

# NEWSLETTER

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## PRESIDENT'S MESSAGE MARCH 2009

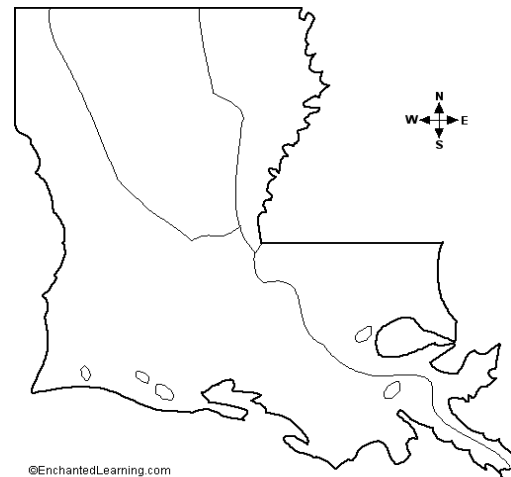
### BY CAROL MILES

I usually try to make this an uplifting positive viewpoint but today I am just plain irritated and you may get more than you bargained for in reading this.

It seems like the insurance industry takes advantage of us over and over. Today was one of those days.

When I was in graduate school, the way I understood confidentiality had something to do with "need to know". Who needs to know this information about this client? Do you have informed consent to present that information on the client's behalf? (I guess you are wondering where I am going with this. I'll get to my point soon.)

Lately, I have received more referrals to my private practice than I can schedule. I suppose I am grateful for the number of referrals. As we say sometimes, business is good. Hoping to offer a warning that I



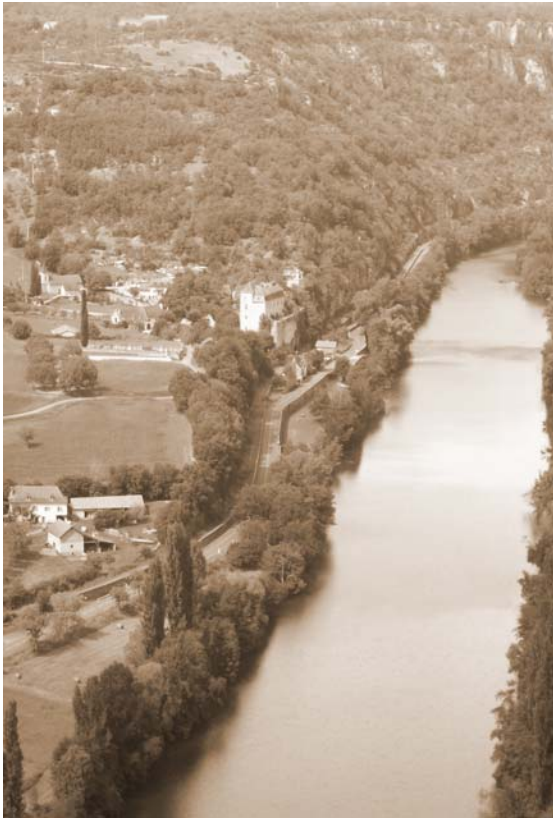
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Our base is Louisiana—all the clinical social workers of the state

may not be able to take a new patient, my voice-mail message says I have limited availability. And then I get the voicemail messages from managed care providers leaving explicit information and authorizing me to see clients. The icing on the cake was the recent phone call with too much information regarding a client and no return phone call number for the care manager! I was livid. So I called the patient, explained my dilemma, and my concern about her rights being violated. Then I called

the insurance company and complained. Hopefully, the patient will get a phone call from the care manager apologizing and the policy will be changed. I am tired of getting stacks of forms regarding patients I am not scheduling. I shred them of course but why do I have to do that! I'll let you know if I hear back from anyone. Thanks for listening. And if you have a complaint about managed care, tell me!

## Member Abroad-Laury A. Bourgeois,



**The Workshop Report-Strengthening Our Commitment to Social Work Supervision, Ethics and Cultural Diversity-**As many of you know (and some were there), I recently presented this workshop in November on behalf of the LACSW in New Orleans. This was our first BACS workshop offered in the new 6.5 hour format. Eleven people attended and all participants (100%) increased their knowledge of the material that was presented. Everyone stated-**YES- they would recommend this workshop to a friend.**

The **BEST** things noted about the workshop were:

- Small Group Setting/Sharing (5)
- Experiential pieces, handouts on "model" forms for supervision (5)
- Teaching style

The **WORST** things noted about the workshop were:

- Own personal conflicts
- Self-Care Section
- Room too cold (5)

The 2-day workshop content and presenter scored overwhelming between good and excellent. "Measuring Success in Supervision" scored the highest of all other sections for presentation and usefulness of information once more! Thanks to the LACSW for this opportunity, to River Oaks for hosting us, and to those of you who attended and participated so well.!

## CHANGE

Take a moment to strain your brain, and think back many years ago to a substance abuse prevention commercial aimed at teenagers. It started out with a frying pan and an egg with a voice that stated: "This is your brain." Then someone cracks the egg into the frying pan. As the egg sizzled away the voice said: "This is your brain on drugs." A newer variation on this theme was aired on MTV. You see the faces of many young people describing where they got "it", and eventually you discover that "it" was "hope". The end of the ad has a young woman and a young man standing side by side, each with an egg in one of their hands. The young woman says: "This is your brain." And then the young man says: "This is your brain on hope", as the egg cracks open a beautiful baby chick is sitting in his hand. There's been talk about your brain on *drugs*, talk about your brain on *hope*, but with all that is going on in our world today... what about your brain on CHANGE?

In their book ***Caring, Commitment, and Choices-Self-Help Strategies for HIV/AIDS Caregivers-The Change Cycle Series-Published by the National Association of People with AIDS***-our brain's response to change is outlined in terms of four predictable responses:

- **The brain distorts, deletes and generalizes new information**-this means that we form patterns based on past experience for use at present and in the future. This causes the perception of the change situation to be INACCURATE.
- **The brain makes no differentiations between good or bad changes**-this means that to the brain-change is change; whether it is a good change or a bad change you will have the same response or reaction
- **The brain makes no differentiation between externally imposed or internally driven changes**-this means that it doesn't make any difference if the change is a change you have CHOSEN to make or if the change has been IMPOSED on you, your reactions and responses will be the same

**The brain responds multi-dimensionally**-this means that our brains respond to change on many levels with many filters. Some of these filters could be emotional, spiritual, behavioral and mental.

Remember-To the Brain-Change is Change-CHANGE can be big or small. Change can be manageable or unmanageable. It can be chosen or unchosen. When we choose change it is important to be realistic and to be sure that the change we've chosen is change that we have the power to do something about. As we move forward in uncertain times-there's a piece of the Serenity Prayer that speaks to change and can be a good guide to managing change in our lives: "God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." I'm banking on our wisdom!T

*the Change section is revised from a piece originally written in my role as Consultant to Debra Gould & Associates, Inc.*

## Hurricane Katrina Offers Private Practice the Opportunity to Recreate Itself

Vincent Carbone, PhD  
Carolyn Weaver, LCSW, PhD



Private practice offers an opportunity to shape many aspects of our working environment: how we run our practice, what we specialize in, and the associates with whom we affiliate. Other variables, however, are not easy to control, and an especially critical one is affordable office space that creates the right setting for mental health service providers.

For over 20 years, we housed our practice in a traditional non-descript office building. We occasionally thought about buying, but most spaces were sterile and unaffordable. In our post-Katrina world, however, our once-comfortably-priced office space became much less affordable. The management wasn't just nickel and diming us, it was passing on major bucks in additional expenses! We decided to explore the market again.

Although there was still surprisingly little on the market, we were excited by the increased variety – and the prospects for creating a much more fitting environment for us and our clients. After deciding on potential locations, we contacted a realtor who helped to arrange visits and scout out other buildings. We worked through the expenses: minor renovations, hazard and flood insurance, taxes, utilities, supplies, cleaning, lawn care, and one-time moving cost. We recognized that owning a building would make us landlords with unexpected expenses along the way, but we also realized that we would be the ones making the decisions about which expenses were most critical to our practice. We concluded that even if the market simply held steady, we would be better off financially than if we continued to rent – with more opportunity to create an enticing environment.

We happily settled on an old building on S. Carrollton Avenue in Mid-City, a Katrina-restored shot-gun double that had been transformed into a beautiful office, with space for as many as five mental health professionals. We were excited to be a part of the revival of Mid-City, a historic and much-loved area of New Orleans. Near places like Angelo Brocato's famous ice cream, Jesuit High School, and City Park, it is now home to our private practice and several others along S. Carrollton Avenue.

The new house has provided an atmosphere that is warm and welcoming to our clients, and feels a whole lot more comfortable to us. It has the charm of old New Orleans – high ceilings, cypress doors, old fireplaces and mantels, hardwood floors (albeit new), floor to ceiling windows – and looks inviting, comforting and intriguing all at the same time.

We are now in the process of filling our new office with a group of people that can work harmoniously and co-exist, day to day. We believe that synergy is important to the atmosphere we create, because that harmony is expressed to our clients in many ways, both consciously and less consciously. One of the beautiful rooms in our new office home is in need of a tenant. Mental health professionals looking for office space should give us a call at 504-482-2610 for information or a tour. And keep in mind, for those of you who celebrate child-client's birthdays, Brocato's is just a short walk away.

**The Louisiana Association of Clinical Social Workers (LACSW) is a voluntary association of clinical social workers whose mission is “ to define, represent, promote, and protect clinical social work as a knowledge-based, client-centered profession which provides quality mental health services to the general public.”**

### **LACSW offers its members the following benefits:**

- A Board of Directors with state - wide representation to oversee the concerns of clinical social workers across the state of Louisiana.
- The only active presence in the Louisiana legislature through a full-time lobbyist who promotes clinical social work issues for the consumer and the social work practitioner.
- Discounts for workshops on clinical social work skills sponsored by the Continuing Education Committee within the Association.
- A clearinghouse for concerns of clinical social workers that are beyond the influence of the individual practitioner.
- Listing in a membership directory made available to health care companies and consumers to market the clinical social work services of the members.
- A Bi-monthly newsletter to keep members informed of the actions of the Association on their behalf.
- Staying abreast of national concerns via LACSW's membership in the Council of Social Work Organizations created in 2006 by the American Board of Examiners in Clinical Social Work.
- Representative interaction with managed care companies in Louisiana to assure high clinical practice standards and appropriate fee structures.

# LOUISIANA ASSOCIATION OF CLINICAL SOCIAL WORKERS

## PROFESSIONAL MEMBERSHIP AND REFERRAL DIRECTORY INFORMATION

MEMBERSHIP YEAR: July 1, 2008 to June 30, 2009

IDENTIFYING INFORMATION: Please list the information you wish to be used in the Membership Referral Directory for members and the public and as a marketing tool for approaching managed care companies.

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

(Last, First, Middle Initial or Nickname) - Please Print

CREDENTIALS: (Please circle all that apply) GSW LCSW Diplomate Bd. Approved Supervisor

Other Certifications: \_\_\_\_\_

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

(Street, City, State, Zip)

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

if different from above (Street, City, State, Zip)

E-MAIL: \_\_\_\_\_ Website: \_\_\_\_\_ OFFICE PHONE: ( ) - \_\_\_\_\_

FAX: ( ) - \_\_\_\_\_ HOME PHONE : ( ) - \_\_\_\_\_ List Home In Directory: Yes No

How do you prefer to be contacted? \_\_\_ Mail \_\_\_ Fax \_\_\_ Email \_\_\_ Office Phone \_\_\_ Home Phone \_\_\_ Any listed

LEGISLATIVE INFORMATION: Please use your Voter Registration Card to complete the following:

State Senator: \_\_\_\_\_ Senator District Number: \_\_\_\_\_

Representative: \_\_\_\_\_ Representative District Number: \_\_\_\_\_

MEMBERSHIP DUES: Please make payable to LACSW c/o Connie Konikoff, Treasurer, 110 Nathalie St., Laf., LA 70506

\_\_\_\_\_ Student Membership \_\_\_\_\_ \$ 20.00 \$ \_\_\_\_\_ Ck # \_\_\_\_\_

\_\_\_\_\_ GSW/MSW Membership \_\_\_\_\_ \$ 75.00 \$ \_\_\_\_\_ Ck # \_\_\_\_\_

\_\_\_\_\_ LCSW Membership \_\_\_\_\_ \$195.00 \$ \_\_\_\_\_ Ck # \_\_\_\_\_

\_\_\_\_\_ Retired Membership \_\_\_\_\_ \$ 50.00 \$ \_\_\_\_\_ Ck # \_\_\_\_\_

\_\_\_\_\_ Agency/Corp. Membership \_\_\_\_\_ \$300.00 \$ \_\_\_\_\_ Ck # \_\_\_\_\_

CONTRIBUTIONS:

\_\_\_\_\_ Donation For Lobbying Efforts - Please make payable to LACSW \$ \_\_\_\_\_ Ck # \_\_\_\_\_

TOTAL ENCLOSED \$ \_\_\_\_\_

Credit Card: . Visa . Mastercard

Account # \_\_\_\_\_ Exp. Date \_\_\_\_/\_\_\_\_ Signature \_\_\_\_\_

Group Name or Place of Employment: \_\_\_\_\_

Practice Setting: \_\_\_ Private Practice \_\_\_ Agency Setting \_\_\_ In Patient \_\_\_ Clinic Consultation Services: Yes No

Work Schedule: \_\_\_ Full-Time \_\_\_ Part-Time \_\_\_ Days \_\_\_ Evenings \_\_\_ Saturdays

Populations: \_\_\_ Children \_\_\_ Adolescents \_\_\_ Adults \_\_\_ Geriatric

Cultural Issues: \_\_\_ African American \_\_\_ Asians \_\_\_ Hispanics

Modalities: \_\_\_ Individual Therapy \_\_\_ Couple Therapy \_\_\_ Group Therapy \_\_\_ Family Therapy

Specialty Groups: \_\_\_\_\_ Therapeutic Models: \_\_\_\_\_

Please list clinical specializations (Maximum 6): \_\_\_\_\_

Are you interested in participating in the Speaker's Bureau? \_\_\_\_\_ If yes, please list topics below:

Check with your C.P.A. for your particular tax situation regarding business expense deductions. Dues used for lobbying are not tax deductible. The LACSW uses the vast majority of dues every year for legislative lobbying expense in order to protect your vendorship law and the Licensed Clinical Social Work credential. We are an all volunteer organization here to protect your profession. Please join! Thank you!

# ACADIANA FIRE

## C. I. S. M.

200 Bridgeway Drive, Ste. 248  
Lafayette 70506  
337 937 5980

### *Critical Incident Stress Management*

Acadiana Fire CISM is sponsoring the ICISF "Group Crisis Intervention" on March 28/29, 2009 at the Youngsville VFD Training Center located at 300 Fountainview Drive, Youngsville, LA 70598. Phone 337 856 6906. Class is from 8 AM to 5 PM both days.

**Terri Blaise with the United States Coast Guard is the instructor for this certification class.**

Designed to present the core elements of a comprehensive, systematic and multi-component crisis intervention curriculum, the Group Crisis Intervention course will prepare participants to understand a wide range of crisis intervention services. Fundamentals of Critical Incident Stress Management (CISM) will be outlined and participants will leave with the knowledge and tools to provide several group crisis interventions, specifically demobilizations, defusings and the Critical Incident Stress Debriefing (CISD). The need for appropriate follow-up services and referrals when necessary will also be discussed.

This course is designed for anyone in the fields of Business & Industry Crisis Intervention, Disaster Response, Education, Emergency Services, Employee Assistance, Healthcare, Homeland Security, Mental Health, Military, Spiritual Care, and Traumatic Stress.

#### **Program Highlights**

- Relevant research findings
- Relevant recommendations for practice
- Incident assessment
- Strategic intervention planning
- "Resistance, resilience, recovery" continuum
- Large group crisis interventions
- Small group crisis interventions
- Adverse outcome associated with crisis intervention
- Reducing risks
- Critical Incident Stress Debriefing (CISD)

**Completion of "Group Crisis Intervention" and receipt of a certificate indicating full attendance (14 Contact Hours) qualifies as a class in ICISF's [Certificate of Specialized Training Program](#).**

**Cost of the program is \$75 for first responders and \$130 for mental health/allied professionals which includes student manual and certificate. Deadline to register is March 10. Payment or department/company purchase order must accompany registration.**

**Name:**

**Address:**

**Phone:**

**Call the number above with any questions, and mail payment and registration**

*You are invited to attend an LACSW Masters Class:*

## ***Addiction/Retraumatization:***

### ***A Manifold Expression of Emotional Learning***

Presented by: **Barry Pilson, PhD, LCSW**

**Friday, March 27, 9:00-Noon**

In the intimate setting of our presenter's home in

**New Orleans East**

Utilizing recent research findings, a model of learning will be presented of brain functioning that incorporates the emergence of addiction and the repetition or enactment of trauma patterns. Standardized cognitive biases will be understood as means to process information (internal and external) resulting, at times, in compulsive behavior and predictable reward contingencies. The principles of motivational interviewing and the 12 steps will be integrated and presented as applications that can be utilized for sustainable change resulting in recovery processes (including cognitions and behaviors).

**3 CEUs** - Approved by the Louisiana Association of Clinical Social Workers

**FEES:** LACSW members - \$50, Non-member guests - \$65

Space will be limited. To reserve a seat and get further information on attending this event, please call or email Myra Hidalgo, LACSW Education Chair, by March 25 at (504) 899-0244 or myrahidalgoccc@hotmail.com.

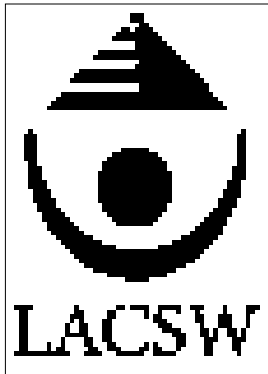
# LACSW

P.O. Box 14153  
Baton Rouge, LA. 70808

225-932-0053  
lacsw2@hotmail.com

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[www.lacsw.org](http://www.lacsw.org)

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**RIVER OAKS**  
**HOSPITAL**

1525 RIVER OAKS ROAD WEST NEW ORLEANS, LA 70123  
TEL: 1-800-366-1740 FAX: 504-733-7020

**SPECIAL THANKS FOR OUR  
BOARD MEETING LOCATION:  
Baton Rouge General Hospital  
Mid-City Campus**