



news&views

Annual Member Meeting and Dinner Celebrates Many

Mary Moore

The Annual Member Meeting and Dinner was held on Sunday evening, June 12th at the Silver Spring Civic Building. Approximately 90 members attended. The Society provided delicious main courses from Lebanese Taverna and members brought desserts and side dishes, also plentiful and delicious! We got to meet some new members and catch up with old friends.

Special events included outgoing President Nancy Harrington’s delightful farewell speech (along with gifts), as well as a special presentation from Brenda Campbell, LICSW of Change Direction.

Her presentation included a video with First Lady Michelle Obama, explaining this mental health awareness campaign to “change the culture of mental health in America so that all those in need receive the care and support they deserve.” Steve Szopa, the incoming president, spoke, as did past president Kate Rossier. Outgoing and incoming officers were recognized.

The raffle’s main prizes were \$100 spa/massage certificates (for self-care, so important!), one each for Maryland, Virginia, and DC. Also awarded were beautiful hibiscus trees, which were part of the decorations, and the table centerpieces.

The planning committee worked diligently and well together on all aspects of planning beginning last December. The committee included Irene Walton, Mary Moore, Susan Post, Nancy Harris, and Catherine Lowry. This was the first time we had used this venue. We had struggled with the question, “What if it rains?” or if it is extremely hot, and, after reviewing two “back yard” locations, decided to move the party indoors. The venue staff was pleasant and competent. All who gathered had a terrific time! ❖

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Nancy Harrington and Kate Rossier



Susan Post, Nancy Harrington, Judith Wentworth, Laurie Young and Margot Aronson

Annual Member Dinner: Photo Highlights

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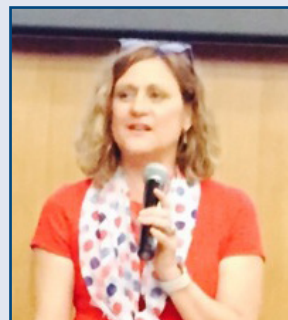
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Susan Post and
 Grace Lebow



Brenda Campbell



Rachel Hayden and
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Irene Walton, Mary Moore, Susan Post, Catherine Lowry and Nancy Harris



President's Message

Steve Szopa

As many of you know, I began my Presidency of GWSCSW on July 1 of this year. I feel optimistic and ready to do this job thanks to the generosity and mentoring of our Immediate Past President, Nancy Harrington. From 2014 to 2016, I served as Nancy's Vice President and became familiar with the many complex tasks involved in leading our wonderful Society. I thank Nancy for her warm advice and guidance. I wouldn't be here without her.

I would like to share with you a little bit about my background. As the child of Foreign Service Officers, I grew up all over the world, a fact that shaped my interests in multiculturalism and multicultural social work. After graduating with my MSW from Catholic University, I worked for seven years at a multicultural human services agency in Northern Virginia. I obtained my LCSW and started a small private practice in 1987 while working full-time with unaccompanied Southeast Asian refugee children and the local refugee community. In 1990, I decided to pursue private practice full time. I was fortunate enough to come across a thriving private practice in Falls Church, Virginia called the Stone House. I quickly realized what a wonderful community of therapists it was and hoped that I would be able to practice there for a long time. Now, I have been at the Stone House for 26 years, and I continue to be thankful for my good fortune in finding such a friendly, collegial and professional group.

Several years ago, I decided to reduce my schedule to three days a week. I began to realize how fortunate I am to have found a career that I find so meaningful and rewarding. I began to feel the urge to give back to this wonderful and rewarding profession. In 2014, I met with Susan Post and Sydney Frymire to discuss volunteering with the clinical Society. Although all of the Committees sounded interesting, I realized that I was more interested in impacting how the Society operated as a whole. Susan and Sydney wove their magic spell by mentioning that the Vice Presidency was open and expressing confidence that I could handle the learning curve involved in starting off in a higher office. Since that time, I have participated in restructuring the Society's leadership framework, drafted a Membership Survey and have done a number of smaller projects. I have also been fortunate enough to have been in office during our fantastic 40th Anniversary celebrations.

As we begin year 41, I find myself pondering the direction that our Society should take. In the early days, members fought for the basic rights of clinical social workers which included recognition of clinical social work skills through licensure, insurance company recognition and parity of reimbursement. Those of us in practice today are benefiting from the hard work of our early members. Many of the core fights for legitimacy are over, but we still have an important role in supporting clinical social workers and the field of clinical social work. As many of you know, GWSCSW has three branches, one for each of our three core missions: Advocacy, Education and Community. (Our important internal branch, Communications, helps us stay connected to you, our Members, via the Website, the Newsletter, Social Media and the Listserv.) As I thought about how to bring additional creativity and diversity to our already vibrant Society, I realized that I have a wonderful resource at my fingertips: you, the Society Member.

I would like to take this opportunity to encourage and welcome your feedback. What would make the clinical Society more inviting and appealing to you? Of course, not every suggestion can be enacted, but I think that some very helpful themes will emerge from your feedback. What would be helpful? What would be enjoyable? I would like to foster a feeling of connection and the sense that this is your Society. To that end, I will be sending out a brief survey in early Fall. In the meantime, please feel free to reach out to me with your ideas. You could be a part of defining our 5th decade. ❖

GWSCSW Member and columnist, Wendi Kaplan named Alexandria Poet Laureate

Jen Kogan

In June, GWSCSW member Wendi R. Kaplan was honored as the Alexandria Poet Laureate. Wendi is a clinical social worker, poetry therapist and a teacher. She is also a columnist for News & Views; treating us to her Poetic Musings with each issue. If you are on our Society listserv, you may have also noted Wendi's poetry offerings which she posts during times of great joy, sorrow and for those times in between.



Wendi has been writing and reading poetry as long as she can remember. Her mother's family has a long tradition of sharing poetry. Wendi began writing poetry since the age of six. She has studied poetry and creative writing in many venues and was awarded a seat in the 2009 and the 2012 Jenny McKean Moore Free Community Workshop at the George Washington University in poetry writing. Wendi's poetry reflects her observations of the world, of nature, of people and of the exquisite awareness of the extraordinary in the present moment.

Wendi has been a life-long community activist since the Civil Rights movement. She has been committed to working to empower women, children and the economically disadvantaged and has worked to create bridges and human rights reform for marginalized people. She has supported environmental and sustainability efforts, and she is an advocate for peace and compassion. Wendi was the Virginia State Coordinator for the Million Mom March in 2000. She has volunteered in schools with victims of violence, with veterans and their families, and with affordable housing programs among others.

Wendi has been a community builder since moving to Alexandria in 1982. She is a mother and wife. She is thrilled to follow in her son, Taylor Dohmen's footsteps! He was named Poet Laureate of the ACPS Elementary Schools from 2006-2007.

In her role as psychotherapist, Wendi has worked in community services and in her own psychotherapy practice. She has taught at The American University and at The George Washington University School of Medicine and has used poetry in her teaching. She also teaches workshops to doctors, health care providers and therapists. Wendi is a certified poetry therapist and teaches the theory and practice of poetry therapy. She facilitates groups and workshops for professionals, for the community and for children using poetry and other creative arts.

Wendi brings a deep and abiding love of poetry to her position as Poet Laureate. She enthusiastically shares poetry with family, friends, colleagues and community. She understands that in good times and hard times poetry brings joy, support, connection, and awareness. Wendi facilitates the writing of poetry and believes that poetry can give people a voice, even when they feel they have none. The GWSCSW congratulates Wendi on such an esteemed honor. ❖

The Welcoming Sky

by Wendi R. Kaplan

From my window
facing east
I see the summer solstice sun
blossom in a sky of soft
peach and lavender streamers.
It is the longest day,
an invitation into the summer.
The lush green gardens already
full and blooming, revel
in the light of this season.
It is a time of growing and ripening,
a time of play and connecting
a time of living in the abundance.

From my window
facing east
the Strawberry moon rises in her finest
gold and amber
accompanied by Mars and Saturn;
Jupiter, Antares and Vega too
come to this party.
It is a time of sky gazing, of bathing
and dancing in moonlight,
a time of admiration and awe.

All are welcome.

The sky does not exclude.
The sky embraces us all.
The sky reminds us that
we are small,
that we are connected,
that we are a part of something
so immense that
we can barely glimpse it
and yet it lives in us,
reminds us that we all are light
that we all
are welcome to this ball,
this cosmic dance.

All are welcome.

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A Big
THANK
YOU!



Many thanks to our retiring Treasurer,
Hani Miletski, the Lady in Red, who kept us out of the red!

What Every Therapist Should Know about Mindfulness Meditation



Meredith McEver

Mindfulness has been incorporated into many therapeutic protocols because it's efficacious; however, clinicians must be aware of two important points. First, mindfulness practices are not always sufficient in-and-of themselves to resolve all presenting problems. Additionally, mindfulness meditation is contraindicated for some clients and conditions.

First, a definition of terms, mindfulness, meditation and mindfulness meditation are sometimes used interchangeably when in fact, they are not the same. Mindfulness is defined as "paying attention on purpose, nonjudgmentally" or "awareness of present experience with acceptance." It is a quality of attention marked by concentration, clarity and equanimity. Meditation refers to a wide variety of practices in which one trains the mind or induces a state of consciousness. Examples include Mindfulness, Transcendental, and Christian meditations. Mindfulness meditation is a specific meditation that enhances mindfulness. For the purposes of this article, meditation will refer only to mindfulness meditation.

It isn't necessary to meditate in order to enhance mindfulness. Mindfulness can be heightened by focusing on sensory experiences in daily life such as being mindful of body sensations while washing your hands or other activities.

The efficacy of mindfulness meditation has primarily been demonstrated through carefully controlled research on Mindfulness Based Stress Reduction (MBSR) and Mindfulness Based Cognitive Therapy (MBCT). MBSR has been shown to decrease anxiety, depression, and chronic pain; increase immune response as well as positively impact

brain structures that deal with memory, learning, emotional regulation, perspective taking and self referential processing. MBCT has been shown to be as effective as antidepressants in preventing recurrent depression. Both treatments teach mindfulness meditation and mindfulness in daily life. Research has not been able to identify what factors contribute to the positive results except for one study which identified self-compassion as the only factor associated with changing depressive thinking for MBCT participants.

Although mindfulness meditation is effective, it isn't always the best intervention. Jack Kornfield, a psychologist and Buddhist teacher wrote, "For most people, meditation practice doesn't 'do it all'. At best, it's one important piece of a complex path of opening and awakening." Buddhist teacher, Shinzen Young openly speaks about the combination of behavioral therapy and meditation making a significant improvement in a long-standing behavior of his that had been resistant to meditation alone. Furthermore, simply encouraging people who stopped meditating to begin again may actually be counterproductive. A more fruitful approach would be to explore what happened during meditation and determine whether therapy is needed to focus on material that may have arisen while meditating.

Mindfulness meditation might make certain conditions worse. Therapists would do best to assess the vulnerability of their client, the intensity of the mindfulness practice and the skill of the teacher before recommending mindfulness meditation. Almost everyone can safely benefit from low intensity practices, such as being mindful in daily life, listening to apps, learning meditation individually from a teacher or attending some teacher led programs. However, people who 1) are flooded by painful emotions, 2) are self-absorbed and withdrawn from others; 3) dissociate or 4) are psychotic tend to deteriorate with more intense meditation practices according to Hopper

(<http://www.jimhopper.com/mindfulness-and-meditation/cultivating-mindfulness/#caution-mindfulness-requires-readiness>).

Moderate intensity programs, such as MBSR and MBCT require daily meditation practice; however, have been shown to be helpful for people with PTSD and people with a history of adversity because of the level of support and the teachers' skills. Bauer and Kuyken find that research "studies are encouraging in suggesting that MBSR and MBCT can be used safely in participants with a variety of vulnerabilities." (<http://www.oxfordmindfulness.org/is-mindfulness-safe/>). Likewise, Paul Chadwick's mindfulness groups for psychotic individuals were found to be safe and to decrease participants' reactivity to hallucinations.

Caution should be used in referring individuals with the four tendencies listed above to programs with longer meditations and especially retreats unless you are aware of the teacher's skills and the teacher is aware of your client's difficulties. The IMS retreat center website states "An intensive silent retreat can be a positive and life transforming experience. At the same time, meditation practice can be strenuous and requires some stability of physical and psychological health. If you have recently experienced considerable trauma, significant depression or anxiety, or are currently experiencing strong PTSD, a silent retreat may not be appropriate for you at this time in your life. A therapist can help you assess the wisest course duration for you, or if it's best to wait a while before signing up. Daily life practice may be more beneficial meanwhile."

Long periods of meditation such as are experienced on retreats have been harmful for a small minority of people. These individuals, some with mental health histories, developed psychotic symptoms and were unable to work or care for children for sometimes up to 10 years. Research is being done in this area, but it is currently unclear why this happens. This is not limited to Buddhism, but happens with many contemplative practices.

It's helpful to remember that therapy has also been shown to be harmful at times. Treatment methods, such as Critical Incident Debriefing, have been found to be harmful; specific treatments are contraindicated for certain diagnostic categories such as psychoanalytic work with BPD and 5-10% of therapy clients deteriorate in treatment. As therapists, we have learned to assess which treatments are best for our clients. It would also be advantageous for us to learn which level of mindfulness is best. ❖

Meredith McEver, LCSW has been leading MBSR for 18 years and MBCT for 13 years in addition to providing individual therapy for children and adults. She is on the board of the Mid Atlantic Vipassana Network where she collaborates with others in organizing meditation retreats. Her newest venture is leading Mindfulness Intuitive Painting groups.

BROWN BAG EVENTS

Understanding Racism from a Personal and Professional Perspective

Friday, September 9

Can my client keep drinking? How You Can Help Them Decide When Enough Is Enough

Friday, September 30

DON'T FORGET!! -- Watch for emails announcing additional Brown Bag events and check the GWSCSW



Brown Bag Letter

Steve Wechsler, Director of Education

Those of us involved in planning the continuing education workshops of GWSCSW are always evaluating our offerings for relevance and effectiveness. Recently, we have needed to rethink how we operate one component of our overall program.

Many of you have attended and enjoyed our Brown Bag events over the years. These have long been a popular free benefit of membership in GWSCSW. Their relaxed atmosphere offers members a means to gaining experience as presenters and promotes frank conversation and sharing of ideas and experiences.

The intended intimate nature of the Brown Bags and the venues in which they are held often means they can hold only a limited number of attendees, and typically there are waiting lists. In recent years we have seen an increase in the number of members who register for the programs but at the last minute don't attend. At that point it's too late to include members from the waiting list, and thus attendance is lower than anticipated and fewer members are able to benefit from the programs. This situation is disappointing to all: those attending, the presenters, and committee members who put time and effort into creating and preparing the programs.

We know that when an activity is free, it tempts us all to register even if we're not 100 percent certain we'll be able to attend. Rather than have to begin charging for Brown Bags to discourage no-shows, we'd like to institute a policy where those who register let the office know a week in advance of a program if they will be unable to attend, specifically in cases where there is a waiting list. That way, members who are on the waiting list will have the opportunity to participate, speakers and attendees will have a lively group, and these terrific educational programs will provide their greatest benefit. Registration materials will emphasize the importance of confirming or relinquishing attendance in advance. Additionally, you will receive an email in advance reminding you to alert us if you cannot attend.

I believe that the Brown Bag presentations we offer are a valuable benefit of membership. I hope you do as well, and I know you will understand the need for us to be a bit more cognizant in our registration process. ❖



2016/2017 EDUCATIONAL OFFERINGS

Friday, September 23, 2016 | 10:00 to 4:00
(lunch requested) Holy Attunement: The Spiritual Dimension of Brainspotting

Friday, October 7, 2016 | 9:00 to 12:15
HIV in DC: A Snapshot of an Adolescent Clinic

Friday, October 14, 2016 | 9:00 - 12:15
Symptom Reduction Through Mind-Body Medicine

Saturday, October 15, 2016 | 9:00 to 12:15
Medical Marijuana:
Current Issues for Mental Health Providers

Friday, October 21, 2016 | 9:00 to 12:15
Rethinking Sex Addiction -
An Introduction to a Sexual Health Protocol

Friday, January 13, 2017 | 9:00 to 12:15
Symptom Reduction Through Mind-Body Medicine
(Part 2)

Thursday, March 9, 2017 | 9:00 to 12:15
Serious Play: Improvisation in Clinical Practice

Thursday, March 23, 2017 | 9:00 to 4:15
A Systems Approach to Sex therapy

Friday, April 21, 2017 | 9:00 to 12:15
Symptom Reduction Through Mind-Body Medicine,
(Part 3)

Friday, April 21, 2017 | 9:00 to 12:15
Intuition: Research and Practice

Thursday, May 4, 2017 | 1:00 to 4:00
Holistic Healthcare for Transgender Clients

Friday, May 19, 2017 | 12:00 to 3:15
Mother-Son Incest: The Unthinkable Broken Taboo

KEEP UPDATED ON ALL GWSCSW EVENTS

**VISIT OUR WEBSITE AT:
GWSCSW.ORG**

LEGISLATION & ADVOCACY

❖ FEDERAL

Laura Groshong, Director for Government Relations, Policy and Practice

The summer was one of the busiest ever when it came to legislation which affects mental health funding. Margot Aronson, LICSW, CSWA Deputy Director of Policy and Practice, and I have been feverishly reading and responding to many of the almost 20 bills that address coverage of mental health and substance use disorders; housing and social services for the mentally ill; the connection between mental health disorders and violence; and many more.

The two major bills are the Helping Families in Crisis Act of 2016, HR 2646, which many of you responded to in early July (thank you!!), and the Mental Health Reform Act of 2016, S 2680. CSWA sees much more merit in S. 2680, which, unfortunately, has not passed the Senate yet, though it has passed out of Committee. HR 2646 has passed out of the House.

Both bills include the following positive steps:

- Creation of a National Mental Health Policy Laboratory
- Creation of a Minority Fellowship Program, which will develop policies to support cultural competency
- Addition of an Assistant Secretary of Mental Health to Department of Health and Human Services

What CSWA opposes in HR 2646 is the elimination of SAMHSA, the primary agency that oversees treatment of mental health and addiction. This would shift oversight to DHHS without defining what the problems have been under SAMHSA.

It is likely that there will be no final action on these bills until after the elections but CSWA wanted you to be aware of the major elements of them.

Finally you may have been hearing about the passage of CARA, the Comprehensive Addiction and Recovery Act, recently. While CSWA supports many of the goals of this Act, the fact that it is unfunded makes it a hollow shell when it comes to really providing needed services.

CSWA encourages everyone to VOTE and work for the candidates that you want to see elected! There has never been a more important time to do so. ❖

❖ District of Columbia

Margot Aronson

By the time you read this, the DC Insurance Commissioner will have announced his decision regarding disbursement of the \$56 million designated as the District's share of CareFirst's excess surplus. It would seem that CareFirst has exhausted its options with Department of Insurance, Banking, and Securities (DISB), the DC Council, and the courts.

GWSCSW provided testimony about the controversial "excess surplus issue" at a DISB hearing in 2006, and at another in 2014; we also offered comments mid-July this year.

Throughout this process, we have participated in an informal coalition of stakeholder organizations brought together by common concerns for the health of DC residents - Families USA, the DC Fiscal Policy Institute, Miriam's Kitchen, Washington Interfaith Network, Families USA, Children's Law Center, AARP, DC Appleseed Center for Law & Justice, ONE DC, DC chapters of the Heart, Lung, and Cancer associations, among others. (The group shifted gears for several years to focus on mental health reform and the Affordable Care Act, taking an advisory role in the development of the District's Health Benefit Exchange.)

Distributing CareFirst's Excess Surplus

GWSCSW joined a number of these organizations in signing a group letter to the Commissioner with recommendations for general principles for how the surplus should be administered so as to ensure accountability and transparency, as well as suggestions of some basic principles to guide selection of investment priorities, e.g., advancing important healthcare needs in the District, and selecting projects for funding which are not already the responsibility of a DC government agency.

GWSCSW submitted separate comments as well, urging that the funding decisions have a strong focus on mental health needs. We particularly encouraged cross-sector training of police, corrections, fire, and school personnel in recognizing signs of mental illness and trauma, de-escalating crises, obtaining resources, and decreasing stigma.

It is possible that CareFirst will convince the Commissioner to apply the designated funds to a reduction of premiums or rebates. However, the surplus is not related to overbilling subscribers; it has resulted from the growing accumulation of investment income, in sums that are millions beyond the carrier's emergency needs. CareFirst (our regional BlueCross/BlueShield) has a charter that mandates reinvestment of profit for public health benefit in the communities in which they serve. The Commissioner promised to announce his decision on August 15. ❖

❖ Maryland

Pam Metz Kasemeyer | Judy Gallant

We want to tell you about a few more issues that we could not fit in June's newsletter that were covered in the 2016 Maryland Legislative session, which ended in April:

Crisis Management: In order to respond to the need for more crisis management services, Behavioral Health Advisory Council – Clinical Crisis Walk-In Services and Mobile Crisis Teams – Strategic Plan (Senate Bill 551/House Bill 682)

requires the Behavioral Health Advisory Council, in consultation with local core service agencies, community behavioral health providers, and interested stakeholders, to develop a strategic plan for ensuring that clinical crisis walk-in services and mobile crisis teams are available statewide and operating 24 hours a day and 7 days a week.

Transition planning for Foster Youth: Human Resources – Transition Planning for Foster Youth (SB77) alters the age (from 16 to 14) at which a juvenile court at a permanency planning hearing (guardianship review hearing) must determine the services needed to assist the child to transition from placement to successful adulthood. These services are known as "Ready by 21." Passage of Senate Bill 77 will bring Maryland statute in line with current policy and practice and will help ensure the protection of critical Title IV-E federal funding ensuring that Maryland law conforms to federal guidelines.

Sometimes a bill that isn't passed isn't a failure: A bill titled Mental Health – Wraparound Services for Children and Youth (SB858/HB579) would have provided wraparound services for 300 severely mentally ill children, who lost services under federal law as a result of a new State Plan amendment. The legislation was not successful, but its lack of success is not a lack of commitment from virtually all stakeholders to provide these services. Rather, the fiscal issues and complicated federal policy make it a challenging policy/benefit to sort through. The provision of wraparound services will undoubtedly remain under consideration regardless of the status of the legislation.

Delegate Reznik had proposed Health Care Practitioners–Use of Teletherapy (HB1103), which would have authorized nurses, physicians, psychologists, clinical social workers and professional counselors and therapists to use teletherapy. The licensing boards would have needed to adopt regulations for the use of teletherapy by April, 2017, and practitioners would have had to receive training in the technology used for teletherapy. Despite significant stakeholder input prior to Session, including from us, the bill still raised a number of questions concerning coming in line with Federal policies. Delegate Reznik decided

to withdraw the bill rather than have it defeated in Committee. There will undoubtedly be continued dialogue in efforts to produce a stronger bill that can be passed in a subsequent session.

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

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

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

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

❖ Virginia

Judy Ratliff

Our Virginia members who live in Fairfax County have voiced grave concern about how this county's mentally ill have been treated by police. You will be pleased to know that in May 2016, The Fairfax County Board of Supervisors approved a memorandum of understanding between Fairfax County and the Town of Vienna, the City of Fairfax, the Town of Herndon, as well as the Fairfax-Falls Church Community Services Board and the Northern Virginia Community College, establishing collaboration among these entities' law enforcement agencies at the Merrifield Crisis Response Center for "people experiencing a psychological crisis." This is also called the Diversion

First program, which means that people who are mentally ill will be diverted to Woodburn Center for evaluation, rather than be placed into police custody.

The Joint Legislative Audit and Review Commission (JLARC) of the VA Legislature was established in 1973 to evaluate the operation and performance of State Agencies. Delegate Ken Plum of Reston, VA, is a delegate of high integrity who has become a member of the Commission, and VA social workers will be well-served by having him there. This year, the JLARC will study early childhood development programs and the potential for future cost-effective programs. A continuing study that will be reviewed this year relates to managing costs of the Medicaid program. Copies of past reports on studies conducted by JLARC (as well as the agendas for its monthly meetings) are available at the website: www.jlarc.virginia.gov. Any member who has suggestions or concerns should contact jratliff.lcsw@google.com.

For people who have been curious or confused by the correct number of CEUs and payment for upcoming renewals for licensing in VA, the chart below from the Virginia Board of Social Work should be of help.

I welcome input from members who live and/or work in Arlington, Alexandria, Alexandria City and Loudon County about legislation that has been passed or is being considered that impacts our client populations or the practice of social work in your area. Please email me at jratliff.lcsw@google.com or call me at 703-758-1660. ❖

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

Renewal Explanation for 2015 Regulation Changes								
	2017 Renewal		2018 Renewal		2019 Renewal		2020 Renewal	
	FEE	CE	FEE	CE	FEE	CE	FEE	CE
Licensed Clinical Social Worker (LCSW)	\$90.00	30 hours of CE from 07/01/2015 to 06/30/2017	\$90.00	15 hours of CE from 07/01/2017 to 06/30/2018	\$90.00	No CE required to renew license	\$90.00	30 hours of CE from 07/01/2018 to 06/30/2020
Licensed Social Worker (LSW)	\$65.00	15 hours of CE from 07/01/2015 to 06/30/2017	\$65.00	7.5 hours of CE from 07/01/2017 to 06/30/2018	\$65.00	No CE required to renew license	\$65.00	15 hours of CE from 07/01/2018 to 06/30/2020
Registered Social Worker	\$10.00	N/A	\$10.00	N/A	\$10.00	N/A	\$10.00	N/A
Associate Social Worker	\$10.00	N/A	\$10.00	N/A	\$10.00	N/A	\$10.00	N/A

FEARLESS FINANCE: TIPS FOR THERAPISTS



How Much to Save for Retirement when You Are Self-Employed

Lori Atwood

I know you think as a psychotherapist you will die at your desk. You love your work so much, you could never retire. But, here's the thing: you may not have any choice. I tell clients who are "die at their desk" people that they have to be prepared for at least 10-15 years of inability to work due to aging.

Think about it. Working until you are 70 does not seem that unique nowadays, but working until 75 or 80 is far less common. It's entirely possible you could live to be 90 and if you planned for 10 years in retirement, you would work until you are 80. Are you ready to commit to that?

Probably not. Nobody knows what life will be like at 80 and although Supreme Court justices seem to keep going at that age, it is not common. If you try to plan for 10-15 years of incapacity, you are talking about roughly \$600k - \$1m needed in savings when you enter retirement, if you assume you need about \$7500/month to live on, including social security.

Trying to think about saving \$600k-1m at this point seems like a colossal task. It's hard, for sure, especially with kids and student loans and businesses you are just getting off the ground, but it is necessary. There is no priority in anyone's financial life except retirement. Period. There's no backstop, no loans, no state help, and no social safety net. At least not at this point.

Okay, doom and gloom is over. Now for the solutions. No matter how old you are right now, you need to start saving for retirement. If you have your own practice, you can set up a SEP IRA or individual 401k. You should speak to your accountant about which is best, because they have different pros and cons, especially if you intend to ever employ people.

Do not rely on a Roth IRA or traditional IRA because even if you diligently put the maximum in each year (\$5500/year for people under 50 and \$6500/year for those over 50), it will never be enough. You may not be able to contribute to an IRA depending on your income (if you file joint, it depends on your joint income). So forget it. You are a business person, get a retirement plan for businesses.

In a SEP, you can contribute up to 20% of your Earnings Before Tax (EBT). Your accountant has to tell you the amount you are allowed to contribute each year when he/she does your taxes. Although that amount differs for every practitioner, here are my rules of thumb:

- If you are not fully licensed or just starting your practice and seeing fewer than 10 therapy hours per week, aim for \$500/month in savings until your hours go up
- If you see 15-20 therapy hours per week, aim to save at least \$1000/month
- If you see 20+ therapy hours per week, aim to save at least \$1500/month (even \$1800/month depending on your hours and rates)

If you set aside the amounts in my rules of thumb above each month into a SEPARATE savings account attached to your business checking account, you will probably have enough for whatever number your accountant tells you to contribute to SEP. If you do not, congratulations, you had a banner year and you should try to add as much as you can to fulfill the amount your CPA told you.

If you have too much in your account, that means you had some big expenses (e.g. training or equipment) and your EBT is less than it would be with typical

expenses. Contribute the amount your CPA gave you and leave the remaining cash in that savings account and keep it for next year's retirement.

Bottom line: you cannot neglect retirement for any of the usual excuses, like "who knows what will happen by then," or "but, I'm growing my business," or "I have too much debt." None of those reasons holds up against the prospect of having too little on which to retire. ❖

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



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The National Catholic School of Social Service at CUA is pleased to share our upcoming Professional Development workshops. Please see our website for full details of each event, registration links, CE Credits and presenter backgrounds: <http://ncsss.cua.edu/ce/>

<p>9.23.16 Melina Afzal ABCs of HIV for Social Workers</p> <p>9.30.16 Linda Bianchi Ethics in Action: Shades of Gray</p> <p>10.21.16 Lisa Larrabee Fun & Games: Directive Play to Engage Children</p> <p>10.28.16 Janet Osherow HIV in DC- A snapshot of a Pediatric and Adolescent Clinic</p>	<p>For questions or more information, please contact Ellen Thursby (Thursby@cua.edu) or Allyson Shaffer (shaffera@cua.edu) in the NCSSS Professional Development Office at (202)319-5457. Look forward to seeing you at CUA!</p> <p>11.4.16 Jose Dominguez Making Change For Change: Hands On Grassroots Fundraising Training To Raise Money For Your Movement</p> <p>11.14.16 Robert Scuka Helping Couples Recover from the Trauma of Infidelity</p> <p>11.18.16 Kynai Johnson Dimensions of Difference: Fostering Positive Identity Formation in Social Work Practice</p>
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12.2.16 Matt Burstein
Neurodiversity & Social Work Ethics



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Accepting the Washington School of Psychiatry's **Community Mental Health Education Award** for their stellar work in bringing awareness of mental health issues to the public.



Jon Frederickson, MSW
Founder of the Intensive Short-Term Dynamic Psychotherapy Program
Accepting the **Distinguished Service Award**



Michael Maccoby, PhD
President of The Maccoby Group
Accepting the **Lifetime Achievement Award**

SENIOR SEMINARS: FOR LATER CAREER AND RETIRED MEMBERS

Grace Lebow

I retired from my social work practice in 2004. Shortly thereafter I was asked to undertake a project for social workers like myself who had retired or were about to retire after long and successful careers in social work. I responded eagerly and established what became known as a Clinical Society Senior Seminar.



This first Clinical Senior Seminar in the Metro D.C. area began in 2006 and continues to have monthly meetings at the home of our current leader, Estelle Berley. Estelle kindly took over the leadership from me in 2008 when my husband became seriously ill.

The Seminars have an educational content. They offer an outlet for clinical interests and experiences, a place to share and to keep updated about Social Work issues, peer support and guidance for those at a later career stage who are beginning to think about retirement, in process of, or retired. CEU's are awarded to those groups which meet the Goals and Educational Objectives.

Two more groups began in 2015, one in Northern Va. with Susan Miller and Karen Brandt as co-leaders and the other in N.W. D.C. with Diana Seasonwein as leader and Susan Lesser as co-leader. Altogether there are 27 members meeting monthly in these three Seminars. A new Seminar in the Reston/Oakton /McLean area has a waiting list of six people and is in need of a leader or co-leaders in order to get started. We welcome new people to sign up for this and other new groups and especially for leadership roles.

A coffee hour gathering was held at my home in June for Seminar Leaders, to thank those who have put in so much enthusiastic leadership time and energy. It was interesting to exchange information and experiences and to observe the variations in each of three groups. For example, the group with Estelle Berley as leader has had a stable membership for 10 years and focuses on educational readings about the later stage of life, family relationships, and medical issues. Members bring their own professional and personal experiences to the discussions and Carolyn Maurer keeps us up to date with her excellent monthly minutes.

The Northwest DC group under the leadership of Diana Seasonwein and Susan Lesser, holds discussions that center on challenges of change and new opportunities, as its members are into or entering a retirement mode and one person is in process of moving to another area. New members are entering the group and there may still be openings come Fall.

The Northern Virginia group, led by Susan Miller and Karen Brandt started out with a bang in 2015 and continues to have lively, enthusiastic meetings. The group-still a work in progress-has spent time getting to know one another, exploring where members are in the work/retirement continuum, identifying needs and interests, and charting direction for the future. Suggestions for future meetings in 2016-2017 include reading relevant articles and continued sharing about the developmental challenges and opportunities that come with being senior therapists and retirees. The group is currently full.

My hope, as Senior Representative is to expand our groups to GWSCSW Social Workers in our expanding senior population. Waiting for you is a whole new chapter of Social Work engagement. Come join us.

Please let me know if you are interested in participating in new Seminars. You are welcome to phone me and email with questions. ❖

Grace Lebow, Senior Representative
Gracelebow@comcast.net | 301 652 4026

Legislative Lunch: Everything You Always Wanted to Know about Legislation and Advocacy But Were Afraid to Ask

Our second annual FREE luncheon "Everything You Always Wanted to Know about Legislation and Advocacy But Were Afraid to Ask" will be held on Sunday, October 9, 2016, 12:30-3:30, at Normandie Farms in Potomac, MD. Our Maryland lobbyist, Pam Metz Kasemeyer, and our Virginia lobbyist, Sue Rowland, will give us an overview of legislative structure and issues we can expect will need our attention during the 2017 Legislative sessions. Our DC, Maryland and Virginia Committee Chairs will be able to answer questions and discuss ways you might help support our efforts (even if you don't want to join a committee!). Vegetarian menu items will be available, and carpools can be arranged. Two Category 2 CEUs can be obtained for \$30, if desired.

Registration is required to attend and to receive CEUs. See website for more information and to register.



Hi, I'm Dave Conley.

I'm a serial entrepreneur and "startup Sherpa" with 20 years of experience turning ideas into awesome products, services, and companies. Think of me as your resource for clients who are stuck in unfulfilling jobs and want to make a change.

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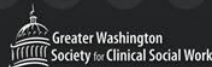
Let's talk about how we can work together to make a significant impact in people's lives.

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know the five signs



the campaign to
changedirection



The Campaign to Change Direction, a national initiative to change the culture of mental health in America, encourages Americans to care for their mental well-being just as they do their physical well-being. Led by Give an Hour, Change Direction addresses common barriers to understanding mental health and raises awareness about Five Signs that may indicate someone is suffering emotionally and needs help: change in personality, agitation, withdrawal, decline in personal care, and hopelessness. With over 240 partner organizations using their unique skills and opportunities to spread awareness, this collective impact effort will reach over 200 million Americans over the next five years. Organizations and individuals who are interested in learning more or making a pledge can visit www.changedirection.org. | **If you would like to register to join us, please visit - www.changedirection.org/give-an-hour**

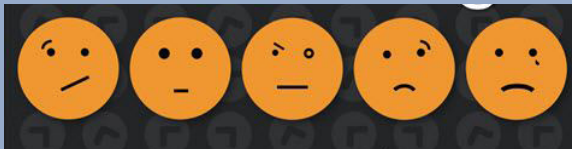
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OUT & ABOUT

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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.

Deborah Fox is offering a monthly consultation group focused on sexuality in couples therapy. Bring your cases! This group will be a combination of didactic material and case presentations. I have been a Certified Sex Therapist for over 30 years. 4600 Connecticut Ave, NW; Weds, 1:30-3:30 - Oct 19, Nov 16, Dec 14, Jan 11, Feb 8, Mar 8, Apr 5; \$560; CE's for \$15. Deborah Fox, debfox2@verizon.net, www.debfox.com

In May, **Michael Giordano** presented on gender identity and transgender sexuality for Sex Therapy U in Washington, DC.



Give an Hour/Free mental health services to our nation's military and veteran community

Leading the Campaign to Change Direction, changing the culture of mental health in America

Hetty Irmer's second location opened this summer, with two associates, **Candice Peggs** and Heidi Vanderwerff, and an expanded focus on wellness across the lifespan. Her new web address is: www.fourcornerswellbeing.com.

In June, **Wendi R. Kaplan** was named Poet Laureate of Alexandria. See page 4 for full story.

GWSCSW Reamer Conference (ETHICS) Frederic Reamer, PhD RETURNS!



Sunday
March 5, 2017
9:00 a.m. - 5:30 p.m.

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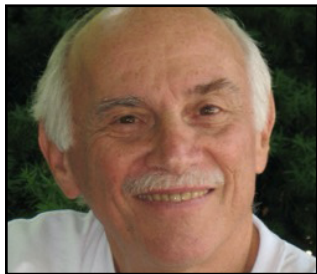
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TECH TIPS: CLIENT RECORDS

Leonard Adler



A good way to record client data at or prior to intake is to ask for a copy of the person's driver's license and insurance card. The former verifies birthdate and home address. I routinely ask

for this in an email, which includes a face sheet to be completed. I ask either to return it via email, or print it and bring it to the initial session. Even though a person may have insurance, verifying coverage before the first meeting prevents fee collection risk. Client may have a steep deductible to meet.

When you still need a copy of this information at intake, you can use a mobile phone such as an iPhone camera to photograph these two cards (driver's license & insurance card). The iPhone will have a yellow frame on the screen when the

camera app is opened. Tapping in that rectangle will focus and set exposure settings when you've filled the frame with the subject, and clicked the shutter button.

Having captured this data, it will reside in the app "Photos". From there move it to a new blank folder on your tablet or laptop. The folder gets the client's name and should be stored alphabetically in another folder named "Active Cases." I create a document to contain the photos and call it "Jones's ID." Then I drag this to the folder called "Jones f". This can readily be accessed digitally, or sent via e-mail or AirDrop to your laptop, desktop, or wherever you keep your records. An iPad will perform in the same way as an iPhone to capture this information.

Remember to password protect all files and use HIPAA compliant email practices. ❖

Your feedback is welcome: leonard.adler@wap.org

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Please join the Greater Washington Society for Clinical Social Work for our first charity volunteer event!

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COMMUNITY WALKS

American Foundation for Suicide Prevention

The American Foundation for Suicide Prevention is hosting the 10th annual DC walk to raise awareness and funds to prevent suicide. We have contributed \$500 to sponsor all of our members. Individual donations will be appreciated, but are not required. Come walk to show your support and be part of the GWSCSW team!

October 22, 2016

Walk Location: Sylvan Theater – Washington Monument | 2:00 p.m. | Walk length: 3 miles

Check-in/Registration Time: 2:00pm-4:00pm | Opening Ceremony: 4:00pm | Walk Begins: 4:30pm | Closing Ceremony: 6:45pm

COMMITTEE REPORTS

Continuing Education

Linda Hill & Barbara Kane
cecommittee@gwscsw.org

Thanks to Linda Hill and Barbara Kane and all the presenters, we've got a great 2016/2017 selection of CE opportunities. Twelve courses are lined up. Be sure to plan ahead so you can attend as many of these local learning workshops and support our community. You can find the trainings under Education (upper right on the GWSCSW website) and Calendar (left hand side).

Let's keep this tradition of excellent educational resources going. There's no time like the present to submit a proposal. It's simple. Login to your account on the GWSCSW website. Click on Education (upper right), Education Forms (left hand side) and then Workshop/Event Posting Request and completely fill out the form. Voila! You're done.

Have a seed of an idea? Great! Feel free to contact me and we can brainstorm together. I can be reached at Dancingbl@aol.com.

Early Career & Graduate

Amanda Slatos
earlycareer@gwscsw.org

The Early Career Committee would like to start off by saying a huge "Thank You" to Juleen (Hoyer) Chevalier for her dedicated work as Co-Chair of the Committee. After several years in this position Juleen is stepping down from this position. She plans to maintain involvement as an active member of the committee and continue her other many leadership roles. Juleen not only laid the groundwork for getting the Early Career Committee started, she was also the leader of the committee from 2012-2016.

I wanted to give everyone a brief history of the Early Committee as we look forward to a new year

and new beginnings. The Early Career Committee was originally a sub committee of Professional Development as there was a desire from the society to recruit more early career social workers. In under a year the GWSCSW board voted to make us an autonomous committee and the Graduate and Early Career Committee was born. Since 2012 the Early Career Committee, renamed to be more inclusive of social workers at all early stages of their career, has been an integral part of the GWSCSW.

We host social events, self-care events, and educational events. This summer we held a Yoga Self-Care event facilitated by our member Irina Katz. We also had a committee meeting and Summer Social at La Tasca, Gallery Place where we planned events for the year ahead. The committee is hoping to partner with NASWs DC chapter's YPEL (their early career group) for some cross programming, host another self care event, and so much more!. We meet about 5-6 times per year to plan our events and provide a space for early career social workers to network and receive mutual support. Early Career members have chaired new committees, become directors, written for the newsletter, hosted Wine and Cheeses, served on the executive board and become more active in the clinical society.

The Early Career Committee continues to seek new members so we can maintain a vibrant and dynamic group. It is such a wonderful way to get involved in the society and connect with clinical social workers. We welcome current MSW students, recent grads, LGSWs, and others early in their careers to attend a committee meeting or a committee hosted event. Watch the listserv or check the calendar on www.gwscsw.org for upcoming events. Please email us at earlycareer@gwscsw.org if you have any questions or if you're interested in joining!

Legislation & Advocacy

Judy Gallant, Director
dirlegislation@gwscsw.org

The 2nd Annual L&A Luncheon "Everything You Always wanted to Know about Legislation and Advocacy but were Afraid to Ask"

The L&A Committees will host a FREE luncheon on Sunday, October 9, with our lobbyists, Pam Kasemeyer (MD) and Sue Rowland (VA), and committee chairs to answer any questions Society members might have about Legislation and Advocacy and to increase members' understanding of our program. This is your opportunity to speak with our lobbyists and your committee chair about topics you think we should be addressing with lawmakers and to find out about issues likely to come up in the next legislative sessions. Do you know the difference between statutes and regulations that govern our profession? Come learn! It will be held at Normandie Farms, 10710 Falls Road, Potomac, MD, 12:30-3:30 pm. A delicious buffet, with vegan options, will be served, along with their fantastic popovers! Two Category 2 CEUs will be offered for \$30. Registration on our website is necessary for both the luncheon and the CEUs. Please don't let potential transportation difficulties stand in your way. Contact Judy Gallant (jg708@columbia.edu) to arrange for a carpool.

Advocate without joining a committee-VOTE!!!

Don't forget that election day is Tuesday, November 8, for national, statewide and local offices and issues. Take some time to learn about your choices-the people we vote into office decide many issues affecting our profession and our clients. Many jurisdictions also put referenda on the ballot, which can be written in obscure or confusing language, but can have far-reaching implications, and it behooves us to educate ourselves about them

before walking into the voting booth.

New Collaboration

GWSCSW and CSWA have agreed to collaborate with the Council on Social Work Education's (CSWE) Minority Fellowship Program (MFP), which has been in existence since 1974. The Fellowships are currently funded by the Substance Abuse and Mental Health Administration (SAMHSA), with the goal of funding minority Doctoral SW students interested in leadership positions in academia, administration, policy and advocacy regarding mental health and substance use, as well as increasing minority participation for Clinical SW Masters students in the last year of their program who are interested in the mental health of racially and ethnically underserved children, adolescents and transitional-age youth. Fellows are provided training, professional development and stipends.

In addition to agreeing to publicize the Fellowships during the next application cycles (December, 2016, for the 2017-18 Doctoral student Fellowships, and April, 2017, for the 2017-18 Masters student Fellowships), we will be asking members if they might be interested in presenting to Fellows on specific topics. The MFP develops potential topics for training and then reaches out to collaborating organizations for presenters at their in-person training program each March at CSWE headquarters in Alexandria, VA, as well as webinars during the year.

We are excited by this collaboration opportunity and will be interested to see additional ways this collaboration may benefit both organizations.

Other Activities

We hope to have some small group meetings with local legislators in Maryland in the next few months. Think about whom you might want to meet with and what issues you might like to discuss. Contact Judy Gallant with your ideas at jg708@columbia.edu. Look for details on the listserv.

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

MD/DC Brown Bag

Tish Reilly & Terry Ullman
cecommittee@gwscsw.org

The MD/DC Brown Bag Committee had a great year last year. All of our programs were full, some with a waiting list. We even decided to repeat a program by Mike Giordano because of its popularity. However, we did have a number of people who had signed up and didn't come the day of the presentation. We are hoping that the new policy on attendance will ensure that everyone who wants to attend our programs will be able to come.

We plan to have at least four programs again this year, which will be held at the Sunrise at Foxhill Senior Living Facility in Bethesda, Maryland. We are currently seeking presenters. Brown Bags are a great way to get professional exposure and practice your public speaking skills in an informal setting. Please contact us if you would like to take advantage of this great opportunity or if you would like to suggest a topic.

Membership

Cindy Crane & Mary Moore
cecommittee@gwscsw.org

In addition to the Fall New Membership Brunch in October, the New Membership Committee will be working with the Early Career Committee to provide better outreach to our new members who are also new to this field. Our two committees will meet early this month to discuss how best to combine our efforts.

Newsletter

Jen Kogan
newsletter@gwscsw.org

Fall always feels like a new year to me. As Editor of your quarterly newsletter, I would love to start the new year right by having a "stash" of feature articles on hand. Consider submitting an idea and/or article that is about something you are interested in. I am happy to help as much or as little as you'd like. Send me an email to the address above and let's talk!

Professional Development

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

The Professional Development Committee sponsored its final program "Enlivening Your Practice" on 5/1/16 before putting together our next workshop series. The workshops focus on bringing members of our professional community together to learn and discuss challenges arising in connection with career/self-development as a clinical social worker. "Enlivening Your Practice," offered an opportunity to learn through case examples about four approaches that can be used regardless of theoretical orientation. Many thanks to Nancy Harris for originating the idea, to Catherine Lowry, (Somatic Imagery), Deborah Shulman (EMDR), Nancy Harris (Emotional Freedom Techniques) and Fran Zamore (Mind-Body Techniques). With an eager turnout and more than enough willing speakers, our plan is to offer another set of refreshing practice skills in the Spring of 2017. On 9/11/16 is "Getting a Head Start on Your Career," which with the help of the Early Career and Membership Committees, will offer information for new graduates and beginning social workers, as well as an opportunity to meet colleagues in an atmosphere of good music and refreshments. Further information: www.gwscsw.org/event-2218430.

Our Mentor Program matches mentors with newer social workers to provide guidance about licensure, private practice, employment, supervision, and professional identity. Mentors and Mentees are matched according to location, interests and experience, but have the opportunity to define specifics together. More information is available by pressing the Professional Resources tab at www.gwscsw.org. or by contacting Nancy Harris (nlharris1214@gmail.com;301-385-3375).

Keep your topic suggestions coming! We are also looking for new Committee members to help keep our programs relevant.

Social Media

Sara Feldman & Juleen Hoyer
socialmedia@gwscsw.org

The Social Media Committee has been excited to continue to improve our community by helping people connect through social media. We are continuing to update the GWSCSW Facebook page with articles, events, and photos. Please visit the page, like/comment on the posts, and remember to email us photos of GWSCSW events to add to the page! Let us know if you have an idea about how to make the page more relevant to YOU. We are working on getting more traffic to the Facebook page. Please like the page if you haven't already, and share the page with your fellow colleagues! 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!

Volunteer

Sara Feldman & Juleen Hoyer
socialmedia@gwscsw.org

We are happy to have Jessica Taylor-Pickford and Barbara Hill join the Volunteer Committee. Jessica is helping to plan volunteer opportunities and Barbara is helping with volunteer recruitment.

We have wonderful volunteer opportunities for all of you to share your talents and expertise. Volunteers help our society grow, have fun collaborating with other clinicians and create quality events for our community! Check out our Committees and Volunteers tab on our website. You can also sign up to volunteer by e-mailing me at Cristy.Novotney@gmail.com.

Our volunteer event for this year will take place on October 22, 2016 from 4:30pm to 7:15pm. For this event, GWSCSW is sponsoring the 10th Annual Out of the Darkness Walk in Washington, D.C.! We are supporting a cause that aims to understand and prevent suicide through research, education and advocacy. Are you interested in walking with us? You will receive information on how to sign up within the next month.

Wine & Cheese

Amanda Slatus
socialmedia@gwscsw.org

The Wine and Cheese Committee successfully held events in DC, MD, and Virginia this past year. I want to thank all the volunteer hosts for your hospitality. We also are getting things in place for this Fall and already have two volunteer hosts: Kate Rossier and Gil Bliss. Wine and Cheese events are casual events hosted by society members to give us a space to connect, network, and socialize. We try to have at least one event per month and have them in different areas of the DMV to accommodate society members. Please see the GWSCSW listserv and calendar to find the next Wine and Cheese.

Interested in hosting? If you have ever thought you might like to get more involved in the society, this is a wonderful way to do it! You can host a Wine and Cheese, a Bagel and Coffee, or any other kind of snacks and beverage the host would like to provide. Events can be held in your home, in your office, or outdoors somewhere (park etc). They can take place during the week day, weekend, during the day, or in the evening. Typically late afternoon/evening hosts have been providing wine, water (sparkling or not), some kind of juice, and some light snacks (generally including some crackers and cheese). Morning hosts have been offering coffee and tea, along with some light breakfast fare. You are the host(ess), so it is really up to you what you feel comfortable serving. The host has control over the event, I just help to coordinate it and insure that it does not conflict with other events. If you have any interest in hosting a Wine and Cheese this year please let me know and I will help get you started. You can contact me at Amanda.Slatus@gmail.com to start planning your event! ❖



To "Like" the GWSCSW Facebook Page

1. Log into your own personal or professional Facebook page (you must have a Facebook account in order to view our page)
2. Type "Greater Washington Society for Clinical Social Work" in the Facebook search window
3. Click on "Greater Washington Society for Clinical Social Work" in the drop down box
4. Click on the "Like" button (top right, under the GWSCSW logo)

ADVERTISING

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

Classified Ads: 75¢ per word	Display Ads: Full page 7 x 9¼	\$325	Half page	\$250
Minimum price \$15 (20 words)	Quarter page 3¾ x 4½	\$125	Horizontal: 7 wide x 4½ high	
	Eighth page 3¾ x 2¼	\$ 75	Vertical: 3¾ wide x 9¼ high	

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.

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

Adolescents/Young Adults — Expert therapists who know how to engage young people to get results. Rathbone & Associates, www.rathbone.info, 301-229-9490, Bethesda and Rockville.

Groups — Therapy groups for adolescents, middle school, high school, college. Experienced, ethical, professional treatment. Rathbone & Associates, www.rathbone.info, 301-229-9490.

November 5, 2016 – Missed Opportunities: Comments on the Female Body in Psychoanalysis, Past and Present. Presenter: Rosemary Balsam, MD; 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, Laurel, MD 20707. 1.5 CME/CEs. For more information visit www.bwanalysis.org or call 301-470-3635 or 410-792-8060.

Build your independent private practice gradually, surrounded by a thriving professional community. The Dreaming Tree Counseling is looking for a few more therapists to share office space (5+ hours per week). Newly-renovated and fully-furnished, windowed offices. Suite has 4 therapy offices, restroom, kitchenette, waiting room. Wireless internet, cleaning, office supplies, filtered water and coffee/tea for clients included. Cross-referrals from/ to other therapists in office. <http://www.thedreamingtreecounseling.com>. Contact Kim: kim@thedreamingtreecounseling.com

Sexuality and Couples Therapy monthly consultation group beginning October 19 - Wednesdays 1:30-3:30. Deborah Fox, Certified Sex Therapist, 4600 Connecticut Ave, NW | debfox2@verizon.net

BETHESDA OFFICE SUBLET/ PART-Time: Beautiful therapy office with lots of light, parking for clinician, in a suite with 4 clinicians. Kitchen, waiting rooms, French doors onto deck. 10-minute walk from Bethesda metro. WiFi. Cleaning service. Photos available. 301-718-9122 or cjpalmer@carolepalmer.com

Two beautiful new offices in downtown Columbia. Both offices have wonderful 12' high ceilings. Offices include an ample waiting room, with water cooler, a small staff area with refrigerator, microwave, copier, fax, Wifi internet, and restrooms in the hallway nearby. Great location with restaurants and Whole Foods within walking distance, free parking and easy building access weekdays, evenings and weekends. Plenty of networking and opportunities for cross referrals with a long established multi disciplinary practice. Full time rental preferred. Part time rental will be considered. Please contact Jan Carlson at 410 730-0552, ext 4, for further information.

All-Therapist Townhouse Connecticut Ave @ Woodley Pk. Metro Attractive small office in Connecticut Avenue townhouse at Woodley Park Metro. This is an all-therapist building. Approximately 250 sq ft plus waiting room and lavatory. Beautiful wood floors. Great natural light. Security door with dedicated-line telephone intercom. \$995/month. Available Now. 202-486-4641 or email: district2626@aol.com.

SIGN UP FOR THE GWSCSW LISTSERV

Email your request to:
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NEWS & VIEWS SUBMISSION GUIDELINES

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

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

Out & About – Share news about you: an article you've written, if you've been in the news, taught a class, earned a new certification or are a singer, artist or writer. Submissions should be 50 words or less. **Send all submissions to newsletter@gwscsw.org**

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



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**ALICE KASSABIAN MEMORIAL
CONFERENCE: REFLECTIONS
ON WISDOM~ITS NATURE,
VALUE, AND RELEVANCE
TO CONTEMPORARY
PRACTICE with
Nancy McWilliams**

Saturday, November 5, 2016

9:00 AM - 12:30 PM

**REGISTER ONLINE
WWW.GWSCSW.ORG**