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THE NEWSLETTER OF THE NEW YORK STATE SOCIETY FOR CLINICAL SOCIAL WORK

IN THIS ISSUE

3

PRESIDENT'S MESSAGE

Annual Membership Meeting

4

FIVE CHAPTER HONOREES

9

SEVEN STUDENT SCHOLARSHIPS

11

MEMBERSHIP COMMITTEE

Making Connections

12

CHAPTER NEWS

17

CREATIVITY COMMITTEE

Leonard Cohen



18

TWO SPEAKERS REVIEWED

50th Annual Education Conference

www.nysscsw.org

LEGISLATIVE COMMITTEE

Our 50-Year Legislative Agenda is Almost Complete!

By Marsha Wineburgh, DSW, LCSW-R, Chair

We have had a very successful legislative session in 2019. Several important bills were passed and signed into law. These victories—the Parity Law and the inclusion of LCSWs in Workers' Compensation—almost complete the Society's 50-year legislative agenda.

The Parity Law makes all insurers who offer policies in New York more accountable to the Department of Financial Services (DFS), a state agency that is now empowered to track insurance activity in more detail. Mandated annual reports to DFS require specific information on such data as how many mental health sessions have been denied, how many sessions are allowed per patient before questioning medical necessity, and how many active providers are on their panels. DFS is serious about taking insurance complaints. If you have a complaint, file it online. They are encouraging feedback from the field.

Our second successful bill enacts mental health coverage for workers' compensation patients. Until now, only psychiatrists and psychologists could be reimbursed for psychotherapy services. Finally, we are included!

CONTINUED ON PAGE 6



THE 2019 ANNUAL MEMBERSHIP MEETING, in Irvington on the Hudson, provided opportunities for networking among colleagues from across the state. See pages 3, 4 and 5.

2020 NYSSCSW BOARD OF DIRECTORS



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The Advanced Clinical Education Foundation of the NYSSCSW

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NYSSCSW Remains Strong and Vibrant in 2019

By Shannon Boyle, LCSW

It was wonderful to have so many members attend the Fall 2019 Annual Membership Meeting at Red Hat on the River, in Irvington, a beautiful venue. Thank you to all the members, representing chapters across the state, who joined us and to the Westchester Chapter for hosting the event.

A lovely afternoon, it was an opportunity for leisurely networking. Some members who knew one another were delighted to chat and “catch up.” Others were meeting for the first time. I had the pleasure watching as connections were made, and of introducing members who were familiar to each other only as names on the website or listserv. These new connections will lead to great things!

For all present, it was heartwarming to see key chapter members honored by the State Society for their many years of service and dedication. (See Pages 4-5.) Thank you to all our honorees, as well as their fellow chapter board members, for everything you do to make this Society vibrant and relevant.

The business section of the meeting included the uncontested election of State Officers: Henni Fisher, LCSW-R, BCD, as First Vice President; Marsha Wineburgh, DSW, LCSW-R, as Treasurer; Joyce Daly, LCSW-R, as Member-at-Large (Staten Island), and Allen Du Mont, LCSW-R, BCD, SFNAP, as Member-at-Large (Queens). Small amendments to the Bylaws were required to update names of our Board



Shannon Boyle, LCSW

Committees, and these passed unanimously. We also heard from State Legislative Chair Marsha Wineburgh, sharing legislative updates for 2019 and what more is pending (See Page 1.)

In the coming weeks, you will receive your membership renewal notices via email and mail. As I mentioned at the Annual Meeting, despite trends of decreasing membership for many professional associations, our Society remains strong, with new members joining every year. We see the clear value in community, and in collectively advocating for, and enhancing the future of, the field of clinical social work in New York State. There is more work to do, and our State Society is continuing to tackle the issues and challenges as they arise. I look forward to our journey together in the coming months and years.

Sincerely,

Shannon Boyle, LCSW, President

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At the 2019 Annual Meeting

These distinguished clinicians were chosen by their chapters to be honored at the Fall 2019 Annual Membership Meeting.

METROPOLITAN CHAPTER HONOREE

Karen Kaufman, Ph.D., LCSW-R,
Cert. in Psychoanalytic Psychotherapy

Karen Kaufman recently stepped down from her roles as president of the Met Chapter, from 2011 to 2019, and the ACE Foundation, from 2016 to 2019. A Society member since 1989, she initially joined the Westchester Chapter, where she served in various board positions.

Karen's work with the Met and ACE boards was focused on developing and promoting high quality, advanced clinical education for our members and other mental health disciplines. During her tenure, the Met Chapter added new committees and board members, who continue to create stimulating CE programs on a wide variety of topics. The Chapter also provides important mentorship opportunities for recent graduates and new professionals.

Karen has worked in private practice in Manhattan and Westchester for more than 30 years. She taught as an adjunct professor at Fordham University GSSS/Westchester Division, from 1998 to 2014, and has published articles in the *Clinical Social Work Journal*.

MID-HUDSON CHAPTER HONOREE

Cynthia Muenz, LCSW-R

Cynthia Muenz trained and practiced in New York City at the Postgraduate Center for Mental Health and The Jewish Board of Family and Children's Services, after earlier careers as a teacher and a member of a feminist theater group.

For the past 35 years, Cynthia has lived in the Hudson Valley, where she worked as a clinician at Community Health Plan/Kaiser Permanente and then as a clinical supervisor. Since 2000, she has been in full-time private practice, seeing individuals and couples ranging in age from 18 to 95. She is a member of the Board and Chair of the Education Committee of the vibrant Mid-Hudson Chapter, and is instrumental in organizing the Chapter's four yearly workshops.

STATEN ISLAND HONOREE

Catherine Putkowski-O'Brien, LCSW-R, BCD, EMDR

Catherine Putkowski-O'Brien is a traumatologist and a Level II EMDR psychotherapist, specializing in PTSD with World Trade Center first responders, FDNY/NYPD job-related employment stress, breast cancer, childhood abuse and addictions, post-critical phase. Additionally, she provides psychotherapy services to adolescents and college students with anxiety/depression and divorce coaching services within the Collaborative Law Divorce Team.

Catherine also presents community-based breast cancer lectures for the Staten Island Breast Cancer Research Initiative, and volunteers as a bereavement group facilitator for Holy Family Parish. She is a member of New York State Health Research Science Board and has served as Educational Coordinator for the Staten Island Chapter for over 10 years.

WESTCHESTER CHAPTER HONOREE

Rosemary Sacken, LCSW-R

Rosemary Sacken, who joined the Society in 1978, has served the Westchester Chapter as Newsletter Editor, Chair of the Referral Service, and Co-Chair of Peer Consultation. She was the Chapter President from 1987 to 1989, and a member of the Ethics Committee that wrote the original Society Code of Ethics. Rosemary was honored as a Diplomate of the Society in 2000.

She began her social work career at the Head Start Program in Polk County, Arkansas. She went on to provide individual and family therapy in medical, educational, and developmental disabilities settings in Texas, Minnesota, and in New York, both in the Bronx and Westchester. In 1981, she completed advanced training at the Postgraduate Center for Mental Health, and in 1985, graduated from the Westchester Center for the Study of Psychoanalysis and Psychotherapy. Rosemary maintained an independent practice in psychotherapy in White Plains from 1980 to 2012, and she continues to participate in the Chapter's Leadership Council.



MET CHAPTER: Shannon Boyle, Society President; Karen Kaufman, Honoree, and Helen Hinckley Krackow, Chapter President



QUEENS CHAPTER: Shannon Boyle, Society President; Shirley Sillekens, Honoree; and Lynne O'Donnell, Chapter President



MID-HUDSON CHAPTER: Cynthia Muenz, Honoree and Linda Hill, Chapter President



WESTCHESTER CHAPTER: Rosemary Sacken, Honoree and Andrea Kocsis, Chapter President



STATEN ISLAND CHAPTER: Honoree Catherine Putkowski-O'Brien

PHOTOS: Hafina Allen

QUEENS CHAPTER HONOREE

Shirley Sillekens, LCSW-R, BCD, CAS

Shirley Sillekens has been a member of the Queens Chapter for over 45 years. She received her MSW in 1971 from Adelphi University, completed a Post Master's program at the Hunter School of Social Work in 1985, and became certified in Alcoholism Counseling in 1986. She was honored as a Diplomate of the Society in 2001.

Shirley has been a model of commitment to continued professional growth and service to the Society. She has

served in almost every Board position, including President, from 1985 to 1987, and Vice President, from 1981 to 1985. She also assisted in writing the Society's first Ethics Guidelines and served as the Vendorship/Marketing Chair from 1989 to 2018. Shirley continues to participate in Board meetings, providing wise counsel and inspiration. 🗨️

Believe it or not, this campaign began in 1987, when our first bill was introduced. Thirty years later, LCSWs are finally in the program. We are now waiting for information detailing how to join their panel and how to bill for treatment. We will post the news by e-blast to the entire membership, as well as on chapter listservs and the *Friday E-News*.

Medicaid Reimbursement

Our last objective for reimbursement privilege is New York State Medicaid. A bill allowing LCSWs to directly bill Medicaid, SB 5960/AB 8140, is expected to be delivered to the Governor Cuomo's desk soon. It was introduced by Senator Diane Savino (D-Staten Island) and Assembly member Harry Bronson (D-Rochester). Now is the time to contact the Governor to allow LCSWs to bill Medicaid directly for outpatient office visits.

LCSWs Now Fully Recognized

With or without Medicaid, the LCSW has now been fully and legally recognized as a mental health profession. We have legally established clinical social work as an autonomous profession in New York State and, according to the State Supreme Court in 1995, our scope of practice is essentially the same as clinical psychologists. We can legally make assessment-based treatment plans, diagnose and offer treatment in any modality we have been trained for without referral, supervision or consultation.

Across the country, Clinical Social Workers provide the majority of mental health services. We are recognized as clinicians by the for-profit behavioral health care companies, managed care, and federal health insurance programs (Medicare, Champus, FEHBA, etc.), as well as by private insurers.

Success Has Consequences

Of course, our success is accompanied by consequences. Because the masters' degree is the terminal degree in our profession, sibling mental health providers with masters' degrees want the same status that we have. The mental health practitioners, known as the 163 group, (LMFTs, LCATs, LMHCs, LPs) have introduced legislation for mandated insurance reimbursement consistently over the past several years. This year, they have introduced two bills making them eligible for all insurance reimbursement immediately after passing their licensing exam. This, despite the fact that they cannot make a diagnosis (only a diagnostic assessment) and need physician consultation for any patient with a biological mental disorder. In addition, the clinical experience requirements needed to qualify to sit for their licensing exam fall quite short of the LCSW's requirements.

To be specific, the LCSW requires 36 months or 2,000 supervised contact hours with patients delivering psychotherapy services based on assessment-based planning and diagnosis. MHCs, however, need 3,000 hours, of which only 1,500 hours are supervised client contacts; MFTs, likewise, need 1,500 hours of supervised client contacts. Creative Arts therapists are required to have 1,500 hours, of which only 1,000 are patient contact hours. And psychoanalysts are required to have 1,500 hours, of which only half, 750, need to be directly with patients.

In its original form, their insurance bill would have allowed the Mental Health Practitioners to receive insurance reimbursement immediately after passing their licensing exam, while LCSW would need an additional 2000 hours of experience. Because we were the first masters' level profession to win mandated insurance (known as the "R") 35 years ago, our requirements were more stringent.

Through the excellent work of our lobbyists in Albany and particularly, the NYSSCSW membership response, we were able to convince legislators to amend this bill and include LCSWs immediately after being licensed. Those to have the R, demonstrating additional supervised experience, will keep their standing, but new clinicians can no longer qualify. Consequently, there will be no advanced practice endorsement for the public.

The Governor has not addressed this bill yet. If he signs it into law, the R will be unavailable for future clinicians, but LCSWs will be competitive with the other masters' level



Marsha Wineburgh was applauded for her fine Legislative Committee work at the Annual Meeting..

professions, the Mental Health Practitioners. Governor Cuomo may veto the bill, which usually occurs for fiscal reasons, because passage means adding over 20,000 providers to the insurance roles. Of course, if the bill is unsuccessful, the 163 group will be back with another bill.

What’s Next on the Agenda?

So where do we go from here? In addition to protecting all that we have gained, we will continue to pursue direct Medicaid reimbursement for private practitioners.

And why don’t we go for reimbursement parity with psychologists? Now that we have the legal credentials and private sector recognition as reimbursable mental health professionals and, importantly, the Supreme Court decision about the equivalency of our scopes of practice, the time seems appropriate to seek equal reimbursement for mental health services in New York State.

In conclusion, health care policy is a fascinating and essential arena for participation by clinical social work. As they say in real estate, “It’s not over ‘til the fat lady sings,” and as it turns out, in the political world, she doesn’t ever sing. In other words, it’s never over. We will always need experienced Albany lobbyists to bring our issues to the legislature and a Legislative Committee to keep watch. 🗳️

NYS MENTAL HEALTH PROFESSIONS	2019 LICENSEES
LCSWs	28,567
LMSWs	30,091
Psychologists	14,584
LMHCs	7,143
Creative Arts Therapists	1,780
LMFTs	1,244
Licensed Psychoanalysts	711
Psychiatric Nurse Practitioners	N/A

ACE Board Member Changes

Stepping Down: Over the summer, several clinicians on the ACE Foundation Board retired after four years of service as founding members of the ACE educational corporation. Recognition of their service and gratitude for their wise counsel goes to: **Amy Meyers**, Ph.D., LCSW-R, **Joe Reiher**, LCSW-R, **Richard Joelson**, DSW, LCSW-R, and **Karen Kaufman**, Ph.D., LCSW-R, who is stepping down as President.

Continuing to Serve: **Shannon Boyle**, LCSW, NYSSCSW President, **Greg MacColl**, LCSW-R, **Helen Goldberg**, LCSW-R and **Marsha Wineburgh**, DSW, LCSW-R. **Susan A. Klett**, Ph.D., Psy.D., LCSW-R, ACE's Director of Professional Development, continues to plan our excellent programs.

NEW BOARD MEMBERS

Michael Crocker, DSW, LCSW-R, MA, is the Director of the Sexuality, Attachment and Trauma Project and maintains a private practice in Manhattan. He received analytic training at the Object Relations Institute and teaches psychodynamic theory and trauma related studies at Touro College, Rutgers University and Iona College. Dr. Crocker is the Vice President of the Met Chapter and serves on NYSSCSW's Committee on Sexuality and Gender.

Louise DeCosta, Ph.D., LCSW-R, is a faculty member, supervisor and training analyst currently affiliated with Postgrad* The Institute of the Postgraduate Psychoanalytic Society and a member of C.G. Jung foundation for Analytical Psychology. Her training includes work and study in the U.S.A., Mumbai, India and London, U.K. at the Tavistock Clinic. Dr. DeCosta has been the Creative Director of A. Psychoanalytic Trilogy: dramatic readings of The Freud/Jung Letters (premier: 2011); The Freud/Ferenczi Letters (2013) and The Women: Our Psychoanalytic Mothers (2016) which won the Gradiva award for Best Play 2017. To date, these productions

have been presented on thirty occasions in the U.S.A., Copenhagen, Prague, Florence, Buenos Aires and at The Freud Museum in London. Dr. DeCosta maintains a private practice in Manhattan.

Jerry Floersch, Ph.D., LCSW-R, is Associate Professor, Rutgers University School of Social Work. He has worked as a social worker in drug and alcohol divisions of hospitals, mental health and community settings. He administered a mental health crisis service and played a role in developing and implementing housing policies and programs for severely mentally ill adults. Dr. Floersch is the past Co-President of AAPCSW and a former Director of the DSW program at Rutgers where he assisted in developing a novel case study method for clinical training. Dr. Floersch is the author of *Meds, Money, and Manners: The Case Management of Severe Mental Illness* (2002). He is a NIMH K08 recipient for training in and development of qualitative methods to study youth subjective experience of psychotropic treatment.

Jeffrey Longhofer, Ph.D., LCSW-R, is an Associate Professor of Social Work at Rutgers University. Past co-President of the American Association for Psychoanalysis in clinical Social Work (AAPCSW). He is author of A-z of psychodynamic practice and co-author (with Jerry Floersch and Paul Kubek) of *On Having and Being a Case Manager: A Relational Approach for Recovery and Mental Health* (2010), co-author (with Jerry Floersch and Janet Hoy) of *Qualitative Methods for Practice Research*, Co-author (with Jerry Floersch, Miriam Jaffe & Wendy Winograd) of *The Social Work and K-12 Schools Casebook Phenomenological Perspectives*. Dr. Longhofer maintains a private practice in Highland Park, NJ.

The new Board has met twice and has reiterated our commitment to clinical education, particularly, psycho dynamic theory and techniques which is disappearing from the curriculum across all mental health professions. 📌

The Advanced Clinical Education (ACE) Foundation is the educational arm of the NYSSCSW. ACE provides continuing education opportunities to licensed clinical social workers, licensed master social workers and other mental health professionals. Visit ACE online at www.ace-foundation.net.

Scholarships Awarded to Seven MSW Students

The 9th Annual Diana List Cullen Memorial Student Writing Scholarships Program, November 2019

By Chris Ann Farhood, LCSW, Scholarship Coordinator



2019 STUDENT SCHOLARSHIP WINNERS

L-R: Joseph Harkin, Diane Galligan, Ariel Adams, Tari Nussinov, Amy Hoffnung, Jonathan Neuhaus, Chris Ann Farhood, Coordinator.

Not pictured: Amreeta Sagram.

Seven MSW candidates from graduate schools in the metro area were honored by the Metropolitan Chapter as the 2019 Diana List Cullen Memorial Scholars. At a festive event held on November 6 at the Fifth Avenue Presbyterian Church, the Scholars presented synopses of clinical papers they wrote as first year MSW candidates to an audience of deans, faculty, families, friends and Met Chapter Board and Committee members.

The scholars are: Tari Nussinov from Columbia University School of Social Work, Ariel Adams from the Graduate School of Social Service at Fordham University, Amreeta Sagram from the Master of Social Work Program at Lehman College, Jonathan Neuhaus from the Silberman School of Social Work at Hunter College, Diane Galligan from the NYU Silver School of Social Work, Joseph Harkins from the Graduate School of Social Work at Touro College, and Amy Hoffnung from the Wurzweiler School of Social Work at Yeshiva University.

The awardees each received a \$500 Scholarship to enhance their


To date, 48 students have been awarded scholarships. This year's winners will become members, not only of the Met Chapter, but the Mid-Hudson and Rockland chapters as well.

academic endeavors, a free membership in the Society until December 31, 2020, and publication of their edited papers on the Scholarship Page of the Society's website. Joseph will be joining the Mid-Hudson Chapter, Amy, the Rockland Chapter, while the other five students will be Met Chapter members.

The evening was hosted by Chris Ann Farhood, LCSW, the Scholarship Coordinator. It was designed to inform faculty and awardees of the history and purpose of NYSSCSW. Met Chapter President Helen Hinckley Krackow, LCSW, BCD welcomed the attendees with an historical overview, and Membership Chair Hafina Allen,

LCSW discussed the Society's programs that benefit graduate students and new clinicians, such as licensing, networking and committee presentations. Wearing her State and Met Chapter Mentorship chair hats, Chris also described the benefits of the Mentorship program.

The Chapter's Education Committee, chaired by Susan Appelman, LCSW, CASAC and including Dorothy Buzawa, LCSW, Genie Wing, LCSW, BCD and Anita Wortman, LCSW-R, introduced the Scholars, whose papers they had evaluated and selected. Ellen Weber, LCSW-R, EMDR, having recently moved and joined the Westchester Chapter, was unable to attend.

Themes of the presentations ranged from spirituality, engaging new clients, and working with challenging clients, to issues of termination. Lively discussions were generated by the thoughtful material presented, proving once again that the future of clinical social work is in good hands of capable aspiring new clinicians. 

NEW MEMBERS OF NYSSCSW*

NAME/CHAPTER		NAME/CHAPTER		NAME/CHAPTER	
Bakst, Nechama, LCSW-R	MET	Madeira, Will, MSW	MET	Sponsler, Timothy	MET
Brooks, Anna,	MET	Malagon, Adriana	ROC	Taubenblat, Lisa, MSW	MET
DiPietro, Talia	WES	Marcus, Esti	MET	Taylor, Glenn, MSW	MET
DiStefano, William	MET	Mendes, Lev	MET	Teitelbaum, Stefanie	MET
Dossous, Louis	NAS	Moran, Michael, LCSW	MET	Tepfer, Binyamin	MET
Fletcher, Tacha	QUE	Nick, Gilbert, LMSW, MSSW	MET	Thomas, Sara	MET
Ford, Tracyavon, LCSW-R	MET	Nitka, Talia	MET	Tregerman, Maayan, LCSW	WES
Francis, Milene	WES	Oddone, Angela, MSW	ROC	Tronto, Nora	MET
Gallagher, Katherine, LCSW	WES	Ogilvie-Priester, Candace	MET	Tziyon, Michal	MET
Geller, Bibi, LCSW	MET	Polanco, Kimberly	SI	Scott, Christopher, LCSW, LCSW-R	MID
Gonzalez, Odile	MET	Quimby, Tara	MET	Stanford, Catherine	MET
Greer DeChacon, Laura, LMSW	MET	Resnick, Susan, LCSW	MET	Velasquez, Daniela	MET
Hon, Sophia	MET	Rosen, Morgan, BCD	MET	Walsh, James, LCSW-R	WES
Isaacs, Goldie, MSW, LCSW	NAS	Sanders, Nina, MSSW	MET	Weston, Rebecca, J.D., LCSW	WES
Lopresti, Andrea, LCSW-R	SI	Schaper, Kate, LMSW	MET	Wexler, Merin	MET
Luik, Diana	MET	Sitrin, Kate, MSW	MET	Zeikowitz, Crystal, M.S.Ed.	WES
Maclin McClintock, Ashley	WES				

CHAPTER KEY: MET—Metropolitan, MID—Mid-Hudson, NAS—Nassau County, QUE—Queens County, ROC—Rockland County, SI—Staten Island, SUF—Suffolk County, WES—Westchester County. *These new members joined between May 1 and September 30, 2019.

Become a Member of NYSSCSW:

Connect with colleagues, strengthen your clinical work, and contribute to the profession.

Strengthen Professional Identity: Advanced educational programs, peer consultation, sharing clinical skills, guidance in practice development, opportunities to teach and make presentations.

Advocate for Clinical Social Work: Strong lobbying, building coalitions, monitoring legislation and regulations.

Build Professional Communities: LCSWs from diverse settings, mentoring, building a referral base, networking, professional resources, conferences, presentations and meetings, job listing.

Monitor and respond to practical and treatment matters, including managed care and other insurance issues.

The Society welcomes MSW students, recent MSW graduates interested in clinical social work, and clinical social workers from all settings. For more information: Contact Hafina Allen, LCSW, State Membership Chair, at Hafina.allen@nyu.edu

Cultivating Career-Long Connections with New Professionals

This year has been a busy one for the Membership Committee. Our priority has been to reach out to all our chapters to offer support. As members might be aware, many of the Society's recruitment efforts are focused on students and new professionals. This serves several goals; it gives us an opportunity to welcome new professionals at the beginning of their careers and to help cultivate career-long connections. New professionals bring fresh energy and help established clinicians stay connected to the newest trends in social work.

Our outreach to the many MSW programs across the state is forging mutually beneficial connections. As we are all volunteers with limited time, by focusing on students and recent graduates, we can engage the largest community of future Licensed Clinical Social Workers possible.

This year, we welcomed 125 new members, bringing the statewide total to 1,500 members strong. While our largest chapter, Met, has seen the greatest growth, our two smallest chapters, Staten Island and Queens, have also recruited many new members this year. This demonstrates that it's not simply the size of the chapters that makes them vibrant; it's also the involvement of the members that makes them strong. Many chapters have had recent leadership changes, and the Membership Committee has been reaching out to offer our support statewide.

Student Reps

Word of mouth is one of our most valuable tools in attracting new members. To better facilitate recruitment, chapters with MSW programs within their catchment areas

have found student representatives to be very helpful. The Met Chapter started recruiting student reps in 2014, and we are trying to expand this program statewide.

On behalf of the Met Chapter, I'd like to thank our student reps: Cynthia Campos, Daniela Velasquez, Emily Cotrone, Lee Feldman, Lydia Schinasi, Olivia Donini, and Rosa Ruey. If you are a student and interested in being a student rep, or if you know an MSW student who is interested in being more involved, please feel free to let us know by calling or emailing our offices.

Two-for-One Offer

In March 2020, we will celebrate Social Work Month with the Two-for-One agency-based special membership offer. This past year, the program was expanded statewide, with the result that new members joined several chapters.

Also in March, we will host a Professional Development Program aimed at students and new professionals. Once again, we will focus on LMSW and LCSW licensing requirements in New York State as well as resume and job search advice.

Members provide the foundation for all our work and they are our best advocates. Thank you for spreading the word about the Society! Please keep telling your colleagues about what you find rewarding and beneficial about your membership.

We greatly appreciate all you do for the Society and with your continued support, 2020 will be a year to remember! 🍀



Hafina Allen, LCSW

“Our outreach to the many MSW programs across the state is forging mutually beneficial connections.”



NEW TOTE BAG: When someone you recommend joins online and lists you as the referral, we'll send you one of our special tote bags as a thank you.

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Metropolitan Chapter

Helen Hinckley Krackow, LCSW-R, BCD, President

As I begin my presidency of the Met Chapter, I want to thank Karen Kaufman, Ph.D., who served as President for nine years. The transition has been very smooth as she and I are coordinating efforts, both educational and structural, to continue to build our Chapter into a powerhouse.

We are a massive Chapter, with about 900 Members. Our size demands a great deal of effort to maintain the day-to-day support system. Our purpose is to provide cutting-edge education for all levels of professional development, and to keep clinicians connected and well-informed. Our listserv has become a vital and popular communications resource for up-to-date business and personal information.

There is no shortage of pleasure and fun either in the Met Chapter. Lively networking parties, like the one we held in September, bring students, new grads and members together in a local pub. The Membership Committee, chaired by Hafina Allen, LCSW, plans these events to make it easy for new and prospective members to meet our leaders and folks who are in the profession longer. Later this fall, a similar event will be held at a member's home for students and new grads.

In December, the Chapter will host a gala Holiday Party for all members at The Writer's Room on the upper east side. To meet the needs of members in the northern part of

our Chapter, we have begun the Riverside Clinicians salon, under the leadership of Jane Gold, LCSW-R. (See accompanying article.)

The Met Chapter holds ongoing meetings of two practice groups, Aging Issues and Group Therapy, that offer education without CE credits. We are planning a third practice group for Trauma to be led by Joseph Zagame, LCSW, EMDR.

Our Mentorship and Annual MSW Student Writing Scholarship Awards Dinner are hosted jointly by the Met Chapter and the State Society under the leadership of Chris Ann Farhood, LCSW. (See article, Page 7.) The papers written by the students are read and selected by Susan Appelman, LCSW, ACSW, CASAC and the Education Committee. Susan has been leading this committee for over 20 years.

Additionally, the Addictions Committee has prepared a course for students and new professionals, to be given by Elizabeth Ojakian, LCSW-R, CASAC and Betsy Spiegel, LCSW-R.

Our goal of presenting cutting-edge education was met recently by two workshops, the first on integrating technology and treatment, and the second on the influence of microbiomes and biogenomes on our relationship with food. Clinical material demonstrated how to work with these influences psychoanalytically.

CONTINUED ON PAGE 13

The Riverdale Clinicians Mark their First Anniversary

By Jane Gold, LCSW-R, Met Chapter Member-at-Large and Chair of The Riverdale Clinicians

About a year ago, a light bulb went off for a group of us in the Met Chapter. We realized that the boroughs are well-represented among our membership. Wouldn't it be fulfilling for the many clinical social workers in Riverdale to get to know each other better by meeting locally?

In October 2018, we held our first Meet & Greet (with sushi, of course) at my Riverdale apartment, and The Riverdale Clinicians was born. Since then, we have been meeting on the first Friday of the month at each other's offices or homes.

We present and discuss cases covering such topics as disordered eating in a male patient, couples in conflict in long-term marriages, and hypnotherapy for addictive behaviors, to name a few. At our October meeting, we discussed the book, *Maybe You Should Talk to Someone*, by Lori Gottlieb, sharing insights about how we use ourselves in the consulting room.

Since last year, we have held several salons, inviting all Society members and guests to presentations by local specialists. For example, we heard from a psychiatrist with up-to-date research on depression, and an elder care social worker with planning tips. Our November salon was on divorce mediation and post-divorce restructuring. This inspiring and unique presentation by two dynamic certified divorce mediators restructured much of our thinking about the divorce and post-divorce process.

We welcome members who find the Riverdale location convenient to attend our monthly peer discussions, which are a rich source of collegiality and collaboration. And we encourage members to attend our enlightening salons; non-member guests are also invited. Please contact janegoldlcsw@gmail.com

MET Committee on Psychoanalysis

Telemental Health Treatment

By Don Appel, LMSW

Dr. Todd Essig presented on the future of in-person versus electronically mediated telemental health treatment to a packed audience of clinical social workers in Manhattan on November 10. This important talk was presented by both the ACE Foundation and the Psychoanalysis Committee of the Met Chapter, chaired by Barbara Lidsky-LCSW-R, BCD.

Dr. Essig explored the clinical implications and outcomes of remote, electronically mediated treatment within psychoanalytical and psychodynamic psychotherapies. He stressed that we must “cherish the unique possibilities of local therapy.”

Dr. Essig explained that he, too, uses video conferencing with geographically distant patients when necessary. But he carefully attends to the inevitable losses and limits by trying to remain cognizant of the differences between in-person therapy and remote sessions.

Dr. Essig introduced the audience to important concepts involving remote therapy. Among them are shared embodiment (the importance of physically sharing proximity in the therapeutic environment), telepresence (the experience of being with someone at a distance), and affordance (the range of possible experiences a context might allow).

Among the possible in-session changes discussed were changes to the focus of attention by the client or therapist and changes to process, because the tech-mediated context does not afford the same possibilities for embodied empathy and attunement. Both short-term and long-term clinical outcomes in both local and remote treatments also were explored.

Dr. Essig, a noted expert on the issue of psychoanalysis and technology, is a training and supervising psychoanalyst and faculty member at the William Alanson White Institute and an author of many scholarly articles on the issue of telemental health. He writes the “Managing Mental Wealth” column for *Forbes*. He has a private practice in Manhattan for individuals and couples.

CONTINUED FROM PAGE 12

The first presentation, Psychoanalysis, Technology, and Innovation: How to Make In-Person Local Therapy the Future, was given by Todd Essig, Ph.D. The Met Chapter Committee on Psychoanalysis, led by Barbara Lidsky, LCSW, BCD, sponsored the workshop. The second presentation, by Pamela Thorp, LCSW, was titled, What You Eat and What’s Eating You—the Gut-Brain Connection on the Treatment of Trauma.

The Met Chapter is enjoying a fall season that is rich in education and in business and personal support. The focus is on new professionals, on mid-career clinicians, and extends all the way to senior practitioners. The Met Board and I will be developing an exciting winter and spring program. Stay tuned!

Mid-Hudson Chapter

Linda Hill, LCSW, President

We gratefully acknowledge the initiative, creativity and commitment of the Mid-Hudson Chapter Board members. Special recognition goes to our honoree, Cynthia Muenz, LCSW, Chair of the Education Committee. Along with



Mid-Hudson Chapter: Nancy Scherlong, LCSW presented “Restoring the Resilient Nervous System.”

the Committee’s members, Amy Blumberg, LCSW and C. Thaddea Compain, LCSW, Cynthia has served the Society and the social work profession for over 12 years, making the informed decisions necessary to plan and organize our four annual clinical training workshops.

Our dear friend and colleague, Gloria Robbins, LCSW, has nurtured the Chapter and mentored its presidents since she relinquished her own presidency, over 12 years ago, to serve as Member-at-Large and on the Membership Committee of the State Board, while still continuing as Membership Chair of our Chapter.

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Our strong local presence is reinforced by the newer Board members, who generously give of their skills, knowledge and labor. Carolyn Bersak, DSW, Past President, returned to the Board to offer her historical perspective in planning our future. Myrna Sadowsky, LCSW, Treasurer, and Louise Marcigliano, LCSW, Secretary, along with all the Board members, draw on their many years of clinical education and practice experience to inform their decisions.

Judith Elkin, LMSW, who has served with Gloria Robbins on the Membership Committee, offers innovative ideas and continues to remind us that, as social work clinicians, we serve not only individuals, families and groups, but also our communities.

With energy and humor Susan Deane-Miller, LCSW, our newest Board member, has accepted the task of maintaining the critically important list of clinicians who have attended our workshops, so we may inform them of new programs as they develop. And, we extend our heartfelt appreciation to Board member Rosemary Cohen, LCSW for her many years of judicious leadership and dedication to our Chapter as President, from 2006 until spring 2019.

In addition to the Board members, many workshop attendees have maintained their Society membership through the years, some since before the founding of the Chapter, more than 30 years ago. We are especially proud to have Jacinta Marschke, Ph.D. in our midst. She is Past President of the Society and a member of the Legislative Committee. We continue to benefit from her wise counsel.

Nassau Chapter

Joseph Reiher, LCSW, BCD, President

The past year has been a busy one for the Nassau Chapter. In October, we joined with the Queens Chapter, the Nassau NASW and the Nassau Coalition of Black Social Workers, along with the Molloy College and Fordham Schools of Social Work, to sponsor, Racial Tensions, Racial Trauma: Issues, Impact and Influence, a presentation by Dr. Kenneth Hardy of Drexel University.

We plan to continue our close relationship with Molloy College School of Social Work. Last year, we presented the first Sheila Peck Scholarship Award to a graduating senior and we will continue this program.

The Chapter has hosted interesting and provocative presentations by Joel Kanter, LCSW on the work of Selma Fraiberg, and Roger Keizerstein, LCSW, on Post Traumatic Stress Syndrome.

Our very active Committee on Aging, led by Norman Perkins, LCSW, and the Let's Talk series, led by Judith Schaefer, LCSW, are well-attended and received.

Our members have always been encouraged to take on leadership roles. Now, it is more important than ever, as I have announced my resignation as President due to some health problems. However, I will continue to serve while we canvass for members who are willing to step up. At the next Board meeting, we will plan as usual for the coming year, assigning duties and scheduling events.

I have found the role of President fulfilling, both professionally and personally. It has been a joy interacting with the other Chapter Presidents and the State Board. Our Society is vibrant organization, and I am proud to be a part of it. I encourage members to take on the mantle of leadership, and I pledge my complete cooperation and support to the new administration. I intend to remain an active Society member and help in any way I can.

Queens Chapter

Lynne O'Donnell, LCSW, President

We are grateful for the many wonderful developments in the Queens Chapter. Our membership continues to grow, and we welcome our newest members: Charlene Chan, Tacha Fletcher and Ouida Malik. Barbara Sicherman, LCSW, BCD has generously offered to contribute to the Board, as I might need to take temporary leave due to family health issues.

Our first presentation this fall, on the singer, songwriter and poet Leonard Cohen, was titled Embattled Spirit Understood Through The Lens of Neurobiology. (See article, Page 17). It was well attended by professionals from varying disciplines. Next, we will hold a seminar on Post-Traumatic Stress and Accumulated Stress Injury.

We continue to meet at Queens College for seminars and Board meetings. A lovely campus, it is easily accessible by car and public transportation. Seminars begin at 10:30 am, preceded by the Board meetings at 9:00 am. Members are welcome to come early and attend Board meetings to share their ideas on the chapter's direction.

Our plan is to offer two seminars this fall, and two in the winter/spring. We consistently enjoy positive feedback from attendees, who are impressed with the welcoming environment and informed discussions. Our members are generous in sharing practice and professional knowledge at the seminars.

Usually, about 50% of our members attend our seminars—a good rate overall. But we hope more will join us in the coming year and benefit from the Queens Chapter's rich educational offerings.

NOTE: The Queens Chapter offers our condolences to our colleague, Joan Turner, on the loss of her husband of over 30 years, Brad. Our hearts are with you.

Rockland Chapter

Orsolya Clifford, LCSW-R, President



Rockland Chapter: Keith Jordan, LCSW presented on “Cooperative Co-parenting.”

The Rockland Chapter has many members who are dedicated to collaboration with other professionals, to networking and to the enhancement of their skills and knowledge through professional development. We welcome others to join us and hope to see a growth in membership.

Our newest Board member, Bobbie-Angela Wong, LMSW, is working on creating digital media sites that will allow students enrolled in local social work programs to access the Chapter’s events more easily. With a growth in student membership, we envision creating a mentorship program to connect professionals with students.

Several times a year, we host 3-hour CEU presentations. We continue to have steady attendance and welcome all to join us for future events. We kicked off the fall season with an engaging presentation by Keith Jordan, LCSW on Cooperative Co-parenting. Attendees enjoyed participating in clinical discussions in break-out groups.

This fall’s presentations include Imago Therapy by Herb Tannenbaum, Ph.D., PTSD and Acute Stress Injury by Roger Keizerstein, LCSW. In April 2020, Depressed, Bipolar, or Borderline will be presented by Brian Quinn, LCSW, Ph.D.

Staten Island Chapter

Janice Gross, LCSW, President

Dennis Guttsman, LCSW, President-Elect

The Staten Island Chapter is looking forward to an exciting calendar year, from fall 2019 to spring 2020. Dennis Guttsman, LCSW was recently elected as our new President. A previous Vice President, Dennis also served as Vendorship Chair for many years, and as the Mentorship contact person. He brings a depth of clinical and organizational knowledge and is admired for his assertive responses to issues of managed care.

We also elected founding member Joann Reetz, LCSW as Vice President. Treasurer Joyce Daly, LCSW, and Secretary Joann Joseph, LCSW, will retain their positions. Janice Gross, LCSW will become Membership Chair.

Catherine Putkowski-O’Brien, LCSW, was the Chapter’s honoree at the Society’s Annual Meeting in October. She has worked hard to bring many interesting programs to Chapter meetings and CEU conferences. Catherine is known for her expertise as a Level II EMDR Therapist working with Trauma and First Responders.

Our fall programs began in October with Roger Keizerstein, LCSW presenting on Post Traumatic Stress & Accumulated Stress Injury. The fascinating discussion of neuroscience techniques was enjoyed during a light dinner. Cognitive Behavior Therapy will be our next focus, with an overview and case presentations by two therapists.

To welcome in the new year, we will host a networking event and dinner. New and longstanding members and students are welcome. In March, we will have presentations on Gender and Sexual Issues. For our Annual Spring Conference on April 19, 2020, Susan McConaughy, Ph.D., LCSW-R, will present Engaging Parents as Healers in Their Children’s Trauma. For questions or information, please contact Janice Gross, jgross1013@aol.com.

CHAPTER NEWS CONTINUED NEXT PAGE

Westchester Chapter

Andrea Kocsis, LCSW, President

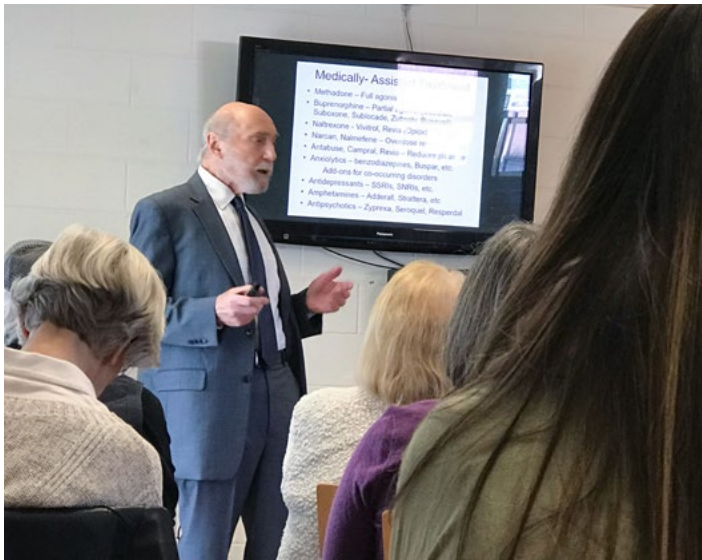
Susan Jocelyn, Ph.D., Leadership Committee Chair

The Westchester Chapter continues to grow in membership and vibrancy as our committees and practice groups flourish. We hold meetings on the first Saturday of each month at the Mental Health Association of Westchester County in White Plains. Nine of our ten monthly meetings offer CEU presentations. We are pleased to note that, in 2018, the Westchester Chapter earned the most revenue of all chapters in the state from CEU presentations.

Our Saturday sessions usually begin at 9:00 am, with meetings of the clinical practice groups, including Peer Consultation; Group Therapy Practice; Mentorship/Private Practice/Career Building; and Integrating Mindfulness, Applied Neuroscience and Psychotherapy Practice.

Networking and a brief business meeting take place, followed by a 2-hour CEU presentation and discussion or, several times a year, a 3-hour CEU presentation. Check our website for exact schedules.

In January 2019, we continued our annual film and discussion event, featuring *Three Identical Strangers*. The movie stimulated a lively discussion about ethics



Westchester Chapter: Dr. Ross Fischman presented "Harm Reduction in Treatment of Substance Use."

in adoption. Our February CEU presentation was *The Empathy Wars: Understanding Empathy Across the Disciplines*. The presentation scheduled for March, *Emotionally Focused Therapy*, was postponed due to a snowstorm. It finally took place in September.

The well-received presentation in April was titled, *The Integration of Harm Reduction Therapy in the Treatment of Substance Abuse Disorders*; in May, the presentation was on *EMDR: A Primer-Treatment for Trauma, Anxiety & Depression*; and in June, *Medical Marijuana*.

Our October presentation was *Out-of-Control Sexual Behavior as a Symptom in Insecure Attachment*, and in November, *Working with Dreams in Individual Treatment: A Case Study of a Young Adult Male Presenting with Depression & Academic Difficulties*. December's presentation was *Addressing the Clinical Needs of Families with Transgender and Gender Non-Conforming Clients*.

Our schedule for 2020 includes a film and discussion in January, and a presentation in March focused on *First Episode Psychosis*. We look forward to additional presentations over the course of the coming year.

Our Leadership Committee meets at a bi-monthly luncheon. Other very active committees include Education, Newsletter, Legislative, and Website. Our Membership and Program Registration Committee engages newer members, students and graduates from local schools of social work to provide them professional support. At year's end, the Membership Committee sponsored a raffle to encourage members to renew on time. One lucky member won a \$50 gift card.

Our monthly meetings attract dozens of members who seek continuing education units. However, many more members and non-members alike attend for the warm collegiality and professional support that our Chapter offers.

In October, we were pleased to host the NYSSCSW 2019 Annual Membership Meeting in Irvington. Our choice as the Chapter's honoree at the event was Rosemary Sacken, LCSW-R, a Past President and a longstanding member. For many years, Rosemary led and facilitated the monthly Peer-Supervision Practice Group and co-led a mentoring group for students and new social workers. She continues to make important contributions, great and small, to our chapter and the Society. 🍷

Leonard Cohen: Embattled Spirit

Presented by Sandra Indig, LCSW-R, NCPsyA, ATR-CB and Inna Rozentsvit, M.D., Ph.D.

The interactive workshop, *Leonard Cohen: Embattled Spirit*, held in Queens in September 2019, was hosted by Lynne O’Donnell, LCSW, President of our very active Queens Chapter. This generously catered event was attended by over 20 participants.

Sandra Indig, LCSW-R, NCPsyA, ATR-CB, led the attentive audience in a PowerPoint presentation on Leonard Cohen’s life and art. Cohen’s own psychohistory deeply influenced his creative work and relational choices, including his longing to connect with others and to his G-d. Cohen’s hypnotic music and song/poetry enlivened and “fleshed out” the deeper meaning of words spoken describing how retreating from everyday life, including psychotherapy, can help or hinder, reduce or increase stress, anxiety, substance abuse, and possible pathology.

To the audience’s delight, Indig began her talk by playing the famous and familiar song, Anthem, and reading the phrase: *Ring the bells that still can ring/ Forget your perfect offering/ There is a crack in everything/ That’s how the light gets in.* Any description of Cohen, a complex person, had to include the observation that he was a spiritual person, as well as a warrior. He didn’t bear arms, weapons of destruction like the men of his family did, but instead, he chose to battle his perceived enemies, including himself, with finely honed words and brilliant melodies. Mention was made by one of the participants that negative thoughts and emotions (including the attacks on self or others) can be channeled through creative therapy modalities, in addition to talk therapy. The point was made that negative emotions and attachments often have survival value.

Despite Cohen’s use of drugs, prescribed and otherwise, he had developed the habit of self-observation which manifested itself as visual journals. His wonderful drawings were presented, accompanied by very astute commentary.

Through the artful device of presenting Leonard Cohen as her patient, Indig spoke about his life and its challenges as they emerged in his writings, poetry, songs, and drawings. In their last session, Leonard, the “patient,” who was, in reality, dying of cancer, was able to find a way to live whatever remained of his life creatively.

The second part of the workshop and the PowerPoint presentation, led by Inna Rozentsvit, M.D., Ph.D., was dedicated to the neurobiological aspects of music, poetic word, creativity and one’s history. It addressed how these are processed through one’s brain (which is very much “the




“Just one little guy with an old tweed cap against the whole stinking universe.”

(Drawing by Leonard Cohen)

same” for all members of human species) to create one’s extraordinary and unique mind.

All participants were engaged in the discussion and were satisfied with the depth and simplicity of explanation of some very complicated neurobiological constructs, such as neuroplasticity, neurointegration, electro-chemical conduction, synaptic pruning, and phenomena of “fire together—wire together” and “don’t use it—lose it,” as well as brain laterality and neural circuitry principles. Paul McLean’s *Truine Brain Theory* was used in this presentation to explain trauma and addiction processing, as both trauma and addiction were the parts of “Leonard Cohen’s Connectome.”

Human connectome is the “brain map” which each of us builds while going through the process of living life, feeling and learning, acting and thinking (conscious and unconscious); and although there is an overall understanding of general principles of how the human connectome is constructed, each of us, individuals, builds our own connectome through the very distinct brain mechanisms.

During the workshop and at its conclusion, participants were reflecting on their own love and understanding of Leonard Cohen and his music and lyrics, and his psychohistory, as well as how his work affected their lives. They also appreciated the thought-provoking discussion on the brain-mind dynamic constellation, and expressed the wish to continue this discussion further, during future transdisciplinary workshops and presentations. 

Sandra Indig, LCSWR/LP, NCPsyA, ATR-CB, Committee Chair, psych4arts@hotmail.com

Inna Rozentsvit, MD, Ph.D., Neuropsychoeeducation Chair, inna.rozentsvit@gmail.com

Psychoanalysis and Human Liberation

Presentation by Jeffrey B. Rubin, Ph.D.; Reviewed by Louise DeCosta, Ph.D., LCSW

“There is more hope than we believe, and things are worse than we know.” —Jeffrey B. Rubin

The above line was Dr. Rubin’s exquisitely perverse message to us all that Saturday morning in April 2019 when the Society gathered for its 50th anniversary conference. And this is the same message he would proffer his own mother when she would lament ... “My dear son, your lectures are brilliant—but why must they always be so depressing?”


Among Dr. Rubin’s many gifts is a special one: delivering grim, lucid portraits of postmodern life in such a way that the listener cannot help but come away ensnared in a “psyche hairball” of both despair and hope. He did not disappoint in his remarks to NYSSCSWorkers, asking us to consider five upheavals in contemporary life.

1. We are living in the experience of a “run-away world” a world of “progress without purpose.” The world is impinging upon us; cell phones are prevalent as insects and people appear to increasingly act like programmed zombies.
2. There is a rising tide of wealth for the few with the rest left behind, feeling a distinct “precariousness amidst plenty.”
3. The promise of the web/info technology has given rise to open communication and, indeed, “there is information about everything, but simultaneously there exists a decrease in empathic human connection.”
4. The glut of relationship apps has resulted in welcome connection for some, but for many others, loneliness and alienation.
5. A recognition that our leaders are corrupt ... that ours is a society of optics, not a society of reflection. “Truth is being murdered—we doubt ourselves and our leaders and exist in a collective bubble of bombardment, rage and confusion.”

Dr. Rubin’s description of contemporary cultural upheaval bears a curious resonance with Carl G. Jung’s impressions of America upon his first visit, 110 years ago. Writing to his wife Emma about “these” Americans: “My head is spinning ... my psyche continually overstimulated ... it is a country

of nervous disease ... so many drugs and distractions ... they are obsessed with gadgets and money ... and rage dominates their political discourse.” (CGJ. 1910, 1912) However, Jung described attributes that inspired admiration as well: “there exists an animating spirit in America: the heroic ideal of unlimited possibility, the ‘can do’ spirit of the archetypal frontier man. But how will this young country mature ... will there ever be a maturation process that reflects a higher self which values meaning over materialism?”

Likely, each of us holds strong opinions about our nation’s progress and about the nature of the world in which we live. Dr. Rubin asks us to suspend our pre-set judgements and to approach our world with “a beginners mind”—a mind that trusts in limitless possibilities. “We go towards what is familiar and we distance ourselves from what we dislike.” The challenge is to open ourselves to the other’s views, to hone a greater capacity to embrace paradoxical truths. With an expanded sense of empathy, we will discover new ways of being together, or what Dr. Rubin refers to as “liberated intimacy.”

Dr. Rubin argues that a well-lived life is one that requires balancing and integrating seeming opposites; both hope and despair are integral to psychic wholeness. 

Jeffrey B. Rubin, Ph.D., author of the groundbreaking and critically acclaimed *Psychotherapy and Buddhism: Toward an Integration* and *A Psychoanalysis for Our Time: Exploring the Blindness of the Seeing I*. His books bear the footprints of his own personal journey, as he was one of the early pioneer psychoanalyst/Buddhist scholar/practitioners devoted to exploring common threads of psychotherapy and spirituality—seemingly disparate wisdom traditions.

Louise DeCosta, Ph.D., LCSW is a practicing psychoanalyst currently affiliated with The Institute of the Postgraduate Psychoanalytic Society and a member of the C. G. Jung Foundation for Analytical Psychology. For the past 10 years, she has been the Creative Director of A Psychoanalytic Trilogy: dramatic readings of *The Freud/Jung Letters* (premier: 2011), *The Freud/Ferenczi Letters* (2013), and *The Women: Our Psychoanalytic Mothers* (2016), which won the Gradiva award for Best Play 2017. These productions have been presented on over 30 occasions in the US and internationally.

Imaging Addiction in the Adolescent Brain

Presentation by Stephen Dewey, Ph.D.; Reviewed by Susan Klett, Ph.D., Psy.D., LCSW-R

Dr. Dewey takes center stage and with a warm smile and intense gaze he puts the audience at ease. His strong connection, with his audience, helps to prepare us for witnessing the disturbing results of his many years of scientific research on the effects of drug and alcohol addictions on the human brain and body.

Stephen Dewey, Ph.D., a psychiatrist and a neurologist is a Research Professor in the Department of Psychiatry at New York University School of Medicine, Director of Research Education at Seaford Center and Adjunct Instructor at Suffolk County Community College. He has devoted 38 years of his professional career to research and education on drug and alcohol addictions. His studies have led to the development of an effective treatment for addictions currently in clinical trials.

Dr. Dewey engaged us with a Power-Point presentation whereby he shared advanced high-resolution medical images from positron emission tomography (PET) scans which revealed the progression of brain damage resulting from addictions. He used color codes to target areas of the brain which highlighted regionally specific neurochemical changes and he outlined structural changes caused by repeated drug/alcohol use over a long period of time. To help us further understand the extensive damage of long-term drug/alcohol abuse, he paired normal brains of same age drug-free subjects to the abnormal brains of addicted subjects. He then presented a photo of his young healthy daughter alongside a photo of a same-age peer who appeared 30 years older than her stated age. The aging and decay of the human body from years of addictions was haunting.

What can we as clinicians do? Dr. Dewey began by educating us on why and how this occurs. He clearly explained that addiction is a brain disease and spoke of the significant role dopamine (a neurochemical that produces pleasure and a sense of well-being) plays in all addictions. Dr. Dewey unmasked the potential for addictions by observing behaviors which demonstrated whether one has too much or too little dopamine in the brain. He can predict a person's drug of choice, which may have caused these differences, and now is used to self-medicate by regulating dopamine levels. For example, cigarettes are often paired with caffeine, this is not surprising, when one understands that smoking diminishes monoamine oxidase (MOA) which

reduces dopamine levels in the brain and caffeine raises dopamine contributing to this dual addiction.

Dr. Dewey tells us that "age matters" leaving adolescents at risk, because at this stage of brain development, their dopamine levels are at their height. Adolescents desire new experiences, are lured by peer pressure and targeted by aggressive marketing for video games paired with caffeinated energy drinks, cigarettes and flavored vaping devices which introduces their brains to addictions. Dr. Dewey has found that when one begins experimenting with drugs/alcohol during adolescence, they are more prone to develop serious addictions when they use drug/alcohol at a later age.

This raised his concern regarding the legalization of marijuana as studies have demonstrated that continued use of marijuana results in physical and psychological dependence. Marijuana affects the brain's frontal lobe which controls executive functions and leads to problems with cognitive development, impairing judgement and increasing high-risk behaviors.

Dr. Dewey reflected on a control study which compared rats given THC and then exposed to nicotine to those not given THC before exposure to nicotine. Results showed those given THC were drawn to and became addicted to nicotine, while those not given THC had little to no interest in nicotine and did not become addicted. He used this study to suggest that marijuana is a "gateway drug." In his work with adolescents, he has found that street purchased marijuana is often laced with crystal methamphetamine (meth) which increases dopamine levels 700,000 percent; with repeated use over time, a person no longer derives pleasure from pleasant events (which raises dopamine levels 5 to 6%) and seeks pleasure from drugs.

Our country faces a serious opioid epidemic. How has this become so prevalent? Dr. Dewey informed us that opioid addiction began with prescription medication for pain and that many doctors overprescribed pain medication. He found that opioid dependence does not take root in the presence of pain, rather, it develops when a patient continues to take the opioid in the absence of pain.

Dr. Dewey reports, "the opioid epidemic and the deaths resulting from it are now one of the leading causes of death and injury in the United States. Specifically, it is estimated that in 2018 more than 2 million Americans will suffer from

CONTINUED ON PAGE 21

HEADQUARTERS UPDATE



Shannon Boyle, President and Kristin Kuenzel, Administrator, at the Annual Meeting.

Fall brings many exciting activities here at headquarters. We planned the well-attended Annual Membership Meeting, which took place for the first time in Irvington on the Hudson. The spectacular fall foliage added to the collegial atmosphere.

Back in the office, we are implementing a new contact-hour record keeping system. Members will now be able to store all their contact-hours in their profiles, along with courses they have taken outside of the Society and the ACE Foundation. More to come on this feature in the next few months.

We are also streamlining the way chapter and committee programs that are co-sponsored by the ACE Foundation are processed. The new procedures will enable attendees to receive their certificates as soon as they complete the required survey.

Membership renewal season is upon us. Online renewals were sent out by email on November 1, so please be on the lookout for your invoice. Paper copies will be mailed in mid-December.

We look forward to seeing you at one or more of the upcoming Society events. Enjoy this wonderful time of year. 🍂

Kristin

Kristin Kuenzel, Administrator
Concetta Tedesco, Admin. Assistant

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COMMITTEE REPORT PRACTICE MANAGEMENT

There's been plenty going on in the Practice Management Committee since our last update. The biggest change is that we've created a member area on the website for our committee. We've moved some documents there, for example, *Billing Essentials*, because they represent the work of our members and access to them is a benefit of membership. We ask that members not share items in this member area with anyone who is not a member of our Society.

We have been attempting to report on some changes in insurance requirements for "medical necessity," as well as updates about tele-mental-health, federal and local regulations, and other changes that affect our members. We have been regularly publishing our findings in the *Friday eNews*. We also have been using that venue to publish the answers to members' questions about practice matters that may be of interest to the membership at large.

As some of you may have noticed, we read each of the chapter listservs to be able to answer questions from members outside Met, our home chapter. We continue to answer questions either posed to the listserv or asked via email or through calls to the office.

Please Help Update the List of Insurance Contacts


To repeat a previous request: please help us update our list of provider relations/contact people for the various insurance companies. It's difficult to keep up, especially with all the mergers and splits going on. Please email us with the provider relations/contact name, phone number (including any number prompts), email address and, of course, what insurance company is represented. Especially useful would be any working contacts for BC/BS, but all information is welcome. 🍂

Thank you,

Jay E. Korman, MSW, LCSW, BC-TMH, Chair
jay@jaykorman.com

addiction to these compounds while 8 people/hour will die from them and 2 babies/hour will be born addicted to them.”

Dr. Dewey works with the Suffolk County Board of Health in his fight against drug and alcohol abuse. In 1994, he started an outreach program sharing his research finding within school districts throughout Long Island and the Tri-State area. To date, he has reached over 160,000 school age children, parents, teachers, administrators and counselors. He has won numerous awards for his research and his community outreach. He has been featured on major news programs and within newspapers and journals. In this year’s NYSSCSW conference, Dr. Dewey brought his cutting-edge research to clinicians. With passion, precision and resources, he addressed questions from an audience

of clinicians, who were deeply moved and ready to join his battle against the spread of the disease of drug/alcohol addictions on our youth and throughout society. 

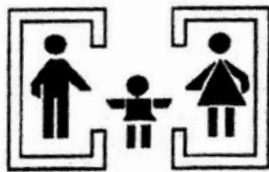
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Susan A. Klett, Ph.D., Psy.D., LCSW-R, Director of Professional Development of the ACE Foundation of NYSSCSW, training and supervising analyst and on faculty at various psychoanalytic institutes. Co-author (with Arnold W. Rachman) of *Analysis of the Incest Trauma: Retrieval, Recovery, Renewal* and author of journal articles and reviews on eating disorders, couple treatment and the analytic process. Dr. Klett maintains a full-time private practice in New York City working with adult-individuals, couples and groups.

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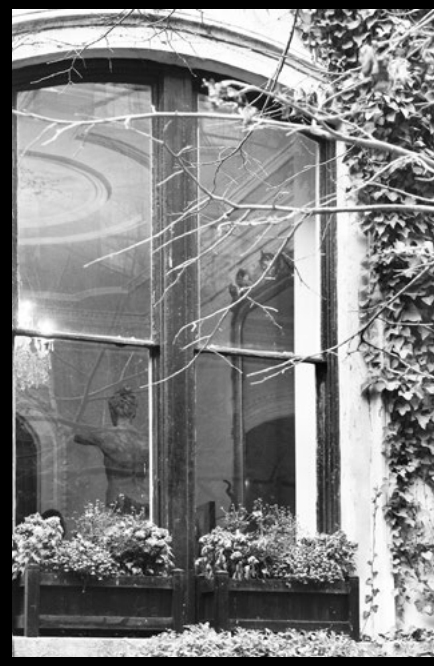
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