Safety for Social Workers Becomes Law!

Rebekah Gewirtz, MPA

On February 15, 2013, Governor Deval Patrick signed legislation that creates social work safety in the workplace, a top priority legislation of NASW-MA Chapter. Filed by State Senator Sal DiDomenico and Representative Sean Garballey, this bill was in response to recommendations from the NASW-MA Safety Task Force, which convened after the 2008 stabbing death of a social worker on a home visit.

The law requires all programs providing direct services to clients that are operated, licensed, certified, or funded by a department or division of the Executive Office of Health and Human Services to have a workplace violence prevention and crisis response plan. This is key to keeping social workers and other workers safe in direct care settings.

The law requires all programs tailored to the specific needs of agencies. Programs must be updated at least annually. In addition, programs that do not have safety training in place shall require their employees to enrollment in safety training which will be developed and offered for free by the Executive Office of Health and Human Services. In addition to the EOHHS free training offered for free by the Executive Office of Health and Human Services to have its employees to enroll in safety training that will be developed and offered for free by the Executive Office of Health and Human Services. In addition to the EOHHS free training offered for free by the Executive Office of Health and Human Services.

These protections to employees who are on the front lines of public health, caring for and working with individuals and families who are struggling through troubling and often precarious circumstances. Social workers, human service workers and others who are dedicated to helping those in need should be afforded the same expectations of a safe and secure work environment.

Co-lead sponsor, Rep. Sean Garballey (D-Arlington) stated, “I am proud to have been able to partner with the National Association of Social Workers on passing legislation that aims to protect our social workers so that they can continue to provide essential services to so many throughout the Commonwealth of Massachusetts. "Social worker safety has been a priority for Massachusetts and this law will further enhance our efforts to protect those who are caring for our most vulnerable populations,” said Health and Human Services Secretary John Polanowicz. “I thank the legislators and advocates who did the work on this important bill."

Safely for Social Workers Continues!

Continued on page 2

NASW Membership: Don’t Graduate Without It!

“I need to find a job.”
“I need liability insurance.”
“I need to prepare for the licensing exam.”
“I want to network with social workers.”
“I want to find a mentor.”

Does this sound like you? NASW has what you need!

When you join NASW up to ONE week before graduation AND maintain continuous membership, you qualify for transitional reduced rates for up to three years following graduation.

$48 is 75% OFF the regular rate!

NASW supports you in beginning your social work career. Visit: www.naswma.org to see all the benefits and action. Look for the NASW-MA Chapter on Facebook, Twitter, Linked-In and Meetup.

Give the Gift of NASW - Thinking about what to give a graduating BSW or MSW student? Give the gift of NASW! Call 800-742-4089.

What Happens After Graduation?
Tips on Finding a Job in Social Work

Sponsored by NASW-MA Chapter and the Cultural, Ethnic, and Racial Affairs (CERA) Shared Interest Group

Monday, April 8, 2013
5:30 PM - Doors Open, 6:00-8:00 PM - Panel, Q&A
Wheelock College, Ladd Room, 43 Hawes Street, Brookline

Panelists will address:
- Skills needed to practice in your specialty
- How to get an interview
- Employment opportunities
- Trends in the field

Pre-registration required. RSVP by April 1, 2013 to Adam Linn at linn@naswma.org or 617-227-9635 x18 or on the Chapter’s Facebook page (Indicate if you are an NASW member).

Members Only Invitation

NASW members are invited to join one of the Chapter’s Shared Interest Groups to find out how the group can support you in your work. Non-members are welcome to attend a meeting or two before NASW membership is required to continue as a participant.

See page 6 for a list of Shared Interest Groups and Chairpeople.

E-mail Chapter@naswma.org to be added to one of the mailing lists.

Free Career Workshop

April 9, 2013
5:30 PM - Doors Open, 6:00-8:00 PM - Panel, Q&A, Network
Wheelock College, Ladd Room, 43 Hawes Street, Brookline

Panelists will address:
- Skills needed to practice in your specialty
- Employment opportunities
- Trends in the field

Pre-registration required. RSVP by April 1, 2013 to Adam Linn at linn@naswma.org or 617-227-9635 x18 or on the Chapter’s Facebook page.
On the Hill

SAFETY FOR SOCIAL WORKERS BECOMES LAW Continued from page 1

The passage of the Law is part of a larger campaign to maximize safety for social workers in the workplace. The campaign includes:

1. Producing National Practice Standards on Maximizing Safety in the Workplace.
2. Developing and delivering Safety Training to all organizations and agencies employing social workers. The Chapter has developed a curriculum, trained a cadre of social workers to deliver the training, and has begun the training of public and private organizations.

NASW-MA Chapter’s Safety Training Program

The NASW MA Chapter strongly recommends all social service agencies have policies that address the safety of workers, clients, management, and administration. The NASW-MA Safety Training Program assists agencies in creating a climate of safety for employees and clients.

To get started with training for your agency, call Julie Balasalle at 617-227-9635 x20 or email balasalle@naswma.org

SAFETY FOR SOCIAL WORKERS BECOMES LAW

Provide training for up to 60 employees per session.

NASW Shares in PRIDE

The spring of 2013 marks the ninth anniversary of same sex marriage in Massachusetts. NASW-MA is taking this opportunity to celebrate the milestones in the LGBTQ community in our state, our country, our chapter, and our profession. To that end, we are urging members to join NASW at the 43rd Gay Pride parade on June 8, 2013. We will march to join NASW at the 43rd Gay Pride Festival table at Government Center – the first executive director, who suggested the idea for a committee on gay and lesbian issues for gay and lesbian chapter members. I had the great fortune of being part of that committee from almost the first meeting in 1980. The following year a chapter-wide conference was held that drew close to 200 attendees.

The committee continued to serve as a support network for LG members and as a speaker’s bureau on LG issues. Members of the committee developed a three session workshop for agencies seeking knowledge about the unique concerns of this population. I personally presented at over 10 agencies, as did several other committee members, bringing our total to roughly 50 settings. In retrospect that amounts to pretty wide coverage. In the mid-1980’s I co-chaired the committee, which was then by the LGB Committee. At that time our executive director and chapter president both spoke out at public forums in protest against state regulations that prevented gays and lesbians from becoming foster parents. The regulation was eventually changed, but unfortunately did not affect parents. The regulation was eventually changed, but unfortunately did not affect the particular case that was the focus of the protest.

In the late 1980’s, NASW-MA supported the state’s anti-discrimination legislation. The Chapter also formed a committee on AIDS and HIV that offered education to the professional community and clinical support for members who worked with people affected by AIDS.

By the early 1990’s, NASW was vocal in its support of “second parent adoption,” which refers to the legal right of a non-biological parent in a same sex couple to adopt a child born to their partner. In 1992 the governor appointed a commission on the issues of gay and lesbian youth, on which social workers served and continue to serve.

In the 1990’s, National NASW and NASW-MA continued to actively support the outcomes of her dedication to the Work Safety Task Force jointly convened by NASW and the Boston University School of Social Work and was then recommended for prioritization by the NASW Legislative Advocacy Committee and the Board of Directors. Special thanks also go to Skip Struck, CEO of Family Continuity, for his role on the Task Force and in the end stages of the legislative process; to Eva Skolnik-Acker for her wisdom, passion, and dedication in developing the Safety Training program; and to Julie Balasalle for her diligent staffing of the Safety Task Force and her bravery in speaking publicly about her own experience of being assaulted when she was a front line social worker.

For more information on the Social Work Safety in the Workplace bill or to get involved in NASW-MA Chapter legislative advocacy, please be in touch with Rebekah Gewirtz at 617-227-9635 x12 or gewirtz@naswma.org.

1. Based upon a survey of 1,000 Massachusetts NASW members and review of literature.
3. Ibid.

Rebekah Gewirtz, MPA is the Director of Government Relations and Political Action at NASW-MA

Eva Skolnik-Acker, LICSW

Betty Morningstar, PhD, LICSW

NASW-MA Board of Directors

2012-2013

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See p.16 ad for NASW PRIDE event
**Managed Care: News You Can Use**

Rachel Siegel, LICSW
Jonas B. Goldenberg, LICSW

Updates from the Managed Care Committee:

- Beacon Health Strategies, Cigna, and Tufts Health Plan were represented at the meeting. All MCOs collectively reported that the newly implemented CPT code changes were a primary focus of each organization.

- Beacon Health Strategies: They are successfully paying claims based on the new CPT codes. Although they are not currently reimbursing for the new CPT “Crisis Codes” (90839 and 90840), they are reviewing this, which may change that policy in the future.

- Blue Cross/Blue Shield: They contacted NASW and indicated that unpaid claims for new CPT codes are actively being reprocessed as of January 31, 2013.

- Cigna: They report no claims problems due to the new CPT codes. They are in the process of amending provider contracts with new rates to coincide with the new codes. They encourage providers to utilize the Provider Home Page on their website for assistance with questions concerning the new CPT codes; this offers information such as “Frequently Asked Questions.” Providers can also contact Cigna Provider Services by calling 800-926-2273 for assistance.

- Tufts Health Plan: Provider network still open and seeking new providers. They acknowledged that any claims submitted with new CPT codes haven’t been paid out to providers. All denied claims are actively in the process of being adjudicated, and will be reprocessed and paid out to providers within the allotted forty-five day timeframe. For additional assistance, Tufts Provider Services can be contacted by calling 888-884-2404.

- The American Association for Therapeutic Humor provides this definition: “Humor is any intervention that promotes health and wellness by stimulating a playful discovery, expression or appreciation of the absurdity or incongruity of life’s situations. This intervention may enhance health or be used as a complementary treatment of illness to facilitate healing or coping, whether physical, emotional, cognitive, social, or spiritual.

**CLINICAL PRACTICE TODAY**

Continued on page 13

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**Symposium 2014 Call for Proposals**

**Instructions for Submission**

Proposals must be received no later than May 31, 2013.

The NASW Massachusetts Chapter invites NASW members and non-members to submit proposals for presentation at SYMPOSIUM 2014, the Chapter’s celebrated biennial statewide conference for and by professional social workers. The goal of the presentations is to advance knowledge and skill in the areas of direct practice, administration, advocacy, policy, research, education and theory.

SYMPOSIUM 2014 will be held April 3-4, 2014 at the Sheraton Framingham Hotel and Conference Center, Framingham, Massachusetts.

Social work’s power is in its diversity. Submissions on all aspects of social work practice and policy are encouraged and will be assessed on the following basis:

- **Clarity**, organization, and quality of writing.
- **Experience** with and depth of knowledge about the proposal content.
- **Innovation and creativity** in practice, theory, policy, research, administration or education.
- **Relevance and applicability to practice.**

**Presenters**

- **Plan** for a 90-minute block of time and an attendance from 10-150 people.
- There are a limited number of three hour slots; indicate if you are interested in one of these. The committee will make the final decision.
- **Allow** for a maximum of three presenters.
- **Receive** presentation fees when attending the whole Symposium, as well as great visibility before their professional community.
- **Over 800 people attended Symposium 2012 including 90 presenters. We eagerly await your presentation.**

**Application Process**

All completed Symposium 2014 Call for Proposals Applications MUST be submitted via email to symposium2014@naswma.org by May 31, 2013 and must include the following:

A. Proposal Cover Sheet: Download from www.naswma.org, which includes:

1. Presentation title (eight words or less) that clearly conveys the presentation content and sparks interest.
2. Level, length, and category of presentation.

B. Presenter Information:

1. List of presenters’ names, highest social work and/or other academic degree, license level, current job title and employer. Indicate lead presenter if there is more than one presenter.
2. All communications regarding Symposium 2014 go to the lead presenter who is responsible for conveying information to co-presenters.
3. Mailing address, phone numbers (work and home), fax number and email address.
4. NASW membership number or the words “Non-Member”.

C. Audio/visual equipment request: Available AV equipment includes flip chart/markers, LCD projectors with screens (must bring your own laptop) or screen alone. A limited number of TV / VCR / DVD players will be available.

---

**Important Notes:**

- **To ensure anonymous review, do not list presenter names on items E and F.**
- Include E through H in one MS Word document, ensuring that each section starts on a new page.
- Each page should include the presentation title (same as A1, above) in the “header.”

D. **Resume(s): For each presenter include licensing level and no more than two job titles (students, indicate school affiliation).**

E. **Abstract** on separate page, double-spaced, maximum of 250 words, that includes:

1. Presentation title (same as A1).
2. The core idea(s) of the presentation.
3. Theoretical foundation or research which is the basis for the presentation.
4. Innovations in direct practice, administration, policy, research, education or theory featured in your presentation.
5. The connection of your topic to issues of diversity, ethics, and/or advocacy and policy.
6. How your presentation format will engage the audience and promote interaction. (Based on feedback from past attendees, it is not acceptable to read your presentation.)
7. How the larger social context (e.g. culture, economic conditions and the political arena) impact your topic and the practice of social work.

F. **Three Learning Objectives** on a separate page, under the heading of the presentation title.

G. A **25-Word Summary** with Title on a separate page, for use in the Symposium Program Book.

H. **Reading List** that includes entries from the past five years and is no more than one side of one page, including title of your presentation.

---

**Email all submissions to:**

symposium2014@naswma.org **Must be Received By** May 31, 2013.

**Attach 3 documents:**
1) A-C, 2) Resume(s), 3) E-H.

---

The Symposium Committee encourages experienced and new presenters to submit proposals. If you need help formulating your ideas or presentation, contact Jonas Goldenberg at (617) 227-9635, x 14, or consult www.naswma.org for FAQs on Writing a Proposal. If your proposal is accepted, you can participate in a free training to sharpen your presentation skills. The Program Committee expects to notify authors of its decisions by October 31, 2013.
UPCOMING EVENTS

BERKSHIRE

Info: Jeff Schrenzel, 413-782-1757, jschrenz@nme.edu

CENTRAL

Info: Rose Ogilvy, 617-217-9635 x62, chapter@naswma.org

APRIL 12/MAY 17, Fri.
9:00-10:30 a.m.
Montachusett Home Care, 680 Mechanic St., Leominster

Private Practice Shared Interest Group

Left conference room on the second floor

APRIL 1 / MAY 6, Mon.
5:15-7:30 p.m.
Central Regional Council Meeting
Worcester DCF Office, 2nd Floor
121 Providence St., Worcester

NORTHEAST

Info: Jill FitzGerald, 617-217-9635 x64, jfitzgerald268@gmail.com

PIONEER VALLEY

Info: Jeff Schrenzel, 413-782-1757, jschrenz@nme.edu

APRIL 5, Fri.
12:30-2:00 p.m.
Taylor’s Restaurant, 238 Main Street, Greenfield

APRIL 25. Thurs.
7:30-9:00 p.m.
Maintaining Boundaries: Living in the Community WhereWe Work
7:15 (Registration)
Deborah Rodriguez, MSW, Program Coordinator, LIPS Program
New North Citizen’s Council
Franklin Medical Center, Conf., Room A, 164 High St., Greenfield

MAY 9, Thurs.
7:30-9:45 p.m.
Isn’t It Easier Being Gay, Lesbian, Bisexual and Transgender Today?
17:15 (Registration)
Pam Garramone, MEd, Executive Director, Greater Boston FYLAG
Smith College, Dewey Common Room, Northampton

MAY 16, Thurs.
8:30-10:30 a.m.
Private Practice Shared Interest Group Meeting
Led by Sue Davis (suedavis.psychotherapy@yahoo.com)
Hotel Northampton, Dining Room, 36 King St., Northampton

SOUTHEAST

Info: Melissa Barbosa, 617-660-0718, melissarbarbosa@comcast.net

PIioneer Valley

Pioneer Valley Holds Productivity Workshop

On February 28, 2013 at Smith College in Northampton, John Habif, LCSW, Assistant Professor at the Springfield College School of Social Work presented “The Problem and Proposed Solutions with Productivity Requirements in Outpatient Services,” a topic ripe for discussion. Are you asked to fill more clinical hours, without enough time to complete the collateral work? Are you forced to double or even triple book? Some workers must meet productivity requirements before becoming full time with benefits. Even some students in field placements need for input from clinicians before productivity and accountability goals are set, to better assure realistic goals. Client needs, worker satisfaction, as well as fiscal considerations need to be taken into account. A lively discussion closed the evening. Please join us for our next PC program free to NASW members.

Central region

The NASW-MA Central Regional Council presents:

Safety Awareness in the Workplace

with Jennifer Gendron, LCSW, Director, Student Services, The Wellness Corporation, and Official trainer for the NASW-MA Safety Training Program

Monday, May 20, 2013
9:00 a.m.-12:00 noon (registration 8:30 a.m.)
Montachusett Home Care Corporation (MHHC)
Main Office, 680 Mechanic Street, Leominster

Learning Objectives: (Participants will learn to:)
1) Develop a mindset for working with clients/others who may be aggressive.
2) Understand assessment and prediction of who is at risk to use violent defenses.
3) Use the practical technique of verbal de-escalation. Approved for 3 CEs for social workers. Register below or online at www.naswma.org

CE Book Clubs

Participants will read each book prior to meeting. Each meeting is approved for 2 CE's.

The NASW-MA Central Regional Council presents:

Night Road by Kristin Hannah

Discussant: Elizabeth Hunttoon, LMHC, MFT, Addictions Clinician

Tuesday, April 16, 2013
6:15-8:15 p.m. (Registration 6:00 p.m.)
AdCare Outpatient, 95 Lincoln Street, Worcester

Learning Objectives: (Participants will learn the...)
1) Role of parents in the issue of teenage drinking.
2) Possible consequences of teenage drinking.
3) Factors that lead to teenage drinking.
4) Impact of a fatal accident while under the influence of alcohol on the teen and the others involved.

Look Again by Lisa Scottoline

Discussant: Mary Santos, LCSW, 37 years in adoption services at Department of Children and Families

Tuesday, June 18, 2013
6:15-8:15 p.m. (Registration 6:00 p.m.)
AdCare Outpatient, 95 Lincoln Street, Worcester

Learning Objectives: (Participants will learn the...)
1) Stages of an adoptive parent goes through when there is some question that the adoption may not be valid.
2) Issues to be considered when the adoption is not a valid one.
3) Impact of decisions made to resolve this issue on the adopted child, the adoptive parents and the biological parents.

Mail form with check to “NASW”: NASW, 14 Beacon St. Ste.409, Boston, MA 02108

Name ____________________________ Member # ____________________________
Address _______________________________________________________________
City ____________________________ State _______ Zip _________________
Phone ____________________________ Email ____________________________

Welcome!

Mail form with check to “NASW”: NASW, 14 Beacon St. Ste.409, Boston, MA 02108

Name ____________________________ Member # ____________________________
Address _______________________________________________________________
City ____________________________ State _______ Zip _________________
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City ____________________________ State _______ Zip _________________
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Welcome!

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Name ____________________________ Member # ____________________________
Address _______________________________________________________________
City ____________________________ State _______ Zip _________________
Phone ____________________________ Email ____________________________

Welcome!

Mail form with check to “NASW”: NASW, 14 Beacon St. Ste.409, Boston, MA 02108

Name ____________________________ Member # ____________________________
Address _______________________________________________________________
City ____________________________ State _______ Zip _________________
Phone ____________________________ Email ____________________________

Welcome!
I just read the article "I’m not a Social Worker, I am a Giraffe" by Adele M. Luta. It struck me as interesting. At MIT’s Department of Brain and Cognitive Sciences, Dr. Ani K. Konrad is studying the brain to provide insight into the neural basis of human empathy. By asking their subjects to read about others' experiences while in an MRI scanner, they have identified a number of brain regions that respond to others' physical and emotional experiences. One of the truly interesting things about human empathy is how flexible it can be applied. In some situations, this 'empathic flexibility' can be problematic – for example, empathic failures towards another ethnic group may help drive violent intergroup conflicts. In other contexts, however, empathy flexibility can be incredibly helpful – for example, people whose chosen profession surrounds them every day with human tragedy must have some way to regulate their empathic responses so they can survive the day.

One of the truly interesting things about human empathy is how flexible it can be applied. In some situations, this ‘empathic flexibility’ can be problematic – for example, empathic failures towards another ethnic group may help drive violent intergroup conflicts. In other contexts, however, empathy flexibility can be incredibly helpful – for example, people whose chosen profession surrounds them every day with human tragedy must have some way to regulate their empathic responses so they can survive the day.

In a series of new studies, the Saxe Lab is trying to better understand how humans learn to regulate their empathic responses. Their intuition is that empathic flexibility can be learned through training and experience, and that people whose jobs put them in regular contact with human pain and suffering – Emergency Room staff, hospice clergy, and social workers – might be best at this ability, even if they are completely unaware that they are doing it. They are currently looking for professionals from these fields to take part in the research.

A difficult practical aspect of research with busy professionals is just finding participants who are willing to take time out of their day to contribute to the effort. The scans, which all take place at MIT
NASW’s Licensing Test Prep Courses

Saturday, April 20, 2013, 9:30 A.M.-4:30 P.M.
Nevens Memorial Library, Methuen

Saturday, April 20, 2013, 9 A.M.-4 P.M.
Simmons College, Boston

Friday, June 7, 2013, 9 A.M.-4 P.M.
Bridgewater State University, Bridgewater

Saturday, August 3, 2013, 9 A.M.-4 P.M.
Smith College, Northampton

For additional dates visit: www.naswma.org/licensingtestprep

• This is a PRE-REGISTRATION COURSE ONLY. All registrations must be received at least 5 working days in advance of the selected course date. NO REGISTRATION AT THE DOOR.
• Registrations received online or postmarked ten business days or less prior to program date are at the regular rate. Add $25 to the early bird fee.
• No refunds. Registrants can receive a program voucher for another scheduled NASW-MA Licensing Test Prep course upon written request.
• Only email acknowledgments (with directions) are sent. Please print out your e-mail acknowledgement and bring with you on the day of the course. This will serve as your ‘ticket’ into the course.
• If you require special accommodations, please submit written statement at least 30 days prior to program.

*Please pack your own lunch.

MAIL with check payable to “NASW”, NASW, 14 Beacon St. Ste. 409, Boston, MA 02108
or FAX with credit card information: (617) 227-9877
or REGISTER ONLINE with credit card: www.NASWMA.org/LicensingTestPrep

Name _______________________________________________________________________________
Address _______________________________________________________________________________
City _______________________________________________ State _____________Zip _____________
Phone ______________________________Email ______________________________________________

NASW Joins with Army OneSource FREE CEs

As the conflicts in Iraq and Afghanistan wind down, waves of Service members from Massachusetts are making happy reunions with their loved ones back home. But the joy can be short lived once the realities of readjustment into every day life begin to sink in.

NASW MA Chapter is partnering with Army OneSource on a campaign to provide FREE, nationally accredited, online continuing education training to its members. Four courses developed by the Center For Deployment Psychology will be offered beginning March 6 through April 24.

The courses cover military culture, the impact of combat stress and deployment on children and families and PTSD. NASW MA members will receive a series of emails, which provide information about the challenges facing our military and an easy link to the online courses. Please update your email address by emailing chapter@naswma.org. The campaign will also be promoted through LinkedIn, Twitter and Facebook.

For additional information, contact Stacy Song at stacy@naswma.org or 617-227-9635 x21.

Receive the full benefits of membership! Give us your email and keep it updated.
Receive regional and chapter-wide program announcements, offers and opportunities.
Send your updated email address to: chapter@naswma.org

JOIN AN NASW SHARED INTEREST GROUP

The chapter invites all NASW members to put their ideas and energies to work through one of its Shared Interest Groups. Members organize continuing education programs, follow legislation, represent NASW in the community and generally serve as the eyes and ears of the chapter, feeding back information to staff and the elected leadership.
When you join, you become part of the action, network with colleagues who have similar professional interests, and help move the association forward in meeting its goals. Call the chair people below to find out more about the group they lead. They will be delighted to talk with you.

COMMITTEES

• Legislative Advocacy Committee
  Carol Owen (413) 219-8240
cowen@salemsate.edu
• P.A.C.E. (Political Action for Candidate Election) Committee
  Katheryn Audette: (508) 654-9299
  katheryn.audette@gmail.com
  Jennifer Lemmerman: (781) 620-1513
  jennifer.lemmerman@gmail.com

SHARED INTEREST GROUPS

• Children and Youth
  Seth Kleinman (617) 416-2248
  sethkleiman2001@hotmail.com
  Kara Sabalauskas (617) 585-7577
  ksbabalaskas@thehome.org

• Cultural, Ethnic and Racial Affairs (CERA)
  Arlene Vallie (617) 959-2933
  Arlene.vallie@gmail.com
  Zara Sahat (508) 852-7116
  zaalove2010@gmail.com

• Criminal Justice
  Cheryl Azza (978) 794-8400
  cazzia@rsuffolk.edu
  Sarah Coughlin (517) 726-0059
  scoughlin1@partners.org

• Domestic Violence and Sexual Assault (Pending)
  Jackie Savage-Borne (617) 732-7047
  naswagorge@gmail.com

• Elder Issues
  Robin Y. Postill (781) 934-0847
  robin.postill@erickson.com
  Nancy Lynch: (781) 696-8373
  nancylynch@erickson.com

• Family Therapy
  Lisa Krinsky (617) 726-0059
  lisakrinsky@ltadigestingproject.org

• Housings and Homelessness
  Cheryl Azza (978) 794-8400
  cazzia@rsuffolk.edu
  Jennifer Lemmerman (781) 620-1513
  jennifer.lemmerman@gmail.com

• LGBT Issues
  Lisa Krinsky (617) 522-1292
  lkrinsky@ltadigestingproject.org
  Andrea Waterberg: (781) 696-8373
  adwaterberg@gmail.com

• Mental Health & Substance Abuse
  Kevin Kazin (617) 448-3866
  kevin.kazin@gmail.com
  Andrea O’Rourke (978) 844-0704
  aorourke1@partners.org

• Nursing Home
  Else Beaulion (781) 545-5294
  elibee@comcast.net

Private Practice

• Greater Boston
  Carl Weiland (617) 666-4321
  kweiland@verizon.net

• Pioneer Valley
  Sue Davis (413) 303-0368
  suedavis@psychotherapy@yahoo.com
  (Northampton)
  Janet Porcelli (413) 548-6217
  janetporcelli@gmail.com
  (Greenfield)

• Southeast Region
  Lori Miller-Freitas
  lori.miller-freitas@verizon.net
  Carol Seddevis
  c500devil@aol.com

• School Social Work (Pending)
  Chair – Position open

You can e-mail the Chapter officer chapter@naswma.org and request to be added to the mailing list of one or more Shared Interest Groups. (NASW membership is required)
MOVIE REVIEWS

A Separation

Goldie Eder, LICSW, BCD
NASW-MA MEMBER

A Separation (2011) opens with a Tehrani couple, Simin and Nader, appearing before a judge with a contentious case. This personal and political issue brings an unspoken conflict between Nader and his wife Simin. Nader, a good and decent man, cannot—to the loss of his daughter, Bina, who appears at first to be happy and “normal.” But she also has something she’s not disclosing to the world. Ironically, Le opens herself to Bina, only to be rejected, not in the way we would expect. The tension at home around everyone’s unspoken knowledge that Le is lesbian escalates into open conflict between her parents. Le gets caught in the crossfire of issues that start out being her family’s anxiety over their daughter, but quickly lead to fighting about the underlying conflicts that have long existed for this couple. The story, as universal as Romeo and Juliet, is a particular story of life in an African American community. It is the story of a boy who often experiences extreme internal distress and sometimes despair. Fletcher Wortmann and his family spend many years trying to identify what he is suffering from and find solutions to his problems. Triggered is a chronicle of a brilliant child struggling for years in silent pain, often feeling alienated from his peers and the world at large. It is a story about the parental anguish of watching a child struggle, striving to find appropriate diagnoses and effective treatment, yet not being able to find solutions until a crisis occurs. It vividly documents how the mental health issues of one family member can impact an entire family. This honest story will resonate with any parent who has had to watch their child suffer, or any clinician who has shepherded a family through similar challenges. This is a poignant, painful memoir that Fletcher Wortmann shares with intelligence and sardonic wit. Potenck, a self-mutilating girlfriend, a comedy troupe, a crippling college workload, a suicide attempt, and treatment at the OCD Institute at McLean Hospital all factor into the narrative. As Mr. Wortmann takes us through his years of confusion and despair, the reader feels his pain as well. Wortmann describes in

CE Book Club
Tuesday, May 7, 2013
7:00-9:00 p.m. (Registration 6:30 p.m.)
Brigham House, Activity Rm., 341 Mt. Auburn Ave., Watertown (617-923-7779)
Prior to meeting, participants will read: Life With Sam*
(A book about the death of a child) by Elizabeth Hall Huthner

A Separation

Goldie Eder, LICSW

Like some families that come to our consulting room, each side has merit and we feel partial to each family member as the story unfolds. The statements, pronouncements, and actions of each party become more and more extreme before there is any resolution. The magistrate issues not a divorce, but a separation, as Nader has neither been violent, unhappily married, nor is an addict. In fact, Simin tells the judge “my husband is a good and decent man.” Nader, however, cannot face the loss of his daughter and so refuses to grant permission for her to leave Iran with her mother. Simin goes to stay with her family of origin and Termeh stays with her father, presumably to remain at her school to take her exams. Education is clearly highly valued.

With Simin out of the house, Nader must hire someone to care for his infant father. He hires Razieh, a mother with a young daughter she brings to work with her. Razieh is a lower class, devout, more traditional Muslim woman who must consult her Imam as to whether it is alright to be alone with Nader’s father and even change his soiled underwear. Razieh has her own motive to work without the knowledge or permission of her husband: he is out of work, and the creditors are after him. She has another secret to be revealed, which becomes yet another source of trouble for Nader. Despite the cultural specificity of the film, we feel the very real tensions of family loyalties being tested, and watch as

MOVIE REVIEW: A SEPARATION

Continued on page 12

FOCUS 7

April 2013

BOOK REVIEW

Triggered: A Memoir of Obsessive-Compulsive Disorder

Kathleen Montgomery, LICSW, CAC

Fletcher Wortmann, the author of Triggered: A Memoir of Obsessive-Compulsive Disorder, suffers from a lesser-known type of Obsessive Compulsive Disorder (OCD), sometimes referred to as “Pure O” – or purely obsessional OCD. Intrusive, obsessive, and often graphically disturbing thoughts and images characterize this form of the disorder. Symptoms do not typically include the compulsions of hand washing, counting or other rituals. The repetitive behaviors are all in the mind of the sufferer. Therefore, it is not easily recognized and is often misdiagnosed. In Triggered, the author takes us from the time when he was a little boy as his symptoms begin to emerge, through his childhood, adolescence, and college years, to the present time (he is currently in his mid-twenties.) The book tells a story of a boy who often experiences extreme internal distress and sometimes despair. Fletcher Wortmann and his family spend many years trying to identify what he is suffering from and find solutions to his problems.

The story unfolds. The stances, pronouncements, and actions of each party become more and more extreme before there is any resolution. The magistrate issues not a divorce, but a separation, as Nader has neither been violent, unhappy married, nor is an addict. In fact, Simin tells the judge “my husband is a good and decent man.” Nader, however, cannot face the loss of his daughter and so refuses to grant permission for her to leave Iran with her mother. Simin goes to stay with her family of origin and Termeh stays with her father, presumably to remain at her school to take her exams. Education is clearly highly valued.

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**What Every Social Worker Must Know About Legal and Ethical Record-Keeping and Disclosures**

**With Nancy Puleo, JD and Jennifer Yelen, JD**

**Friday, April 12, 2013**

9:00 a.m. – 12:45 p.m.  (Registration/Refreshments 8:30 a.m.)

JEWSH FAMILY & CHILDREN’S SERVICE, 1430 Main Street, Waltham

This seminar will highlight everything social workers need to know about creating and maintaining patient records, disclosure of patient records, and confidentiality and privilege issues that arise when treating individuals, minors, and couples. Social workers will learn best practices for patient intake documentation. The program will also address electronic record-keeping and HIPAA compliance.

Learning Objectives:
1. To learn best practices for creating and maintaining patient records and the circumstances in which disclosure of patient records is appropriate.
2. To understand the unique legal and ethical implications of record-keeping when treating minors, couples, and disabled patients.
3. To be aware of privacy concerns regarding patient records, including electronic record keeping and HIPAA compliance.

Nancy Puleo, JD and Jennifer Yelen, JD are partners at Posternak Blankstein & Lund LLP in Boston, MA, in the employment and litigation departments. And both represent mental health professionals in disciplinary matters before state licensing boards and advise practitioners regarding practice-related legal and ethical issues. Jennifer regularly appears on behalf of clients in state and federal court and before administrative agencies and licensing boards.

Approved for 3.5 CEUs for Social Workers (Approval # D151495N)

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**New Frontiers in Couple Therapy: How We Can Be More Effective**

**With Judi Zoldan, LICSW**

**Friday, May 10, 2013**

9:00 a.m. – 12:15 p.m.  (Registration 8:30 A.M.)

REGIS COLLEGE, Upper Student Union, Alumnae Hall, 235 Wellesley St., Weston, MA

Continental breakfast included.

In the last decade, neuroscience, attachment-based therapy, and solid research findings have given couples work a practical structure and provided measurable steps toward the goal of greater emotional connection between partners. This presentation will describe how to integrate research-based skills to bring about positive change for couples. Techniques are described with clinical vignettes and experiential exercises to illustrate how couples gain the tools to shift from unworkable patterns to achieve goals that facilitate affect regulation and acceptance, key elements of emotional connection.

Learning Objectives:
1. To help partners manage acute and chronic dysregulation.
2. To guide couples in how to attend to emotional and physiological reactions, especially in response to one another.
3. To demonstrate knowledge of how to foster and maintain positive feelings and actions.

Principles discussed are highly relevant to ALL therapists, not just those working with couples.

Judi Zoldan, LICSW is a member of the Psychoanalytic Couple and Family Institute of New England and the International Center for Excellence in Emotionally Focused Couple Therapy, where she received post-graduate training in couples therapy. Ms. Zoldan is currently on staff for the Internal Family System Couple Therapy training.

Approved for 3 CEUs for Social Workers (Approval # D151493N)

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**The NASW Elder Issues Shared Interest Group presents:**

**Spirituality and Aging Today**

**Friday, April 26, 2013**

10:00 a.m. – 1:00 p.m.  (Registration 9:30 A.M.)

JEWSH FAMILY & CHILDREN’S SERVICE, 1430 Main Street, Waltham

Coffee and light refreshments

**With Betty Morningstar, PhD, LICSW**

NASW MA Chapter President, Private Practice, Faculty member in Contemplative Clinical Practice Certificate Program, Smith College School for Social Work

**Mary Martha Thiel**

Director of Clinical Pastoral Education, Hebrew Senior Life

**Carol Mitchell**

Rabbi and Chaplain, Life Choice Hospice

Learning Objectives:
1. To define spirituality vs. religiosity.
2. To identify psychological and gerontological theories related to spirituality and aging.
3. To understand the use of spiritual interviews in therapeutic relationships.

Approved for 3 CEUs for Social Workers (Approval # D151503N)

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**Register at WWW.NASWMA.ORG or on next page.**
2013 Spring Film Festival
The Studio Cinema, 376 Trapelo Road, Belmont, 2:00-5:30 P.M. (All programs)
We are delighted to offer these remarkable and thought-provoking films as a stimulating way to earn 3 CE hours. Each program will feature an introduction, film presentation, and a facilitated discussion after the film.

Shame
Discussants: John Hubbell, LCSW and Larry Rosenberg, PhD
April 7, 2013
(CE Approval # D151500N)
Brandon is a successful and handsome thirty-something advertising executive living and working in New York. Distanced from his sister and seemingly without any close friends, he struggles with a secret sexual addiction. After his wayward younger sister moves into his apartment, Brandon’s world spirals out of control. Shame is a compelling and timely examination of the nature of need, how we live our lives and the experiences that shape us.
Directed by Steve McQueen, 2011

Pariah
Discussant: Lisa Lynell Moore, PhD, LCSW
April 28, 2013
(CE Approval # D151501N)
Alike is a 17-year-old African-American woman who lives with her parents and younger sister in Brooklyn’s Fort Greene neighborhood. She has a flair for poetry, is a good student, and is quietly but firmly embracing her identity as a lesbian. Wondering how much she can confide in her family, Alike strives to get through adolescence with grace, humor, and tenacity—sometimes succeeding, sometimes not, but always moving forward.
Directed by Dee Rees, 2011

A Separation
Discussant: Vida Kazemi, PhD
May 5, 2013
(CE Approval # D151502N)
An Iranian couple has a tough decision to make: live abroad to better the chances in life for their only daughter, or stay in Iran to care for a parent suffering with Alzheimer’s disease. The argument leaves the couple one choice... divorce. But the consequences go far beyond anything they ever expected including a web of lies, manipulation and public confrontations. Everyone must make a life decision considering justice, humanity, and/or individual well-being.
Directed by Asghar Farhadi, 2011

NASW Spring Film Festival - 3 CE hours each
$30 Members (each movie)
$45 Non-Members (each movie)
$75 All 3 Movies (Members Only)*
*3-Movie option not available online (Mail/Fax Only)

April 7, 2013
Shame
4/7

Pariah
4/28

A Separation
5/5

4/12 What Every Social Worker Must Know About Legal and Ethical Record-Keeping and Disclosures - 3 CE hours
$30 Members $60
$45 Non-Members $90
$75 All 3 Movies (Members Only)

Film Festival:

TOTAL FEE CALCULATION

Program Fee

Shame: 4/7
Pariah: 4/28
A Separation: 5/5
What Every Social Worker Must Know About Legal and Ethical Record-Keeping and Disclosures: 4/12
Spirituality and Aging Today: 5/10
New Frontiers in Couple Therapy: How We Can Be More Effective: 4/26

TOTAL FEES

Name ___________________________________________ Member # ______________
Address _______________________________________________________________
City ___________________________________________ State ______ Zip _________
Email _________________________________________________________________
Day Phone _____________________________________________________________
Payment Options: [ ] Check payable to NASW (POs not accepted)
[ ] Credit Card - by Fax Only* [ ] VISA [ ] MASTERCARD [ ] DISCOVER
Credit Card Number: ___________________________ Exp. Date: ____________
Signature ___________________________ 3 digit CVV Code: ___________

*New credit card security standards require that we no longer accept credit card numbers via mail. To pay by credit card, please fax this form to 617-227-9877 or register online at www.naswma.org

Register online at WWW.NASWMA.ORG

Spring 2013 Registration, Early Bird Rates Register Early! Programs Sell Out.
Check the appropriate boxes, calculate your total cost, and return entire form to NASW.

Mail with check to “NASW”: NASW, 14 Beacon Street, Suite 409, Boston, MA 02108 – OR – FAX with credit card information: (617) 227-9877

Reduced Fees: If you need a reduced fee in order to attend, kindly request it 10 business days or more prior to the program date by calling 617-227-9635 x 18. No one should be prevented from attending a CE program because of finances.

Special Arrangements: If you require special accommodations to fully participate, including sign language interpreters, please specify in writing no later than 30 days prior to the event and we will be glad to discuss options.

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NASW Massachusetts Chapter 2013 Election

Board of Directors

2nd Vice President

Kate Audette – MSW, Sr. Policy Analyst, Harbor Health Services, Inc.; Adjunct, Boston University and Simmons Schools of Social Work; NASW MA PACE Member 2008-present and Co-Chair 2011-2012, Legislative Advocacy Committee Member 2008-present; Social Work Reinvestment Initiative 2008-2010; NAACP – Boston, NACHC, MA League of Community Health Centers.

Platform Statement: It would be a privilege to serve as the 2nd Vice President on the NASW-MA Board of Directors. I welcome the opportunity to elevate and strengthen the social work profession and increase the membership while also fighting for social and economic justice for our clients and everyone in the Commonwealth.

BSW Representative

Joanne Gomes – BSW, Academic Coordinator, Talented and Gifted Latino Program.

Platform Statement: As a recent BSW graduate, I hope to bring a new and diverse insight into the fast changing world we live in. I would be honored to serve the Northeast region as a leader upholding the mission and values of the National Association of Social Workers.

MSW Students

Elana Cohen – MEd, Westfield State University; Educator, Springfield Public Schools.

Platform Statement: I will enthusiastically work to represent the MSW students, their needs, input, and concerns. Due to my past experience with a wide range of communities and populations, I will be able to bring forth ideas that are inclusive with ingenuity and respect for all.

Kaiyn Santacroce – Bridgewater State University MSW Candidate; Mental Health Counselor, Family Continuity.

Platform Statement: I plan to use my energy and vigor toward working with the Board of Directors to explore new ideas and promote positive change for NASW and the social work field.

Treasurer

Jean Ferrovia – LICSW, Supervisor, Social Worker, Bedford VA Hospital; Education Board, Mental Health and Substance Abuse Shared Interest Group.

Platform Statement: I would be honored to serve as treasurer for the Chapter and if elected would devote my time and energy to serving the profession and the needs of our membership in this capacity. I look forward to continuing my support of the Chapter as well as working on the issues that impact all of us in our professional lives.

Ray Walden – LICSW, Vice-President of Behavioral Health, South End Community Health Center; NASW Board of Directors 2009-2012; Member, NASW Finance Committee.

Platform Statement: Social workers give voice to the rights of women, children and men in our society who are underserved. Our field of practice provides needed advocacy to address social justice issues, as well as health and economic disparities. As treasurer I will work diligently with the executive director and board of directors in overseeing the financial health of the chapter.

BSW Representative

Teresa Caldwell – LICSW, Medical Social Worker, Hospice Care in the Berkshires, Inc.; Oncology Social Work Certificate 2003-present; Advanced Certified Hospice and Palliative Social Worker 2011-present, Member of National Hospice and Palliative Care.

Platform Statement: I passionately believe in our social work profession. I am proud of our professional skills, knowledge, compassion, and strength. We must continue to be leaders as an organization. Building on my knowledge from diverse work experiences I commit to being a voice for social work. I would be privileged to serve.

Christine Haley – MSS, LICSW, Master of Law and Social Policy; Clinical Manager, Elder Services of Berkshire County.

Platform Statement: For over twenty five years I have worked to help people and organizations with insight, integrity, and effectiveness. My written, clinical, and leader- ship skills enhance my ability to promote the mission and work of NASW. It would be a privilege to represent social work professionals of Berkshire County.

Pioneer Valley Region

Sheila Davies – LICSW, Operation Ending Freedom / Operation Iraqi Freedom Program Manager, Department of Veterans Affairs; Quabbin Mediation Board of Directors.

Platform Statement: I am excited for the opportunity to serve as the Pioneer Valley Region Representative to the Massachusetts Chapter of NASW Board of Directors. I have lived within Western Massachusetts all of my life and if elected look forward to bringing focus and dedication to my term.

Walter Mullin – PhD, LICSW, Professor, Clinical Social Worker, Springfield College School of Social Work; Board of Directors 2011-present, Pioneer Valley Regional Council 2012-present, Workshop Presenter 2011; Council on Social Work Education.

Platform Statement: NASW is the public voice for social workers and their clients. As a current member of the Board, I work to advocate for opportunities for practicing social workers and for public policies based on social work values. I would welcome the opportunity to continue to serve for another term.

Anna Wacks – MSW Candidate at Simmons School of Social Work; BA Communications; Intern, COMPASS; American Marketing Association, Boston Advertising Club, Boston Publicity Club, Massachusetts Innovation and Technology Exchange.

Platform Statement: A few years ago, I had no idea about the array of services that social workers provide. Coming from a public relations/marketing background, if elected to the board’s student position, my goal would be to help create clearer messaging about the extraordinary work that social workers do.

Seneca Patterson – LICSW, PhD candidate 2014; Clinical Social Worker, Correctional Managed Healthcare; American Correctional Association, National Association of Forensic Social Workers, National Criminal Justice Honor Society - Alpha Phi Sigma; American Red Cross - CT and MA Chapters.

Platform Statement: It is a great honor to be nominated for the NASW Board of Director position in the Pioneer Valley. I am running as an experienced clinician with over three decades working with systems and challenging issues that involve helping people from diverse backgrounds.
Nominations and Leadership Identification Committee

Berkshire Region

Patricia Doherty – LICSW, Thera-First, Counseling Center in the Berkshires; Massachusetts Association of Guardians ad litem; EMDR International Organization Platform Statement: NASW is essential in keeping social workers in the forefront as providers in social programs and in a changing health care market. I am committed to working with colleagues to influence social policy, maintain our high standards of service and increase recognition of social workers in the job market.

Jason Ostrandr – PhD, Student, MSW, Adjunct Faculty and Graduate Assistant, UConn School of Social Work; NASW Delegate Assembly 2009-present, MA PACE Treasurer 2007-present, NASW Delegate Assembly Task Force 2012-2014.
Platform Statement: Social workers are being challenged in this time of change and shrinking resources. It is important that NASW has leaders that fight for the most needy, oppressed, forgotten, and those who feel voiceless. I will identify social workers that uphold our values and ethics and fight for their nomination.

Central Region

Glen Green – LICSW, Director of Youth Mobile Crisis Intervention Teams, Community HealthLink; International Critical Incident Stress Foundation, Greater Gardner Suicide Prevention Task Force.
Platform Statement: Social workers have a vital role leading change in the political, social policy, health care and social services delivery arenas. I will commit myself to identifying talent and passion in our discipline and to cultivating leadership in our field.

Eric Roldan – MSW, Homeless Families Program Coordinator, Family Health Center of Worcester Platform Statement: As a social worker I see the need to have leaders who are committed to training, education, social work ethics and values. I am committed to seeking out colleagues who will represent and carry out these professional standards.

Greater Boston Region

Kristin Angell – LICSW, Clinical Social Worker, VA Boston Medical Center; Ad Hoc member of the VA Boston Social Work Education Committee.
Platform Statement: I am committed to promoting compassionate and strong leadership within the social work community. I will work to identify social work colleagues who are consistently grounded in our profession’s ethics, who are advocating for social change, empowering the people they work with, and who show compassion in their clinical work.

Carol Braby – LICSW, Social Emotional Strand Specialist, Boston Public School, Young Achievers School.
Platform Statement: For over 20 years, I have been committed to desegregating mental health, advocating and empowering individuals, families and communities of color in clinical, educational and public health settings. Using this lens, I would seek leaders who promote social justice and enhance our professional standard.

Lujuana Milton – LICSW, Private Practice Psychotherapist.
Platform Statement: As a social worker of color, I am looking to become more involved in NASW to show the social work values and principles of the profession. My goal is to create a culturally diverse environment for NASW and its committees.

Valerie Tobia – LICSW, Lead Research Assistant, CSAP La Voz Grant, Boston University School of Social Work; American Public Health Association.
Platform Statement: As a newly licensed social worker, I will use my connections and communication skills to seek committed social workers for NASW committees. My focus will be on professionals who embody the ethical values and core commitments of our profession and further patient care through advocacy and practice.

Northeast Region

Lisa Johnson – PhD, Assistant Professor, Salem State University; NASW-MA Task Force on Diversity and Inclusion; The Association of Baccalaureate Social Work Program Directors, Black Administrators in Child Welfare.
Platform Statement: I am committed to identifying leaders who represent diverse backgrounds, cultures, and experiences and who have innovative ideas for the future of our profession.

Pioneer Valley Region

Deborah Aloisi – LCSW, Clinical Case Manager, Clinician, Friends of the Homeless, Valley Psychiatric Services; volunteer work with the homeless focusing on career development, trauma, addiction, suicide prevention as well as addressing housing barriers after incarceration.
Platform Statement: Race and poverty are closely tied to school truancy, trauma history, addiction, likelihood of incarceration, and adult homelessness. For the past five years, I have been working with the homeless population, specializing in adults coping with trauma, addiction histories, and housing barriers.

Nora Paduka – PhD, LICSW, BSW Program Director, Westfield State University; Symposium Presenter 2010 and 2012; CSWE BPD.
Platform Statement: As an educator, I meet social workers in the field with tremendous leadership skills who help shape the practice of our social workers in training. It is my intention to identify these leaders and encourage them to share their expertise to benefit NASW and the larger field of social work.

Students

Shabana Mohamed – BA, Psychology; Boston University MSW Candidate, Per Diem; Fellowship Health Resources.
Platform Statement: NASW plays a vital role in giving social workers an influential voice in social programs and throughout the entire health care community. I am dedicated to finding colleagues who are passionate about creating programs that strive for social justice and engender positive change in individuals and communities.

Kate Robinson – MA, Bridgewater State University MSW Candidate; MSW Intern, Plymouth County Correctional Facility; Member.
Platform Statement: As an MSW Intern, I work with incarcerated individuals and immigrants, serving those who are literally not heard or seen in our community. As part of the nominating committee, I will recognize and promote social workers who are advocates of and also support self-actualization for clients from all backgrounds.
detail the features of the Exposure and Response Prevention Therapy (ERP) he receives at McLean that help him to regain control of his thoughts and his life. As he develops insights about his disorder and acceptance of the ongoing implications intrusive-thought OCD will have in his life, the reader also feels a sense of accomplishment, triumph, and hope for his future. This book is a must read for individuals and families who are struggling with issues of obsessive-compulsive disorder. As a mental health professional, I give Triggered a strong recommendation. It has become an invaluable tool in my work with my own clients. It is a book that gives a voice to and answers for so many people out there who are suffering silently.

Neil Conan, of NPR's

MOVIE REVIEW: PARIAH

about being an outsider until one comes to full acceptance of oneself as someone able to stand in one’s own family and community. Pariah has much to teach us about contemporary intersection of racial/ethnic and sexual identities. This is aesthetically an extremely well made film. The music, the lighting and camerawork, the acting and script—are all maximized to vividly tell the story. The director apprenticed to Spike Lee and sets her film in the borough of Brooklyn, NY, much as Spike Lee did in his early films.

Although Lee helped finance Pariah, like Lee, Dee Rees is her own person, her own artist, emerging into a promising filmmaker.

Our speaker is Lisa Moore, PhD, an Iranian professor of Women’s Studies at Boston University.

NASW Elections

14 Beacon St. Ste 409
Boston, MA 02108

Voltage Code Guide To Regions
The first three numbers of your zipcode determine your region:

Berkshire: 012
Central: 014, 015, 016
Greater Boston: 017, 020, 021, 022, 024
Northeast: 018, 019
Pioneer Valley: 010, 011, 013
Southeast: 023, 025 through 029

April 2013

NASW Massachusetts Chapter 2013 Election

(continued)

Board of Directors
No election this year)

Nominations and Leadership Identification Committee – Vote for 1

Teresa Caldwell
Christine Haley
Patricia Doherty
Jason Ostrander

GREATENOSTON

Board of Directors
No election this year)

Nominations and Leadership Identification Committee – Vote for 1

Teresa Caldwell
Christine Haley
Patricia Doherty
Jason Ostrander

BERKSHIRE

Board of Directors
Vote for 1

Teresa Caldwell
Christine Haley

SOUTHEAST

Board of Directors
No election this year)

Nominations and Leadership Identification Committee – Vote for 1

Glen Green
Eric Roldan

CENTRAL

Board of Directors
No election this year)

Nominations and Leadership Identification Committee – Vote for 1

Glen Green
Eric Roldan

NORTHEAST

Board of Directors
No election this year)

Nominations and Leadership Identification Committee – Vote for 1

Lisa Johnson

MOVIE REVIEW: A SEPARATION

conflict escalates when an open dialogue is not achieved. Integrity is tested, reserves of patience are exhausted, and nerves are frayed. The ubiquitous modern day attempts to better one’s children’s chances of success and the strains of caring for an elderly parent while holding down jobs are represented here. Termeh’s studying is disrupted and her mental health is derailed as she is pondered and discussed.

Our speakers are Vida Kazemi, PhD, an Iranian psychologist practicing in Cambridge, and Shabah Haeri, PhD, an Iranian professor of Women’s Studies at Boston University.

Drinking because you have to? Time to call for help.
The Social Workers Assistance Network (SWAN) is there for confidential assistance: 1-800-635-SWAN (7826)
Early clinical studies by Binet found that the ability to cause a Rapid Mental Adjustment (RMA) enabled participants to solve problems quicker and achieve higher intelligence scores. 1

What causes an RMA? There is an abundance of theories concerning how people turn their defeats into victories in the social work research on resiliency. For the purpose of this article, I want to share two case studies in which TH was able to cause an RMA, which resulted in quick successful turnarounds and healing experiences for my clients. 2

In order to use TH in your practice, however, you must be open to using logotherapy and paradoxical intentions, engage and encourage the laughter once your client begins to laugh, and be able to allow your client to have an extended laughter experience without forcing a premature ending to the client’s full release. 3

There is an organic cycle of laughter, crying, and tears which provides the greatest release of energy. There is an art to learning the timing, pacing and body language for this work, and perhaps I can address that in a follow up article with video examples for your review. 4

Charlie Chaplin once said, “To truly laugh, you must be able to take your pain and play with it!” 5 An important tenet of this work is that the use of TH and laughter must be served as a means to alleviate painful and distressing pain and insights. However, doing grief work and processing complex trauma do not have to involve prolonged emotional darkness, devastation and re-traumatizing. There are more creative choices to be made. 

Case I: Naz

Naz is a 42 year old South Asian [Indian] woman referred to me for caregiver burnout. Naz is married, employed and raising four school-aged children. Naz serves as the sole live-in caregiver for her mother-in-law with advanced Alzheimer’s (AD). While the extended family’s traditional values blocked using professional homecare, Naz’s husband also refused to ask any of fourteen nearby siblings to help with their own mother’s care. 6

Approaching complete burnout, Naz’s thoughts began alternating between running away and suicide. In one session, she finally cried, “I just can’t take it anymore!” 7

During one session, she had a frail smile on her face as she spoke. I returned her smile slowly to laugh lightingly, raising both her hands up and open, saying, “How absurd is this? How much more can you take?” My unconditioned regard and respect for Naz created a safe space for her to let go. 8

In that session she laughed so hard she almost lost her breath. Laughing with her, I allowed her laughter and tears to flow all the way to their natural end without interrupting her. While Naz was still laughing, I would refer back to other AD highlights from previous sessions, which intensified the laughter, heightening and knotting up. 9

No interventions. When this kind of release is happening, it is best not to offer tissues to the client. That action stops the energetic release as a needless distraction. It is better for the client to get messy and then reach for the nearby tissues when she is ready. 10

After Naz’s cathartic release, and a few deep breaths, she did grab tissues and then announced, “I am going to give my husband an ultimatum tonight: either we rotate our mother’s care among his siblings, or I will leave.” 11

Consistent with logotherapy, Naz’s cognitive and physical acceptance of the absurdity of her situation — coupled with sustained emotional and physical release through laughter — gave her an immediate turnaround. 12

When Naz’s husband saw she was serious about possibly leaving him, he said, “How absurd is this? How much more can you take?” My unconditional regard and respect for Naz created a safe space for her to let go. After the laughter, he was radiant and calm. “Why am I still alive? Because I love to go to La Guardia and watch the planes take off! I enjoy listening to jazz and calm music.” Naz was radiant and calm. “Why am I still alive? Because I love to go to La Guardia and watch the planes take off! I enjoy listening to jazz and calm music.”

Doing grief work and processing complex trauma do not have to involve prolonged emotional darkness, devastation and re-traumatizing. There are more creative choices to be made. 13

Case II: Edward

Edward is a retired Irish man of 72 from Queens, NY. Dapper, but never married, Edward was referred to me for major depression, social isolation and non-compliance with his depression medication. 14

During the intake, he sat with crossed arms staring at the floor, and responded to questions by rolling his eyes. With each session our rapport grew. He’d say, “So Shrinkmeado, what’s your agenda today?” which made me smile. Edward started sharing his deep sadness over never marrying nor having children, the loneliness of his life. He also was terrified of taking antidepressants. 15

By the fourth session, Edward was acting on social referrals, by joining the local senior center and also attending a few groups. I facilitated at the hospital, including the weekly Laughter Therapy group. 16

Edward decided to take a risk and apply Viktor Frank’s logotherapy, using paradoxical intentions (with laughter) to help Edward shift his perspective. 17

When he started to complain about how life is so terrible, I took a risk and asked him, “I’m curious, why haven’t you killed yourself yet?” 18

“How dare you ask me that! I would never take my own life!” he replied. I remained silent but smiling. Edward then burst out laughing. 19

After the laughter, he was radiant and calm. “Why am I still alive? Because I love to go to La Guardia and watch the planes take off! I enjoy listening to jazz and my friend Vinnee. I have a wonderful time visiting my friends upstairs...” We made a list of all his favorite activities. 20

Since that session, overall, Edward no longer felt depressed nor angry about his life. He chose to see me once a month to let me “make sure he was not dead yet.” 21

In sum, as the late, great, Bob Hope, actor, comedian, once said, “I have seen what a laugh can do. It can transform almost unbearable tears into something bearable, even hopeful.” 22 May you take a creative risk and experience more humor and laughter with your clinical practice... and please avoid caregiver burnout, for “We who laugh, LAST!” 23

What’s going on in your consulting rooms? What needs sharing, exploration, and discussion? Contact arena@psycnet.com or access the Clinical Practice Today online, with questions, requests or topics relevant to your work for Clinical Practice Today to share with NASW member clinicians, our readers. 24

10. Frankl, as above.
11. www.med.com
12. Lisa Wossan, LCSW, CCLS, LII lives in North Chelmsford, MA and can be contacted at lisa@emruman.com.
13. B. Goldberg, LCSW, is a member of NASW’s Private Practice Shared Interest Group and a member of the Social Work Therapy Referral Services. Contact Bet at arena@psycnet.com.
14. June Cowen / Mary Neal - Safety and Self Determination: A DOUBLE EDGED SWORD?

SAFETY AND SELF DETERMINATION: A DOUBLE EDGED SWORD?  

Annual Conference on Elder Mental Health  Friday, May 17, 2013 

Hogan Center at Holy Cross College, Worcester  
Co-sponsored by:  
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Speakers include:  
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• Holly Ramsey-Klawsnick - Elder Abuse  
• Robert Walker - Peers In The Elder Care Workforce: Why Didn’t We Think Of This Sooner?  

Workshops topics include:  
elder gambling, self-neglect, hoarding, a further exploration of safety and self-determination.  

This program has been approved for 6 Social Work Continuing Education hours for relicensure, in accordance with 258 CMR. Collaborative of NASW and the Boston College and Simmons Schools of Social Work Authorization Number D 60518. CEUs are applied for nurses and LMHCs.

Lab’s research efforts please see their ad in this issue or contact Emile Bruneau, PhD at ebrneau@mit.edu.  

Adela M. Luta is a technical assistant in the Department of Brain & Cognitive Sciences at the Massachusetts Institute of Technology.  

Rachel Siegel, LCSW is the Mental Health Care Manager at Tufts Health Plans.  

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BEHAVIORAL HEALTH CLINICIAN- BI-LINGUAL SPANISH-ENGLISH. Lowell, Massachusetts. Joining the interdisciplinary team of the Behavioral Health Services outpatient department to provide individual and couples counseling services to adults. Experience working with children and adolescents is a plus. Bi-Lingual Spanish/English experience preferred. Evening and weekend hours a plus. Submit resume to David at 978-794-5709 or email: fdvboston10@hotmail.com.

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We look forward to meeting with you.

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The Independent Counseling Agency is seeking an experienced Mental Health Counselor (MHC) to provide individual, group, and family counseling services to adults and children. A Masters degree in a related field is required. Must have 2 years of experience working with children and adolescents in a managed care setting.

Requirements: MA license as a social worker, collaboration. Will assist with paneling process. Ingins provide peer supervision, clinical support and mentoring relationships, expert administrative and practice support with an emphasis on learning and sharing.

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Continuing Education

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CHeLMSFoRd, MASSACHuSettS.

Center for Professional Innovation: 6 CEU's for Coaching Skills for Human Services Professionals. March 7, 2013 9:00-4:00 in Chelmsford, Massachusetts. Jackie Woodside will lead this workshop on core coaching skills to help your clients set and reach their goals. Please visit our website at www.bridgewellcpi.org or 339-883-2180.

ADVANCES IN CARE FOR ANXIETY, TRAUMA & BEREAVEMENT — APRIL 27, BOSTON. This conference provides physicians, nurses, other professionals in primary care & mental health with a through update on developments in diagnostic criteria for anxiety disorders, PTSD, and complicated grief (CG), as well as the latest evidence for pharmacological & behavioral treatment strategies. Faculty for the conference includes renowned experts in psychiatry, neuroscience, pharmacology, psychotherapy, and cognitive-behavioral therapy (CBT). The agenda includes multiple Q&A panels so you can ask questions and find guidance for new therapies, complex cases, and clinical challenges. " Hear new evidence about risk factors, neurobiology, and core diagnostic features of anxiety disorders, PTSD and CG. " Get an early overview of changes to the DSM-5 diagnostic criteria for anxiety and trauma-related disorders " Enhance your clinical practice with the latest CBT techniques for use with couples and individuals who have PTSD/NASW members can register online with code NASW to save $50! Register at www.mghhome.org/annxiety

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MIT FMRI STUDY. Massachusetts Institute of Technology's Department of Brain and Cognitive Sciences. Help us understand how social workers process other people's pain and suffering! An fMRI Study on Social Processes. Requirements: Experienced social workers 18-45 yrs old, No metal in your body. Compensation ($30/hr + travel included) Contact sobrenaud@mit.edu for details.

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