

40th Anniversary Kick-Off

By Sara Feldman



Marie Choppin (l) and Julie Lopez (r) welcome members to the 40th anniversary kick-off celebration.

On March 6, nearly 70 Society members gathered at Ingleside at Rock Creek, a not-for-profit continuing care retirement community on Military Road, to kick off the celebrations for the GWSCSW's 40th Anniversary. All attendees got to enter a raffle when they arrived as well as pick up some free GWSCSW "swag" merchandise. The event started with mingling, light snacks, and a getting to know you game. Our wonderful president, Nancy Harrington, welcomed everyone to

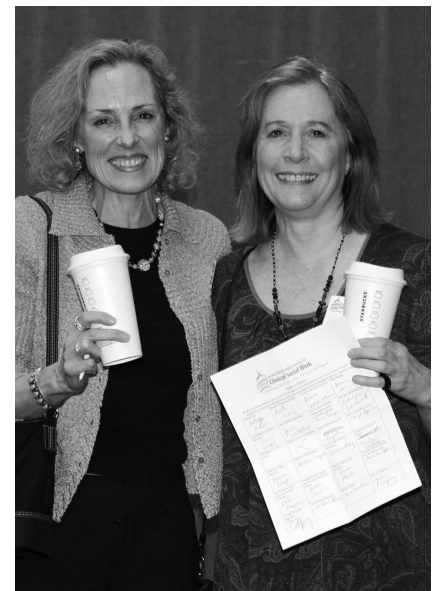
the event. Networking continued over a lovely array of food and refreshments provided by Ingleside for dinner. Raffles were drawn throughout the evening. We then played two balloon games, which brought on lots of laughter and energy. We ended the night with two social work-themed songs to familiar tunes led by our own Connie Ridgway.

Thank you to all of those who attended! At the time this article is going to press, the 40th Anniversary Gala will be fresh in your memory. We hope those of you who attended the Gala had a wonderful time celebrating. Please stay tuned for our final 40th anniversary event on October 18! ❖

- President's Message2
- GWSCSW Treasurer Update & Invitation3
- Informal Networking!.....3
- Thank You Volunteers!4
- GWSCSW Organizational Chart.....5
- News & Views Feedback.....6
- Changing of the Guard.....7
- GWSCSW at the UMD School of SW7
- Legislation & Advocacy
 - Federal8
 - Maryland.....9
 - DC.....10
 - Virginia.....11
- Why I Stopped Taking Insurance12
- A System Approach to Collaborative Healing & Wellness.....14
- New GWSCSW Senior Seminar Set to Start in September15
- GWSCSW Continuing Education.....16
- Book Review: Caddy's Adventures20
- Out & About17
- Tech Tips: Social Media.....23
- Should I Be a Sole Proprietor or an LLC? ...24
- Committee Reports27
- Classified Ads31
- Welcome New Members32



Society members celebrating the kick-off with banner



Kate Rossier (l) and Connie Ridgway (r)

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The next issue will be published

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Email articles to newsletter@gwscsw.org

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President's Message

Nancy Harrington



The past, present and future of our Society all converge as we celebrate our 40th Anniversary. We embrace who we are, where we've been, and now, more than ever, we look to the future as we plan for where we are going.

This anniversary year has been marked by many special occasions.

40th Anniversary Celebrations

The Kick-Off event hosted by the Ingleside at Rock Creek, a retirement community, on March 6 was a huge success. The 40th Anniversary Committee outdid themselves! Gloria Mog, Marie Choppin, Julie Lopez, Roni Lapan, and Sara Feldman have done an outstanding job.

At the event, we were treated to a special surprise. A lovely resident of Ingleside walked in to see what was going on. After introducing myself to her and telling her why we were there celebrating, she said, "I am a social worker, and I used to be a member." This was Jane Lincoln. While reading the Society's first newsletter on record in 1985, I discovered that she was the Vice President of Public Affairs!

The Gala on May 26 has not yet been held at the time of this writing. By all accounts it looks to be a fantastic evening of dinner, dancing, and celebrating. The committee has done a great job planning for this event, and we all look forward to a wonderful evening with old and new friends.

On October 18, the 40th Anniversary Committee will be hosting a "Showcasing our Talent" event during which there will be a Talent Show, a Committee Fair, Societopoly, and other opportunities for members to entertain, educate, and elucidate. We look forward to celebrating together!

Student Advocacy Day on the Hill

March 17 was Social Work Day, and this year it was also Student Advocacy Day on the Hill. The event was initiated, created, and organized by our own Catholic University student representative, Shauntia White.

The purpose of Student Advocacy Day is to help promote the future of social work students and, ultimately, social work as a profession. This is the epitome of what our Society can and should do to further our profession of clinical social work. Student Advocacy Day on the Hill was an event for all of the branches of our Society—legislative and advocacy, community, and education—with students coming from as far as California to participate.

Future of the Society

My husband and I sat at Tysons Corner the other day, where there was a little trolley train, tooting its horn, going round and round the enclosure which overlooked the two levels beneath the Food Court. Kids with their parents hopped off and on. The most noticeable feature of this

train was how much fun everyone was having—the driver, the kids, the parents. Everyone enjoyed it. That is what happens here in this Society. I can't say enough about how gratifying it is to be "playing" with all the other playmates who are lucky enough to find themselves aboard.

Just like the train, the engines of the Society keep running; we just need different drivers to jump into the seats. Just as important, though, are the riders. Newcomers who need to feel welcomed are met with older timers who need to welcome; learners who long to learn are met with teachers eager to teach. People are getting on and off the train, at different points, and we need them all to keep this Society going and growing.

The good news is that we are always looking for some new riders, drivers, teachers, learners, and playmates. All aboard!

This marks the midpoint of my term as president. The time has flown by, and I have really enjoyed it. I have been so lucky to be president at this point in time, at its 40th Anniversary. The most important fact to remember is that, except for a handful of people whose services we outsource (book-keeper, accountant, lawyers, insurers, and our wonderful new executive administrator, Donna Dietz), this is an all-volunteer organization. The volunteers keep the engines running, and the members are on their journeys, each playing important roles.

I thank you one and all. ❖

GWSCSW Treasurer Update & Invitation

By Hani Miletski



I have been the Society's treasurer and chair of the Finance Committee for almost two years. It has been a very rewarding position, as I have been able to meet some wonderful people, and feel useful in my role as treasurer.

Our Society is not rich by any stretch of the imagination, but we are in a comfortable place. We have a budget of over \$190K, and so far it looks like, once again, we will

not lose money by the end of our fiscal year (end of June), and maybe we will even make a little profit. Last year, we had a net profit of about \$19K. I am always happy to share the budget with interested members.

We currently have about \$150K in reserves—in a high yielding interest saving account, which I am very pleased about because "best practices" for not-for-profit organizations (which we are), calls for having at least six-months worth of expenses in reserves, just in case some catastrophe falls upon us. We also have about \$30K in our checking account, for our daily operations. And, we have about \$66K in a separate high yielding interest saving account for our Prepaid Legal Plan program.

In August, the Finance Committee (Flora Ingenhousz, Susan Post, Kate Rossier, Nancy Harrington, Steve Zopa, and our accountant, Lori Laporte, and our administrator, Donna Dietz) will be meeting to discuss and finalize the budget for the 2015-2016 fiscal year. If anyone would like to join our committee/meeting please contact me at Hani@DrMiletski.com. ❖

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.

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



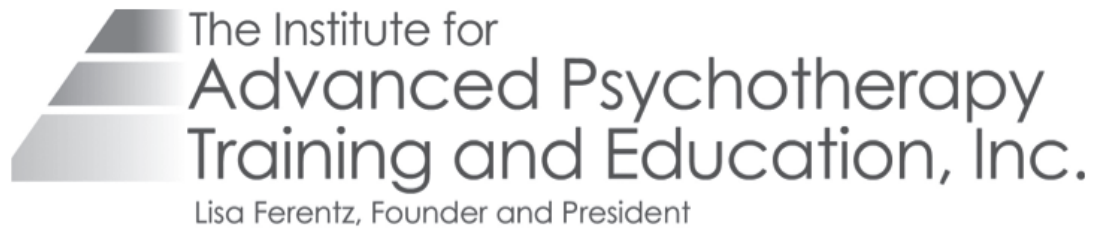
Sign up for the
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Email your request to
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Volunteers

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

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

Margot Aronson	Susan Horne-Quatannens	David Paul
Theresa Beeton	Juleen Hoyer	Dolores Paulson
Amanda Benjamin	Kathy Hudson	Gwen Pla
Estelle Berley	Flora Ingenhouz	Susan Post
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Nancy Harris	Mary Moore	Shauntia White
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Full and half day informative, experiential continuing education workshops covering a wide range of clinical issues, including ethics, provide therapists with current theory, tools for assessment and diagnosis, and strategies for creative and effective treatment.

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Level II Certificate Program in Trauma Treatment: Healing Through Creative and Expressive Modalities • 54 CEUs

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**All trainings are approved by The Maryland Board of Social Work Examiners, The Board of Professional Counselors and Therapists, and The Board of Examiners for Psychologists
(all Boards offer reciprocity with DC, Virginia and West Virginia)**

For a full listing of our programs, visit our website:

www.lisaferentz.com



Dear Greater Washington Society for Clinical Social Work,
Thank you so much for your generous donation of \$500. Warriors at Ease (WAE) brings the healing power of yoga and meditation to military communities around the world, especially those affected by combat-stress, PTSD, and trauma. We do this by training and deploying certified mind-body professionals to settings where they can enhance the health and well-being of servicemembers, veterans, families, and healthcare staff.

As you know, military families have paid a very high price for the recent long wars. The Clinical Society's generous donation will help WAE to fund a specialized yoga program for military children and families—to be rolled out in 2016.

Sincerely,

Robin Carnes
Co-Founder and
Executive Directors
Warriors at Ease
Warrriorsatease.org

NEWS & VIEWS FEEDBACK

.....
Send your thoughts on articles or issues of interest to newsletter@gwscsw.org.

The New World of Gender Identity

I read Mike Giordano's article with great interest and realize how little I know about gender identity. First, I didn't know that it was possible to have two or more genders, to not have a gender, to move between genders, or have a third or other gender. It made me think of all the children in my practice and the unsophisticated assumptions I blindly make about their gender identity. Then, I started wondering if I should develop the skills to listen in a new way as 5 year olds open up their world to me and start to tell me who they are. I thought about my parent questionnaire, which does not address gender identity at all and hasn't been modified in 20 years. I started looking on the internet and found very little information about how to work with young children in the playroom as they are first developing gender identity. I did find a website that left me even more bewildered. It made the following statement: "a child's gender is not what others tell them...but who they know themselves to be." So, should I be asking a 5-year old what pronoun he/she prefers to use? If not, at what age should I be asking? So many questions. For now, I'll start to listen to my young clients more carefully, and I'll start looking for some training, too.

Laurie J. Young, LCSWC

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How I Began the Trek of Your Life

I really loved Sydney Frymire's article on the Trek of your Life. The trip sounds like such a rewarding and life changing kind of experience. One day I will join her. I just wanted to thank Sydney for sharing it, and for sharing of herself in the whole process. She has done some salutary things with these excursions, and we are lucky to have her in our Society (large and small)!

Nancy A. Harrington LCSW, CGP

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"Free-range" parenting offered much fodder for us to discuss in April. Many opinions were proffered and will continue to be relevant as this issue plays out in our communities. Send your thoughts on this or any issue to newsletter@gwscsw.org. ❖

Remember you can find past issues of *GWSCSW News & Views* at
www.gwscsw.org > *GWSCSW Newsletter* > *Newsletter & Archives*

Changing of the Guard

by Jen Kogan

Jan Sklennik Retires from GWSCSW

Jan Sklennik retired recently after serving as GWSCSW's executive administrator for the past decade. Jan's many skills and eye to the future were enormously helpful as she helped guide us to become a 21st century organization with its own web presence. Jan's intelligence, experience, understanding of our work, professional skills, and her sense of humor will be missed.

At a recent Society appreciation luncheon, Jan was toasted by GWSCSW past president Kate Rossier who relayed that Jan was, "...always thinking about how to do things better, remembering the details as well as the big picture, holding lots of pieces of our history in her head—which is extremely helpful to presidents and executive boards which change every two years."

Jan's skill in graphic design contributed to immensely readable newsletter issues, brochures, and postcards

that we've all seen and enjoyed. Jan has been a tremendous asset and friend to our society. She will be deeply missed. Best of luck, Jan!



Donna Dietz (l) and Jan Sklennik (r) at the Volunteer Appreciation Brunch

Welcome Donna Dietz

Donna joined us this year on March 1. We are so very pleased to have her with us. We are hopeful that this is the beginning of a long and lasting relationship between Donna and our Society. We have already seen exciting signs of her technical abilities with our new Constant Contact email format and the beautiful messages she has sent us all. This is just a taste of what Donna can do, as her talents extend from executive adminis-

tering, marketing and communications, not to mention her warmth and enthusiasm. Donna will be helping the Board and the members to make our work easier, more streamlined, and more fun! Welcome Donna! ❖



Sara Feldman(l) and Amanda Benjamin (r) meet students at the University of Maryland Baltimore School of Social Work.

GWSCSW at the UMD

By Sara Feldman

GWSCSW members Martin Schnuit (University of Maryland School of Social Work graduate), Sara Feldman (University of Maryland School of Social Work graduate), and Amanda Benjamin (current University of Maryland School of Social Work student and the student representative to the board) set up a table at the University of Maryland at Baltimore School of Social Work to introduce current students to the Greater Washington Society for Clinical Social Work.

Several students stopped by the table. This year, many of the students that stopped by had already heard of the Society. Professor Kelley Macmillan also stopped by the table. We would like to give a special thank you to Assistant Dean Dawn Shafer for hosting us at the school. The students seemed especially interested in the free membership for students, the listserve, and the mentoring program/networking opportunities. ❖

LEGISLATION & ADVOCACY

■ FEDERAL

Susanna Ward

Four hundred deans and faculty members from Schools of Social Work gathered in Indianapolis on April 16, 2015, for the Council on Social Work Education (CSWE) Conference on Distance Learning.

The Conference provided the Clinical Social Work Association (CSWA) an extraordinary opportunity to listen and to be heard on this important issue. CSWA's 2013 Position Paper on Distance Learning (see clinicalsocialworkassociation.org) is based on an in-depth review of distance learning social work programs by a distinguished committee of clinicians chaired by Laura Groshong and including Frederic Reamer, the late David Phillips, Joel Kanter, and Jan Freeman. The group found significant pitfalls in MSW programs not grounded in the human connections that are the basis of social work, and urged development of education standards for online programs.

CSWE has not taken an official position on distance learning or established any limits to online MSW coursework or field activities. In contrast, the American Psychological Association Commission on Accreditation has long-established standards for online clinical education.

“Should Clinical Social Work Be Taught and Practiced Online?”

The conference opened with a panel debating the topic “Should Clinical Social Work Be Taught and Practiced Online?” Nancy Smyth, Dean at the University of Buffalo, and Debra McPhee, Dean at Fordham University) defended the affirmative position, while Elizabeth

Alvarado, on campus professor at Hunter University and online professor at Boston University, and our own Laura Groshong, LICSW, CSWA Director for Policy and Practice, opposed clinical education devoid of face-to-face experience.

There was plenty of disagreement in the hour-long discussion that took place. In their opening statement, Drs. Smyth and McPhee critiqued the CSWA Position Paper point by point, providing opportunity for Ms. Alvarado and Laura to explain how the failure to set limits on online MSW education ignores what actually happens in the process of learning and practicing clinical social work. Their focus was the need for 240,000 licensed clinical social workers in the country to have the ability to form human connections that only in-person relationships in practicum and courses teaching clinical techniques can bring.

Whether the debate changed anyone's mind about the issue of whether clinical social work coursework or practicum should be conducted in-person was unclear. One happy result was that the CSWA Position Paper was given a much wider audience than it had previously enjoyed in the academic community. However, the feeling of two worlds colliding was evident: the academic perspective of the “pro” side was very different from the “con” side, where both panelists were clinicians.

Following the panel, Laura and I met with CSWE Executive Director, Darla Coffey, and the CSWE Director of Accreditation, Jo Anne Regan, to discuss a future role for CSWA with CSWE in the development of clinical coursework standards.

Later, in informal networking, many of those present mentioned—in most cases privately—the pressure that they are under from administrations or deans to create online programs to capture the increased enrollment and income that go with them. At one point, we CSWA representatives, by chance, wound up sitting at the same table as University of Southern California (USC) representatives. USC may be the most extreme example of a school that promotes online education, and most assuredly, this made for an interesting table discussion. Clearly, the divide between practice and education is still one that remains to be bridged. ❖

Susanna Ward, PhD, LCSW, is the current CSWA President, and the former Executive Director of the Kentucky Society for Clinical Social Work. She has a private practice in Lexington, KY.

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■ MARYLAND

Judy Gallant

The Maryland Legislative Session came to a close in early April. Initially, there was a cooperative relationship between the legislature (with almost 70 new members) and Governor Larry Hogan, which later became more adversarial, especially around budget issues.

The FY16 Budget and the Public Mental Health System

At first, the Governor's budget proposed cutting mental health provider reimbursement rates back to FY14 levels. The budget that ultimately passed returned \$6.5 million community mental health provider rates to FY15 levels; over \$1 million to restore psychiatrist evaluation and management rate cuts; and \$2 million in new state funding to expand substance use disorder treatment targeted at individuals with heroin addiction. These monies were part of over \$200 million that the legislature fenced off for various priorities. However, Governor Hogan chose not to appropriate the funding for these purposes, and the money is part of the general fund. The legislature made sure the money cannot be spent for other uses; however, if the funding is not used by August 1, it will revert back to the State. The Maryland Behavioral Health Coalition, of which we are a member organization, is making an effort to make sure the funding is restored in the coming months.

Task Force to Study Maternal Mental Health

We were very pleased that SB 74/HB 739, which we strongly supported, passed both houses and is, at this writing, awaiting the Governor's signature. This bill is based on the awareness that perinatal mood and anxiety disorders affect up to 25% of all pregnant women and new mothers and that half of all mothers who experience these disorders are never identified. The bill calls for a 25 member task force to examine issues related to improving the identification and treatment of maternal mental health disorders and to make budgetary and policy recommendations to address the unmet needs in Maryland. The Task Force is to include a licensed clinical social worker experienced in providing perinatal mental health services, appointed by the Governor. If you have this experience and have interest in participating in the Task Force, please contact Judy Gallant at jg708@columbia.edu. It is important to share our expertise in this kind of forum: as we improve the

lives of our clients, we will gain recognition and respect for Clinical Social Workers, will be relied on for ongoing support, and ultimately will be recompensed in a way that appreciates the valuable contributions we make to society.

Treatment of minors over the age of 16 for mental and emotional disorders by independent LCSW-C's to be permitted after July 1, 2015, without parental consent MdCSWC was quite appreciative of Senator Nathan-Pulliam and Delegate Cullison for the introduction of SB 157/ HB 662, which establishes that a minor age 16 or older has the same capacity as an adult to consent to consultation, diagnosis and treatment of a mental or emotional disorder by a specific authorized licensed health care provider. This capacity to consent does not extend to the capacity to refuse consultation, diagnosis, or treatment for which a parent, guardian, or custodian of the minor has given consent.

This will be particularly helpful in divorced family situations where one parent refuses to agree to treatment, but the adolescent wants it. While psychiatrists and psychologists have had this privilege for a number of years, clinical social workers will now be available to work with these vulnerable teens.

Right-to-Die Legislation

The Richard E. Israel and Roger "Pip" Moyer Death with Dignity Act sought to create a legal opportunity for terminally ill patients to request and receive lethal medicine prescriptions, with strict controls and regulations. The legislation failed when lawmakers, debating the bill in committee, decided not to bring it up for a vote this session. Maryland was among more than 15 states weighing right-to-die legislation this year, part of a nationwide movement sparked by the advocacy of 29 year old brain tumor patient Brittany Maynard. To put this in perspective, this legislation is a reversal from 15 years ago, when states across the country banned physician-assisted suicide. Maryland made this practice a felony in 1999.

Organizations that deal directly with the dying every day did not take positions on the bill, nor did we. Hospice organizations' talking points reflect a philosophy that underscored the need to spend more effort on quality of life while people are still alive. Sections of the bill put the physician at risk for providing medications in the course of providing palliative care.

The Maryland Legislative Committee would like to know what you think about this issue! It is sure to come

continued on page 10

up again as a proposed bill in 2016. How do you find this issue impacts your clients who are terminally ill? Do you feel our organization should take a position on this? Please contact Judy Gallant at jg708@columbia.edu to give us your perspective.

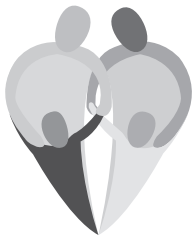
More to Report

Your Maryland Coalition for Clinical Social Work offered testimony on ten pieces of legislation during the 2015 session. Today, I have informed you of legislation that has the most immediate impact that is important for you to know about, and two issues that need a prompt response from you, our membership. In our next newsletter, we will report on additional issues considered, including failure to report child abuse, teletherapy, healthcare disparities, and parity compliance of insurance companies. ❖

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. This report is based, in part, on Alice's multi-page summary of this year's legislative session, as well as the Mental Health Association of Maryland's 2015 Legislative Wrap-Up.

Marie Caterini Choppin, LCSW-C & Associates



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■ DISTRICT OF COLUMBIA

Margot Aronson

Several issues have been in play for the DC legislative committee this spring. Here's the rundown:

Clinical Social Workers and DC Medicaid

In the District, a clinical social worker can be approved for payment for Medicaid psychotherapy services only if affiliated with a CORE Service Agency; psychologists and psychiatrists do not face such a restriction.

In Maryland, an LCSW-C needs to join the Medicaid panel, but once paneled can bill for services as an independent practitioner; that's true in most states. However, there are about a dozen States with regulations similar to those in the District. The good news is that, because the regulations are determined at the State/District level, there is a possibility of making a change.

Susan Lesser and Adele Natter have begun working on this issue, and will need participation from others. The case for making the psychotherapy services of independent practitioners available to Medicaid patients will require a demonstration of need: do Medicaid clients currently have adequate psychotherapy services through the CORE Service Agencies, or are there long waiting lists for psychotherapy, or only brief case management services in lieu of therapy? Obviously, too, the case would have to demonstrate that a significant number of LICSWs would actually sign on to provide psychotherapy services for Medicaid clients in DC, before any DC legislator would consider changing the regulations.

The Behavioral Health Coordination of Care Amendment Act of 2015

In an effort to assure coordination of psychiatric and mental health care with the rest of medicine, Councilmembers Yvette Alexander (Chair of the DC Council Committee on Health and Human Services) and David Grosso have introduced bill B21-0007: the Behavioral Health Coordination of Care Amendment Act of 2015. Several serious concerns were raised at the hearing by mental health provider associations: the bill as introduced provided for blanket consent rather than specific authorizations, extended the sharing of mental health information to an overly wide range of health care workers, and made no provision for encryption or other protection of this sensitive information from breaches.

The following, excerpted from our letter to Councilwoman Alexander, summarizes our concerns:

Psychotherapy requires strict confidentiality for the greatest patient trust and clinical effectiveness. LICSWs are invested in the informed consent, confidentiality, and security of data and information; we believe release of protected information should be limited to specific authorizations, rather than addressed with a blanket approach. Further, it is essential that the sharing of mental health information with other treating professionals or facilities be permitted only on a platform that is protected and/or encoded to prevent access by others.

Danille Drake, who has long been our DC Legislative Committee's liaison to the Privacy Coalition, has been representing us on a coalition of organizations with concerns similar to our own. Council staff has been receptive to coalition recommendations, and we are hopeful that the final wording of the bill will respect the need for confidentiality, privacy, and security.

The LGBTQ Cultural Competency Continuing Education Amendment Act of 2015

Breaking news! Bill B21-0168, The LGBTQ Cultural Competency Continuing Education Amendment Act of 2015, was introduced on April 14th by Councilmembers Alexander and Grosso; all Council members and the Chair signed on as sponsors. This bill would amend the current health care licensing law to require healthcare professionals, including doctors and mental health practitioners, to receive two credits of instruction on LGBT subjects. Instruction would pertain to "cultural competency or specialized clinical training focusing on patients who identify as lesbian, gay, bisexual, transgender, gender non-conforming, queer or questioning their sexual orientation or gender identity and expression (LGBTQ)."

As we go to press, Councilwoman Alexander has promised to schedule a public hearing as soon as possible. For more information, see the GWSCSW listserve and website, and the website of the Council of the District of Columbia. ❖

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

It has been brought to our attention that some members of the Society would like to learn more about the process of legislation and legislative advocacy in their areas. In response, the VA advocacy committee has volunteered to put on a panel presentation and workshop. We would be delighted to have volunteers help us with this. Please contact me directly at jratliff.lcsw@gmail.com.

HB2368, a bill "to direct the Commissioner of Behavioral Health and Developmental Services to develop a comprehensive plan to authorize psychiatrists and emergency physicians to evaluate individuals for involuntary civil admission" was passed and resolved with the Senate Bill and Governor McAuliffe's input. It states that the review, "...will identify community services boards and catchment areas where significant delays in responding to emergency evaluations are occurring or have occurred in recent years." Psychiatrists and emergency room physicians will be authorized "to evaluate individuals for involuntary civil admission where appropriate to expedite emergency evaluations." The review and comprehensive plan are to be submitted to the Governor and the appropriate legislative committees by November 15, 2015. Please go to virginiageneralassembly.gov to learn more about other bills in which you have an interest.

A step has been taken to enable law enforcement and mental health workers to work and communicate more effectively together through the establishment of The Center for Behavioral Health and Justice that would "ensure that Virginians with behavioral health needs in our justice system are treated with dignity and receive the health care services they so desperately need...The mission is to achieve greater behavioral health and justice coordination across public and private sectors through a collaborative multi system approach to data collection and analysis; evidence based programs and practices; education; outreach and training; and technical assistance and resource development." ❖

Sheri Mitschelen, LCSW, RPT/S is owner, director of Crossroads Family Counseling Center, and co-owner and executive director of Family and Play Institute of VA, LLC. She is also an adjunct professor at Catholic University of America and George Mason University and provides supervision towards licensure and the Registered Play Therapy credential.

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.

Enough Already, Or Why I Stopped Taking Insurance

By Gil Bliss



When I moved into my full time work as a psychotherapist, one of my main initial efforts was to be qualified for insurance panels. After applying to be a Medicare provider, all other applications paled with regard to their complexity. Having

a National Provider Identification (NPI) number and a Tax Identification Number (TIN or EIN) was basic information, necessary to be able to be reimbursed by insurance companies.

Approval for such panels depends on certain factors, but the main one was whether I was willing to accept the insurance company's payment, after copay, for my clients. Another was the population of therapists in my geographic area. If I represented one too many I was not accepted, and there are many psychotherapists in the section of Baltimore County where I practice.

Taking insurance appears to be the simplest way to establish a private practice. In the past, therapists could cut their teeth working for agencies to get the experience they need and then hang out a shingle, often taking part of their agency caseload with them. Those opportunities are much less available now, so getting referrals from insurance companies has become a significant method for getting started and contributes to the establishment and survival of a practice.

Over time, the landscape for therapists has changed. Insurance companies have adopted an attitude of behavioral health as opposed to mental health. The orientation focuses on the individual and, perhaps, families, but work with couples was all but outlawed by not providing a Current Procedural Terminology (CPT) code for such a need, the absence of which can put those therapists who accept insurance for couples work on a difficult ethical footing. The orientation to behavioral health means that a client is being measured for whether her behavior represents "success," in supposedly measurable terms, as opposed to whether she is thriving, in the best sense of the word.

Insurance companies want an end to the time spent in psychotherapy, which is short-sighted on so many levels. One MRI can pay for a couple of years of psychotherapy. People who benefit from

psychotherapy feel better and learn to take better care of themselves, most likely limiting the eventual need for expensive medical tests. Work such as mine nags the system, which can bite back with the call from the company to ask me to justify the time that I am taking with a client. Some insurance companies are kinder about this than others, but the ones who are not create a lot of work for which therapists are not compensated. Some companies simply do not pay and do not explain why.

Insurance companies used to be more ready to offer benefits for therapists who are what is called Out of Network (OON) providers, where the client pays the therapist and then uses the therapist's invoice to be compensated for the sessions. This is being effectively eliminated by insurance companies, which are less and less willing to honor such benefits. Also, many companies are establishing high deductibles, which means that clients pay full fee until the deductible is met. I have lost several clients due to this financial clause. Other companies, notably Kaiser Permanente, limit clients to in-house therapists, who are sometimes held to certain theories of practice, meant to limit the number of sessions available to the client and to cleave to the notion of "evidence-based practice," a term that is still under review and not highly regarded by many in our profession.

My decision to stop taking insurance was based on two main factors. One was that taking insurance limits my income. I had to take on 30-33 clients a week in order to make a reasonable living, which, taking into account the time to bill insurance, then the client, then argue about why I was not compensated for a certain day's work, and then resubmit in order to be paid, makes for a very long week. My expenses include rent, licensing fees, continuing education classes to be taken to maintain my license, office insurance, malpractice insurance and, yes, my own therapy, which no therapist should go without, so my time has to be used to best effect, and that has to include a certain level of compensation.

There is another aspect of providing services under a fee for service basis that is more subtle, but quite powerful, in terms of the work that I perform.

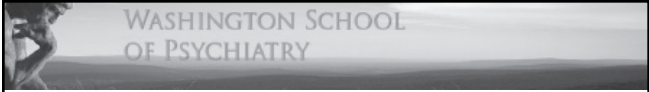
Mainly it is the perception of value. When a client comes in with a chaperone (their insurance benefit), as a colleague likes to put it, the motivation to engage in therapy can be limited. A client can have a conception of the session having a cost of \$5 to \$40, when the eventual fee, after reimbursement, is anywhere from \$60-\$65 per session. The latter cost is not in the mind of the client, however. While the benefit of insurance can be the limitation of cost to the client, which is its intended purpose, the idea of value can be lost. Considering the way that medical costs are calculated, it can be almost impossible to know what the real price of treatment is. The illusion is that therapy is being compensated in 1975 dollars (the copay), when the real cost is higher, although even 2015 dollars are really not high enough.

This goes to the essence of the psychotherapeutic experience. When patients pay my full fee, their investment is clear and the motivation to do the work increases geometrically. The patient commits to the process, and I am motivated to provide my best work. I am also that much more committed to taking better care of myself, as demonstrated in the value that I believe that I offer to my clients, as well as the policies that I have in place that create the framework for the kind of therapy that I do.

There is a need for health insurance. However, there are times when the real price of medical procedures is important to know. If more people paid anything remotely close to the asking price of most health care practitioners, the hue and cry would be heard across the country and real reform might be possible. There are times to cut through the smoke and mirrors. There is no better time than when someone is in emotional pain. This could be perceived as cynical or mercenary, but it is not. It is real and it is important, which is exactly how I want my clients to feel. ❖

Gil Bliss is a psychotherapist in Towson, Maryland. He works with adults, couples, families and has a limited practice with children. His website can be found at www.gblisscounselor.com. Gil has been involved with GWSCSW for several years and is retiring from our organization's board as a director at large.

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Contact me for more details about this multi-disciplinary group.

A Systems Approach to Collaborative Healing & Wellness

By Julie Lopez



I have always been interested in the many systems that make up the body, as well as how they interact to influence our wellness, happiness and life overall. This fascination has shaped my life and my career. Especially in the last few years, I have continued to be amazed with the complexity of our human system. I have seen and experienced the potential for real healing breakthroughs by addressing conditions on a 'network' level more than simply a sole-system approach.

I have always viewed 'the human condition' systemically—certainly due to my background in systems engineering. My understanding grew through classes, post graduate trainings, supervisors, colleagues, readings and workshops/seminars where I learned a lot more about the human network. I learned not just information about our psychological and emotional body, but also how the brain works and how all of this relates to the rest of our body. I came to see our brain as an orchestral conductor of sorts, directing our hormones, our joints, our respiratory system, our hearts, our spine, etc. Just as our physical body impacts our mood, so too our spiritual body impacts our emotional well-being, and so on. I gained greater conviction in the belief that everything in us is connected—sometimes subtly and nuanced, other times assertively and directly.

For example, when we are afraid, our hearts beat faster, our throat tightens up, and we begin to sweat. The physical manifestations of an emotional state are very easily observed. Our emotional system triggers a response in our respiratory system, in our cardiac system, and so on. The complex intertwining that makes us so uniquely us is a fascinating network of connections that 'communicate' with each other.

Unfortunately, a lot of the education that healing professionals receive (and I mean all classes of licensed healing professionals—physical therapy, massage therapy, occupational therapy, acupuncture, naturopathic medicine, psychiatry, etc.) is very focused on only a portion of the human network of systems. Some disciplines do a better job of bridging many systems but often with certain areas that are underdeveloped

and even placed off limits. I know for myself as a social worker I was explicitly told in school that it is not "in my wheelhouse" to offer any type of information about the physical body. More importantly, I was not to touch any clients out of caution for boundaries. Although I have learned a lot about anatomy and physiology in my two decades of clinical social work, I definitely am not a trained physical therapist! Nor am I licensed as one. Yet my belief that a client's emotional well-being is impacted by the other systems that make a person is SO firm that I wanted to facilitate bridging that gap. I wanted to create this for my clients and myself.

Over these years I have begun to see patterns of how clients present with chronic conditions—pain, GI issues, struggles with food, nutrition, addiction, and hormone regulation. I have seen remarkable physical recovery when addressing emotional issues for deep trauma resolution. I have also seen how working with complementary healing practices was so beneficial for my clients. The collaborative work was rich, and clients flourished with collaborative care. Their one, unique complex human system would thrive on all levels as it was being supported and healed in a more integrative manner. More importantly, each one of us human beings is unique. What might be appealing as a point of entry to heal for one (say career counseling for example) might not appeal to another (where they might be more comfortable with body work like massage or physical therapy). The important thing was that they were looking to heal and to make a change in their life. No matter the path they choose as their point of entry, if the practitioner is open to and acutely aware of how their client's presentation maps to their overall system, that client has a greater chance of a successful outcome. Treatment can be more accurately custom tailored to the client through referrals for adjunctive work.

The model of practicing collaboratively and with an emphasis on advanced trainings that incorporate the brain, neuropsychology, neurophysiology and how the brain influences the rest of our body has been a game changer. Building The Viva Center in Dupont Circle was built around this interest in true collaborative care in the most convenient setting—where all of the practitioners are under one roof.

A number of compelling and exciting offshoots have come off of this collaborative research:

- A single study multi-year experiment (with physical therapy and social work board approval) to provide conjoint treatment (treatment of one client at the same time by 2 different practitioners). The results were quite positive and the boards asked that a report to be written for their newsletter.
- Hope for successful treatment of “hidden” traumas. Pre-verbal or pre-conscious trauma—those experienced in early childhood as well as “invisible traumas” like neglect. Things like cellular memory can be accessed through a myriad of advanced therapies.
- A growing interest in networking and learning across disciplines to provide a better, more effective treatment approach integrating a systems understanding of the human condition.

It is exciting to see how many patterns of healing exist across paradigms, and I am looking forward to continuing to promote networking and learning across disciplines. ❖

Julie Lopez, PhD, LICSW is the founder of The Viva Center in Northwest DC, a 25 person integrative trauma-informed center. Viva is also the home of the Holistic Professionals Group: a networking group open to all healing professionals interested in growing the conversation about the complex human system and referring across disciplines. More can be found at www.vivapartnership.com/hpg.

New GWSCSW Senior Seminar Set to Start in September

By Grace Lebow



There are openings for GWSCSW members in a newly-forming Clinical Society Senior Seminar (CSSS) that will begin in September. I am delighted to announce that Susan Miller and Karen Brandt, long-time GWSCSW members have agreed to coordinate the new seminar with my start-up assistance. Susan is in process of retirement and Karen will take her time to contemplate retirement. If you are retired or thinking of retirement you should consider joining.

This new group is in addition to the first CSSS group that I began in 2006 and was previously named “The Grownups.” We have been meeting monthly in the home of Estelle Berley, the current seminar coordinator/leader. The seminar, with ten participants, offers continuing education, an outlet for clinical interests and experience, a place to share and keep updated about social work issues, peer support and guidance for those in the process of retiring and for those developing new directions. An additional benefit is that CEU credits are awarded.

Subject matter often focuses on readings about retirement and aging, but can vary according to the interests and concerns of each member. An example of one of my favorite discussions was based on the book, *The Eye of My Heart* by Barbara Graham wherein 27 writers tell their truths about grandmotherhood in today’s world. In another book, *The Measure of My Days* by Florida Scott Maxwell, one member shared her thoughts that the book was not just about old age but rather a reflection on the major issues we all face in all stages of life and of being human.

It took me at least five years to begin planning for retirement. I lowered my caseload, shortened my workweek, and began taking drawing and painting classes. It is 13 years later and I am now a professional artist. I thought that I was retiring; instead I retired to a whole new career in later life.

But along with my art, it has been very satisfying to maintain involvement as a social worker and to keep up with my clinical interests. The seminar is the ideal vehicle for this. I am confident that Susan and Karen and their new seminar members will have similarly satisfying retirement experiences.

Please RSVP with your interest to Susan Miller, simmsw@aol.com or Karen Brandt, karenbrandt@verizon.net. ❖

Grace Lebow, MSW | Retiree Co-Representative | 301 652 4026

If you have any problem logging on to the website or if you have any questions about your membership—or anything else!—please contact Donna at the office at admin@gwscsw.org or (202) 770-5693.

GWSCSW CONTINUING EDUCATION COURSES 2015–2016

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.

■ A Kaleidoscope of Play Therapy Techniques for Treatment of Anxiety, Anger and Attachment Issues

This training will explore how children communicate their anxiety, anger and attachment issues through play. A kaleidoscope of play therapy activities will be introduced to assist with interventions in working with children and families struggling with these issues. This is an interactive workshop where participants should come prepared to role play and engage in art activities to assist in learning about the different interventions.

Date: Friday, September 11, 2015

Time: 9:00 AM – 12:15 PM

Location: Grand Oaks Assisted Living Facility
5901 MacArthur Blvd. NW, Washington DC
20016

Instructor: Sheri Mitschelen, LCSW, RPT-S

Info: shmitsch@verizon.net, 703-380-9045

Cost: Members \$60 | Grads \$30 | Non-Members \$90

CEUs: 3 hours

■ A Snapshot of HIV/AIDS in DC

This workshop is an interactive presentation which will provide participants basic knowledge about HIV/AIDS, including current treatment options and barriers to adherence. Participants will engage in discussions regarding ethics surrounding HIPAA and disclosure issues as well as states' laws surrounding HIV and sexual activity. Case studies presented are focused on a local DC Child and Adolescent Clinic.

Date: Friday, September 18, 2015

Time: 9:00 AM – 12:15 PM

Location: Forest Hills of DC Inclusive Senior Living
4901 Connecticut Ave. NW, Washington, DC
20008

Instructor: Janet Osherow, LICSW

Info: janet.c.osherow@gmail.com, 301-996-5780

Cost: Members \$60 | Grads \$30 | Non-Members \$90

CEUs: 3 hours (DC HIV)

■ Relational Ethics and Social Work Practice

This course will review the NASW code of ethics, standards of practice and apply those ethics to real life everyday practice. Participants will have an opportunity to review their own belief systems in terms of social work values and ethical standards. In addition, participants will have an opportunity to use a protocol to practice dealing with ethical dilemmas for issues that come up in workplace situations.

Date: Friday, October 9, 2015

Time: 10:30 AM – 1:45 PM

Location: Loudoun Family & Relationship Counseling
215 Loudoun St., SE, Leesburg, VA 20175

Instructor: Theresa A. Beeton, Ph.D., LCSW

Info: theresabeeton@gmail.com, 703-771-7555

Cost: Members \$60 | Grads \$30 | Non-Members \$90

CEUs: 3 hours (Ethics)

PRE-REGISTRATION REQUIRED – Register online at www.gwscsw.org

SUPERVISION CERTIFICATION (MARYLAND & VIRGINIA)

The two courses on this page may be taken separately or together. Completion of the two 6-hour courses will give the registrant the 12 hours of supervision study required by Maryland to supervise those pursuing clinical license. Virginia requires 14 hours of study and the additional 2 hours is available to those who wish certification in Virginia.

■ **The Ethics of the Supervisory Relationship: Power, Trust, and Shared Meaning** —

Supervision is the primary vehicle through which one learns clinical practice. Due to the phenomenon of parallel process (when workers take on a role with their supervisors that recreate their struggles with clients), a good relationship between supervisor and supervisee is essential. This six-hour workshop introduces participants to a conceptual model that explains the fundamentals of the supervisory relationship and identifies inherent ethical considerations. Participants will have an opportunity to work with self-reflection questions about the basic elements of the relationship: power, trust, and shared meaning. This workshop is the first of two that can be taken to fulfill a 12-hour certification in supervision. It also meets criteria as an ethics workshop.

Date: Friday, October 23, 2015

Time: 9:00 AM – 4:00 PM

Location: 5 Star Premier Residences of Chevy Chase
8100 Connecticut Ave., Chevy Chase, MD 20815

Instructor: Tamara L. Kaiser

Info: tlkaiser@tamarakaiser.com, 612-825-8053

Cost: Members \$120 | Grads \$60 | Non-Members \$180

CEUs: 6 hours (Supervision, Ethics)

■ **Impacts on the Supervisory Relationship: Developmental Stages of Supervisor and Supervisee and Cross Cultural Issues in Supervision** —

This six-hour workshop will address issues related to developmental stages of the relationship between supervisor and supervisee. Cross-cultural supervision will also be addressed. Within the context of the supervisory relationship, developmental models can offer new insights into the dynamics of supervision. The first half of this workshop will offer information on several developmental models of supervision. Participants will have the opportunity to identify their developmental stage as supervisors and the impact of this stage on how they approach their supervisory responsibilities. The second half of the workshop will include an application of the concepts of dynamic power, trust and shared meaning (presented in the first workshop) to a cross-cultural supervisory relationship. The presenter will also introduce a model based on the notion of dialectic thinking. Finally, participants will have the opportunity to review a self-assessment tool to use with their supervisees. This workshop can be taken as part of a two session series to fulfill a 12-hour certification in supervision. It also meets criteria as training in diversity.

Date: Friday, December 11, 2015

Time: 9:00 AM – 4:00 PM

Location: 5 Star Premier Residences of Chevy Chase
8100 Connecticut Ave., Chevy Chase, MD 20815

Instructor: Tamara L. Kaiser

Info: tlkaiser@tamarakaiser.com, 612-825-8053

Cost: Members \$120 | Grads \$60 | Non-Members \$180

CEUs: 6 hours (Supervision, Diversity)

Virginia (14 hr) Certification: Arrangements will be made for those who need an additional two hours for the Virginia certification. The additional two hours will be available only to those who have registered for both Supervision workshops (October 4 and December 11). Email the office (admin@gwscsw.org) to register for the additional two hours. Cost will be \$40 for members and \$60 for non-members. Dates and times to be arranged with the instructor at the first workshop.

PRE-REGISTRATION REQUIRED – Register online at www.gwscsw.org

GWSCSW CONTINUING EDUCATION COURSES 2015–2016

■ **Somatic Psychotherapy: Managing Depression, Anxiety, and Trauma Through the Body**

Depression, anxiety, and trauma are stored in the body and muscle memory which may create burdens and impact daily functioning. Often this cannot be overcome with just traditional psychotherapy. The body tells a story, and when we help clients pay attention to that story it frees them to make different choices and resolve trauma.

Participants will engage in discussions and experiential activities that will improve their understanding of body responses, perception and interventions. Participants will also learn about the neurophysiology and psychology of body memory and processing. All are invited, especially clinicians interested in mindfulness and somatic responses to stress, anxiety, depression, and trauma.

Date: Friday, November 6, 2015

Time: 9:00 AM – 4:00 PM

Location: Kensington Park Senior Living
3620 Littledale Rd, Kensington, MD 20895

Instructor: Sara Mindel, LICSW

Info: sara.mindel@gmail.com, 202-321-3077

Cost: Members \$120 | Grads \$60 | Non-Members \$180

CEUs: 6 hours

■ **“Is This Safe?” Kink-Competent Psychotherapy**

Kinky sex and BDSM (bondage, domination, sadism, masochism) have long been misunderstood, and even pathologized, by society and clinicians. However, large numbers of people have kinky sex and are often uncomfortable talking to their therapist about it. This workshop will help therapists understand the definition of kinky sex, including BDSM, as well as their personal relationship and reaction to these misunderstood sexual practices. Additionally, participants will learn six elements of healthy sexuality, and how to assess what sexual activities are right for the client. This session is most relevant to intermediate-level clinicians, though all should be able to benefit.

Date: Friday, January 8, 2016

Time: 9:00 AM – 12:15 PM

Location: Grand Oaks Assisted Living Facility
5901 MacArthur Blvd., NW, Washington, DC 20016

Instructor: Tamara Pincus, LICSW and
Michael Giordano, LICSW

Info: tpincus76@gmail.com, 240-305-8315

mike.giordano.msw@gmail.com, 202-460-6384

Cost: Members \$60 | Grads \$30 | Non-Members \$90

CEUs: 3 hours

■ **Emergency Instructions for Covering Your Practice**

If you suddenly were to become incapacitated, due to injury, illness or death, who would contact your clients? Which details of your condition would you want your clients to know and who should tell them? What arrangements would need to be made for your clients and your place of work? Just as it is important for an individual to write a will to protect personal assets and provide for his or her dependents, it is also prudent for a clinician to prepare for an untimely or unanticipated inability to carry out their functions at work. The purpose of this course is to help clinicians anticipate the needs of their clients and their business. The first goal of the course is to enable participants to identify individuals who could serve as backup and step in if needed, write instructions for their “backup personnel,” and distribute these instructions. The second goal is to consider topics clinicians or their “backup personnel” might need to discuss with their clients.

Teaching modalities will include discussion and writing assignments. Drafting this document involves addressing a wide variety of concerns. The class will meet for two sessions to provide the structure and support most people require in order to complete the process. Some very short articles will be provided. The class will meet for two three-hour sessions.

Date: Friday, March 18 AND Friday, April 8, 2016

Time: 9:15 AM – 12:30 PM

Location: Kensington Park Senior Living
3620 Littledale Rd, Kensington, MD 20895

Instructor: Melinda Salzman, LCSW-C

Info: melinda@salzmanmsw.com, 301-588-3225

Cost: Members \$120 | Grads \$60 | Non-Members \$180

CEUs: 6 hours (must attend both days)

GWSCSW CONTINUING EDUCATION COURSES 2015–2016

■ Working with Transgender Clients

In this workshop, we will discuss the phenomenon of transgenderism. I will relate the history of cross-dressing, disorder of sex development (Intersex), and gender dysphoria. I will then describe treatment options for individuals with gender dysphoria, and provide specifics about working with transgender individuals. My power point presentation will include some explicit and graphic pictures. Participants will be encouraged to ask questions and make comments throughout the workshop. This workshop will be appropriate for all levels.

Date: Friday, April 15, 2016

Time: 12:00 AM – 4:15 PM

Location: Sunrise at Foxhill
8300 Burdette Road, Bethesda, MD 20817

Instructor: Hani Miletski, Ph.D., MSW, LLC

Info: hani@drmiletski.com, 301-951-6592

Cost: Members \$75 | Grads \$40 | Non-Members \$120

CEUs: 4 hours

■ Development of Clinical Intuition

This course reflects 25 years of research on the integration of intuition in clinical practice. As a valid way of knowing, it is an aspect of practice that is rarely discussed in training programs or clinical settings. Hanna Segal observed, “Psychoanalytic intuition is one of the most important qualities in an analyst. It can be trained because it is based on experience, but also there is some intuition whether due to early experiences or other things...You can have more or less.” Drawing on research across disciplines, this course reviews what it is, how it works, the continuum of capacity, and how it contributes to overall therapeutic action. Underlying principles and processes will be demonstrated with the goal of helping participants identify their own intuitive processes and integrate them into their preferred theoretical framework.

Clinicians with all levels of experience will benefit from this workshop. Experience with meditation, interest in energy psychology and/or a biopsychosocial-spiritual perspective is a plus.

Date: Friday, April 22, 2016

Time: 9:00 AM – 12:15 PM

Location: 5319 Lee Highway, Arlington, VA 22207

Instructor: Marilyn Stickle, LCSW, BCD

Info: ms@marilynstickle.com, 703-790-0232

Cost: Members \$60 | Grads \$30 | Non-Members \$90

CEUs: 3 hours

■ Relationship Enhancement - Therapy with Couples and Families

Relationship Enhancement Therapy (RE) combines a psychoeducational skills-training approach with deep emotional processing. It is designed to transform couples and families' negative patterns of interaction into positive, nurturing ones. The core RE skills focus on how to manage conflict effectively and how to dialogue in order to uncover clients' most vital feelings, concerns and desires. This in turn empowers even the most distressed couples/families to resolve current and future problems on their own. An additional strength of RE Therapy is that it equalizes power within relationships, both between genders and across generations. RE Therapy is supported by 40 years of research that validates its clinical effectiveness. This workshop will introduce the theory and practice of RE therapy and demonstrate how the RE therapy process is used in clinical practice via videotaped therapy sessions, live demonstration and experiential practice.

Date: May 20, 2016

Time: 9:00 AM – 4:00 PM

Location: Sunrise at Foxhill
8300 Burdette Road, Bethesda, MD 20817

Instructor: Robert Scuka, Ph.D., MSW., LCSW-C

Info: robscuka@earthlink.net, 301-530-5271

Cost: Members \$120 | Grads \$60 | Non-Members \$180

CEUs: 6 hours

GWSCSW BOOK CORNER

Caddy's Adventures

Marilyn Ansevin Austin, PhD

Reviewed by: Emily Hershenson

GWSCSW member Marilyn Ansevin Austin, PhD, has written a children's book entitled *Caddy's Adventures*, published by Strategic Book Publishing and Rights Co. Caddy, who was in part inspired by the author's own cat with a similar name, is a "very fine kitty" who through a series of escapades learns that she is all right just as she is. Whether Caddy has decided to foray into inclement weather on her own, or let curiosity get the best of her without thinking about consequences, Caddy learns a lesson that is ultimately affirming despite her predicament.

When interviewed for Book Corner, Dr. Ansevin Austin emphasized that she hopes that children will be able to relate to Caddy and understand that they do not need to be perfect; rather the goal is to understand that being "good enough" is just fine. This idea of inherently being "good enough," a concept familiar to many clinical social workers from the work of D.W. Winnicott, is highlighted throughout the book's vignettes. The author says, "This venue might be useful to teach some life lessons to children and to emphasize the importance of love and acceptance of the young developing child."

The book is aimed at readers ages four through eight and is colorfully illustrated by the author's own granddaughter, Kendra Josie Kirkpatrick. It is available for purchase on Amazon.com; this is Dr. Ansevin Austin's first children's book. 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.

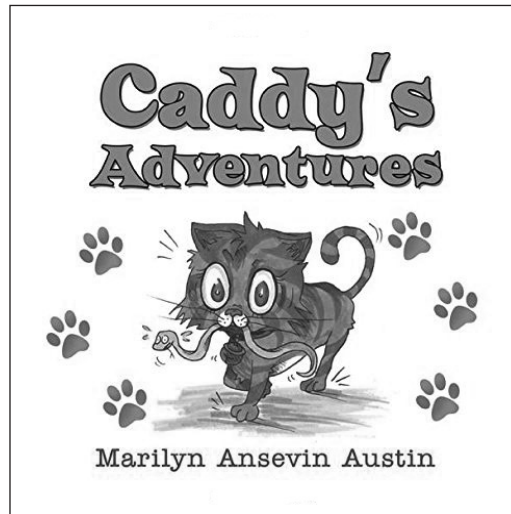
*It articulates itself
in sunlight, leaves and shadows.*

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. ❖*

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



Poetry Musings

Wendi Kaplan's column, Poetry Musings will be back in time for the September issue.

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.

Mike Giordano spoke with Dr. Sue Milstein's Sexuality & Technology class at George Washington University's Milken School of Public Health in March. The topic was how technology benefits individuals and couples with regards to their sexual expression and self-knowledge as sexual beings.

Tamara Pincus and **Mike Giordano** facilitated a roundtable discussion, "Why Can't I Go to a Sex Party" for clinicians at the CatalystCon East in Crystal City, VA on March 28. The topic was how clinicians navigate professional boundaries and ethics while exploring and expressing their sexual selves in their personal lives. They also co-presented at the Woodhull Sexual Freedom Summit where they discussed compulsory monogamy.

Jonathan Lebolt started a new practice in Silver Spring, after relocating from Richmond. His website is www.doctor-jon.com. Welcome!

Fran Lewandoski and **Mick Neustadt** co-presented at the 2nd annual Fairfax County Public Schools Community Conversation on Teen Stress on May 9, 2015, titled "It's not easy being a teen: navigating the waters of adolescence with mindfulness and compassion."

Adele Natter presented a talk to professionals and parents on "Using DBT Skills to Help Disruptive Students." The session took place at Howard Community College's Thirteenth Annual Conference for Transitioning Students on April 17, 2015. In March, Adele presented an interactive and experiential session on "Self-Help for the Stressed-Out" at Tifereth Israel Congregation in DC.

Tamara Pincus ran a workshop called "Ask the Sex Therapist" at the University of Maryland on April 9. Students were able to ask any sex questions anonymously. She is working with Rebecca Hiles on a book about coming out as poly (www.comingoutpoly.com). She wrote a pamphlet, "What Professionals Need to Know about BDSM," available at NCSFreedom.org.

Britt Rathbone has published his second book, *What Works With Teens*, coauthored with Julie Baron, LCSW-C, and published by New Harbinger in April. The book is the first professional book to teach therapists, teachers, coaches, medical professionals, and all youth

workers how to build a solid working relationship with notoriously tough to engage adolescents. It provides readers with a research-based, step-by-step guide for creating a working relationship upon which interventions can be placed.

Marilyn Stickle presented a paper at the annual meeting of the American Association for Psychoanalysis in Clinical Social Work entitled "Listening as Art: Intuition as Process." Since little research has been done on intuition in clinical practice, her paper incorporated the body of knowledge and research on intuition coming from outside our field, creatively applying it to psychotherapy practice. She also co-presented a paper at the 17th Annual International Energy Psychology Conference in Reston, Va. on May 29, entitled "Collaboration: The Role of Awakened Consciousness in Psychotherapy Practice." She discussed collaboration with her colleague, a gifted intuitive, with whom she has consulted for over 10 years. ❖

Consultation Group for Group Co-Therapy Pairs

We are forming a consultation group where co-therapy relationships can develop and where both therapists can explore the complexities and satisfactions of running groups together. Our perspective is psychodynamic/relational; our focus will be on the unconscious and interpersonal elements in the group and in the co-therapy relationship.

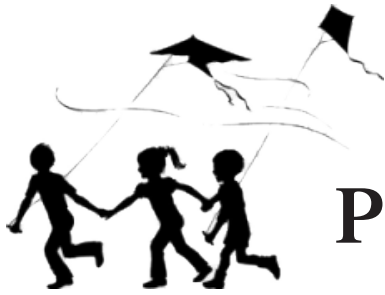
We have worked with each other as group co-therapists for over twenty-five years during which we have co-led time-limited groups, open-ended groups and couples groups. We are both on the faculty of the Washington School of Psychiatry's (WSP) National Group Psychotherapy Institute, which Molly chairs. Barry serves as chair of the WSP Supervision Training Program.

Time: Mondays from 3:15 – 4:30 pm | Location: Dupont Circle

For further information, contact either of us.

Molly W. Donovan, Ph.D., CGP
Drmollyd@aol.com
(202) 822-8070

Barry J. Wepman, Ph.D., CGP
Bjwep@aol.com
(202) 337-0705



Chesapeake Beach Professional Seminars

UPCOMING TRAINING FOR MENTAL HEALTH PROFESSIONALS

Play Therapy with Foster Care Children

June 13, 2015

Baltimore Child Abuse Center in Baltimore, MD

6 CE | \$110 fee

Child-Centered Play Therapy

July 11 & 12, 2015

Barstow Acres Children's Center in Prince Frederick, MD

12 CE | \$250 fee

BOOT CAMPS: INTENSE TRAINING TO GET YOUR BOOTS ON THE GROUND!

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Baltimore Child Abuse Center in Baltimore, MD

30 CE | \$500 fee

Play Therapy Summer Boot Camp

July 21–25, 2015

Barstow Acres Children's Center in Prince Frederick, MD

31–44 CE | fees and training topics vary

SEMINARS WITH INTERNATIONAL TRAINER GARRY L. LANDRETH, ED.D., LPC, RPT-S

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Norfolk, VA

12 CE | \$295 fee

ADVANCED Training: “The Art of the Relationship in Play Therapy: Deeper Issues”

October 23 & 24, 2015

The Chicago School of Professional Psychology in Washington, DC

12 CE | \$298 fee for non-affiliated professionals

Register online or contact us for more information

Chesapeake Beach Professional Seminars

(410) 535-4942 | www.cbpsseminars.org | cbps2006@yahoo.com

TECH TIPS

Social Media

By Sara Feldman

Social Media is everywhere these days. Whether it's promoting your own practice or trying to understand what your teenage clients might be talking about, it's important to be knowledgeable about the different social media platforms. So...what is the difference between all of these different social media sites?

Facebook: You can create a user profile, add other users as "friends," exchange messages, post status updates, articles, and photos, share videos and receive notifications when others update their profiles. You can also promote your private practice (for free!) through a Facebook business page. You can create Facebook events to promote/invite your friends/colleagues to events you are hosting. You can follow updates about businesses, news, celebrities, and people you know.

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

LinkedIn: LinkedIn is a social networking site mainly used for professional networking. You can search for jobs, post your resume, join professional groups, and connect to other professionals. If you are an employer, you can also post job openings and search for potential job candidates.

Instagram: Instagram is an online mobile photo-sharing, video-sharing and social networking service that enables its users to take pictures and videos, and share them on a variety of social networking platforms, such as Facebook, Twitter, etc. A distinctive feature is that it confines photos to a square shape, similar to Kodak Instamatic and Polaroid images. Users can also apply digital filters to their images.

Pinterest: Think of Pinterest as a virtual bulletin board. Users can upload, save, sort, and manage images—known as pins—and other media content (e.g., videos and images) through collections known as pinboards. Users can browse the content of others on the main

page. Users can then save individual pins to one of their own boards using the "Pin It" button, with Pinboards typically organized by a central topic or theme. Users can personalize their experience with Pinterest by pinning items, creating boards, and interacting with other members.

Snapchat: Users can take photos, record videos, add text and drawings, and send them to a controlled list of recipients. These sent photographs and videos are known as "Snaps." Users set a time limit for how long recipients can view their Snaps, after which they will disappear from the recipient's device and be deleted from Snapchat's servers.

Tumblr: Users can post multimedia and other content to a short-form blog. Users can follow other users' blogs, as well as make their blogs private. Much of the website's features are accessed from the "dashboard" interface, where the option to post content and posts of followed blogs appear.

Kik: Kik Messenger is an instant messaging application for mobile devices. Kik uses a smartphone's data plan or Wi-Fi to transmit and receive messages. Kik also allows users to share photos, sketches, mobile webpages, and other content. Kik Messenger requires users to register a username. So, if you hear any of your teenage clients saying that someone "kicked" them, it does not necessarily mean something physical!

Feel free to email us at socialmedia@gwscsw.org if you have specific questions about Facebook or want to participate as a Featured Member on our FB page. ❖

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This 120 sq.ft. interior office (no window), is professionally decorated to maximize space and feel comfortable. It's fully furnished including artwork.

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Please contact Loretta Fredericks
703 509-1593 | lorettafredericks@gmail.com

FEARLESS FINANCE: TIPS FOR THERAPISTS

Should I Be a Sole Proprietor or an LLC?

By Lori Atwood



I hear this question a lot and the answer will not surprise you: it depends. If we assume you work alone, (e.g. no partners, investors, nor co-owners), your choices are Sole Proprietor or LLC. For this article, an LLC is considered a one member LLC where there is only one owner. Although there are tax implications for each, taxes are not the only consideration when deciding which entity is right for you.

You will definitely need input from your accountant on which business entity you should choose, but here are some things to think about:

Liability – personal liability of the owner for all debts and torts against the business

Tax treatment – whether your income and expenses “pass through” to your personal tax return

Ease of operation – With whom do you have to register and how much does it cost? What are the reporting requirements and certifications you must keep up?

Sole Proprietor

Sole Proprietor is the designation you get if you just report your business income and expenses on your personal tax return on schedule C. The benefit is definitely in Ease of Operation and if you do not want partners, do not need investors, and carry adequate insurance, you may not need anything else.

Liability – you are FULLY liable for all debts and torts against the business

Tax Treatment – income and expenses flow through to your personal income tax return via a schedule C

Ease of Operation – A sole proprietor does not need any federal registrations, BUT you may need local or state registrations. You can dissolve your business whenever you want.

Limited Liability Company (LLC)

An LLC (limited liability company) is appropriate for many solo practices and small businesses. The key to an LLC is that it allows you some flexibility if you think you may at some point bring on a partner or require financing. It also provides protection from liability.

Liability – full protection from debt and torts against the business in that the lender or plaintiff cannot come after you or your assets (your home, etc.) if you are sued.

Tax Treatment – if you are a one member LLC your taxes are similar to sole proprietor in that your income and expenses flow through to your personal return.

Ease of Operation – You do not need a federal tax ID number if you are a one member LLC, but will need one if you hire employees. You will need to check local laws regarding registration.

If you are a one-member LLC (even if you have employees or hire contractors) your tax treatment is virtually the same. Be aware, if you do not have separate books, records and accounts for your LLC, and you co-mingle your household expenses and income, you could be seen as “piercing the veil” on your liability, which means you can be held liable in court because you did not adequately separate yourself from your business. All that liability protection could go away. Yet another reason to have separate accounts and books!

The items to think about are the following:

- Do I need additional protection (in addition to your insurance) against tort lawsuits (wrongful acts)?
- Do I think I will ever need other investors or seek financing other than debt financing that would be backed by my own funds?
- Do I want to have partners who can help me run the business and grow it?

If you answered ‘NO’ to ALL of the questions above, you are probably fine as a sole proprietor. If you think you will need additional financing (other than debt secured by you personally) or would like to have other

owners who can help you manage your business, you should consider registering as an LLC.

Notice, none of those questions involved taxes, because if you are a solo practitioner (no other owners), your tax treatment is the same whether you are a sole proprietorship or LLC. If you have a partner (co-owner), you could elect to be treated as an "S" corporation and then your tax treatment would be different, but you would have to consult an accountant as to whether it would benefit you in terms of your taxes.

Lastly, if you are a one-member LLC or a sole proprietor you can and should be saving for retirement through your business. Both entity types allow you to save up to 20% of income after expenses (technically, it is 25% of your income after expenses and saving for retirement, which works out to be about 20% before saving for retirement) in a qualified retirement account like a SEP IRA.

Take advice from your accountant on tax issues, but remember if you are a single member LLC or sole proprietor the choice is less about taxes and more about your vision for your business. ❖

Lori Atwood, RFC, has been in finance for over 20 years. You can see Lori's articles and services at www.loriatwood.com.

Experiential Supervision Group

One of the fortunate things about being a psychotherapist is that the ethos encourages us to discuss our clinical work with peers and senior clinicians in a way that enlivens and deepens it, and opens us to an expanded view of ourselves. If this statement speaks to you, you may be interested in the following:

What: An experientially-based, countertransference-focused psychodynamic supervision group that now has openings for one or two new members. Members of the group present cases to each other, and use their internal and the group process to illuminate the dynamic forces both in the therapist and in the therapist/client relationship that can impact the treatment.

When: 4:30-5:45 Tuesdays | **Where:** Georgetown

Who: The leader is Barry Wepman, Ph.D. who had been in psychotherapy practice for nearly 40 years, and who has over 30 years of supervisory experience in a variety of institutional and private practice settings. He is the founding and current Chair of the Supervision Training Program at the Washington School of Psychiatry. He has presented programs about supervision both locally and at national meetings of several psychotherapy organizations.

For information, contact Dr. Wepman by phone (202) 337-0705 or email bjwep@aol.com

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More pictures and rate sheets available.

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GWSCSW Members Honored by NASW-DC

by Chana Lockerman

On March 27, two GWSCSW members were honored at NASW-DC's Awards Luncheon. Margot Aronson was awarded Social Work Advocate of the Year. Eileen Dombo was awarded Social Worker of the Year.

The Social Work Advocate of the Year Award needs no explanation. Anyone familiar with Margot's tireless work on behalf of social work and social workers will know that this honor is well deserved. Margot is a well-known therapist in DC, whose work has helped countless couples and individuals to better their lives. Her ability to keep up with the dynamic work of legislation and legislative issues has served social workers and clients alike. GWSCSW members who follow legislative alerts, will be familiar with just one small aspect of Margot's work on their behalf.

The Social Worker of the Year Award honors a social worker who demonstrates creativity, professional ethics, encourages support for human services, and makes original contributions to the field. Eileen Dombo's work encompasses all of these categories and more. As a therapist, professor, researcher, program administrator, and advocate, her work spans the many facets of social work. Her trauma-focused work is well known in the DC area, and she taught many of GWSCSW's younger members in her role as professor at Catholic University. The Social Worker of the Year Award is well deserved.

Congratulations to Margot and Eileen. We are proud to be your colleagues! ❖



Margot Aronson



Eileen Dombo

Chana Lockerman is founder of Rock Creek Counseling, an in-home practice where she works with reproductive mental health issues and consults on office space optimization. She also offers experiential workshops for professionals.

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COMMITTEE REPORTS

Continuing Education

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

Our CEU Committee met in January and selected 11 impressive proposals to be presented for the Fall 2015/Spring 2016 calendar year. They include subjects in ethics, HIV and supervision. The complete list with course descriptions can be seen in this newsletter. We encourage you to sign up early as these courses have wide appeal.

This year several of the retirement facilities have graciously offered to host some of our events with space and refreshments.

We thank our committee for reviewing the proposals. We also thank those members who are offering their talents to present their specialties this coming year.

Early Career & Graduate

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

The Early Career Committee has had a very busy spring! First off, we changed our name, formally, from the Early Career & Graduate Committee. We decided as a committee that “Early Career” encompasses everyone!

Two of our student representatives Jeanni Simpson (Howard) and Shauntia White (CUA) coordinated a Student Advocacy Day in March. We also hosted “The First 3,000 Hours,” a duo of workshops geared especially toward early-career social workers: “Beginning the Pre-Licensure Journey” followed by “The 3,000th Hour—The Transition to Full Licensure.” We had participants ranging from current

students to LICSW/LCSW-Cs and even recruited a few new members to the society!

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.

Leadership/ Nominating

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

Each year more members than ever before participate on committees and on our board of directors. We’ve learned that the best way to find members to step up to head a committee or become an officer is to encourage them to participate on committees or volunteer for a specific event. When members join a committee they are interested in, they have the opportunity to get to know others and gain confidence in themselves and their ability to lead. Once this occurs, they are often willing to step up to a position on the Board. Our president, Nancy Harrington, is a good example—she became active several years ago as a director at large and then was able to step into the presidency with relative ease.

Of course there are people like our vice president, Steve Szopa, who just jump in and learn as they go along. The mix makes for lively, stimulating meetings and conversations.

Gradually over the last few years—thanks to our student and young professional group, the gala committee, and our members who continue to serve in various roles—our Society continues to support clinical social workers in different stages in their careers. Most of our directors and officers on the executive committee will continue for a second year because they enjoy using their skills and making decisions related to our society.

As a follow-up to our 40th year celebration, you are invited to join us this summer for a wine and cheese on July 28 to continue conversations about your job or private practice that you may have started with other members at the Gala. Don’t worry if you didn’t make it to the Gala, we’d love to have you join us anyway!

Legislation & Advocacy

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

The GWSCSW Director for Legislation & Advocacy monitors and coordinates the activities of the legislative committees in each of our three jurisdictions. Judy Gallant, current chair of the Maryland Committee, has graciously agreed to step into the role of acting director, having limited time to take on the full directorship. When someone is willing to chair the Maryland Committee, she has agreed to become the director of L&A. Judy would be happy to train and assist anyone interested in learning more

continued on page 29

Washington Center for Psychoanalysis INC.

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

P
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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 individual's 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](mailto:center@wcpweb.org). The Center offers continuing education credits for physicians, psychologists, social workers, and LPCs.

Committee Reports, from page 27

about the exciting work of the Maryland L&A Committee. Please do not hesitate to contact her.

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

Membership

Sue Stevens
membership@gwscsw.org

Every time the Membership Committee has an event to welcome new members, we think, "This is the best ever," but then we do it again and it is even more fun and rewarding! We had eight new members attend our brunch on April 17 at the home of Sue Stevens. We came away renewed and excited by all the talent and diversity of experiences that our members have. A special thanks to Sydney Frymire who represented the GWSCSW leadership and thanks also to Brooke Morigan who led our discussion.

Welcome to our new committee members, Heather Frank and Alejandro Berthe. We look forward to working with them!

Newsletter

Jen Kogan
newsletter@gwscsw.org

Check out our new feature, *News & Views Feedback* on page 6. This space offers members a place to share your thoughts on the various issues we write about. We want to hear from you! Feel free to post feedback on our Facebook page too.

As always, if you have an idea for an article, please get in touch. Send an email with your feedback and story ideas to newsletter@gwscsw.org.

Professional Development

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

On April 12, the Professional Development Committee offered a workshop titled "Clinical Case Management in Social Work Practice." Joel Kanter began by exploring the definition of clinical case management. Molly Milgrom, Phillip Callahan and Jewell Golden followed with presentations of their experiences working as case managers and therapists in a variety of settings. The speakers' comments inspired an interesting case discussion, which included addressing some provocative questions. We hope to present this workshop again in the future at a more metro accessible location and earlier in the year. Many thanks to Joel, Phil, Molly and Jewell!

Information and online applications for the Mentor Program can be found on the GWSCSW website. Experienced GWSCSW members are needed to participate as mentors, especially with graduation approaching. 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. 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.

The Committee is currently making plans to meet this month to plan for additional workshops in the fall

of 2015. New members are always welcome and can contact Sydney or Karen for further information. Also, if you have a particular topic that you believe will help you develop your career path further, please let us know.

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 have been continuing to highlight a Featured Member on our FB page. 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 would also like to thank those of you who came for the group picture at the Psychotherapy Networker Conference back in March!

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

continued on page 30

Committee Reports, from page 29

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!

Volunteers

Theresa Beeton
volunteer@gwscsw.org

Having read the committee reports above, do any of them strike a chord for you? Volunteering helps to make our organization

stronger. We can always find a spot to represent each member's individual interests and talents. Contact me at the address above and we will connect you with the committee that fits you best. Happy spring! ❖

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NEWS & VIEWS SUBMISSION GUIDELINES

We welcome GWSCSW members to write articles, contribute to a columns, or share news in Out & About. Deadlines at 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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ARLINGTON – Office space in medical building across from Virginia Square Metro. Hourly, blocks or days available. Share the suite with 3 other mental health clinicians. Great opportunity to start or increase your practice without the hassle of leasing space. Location is accessible to 66 and 495. Plenty of parking, metered, in the building and free. Evening and weekend options available right now. For more information contact Isabel Kirk, LPC at Isabelkirk@gmail.com or 703-231-7991.

McLEAN – Rent furnished office as many days per week as you want. Waiting room, bathroom, kitchenette and utilities included. Located on the ground floor of the McLean Professional Park. 703-624-0223 or LGoldman@VacoXmail.com to inquire or visit.

BETHESDA – Lovely light and bright front office, first floor directly off attractive lobby. Furnished space is two blocks from Bethesda Metro on East West Highway. Includes waiting room, bathroom, parking, and is wheelchair accessible. Days and hours are flexible and it is possible to work out split schedule between mornings, afternoons, evenings and weekends. The building is very well maintained, and has secure locked doors in the evenings and on weekends. Please contact me at: saburman@earthlink.net

KENSINGTON – Fully furnished, cozy, windowed office (in three office suite) available for very reasonable sublet two or three days/week. Located at 10400 Connecticut Avenue. Shared waiting room and kitchenette. Free parking and WiFi. Contact Lynn Metzger: Metzger.lynn@gmail.com; (301) 275-3717

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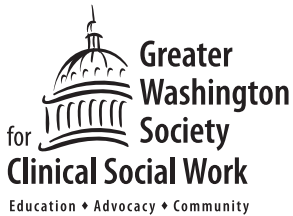
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The National Catholic School of Social Service (NCSSS), offers a full list of Professional Development Courses.

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



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