

Therapist Certification Association

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

Dear Subscriber, This month's news and events:



- [Register for our 2015 Transgender Training!](#)
- Certification in hypnosis by the National Guild of Hypnotists [Integrative Counseling and Hypnosis Associates](#). See how to have us provide CEUs for your next workshop!
- Monthly Article By Dr. Carol Clark, *Author of Addict America: The Lost Connection*
- Article of Interest in the news: "For Some in the Transgender Community, It's Never Too Late to Make a Change," by Jacob Bernstein, The New York Times

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. **Part I will be June 27-28, Part 2 July 11-12, & 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).



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 Sgrioa, Practice Manager 561-393-1911.

Addiction Loves a Vacuum

An Article by Dr. Carol Clark, author, [Addict America: The Lost Connection](#)

You've heard the expression "Nature Abhors a Vacuum," right? Basically, a vacuum, or empty space, cannot exist in nature. Something has to fill it. If you sucked all the air out of an enclosed space and then opened up a hole, air would be sucked right back in.

The same is true in our lives. When we say "I am not going to..... (take drugs, watch online porn, get angry) we create a vacuum. In the absence of anything else with which to fill that empty space, whatever it was we tried to remove from it will be sucked right back in. That is how Addiction Loves a Vacuum. No matter how hard we try to NOT do our addictive behavior, if we leave a vacuum, the addiction will fill it again.

So we need to frame our desires in a positive way. What do we want to do instead of our addiction? Pretty much everyone is able to do whatever they put their minds to, as long as it is framed concretely. "I will eat dinner with my family," "I will go to a meeting," or "I will take an hour-long yoga class."

It is about Intention – the Intention to live in Recovery, the Intention to do those behaviors that are prosocial and health-promoting.

Start each day with an Intention for how you want your day to be, rather than how you do NOT want it to be.

Use the Intention for a Good Day from Addict America: The Lost Connection to make this day a good one!

INTENTION FOR A GOOD DAY

The power of intention is strong indeed. Begin each day with this pledge:

This Day

Will be a good day
I will be present and mindful
I will smile at everyone
I will listen to others and understand their world
I will nurture myself with good food, exercise, and fresh air
I will be nurtured with hugs and smiles
I will trust in the good intentions of those who love me
I will send Light to anyone from whom I perceive harm
I will be the person I want to be
I will be Connected

Addict America: The Lost Connection can be found at [Amazon.com](#).

Other Article of Interest:

For Some in Transgender Community, It's Never Too Late to Make a Change

By Jacob Bernstein, The New York Times

One Friday night last fall, 50 well-dressed guests piled into an apartment in Hell's Kitchen for a party celebrating Sheela-Marie Padgett, a 57-year-old former dancer with the New York City Ballet.

Waiters passed drinks before a buffet dinner of fancy Indian food was presented. Then came a chocolate cake from the Erotic Bakery made in the shape of corseted showgirl with a male appendage. It was sliced up and served to the crowd.

Which was fitting enough, because the following morning, Sheela — formerly known as Bruce — was scheduled to fly to Scottsdale, Ariz., for the last major procedure in her transition from male to female: gender reassignment surgery.

One by one, friends made their way over to the Nakashima-style wood dining table to offer congratulations. Almost unanimously, they noted that Bruce had been cynical, withdrawn and biting, while Sheela is soft and effervescent. “It’s like you’re a different person,” said Edwin Pabon, a freelance photographer. “Before the lights were off, and now they’re on.”

“It’s true,” said Ms. Padgett, who stands 5 foot 7 inches tall (when not in heels), wore a black lace top, and, with her hair done in a Raphaelite style, looked rather like the portrait that would emerge if John Singer Sargent were alive today to paint Madonna. “My friends were all frightened of me. I was a nasty person. I was so unhappy. It tainted all my relationships.”

Lori Ogle, another friend, said: “It’s really brave to do what she’s doing and it’s even braver because it’s so late in life. We were born the same year. I don’t know what I want to change, but this is inspiring. It’s like, ‘Go ahead, it’s not too late.’ ”

Awareness of transgender issues has surged over the last year. Laverne Cox, a star of the television show “Orange Is the New Black,” appeared in June on the cover of Time. Janet Mock chronicled her transition from male to female in the memoir “Redefining Realness,” which landed last spring on the New York Times best-seller list. Transgender models like Andreja Pejic have walked the runways in New York and Milan. And major retailers like Barneys are using transgender men and women in their ad campaigns. [Click here to continue article on The New York Times website.](#)

UPCOMING WORKSHOPS WITH CEUs PROVIDED BY DR. CLARK

- April 17th: [Narcissism and Detachment: Still Relevant in the Age of the iPhone](#) - Sponsored by the Miami Chapter of IAEDP
- May 1st: [The Weight Dilemma: Obesity, Binge Eating Disorder and Bariatrics](#) - Sponsored by the South Florida Chapter of IAEDP
- 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

Congratulations to our recent STTI Graduates!

Deborah Lovell; Alice Sisneros, FNP-BC; and Jamie Weiss, LMFT (Pictured with Dr. Clark) are our most recent graduates of the Sex Therapy Training Institute. They will be amazing assets to the field, and we have enjoyed the opportunity to teach such dedicated professionals!

[Click Here](#) to Register for a Free Try-Out Class today!



Jamie Weiss posing with Dr. Clark after receiving her STTI Board Certification certificate
