

MSCSW NEWS

THE LOCAL VOICE FOR CLINICAL SOCIAL WORKERS

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MSCSW'S ANNUAL EVENT: BORDERLINE PERSONALITY DISORDER BY JENNY VOSS, EDUCATION CHAIR

Borderline personality disorder (BPD) is often misunderstood and misdiagnosed. Through my experience in the field, clients with BPD are often referred to by their diagnosis rather than by their symptoms. Treating clients with BPD without effective treatment approaches can quickly become frustrating and lead to burnout.

As social workers, we welcome clients of diverse backgrounds and diagnosis into our programs/practices leading to the need for further knowledge of how to treat BPD. Due to many request for additional trainings on BPD, MSCSW welcomed Dr. Jerold Kreisman, M. D. for our annual September CEU event on September 12th, 2015. Dr. Kreisman is a practicing psychiatrist and best-selling author of the books, I Hate You, Don't Leave Me, and Sometimes I Act Crazy. He is an Associate Clinical Professor at St. Louis University and has been designated a Distinguished Life Fellow of the American Psychiatric Association. He has lectured widely in both this country and abroad on many media programs, including The Oprah Winfrey Show.

model to be used when clients are struggling with intense emotions:

1. Self-statement of support 2. Empathy 3. Truth." – Dr. Kreisman

Dr. Kreisman highlighted several therapy models which have been shown to diminish BPD symptoms including Dialectical Behavioral Therapy, Mentalization Based Therapy, Transference Focused Therapy, and Schema Focused Therapy. He spoke to the criteria of BPD including frequent changes in mood, unstable relationships, and an overall fear of abandonment and he addressed how to differentiate BPD from other disorders. Further identification of BPD models often connect back to childhood trauma or lack of healthy attachment with a caregiver which can lead to difficulty in forming healthy relationships. Dr. Kreisman taught some additional communication strategies which can be used in therapeutic settings including the SET model: A three step model to be used when clients are struggling with intense emotions: 1. Self-statement of support 2. Empathy 3. Truth.

The annual event for MSCSW was a success and we look forward to seeing everyone at our upcoming CEUs. If you have any suggestions regarding next year's annual event, please contact me at voss.jenny@gmail.com.



THE CLINICAL SOCIAL WORK ASSOCIATION SUMMIT

BY JODI HOGUE, EXECUTIVE DIRECTOR

MSCSW sent Executive Director, Jodi Hogue, to Washington D.C. for the Clinical Social Work Association's Annual Summit. Jodi was able to network with other states and learn what was happening with social work on a national level. CSWA listed 10 advocacy priorities they wanted to work on, some are already in congress and others are in the works. These priorities are as follows:

- 1) **Medicare Position Paper** – A bill has already been created to raise LCSWs Medicare reimbursement rates from 75 to 85%.
- 2) There are concerns over **MSW online education** and the ability for students to receive a degree without any real life practicum experience.
- 3) **Implementing mental health parity** so LCSWs can make decisions about mental health treatment.
- 4) Medication has become the primary treatment for emotional distress from PCPs. So they want to **educate PCPs on psychotherapy**.
- 5) Currently chronic disorders are only treated with psychotherapy on a crisis bases because insurance doesn't recognize the long term treatment requirement for significant progress so they will **work with insurers to recognize the treatment necessary for chronic disorders**.
- 6) Following the lines of number 3 (above) **manualized treatment is preferred over psychodynamic treatment**, not allowing the LCSW to make the clinical decisions for best treatment.
- 7) **Psychotherapy is underfunded**, reimbursement rates have decreased over the last two decades.
- 8) **Telemental Health is growing** and delivery systems need to be created that provide confidentiality.
- 9) **Public mental health is underfunded**. Almost all states need more funding to meet adequate treatment standards, including wraparound services for the seriously mentally ill.
- 10) States are increasing the treatment of addiction and LCSWs may need **more training in the area of addiction**.

There are services MSCSW offers that other states do not just as there are services other states offer that MSCSW does not provide. MSCSW wants to know what our members want from the society. Look for a survey in the next few weeks that will ask questions about MSCSW services. If you have any thoughts or suggestions please don't hesitate to contact Jodi by email at director@mscsw.com or by phone at 314-643-7896.

MOTIVATIONAL INTERVIEWING

BY JESSE BERG, COMMUNITY LIASON

Jesse Berg, MSCSW board member, attended the Motivational Interviewing Network of Trainers' (MINT) Train the Trainer (TNT) event this year in Berlin Germany, after completing this intensive training he is now a MINT member. MINT membership is the highest level of distinction in the field of Motivational Interviewing (MI), and Jesse hopes to provide trainings to bring MI to individuals and local agencies. Visit his blog and website for more information: www.intrinsicchange.com.



My first year as a supervisor was tough. I strived to inspire and train staff for excellence, but it seemed that the harder I tried the worse they performed. My directives were responded to by staff with defensiveness and excuses. My inspirational talks often fell flat with staff. Staff seemed to see me as a nice guy but not particularly helpful as a supervisor.

“I now realize that for the 1st year of my supervisory career I had been following my “righting reflex,” and this reflex had been getting in the way of communication with staff.” – Jesse Berg

I tried many tactics to be helpful. I educated staff on their role and trained them in specific helpful skills. I provided staff with constructive feedback and assigned them “homework” or learning tasks. I modeled good behaviors and even role played with staff. None of these tactics seemed to connect with my staff, but then I began using MI with my staff.

At first I committed myself to use 2 reflections for each question when communicating with staff during supervisions. Initially it felt weird, unnatural and uncomfortable; but the real weird part was the reactions of my staff. Almost immediately staff defenses would disarm and their body language would soften. They provided much more useful and genuine information about their strengths, hopes and goals. Once I changed my communication style to include reflections and OARS, staff felt understood and were more likely to take my advice. In fact during the course of the conversation, staff often ended up solving their own problems without my input at all!

Incorporating MI into my supervisor role has made my job more enjoyable and also done wonders for the performance of my team. The use of reflections and other OARS skills on my team has proven to help staff grow, take responsibility for their work and improve their overall work performance.



NEW EXECUTIVE DIRECTOR

MSCSW hired a new Executive Director, Jodi Hogue. Jodi is an LMSW, currently under supervision, pursuing her LCSW. She received her MSW from the University of Missouri, Saint Louis along with a certificate in Non-Profit Management and Leadership. Jodi’s career history has been primarily with children and families. She currently works at Every Child’s Hope, a residential facility in Saint Louis.

She has found many individuals and families struggle with finances and sees how that stress impacts other areas of their life. She has a desire to work specifically with that population to help them feel empowered and have a financially secure future, no matter what their current circumstances are. This has led her to become a certified financial social worker and she plans to start a private practice focused on financial therapy.

Jodi is very excited with the opportunity to work with MSCSW. She wants to get to know the current members, learn from them and meet their needs. She also wants to see MSCSW grow across the state and strengthen our voice on a national level. Jodi encourages members to reach out to her with any questions, comments or concerns and will do her best to address them as quickly as possible.

You can reach Jodi at 314-643-7896 or director@mscsw.com.

MSCSW’S ONLINE PRESENCE

MSCSW is now on Facebook!

Like us at www.facebook.com/mscswstl for the latest news and updated event info.

You can also join the list serve at <https://groups.yahoo.com/MO-SCSW>.

UPCOMING EVENTS

COUPLES THERAPY - 12 DEC 2015

[PSYCHODYNAMIC](#) - 09 JAN 2016

EATING DISORDERS – 13 FEB 2016

YOUTH & COMMUNITY TRAUMA – 12 MAR 2016

MSCSW IS ALWAYS COLLECTING ARTICLES FOR FUTURE NEWSLETTERS. IF YOU HAVE SOMETHING YOU’D LIKE TO TALK ABOUT PLEASE SUBMIT YOUR WORK TO DIRECTOR@MSCSW.COM AND LOOK FOR IT TO APPEAR IN AN UPCOMING EDITION.

BOARD MEMBER SPOTLIGHT – LINDA PEVNICK, MEMBERSHIP CHAIR



When I was a kid, I listened to my father's stories of the interesting people he had met during his day. I was fascinated listening to him speculate about what motivated people to do the things they did. I think that was the beginning of my interest in being a mental health professional.

I grew up in University City when the high school ranked in the top ten high schools in the U.S. I started out to get an undergraduate degree in Visual Arts, but finished a B.A. in English Lit and a Missouri Lifetime Teaching Certificate Secondary Education. Not finding a job, I started working as a Director for a Head Start Center with Human Development Corporation located in the basement of a vacated Pruitt-Igoe, the infamous public housing in the city of St. Louis. That was an experience.

While I was there, I volunteered for an organization called Pregnancy Consultation Service. We did Problem Pregnancy Counseling and helped to connect women with a well-respected and legal abortion clinic in NYC, if that was their choice. With Roe v Wade this organization became Reproductive Health Services, located at Euclid and West Pine. I was hired to be a Crisis Intervention Counselor. That was a great place to work with a terrific group of smart and courageous people.

I liked counseling and finished my MSW while continuing to work full time. With degree in hand and five years at Reproductive Health Services, I moved on to Women's Self-Help Center. This was a non-profit agency funded by the United Way, affiliated with what was then Family and Children's Service (now Provident). Serving battered women, I did counseling, coordinated and trained volunteers for our 24-Hour Crisis Hotline, gave community lectures and trained professional staff at hospital and police departments about Domestic Violence.

After four years at WSHC, I left for full-time Private Practice. I did some other things in conjunction with Private Practice. I ran a group for mothers of child incest survivors at Masters and Johnson Institute. I worked in the Rape Treatment Center at the YWCA. For fifteen years, I was a Contract Therapist for BJC Behavioral Health Services, doing Individual and Group Psychotherapy for patients suffering with Chronic Mental Illness. At one time, I had three group therapies running at once, with one group lasting for 10 years, with people joining and leaving the group at various times. I loved doing those groups. It was very rewarding.

In the meantime, I continued my Private Practice. I use largely a Psychodynamic approach to therapy. Today, I like helping people suffering with depression, and all forms of anxiety. I very much like working with couples. Recruited by the Family Services at the St. Louis County Courthouse, I have made a study of and worked with high-conflict couples fighting legally over their children. Recently, I have made a study of a short-term method, Cognitive Behavioral Therapy for Insomnia. I enjoy using this method as an adjunct for people who are in therapy with another therapist or me. I accept private pay and am a provider for Anthem Blue-Cross Blue-Shield and for Medicare. I enjoy using my perspective as a newly minted senior citizen in helping other seniors. I keep current on supervising MSW graduates for licensure. I am very excited about passing on some of the knowledge and skills I have acquired to new professionals. I have devoted time and study into the marketing of private practice and enjoy planning marketing for my practice when needed, consulting for other therapists who want to learn more about how they can market their own practice.

In the late 1980's, I became very interested in the movement to license Clinical Social Workers in Missouri. MSCSW was in the forefront of that movement. We won that fight and my colleagues and I were privileged to be grandfathered into licensure. I have been a MSCSW Board Member for some time now. I served as President for two years and represented Missouri to the Clinical Social Work Federation (now CSWA) for five years.

What a terrific experience that was, meeting and working with Clinical Social Workers from all over the country working to support our profession.

I have no plans yet to retire. I have had some big accomplishments: I am happily married for 30 years to Stephen; we have two adult children, Michael, 29 and Carly, 23. I've had plenty of my own therapy over the years, which really changed my life for the better. I've been successful in maintaining my Private Practice now for 31 years. I know I have helped many, many people to live happier and more productive lives. All of that gives me so much pleasure and satisfaction. I like walking our two big dogs. I like spending time with my family and my friends. I enjoy films, and artistic activities of all sorts. I'm a great believer in therapists having their own therapy, continuing peer supervision, and being active in supporting our professional organizations on both the local and national level.

Linda Pevnick, MSW
Licensed Clinical Social Worker
Board Certified Diplomat in Social Work

Member Announcements

MSCSW Member, Helen C. Gennari, LCSW, just published a book titled *From The Heart Of An Abandoned Daughter: My Personal Journey Through Family Violence and Beyond*

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Clinical Social Work Association

Membership in CSWA is an investment in your professional growth and development. Remember, CSWA is the only national organization that advocates for your interests! VISIT OUR WEBSITE AND BECOME A MEMBER TODAY!!

CSWA has been on the front lines to ensure your ability to provide quality clinical care in the foreseeable future. We are currently actively involved in promoting clinical social work mental health services in the Essential Health Plan and protecting Medicare reimbursement. These legislative and policy changes, at the national level, directly affect your ability to practice within your individual states.

CSWA is an independent membership organization which means that social workers need to join as individuals, even if you are member of a state society. Without membership in organizations at state and national levels, your interests are not being protected. The CSWA needs your support to continue with the important work being done nationally -- advocating for the clinical social work profession.

Please join us and receive the following benefits as a result of your membership:

- Legislative advocacy for adequate reimbursement for licensed clinical social workers.
- Ongoing efforts for more effective mental health treatment coverage in the essential benefits.
- State society advocacy and consulting.
- Up-to-date clinical information that informs your practice.
- Free consultative service for legal and ethical questions.
- Discounted comprehensive professional liability insurance.

www.clinicalsocialworkassociation.org

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