

COMPASS

The Newsletter for the Association of Private Practice Therapists



Our Next Mini-Series is June 5.

APPT Elects New Officers At Spring Conference

The Association of Private Practice Therapists elected its 2007-08 officers at the Spring Conference on April 27. Newly-elected officers are:

President:

Ellie Fields, MS
Counseling for Growth & Healing, P.C.

President-Elect:

Pam Feldman, MS
Associated Counseling Professionals

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West Center Psychologists and Psychotherapists

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NASW: Julie Luzarraga, LCSW
NCA: John Atherton, MS
NPA: Jane Karges, Psy.D.

Review: April 27 APPT Spring Conference

In response to a successful Mini-Series Workshop in January on “Understanding the Challenges of Readjustment After Warzone Service,” (with staff clinical psychologist Dr. Chris Heaney of the Post-Traumatic Stress Disorder Clinic at the Omaha Veterans Affairs Medical Center), the APPT Board developed a Spring Conference to provide more information for therapists on working with military service members and their families.

Major Drey Ihm and Jeanne Felker, representing the Nebraska National Guard, provided a look inside the family support systems available to military service members, including a comprehensive overview of the deployment and reunion process. This provided therapists with a better understanding of the preparation process for National Guard service members and their families.

Felker noted that the emotional stages for deployment are similar to the stages of grieving, except that the person being deployed is still alive. One of the most common responses, she noted, is one of detachment as the loved one prepares to deploy. Even though the service member is still at home, they have begun making the mental shift towards being gone. Felker describes it as, “You’re already gone (in your mind), so leave (physically) already.”

Felker and Ihm both described the challenges faced by loved ones left behind, including finding constructive ways to spend their time and having to handle all of the family’s finances. It’s also not uncommon for children to act out or even regress.

Not everything is negative, however. Felker said she and her husband began writing letters to each other to stay connected. Therapists working with spouses and family members of military service personnel

Treatment Challenges with Iraq War Veterans: What You Need to Know

SPEAKERS:

Major Drey Ihm
State Family Program Director
Nebraska National Guard

Jeanne S. Felker
Wing Program Coordinator
Nebraska National Guard



should help devise similar strategies. The military also offers free “Flat Daddys,” life-size cutouts of deployed service members.

Drey and Felker provided information on military treatment options, including the Military One Source (in Lincoln, run by Managed Health Network; in Omaha, by Ceridian), which contracts with therapists in local areas to offer six free visits with the military family.

“The system has evolved, and it will continue to evolve,” Ihm said. “Fewer military treatment facilities will offer services, and TriCare will take over and civilians will provide more treatment.”

Military One Source

(800) 342-9647

www.militaryonesource.com

(User ID: military; password: onesource)

Calendar of Events

Tuesday, June 5, 2007

APPT MINI-SERIES WORKSHOP
Deb Shaddy – Psychodrama
Olive Garden • 76th & Dodge
11:15 – 11:35 a.m. – Networking
11:35 to 12:35 p.m. – Program

Watch your e-mail for more information, or call Bridget at 393-4600 to reserve your spot!

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Greg Tvrdik – President of APPT

From the President's Desk

This is my final message to you as APPT President, as my term came to a conclusion at the Spring Conference on April 27 at Mahoney State Park.

It's tradition for the outgoing president to take a look back at the year, and see how the association did in meeting the goals I established a year ago.

• **Membership Growth.** I set a goal of 140 members for 2006-07, and we got close several times — as high as 139 one month. But as members join, renew, and lapse, the average has been closer to 135. Still, that's an improvement from 125-130 when the year began!

Membership is the lifeblood of our organization, and it's been great to see the involvement from new members, including former student members who have gone into private practice.

One of the new things that Ellie Fields introduced at the Spring Conference is a committee concept to assist the board with its key initiatives: Legislation, Programming (Mini-Series Workshops, Spring and Fall Conferences, Social Get-Togethers, etc.), and Communications (developing content

for the newsletter and the APPT website). Ellie will be providing more information about this in the upcoming weeks, but if you're interested in volunteering for a committee, contact her at (402) 505-7587 or e-mail lablovers3@aol.com.

• **Increasing Visibility.** This past year, we worked to raise the profile of APPT, including sponsoring a booth at the Nebraska Counseling Association conference in Omaha last September, and hosting our first Mini-Series Workshop in Lincoln in March. Our board members also have visited graduate classes at UNO to recruit more student members.

• **Improve Member Benefits.** We've improved the website (adding links to back issues of *The Compass*), adding long-term care insurance to the list of benefits, and strengthening our relationship with Erickson & Sederstrom as a legal resource for our members.

I can assure you that APPT will continue to look for ways to improve your membership experience — and I urge you to share your input and ideas with Ellie — or any of the APPT board members.

Member News

Congratulations to APPT member **Deborah Swenson, LMHP!** Deb has been nominated by the Millard Business Association as the MBA Professional of the Year! Deb was the organization's MBA Entrepreneur of the Year in 2006.

"I am humbled by the nomination for 2007, and honored by being chosen by the organization in 2006," she said.

Do you have member news to share with us? Fax it to us at (402) 393-4603 or e-mail appt@ibc.omhcoxmail.com.



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Article submissions are welcome. Call for deadlines for member submissions.

Submissions may be edited for content, clarity and/or length. Subscriber comments are welcome.

Editor Bridget (Weide) Brooks
 Publisher/Newsletter Advisor Greg Tvrdik

Subscription to *The Compass* is a benefit of membership in APPT. Write or call if you have questions about membership.

APPT
 PO Box 241621
 Omaha, NE 68124-1370
 voice 402.393.4600
 fax 402.393.4603

appt@ibc.omhcoxmail.com
www.PrivatePractice.org

THANK YOU!

On behalf of Chef Walter Hecht, Morgan, and the staff of Bistro 121.

We enjoyed hosting the APPT Winter Social Get-Together and look forward to serving APPT again in 2008!

BISTRO 121
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MEMBER BENEFIT: Long-Term Care Insurance

By Chris Krueger

We've expanded the APPT program for our sponsored group discount program for long-term care insurance.

Now the program extends not only to APPT members and their spouses and parents, but also to siblings! In addition, eligible individuals include: your parents, parents-in-law, and children (including adopted and foster), all between the ages of 18-84.

This discount is on top of any preferred health and/or marital discounts that you may qualify for.

If you've been thinking about purchasing a policy, give me a call. The best time to purchase a policy, of course, is the day before you need it. Assuming that you don't know when that will occur, it's a good idea to apply sooner, rather than later.

Because rates are based on age and health, along with how much coverage you're applying for, and whatever discounts you may qualify for, in general: the younger you are, the less you pay. Also there is a greater chance that you'll qualify for a better health rating.

The average age of people currently purchasing an individual policy is 58, and in a group plan, it's about 10 years lower. These ages have been steadily decreasing as the awareness of this protection becomes more widely known.



— Chris Krueger is a Financial Advisor for John Hancock Financial Network and is the contact person for APPT's sponsored group plan. He may be reached by phone at (402) 758-1313, ext. 16, via e-mail at ckrueger@jhnetwork.com, or through the mail at 10834 Old Mill Rd. Ste. 8, Omaha, NE 68154.

Collaborative Divorce: An Interdisciplinary Approach

By Linda Schaefer, M.A.
Licensed Professional Counselor
Collaborative Divorce Practitioner

You may have already heard about Collaborative Divorce, an alternative means of divorcing. It is being spearheaded in our community by Retired District Court Judge Mary Likes. This is an approach which offers an interdisciplinary, no-court team approach for resolving divorce disputes. It is practiced in 35 states and is now available in Omaha.

Divorce will always be a stressful life event. Ending a marriage is painful, especially when there are children involved. To make matters worse, the conventional divorce process often leaves families financially and emotionally devastated. Couples now have an alternative to the oftentimes painful and lengthy court proceedings that occur with the typical adversarial litigation.

With Collaborative Divorce, spouses can choose to settle their differences in a respectful and dignified manner, while protecting their legal and financial interests, and still maintain the well-being of their children and themselves.

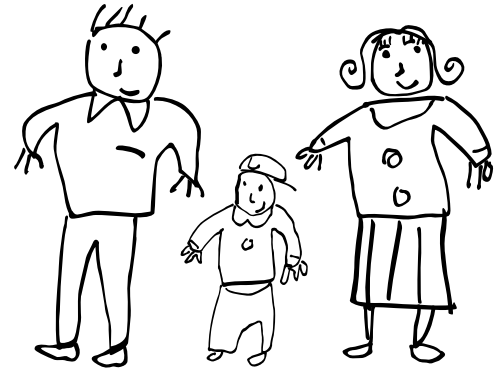
There are no court filings, other than the original Petition and Final Decree. This keeps the family out of court and their personal life private. The parties promise to work toward resolution of all issues without so much as a threat of court intervention; if either party seeks court intervention, all the professionals must withdraw from further representing these spouses and the spouses must retain new litigation counsel.

In most collaborative cases, three independent disciplines work together as a team, with the spouses being the most important members of the team. ***There is a primary focus on the needs of the children and the welfare of the family overall.***

The Role of the Collaborative Divorce Attorney

Each spouse has a collaborative divorce attorney to assist and guide them through the divorce process. Each attorney represents the interests of their client.

Most meetings are with both parties and both attorneys present. Minutes are taken



of decisions reached. If the process reaches an impasse, a party's coach and/or the children's child specialist may be asked to meet with the parties and attorneys to address the source of the conflict.

When an agreement is reached, the attorneys draft the final documents and pleadings necessary to conclude the dissolution. The final decree includes language that represents each party's full disclosure and understanding of the assets and liabilities of the marriage.

The Role of the Collaborative Coach

Each person will usually have a divorce coach. Divorce coaches are licensed mental health professionals in the state of Nebraska. Coaches work with the parties to make the most of their individual strengths in this difficult time.

The collaborative divorce process has demonstrated that the family can get through divorce in a more emotionally healthy way when the couple is able to interact and communicate with each other in a respectful, honest and open manner. Communication and self-management skills are taught to individuals by their coaches.

The Role Of The Collaborative Financial Expert

The final divorce settlement will, in part, determine finances for years to come. The collaborative team financial expert works with the couple to provide them with on-going, practical financial guidance, planning, support, and budgeting guidance throughout the divorce process.

continued on page 4

Understanding Collaborative Divorce

continued from page 3

The Role Of The Collaborative Child Specialist

Children may suffer most from divorce and be least able to understand or explain their feelings. The collaborative team child specialist will work with the children and their parents to provide the children with the opportunity to voice their concerns regarding divorce, provide the parents with information and guidance to help their children through the process, and give information to the spouses and the collaborative team that will help them in developing an effective co-parenting plan for their children.

Please remember that this process will NOT replace your counseling services. The divorce coach will typically see your client for a few visits and works only within the context of the collaborative team. In fact, if a client maintains a working relationship with a counselor, which will be encouraged, the role of the coach is made simpler and therefore, abbreviated, in terms of the required sessions. The child specialist, also a mental health practitioner, does not see the

children long-term. She only addresses needs as they relate to the divorce and refers the child to a therapist if counseling is necessary.

You may be wondering what the cost may be. Research on the cost of divorce shows that, despite the involvement of several professionals, collaborative practice costs less than the traditional divorce procedure. This is because the emotional and financial issues, as well as concerns for the children, are addressed as quickly and efficiently as possible. This allows the divorce to proceed without unnecessary delays.

Please consider informing your client of this approach. If they are interested in receiving information, ask them to call the Nebraska Academy of Collaborative Professionals at 398-1199.

APPT E-List

If you have e-mail access from home, work or both, but aren't on the APPT E-List, you're missing out!

Join the E-List and receive legislative updates and first notification of upcoming APPT events. And it's a great way to stay connected with other private practice therapists!

If you are a current APPT member, you are eligible to join the E-List. We just need your e-mail address to sign you up!

Call Bridget at (402) 393-4600 with your e-mail address, or send an e-mail to appt@ibc.omhcoxmail.com (subject: APPT Member E-List). You will receive an e-mail confirming your addition to the E-List.

Free Legal Consultation. Remember, each APPT member is entitled to a free legal consultation with an attorney from Erickson & Sederstrom, P.C. (up to one hour) per year. Contact Bridget at the APPT Office at (402) 393-4600 for access information. If you use this service, please give us feedback. Call Bridget at the APPT Office at (402) 393-4600 and let us know!



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“The Co-Occurring Disorders Treatment Planner”

“The Co-Occurring Disorders Treatment Planner”

Arthur E. Jongsma, Jr. and Jack Klott
Published by John Wiley & Sons, Inc.,
Hoboken, N.J.

Book review by: Steve Brownrigg, MS, NCC, PLADC, PLMHP

There has long existed a great need for a treatment planner that truly addresses the needs of our clientele who suffer from both substance use disorders (SUDs) and other mental health disorders (MHDs).

The sheer anticipation of the arrival of such a treatment tool may have created unrealistic expectations, at least on this therapist’s part, for the recently published, “The Co-Occurring Disorders Treatment Planner.”

This new planner does well in providing a starting point or framework for treatment for those clinicians who may be new to treating the “dually-diagnosed,” or for those therapists who have not yet created their own treatment plans for any of the 25 combinations of SUDs and MHDs that are addressed in the book (ex’s: “Depressive Disorders with Alcohol Abuse” or “Bipolar Male with Polysubstance Dependence”).

It also does a commendable job of introducing to treatment planning the basics of American Society of Addiction Medicine’s (ASAM) Placement Criteria and Motivational Interviewing (MI) techniques, including the “Stages of Change” model.

Finally, it does a very thorough job addressing psychotropic medication and client safety concerns, emphasizing the importance of proper monitoring, coordinating with prescribing medical professionals, and communicating with the client about medication compliance.

What this planner does not do is replace the need for earlier treatment planners or other sources. Gone from the earlier Jongsma series planners, “The Complete Adult Psychotherapy Planner” and “The Complete Adolescent Psychotherapy Planner,” are many standard, useful interventions that should have been imported to the new planner.

Most noticeably, there was a lack of attention to the details and importance of 12-



step involvement, as compared to the chapters on Chemical Dependence in previous planners.

This planner also lacks the clearer, more concise and non-technical wording of previous planners. This ignores the need for treatment plans to be understood by the client, not just the therapist, and results in additional time and effort being required to rewrite many of the listed interventions.

Another general weakness, in several of the individual chapters, is the relative undervaluing of the importance of the addiction component, as compared to the mental health disorder. The author’s stated desire to treat both SUDs and MHDs as “primary disorders” may not be adequately reflected in the balance of the interventions.

One intervention area, Spirituality, is nearly absent in this and earlier Jongsma planners. Many clinicians, and probably most addiction counselors, would agree that the assessment of, and attention to, spirituality is vital in the counseling of “recovering” individuals. This seems to be a glaring deficiency, considering that rarely used interventions (such as acupuncture) do receive attention.

In general, there seemed to be a paucity of interventions that were completely new, outside of those regarding ASAM placement criteria and MI techniques, or truly synergistic in the way that they affected both SUDs and other MHDs.

Whereas this planner may currently only serve as an additional resource for clinicians and agencies, future improvements may make it the primary resource guide and treat-

**Visit APPT’s Web Site:
www.privatepractice.org**

The APPT website offers members the opportunity to catch up on back issues of *The Compass* newsletter, find out about upcoming events, obtain contact information for the APPT board, and access information about APPT member benefits.

Now we’re looking to expand the site, and we want your input! We’d like to add “outside” events (other association’s and mental health-related) to our calendar.

We also want to help members get the word out about groups they sponsor. If you have a group that is accepting new



m e m b e r s , please e-mail information about the group (including target audience, meeting times/dates, costs, any requirements, group leader information, etc.) to: appt@ibc.omhcoxmail.com.

Also, if you have any other ideas about content you think we should add to the site, please e-mail Bridget at appt@ibc.omhcoxmail.com.

ment framework for counseling client’s with specific co-occurring disorders.

I applaud Jongsma’s pioneering effort in the rapidly emerging field of co-occurring disorders, and I look forward to future editions that will, hopefully, reflect a deepening and broadening of our profession’s understanding of how best to treat this challenging clientele.

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Up to \$100 Scholarship Available For Continuing Education

We've had several therapists take advantage of the APPT continuing education scholarships — and we have three scholarships remaining for 2007. If you see a session you're interested in attending — and want to get a little financial help (and give back to the association at the same time!), then we've got an offer that you won't want to miss out on!

The APPT Scholarship for Continuing Education is designed to help APPT members defray the cost of a workshop they attend (75 percent of the cost of the workshop, up to a maximum of \$100).

Complete the scholarship application form and submit it along with a copy of the workshop brochure (if available). Up to four scholarships are awarded each year.

Your scholarship request will be reviewed by the APPT Scholarship Committee.

If selected, you will be reimbursed for the awarded amount after attending the workshop and sharing the information with APPT members, either through a presentation or by writing an article for *The Compass* summarizing the content of the workshop.

Questions? Call Pam Feldman at (402) 334-1122.

Application for APPT Scholarship For Continuing Education

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Conference Title and Location (please attach a copy of brochure, if available)

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I am willing to:

- Present a brief summary of the workshop at a mini-practice workshop
- Write an article for *The Compass* summarizing the content of the workshop.

Please note: The maximum amount awarded is 75 percent of the cost of the workshop, up to \$100. If selected, you will be reimbursed the awarded amount after attending the workshop and sharing the information with APPT members through a presentation or article.

Submit completed application to: Pam Feldman, LPC, 12818 Augusta Avenue, Omaha, NE 68144 or fax to (402) 334-8171. Applications will be considered and a decision reached within 10 days of receiving your application.