



The Networker

A Quarterly Publication of the CSUN Marriage Family
Therapist Alumni/ Student Network
Issue No.15 Fall 2004

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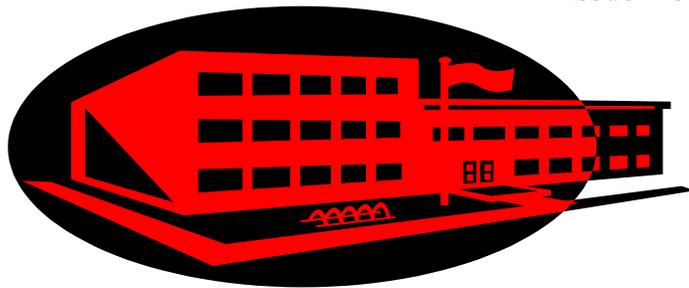
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Welcome Back Everyone!

The Networker would like to extend a warm **welcome** to all new students and members, and a happy **welcome back** to all continuing/returning students and members. We would also like to **welcome** Dr. Diane Gehart as the newest faculty member. Read all about her on page 7.

Hope all of you had a wonderful summer that was at least productive if not relaxing.

A very special **congratulations** to those who graduated on June 4th and May 29th (Camarillo). Best wishes for the future!!!

Well it’s that time of year again. Time when we wonder, “Where did the summer go?”. Time when we think, “I thought I had more time to do my comps, projects, thesis.”. Yes, folks, it’s that time of year to scurry around the parking lots looking for a space that is free or doesn’t say *employee* on it: it’s back to school!

As I enter my fifth and final semester in the MFT program, I often wonder where our different paths will lead us. Whatever that course may be, support for and from each other will always be needed. The CSUN MFT alumni/student network is one place to obtain that support while enjoying the benefits of being a member.

Cheers!

Cleo De Vera, Newsletter Editor

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One day a little girl was sitting and watching her mother do the dishes at the kitchen sink. She suddenly noticed that her mother had several strands of white hair sticking out in contrast to her brunette hair.

She looked at her mother and inquisitively asked, "Why are some of your hairs white, Mom?" Her mother replied, "Well, every time that you do something wrong and make me cry or unhappy, one of my hairs turns white."

The little girl thought about this revelation for a while and then said, "Momma, how come ALL of grandma's hairs are white?"

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"My ego is hungry. Got any compliments I can snack on?"

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PRESIDENT'S CORNER



Greetings to all:

In 1997 a much admired Professor Stan Charnofsky approached several of his current and former graduate students with an idea, a seed of thought, to form an alumni group for the Educational Psychology

During the formation of this group we used our energies to get people involved. Our mission statement being to support members, keep members informed of changes in the law, provide a network of individuals who can offer employment opportunities, articles and humor that will stimulate and help keep members balanced in an unbalanced (at times) world, and meet several times during the year to celebrate ourselves .

The MFT-ASN continues today, has reached new heights and touched many lives with connections, history, successes and support! NETWORKING..today more than ever, mental health practioners need the support that we can offer each other in these changing times.

As a charter member os the MFT-ASN (first treasurer) I reflect on where our first president is, Eric Lyden; as a thriving business in training MFT for licensing; Second president, Estee Diamond, served for years and went on to join CAMFT and create a thriving private practice; I (as the third president) have prospered well due to my education at CSUN, my private practice goes well and I have had the honor and pleasure to supervise many trainee/interns who are now in private practice.

As you give thought to the last half of the year 2004, think about joining our Board of Directors, guest lecture at a banquet, make suggestions for events that would be enjoyable. Let us hear from you. More importantly, let us see you at our Welcome Back Bash....

Be well, Teresa Fordham-Jacobs



Our Mission ...

The purpose of this organization is to encourage support and interaction among its members. Our goal also includes a hope to enrich the field of psychotherapy in general.

The Networker is published AlumniStudent Network. Membership is available to all CSUN alumni and students of the EPC graduate program who focused on the MFTtrack.

The CSUN MFTASN. offers many events including banquets, guest speakers, picnics, workshops, and scholarship opportunities.

For membership information and to be added to our mailing list, please contact Dr. Stan Chamofsky at (818)677-2548 or Vice President of Membership, Diana Castle at (818)677-2549.

The Networker welcomes you!

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I hold the hands of people I never touch.

I provide comfort to people I never embrace.

I watch people walk into brick walls, the same ones over and over again, and I coax them to turn around and try to walk in a different direction.

People rarely see me gladly. As a rule, I catch the residue of their despair. I see people who are broken, and people who only think they are broken. I see people who have had their faces rubbed in their failures. I see weak people wanting anesthesia and strong people who wonder what they have done to make such an enemy of fate. I am often the final pit stop people take before they crawl across the finish line that is marked: I give up.

Some people beg me to help.

Some people dare me to help.

Sometimes the beggars and dare-ers look the same. Absolutely the same. I'm supposed to know how to tell them apart.

Some people who visit me need scar tissue to cover their wounds.

Some people who visit me need their wounds opened further, explored for signs of infection and contamination. I make those calls, too.

Some days I'm invigorated by it all.

Some days I'm numbed.

Always, I'm humbled by the role of the helper.

And, occasionally, I'm ambushed.

~Author unknown

A Recap of the Graduation Bash '04

Back on May 23rd, the MFT A/SN members shared another wonderful opportunity to network at our graduation breakfast bash.

Marv Chernoff was our esteemed guest speaker who was kind enough to share with us his journey as a psychologist, a teacher, a minister, and a playwright, all while battling Parkinson's disease. He and his alter ego, Howie Green, taught us many lessons that day. "Winning Life's Race" was just one of his writings read to us by Stan Charnofsky. Another called "Maxine's Second Thoughts", read by Sharon Bloom, taught us to never stop listening until we hear both sides of the story. In addition, there were some great dyads acted out to demonstrate some of the things we may very well encounter in our own placements, internships, facilities, or private practices: a therapist being freed by his client when he is able to view the world through his client's eyes, dealing with a client who compares you to a former therapist, spiritual counseling, and handling a divorcing couple and how to restore their dignity. It was indeed helpful and moving.

We encourage non-members to attend the bashes and get a feel for the CSUN MFT A/S Network. Yummy food, raffles where you can win prizes, a great place to network with old and new faces.....what more could you ask for?

Award Recipients

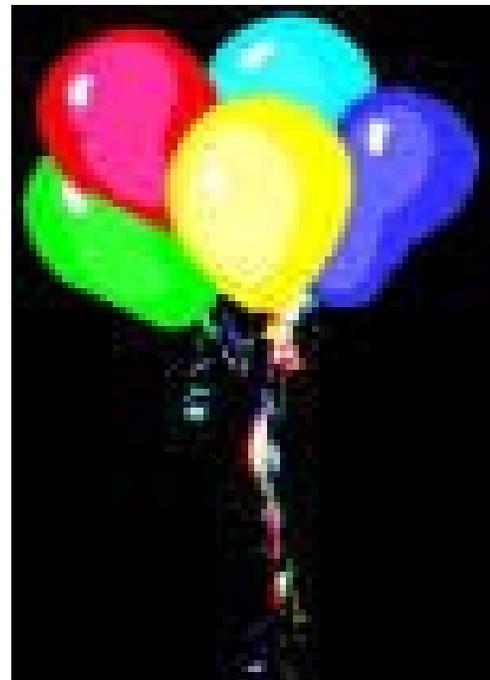
Recipient of \$250 Book Scholarship:
Sharon Aronson-Rill

Recipient of \$1000 Ruth Halpert

Congratulations to our award recipients, Sharon Aronson-Rill and Jacqui Cohen.

A special thank you to Chrystal Lee's guest, Durrick Coleman, for helping out with the raffle. You did an excellent job!

Thank you to all those who attended and thanks again CSUN MFT A/SN for another chance to network. See you at the next bash!



My Journey to CSUN

Diane R. Gehart, Ph.D., LMFT
Associate Professor
California State University, Northridge

“Who is the new prof on block?” “Where did she come from?” I thought I would answer those questions that are always asked when a new faculty member arrives. My journey here has taken many turns, and in many ways is a sort of home coming.

My parents are European immigrants: my father immigrated from Vienna, Austria and my mother’s parents from rural Greece. For those of you who saw *My Big Fat Greek Wedding*, you have a sense of my home life: lots of people, food, good times, and zaniness with a strong connection to the old world values of hard work, family, and integrity, which have been a source of both inspiration and struggle. I grew up in Agoura Hills and graduated from Agoura High School with the intention of becoming a psychologist. Wanting to expand my horizons, I decided to go to the College of William and Mary in Virginia, which is a public liberal arts college and the first chartered university in the Americas. There I studied Psychology and East Asian Studies, with an emphasis in Chinese and worked my way through college as a balladeer in the colonial taverns. I spent my junior year abroad in Salzburg, Austria, which brought me closer to my family overseas, and Beijing, China, where I deepened my understanding of a culture that fascinated me. I spent my summers in UCLA’s language and cultural studies programs.

My first doctoral program was at the University of Washington, Seattle, in Asian Languages and Literature. I had changed my plans from becoming a therapist to becoming a scholar of Asian philosophy with a specialty in Tibetan Buddhist texts. However, when I discovered the job prospects tended to be better with the CIA than the academy, I decided to return to my first interest: psychology, or so I thought. I ended up at St. Mary’s University in San Antonio, where I “stumbled” across marriage and family therapy. The application form required I check a box indicating a specialty in community mental health or marriage and family therapy. I randomly chose family therapy not knowing the implications. During my first family systems theory class I discovered a convergence of Asian philosophy and modern mental health; I fell in love. All of my academic wanderings effortlessly came together, and I have been passionately pursuing these ideas ever since.

So what was it that caught my attention? First I discovered systems theory, which is based on the recognition of the profound interconnection of human life, a concept I was first introduced to in Asian philosophy. Systems theory offers an unparalleled template for understanding the complex dance of human interaction, and I have recently had the fortune of studying these ideas with some of the field’s founders at the Mental Research Institute in Palo Alto. The richness of these ideas has taken me years to fully appreciate, and I am sure there is still more for me to learn. However, initially, I did not find the therapeutic methods of systemic therapy a good personality fit for me. Fortunately, at a conference I discovered the postmodern family therapies, which were newly coming

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The Child Development Institute provides education, support and therapy to children and their parents, teachers and professionals who care for them. CDI also offers training and research opportunities to graduate students and professionals in multiple fields of child development.

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For more information, please contact
Dr. Myrna Samuels at (818)368-8932

To place an ad in *The Networker*, contact Cleo at
818-388-7533 or cleo_devera@hotmail.com

The Networker appreciates your feedback. Please address questions, comments, criticisms, contributions, etc... to our
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“My therapy is quite simple: I wag my tail and lick your face until you feel good about yourself again.”

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BUILDING YOUR CHILD'S SELF-ESTEEM

*Judith Kasdan, MS, MFT
(Parent-Child Connection)*

A baby is born, a child comes into the family, and we joyfully visualize our beautiful child growing up and marching confidently out into the world. And then reality sinks in as we realize that it is up to us to help this wonderful child face the future with confidence and joy. Our goal as parents is to nurture our child's feeling of self-worth, to boost his self-esteem so that he develops pride in himself and faith in his ability to handle life's challenges. Here are some simple strategies to help boost your child's self-esteem.

Give unconditional love. Self-esteem flourishes with the no-strings-attached devotion that says, "I love you for who you are, not what you do." When you accept your child for who he is, regardless of his strengths, difficulties, temperament, and abilities, he will flourish and feel good about himself. Hugs, kisses, and pats on the back tell your child that he is special, that he is loved.

Give undivided attention. This increases your child's feelings of self-worth because it sends the message that you think he is important and valuable.

Listen to what he has to say. He needs to know that his thoughts, feelings, desires, and opinions matter.

Give encouragement. Every child needs the support that indicates, "I believe you. I see your effort. Keep it up!" Encouragement supports the process, and acknowledges the effort. This differs from praise, which rewards the task instead of rewarding the person. Statements of praise such as, "You're the best player on the team" and "You spell so well", can put pressure on the child to perform. They can make the child feel that he is only as good as the final result and that he needs to do something perfectly to be good. Statements of encouragement focus on effort and improvement, show appreciation and love and display confidence.

Phrases of encouragement that boost your child's self-esteem include:

- You are really working hard
- It's great to see you trying to...
- You're doing much better
- I'm proud of the way you're doing that
- Thanks for your help
- I know you can do this
- You're very observant
- That's an interesting point of view
- I like it when you behave like this

CSUN Educational Psychology & Counseling Fall 2004 Workshops Program

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Approved provider (#PCE 306) for mandatory continuing education credits for MFTs and LCSWs requiring CEUs for license renewals by the Board of Behavioral Sciences. <http://www.csun.edu/~epcwksph/>

ENERGY PSYCHOLOGY AND BASIC EMOTIONAL FREEDOM (EFT) Saturday October 9	WAYS TO UNDERSTAND AND MANAGE STRESS AND PAIN Sunday October 10	ENCHANTED CHILDHOOD: HOW PLAYING HELPS CHILDREN Sunday October 10
CHILD ABUSE: IDENTIFICATION, ASSESSMENT, INTERVENTION & TREATMENT Sunday October 17	ASSESSMENT & TREATMENT OF HIV / AIDS Saturday October 23	PRACTICAL PLAY TECHNIQUES IN A SCHOOL SETTING Saturday November 6
DOMESTIC VIOLENCE COUNSELING STRATEGIES: FROM RESISTANCE TO REAL CHANGE Sunday November 7	AN INTRODUCTION TO INTEGRATIVE BODY PSYCHOTHERAPY Saturday November 13	ANXIETY DISORDERS: ADVANCES AND BREAKTHROUGHS Sunday November 14
THE BODY OF KNOWLEDGE: SOMAPSYCHOLOGY AND MOVEMENT THERAPY Sunday November 14	THE SANDPLAY JOURNEY: EXPLORING THE MYSTERIES Saturday November 20	AGING AND LONG TERM CARE Saturday November 20

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The *Networker* is published by the *CSUN MFTA/S Network*.

Membership is available to all CSUN alumni and students of the EPC graduate program who focused on the MFT track. For membership advertisements details, or additional information our organization please use our Board of Director's

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