



Washington State Society
for Clinical Social Work

**2008–09
WSSCSW
Program
Highlights**

Welcome to our new year ...

Dear WSSCSW members (and those considering membership),

When you review these program highlights, I hope that the Washington State Society for Clinical Social Work looks to you like the exciting professional organization it is. As its newly elected president, I am deeply committed to continuing and innovating with our more than 30 years of excellence in professional development, legislative advocacy, and support of clinical social work's place in mental and social health.

What you will read about in these highlights is the passion and commitment of our volunteer members, other distinguished and innovative clinical educators, and our keenly focused activists. This is our membership, and it's the company we keep. We welcome those committed to social justice, excellence of care, and service to others.

When you attend any of our professional development programs, participate in our new professionals program, go to Olympia to join our legislative advocacy, you will discover a value we hold dear. It's about "social" social work.

When you attend our programs, you are greeted warmly and personally. We will take an interest in you; we want you to join us—and stay. Join us in a spirited membership, where you can make a strong, helping connection with peers and the wider community. Develop your private or agency practice. Add to your clinical wisdom. Join a student needing support and hope on the way to a career of service. Join us when we celebrate our work and fellowship together.

As we go to press with these highlights, our Professional Development Committee has worked hard to show you what the coming year of programming will be. As always, use our website—wsscsw.org—to get the latest information and any changes that may occur as the year progresses. Join us, learn, connect, and celebrate clinical social work in Washington!

Robert Odell, MSW, LICSW
President, Washington State Society for Clinical Social Work

Clinical conferences

Fall 2008 conference

- “The War Veteran in American Film: PTSD and the challenge of postwar adjustment”
- Saturday, September 27, 2008
- Stimson Auditorium, Seattle Asian Art Museum, Volunteer Park, 1400 E Prospect Street, Seattle
- Continuing education credits: 8 CE credits
- Sen. Patty Murray and Rep. Jim McDermott are invited guest speakers

Seattle psychologist Emmett Early, author of *The War Veteran in Film* (2003), has combined a lifelong passion for film with in-depth experience treating post-war adjustment and post traumatic stress disorder (PTSD). He has created a compelling professional education experience allowing us to better understand the veteran and develop greater clinical wisdom.

Dr. Early has developed clinically oriented linkages across the many representations of the war veteran in film history, deepening our understanding of post-war adjustment, PTSD, and traumatic brain injury. He will screen excerpts from films dating back to the 1930s and show how the veteran has been depicted—and exploited. Dr. Early will utilize legendary films, recent films relating to Iraq and Afghanistan, and insightful but lesser known works.

WSSCSW has partnered with Dr. Early to present a panel of multi-disciplinary treatment professionals specializing in the psychotherapy and psychiatry of post-war adjustment, PTSD, and TBI. With specific attention to the issues faced by female veterans and veterans of color, they will bring the themes developed by Dr. Early directly into the realities of current clinical treatment approaches and methods.

Spring 2009 conference

Check wsscsw.org for details coming soon.

Ethics conference

Fall 2008 ethics conference

- “HIPAA Five Years Later: The Impact on Clinical Practice”
- Saturday, November 1, 2008
- Location: Good Shepherd Center, 4649 Sunnyside Avenue N, Seattle
- Presenters: Laura Groshong, LICSW, CSWA director, Government Relations and WSSCSW Legislative Committee chair, private practice, Seattle; and R. Keith Myers, LICSW, VP clinical and training services and privacy officer, Family Services, Seattle
- Continuing education credits: 6 hours CE credits; fulfills ethics requirement for LICSW, LASWs, LMFTs, LMHCs

Keith Myers and Laura Groshong, well-known for their training and legislative work in professional ethics, developed and updated this training with input from Washington State attorneys to help clinicians understand and comply with HIPAA regulations. Their analysis and recommendations will encompass HIPAA privacy and security standards, and privacy standards in clinical social work codes of ethics. Participants will receive a workbook and CD with HIPAA-compliant forms that can be modified to suit individual practices.

There may never be a better opportunity to receive the information you need on this important topic from clinicians who understand the privacy issues in the clinical situations you face every day.

Clinical Evening Meetings

Learning and interacting with distinguished presenters is one of WSSCSW's special traditions. We focus on finding the very best presenters, the broadest range of topics, and open discussion of case material. Hot beverages and light snacks are provided, but otherwise it's a "bring your own dinner" policy.

Please see the information online (wsscsw.org) about Clinical Evening Meetings, including fees and locations. As a member, you will receive a sign-up flyer at least one month ahead of each meeting.

Clinical Evening Meetings offer either one-and-a-half or two hours of CE credit

October 21:

"Social Work within Diverse Agency Settings"

Lydia Herbert, LICSW, Downtown Emergency Service Center; Cornell Cebrian, LICSW, Harborview Mental Health Services; Keith Myers, LICSW, Family Services.

This panel of highly experienced and distinguished clinical social workers will cover a range of topics about providing direct service in today's mental health agency environment.

November 18:

"Neurobiology of Trauma and Abuse"

Evan Kanter, MD, Ph.D., assistant professor of psychiatry and behavioral science, UW School of Medicine; staff psychiatrist, Seattle VA Medical Center; president-elect, National Physicians for Social Responsibility; and member, Asylum Network of Physicians for Human Rights.

Dr. Kanter's neurobiologic and developmental presentation on the effects of abuse and trauma integrates physiology and behavioral psychology. One of our region's prominent neuroscientists, he offers a fascinating, multilevel understanding of PTSD, enriched by case presentation and graphic displays.

January 20:

“Dialectical Behavioral Therapy with Adolescents”

Jennifer Gross, MA, LMHC, has been working in child mental health for over 20 years. She is currently at Children’s Hospital, Psychiatry and Behavioral Medicine Outpatient, co-administering the Adolescent Dialectical Behavioral Therapy Program, and in private practice.

Jennifer will focus on how DBT teaches positive coping skills, effective behavioral principles, and some specialized parenting tools in a warm, caring atmosphere that treats both teen and family.

February 24:

“Self Care for Private Practice Clinicians: Nurturing ourselves”

Carolyn Sharp, LICSW, is in private practice seeing children, adolescents, adults, and families. She worked at the YMCA of Seattle as a child and family therapist in the Treatment Foster Care Program, and then as the clinical director.

Carolyn will review the signs and symptoms of compassion fatigue, vicarious traumatization, and problematic countertransference, and techniques for healing using case examples. She will offer brief exercises with potential for healing.

March 24:

“Mindfulness: Within the clinical hour and beyond”

Cristina Mullen, LICSW, is in private practice in Seattle and works at Harborview. She has a particular interest in mindfulness-based therapies. Jane Farley Tillman, LMHC, is in private practice on Queen Anne with families, children, adolescents, and adults. Maureen Sawyer, LICSW, is in private practice in Seattle working with individuals, couples, and families.

Three clinicians will discuss the applications of mindfulness in psychotherapy with children, adolescents, and adults from a psychodynamic, family systems, and cognitive behavioral perspectives. Teaching will be done through case vignettes, modeling, and experiential exercises that will allow participants to leave with practical ideas they can immediately put to use.

April 22:

“Negative Therapeutic Reaction: Why we sometimes bite the hand that feeds us”

Freud coined “negative therapeutic reaction” to describe the allergic reaction in some patients to feeling understood by the therapist. Caron will explore this overlooked phenomenon and suggest new ways for understanding this difficult but ubiquitous response.

Caron Harrang, LICSW, is in private practice in downtown Seattle working with adults, couples, and mother-infant dyads. She is a senior candidate with the Northwestern Psychoanalytic Society and president-elect of the Washington Association for Infant Mental Health.



Short courses

WSSCSW's short courses are independently managed by the distinguished educators who offer them. They take place in intimate settings in a variety of locations, dates, and times. They allow the clinician to achieve a good depth of learning, in an intimate setting, and at a low cost.

Sign up for a short course and enjoy a \$10 discount on one year of WSSCSW general or associate membership.

Psych Meds: A review of current choices, typical uses, benefits, and cautions

- Instructor: Germaine D'Anniballe, ARNP
- Date: October 14, 28; November 11; December 9, 2008; 7–8:30 pm
- Location: University of Washington School of Social Work, Room 306
- Continuing education credits: 6 hours CE
- Contact: Germaine D'Anniballe, 206-390-7186, germaine2@covad.net

This course will be in four sessions. The first will discuss the use of medication in treating depression; the second, anxiety; the third bipolar disorder; and the final class will look at medications that affect dopamine, how they are used and the neurochemical effects. There will also be discussion of risks, side effects, and drug interactions. The impact of the use of medication on the psychotherapeutic process will be addressed, as well as issues of collaboration between therapist and prescriber.

Germaine D'Anniballe, ARNP, received her BSN at Case Western Reserve University, 1980; MSN at University of Washington, 1992. Germaine is currently in private practice and is a clinical faculty member at the UW School of Nursing. Her previous work experience includes inpatient and outpatient nursing settings, i.e., emergency, intensive care, women's health, hospice care, and international health. Her psychiatric nursing experience has been in inpatient and outpatient mental health facilities including Harborview and the HIV/AIDS clinic in Seattle/King County Public Health.

Starting Your Own Private Practice

- Instructors: Shirley Bonney, LICSW, and Karen Hansen, LICSW
- March 3 & 17, 2009; 6:30–9:30pm
- Continuing education credits: 6 hours CE
- Requirements: Considering or just starting private practice
- Contact: Shirley Bonney, 206-264-5001, shirleybonney@hotmail.com

This seminar is designed to help participants assess their readiness for private practice and focus on the steps necessary to move toward establishing a successful practice. Topics that will be included go from the pragmatic (i.e., finding an office, getting on insurance panels, malpractice insurance, bookkeeping, methods for billing) to clinical dilemmas around boundaries, medication consultations, fee setting, anxiety related to uncertain income, as well as networking, marketing, ways to develop ongoing support, and consultation.

Shirley Bonney has over thirty years of experience as a clinical social worker. She completed her MSW at the University of Kansas in 1974 followed by a postgraduate fellowship at the Menninger School of Mental Health Sciences. Shirley is past president of WSSCSW and the Northwest Alliance for Psychoanalytic Study.

Karen Hansen has over 22 years of experience as a clinical social worker. She received her MSW from the University of Washington in 1986. She offers in-depth psychotherapy to adults, adolescents, and couples. Shirley and Karen have taught many topics over the course of their careers and are excited to offer their experience to those wanting to start a private practice.

Somatic Transformation: An innovative approach to the treatment of anxiety, depression, post traumatic stress and addictions

- Instructor: Sharon A. Stanley, Ph.D.
- Date: Saturday, March 14, 2009; 9:00 am – 6:00 pm
- Location: 6172 Old Mill Road, Bainbridge Island, WA 98110
- Continuing education credits: 8 CEs offered
- Contact: Sharon Stanley, 206-780-2205, sharon@sharonstanley.org, www.somatic-transformation.org

Sharon Stanley, Ph.D., is a psychotherapeutic trauma specialist, educator, and consultant with over 30 years of international experience with

individuals and health care professionals working to transform the effects of physical, emotional, mental and spiritual trauma.

In her career, Dr. Stanley has combined a private practice of psychotherapy with university graduate level instruction in neurobiological and somatic approach to trauma resolution. As senior faculty member of a nonprofit international trauma organization, Dr. Stanley developed curriculum and taught somatic psychotherapy to First Nations and other professionals in Canada, psychiatrists and psychologists in Israel, and professionals throughout the United States.

Somatic transformation is an innovative mind/body approach to treatment which has introduced new possibilities for the management of anxiety, depression, puts, and addictive behaviors. As a neurobiological model, somatic transformation offers a research base to understand how acute and chronic stress and trauma can cause changes in the brain and autonomic nervous system and create disturbed physical, emotional, and cognitive health. These changes in turn can set up conditioned reflexive responses to certain situations or stimuli. With access to the neurobiological structures of trauma, stress, and addiction, innate instincts for healing emerge and can be processed into new and significant meaning for life.

Using Dialectical Behavioral Therapy with Adolescents: Effective strategies for difficult to treat teens and families

- Instructor: Jennifer Gross, LMHC
- Date: Saturday, March 21, 2009
- Time: 9 am – 4:30 pm
- Location: 3876 Bridge Way N, Suite 200, Seattle, WA 98103
- Continuing education credits: 7 CEs offered
- Contact: Jennifer Gross, 206-300-6644, jennifergross@comcast.net

Self harm, suicidal behaviors, eating disorders, drug abuse, and therapy noncompliance are some of the issues that DBT has successfully addressed. For many clinicians, implementing the full evidence-based treatment is impractical in their setting. This course will highlight the core elements of DBT, applying it in outpatient or private practice settings and how to involve families in treatment.

Jennifer will cover the framing of treatment issues, gaining commitment and motivation to change (clients and families), and skills-based interventions to build new behaviors. DBT skills will be reviewed in a

modified form suitable for youth and their families, with handouts to take home.

Jennifer Gross, MA, LMHC, has practiced in child mental health for over 20 years. She has worked in residential, therapeutic foster care, home-based services, and outpatient clinic settings with children with developmental disabilities and mood and severe behavioral disorders. She has worked for Children's Hospital in the Psychiatry and Behavioral Medicine Outpatient Clinic since September 2001, co-administering the Outpatient Adolescent Dialectical Behavioral Therapy Program. She has spoken on DBT with adolescents at many conferences. She has been adjunct faculty in the Masters of Mental Health Counseling Program at Seattle University and Argosy University. She has a private practice and is a foster adopt parent to two lovely children.

Approved Supervision Course

- Instructor: Multiple instructors, including Bill Etnyre, PhD, LICSW, BCD
- Date: March 2009 (specific dates TBA)
- Time: To be announced
- Location: To be announced
- Contact: WSSCSW at admin@wsscsw.org

This 15-hour course meets requirements for becoming an “approved supervisor” in Washington State. An approved supervisor must supervise candidates who wish to become licensed as social workers, marriage and family therapists, and mental health counselors in order for their supervision to count towards licensure. LICSWs, LMFTs, and LMHCs with at least two years post-licensure experience, one year of experience as a supervisor, and 15 hours of training in supervision are eligible to become an approved supervisor.

This course covers the following topics in lecture, discussion, role play, small groups, and video:

- Models of clinical supervision
- Supervisory relationship
- Dual/multiple roles of supervisor
- Diversity issues in supervision
- State requirements for approved supervision and licensure
- Ethical issues for supervision in agency and private practice
- Contextual issues

Self Care for Clinicians: Nurturing ourselves through mindfulness

- Instructor: Carolyn Sharp, LICSW
- Date: Saturday, April 18; Saturday May 2, 2009; 9 am – 1:30 pm
- Location: 3876 Bridge Way N, Suite 200, Seattle, WA 98103
- Continuing education credits: 8 CEs offered
- Contact: Carolyn Sharp, 206-291-8377,
carolynsharplicsw@comcast.net

Providing therapy in both private practice and agency settings can be isolating. Carolyn will go over the and symptoms of compassion fatigue, vicarious traumatization, and problematic countertransference using case examples to demonstrate and normalize this process. She will share techniques for healing these issues, with opportunities for practitioners to develop their own self-care tools. She will lead participants through exercises demonstrating tools for healing. Participants will present case examples, and discuss challenges for the practitioner. Clinicians will have a more in depth understanding and acceptance for the challenges for self care for therapists, as well as the tools and peer support for addressing them.

Carolyn Sharp is in private practice seeing children, adolescents, adults, and families. She has worked at the YMCA of Seattle, first as a child and family therapist in the Treatment Foster Care Program, then as clinical director, supervising therapists in the foster, group, shelter, independent living, and outpatient therapy programs. Currently she specializes in client-centered and psychodynamic- and mindfulness-based psychotherapy to children, adolescents, and adults. She provides in office and in vivo family therapy helping families develop healthier ways of relating with one another. Carolyn has taught trainings on self care to individuals, groups, and agencies at the local and state level.

WSSCSW clinical book club (new program!)

The book club is open to all WSSCSW members. It's an opportunity for clinicians to connect and discuss current clinical writing by prominent researchers and authors. Four times a year, a book will be chosen in consultation with the members. The books will be a diverse selection of clinical approaches, treatment issues, and writing styles.

A member of the club will read and review the book, writing a clinical summary and review for the WSSCSW newsletter. The article will contain questions developed by the writer to stimulate thought and conversation at the subsequent meeting.

In this article, a date, time, and location for the book club meeting will be listed, about one month after the newsletter publication. The review will be posted on the WSSCSW website and e-mail group, as will upcoming books and meetings. Meetings will occur at individual member's homes, offices, or public locations.



2007–08 legislative achievements

WSSCSW is known for its major influence on Washington State legislation affecting social workers and mental health care. Our lobbyists have formed alliances with all of the licensed mental health professions, protecting the public and the interests of the professionals who serve it.

Registered counselors

WSSCSW was a leader in the effort to pass 2SHB 2674, Modifying Credentialing Standards for Counselors. It passed the Washington State legislature on March 8 and was signed by the governor in May. WSSCSW collaborated with the Washington Association of Marriage and Family Therapists, Washington Association of Mental Health Counselors, the Washington State Psychological Association, and the National Association of Social Workers, Washington State Chapter.

This bill will reorganize the registered counselor category, creating eight new regulatory titles and categories for the 18,500 individuals previously in the registered counselor category. The reorganization increases protection for the public, which was never fully informed about differences between the various state sanctioned counseling and mental health titles.

The bill represents thousands of hours of work by licensed mental health clinicians, psychologists, chemical dependency professionals, registered counselors, the Department of Health, the governor, the legislature, the press, and consumers.

Supervision change for LICSWs

HB 2474 changed the requirement for LICSW approved supervisors from five years post licensure clinical experience to two years. This bill passed the House unanimously on February 13, passed the Senate unanimously on March 10, and became state law on May 27. This bill has made it easier for mental health and social service agencies to provide clinical supervision to their clinical social workers.

New Professionals Program

The New Professionals Program is an important and growing focus for WSSCSW. New professionals are the future of the clinical social work profession, and we value them highly. They are eligible for a reduced WSSCSW membership and program fees, and the following services. For questions, contact Lyla Ross at 206-226-5952.

New professionals fall dinner reception

- Friday, October 24th, 6 – 9 pm
- UW Faculty Club, Main Campus

This annual event recognizes WSSCSW’s new professionals and those who support them—mentors, clinical supervisors, and university faculty. The event is held at the UW Faculty Club to highlight the collaboration between the UW School of Social Work and WSSCSW. This year’s guest speaker is Margaret Spearmon, associate dean for student and professional development.

Consultation/supervision referral service

Supervisory support is critical to our growth, the quality of service we provide, and our advancement toward licensure. Experienced WSSCSW clinicians offer qualified supervision individually or in groups at sliding scale fees. For information related to reduced fee for supervision, contact Bonnie Bhatti at 425-825-9992.

Reduced fee for psychotherapy

Since experience in our own therapy is essential to our development as effective clinicians, WSSCSW would like to make it as accessible as possible. Should you be seeking psychotherapy for yourself, we offer confidential referrals to experienced members of WSSCSW at a reduced or sliding scale fee. For information related to reduced fee for psychotherapy, contact Bonnie Bhatti at 425-825-9992.

Free mentorship program

Ethics, environment, roles, responsibilities, and job search are just a few of the challenges in a developing professional identity. Through the New Professionals Program, you have access to WSSCSW members as mentors, individually or in groups, on either a short-term or ongoing basis. A mentor can provide support and guidance in your transition and development.

If you are interested in individual mentorship referrals, contact Bonnie Bhatti at 425-825-9992. If you would like to be in a mentorship group, contact Lyla Ross at 206-226-5952. The mentorship group program is open to second-year MSW students as well as those individuals who are considered new professionals within the Society (one to four years post-MSW degree). Groups meet for one to three years, depending upon the group.

New group information

An introductory informational meeting will be determined once a satisfactory number of participants is attained. Ongoing monthly meetings will be on either Monday or Tuesday evenings, depending on the needs of the group.

- Facilitator: Peggy Nast Hayes, LICSW, BCD
- Location: Peggy's office on Mercer Island, just one block off of I-90 if coming from Seattle
- Group size: Membership limited to six to eight members
- Contact: Peggy Nast Hayes, 206-275-3225,
peggynasthayes@hotmail.com

Peggy Nast Hayes has been a clinical social worker for over 33 years. In addition to working on medical and psychiatric units at Boston University Medical Center for ten years, she began full-time practice in 1983. She works with adults and older adolescents, as well as with the geriatric population.

MSW students

MSW students join the WSSCSW before they graduate. The rate for students is \$55 a year. As a student member you are part of the organization, can serve on committees and receive the benefits listed for new professionals. Even without membership, students can join a mentorship group in their second year of graduate school and begin to get clinical social work support on a monthly basis to help with their transition to the career field.

WSSCSW Clinical Social Work Scholarship Award

Each year, WSSCSW sponsors an award for the best clinical paper submitted from second-year MSW students from the University of Washington Seattle campus, the University of Washington Tacoma campus, and Walla Walla College. One winner is selected from all of the submissions. WSSCSW feels strongly about supporting the clinical aspirations of the students at these three universities and values its relationship with their graduate programs in social work. Deadline for application is March 30, 2009. For more information, please visit our website at wsscsuw.org.



WSSCSW on the Internet

WSSCSW newsletter

WSSCSW's newsletter is our main publication. It's mailed quarterly and available for download at *wsscsw.org*. It's filled with information about WSSCSW, its programs, and a wide range of articles. Launching this year is a new "business of practice" column, which addresses the many business and financial questions faced by the private practitioner.

WSSCSW e-mail group

According to WSSCSW members, our private e-mail group is a highly valued benefit! Do you want to build your private or agency practice with client referrals? Do you need to refer to a specialized clinician, group or community resource? How about legislative alerts that help you advocate with your legislator? What about that office space that you need? Need help with an ethical problem? Billing practices?

Get secure, friendly, and rapid response to your professional needs. No spam, chit chat, jokes, chain letters, or fake virus alerts. Members e-mail addresses are hidden from the Internet, so it's not a source of spam in your mailbox.

Hosted by Yahoo!, the group has been in existence for ten years and has a dedicated member moderator.

WSSCSW expanded member listing

Beginning in 2008–09, the WSSCSW website will have a new link to an expanded member listing. WSSCSW members can now list more detailed information about their private practices: credentials, theoretical and practice orientation, clinical specialties, insurance and payment information and a description of clinical approach. This page will offer marketing support for a member's private practice, using our website's potential, search engine ranking, and organizational reputation to lead potential referrals to your practice. It will provide valuable information for your colleagues who are looking to refer clients.

Celebrations

For WSSCSW's 2008–09 program year, the annual meeting and the volunteer appreciation party will be combined into one great event in June 2009.

Each year we honor members selected by the board of directors who have made notable contributions to WSSCSW. We will also honor the many volunteers who make possible everything we do.





WSSCSW

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2007 – 2008 WSSCSW Program Highlights

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Return Service Requested