to school." At first, she was confused when we asked what she would like for herself. With our encouragement she explained that she loved school but had to stop when she was twelve years old because her sister got married and she was expected to stay home to take care of her parents and work on the farm. She added, "If I could have adult education, I would do what ever I needed to do to learn. I would like to learn to be a tailor." When asked, "What is it like to have westerners like us visit you?" She answered, "When people who seem as sincere as you and come so far, it makes me feel proud of my village and like I can do more for myself."

The second year we Trekked we donated laptops, funds for a computer room, training for the teachers, an accountant in our group taught the principal basic accounting, and taught a parent education class. The third year we spent time in the orphanage, interviewing the children to complete a basic intake form with DOB, brief social history, and assessment of their health. Prior to this, there were no records on them.

Last year we focused on Nepalese music to reinforce the value of their unique culture developed over centuries. Before we left for Nepal, I ventured into the crowd funding world and raised \$3,000 for the music program via Crowd Rise and donations. In collaboration with others we hired a music teacher to teach for a year, bought 28 Nepalese instruments for the children to use to practice with and enough money to pay school fees (\$52/child/year) for 26 orphans and held a fund raising concert in Kathmandu.

When my Trek group members got back to the states last year, they were so inspired that they held a fund raiser for a Nepalese NGO serving human trafficking victims and raised \$2,500 selling bracelets the children

continued on page 15

of the name of their practice. This is to insure that the practice's name is ethical and professional.

With a sense that ethical social work business was collectively defined by Justice Potter Stewart's pornography rule ("you know it when you see it"), I attended a conference with and interviewed an expert in therapy marketing, Elizabeth Doherty Thomas. While not a social worker, Ms. Doherty Thomas is a marriage and family therapist with a background in online marketing. She explained that marketing conveys an aspiration to pain removal, growth, or reaching the clients goal, but never guarantees it. She spoke to the fear and anxiety that many therapists feel about marketing their practice. Ms. Doherty Thomas encourages therapists to use online marketing and media tools to get their aspirational message out.

In my own effort to get the message out, I've started a Facebook page and got onto Twitter. See box on this page. I set up a blog, and continue to tweak my website. And most importantly, while researching and remembering my goals, I try to enjoy the journey. ❖

Chana Lockerman is proudly in private practice at Rock Creek Counseling. She works with reproductive mental health issues, and consults on office space optimization. She also offers experiential workshops for professionals.

Getting Started with Facebook and Twitter

Go to Facebook.com and register for an account. First, go to the privacy settings menu to make sure that the privacy options are set to a level comfortable for you. Once you've done that, you can start connecting with colleagues and GWSCSW.

Another option is to create a Facebook Page. A Page is a vehicle for businesses to advertise, without using your profile directly. Go to Facebook.com/pages/create. Follow the directions from there. You'll be up and running in minutes!

Starting a Twitter account is easy. Go to twitter.com, and click on the option to register for an account. Pick a twitter handle—the name that others will know you by in the "twitterverse." Once you complete the online form, you're ready to start tweeting. Check the privacy menu to make sure the settings are to your liking. You're ready to go! Happy tweeting.

Save the Date: November 21, 2015

Nancy McWilliams to Lecture at 2015 Kassabian Conference

By Audrey Thayer Walker

The Alice Kassabian Memorial Conference Committee is pleased to announce that the lecturer for the Fifth Annual Alice Kassabian Memorial Conference 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's 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.

Watch for registration to open, then register as soon as you can. Registration will be kept to 100. Reviews of this conference suggest that if you only attend one conference this year, this is the one to choose! ❖

Trek of Your Life, from page 13

made. It was a privilege to witness these unexpected, moving personal transformations and by how open minded people can change their priorities, increase their capacity for relating to others, and contribute to something bigger than themselves.

Running The Trek of Your Life has allowed me to incorporate my social work values and skills with my love for adventure and learning. It is intensely liberating intellectually and emotionally and gives me great optimism for our future world. Interestingly, the marketing involved in promoting The Trek of Your Life has also given me more visibility as a social worker in private practice. Recently, a new client said, "It you can take groups to Nepal, you can certainly help me." ❖

Sydney Frymire is a highly skilled licensed clinical Social Worker, Certified Life Coach and motivational speaker. Her specialty is improving relationships and teaching effective communication skills. She has been working with adults, couples and families in Montgomery County, Maryland for over 25 years. As Vice-President and on the board of Local 1994 (Montgomery County labor union) she worked to resolve issues in the workplace. She is co-chair of the Leadership Committee, co-chair of the Professional Development Committee and a past President of the Greater Washington Society of Clinical Social Workers.

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GWSCSW CONTINUING EDUCATION COURSES 2015

Pre-registration is required. 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. Registration is also available by mail (mail check to GWSCSW, PO Box 3235, Oakton VA 22124); 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 email to the office (admin@gwscsw.org). No credit is given for cancellations made less than one week prior to the course.

■ Working with Adult Adoptees: Nuances, Underpinnings & Subtleties in Clinical Practice

What does it mean to work clinically with the adult adoptee? Which aspects of being adopted are clinically relevant to treatment planning (whether it is identified as the focus of treatment or not)? In this day-long workshop, relevant research, resources and clinical overview will be presented. Participants will have the opportunity to learn both didactically and experientially covering topics such as: transference and countertransference issues, psycho-educational material, overview of adoption terms and potential tasks for integrating the adoption experience. The clinical terrain for addressing the potential attachment challenges will also be explored. Lastly, participants will have the opportunity to explore strategies to address potential pre-verbal, pre-cognitive material present with the adult adoptee clients.

Date: **Friday, March 13, 2015**
Time: 9:00 AM – 4:30 PM
Location: Viva Center 1555 Connecticut Avenue NW, 3rd flr Washington DC 20036
Instructor: Julie Lopez, PhD, LICSW
Info: julie@vivapartnership.com or 202-265-1000x101
Cost: Members \$120 / Grads \$60 / Non-Members \$180
CEUs: 6 hours

■ The Role of Compassion in Clinical Practice

This workshop integrates understanding of the evolution of clinical theory with emphasis on the alignment of the self of the therapist; supporting the capacity to stay grounded in compassionate presence. This state has a feel that is reflected in the ability of practitioners to be fully present and to remain engaged through the range of affects and experiences our patients present. Memorizing the feel of compassionate presence, workshop content will enable participants to broaden its expression across sessions and patient populations.

Date: **Friday, April 24, 2015**
Time: 9:00 AM – 12:15 PM
Location: 5319 Lee Highway, Arlington VA 22207
Instructor: Marilyn Stickle, LCSW, BCD
Info: ms@marilynstickle.com or 703-790-0232
Cost: Members \$60 / Grads \$30 / Non-Members \$90
CEUs: 3 hours

■ Integrating Couples Therapy and Sex Therapy

This workshop will explore ways to integrate couples therapy (often focused on repairing the attachment wound and deepening connection) and sex therapy (a more cognitive-behavior therapy). We will explore the sexual messages which we carry inhibiting our ability to address sexuality in couples therapy. A user-friendly model of sex therapy, the PLISSIT model, (entailing Permission Giving, Limited Information, Specific Suggestions, and Intensive Therapy) will be presented. Therapists will be encouraged to attune to the couple in ways that enable the therapist to determine what types of interventions are needed. Participants discuss and view a live session videotape, exploring sexual messages, to enhance learning.

Date: **Friday, May 15, 2015**
Time: 10:00 AM – 2:15 PM
Location: Sunrise at Foxhill
8300 Burdette Road Bethesda MD, 20817
Instructor: Gail Guttman, LCSW-C
Info: gail@gpatherapy.com or 301-984-0322
Cost: Members \$75 / Grads \$40 / Non-Members \$120
CEUs: 4 hours

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 newsletter@gwscsw.org.

Marilyn Austin's children's book, *Caddy's Adventures*, was published recently. The stories in *Caddy's Adventures* are designed to emphasize the love and acceptance that children need to experience within their families.

Theresa A. Beeton had an article on improving relationships published in a magazine *Posh Seven* (www.poshseven.com/struggles-with-my-soul-mate.html).

Dan Campbell, Julie Mayfield, Roger Rothman, Paul Hart, Joe Cabush, Sheri Mitschelen and **Patrice Glover** are serving on the steering committee of Fairfax City Professionals. FCP is a volunteer network of mental health professionals who serve the youth and families of Fairfax City dedicated to promoting mental health and wellness in our community through advocacy, education, consultation, and direct service.

Jeffrey Frank presented at the Kolmac Clinic in Silver Spring, "Connecting to the Unconscious: Utilizing Psychodynamic Interventions in Substance Abuse Treatment", which included a video recorded therapy session to demonstrate the use of psychodynamic interventions in treating polysubstance abuse. Hand-outs available at www.districttherapy.blogspot.com.

Anne Garcia was interviewed on Univision on World AIDS Day and wanted to share the interview. The interview is in Spanish. (www.tvwfdc.com/2014/12/01/dia-mundial-de-concientizacion-contr-el-sida)

Linda McLaine was a panel member with other representatives of Operation VetsHaven (OVH) addressing Dealing with Posttraumatic Stress at the NBC 4 Health and Fitness Expo on January 10. OVH is a local, non-profit that provides therapy free of charge to veterans with PTSD and TBI.

Gina Sangster initiated a study group focused on *Co-Creating Change* by Jon Frederickson. There was such an outpouring of interest in the clinical community that two groups were formed that meet on the same day in separate locations. We are working with Mike Giordano to ensure that we receive CEUs through GWSCSW. The group started in September 2014 and is expected to meet monthly through April 2015 with a total of nearly 20 members.

Tally Tripp will be the featured presenter for two all-day trauma symposia this spring: *When Words Are Not Enough: Art Therapy's Unique Language for Healing Trauma* at the School of the Art Institute of Chicago, and *Tools of the Trade: An Art Therapist's Integrative Approach to Healing Trauma* at the Southern Illinois University. Tally also is an invited guest presenter at the Institute for Contemporary Psychotherapy (ICP) Trauma Studies Center in NY in March and an invited panelist for a Master Class on Trauma Treatment at the International Society for the Study of Trauma and Dissociation's (ISSTD) annual conference in Orlando in April. Tally was recently honored with the 2014 Professional Scholarship Award by the Potomac Art Therapy Association (PATA) for "outstanding leadership and excellence in professional scholarship."

Irene Walton is now a Certified Sex Therapist, having received certification from the American Association of Sex Therapists, Counselors, and Educators in May. Irene sees individual adults and couples for psychotherapy and sex therapy. ❖

National Association of Social Work (NASW) Celebrates 60!

There is so much to celebrate this year that we wanted to share NASW's news. Their 2015 Annual Conference theme, *Social Work Paves the Way for Change*, coincides with its 60th Anniversary. At that time, the National Association of Social Workers (NASW) will also begin an eight-month celebration of its 60th anniversary which will end in October, the month NASW was founded in 1955.

The theme *Social Work Paves the Way for Change* was selected to convey what NASW and the social work profession have done over the past six decades to bring about positive changes in society and for individuals.

The National Office has posted a list of Social Work Month activities on their website, which can be found at www.socialworkers.org. ❖

POETRY MUSINGS

Who Are You?

By Wendi R. Kaplan



Who Are You?
*I'm nobody! Who are you?
Are you nobody, too?
~ Emily Dickinson*

And so it begins. We open the door to exploration, to wondering, to sharing the questions. Who am I, as nobody? And who are you? We are teased into curiosity with Dickinson's queries.

As therapists we welcome people who come to us to remember who they are. They come because of a loss, a tragedy, a transition, a hovering or insistent question. They come because they are sad or they are worrying or they are alone or they are unhappy. They come because they are ordered by the court or given an ultimatum by their partner or boss or parent. They come because something is awry or because they are seeking to find something...more.

Ultimately though they come to better know themselves. We humans are drawn, in some fashion or another, to self exploration. "Know Thyself" is the Greek maxim carved into the ancient Temple of Apollo at Delphi. It is the source of many a philosopher's musings as well as the stuff of poetry and therapy.

Aristotle said, "Knowing yourself is the beginning of all wisdom." And so therapists study. We study Freud, who teaches us how to examine and know the unconscious, and Carl Jung, who expands this concept to include the collective unconscious, that which connects us all. Daniel Siegel educates us about the self through the study of the mind and how neurobiology effects thinking and behavior. Alexander Lowen and Pat Ogden teach us to know ourselves by observing our bodies and our somatic responses. Fritz Perls and Virginia Satir, who are echoed by Richard Schwartz, invite us to examine and know our myriad "parts," the different and juxtaposed aspects of ourselves. Jack Kornfield and Tara Brach give us tools of mindfulness in order to observe and know ourselves and bring compassion and acceptance to our knowing. Our many teachers instruct us to assist ourselves and others to awaken consciousness and consider the question, "Who am I?" in endless and exciting ways. All

with the goal of learning more about ourselves so that we can live more harmonious and more fulfilling lives.

We therapists develop methods and models for self examination. We seek out and create tools to aid in this exploration. We embark on our own journeys and chart many paths in our quest to learn about the self.

Poetry offers other possibilities on the journey. It is a way to reflect, observe, and experience the many roads. Poetry provides a lens through which to look at ourselves.

Poet, Shel Silverstein welcomes us to bring our entire internal retinue of selves to the trek of self discovery,

*INVITATION
If you are a dreamer, come in,
If you are a dreamer, a wisher, a liar,
A hope-er, a pray-er, a magic bean buyer...
If you're a pretender, come sit by my fire
For we have some flax-golden tales to spin.
Come in!
Come in!*

Along the way we are called to meet our shadows. Poetry can be a companion and guide as we explore the dark as Rilke illustrates in this passage:

*Quiet friend, who has come so far,
feel how your breathing widens the space around
you.
Let this darkness be a bell tower,
and you the bell.*

As does Theodore Roethke in his poem, "In A Dark Time,"

*In a dark time, the eye begins to see,
I meet my shadow in the deepening shade;
I hear my echo in the echoing wood--*

To look at what we love and hate, what moves us and stills us, what we prefer and do not prefer, where we lose energy and what energizes us. These are portals to the self.

Poetry provides possibility as we ponder our paths of knowing. As John O'Donohue beckons us with his lines,

*Awaken to the mystery of being here
and enter the quiet immensity of your own presence*

And the Sufi poet Hafiz instructs us to,
*Leave the familiar for a while.
Let your senses and bodies stretch out.*

Poetry gives us the words and vision to see what may be obscured in our voyage to "know thyself."

When we have no words, poetry can light alternative paths, as Dana Gioia reminds us in his poem "Words,"

*The world does not need words. It articulates itself
in sunlight, leaves and shadows.*

Welcome to this journey that we travel alone and together. What an honor to traverse the trails and to help others as they seek to know themselves.

Perhaps, as T. S. Elliot tells us,

*We shall not cease from exploration
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time.
And for all of this, we shall better know ourselves.*

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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of Love

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or call Scott at 410-381-4411 ext. 1 or Patti at 703-208-9988

8:30 am to 5:00 pm both days
Registration 8–8:30 am on Saturday

Sheraton Columbia Town Center Hotel
10207 Wincopin Circle, Columbia MD 21044

Fairfax Marriott
11787 Lee Jackson Memorial Hwy., Fairfax VA 22033

Discounts and CEUs available for mental health professionals

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>

For more information, contact
Ellen Thursby | thursby@cua.edu
Allyson Shaffer | 202-319-4388 | shaffera@cua.edu

RECOMMENDED READS

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

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Parenting

1-2-3 Magic: Effective Discipline for Children 2–12 by Thomas W. Phelan, Ph.D.

“Targeted for parents of children ages 2 to 12; surprisingly simple, straightforward, and very effective behavior management techniques to reduce common negative behaviors and increase positive behaviors. Book is easy to read and avoids a lot of psychobabble. I had tremendous success using 1-2-3 Magic with my two boys.” ~Amy Craig-Van Grack, LCSW-C

How to Talk So Kids Will Listen & Listen So Kids Will Talk by Adele Faber and Elaine Mazlish

“An old classic parenting book that has stood the test of time; useful for developing effective communication between parents and their children of any age. Enjoyable to read; easy to understand; uses a lot of very brief written exercises to help parents apply the strategies to their own situations.” ~Amy Craig-Van Grack, LCSW-C

No-Drama Discipline: The Whole-brain Way to Calm the Chaos and Nurture Your Child’s Developing Mind by Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.

“This book has become my go-to resource for stressed-out parents who feel overwhelmed with their child’s behavior. Coming from the “whole-brain” perspective, parents are presented with user-friendly strategies to address behavior & build connection with both short-term (wanting to their child to comply) and long-term (developing a strong moral compass and self-discipline, etc.) goals in mind. I find that this book supports parents’ capacity to build their own self-awareness and emotion regulation skills as they seek to be more responsive and patient with their children.” ~Emily Griffin, MSW, LICSW, LCSW-C

Screamfree Parenting by Hal Edward Runkel

“I found the book to have a lot of good parenting ideas, client-friendly, and easily-readable.” ~Jeffrey Davidson, LCSW-C, LICSW

Parenting From the Inside Out by Daniel J. Siegel

“By combining research on parent-child relationships with new discoveries in brain science, Parenting from the Inside Out offers parents a step-by-step approach to forming a deeper understanding of their own life stories to help them raise compassionate and resilient children. The authors support a nurturing style of parenting that promotes healthy communication, meaningful attachment, and trust, the necessary foundations for loving and secure relationships with their children. It is a rich addition to any parenting book library because of the emphasis on emotional connection and communication between parent and child.” ~Karena Armington, LICSW

Parenting with Love and Logic: Teaching Children Responsibility by Foster W. Cline, M.D. & Jim Fay

“Helps parents move out of the ubiquitous ‘power struggles’ when they feel provoked; sensible advice for avoiding over-managing our children’s lives to promote their development of empathy, self-efficacy, and responsibility; encourages use of ‘natural consequences’ as opposed to punishment.” ~Amy Craig-Van Grack, LCSW-C

Raising Cain: Protecting the Emotional Life of Boys by Michael G. Thompson, Ph.D. and Dan Kindlon, Ph.D.

“An interesting, in-depth look at the emotional lives of boys; targeted for parents and other adults who work with boys. Dense reading livened up with real life anecdotes intended to help adults understand and support boys in developing ‘emotional literacy’ (naming, understanding, normalizing, expressing their inner feelings) and promoting their emotional connectedness and courage.” ~Amy Craig-Van Grack, LCSW-C

Between Parent and Child by Haim G. Ginott

“You can’t argue with classics. They never go out of style.” ~Judith Asner, MSW, BCD, LCSW-C

Your Two-Year-Old: Terrible or Tender by Louise Bates Ames, Ph.D., and Frances L. Ilg, M.D. (and the rest of the series which increases by age to 14)

"I view these slim books as old friends that can comfort many parents because they present a range of what to expect from a child at a given age. The titles alone—Your Three-Year-Old: Friend or Enemy; Your Six-Year-Old: Loving and Defiant; Your Nine-Year-Old: Thoughtful and Mysterious—are enough to bring the anxiety level down so moms and dads can know we are all in the same soup. Another resource parents can access online is Dr. Laura Markham's website, AHAParenting.com. Markham's relationship-based parenting site is easy to navigate and can offer parents immediate relief when they have a question and concern." ~Jennifer Kogan, MSW, LICSW ❖

TECH TIPS

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Facebook


By the Social Media Committee

Did you know on Facebook you can...

- Promote your private practice (for free!) through a Facebook business page
- Create Facebook events to promote/invite your friends/colleagues to events you are hosting
- Request to be "liked" by GWSCSW's Facebook page to increase your web presence
- Request to be a featured "Member of the Month" on GWSCSW's Facebook page
- Post pictures and articles to share with your Facebook friends
- Follow updates about businesses, news, celebrities, and people you know
- Instant message with your Facebook friends privately
- Access Facebook from your smartphone
- Share files
- See trending topics that your Facebook friends are posting and discussing
- Join Facebook groups of interest and have access to the information posted in these groups

Email us at socialmedia@gwscsw.org if you have specific questions about Facebook or want to participate in our new "Member of the Month" feature. ❖

Marie Caterini Choppin, LCSW-C & Associates



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YOGA
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FEARLESS FINANCE: TIPS FOR THERAPISTS

Do You Have a Cancellation Policy? You Should, and Here's Why

By Lori Atwood



You are a solo practitioner. You only get paid when you work. No paid vacations or sick leave. If you're just starting out, you are building your name, reputation and pipeline. You may have the only income in your household, or feel pressure to add to the household income. What frustrates you the most? Cancellations!

When a client cancels, not only do you miss the fee they pay, but more importantly you are incurring costs. As a solo practitioner, you have very few variable costs. A variable cost is one that is incurred only when you perform the service for which you are paid.

If you sell cupcakes, for example, butter, flour, sugar, and paper cupcake liners are variable costs. You only need to buy them if someone orders cupcakes from you. In addition to variable costs, there are fixed costs. If you make cupcakes, you have to pay for your cash register, display case and store rent even if nobody comes in to buy a cupcake.

As a solo practitioner, you have almost no variable cost (maybe tissues) and all fixed costs. When you have all fixed costs, a cancellation is even more financially painful. If someone cancels and you have a lot of variable costs, you simply do not buy those things you need to fill the order. If you have all fixed costs, you've already bought it, or more importantly, rented it.

The biggest fixed cost for most practitioners is rent, and your office is sitting idle when you have a cancellation. Not only do you need the revenue from seeing your client, but you do not want to pay the fixed costs (mostly rent) for your unoccupied office. That's why you need a cancellation policy and you have to stick to it.

Your cancellation policy should be fair, but also must allow you to not lose money on cancellations. You

have to think about your own clientele, but I suggest either 24 or 48 hours' notice to reschedule or cancel, and let them know what happens if they don't. Here are the basics for a cancellation policy:

- Notice Period: 24 or 48 hours' notice to reschedule
- Cancellation communication: i.e. by email or call. Voicemail may not be enough if you do not pick up your messages frequently enough
- Fee for cancellation within notice period
 - 1 hour of billable time *OR*
 - Flat Fee — if you rent your office at \$18/hour, you could charge a flat \$25 cancellation fee
- Cancellation policy should be communicated in your engagement or welcome letter and signed by the client
- Cancellation policy should be printed and put in your reception area as well

The most important thing is that YOU stick with your cancellation fee. You could decide to waive your cancellation fee if you want, but I recommend that you only waive it ONCE for each client. When you waive it, tell the client that you waive the fee generally for the first short-notice cancellation, but thereafter your fee will be assessed.

Your time is valuable. Even if you are growing your practice and eager to get clients in, you should always value your own time. It's only if you respect your own time that clients will respect it too. ❖

Lori Atwood, RFC, 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.

Washington Center for Psychoanalysis INC.

2120 L Street, NW, Suite 600-1, Washington, DC 20037 • 202-237-1854 • www.wcpweb.org

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 a complimentary WCP Conference.

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 for the annual Ethics and Cultural Competence conferences, and for the and Raphling Memorial Weekend.

Institutional Review Board

Board established panel 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.

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.

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 individuals ability to pay. For services, leave a confidential message on the Clinic voice mail: 202-337-1617.



The Washington Center for Psychoanalysis has launched a series of monthly *PsychByte* e-mails focused on psychoanalytic thought about current events, cultural offerings and everyday life. They are bite sized quick reads designed to spark interest and provoke thought. To subscribe to this free service, send an email to center@wcpweb.org and write "Subscribe" in the subject line.

Visit www.wcpweb.org for more information or email Center@wcpweb.org. The Center offers continuing education credits for physicians, psychologists, social workers, and LPCs.

COMMITTEE REPORTS

Continuing Education

Linda Hill & Barbara Kane
cecommittee@gwscsw.org

The Continuing Education Committee is pleased to announce that after requesting and reviewing proposals, there are some very interesting and informative courses to be offered during Fall 2015–2016. We're particularly happy to report some of the presentations will cover topics specifically required by the Board of Social Work Examiners. Some of the topics will include HIV/AIDS, ethics, experiential group therapy, play therapy to name a few.

Early Career & Graduate

Juleen Hoyer & Amanda Slatus
earlycareer@gwscsw.org

The Early Career Committee is pleased to announce that Jeanni Simpson has stepped up within GWSCSW as our Howard University Student Representative. She, along with fellow Student Representatives Shauntia White (CUA) and Amanda Benjamin (UMD) have been enthusiastically working to coordinate a Student Advocacy Campaign (please see page 10 for more information).

The EC Committee is very excited to officially announce "The First 3,000 Hours," a duo of workshops geared especially toward early-career social workers. Please join us March 14, 2015 for "Beginning the Pre-Licensure Journey" followed by "The 3,000th Hour - The Transition to Full Licensure." Also, stay tuned for announcements about the social events we are planning for later in the year.

We welcome current MSW students, recent grads, LGSWs, and others early in their careers to attend a committee meeting or a committee-hosted event! Our meetings are opportunities to network and gain support, as well as get more involved in your professional organization (watch the listserv or check the calendar on www.gwscsw.org for additional event information). We're happy to answer questions and get to know you: email us at earlycareer@gwscsw.org

Shauntia White, our Student Rep on the Board has been organizing a Social Work Student Advocacy Campaign Day on Capitol Hill to support the reintroduction to the Social Work Reinvestment Act. She has been working in conjunction with the Congressional Research Institute for Social Work and Policy (CRISP) to have students meet on the Hill on March 17 to learn about lobbying and plan for the next steps to get this legislation passed. GWSCSW will be assisting in this effort that will include outreach at all seven of the schools in our region that have accredited master's degree social work programs.

Leadership/Nominating

Sydney Frymire & Susan Post
leadership@gwscsw.org

Remarkably, the Nominating Committee has a pretty easy job this year. Many of our leaders and officers will continue in their positions for a second (and sometimes third) year. Nancy Harrington, our esteemed president, and

her compatriot Steve Szopa, our devoted Vice President, have enjoyed their close working relationship and look forward to another year of growth, both for themselves and for the Society. They have been particularly energizing to work with, as their enthusiasm for both their jobs and the Society are catching. Laurie Young, our secretary, will again keep our records and minutes, posting them on our web page with alacrity for all of you to read. Laurie, like Steve very new to Society leadership, has been a highly thoughtful, creative and fun person to work with.

Michael Giordano, our Director of Education, will continue his work of coordinating and supporting our various educational programs, and Kate Rossier and Juleen Hoyer will again manage our growing communications programs, including the newsletter, website, and Facebook, with their usual attentiveness to creativity, detail and accessibility.

We are looking for a new treasurer. Hani Miletsky has served two years with such attention to creating and maintaining a clear and manageable budget that the job of treasurer has become immeasurably easier for anyone who follows in her footsteps. She has also refined to a science the coordination that takes place between the treasurer and our bookkeeper in maintaining our bill paying and financial records.

A second position we need to fill is that of Director of Development, as Terry Ullman will be stepping down after several years of managing first educational programs and

then other committees. Terry will be sorely missed, but this is an opportunity for someone who enjoys oversight and coordination to get their feet wet.

At the same time we look to putting together our ballot for the coming year, we also think about the leadership of the society writ large, and look for new blood, as it were, to bring in new ideas, perspective, interests and talents. Each of you has something unique to contribute. We now have a Board that is nearly twice as large as it was just years ago as we have created new committees and many of these enjoy the benefit of co-chairs. It's an incredibly strong, energetic, and caring group of people who couldn't be more fun and supportive, and serving on the Board seems more and more a privilege every year. We welcome

new Board members as well as new committee members and hope to hear from those of you who find they have the time, interest or curiosity to become more active.

Legislation & Advocacy

VACANT
dirlegislation@gwscsw.org

The GWSCSW Director for Legislation & Advocacy monitors and coordinates the activities of the legislative committees in each of our three jurisdictions; the position is currently vacant. With three strong committees in place, there is an excellent opportunity for a volunteer with an interest in advocacy to learn on the job.

To learn what the committees have been up to this winter, see this newsletter's Legislative Update pages.

Membership

Sue Stevens
membership@gwscsw.org

In early November, the Membership Committee hosted a brunch for new members. It was a great gathering and a wonderful opportunity for current and new members to get to know each other better and share practice information and interests. We will hold another brunch in the Spring for the next group of new members.

This is the time of year when we do our University Outreach. Depending on the school and our relationship with it, we attend Career Fairs, man information tables and coordinate with Advisory Committees. Often Alums like to help out with these events and report that they really enjoy it.

continued on page 26

**T H E • P R O • B O N O
 COUNSELING PROJECT**

BOARD OF DIRECTORS

January 12, 2015

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Nancy Harrington, LCSW-C
 President
 Greater Washington Society for Clinical Social Work
 P.O. Box 3235
 Oakton, VA 22124


Dear Ms. Harrington and members of the Society,

On behalf of the Board of Directors of the Pro Bono Counseling Project, I would like to express our gratitude to the Greater Washington Society for Clinical Social Work for the grant of \$2,000 in continuing support of our work with adult individuals, couples, children and families.

Mr. H, a 54 year old former career Marine, Client #21695, contacted the Pro Bono Counseling Project on the advice of a personal friend. He was unemployed and reluctant to commit to an intimate relationship, because of his parents' frequent domestic violence that he witnessed and the beatings that were inflicted on him by his father. **Mr. H** asked for help to regulate his emotions and to find the skills to express himself in a positive way. "I love her, but I don't know what to expect in a normal relationship." He was linked with a clinical social worker and within five months, he started a new job as a Federal Express worker. One month later at the conclusion of the case, his therapist commented, "Their relationship experienced some challenges. **Mr. H** responded well when his girlfriend's ex showed up. This client is very proactive."


Mr. H is only one of 1,205 cases generously cared for last year by your members and the more than 660 licensed mental health professionals throughout Maryland who now participate in the Pro Bono Counseling Project. Your generous contribution provides the funding for their excellent work to continue.

It is a privilege to serve these individuals and families who are striving to lead productive lives, and the therapists who voluntarily assist them to reach their goals. Thank you.

Sincerely,


Barbara K. Anderson
 Executive Director

110 West Road, Suite 202 | Baltimore, MD 21204
 (410) 825-1001 | (301) 805-8191 | 1-877-323-5800 | (410) 825-1386 FAX



**T H E • P R O • B O N O
 COUNSELING PROJECT**


19th Annual Mary Douglas Wells Speakers Forum
 at the
 Sheppard Pratt Conference Center
Friday, April 17th, 2015

"Treating the Mosaic
 That is an American Family"

\$150 Full day program 8:30- 4pm 6 CE's
 \$140 Early order discount by 1/30/2015
 Cancellations will be refunded less \$15 processing cost
 Continental breakfast and lunch included

Richard C. Henriksen, Jr., PhD, LPC, NCC, ACS Associate Professor, Sam Houston State University, Topic: multiple heritage families
Israella Meyerstein, LCSW-C, LCMFT, Private Practice, Topic: step-families and remarriage
Charlotte J. Patterson, PhD, Professor, University of Virginia; Topic: families with parents who are the same gender
Gloria K. Vanderhorst, PhD, LLC, Private Practice
 Topic: single-parenting

Online Registration now available
 At www.probonocounseling.org
 or call 410-825-1001 or 877-323-5800



Committee Reports, from page 25

We are also working with the student rep to the GWSCSW Board, Shauntia White, who is organizing students to attend a lobbying event to support the Social Work Reinvestment Act. These students bring energy and creative ideas to the Society and we welcome them!

Newsletter

Jen Kogan

newsletter@gwscsw.org

We have a new feature in this issue: News & Views Feedback. This space offers you a place to share your thoughts on the various issues we write about. Clinical issues, practice building and regular columns; any or all might strike a chord with you. We want to hear your thoughts! Send an email with your feedback to newsletter@gwscsw.org.

Professional Development

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

The Professional Development Committee in collaboration with NCSSS will have sponsored "Social Work Licensing: DC, MD, VA," on February 6 with speakers from each of the three jurisdictions by

the time this issue goes to print. In addition, on April 12, "Clinical Case Management in Social Work Practice," is scheduled to feature an overview provided by long time GWSCSW member Joel Kanter, as well as a panel of speakers representing a range of practice areas to include schools, health care settings, assistance to refugees and services to aging. Additional information will be forthcoming on GWSCSW website.

The new information page and online applications for the Mentor Program are now up on the GWSCSW website. Potential mentors and mentees can press the Professional Resources tab on the left side of the website main page at www.gwscsw.org. Questions can be addressed to Nancy Harris at nlharris1214@gmail.com or 301-385-3375. Experienced GWSCSW members are needed to participate as mentors. Mentors provide guidance to newer social workers to address concerns including licensure, establishing a private practice, employment, securing supervision, and consolidating professional identity. Mentors and Mentees are matched according to location, interests and types of experience.

Our committee continues to welcome new members and

ideas for future workshops. Please contact Karen or Sydney if interested or to offer suggestions.

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. New in 2015, we are highlighting a GWSCSW Member of the Month. This is yet another way to get to know your colleagues, so check out the page! If you would like to be featured or would like to nominate someone to be featured, please email us at socialmedia@gwscsw.org.

We are in the process of planning our next workshop and welcome any ideas as well as help with the planning. We will also be promoting the Society's 40th anniversary in the 2015 calendar year.

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 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! ❖

NEWS & VIEWS FEEDBACK

Do you have thoughts or feedback about something you read in our latest issue? Perhaps something struck a chord?

We want to hear from you! Your opinions about clinical and legislative articles, practice building tips and regular columns are most welcome.

Send your feedback to newsletter@gwscsw.org

Questions? Contact Jen at jenko108@gmail.com

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

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

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

OFFICE SPACE AVAILABLE

BALTIMORE – Office available for lease in Federal Hill area of Baltimore. Convenient access to Rt 95, free street parking. Shared use of file room, waiting room, kitchen. Collegial environment with other established MH therapists. Contact harbor.jamie@gmail.com

BETHESDA – Small furnished office with window in two-office suite, available on Tuesdays & Wednesdays. Rent by day or 3-hour blocks. Great location in Bethesda Row area, walking distance from Metro. Contact Marjorie Swett, 301-718-8075 or mbswett@hotmail.com.

CHEVY CHASE – Office available for sub-lease on Saturdays. Newly furnished office in three-office suite, modern building (the Barlow Building) at 5454 Wisconsin Avenue, Chevy Chase, across from the Friendship Heights Metro. Suitable for individual or couple psychotherapy. Many good parking choices. Contact Art Blank Jr M.D., at asbjrmd@aol.com or 301-951-5611.

DC – Sunny psychotherapy office in a lovely four-office suite with waiting room, two bathrooms and a full kitchen. Friendly independent practitioners have Wifi access and ample street parking. Located in well-maintained Connecticut Avenue building near Nebraska Avenue. Contact us at jjacobsdc@aol.com or 202-320-4401.

DC – Attractive office in an all therapist townhouse on Connecticut Avenue near Woodley Pk Metro. Approximately 250 sq ft plus waiting room and lavatory. Beautiful wood floors. Great natural light. Security door with dedicated-line telephone intercom. Single office \$995/month. Also possibility of sharing offices of existing tenants. Available March 1. 202-486-4641 or mrqwin@aol.com.

KENSINGTON – Office space for rent in newly renovated suite in Kensington, one mile from Beltway. Rental hours flexible, prices reasonable, parking plentiful. Spacious, comfortable waiting areas; large back office with refrigerator, microwave, copiers/fax. Plenty of possibilities for referrals. Please contact Jonah at 301-466-9526, or jgreenlcswc@aol.com.

OLD TOWN ALEXANDRIA – Office available in a secure building one block from the King Street Metro. Disability accessible. Suite consists of two offices, a kitchen, bathroom and waiting room. One office will be available on a full or part time basis on May 1, 2015. It can be rented furnished or unfurnished. Please reply to: Susan Horne Quatannens, LCSW, 1600 Prince Street, Suite 102, Alexandria, Virginia 22314, Email: Susanhq@aol.com or telephone: 703 549-1787.

ROCKVILLE – Office space with possible referrals. Fully furnished office with all amenities available for full or part-time sublet. Office is in a bright, spacious suite in well-maintained professional townhouse office development. Near public transportation, free parking at door, free wifi and reasonable rent. Call 301-340-1646.

TYSONS – Lovely windowed office available. Single office or suite of two offices. Immediately inside Beltway on Rt 7. Sits between 66 and 495. Perfect location—avoids traffic of Tysons with the advantage of Tysons. Pleasant atmosphere. Very reasonable rent. Plenty of free parking. Must see. Call 703-790-0786 or email ash7643@aol.com.

SERVICES

ADOLESCENT THERAPY – Evidence based treatments for adolescents. Rathbone & Associates, experts in adolescent treatment. www.rathbone.info, 301-229-9490. Bethesda and Rockville.

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.

EVENTS

MARCH 7, 2015 – Child Psychoanalysis and the Promotion of Progressive Development. Psychoanalytic Forum. Presenter: Jill Miller, PhD, 5:00-6:30 pm; April 25, 2015 – From the Research Lab to the Analyst's Office: Utilizing Prenatal Maternal Defense Mechanisms as Predictors of Attachment Security and Social/Emotional Competence. 11th Annual Paul Gray Vising Scholar Weekend. Presenter: John Porcerelli, PhD, ABPP 5:00 – 6:30 pm at the Baltimore Washington Center for Psychotherapy and Psychoanalysis, ten minutes from the Capital Beltway at 14900 Sweitzer Lane, Suite 106 (note new suite number), Laurel, MD 20707. 1½ CEs. For more information visit www.bwanalysis.org or call 301-470-3635 or 410-792-8060.

NEWS & VIEWS SUBMISSION GUIDELINES

We welcome GWSCSW members to write articles, contribute to one of the columns, or share your news in Out & About.

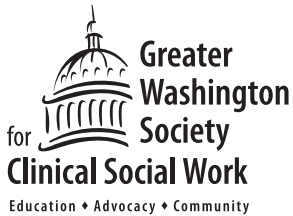
Deadlines at <http://www.gwscsw.org/newsletter.php>

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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REGISTER NOW!

March 6

40th Anniversary Kick-Off Celebration

6:30 – 9:00 pm
Ingeleside at Rock Creek
3050 Military Road NW
Washington DC 20015
\$15 (members only)

May 29

40th Anniversary Gala

7:00 – 10:00 pm
Pooks Hill Marriott
5151 Pooks Hill Road
Bethesda, MD 20814
\$25 (members, guests)

October 18

Sharing Our Talents & Looking Beyond

3:00 – 5:00 pm
Location TBD
Free (members only)

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Counseling for Contentment

The Stone House

Susan Post

If you would like to donate, please go to

www.gwscsw.org

and click on the Donate button!

Donations below \$200 are still welcome,
and you will be recognized in the program
at our events for your donations!

If you have any questions about the 40th anniversary events or would like to volunteer to help at one of the events, please send an email to 40th@gwscsw.org.