



# INSIDE THE NET



Volume 16, Issue 3  
8 March 2010

### Inside this issue:

The Balance Challenge	2
Speakers' Bureau	3
Members' News Articles Needed	3
Healing from ones Woundology	4
Practice Tip of the Month	5
NET Lunches	6
Expert's Corner	7
Member Highlights	8
2010 Schedule	9
2010 NET Membership Application	10
Your Board of Directors	11

## CEU Opportunities

### March's NET Presentation

#### Title: Postpartum Depression

Dr. Nesreen Ibrahim completed her residency training in psychiatry at the University of Texas Medical Branch in Galveston. From there she completed an adolescent fellowship program at Drexel University and Allegheny General Hospital's Department of Psychiatry. She was appointed assistant professor at the University of Texas at Houston.

She brings to The Psyclinic in Webster a wealth of knowledge in the treatment of child, adolescent and adult psychiatry, including geriatrics. She is a member of the American Psychiatry Association, the American Academy of Child and Adolescent Psychiatry and the Pennsylvania Society of Psychiatric Physicians.

## ANNOUNCEMENT

The NET Board has approved a new lunch reimbursement fee. Due to the rising cost of catered food, you will be reimbursed for up to \$150, effective this month.

### Next Meeting:

Tuesday, March 9, 2010 from 11 a.m. to 1 p.m. All meetings begin at 11 a.m. sharp. The NET meets on the second Tuesday of the month. We meet in the United Way Building located at 1300-A Bay Area Blvd., Houston, Texas 77058. Membership is \$35 for professionals and \$20 for students. It includes all CEU meetings, a light lunch, and great programs.

### CEU'S:

Everyone needs CEU'S for their license. However, you may not know that according to bylaw, the NET cannot provide a 1.5 hour CEU for an individual who attends a meeting unless they are present for 1.5 hours. This is why the CEU sign in sheet is taken up at 11:40 A.M. each meeting.

## THE BALANCE CHALLENGE

Donna Henn, M.S., LPC

When our Newsletter Editor, Tenley Fukui, MA, LPC, asked me if I might write an article for the newsletter, I realized I did have something to say that I had *not* defined or expressed to anyone so explicitly: the scope of the responsibility we have as therapists. Nor have I ever acknowledged in a comprehensive way the value of our profession. We are trained to be objective in exploring options/possibilities in the support of others, but may often neglect ourselves or remember to balance the therapeutic chair with movement and inclusion of other interests and experiences, including a periodic re-evaluation of professional *and* personal goals. In other words, therapists might need therapy too, or at the very *least* validation and support from other colleagues.

We don't always get feedback from clients, and certainly share a frustration level with managed care's reimbursement, and the uncertain impact of current legislation on the future of health care. We must be resilient, courageous, adaptable, and resourceful in order to do what we do. Yes, we're warriors who know how to pick ourselves up, be decisive, change directions, deal with crises, challenge ourselves, *and* reach out to others. The latter, *reaching out* part may sometimes be clouded, however, with our own unrealistic expectations of ourselves – the rude awakening that no, we are not superwomen or supermen! This may call for making time to ask for feedback and support from each other.

Therapists have a role and responsibility to teach clients how to create change and negotiate conflict resolution through an acceptance, flexibility, tolerance, and respect for individual, as well as group, and cultural differences. Even a *global* peace process would seem to begin with individual responsibility, flexibility, and an open mind, right?

Whether we are working with an individual, couple, or family, therapists are challenged with effectively *engaging* clients in a *therapeutic alliance*. Accomplishing this task requires a *working radar* to effectively sense a client's vulnerability and receptivity in the *timing* of therapeutic interventions.

This means covering all bases so we're not accused of being too directive, influential, taking sides, creating false memories or dependency; or risking our own legal vulnerability. Mental health professionals have many skill sets to balance. This is why we are sure to carry good liability insurance.

The core, however, of the delicate *balance challenge* seems to be an acute awareness of where the timing of therapeutic intervention parallels the client's timing, or readiness to create a *specific* or *any* change. The probability of "good timing" is supported on one side by the therapist's foundation of personal balance (refueling and self care maintenance) and by the necessary development of a client's self awareness of (internal vs. external) choices on the other side (we are instrumental here also). This powerful combination of energies and timing assists clients with the development of an inner confidence and *sense of self* capable of joining and contributing to the larger society.

In summary, we expend a lot of energy in the work we do to teach the responsibility and mindfulness of the choices we *all* have to create more balanced lives. Although we have limits in our roles to support others, what we do is very valuable and always has the potential to make a *significant* difference.

So, there's a time for listening, to be fully present, to validate and empathize, to explore ways of thinking, and, don't forget ... the importance of stepping back to create a therapeutic space *while* equipping clients with the tools to ultimately make their own, more informed and balanced decisions.

## Speakers' Bureau

The NET Speakers' Bureau is a service made available to groups and organizations. The purpose of this (pro bono) service is to increase public awareness and enhance community education related to services and programs available through the Bay Area NET. The Speakers' Bureau also provides mental health professionals a structure through which to share their message with the community. Speakers available through The NET represent many areas of professional expertise. Topics include: Abuse (Sexual & Physical), Alcohol and Other Drug Issues, Anger Management, Communications Skills, Couple Relationships, Elder care/Caregivers Burnout, Life after Divorce, Parenting Issues, Stress Management, and Women's Issues.



The NET takes pride in making this service available free-of-charge to the Texas Clear Lake/Bay Area's civic clubs, church groups, schools, hospitals, and other organizations. Please contact us to schedule someone to speak.

## Newsletter Submissions

Note: The NET is a provider of CEU's for LPC, LMFT, LCDCs and Category II for Psychologists. (Certain presentations may be cosponsored as Category I.) Everyone is welcome! Do you have an announcement or news about a legislative event that affects therapists? Please submit your information to the newsletter. The deadline for The NET Newsletter entries is the 20th of every month. Send all submissions to: Tenley Fukui at [fu-kuitenley@hotmail.com](mailto:fu-kuitenley@hotmail.com). For ad rates see [www.bayarea-net.org](http://www.bayarea-net.org).

## Book Reviews

Have you read a good book that you found useful for your work.

Your book review can be published in the next issue of Inside The NET.

Please send your article to Tenley as described in Newsletter Submissions.

## Members' News Articles Needed

Do you like reading stories about the members of the Bay Area Mental Health Providers Network? We hopefully will not make the newspaper like R. Allen Stanford did, but we still have exciting tales to tell. So let's hear from our wonderful and special membership. You, the members, make this organization what it is. It is great to hear about such interesting people. Sharing a part of your life in the NET Newsletter is a quick and easy way to connect or reconnect with your colleagues and to add to your professional development. Kindly, submit your stories, accomplishments, awards, presentations, practice innovations, births of children and grandchildren, etc. to: [fukuitenley@hotmail.com](mailto:fukuitenley@hotmail.com)

## Office Space for Lease

I have a large therapy office, with access to a small workroom/office, available at a reasonable monthly cost. The office space is located in Clear Lake, near the intersection of Bay Area and El Camino Real. Please contact Gayle McAdoo at 281-280-8641 if you are interested.

## Practice Development Group

The **Practice Development Group** addresses professional, ethical, and personal issues that affect our work as mental health professionals. Each month we address a different topic and any concerns introduced by group members. It is not necessary to be in private practice to take advantage of the offerings of this group. Meetings are held monthly on the Tuesday after each regular NET meeting, from 12-1:30, in a different location each month. For information about the next meeting, call or email Gayle McAdoo @ 281-280-8641, [gmcadoo@ev1.net](mailto:gmcadoo@ev1.net). (The topic for March is "Autonomy – Letting go of unhealthy business dependencies to become more autonomous and in control.")

## HEALING FROM ONE'S WOUNDOLOGY

Michael Yeager B.A., LCDC, C.Ht, RMT, CAS, CTC, CCS, SAP  
Licensed Chemical Dependency Counselor, Certified Grief Recovery Counselor,  
Clinical Hypnotherapist, Registered Massage Therapist  
Holistic Healthcare Practitioner  
e-mail [therapy@ceuinfo.com](mailto:therapy@ceuinfo.com).  
Rapid Healing Wellness Solutions, 2122 Rosefield Dr., Houston, Texas 77080  
713-461-3279 - 713-461-9329 Fax

As a Licensed Counselor, Auricular Acupuncturist, Massage Therapist, Hypnotherapist and Energy Worker I have found that people seeking help will at times resist the very treatment they are seeking. I have also noticed that once people move into a recovery mode that sometimes they hesitate just prior to a breakthrough. Upon investigation it is oftentimes found that they are holding onto an attachment to the past that is still seducing them. The seduction of the past story or as Carolyn Myss calls it "Woundology" can keep a person entrenched in their problem. The seduction or payoff can be in keeping them "right" about their inability to do things differently about their problems. It can also keep them in a victim mode that allows for blaming, avoiding relationships or other life adventures.

1. Tell the truth about what happened to cause you problems with feeling 3 times then say goodbye to the pain of the event so you can move on.
2. Notice how you use your wound story for secondary gains like avoiding relationships, avoiding personal responsibility for your life today, getting to be right about the negative self-talk you have been telling yourself for years, refusing to own your part of the problem.
3. Some people hold on to their "Woundology" so they can keep relationships they found in support groups believing that if they let go of the wound they would lose the friends they found in the group.
4. Some believe that their sense of worth comes from outside themselves and they can never be OK without the external validation of others.
5. Others have incomplete grief over relationships of the past that they still need to say the truth to and do not do it.
6. Finally for the purposes of this short article some do not heal because they do not know how to identify, challenge and change their negative self-defeating core beliefs. So it is important that they seek some kind of assistance.

These 6 simple and logical strategies work when you work them. The challenge is to keep working them whenever the need arises.

If we do not challenge and change our core beliefs about ourselves in relationship then we are prone to keep doing relationships like we have always done them. The same is true about our behaviors when it comes to asking someone out on a date or just getting to know them. If we do not overcome our beliefs, which cause our feelings, we will seem to always be operating in projected fear and never move off our stuck point.

According to Quantum Physics and the work of Stephen Wolinsky “Quantum Consciousness” he states that the thoughts we have are separated by space and it is in the space between these thoughts that we create our next thought. It is in the space between thought that is the creative space where we are free at any time to create a new thought. Thought persisted in produces action. What outcome are you seeking when you ask someone out or begin thinking about asking someone out? It stands to reason that we get out of life exactly what we put into it. Fear or Faith both are successful outcomes depending on our thought life.

In Colin Tipping’s work on Radical Forgiveness he states that there is no need to forgive anyone as no one has ever done anything to harm us or reject us. That everyone in our lives is there to teach us something so everyone is due a sense of gratitude. It is helpful if one believes in reincarnation, as it is these life lessons that we are learning with each experience we have in this life. So the question to ask when you sense fear is what lesson does this situation hold for me? When you get rejected ask how has this rejection come into my life and for what purpose did I create that response to my question.

These concepts will keep you growing into the light of the spirit. They will keep you in touch with your third chakra, which holds your sense of self-esteem. It is out of high regard for ourselves that we face the world bravely.

Through developing the strength to deal with one’s incomplete past one can and does have a better life and can be grateful for all of life.

If I can help, please call me at 713-461-3279, [www.contemproaryteaching.com](http://www.contemproaryteaching.com)

Michael Yeager B.A., LCDC, Ch.T, RMT, CTC

## **Practice Tip of the Month - Success in business requires the ability to bounce back and recover quickly from setbacks.**

First, become aware of what you want and the reality of your current circumstances. Then, as you plan ways to reach your goals, also have a recovery plan to deal with obstacles.

When you get “stuck” you may want to ask yourself these questions: What do I want? What are my strengths? What are my limitations? How can I use one to balance the other? What hints does my work with clients offer in the way of direction for personal and professional growth? Do my services appeal to a particular clientele that I could access now? How do I connect with others when the going gets rough? Now, use your responses to develop and support any steps to maintain your resilience.

Also, remember that self care is vital to long term success. Get plenty of rest. Eat well and exercise regularly. Maintain an adequate support system of both therapists and non-therapists. Become aware of what you are thinking. And change your thoughts to support your intentions!

Contributed by Gayle McAdoo, MA, LMFT, LPC, LCDC

## HAVE A HAPPY SAINT PATRICK'S DAY



**A young schizophrenic named Struther,  
Who learned of the death of his Brother,  
Said, "I know that it's bad,  
But I don't feel too sad.  
After all, I still have each other."**

### NET Lunches - Volunteers Needed!

One of the great perks of our NET meetings each month is the opportunity to sit down with colleagues and share a meal. What is it about eating together that makes talking easier?! The Board would like to extend thanks to all of the members over the past years who have graciously taken the time to provide delicious lunches for our NET meetings; and also extend the invitation to anyone who would like to sign up for the schedule of next year's meetings. If you'd like to, here's the deal:

\*Put your name and contact information (phone, email) on the month you'd like to provide, on the sign up list provided at the registration table at the NET meeting; you'll be contacted approximately a week in advance of the meeting as a reminder;

\*On your designated month, you'll be responsible to:

--have the lunch available in the meeting room, so that members can begin eating at 11:00 a.m. (we usually figure on 25-30 in attendance); the meeting room is open by 10:30 a.m.

--set up (put out lunch, napkins, any tableware needed, ice, drinks if provided, etc.)

--remain after the meeting to help clean up, dispose of waste, wipe down tables, etc.

There are limited resources at the United Way building, in the way of serving bowls, utensils, etc. There is no ice machine, so if you provide cold drinks, ice is also needed. The NET does not currently keep paper products (cups, plates, etc.) so plan on bringing anything that's needed, unless otherwise notified

Reimbursement is available to you if you request it. The NET policy is to reimburse UP TO BUT NO MORE THAN \$150.00. If you would like to be reimbursed, please keep your receipts and give them to the NET Treasurer, and you will be reimbursed for UP TO \$150.00.

Again, thanks for serving the NET membership in this way. A sign-up list will be circulated at the general meeting so that you can choose a month for which you would like to provide lunch. Feel free to contact any of the Executive

## Expert's Corner

Problem - posed by a NET member

A client has been in counseling sporadically for 2 years about loss and grief for her mother who has cancer. Her mother died recently and she is angry at God for making her mother suffer so long during the last two weeks of her life. She will not go to church now. Any suggestions?

Expert Opinion - provided by George Pulliam, MSW

Well, it is not unusual for folks to become angry with God when they are suffering or when those they love are suffering or going through hard times. Usually it does not help to try to apply a different logic or bible quotes unless the person is struggling and asking for ways of thinking about God and in this case the person is lost. It sounds like this client is just plain angry. So I would try to go with the anger. For instance I would wonder if she is angry enough and is she feeling revenge? I mean how do you get back at God? Will you show Him what's what by not going to church or giving up praying or whatever? I might wonder about forgiveness and if that's in her thinking. While she is giving up church is there anything she will miss about going other than just giving up on God. I might even attempt to expand her thinking about all the other things that God may be blamed for including all the tragedies that we witness or hear about daily. Or how about war? I mean how much responsibility is she giving the Almighty? So I would not try to smooth out the anger but to see how far one could take it. And how will she know when she has had enough? You know anger is one way of managing grief and for some it is easier to be angry then sad and grieving.

Just had another thought. She has been in counseling for loss and grief before her mother died? And was she holding out hope that God was going to cure her? Grief like trauma can hang around for years and can be pervasive interfering with everything. How about her? When and if she is ever ready there are techniques like going to the grave to talk to the deceased and say last good byes and to put to rest unresolved issues. Rituals are often helpful when one can mark a point in time when the hurt and loss is put in another place allowing the person to move on. I have known some folks who set aside a time to remember and to grieve-- usually once a week or once a month. Sometimes they will play music, read poems, or do whatever makes sense to them. Often if they do that they can manage the rest of the week. There are so many questions. If none of this helps maybe you could tell me more about this person and your impressions of her and her experiences with loss and just life in general.

## Member Highlights

Five members will be highlighted each month. Go to the website to make sure all your information is correct or if you want additional information there. E-mail Tenley Fukui at [tenleyfukui@hotmail.com](mailto:tenleyfukui@hotmail.com) with these changes etc and they will be put up on the homepage. I will highlight five members each month and put them in the newsletter.

Barbara Richards, LBSW  
San Jacinto Methodist Hospital  
4401 Garth Rd.  
Baytown, TX 77521  
Email: [bbrich32@sbcglobal.net](mailto:bbrich32@sbcglobal.net)  
Populations Served: Individuals, Adults, Elderly

Clinical Interests:  
Grief/Loss/Trauma/Crisis Intervention  
Anxiety/Stress/Panic Attacks/PTSD  
Drugs/Alcohol

---

Michael Ross, LCSW  
Christian Counseling Center  
2051 W. Parkwood Ave.  
Friendswood, TX 77546  
(281) 482-3882  
Email: [MIKEROSS@fwdcofc.org](mailto:MIKEROSS@fwdcofc.org)  
Populations served: Individuals, Teenagers, Couples, Adults, Families, Elderly

Clinical Interests:  
Depression/Mood Disorders  
Grief/Loss/Trauma/Crisis Intervention  
Relationships/Separation/Divorce  
Blended Families  
Anger/Domestic Violence

---

Nichole Rust  
Meridell Achievement Center  
P.O. Box 87  
Liberty Hill, TX 78642  
(512) 517-2004  
Email: [nichole.n.rust@uhsinc.com](mailto:nichole.n.rust@uhsinc.com)  
Populations served: Children, Teenagers

Clinical Interests:  
Depression/Mood Disorders  
Grief/Loss/Trauma Crisis Interventions  
Anger/Domestic Violence

---

Sandy Seckel, LPC  
Pearland Counseling Center  
1506 E. Broadway, Suite 101  
Pearland, TX 77581  
(281) 996-7410  
Email: [sseckelpcc@sbcglobal.net](mailto:sseckelpcc@sbcglobal.net)  
Populations Served: Individuals, Couples, Adults

Clinical Interests:  
Depression/Mood Disorders  
Grief/Loss/Trauma/Crisis Interventions  
Relationships/Separation/Divorce/  
Anxiety/Stress/Panic Attacks/PTSD  
Anger/Domestic Violence

---

I.C. Wetuski, LPC  
1711 Festival Dr.  
Houston, TX 77062  
Retired School Counselor  
Email: [TXICW@sbcglobal.net](mailto:TXICW@sbcglobal.net)  
Populations Served: Teenagers

Clinical Interests:  
Relationships/Separation/Divorce  
Blended Families  
Anxiety/Stress/Panic Attacks/PTSD



## CEU Opportunities



**The NET**  
**1300-A Bay Area**  
**Houston, TX 77058**

**Networking/Lunch: 11-11:30**  
**1.5 CEUs: 11:30-1:00pm**

## 2010 Schedule

<b>Date</b>	<b>Topic</b>	<b>Presenter</b>
1/12/10	"How Essential Oils Can Serve You and Your Clients"	Meg Shehad, LPC
2/9/10	"Couples Therapy"	Peggy Halyard, LPC Mark Groblewski, LMSW
3/9/10	"Postpartum Depression"	Nesreen Ibrahim, MD
4/13/10	"Interventions"	Robert Martinez
5/11/10	"Clinical Hypnosis for Treating Anxiety"	Tenley Fukui, MA, LPC
6/8/10	"Eating Disorders and Injury"	Lara Allen, LPC
7/13/10	"Christian Counseling"	Mike Ross, LMSW, LCSW
8/10/10	TBD	
9/14/10	TBD	
10/12/10	TBD	Debbie Knauss, RN
11/9/10	"DBT: Therapy That Works"	Debra Meehl, DD
12/14/10	TBD	

# 2010 NET MEMBERSHIP APPLICATION

## PART I - WEBSITE INFORMATION

Please omit any information you do not want listed on The Net website:

NAME: \_\_\_\_\_ CREDENTIALS: \_\_\_\_\_

EMPLOYER: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

WORK PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

### Populations Served: (check all that apply)

<input type="checkbox"/> Children	<input type="checkbox"/> Teenagers	<input type="checkbox"/> Adults	<input type="checkbox"/> Elderly
<input type="checkbox"/> Individuals	<input type="checkbox"/> Couples	<input type="checkbox"/> Families	<input type="checkbox"/> Groups

### Clinical Interests: (check all that apply)

<input type="checkbox"/> Depressions/Mood Disorders	<input type="checkbox"/> Anxiety/Stress/Panic Attacks/PTSD
<input type="checkbox"/> Grief/Loss/Trauma/Crisis Intervention	<input type="checkbox"/> Anger/Domestic Violence
<input type="checkbox"/> Court Related Services/Mediation	<input type="checkbox"/> Drugs/Alcohol
<input type="checkbox"/> Relationships/Separation/Divorce/Blended Families	
<input type="checkbox"/> Other: _____	

Membership Type:  New  Renewal  Update Only

Membership Dues:  Individual (\$35)  Student (\$20)  Single Meeting (\$10)

Date Paid: \_\_\_\_\_ Method Paid: Check# \_\_\_\_\_ Cash \_\_\_\_\_ Other \_\_\_\_\_

PLEASE COMPLETE APPLICATION AND MAIL WITH PAYMENT TO:  
THE NET, Treasurer, 1300-A Bay Area Blvd., Houston, TX 77058

## PART II- PRIVATE INFORMATION

Any information listed below the dotted line will NOT be listed on the website:

NAME: \_\_\_\_\_

HOME ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

TELEPHONE NUMBERS: \_\_\_\_\_  
Home Cell Pager

PERSONAL EMAIL: \_\_\_\_\_



1300-A Bay Area Blvd  
Houston, Texas 77058

Phone: 281-282-6000  
E-mail: [TheBayAreaNet@gmail.com](mailto:TheBayAreaNet@gmail.com)

---

[bayarea-net.org](http://bayarea-net.org)

---

## DUES

Dues are due in January. In order to continue your newsletter, discounted attendance at meetings/workshops, and listing in the NET directory you must pay your dues by January 31<sup>st</sup>. If you do not you will lose the above listed membership benefits. Of note, there has been some confusion about organizations signing up. Each member of an organization will need to pay for their individual membership. An organization does not have a membership that covers all members.

## Your Board of Directors

President—Patti Peoples M.S., LPC  
(281) 434-9985  
[pattipeoples@yahoo.com](mailto:pattipeoples@yahoo.com)

President-Elect—Open Needs Volunteer

Treasurer—Mike Ross, LMSW  
(281) 482-3882  
[mikeross@fwdcofc.org](mailto:mikeross@fwdcofc.org)

Secretary/PR—Erica McCarty MA, LPC  
(281) 333-2284 x222

Continuing Ed. Coordinator—Jill Delesandri  
(713) 899-7346  
[jdelesandri@gmail.com](mailto:jdelesandri@gmail.com)

Membership—Mr. Anthony Ford  
Sante Center for Healing  
(713) 503-2930  
[anthony@santecenter.com](mailto:anthony@santecenter.com)

Newsletter Editor—Tenley Fukui, M.A., LPC  
(713) 408-2468  
[fukuitenley@hotmail.com](mailto:fukuitenley@hotmail.com)

Practice Issues Group—Gayle McAdoo, MA, LPC, LMFT  
(281) 280-8641  
[gmcadoo@ev1.net](mailto:gmcadoo@ev1.net)

Community Relations—Mr. Jonathan Cranford  
Intracare Hospital  
8806 Bryce Canyon Ct.  
Spring, TX 77379  
(832) 216-4180  
[jcranford@intracare.org](mailto:jcranford@intracare.org)

Crisis Response Team—Open Needs Volunteer