

Therapist Certification Association

For Clinical Professionals who want to take their careers to the next level!

Dear Subscriber, This month's news and events:



- [HIV/AIDS class speaker Luigi Ferrer 5-16-15](#)
- [Register for our 2015 Transgender Training!](#)
- [Could you be a shopaholic?](#)
- Certification in hypnosis by the National Guild of Hypnotists [Integrative Counseling and Hypnosis Associates.](#)
- [Have us provide CEUs for your next workshop!](#)
- Monthly Article By Dr. Carol Clark, [Author of Addict America: The Lost Connection](#)

HIV/ AIDS and bisexual rights activist Luigi Ferrer began his career as a marine biologist, but as he notes “after being diagnosed with HIV in 1985, the bottom of the ocean no longer seemed that relevant.”

Mentored by AIDS activist Jim Pruitt, Ferrer started working with the Body Positive Resource Center, Miami’s second HIV Services organization, and became its Executive Director at age 26.

Born in Ponce, Puerto Rico, Ferrer grew up in Columbia, South Carolina and Mayaguez, Puerto Rico. During those years, he “frequently felt as an outsider.”

“I don’t know if this was because I was bisexual, had recently moved to Puerto Rico and expressed myself better in English in a Spanish-speaking culture, or just because I was brought up in a different culture.”

As a leader in Miami’s LGBT community, Ferrer found connection. Currently, he is Program Director and Director of HIV Services at Pridelines Youth Services; Vice President of BiNet USA, a national bisexual advocacy organization; a member of the National Bisexual Leadership Roundtable; and Board member of the Unitarian Universalist Congregation of Miami.

At Pridelines, Ferrer is committed to “a safe place where youth can learn about themselves, about gender and human sexuality, and gain real-life skills.”

He adds “as we support today’s youth, we are also mentoring and training the next generation of LGBT leaders, activists, and organizers.”

<http://southfloridagaynews.com/Community/luigi-ferrer-the-hiv-aids-rights-activist.html>



This class is offered by STTI and may be attended for HIV/AIDS CEU towards renewal of license or certification. The cost for an individual class worth 5 CEUs is normally \$245 but you can register this week for this one class for the **discounted rate of \$179!**

It may be later applied towards the Sex Therapy training program.

Please call 305-891-1827 or email DrClark@SexTherapyTrainingInstitute.com



www.TransgenderCertification.com

Open your practice to an underserved community!

Part I of the 2015 ITCA Transgender Certification Training will commence this June! This year, training will be broken into 3 weekends for a cost of \$1,995.

Part I June 27-28, 2015

Part 2 July 11-12, 2015

Part 3 July 25-26, 2015.

Curriculum will include the following:

- The role of the healthcare professional
- Basic challenges faced by gender dysphoric individuals
- Panel presentation by members of the Trans community
- Legal, ethical and medical issues
- Religion and spirituality
- Interventions for co-occurring disorders
- Treatment of other gender non-conforming expression

The entire training may be attended either in person or [via live webinar!](#)

For more informaton or to register, visit our website:

www.TransgenderCertification.com.

Continuing Education provided by Dr. Carol L. Clark, Provider #50-550/BAP585. This course (#20-398978) is approved for 40 CEUs by the Florida Board of Nursing, expires 10/15; Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling, expires 3/17; and the Florida Board of Psychology, expires 5/16. American Association of Sexuality Educators, Counselors and Therapists (AASECT).



Could you have a shopping addiction?

[Addict America: The Lost Connection](#), explores the concept of addiction as a general state of craving stimulation, rather than just a need for drugs or alcohol.

According to Ruth Engs from Indiana University, some people develop shopping addictions because they essentially get addicted to how their brain feels while shopping. As they shop, their brain releases endorphins and dopamine, and over time, these feelings become addictive. A professor in applied health sciences, Engs claims that 10 to 15 percent of the population may be predisposed to these feelings. Read more at:

[//www.psychguides.com/guides/shopping-addiction-symptoms-causes-and-effects/](http://www.psychguides.com/guides/shopping-addiction-symptoms-causes-and-effects/)



**Integrative Counseling
& Hypnosis Associates, P.A.**
A Centre for Personal Empowerment

Certification in hypnosis by the National Guild of Hypnotists is conferred upon those who successfully complete the 100 hour course curriculum offered by Dr. Melody Smith, at the Boca Raton, Integrative Counseling & Hypnosis Associates Training Center

This certification program is approved for 75 CEUs through Dr. Carol L. Clark #50-550/BAP585. Call or [click here](#) for details. With unlimited income potential, you can help people modify their behavior and improve their lives. Classes occur weekends, Friday through Sunday for 3.5 weekends per course, (see schedule [here](#)). Limited number of candidates per course. Minimum of 10 students required. For more information, please contact Dr. Melody Smith drsmith@therapy-4u.com or Teresa Sgria, Practice Manager 561-393-1911.

When Crazy Is Normal

I was watching the news the other night and marveling at the extent of what to me is irrational thinking and behavior. Specifically, those people in Texas who believe that President Obama is massing our forces to take over Texas and/or stay in office beyond his proscribed term.

What would make people actually devote time to protesting this seeming absurdity? What would make the Governor of Texas actually buy into this?

As any of my students could tell you, the greatest motivator of human behavior is the *need to belong to the group*.

People will repress their personal values and override their innate intelligence in order to belong to their group. The result can sometimes be the creation of a positive problem-solving team, a group that affects healthy change, or a disciplined military force that protects our way of life.

The result can also be destructive gangs, mind-deadening cults, mob violence, and just the paranoid flight from rational thinking that distracts people from very real issues.

Examples of this need to belong to the group in spite of overwhelmingly painful or destructive consequences can be found around the world. The people in Africa who engage in female genital mutilation will cite a myriad of reasons, ranging from fear that uncut genitals will smell bad to fear that if a baby's head touches the clitoris during birth the baby will die. The most compelling reason, however, is that any female child who is not mutilated will be exiled from the community and be good for nothing except prostitution. Closer to home are the men and women who serve in law enforcement and will keep silent about a fellow officer who violates that very mandate they all swore to uphold: "Protect and Serve."

This premise that "Crazy is Normal" comes up on a daily basis in my practice. When I'm working with couples and they are fighting over something seemingly insignificant (yes, crazy), I will discuss this need to belong to the group and then explore with them from where that originated. Let me connect the dots.

In childhood, we take in messages about ourselves in relation to others. We don't yet have the capacity to distinguish that what is going on externally is not a judgment on our internal identity, and so we develop beliefs such as "I'm not good enough" or "I'm unimportant" and then carry those beliefs into our adult lives, often unknowingly. For instance, when a well-meaning parent says "You need to bring that B up to an A, just work harder, I want to see that A next time!" and the child takes in "I'm not good enough to please my father/mother and never will be."

As we engage in relationships with others, we look for groups that will accept us, in spite of those negative beliefs. I once asked someone in Scientology what was the motivation for being part of an organization that alienated her from her family and cost her a great deal of money and she replied, "They accept me as I am." Of course, there are many other conditions for acceptance that she had to fulfill, but they continually assured her that she was good enough and important enough to belong with them, which was and is her greatest motivation.

Back to our couples who are fighting over who's not taking out the garbage or washing the dishes, it comes back to the underlying message in this way: If you don't do the dishes, it means I'm unimportant, or if I take out the garbage every day and you don't appreciate me, I'm not good enough.

There is a little more complexity to this (see past article [Intimacy by the Numbers](#)) but the distancing created by this need to Connect (be part of the group) and the fear of not being good enough or important enough to be accepted leads to the irrational thoughts and behaviors that we see in our relationships and on the news. If we focus on the "Crazy," we will miss the underlying motivation and therefore the ability to address it in any meaningful way. If I enter into a right/wrong position about whose job it is to do the dishes, I will perpetuate a

fight that only serves to disconnect the couple. Just as when we try to convince someone that the president is not going to invade Texas, that person will just dig in and we are going to butt heads.

Instead, when we can discover the underlying meaning and own it, we can then make different decisions and look more rationally at the situation. We can first decide how much energy we are going to give. We can explore what our real goal is and generate different options for achieving it. We can decide if the group (be it a group of two partners or a group of hundreds or even thousands) is the one to which we want to belong.

People acting crazy is really normal. Through our *need* to belong to the group, we are all Connected. The trick is to not disconnect while seeking Connection.

Be In Light

**UPCOMING WORKSHOPS WITH CEUs
PROVIDED BY DR. CLARK**

- May 27-30th: Innovation, Integration and Intervention: Addressing the Unique Challenges of Families in Supervised Visitation – [The 2015 Supervised Visitation Network Annual Conference](#) – Sponsored by the Supervised Visitation Network

Have Dr. Clark Provide CEUs for Your Workshop or Seminar!

Dr. Carol L. Clark, Provider #50-550/BAP585, is an approved provider of continuing education for the Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling; the Florida Board of Psychology; and the Florida Board of Nursing.

For a nominal fee, we will get your event approved for CE (through CE Broker), provide you the necessary forms, and submit the attendees' information for CE credit post event.

Contact us for more information! [Email](#) / Phone: (305) 891-1827

