

Clinical Update

California Society for Clinical Social Work



Volume XLV Number 1 September, 2013

INSIDE Update

Welcome to CSCSW's New Website
By Sara Gunion **Page 1**

District Meetings
Page 2

Groupthink & the Military
By Michael Metal MSW
Page 5

Book Review
The Day My Nipple Fell Off
By Jean Rosenfeld, LCSW
Page 7

Cartoon
Page 8

Book Review
A SSD Psychological Claims Handbook
By Jo Miller, LCSW
Page 9

Classifieds
Page 15

Thank you **Conrad Fuentes, LCSW** for being our guest editor for September.

If you are interested in being a guest editor, please contact



Welcome to California Society for Clinical Social Work's NEW Website

By Sara Gunion, Website Developer and Admin Asst
clinicalsocialworksociety.org

You spoke and we listened! Our new and user-friendly website is up and running. We can now accept new member applications, ad submissions, JAF donations and much more via the website. Can't remember the date of the next district meeting and don't feel like searching your email? Just check the events and [meetings calendar](#). No longer will you have to call CSCSW to place an ad; you can go to the [advertising rates](#) and deadlines page to see the cost of placing an ad and a link to submit your ad online. Want to make a donation to [JAF](#)? Not a problem! You can do that from the website. Even better, the website keeps track of the total donations made.

The member directory on the old site was difficult to keep current. With the new [member directory](#) you can search by name or click "advanced search" to search by city, therapy practices, website and more. A helpful hint - to ensure your website displays properly in the member directory search, make sure that you have your website listed as viewable to "Anybody" in your profile. You can check and change that setting within your profile. Here are the instructions on how to find that setting. Below your name in the sign in box click "View Profile," then click "Edit Profile," from there click "Privacy." Now you will be able to select what people can and cannot see.

If you selected to purchase Legal Services with your renewal this year, included on the website is our "legal forum." This is a place on the website where you can go if you have a legal question and want to get other members opinion's. You "post" your question on the website, and members will provide you with their experiences. This forum will be facilitated by Myles Montgomery, JD, LCSW, our Legal Counsel, who will review the posts and provide his own feedback. To utilize this "forum," go to the "Legal Services" link, click on "1 hour consultation," click "legal forum" and finally click "create topic." You can then input your question. To see responses to your question, subscribe to the forum and you will be notified of posts to your question or you can check back occasionally to see what responses have been generated.

Please check out the new site, and let us know what you think.

clinicalsocialworksociety.org



Published by and for the members of the
California Society for Clinical Social Work

2012 - 2013 CSCSW
Board of Directors

OFFICERS:

President

Leah Reider, LCSW
(650) 325-5867

lreider@clinicalsocialworksociety.org

Past President

Michael Rogers, LCSW, BCD
(916) 278-6809

mrogers@clinicalsocialworksociety.org

Secretary

Myles Montgomery, JD, LCSW
916-422-2301

mmontgomery@clinicalsocialworksociety.org

Treasurer

Nina Unger, RN, LCSW
(916) 717-8579

nunger@clinicalsocialworksociety.org

DIRECTORS

Ellen Eichler, LCSW

(619) 692-4038, Ext 3

eeichler@clinicalsocialworksociety.org

Conrad Fuentes, LCSW

(949) 437-0006

cfuentes@clinicalsocialworksociety.org

Joan Haller, LCSW

(650) 347-4089

jhaller@clinicalsocialworksociety.org

Ruth Jaeger, LCSW

(415) 924-0122

rjaeger@clinicalsocialworksociety.org

Alicia Outcalt, LCSW

aoutcalt@clinicalsocialworksociety.org

(858) 344-9440

Laurel Quast, LCSW

(707) 571-1714

lquast@clinicalsocialworksociety.org

Jean Rosenfeld, LCSW

(916) 487-8276

jrosenfeld@clinicalsocialworksociety.org

Dolores Siegel, LCSW

(559) 278-7279

dsiegel@clinicalsocialworksociety.org

Nancy White, LCSW

(916) 335-2150

nwhite@clinicalsocialworksociety.org

Mentorship Committee Chair

Nina Unger

(916) 717-8579

nunger@clinicalsocialworksociety.org

Code of Ethics Committee Chair

Myles Montgomery, JD, LCSW

(916) 422-2301

mmontgomery@clinicalsocialworksociety.org

DISTRICT MEETINGS:

FRESNO DISTRICT

Coordinators: Gabriele Case and Anne Petrovich
Coordinator Phone: 559-237-9631
Coordinator E-mail: gh.caselcsw@sbcglobal.net
Date: Saturday, August 24, 2013
Time: 9:15 a.m. to 12 p.m.
Presenter: Patricia Carver, LMFT
Topic: Play Therapy: A Mind Building Experience
Credits: 1.5 (1 CE credit per hour of instruction)
NEW LOCATION: Fresno Pacific University
Steinert Campus Center, Pioneer/Johanson
Conference Room 103.

Directions: Fresno Pacific University is located at 1717 S. Chestnut Street.
Travelling south on Chestnut, cross Butler, take a left on Hamilton
Avenue and left into Hamilton parking lot. No permit is needed.
From the parking lot, Steinert Campus Center to the west, just
north of the Amphitheater.

For many years play therapists have used the therapeutic powers of play to help young clients resolve emotional and behavioral difficulties. With the recent surge of information from trauma specialists, attachment theorists, and neuroscience, we now have a deeper understanding of why therapeutic play is effective and how, in fact, playful interactions are mind building. Understanding play therapy becomes an essential tool for all therapists, as increasingly stressful environments shape the brains of children and their emotional and behavioral responses.

Pat Carver, LMFT, has been an internationally registered play therapist and trainer for the past 20 years. Before maintaining a private practice specializing in child therapy, she taught child development courses at Fresno City College and California State University, Fresno. She has presented numerous workshops and trainings on all aspects of child development and play therapy.

GREATER LOS ANGELES DISTRICT

Coordinator: Lynette Sim, MSW, BCD
Coordinator Phone: (310) 394-7484
Coordinator Email: simlcsw@verizon.net
Date: Sat. September 21, 2013
Time: 10:30 to 1:00
Topic: **Borderline Personality Disorder-Current Thinking and Practice including Dialectical Behavioral Therapy**
Presenter: Wendy Douglas, LCSW, MSPH
Location: 3267 Corinth Ave., L.A. 90066
Credit: 1.5 (1 credit per hour of instruction)
RSVP: Judy Messinger [310.478.0560](tel:310.478.0560) or messingerlcsw@yahoo.com

Participants will receive an overview of treatment strategies for working with difficult clients in individual therapy. This includes specific interventions for those diagnosed with Borderline Personality Disorder (BPD), severe depression and those struggling with self-harming behaviors, chronic interpersonal

(Continued Next Page²)

DISTRICT MEETINGS: (Cont'd)

GREATER LOS ANGELES DISTRICT: (Cont'd)

difficulties and emotional dysregulation. A brief history of Dialectical Behavioral Therapy (DBT) and an overview of how it is used will be presented. This includes the four modules used in DBT, mindfulness, interpersonal effectiveness, emotion regulation and distress tolerance. Interventions and techniques from each module will be briefly covered for therapists and their clients who do not have access to the full DBT program.

MID-PENINSULA DISTRICT:

Coordinator: Virginia Frederick LCSW
Coordinator Phone: 650-324-8988
Date: Friday, October 18, 2013
Time: 12:20-2:00PM
Presenter: Gordon Wong MD
Topic: Sleep Issues As Seen Through the Eyes of a Psychopharmacologist
Location: Stanford Department of Psychiatry, 401 Quarry Road, Room #1206
RSVP: Virginia Frederick, LCSW
Credits: 1.5 (1 credit for each hour of instruction)

Dr Gordon Wong will present a comprehensive look at sleep issues. As a psychopharmacologist, he looks at sleep problems as the first step in treatment. This program will cover normal sleep physiology as well as common abnormal sleep disorders illustrated through clinical examples. Dr. Wong will discuss identifying sleep issues diagnostically, the various interventions with medications, their advantages and disadvantages. Please bring clinical questions for discussion. Sleep is very basic to our well being but some treatments can be addictive over the long haul. Dr. Wong is a psychopharmacologist in Menlo Park and has given dynamic presentations to our group in the past. Join us in this first program in our new series.

Program this year – November 15 – Stephanie Brown PhD – “SPEEEEEED! Wired up and Hooked on Fast” (part of a new book coming out in January, January 17 – TBA, February 21 – Sharon Covington LCSW – “Reproductive Loss, Suffering and Resiliency” (a presentation she made at NIH), March 21 – Clara Kwun LCSW – “Clinical Sensibilities as Seen by A Social Work Analyst,” April 18 – TBA, May 16 – Greg Bellow PhD and Elise Miller PhD – “Clinician’s Challenges of Writing for Publication”

NAPA/SONOMA DISTRICT:

What: Potluck
When: September 20, 2013
Where: 3809 Clear Ridge, Santa Rosa, CA
Time: 6:00 PM

Please join us for socializing, networking and learning about California Society for Clinical Social Work. There will also be a short presentation by Mary Ann Swengon, ACSW about the MSW program offered at Sonoma State University.

Please RSVP to Kathy Frishberg – 707-321-3147 to get directions and discuss contributions to the Pot Luck.

(Continued Next Page)

SACRAMENTO/DAVIS DISTRICT:

Coordinator: Nathan Stuckey
Co-coordinator(s): Leilani Buddenhagen, Nancy White
Coordinator Phone: (951) 285-6322
Date: September 21, 2013
Time: 9:30 Networking, 10:00 – 12:00 Presentation
Topic: **Motivational Interviewing**
Presenter: Karen Brockopp, LCSW
Location: Friends Meeting House, between H & J St, 890 57th Street, Sacramento, CA

Motivational Interviewing is a communication style which focuses on exploring and resolving ambivalence and centers on motivational processes within the individual that facilitate change. The method is collaborative and person-centered, supporting change in a manner congruent with the person's own values and concerns.

Karen Brockopp, LCSW is a Member of the Motivational Interviewing Network of Trainer (MINT) and have been providing this training in a variety of venues, mostly mental health providers, for 12 years. She is currently the Associate Director for Program Services at Transitional Living & Community Support, Sacramento, CA.

CE Units free to members. Credits for non-members are \$10.00 per unit. Non-members are welcome and may attend at no charge (no CEU certificate). MSW students are encouraged to attend. Course meets the qualifications for 2 hours of continuing education credit for MFTs, LPCCs, and/or LCSWs as required by the California Board of Behavioral Sciences.

SAN DIEGO DISTRICT:

Coordinator: Ros Goldstein
Coordinator Number: 619-692-4038 Ext 3
Coordinator Email: goldsiegel@gmail.com
Date: Thursday, September 12, 2013
Time: 5:30 – 7:30 pm
Topic: **Mentalization-Based Therapy**
Presenter: Roseann Larson, LCSW
Location: Jewish Family Services of San Diego, 8804 Balboa Ave, San Diego, CA 92123
RSVP: Ros Goldstein – 619-692-4038 Ext 3

This presentation will provide an overview of Mentalization-Based Therapy (MBT). MBT is an evidence-based treatment developed by Peter Fonagy PhD and Anthony Bateman MA, FRCPsych, for people suffering from Borderline Personality Disorder. The term "mentalization" refers to the ability to think and feel at the same time, about what takes place in oneself, in others, and between people. The capacity for mentalizing is often compromised in certain interpersonal contexts for people with borderline personality traits.

CE Units free to members. Credits for non-members are \$10.00 per unit. Non-members are welcome and may attend at no charge (no CEU certificate). MSW students are encouraged to attend. Our meetings begin with a half hour for people to mingle, network, and build community. Bring your flyers and business cards. Course meets the qualifications for 1.5 hours of continuing education credit for MFTs, LPCCs, and/or LCSWs as required by the California Board of Behavioral Sciences

Future Programs:

October 3: "Dialectical Behavior Therapy: Philosophy, Skills & Strategies"



Groupthink and the Military **By Michael Metal, M.S.W.**

It is understood that those in the military are required to adapt to a culture fraught with hardship and danger and that successful adaptation is required for a successful term of service (Rubin, 2011). Adaptation to military culture allows the service member to more successfully endure the frequent deployments away from loved ones or home. The experiences and acculturation to military culture often changes a service member's view of society as well as their approach to many aspects of life. These worldviews can be difficult to understand for the civilian practitioner when treating an active duty service member, whether male or female (Coll, Weiss & Metal 2011). These service members will invariably return to civilian – or nonmilitary life. In California alone, a state with over 38 million inhabitants (UC Census Bureau n.d.) this constitutes over 1.6 million veterans (Va.gov n.d.). These numbers are significant because they inform clinical social workers that they will come into contact with clients who are, are related to, or work with veterans.

In applying Irving Janis' theory of groupthink (Esser, 1998) the author will identify some of the differences that may be witnessed in working with veteran clients. The groupthink theory posits that individuals in professional groups will begin to take on the ideals or mannerisms of that group as well as their world view. This theory can help clinicians and others to more completely understand why the veteran views things in such a manner. In stating this, the author does not mean to infer that these views will be negative nor problematic, simply outside of cultural norms.

Groupthink Development in the Military

Groupthink is a theory from social psychology that supports the idea that people within an organization will develop a group paradigm in which a view supported by the majority becomes a uniform belief or outlook (Janis, 1972). Those within the group do not necessarily internalize these views or absolutely believe in them but will remain passively compliant. Military culture is an example of organizational groupthink in the ways that traditions are promulgated from the time a service member enters boot camp. A service member

in boot camp will be taught of time honored heroes and tales of sacrifice and be introduced to the timeless honor held for those that have sacrificed (Rubin,2013). These values are taught and honors demonstrated until they become the cultural norm.

These values are continued throughout the service member's time in the military, becoming a world view that is largely internalized, becoming key beliefs or values and traditions in a veteran's life (Coll, Weiss & Metal, 2012). These world views, the paradigm through which an individual views the world and behaviors, can be explained through social development theory. The cultural norms in the military serve to reinforce behaviors or beliefs through the repetition amongst their peers (Kearsely, 1994). Many of these beliefs are valued by society as a whole. Honor, integrity and hard work are values that have traditionally made the military the place to correct the actions of maladaptive youth. However, other parts of military culture are seen as maladaptive when a person is removed from the military environment. Noteworthy examples include a very direct approach in casual conversation, and heavy drinking for a vast number of occasions that involve different emotions (Soeters, Winslow, D. J., & Weibull, 2006). Though these actions or behaviors are not looked upon as healthy in nonmilitary environments, soldiers are frequently taught these behaviors. Groupthink supports the idea that organizational behaviors or values can become internalized and a permanent part of an individual's persona (Fodor & Smith, 1982). This can be likened to operant conditioning and has been witnessed in law enforcement when looking at maladaptive (or socially unacceptable) behaviors amongst members of another cultural group that routinely experiences situations or experiences outside of mainstream cultural norms (Levine, 1971).

Veteran world views are noted as having an impact on every aspect of a veteran's life (Coll, Weiss & Metal, 2012). This commonly proves to be problematic for veterans who may offend someone or be offended by things considered benign in non-military environments.

(Continued on Page 11)

The Sanville Institute

THE ELISE S. BLUMENFELD SCHOLARSHIP FUND

Come and have fun and contribute to a continuing legacy
for our dear friend Lise

Michael Wolff 's new band

WOLFF AND CLARK EXPEDITION

featuring

Michael Wolff—piano

Mike Clark—drums

FRIDAY, SEPTEMBER 27TH

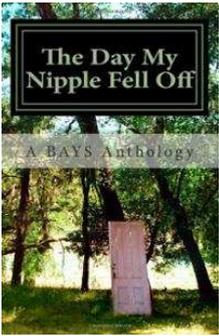
Individuals \$100 Couples \$175

Includes delicious food and drinks catered by **Picante**



Purchase tickets from The Sanville Institute

admin@sanville.edu 510.848.8420 www.sanville.edu



The Day My Nipple Fell Off: And Other Stories of Survival, Solidarity and Sass
Edited by Erin Hyman for the Bay Area Young Survivors (BAYS)

May 2013

126 pages

Reviewed by Jean Rosenfeld, LCSW

The title is shocking – and so is breast cancer, particularly if you are a young woman. This is a book of poignant, funny, tragic, emotional, hopeful, gutsy essays, written by members of the Bay Area Young Survivors (www.baysnet.org), a support group for young women living with cancer in the San Francisco Bay Area. The topics are wide ranging and not the usual stuff of self-help breast cancer books. The title story, by Laurie Hessen Pomeranz, is about her failed attempt at reconstructive surgery. And another of her essays in this book, *My Cancer and My Son* was published in the August 2011 issue of this newsletter. The introduction describes the varied lives of these gifted writers:

“We are yoga teachers and financial planners, bikers and baristas, sex workers and nurse

practitioners, lesbians and single moms, athletes and activists, students and teachers, doctors and patients.”

This book is an always available support group. The wide range of topics and very personal experiences provide validation, warnings of the road ahead, hard won wisdom, and some dark humor. The 28 chapters are divided into four sections: Medical Maze, Body Blows, Navigating Relationships, and Grief and Gratitude. Cancer patients and survivors (of any age), as well as their family and friends can benefit from seeing their own lives reflected in this book, and their perceptions and feelings shared by others. Reading these stories can encourage others to tell their own stories.

Jean Rosenfeld, LCSW is a psychotherapist in Carmichael, treating individual adults and couples. She is editor of this newsletter. She can be reached at jrosenfeld@clinicalsocialworksociety.org

Are You Short Just 1 or 2 HOURS of CE Credit?

- Need 1 or 2 more hours of CE Credit to meet your licensing requirement?
Log on to our website www.clinicalsocialworksociety.org
Read your choice of 3 of 26 informative articles and earn 1 hour of CE credit. Credit is FREE to current members. Non-member LCSW/MFT fee is \$10 per CE credit.
- Check out the Online THERAPIST DIRECTORY – Great when making referrals
- Remember that attendance at your local District meetings can earn FREE CE credit.

If you live in an area that does not currently have an active **District** and you would like to help reactivate one, please call the office (916) 560-9238

Therapists for Social Responsibility Presents



AGING AND SAGING: A Personal, Professional, and Political Conversation

Saturday, October 19th at Trinity Cathedral
2620 Capitol Ave, Sacramento 95816
Doors open 9:30 - Workshop 10 - 5:00

~Buffet lunch and 6 CEUs included ~
5 Speakers and Artist Presentation

For details and registration

www.therapistsforsocialresponsibility.org

Postmark before 9/30:

LCSWs, LMFTs, RNs \$80; Unlicensed \$50

Late reg. LCSWs, LMFTs, RNs \$95; Unlicensed \$60

LCSWs MFTs BBS provider #PCE4282

RNs provider approved by CA. Bd. Registered Nursing,
#CEP 15100



My mom is a Superhero!
Ready to solve my problems
in less than moment's notice.

(c) Jean Rosenfeld 2013

 Lifespan Learning Institute
presents

The Neuroscience of Well-being, Mindfulness and Love

Jack Kornfield, PhD and Dan Siegel, MD



October 5-6, 2013

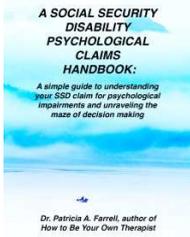
UCLA Ackerman Grand Ballroom

\$295 (\$315 after Sept. 15th)

Train in skills to transform neural patterns,
powerful meditation tools, traditional teachings,
and strengthen clinical and professional skills.

13 Hrs CE Credit is included for Mental Health
Professionals: APA, BBS, BRN, IMQ/CMA, NBCC

Register: **(310) 922-3868** or **www.lifespanlearn.info**



A Social Security Disability Psychological Claims Handbook: A simple guide to understanding your SSD claim for psychological impairments and unraveling the maze of decision making
by Patricia A. Farrell, Ph.D.

January 9, 2013

131 pages

Reviewed by Jo Miller, LCSW

This is a seemingly simple, yet immensely useful Psychological SSI/SSDI claims guide for both the applicant (claimant) and the clinician. It dispels some common myths and fears our clients may have about applying for Social Security Disability.

As clinicians, it is useful to be reminded of the stigma, fears and myths surrounding a mental health diagnosis – and to support/advocate for our clients who are considering applying for disability benefits. This handbook also provides the clinician with the basic information and resources to write a medical disability report.

Jo Miller, LCSW is an Autism Program Manager with Anthem Blue Cross, after retiring from private practice for 15 years. She specialized in working with children with developmental disabilities and/or co-morbid medical disorders and with adults with chronic mental illness.

The second chapter is most pertinent to clinicians as it defines medical evidence requirements, controlling weight and activities of daily living, as well as wording of reports. I would have appreciated more examples of wording/phrasing – however, the skilled clinician will understand what is needed to write a meaningful report.

This “simple guide” will serve the clinician looking for guidance in writing a medical disability report and will prove useful for clients and their families in understanding what is needed/considered in applying for a mental health disability claim.

PSYCHOANALYTIC TRAINING AT PCC

focuses on the unconscious core of the personality and explores the infantile anxieties and defenses that shape behavior and relations with the self and others. The elemental contributions of Freud, Klein and Bion structure the foundation of PCC’s British Object Relations approach. Emphasis on analysis of primitive mental states is supported by year-long intensive courses in the Tavistock method of Infant Observation, in the original work of Freud, Klein’s major papers and in the contemporary Kleinian and Object Relations developments. Bion’s theories of thinking form a focal center of study.

CORE PROGRAM IN ADULT PSYCHOANALYSIS

- Certification with Psy.D. Degree
- Optional Ph.D. with Dissertation
- Accents Work in the Transference

INFANT, CHILD, ADOLESCENT PSYCHOANALYSIS

- Additional Certification Program
- Second Year of Infant Observation
- Origins of Primitive Mental States

PSYCHOANALYTIC PSYCHOTHERAPY PROGRAMS

- One year Adult or Child Focus
- Didactic Courses and Case Conferences
- Certificate of Completion Provided

UPCOMING EVENTS:

SURVIVING UNTHINKABLE TRAUMA: Dissociation, Delusion and Hallucination in Life of Pi

SATURDAY, SEPTEMBER 21, 2013 Time: 1:00 pm - 4:00 pm
Featuring Dr. Judith Mitrani

THE 25TH ANNUAL MELANIE KLEIN LECTURE

SATURDAY, OCTOBER 12, 2013 Time: 8:30 am - 4:00 pm
Featuring Dr. Irma Brenman Pick,
Training and Supervising Analyst, British Psychoanalytic Society

THE 18TH ANNUAL TUSTIN MEMORIAL CONFERENCE

SATURDAY, NOVEMBER 16, 2013 Time: 8:30 am - 4:00 pm
Featuring Dr. Ofra Eshel,
Training and Supervising Analyst, Israeli Psychoanalytic Society
and Discussant Jeffrey Eaton, M.A., FIPA

For more information about upcoming Conferences, please visit the PCC website at: www.psycc.org or call the PCC office.

PCC Offers Continuing Education Courses: Scientific Meetings, Annual Melanie Klein Lectureship, Frances Tustin Memorial Lectureship, Wilfred Bion and Infant Observation Conferences and other courses related to psychoanalytic theory and technique.

*Low Fee psychoanalysis and psychotherapy
Referrals available at 310.208.1053*

PSYCHOANALYTIC
CENTER OF
CALIFORNIA **PCC**

11500 W. Olympic Boulevard, Suite 445
Los Angeles, CA 90064

PHONE: 310.478.4347

www.psycc.org

A Component Society of the International Psychoanalytical Association

Linder Psychiatric Group, Inc.
and
The Center for the Treatment of Bipolar Spectrum Disorders

Offering immediate access to medication management services and comprehensive evidence based treatment. Low cost treatment available.

www.echildpsychiatry.com

Folsom
(916) 608-0714
193 Blue Ravine R. #170
Folsom, CA 95630

Roseville
(916) 780-1070
970 Reserve Drive
Roseville, CA 95678

We Would Love for You to Write for Us:

We welcome your contributions to the newsletter:

- Articles on clinical issues and business aspects of your practice
- Articles on your personal experience regarding some aspect of your work
- Articles from students and new social workers
- Reviews of books, movies, websites and other media that are relevant to our members
- Tell us about an interesting member
- Send your ideas and suggestions for articles and writers

If you are interested in writing for the Clinical Update:
Please contact our Editor, Jean Rosenfeld at 916-487-8276 or
Email: jrosenfeld@clinicalsocialworksociety.org



The Clinical Update

P O Box 1151, Rancho Cordova, CA 95741
916-560-9238 * 855-985-4044 Toll Free * 916-851-1147 Fax
Website: www.clinicalsocialworksociety.org
Email: CU@clinicalsocialworksociety.org

Executive Director:	Luisa Mardones, Executive Director
Managing Editor:	Jean Rosenfeld, LCSW, Sacramento
Editorial Staff:	Cindy Esco, Executive Assistant

The Clinical Update is published for the members of the California Society for Clinical Social Work. The articles contained in this publication do not necessarily represent an endorsement by, or the opinions of, the governing board of the California Society for Clinical Social Work or its members. For reprint permission, please contact the California Society for Clinical Social Work.

Groupthink and the Military

By Michael Metal, M.S.W.

Continued from Page 5

Popular values of the military that are not commonplace in modern society can be seen in behaviors such as the handshake. The author was taught in boot camp that a handshake is to be firm and maintained with positive eye contact. This is frequently seen as aggressive behavior in nonmilitary settings and can become an obstacle in veteran readjustment. A veteran's views on national or international affairs are frequently seen as being impacted by groupthink. Veterans have been largely noted as having unfaltering loyalties to the United States or her allies regardless of the incident (Tetlock, 1979), in keeping with traditional veteran world views on loyalty which prohibit dissent or dishonor.

These readjustment issues have resulted in both legal and social issues that have seen veterans being arrested or becoming/remaining unemployed. As the military is downsizing, legal entanglements are quickly growing and creating a bigger issue that is compounded by an erratic economy and a mental health system that is ill-equipped to adequately treat readjustment issues (Russell, 2009). In recognizing this, some counties in California have established veteran courts in an effort to more compassionately resolve issues surrounding readjustment without interring a maladjusted veteran for issues easily treated with therapy or a life coach. Though these issues are noted to have been faced in the past (Borus, 1973), now the legal system is recognizing it and acting to resolve it in a much more positive manner.

Concerns that can be seen as being based in groupthink lead to veteran unemployment or underemployment. Because veterans are taught to simply do the job instead of talking about it they are experiencing difficulties in translating their duties to potential employers (Herr, 2003). Employers outside of the military arena are commonly unfamiliar with terms such as Platoon Sergeant or LPO as descriptive terms of managerial or supervisory roles in a professional environment. This can be seen as limiting the veteran from obtaining a job suiting his or her experience. Performing in a role that an individual is overqualified for is anticipated to be viewed as insulting or off-putting (Herr, 2003). In recognition of these issues and the impact it is having on veterans, the California Educational Development Department (EDD) is training

personnel to interpret veteran job experience correctly as well as offering a series of workshops on concerns such as interviewing, resume development and job search strategies (edd.ca.gov, n.d.).

What this means to Social Workers?

PTSD and alcohol/substance abuse are frequent topics in the media and mainstream society. Many social workers interviewed revealed concerns about how to more efficaciously assuage the anxieties a veteran may have concerning these issues. More standard interventions such as cognitive behavioral therapy and solution focused therapy are not treating all of the issues surfacing in this population. In light of these concerns and following a review of the interventions available, the author recommends multi-systemic therapy to more completely treat the veteran (or veteran dependent) being seen. Social workers are encouraged to have appropriate referrals ready for their veteran clients. With the social worker serving as an intermediary many of the anxieties or fears facing the veteran can be mitigated. In keeping with veteran world views, by having a large number of answers the social worker can more quickly develop a therapeutic rapport with the veteran who is accustomed to being told how someone can't help them. This does not mean that the social worker serves as a directory but instead as a life coach guiding the veteran through the perils of readjustment.

Conclusion

California has the largest veterans population in the country (US Department of Veteran Affairs, n.d.) and is large enough to ensure that almost every social worker in the state will encounter a veteran, their dependents or coworkers. Issues currently facing veterans often stem from difficulties surrounding readjustment and firmly seated world views. Many of these world views create obstacles to positive interactions with the non-military society. Facing financial and social concerns, the social worker is encouraged to develop resources with which to link veterans. Connecting veterans with effective resources not only helps clients deal with concrete problems, it also helps to more quickly develop a therapeutic alliance that aids in addressing maladaptive behaviors learned from internalized military groupthink.

Michael Metal, MSW served in the US Navy from 2002-2007. While completing his course work for his MSW he volunteered with a number of veteran specific charities with a goal of better understanding the problems afflicting this population. He currently works for the V.A. in greater Los Angeles. He can be reached at Michael.metal1@yahoo.com and (757) 777-6221.

References

- Borus, J. F. (1973). Reentry: I. Adjustment issues facing the Vietnam returnee. *Archives of General Psychiatry*, 28(4), 501-8 million people in California.
- California QuickFacts from the US Census Bureau.(n.d.).State and County QuickFacts. Retrieved July 25, 2013, from <http://quickfacts.census.gov/qfd/states/06000.html>
- Esser, J. K. (1998). Alive and well after 25 years: A review of groupthink research. *Organizational behavior and human decision processes*, 73(2), 116-141.
- Fodor, E. M., & Smith, T. (1982).The power motive as an influence on group decision making.*Journal of Personality and Social Psychology*, 42(1), 178.
- Herr, E. L. (2003). The future of career counseling as an instrument of public policy. *The Career Development Quarterly*, 52(1), 8-17.
- Janis, I. L. (1997).Groupthink. University of Notre Dame Press.
- Kearsley, G. (1994). Social development theory (L. Vygotsky). *Explorations in Learning & Instruction: The Theory Into Practice Database*.
- Levine, J. P. (1971). Implementing legal policies through operant conditioning: the case of police practices. *Law & Society Review*, 6(2), 195-222.
- McCauley, C. (1989). The nature of social influence in groupthink: Compliance and internalization. *Journal of Personality and Social Psychology*, 57(2), 250
- Rubin, A. (2013). *Handbook of military social work*. Hoboken, N.J.: John Wiley & Sons.
- Russell, R. T. (2009). Veterans treatment court: a proactive approach. *New Eng. J. on Crim. & Civ. Confinement*, 35, 357.
- Services for Veterans. (n.d.). Employment Development Department. Retrieved July 26, 2013, from http://www.edd.ca.gov/jobs_and_Training/
- Soeters, J. L., Winslow, D. J., & Weibull, A. (2006). Military culture. In *Handbook of the Sociology of the Military* (pp. 237-254). Springer US.
- Tetlock, P. E. (1979). Identifying victims of groupthink from public statements of decision makers.*Journal of Personality and Social Psychology*, 37(8), 1314.
- Veteran Population - NATIONAL CENTER FOR VETERANS ANALYSIS AND STATISTICS.(n.d.).U.S. Department of Veterans Affairs. Retrieved July 25, 2013, from http://www.va.gov/vetdata/Veteran_Population
- Weiss, E. L., Coll, J. E., & Metal, M. (2011). "The influence of military culture and veteran worldviews on mental health treatment: Implications for veteran help-seeking and wellness." *International Journal of Health, Wellness & Society*, 1(2), 75-86.

OUR COMBAT VETERANS RETURNING HOME THE SOCIAL AND CLINICAL IMPACT



CSCSW



KEYNOTE SPEAKER: Susan Pangelinan, Lt. Col., CA
National Guard Combat Veteran and Healthcare Administrator
Sacramento, California – October 19, 2013
University of Phoenix,
2860 Gateway Oaks Drive, Sacramento, CA 95833

OUR COMBAT VETERANS RETURNING HOME THE SOCIAL AND CLINICAL IMPACT

(6 CE Hours)

SACRAMENTO, CALIFORNIA

October 19, 2013

8:30 Registration – Workshop begins at 9:00 a.m. to 4:30 p.m.

University of Phoenix

2860 Gateway Oaks Drive, Sacramento, CA 95833

\$30 Students

\$70 Members

\$85 Non-Members

This is a comprehensive multi-disciplinary presentation on the social, emotional, and physiological issues our combat vets face while transitioning back from deployment. The following topics will be addressed:

- Military Culture: Lasting Impressions on the Veteran in Civilian Life
- Combat Related PTSD and Major Depression
- Military Sexual Trauma
- Combat Related Traumatic Brain Injury (TBI)
- Poly-substance Abuse
- Social and Family Impact

Discussions will include transitioning home from deployment and the impact of combat on a Veterans development growth, family life and occupation. This course will cover treatment modalities for working with Post Traumatic Stress Disorder (PTSD) and Traumatic Brain Injuries (TBI). We will hear from a Veteran from the Wounded Warrior Program giving his first-hand account of how his life has changed. We will end the program with a

- Panel Discussion followed by Q&A

Continental breakfast and boxed lunch will be provided.



Please return form
With credit card information
or check made payable to:

California Society for Clinical Social Work
PO Box 1151 Phone:
Rancho Cordova, CA 95741

To register on our website

[Click Here](#)

Phone: (916) 560-9238
Toll Free: (855) 985-4044
Fax: (916) 481-2191

events@clinicalsocialworksociety.org

Name: _____

Address: _____

Email: _____

Course Title/Date: _____ License # _____

Credit Card: Visa/MasterCard/Discover # _____

CVC: _____ Exp Date ____ / ____

CSCSW Member? Yes/No Interested in Becoming a Member? Yes/No (Circle One)

The DSM 5: Contexts and Clinical Applications

Presented by: Anne Petrovich, PhD, LCSW

Fresno, California – September 14, 2013

Fresno State University, Alice Peters Auditorium
University Business Center, 5245 N. Backer Ave, Fresno, CA, 93740



The DSM 5: Contexts and Clinical Applications

Presented by Anne Petrovich, PhD, LCSW

(6 CE Hours)

FRESNO CALIFORNIA

PLEASE NOTE NEW DATE

September 7, 2013

8:30 Registration – Workshop begins at 9:00 a.m. to 4:30 p.m.

Fresno State University, Alice Peters Auditorium

5245 N. Backer Ave, Fresno, CA 93740

\$50 Pre-licensed Members/Students

\$100 Members

\$120 Non-Members

The DSM-5 represents a fundamental shift in how disorders are conceptualized and diagnosed. This workshop provides an overview of the new structure of the DSM, what has changed, and what hasn't, the relationship between DSM 5 diagnosis and treatment, current controversies surrounding the DSM 5, using the DSM 5 in multidisciplinary settings and communicating effectively with psychiatrists and other medical and mental health personnel, through discussion and clinical vignettes.

Continental breakfast and boxed lunch will be provided.

At the conclusion of this workshop, participants will be able to do the following:

- Describe three philosophies and historical forces that have shaped the DSM, culminating in DSM 5
- Describe 3 major differences between DSM IV TR and the DSM 5
- Describe 5 major strengths and weaknesses in the DSM 5 and their societal contexts
- Apply both the DSM 5 and the ICD to specific clinical vignettes in a strength-based, culturally competent manner
- Describe 4 necessary skills for effective collaboration with medical and interdisciplinary personnel in the diagnosis and treatment process.



Anne Petrovich, PhD, LCSW, is both a licensed psychologist and a licensed clinical social worker. She is Emeritus Professor in the Social Work Education Department, CSU Fresno, where she has taught clinical courses for over 12 years and where, in 2011, she was the recipient of the Provost's award for excellence in teaching. She has worked in numerous psychiatric, school, hospital and community settings since 1965, and maintains an active private practice in Fresno. She is also the co-author of "Strengthening the DSM" Springer Publishing Company. http://www.amazon.com/Strengthening-DSM-Incorporating-Resilience-Competence/dp/082611881X/ref=sr_1_1?ie=UTF8&qid=1373484174&sr=8-1&keywords=strengthening+the+dsm



Please return form
With credit card information
or check made payable to:

CSCSW
PO Box 1151 Phone:
Rancho Cordova, CA 95741

To register on our website
[Click Here](#)

Phone: (916) 560-92387
Toll Free: (855) 985-4044
Fax: (916) 481-2191
cesco@clinicalsocialworksociety.org

Name: _____

Address: _____

Email: _____

Course Title/Date: _____ License # _____

Credit Card: Visa/MasterCard/Discover # _____

CVC: _____ Exp Date ____ / ____

CSCSW Member? Yes/No Interested in Becoming a Member? Yes/No (Circle One)

Classifieds

○○○○○○○○○○○○○○○○○○RIVERPARK OFFICE AVAILABLE○○○○○○○○○○○○○○○○○○

Furnished office available 1-4 days per week. Recently updated interiors, spacious waiting room, includes utilities, janitorial, use of fax machine, coffee maker. Monthly rate for one day per week is \$145. Discounted rate available for 2 or more days per week. Great location near Riverpark, with friendly colleagues and opportunities for referrals. Available now-contact Arlene Costa, LCSW at 559 907-7796.

○○○○○○○○○○○○○○○○○○SACRAMENTO MIDTOWN OFFICES FOR RENT○○○○○○○○○○○○○○○○○○

For Rent: Sacramento Midtown offices in Victorian home at 820 18 Street; \$525.00 month; 12.8 X 11.8 feet, nook and walk in closet; free one hour parking by the office. One office is available now. The other office is available in September. If you are interested, please call Wes Perlman Ph.D. at [916-454-4898](tel:916-454-4898)

○○○○○○○○○○○○○○○○○○DOWNTOWN LOS ANGELES OFFICE SPACE○○○○○○○○○○○○○○○○○○

Office space available. Downtown L.A. adjacent starting on 8/1/2013. Rent \$175.00 per month for each day of week rented. Billing assistance available if needed. Contact Joshua at: 818-487-2593, or 818-404-0054. Please call 818-487-2593 or 818-404-0054 for credit card information.

○○○○○○○○○○○○○○○○○○SANTA MONICA FURNISHED OFFICE ○○○○○○○○○○○○○○○○○○○

Lovely private office in great location. Furnished, has large windows, private waiting room, storage and sink, in two-story therapists' building. Free parking. Available Tuesday, Friday, Saturday and all evenings. Call [310-713-5457](tel:310-713-5457).

○○○○○○○○○○○○○○○○○○WEST LOS ANGELES OFFICE ○○○○○○○○○○○○○○○○○○○

West LA office to sublet with large window in garden office building. Light system, elevator, and separate exit. Near 405 and 10 FWYs. Contact Jan at [310 390-5585](tel:310-390-5585) or email janlipschutz@gmail.com

○○○○○○○○○○○○○○○○○○LAGUNA HILLS, CA ○○○○○○○○○○○○○○○○○○○

A highly desirable, aesthetically pleasing furnished part-time office available. Centrally located at the 5 and 405 serving both North and South Orange County clients. Abundant parking, large waiting room, kitchen/staff room, courtyard water garden with lunch tables. Suite mates include a psychiatrist and psychotherapist with cross referral opportunities. 949-573-1124 or georgerosch@gmail.com

○○○○○○○○○○○○○○○○○○OFFICE SPACE AVAILABLE ○○○○○○○○○○○○○○○○○○○

Two spacious window offices available in a three office suite with a large waiting room. Third street, just East of Robertson Blvd. {1st-549sqft \$1592} {2nd-180sqft \$830} Contact BCanlas@Fulvest.com

○○○○○○○○○○○○○○○○○○BEVERLY HILLS OFFICE SPACE○○○○○○○○○○○○○○○○○○

Looking for someone to share my space in my nicely-appointed, window office in Beverly Hills. I am in a contemporary low-rise building with close, reasonably priced parking for you and your client. Available hours can be flexible. Please contact Marsha at [310.993.9152](tel:310.993.9152) or email morman9999@aol.com.



California Society for Clinical Social Work
P O Box 1151
Rancho Cordova, CA 95741