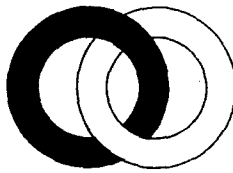


# Santa Barbara Therapy News



California Association of Marriage & Family Therapists - SB Chapter

January 2008

Borderline Personality Disorder:

Trauma & Transference

Dr. Jamie Rotnofsky

January 16

11:30-1:30

The University Club  
1332 Santa Barbara St  
966-0853

*"Always attempt to understand others in context of their life history"*

~ Jamie Rotnofsky, PhD

We are happy to have Dr. Rotnofsky as our first speaker of the year! Dr. Rotnofsky has been a practicing psychotherapist for the past 20 years and is the CEO of Ask Dr Jamie. In her January 16 presentation, Borderline Personality Disorder: Trauma & Transference, Dr. Rotnofsky will review the DSM IV Diagnosis of Borderline Personality Disorder and Post Traumatic Stress Disorder in a new way.

It is Dr. Rotnofsky's belief that it's critical to come from the perspective of understanding our clients' life stories in order to better understand the clients with whom we are working. It is only through this understanding that we can truly have compassion for those that we treat. In addition; we will address the issues of Transference & Counter-Transference. Learning will be achieved through the review of a single case study which will creatively highlight the intermingling of all of these issues.

Jamie's areas of expertise are consultation, coaching, psychotherapy, Training & Education and Clinical Supervision. She works with individuals, couples, groups, organizations and communities. She is an Adjunct Faculty Member @ Antioch University and serves the

Santa Barbara Woman's Commission, Restorative Policing and works with the Santa Barbara Police Department, Crisis & Hostage Negotiation Response Team. Dr Rotnofsky hosts a free weekly National Teleconference entitled "Care Connection". In addition, Dr Rotnofsky is the past Manager of Crisis Services for the County of Santa Barbara and was instrumental in developing the Crisis & Recovery Emergency Services Program (CARES)



During her residency in New York, She was actively involved in assisting the community after 9/11, providing groups, working with first responders and their families and as a volunteer for the American Red Cross.

You can find out more about Dr. Rotnofsky and her services by going to her web site [www.askdrjamie.net](http://www.askdrjamie.net).

- We are delighted that Jamie has joined the 2008 SB CAMFT Board as a Member-At-Large.

## A Buffet Lunch Will Be Offered

*Choice implies consciousness – a high degree of consciousness – choice begins the moment you dis-identify from the mind and its conditioned patterns, the moment you become present. To relinquish judgment does not mean that you do not recognize dysfunction and unconsciousness when you see it. It means being the knowing rather than being the reaction and the judge.*

~ Eckhart Tolle, *The Power of Now*

## UPCOMING EVENTS

Wednesday, January 16  
Dr. Jamie Rotnofsky

"Borderline Personality Disorder: Trauma & Transference"

11:30-1:30  
The University Club

Buffet Lunch  
\$25.00 for members  
with 2 CEU's

\$27.50 for non-members + \$5.00 for CEU's

RSVP to Cynthia McNulty by  
Friday, January 11  
[mcnultytx@yahoo.com](mailto:mcnultytx@yahoo.com)  
\*\* PLEASE DO NOT CALL CYNTHIA ON HER PHONE - THANKS!

\*\*\*\*\*

Saturday, Feb. 2  
David Jensen,  
CAMFT Staff Attorney

"SB CAMFT Law & Ethics Training"

\*\*\*\*\*

Wednesday, February 27  
Violet Oaklander, Ph.D.

\*\*\* Please note this is the 4th Wednesday in February .

Hidden Treasure: A Map to a Child's Inner Self

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Wednesday, March 16  
Dyrian Benz Chartrand,  
Psy.D., & Joanna  
Chartrand Benz

Mindful Body-Mind  
Psychology & Practice

## Living a Three-Dimensional Life: Martin Luther King, Jr. on the Integrated Personality

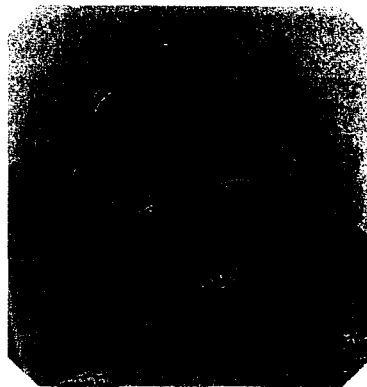
by Jennifer Leigh Selig, Ph.D.

This January 15th marks what would have been the 79th birthday of Martin Luther King, Jr. This April 4th will mark the 40th anniversary of his assassination. Though we have had nearly four decades as a country to reflect upon King's legacy, we still obsess over his single "I Have a Dream" speech while neglecting the voluminous riches of his other speeches, sermons, letters, books, and writings. King's writings are an especially rich and untapped resource for psychotherapists: this article will provide several suggestions and links to some of the most interesting ones in hopes of enriching your Martin Luther King, Jr. Holiday reading choices.

In the African-American religious tradition, clergy have always been the primary marriage and family therapists, and King was no exception. King, in crossing the boundaries and combining the roles of minister and therapist, practiced what I might term "spiritual therapeutics," or "therapeutic spirituality." Taken as a whole, King's sermons reveal a minister who was more concerned with the lives of his parishioners here on earth, rather than their afterlives in heaven; a minister who was more concerned with improving souls here rather than gathering them for there; a minister who sought to bring as many souls to a deeper relationship with themselves as he sought to bring to a deeper relationship with God. If such a division could be made without being artificial, many of his sermons are two-thirds psychological, one-third theological; if the references to God were removed, the sermons could be delivered with equal applicability to clients in group therapy as to congregants in church.

Perhaps what made Martin Luther King, Jr. such a great "therapist" was his emphasis on integration. This played out literally in the integration of blacks and whites, and later in his life, in his growing emphasis on the integration of the rich

and the poor. It played out religiously in the integration of the temporal and the eternal, of this life and the next. It played out in his utopian vision of the Beloved Community--which was not heaven, and



not earth, but heaven-on-earth. It played out politically in the integration of capitalism and communism. It also played out psychologically, in the integration of the personality.

Different psychologists of course use different words to describe the integration of the personality, such as individuation, self-actualization, or self-realization, and their definitions vary to a degree, but in general, most would agree that the goal of human development is to bring together the split or opposing parts of the personality into one unified whole that is greater, or wiser, or stronger, or truer, than the sum of its parts. When the psyche is free from having to constantly negotiate its own oppositions, tremendous energy becomes available to pour into more fulfilling and meaningful channels. This is the integrated personality.

In 1954, at the age of twenty-five, King preached a trial sermon at Dexter Avenue Baptist Church called "*The Three Dimensions of a Complete Life*,"<sup>1</sup> and in this first sermon, the two-thirds/one-thirds pattern is laid: two of the three dimensions are concerned with building healthy relationships to the self and to others, while the third is with God. He returned to this sermon often, preaching it again in 1967, the year before his death. Click on the sermon title, and you can read that 1967 version.

One doesn't have to look far to find other sermons that deal with personality integration; in fact, the problem is how to select just a few. In the remainder of this

article I'll suggest a few more sermons and writings which I believe are integral to illustrating King's view of the psyche, his understanding of psychological principles, and his concern with imparting those psychological principles to his parishioners for their development and transformation.

King's sermon "*A Tough Mind and a Tender Heart*"<sup>2</sup> serves as a starting point for understanding King's dualistic view of the psyche, and his belief in the importance of synthesizing the opposites within. "*Unfulfilled Dream*"<sup>3</sup> continues this theme and contains a clear description of King's belief in the tension between good and evil that lies within the human personality, as well as the difficulty inherent in overcoming evil. The sermon "*Conquering Self-Centeredness*"<sup>4</sup> comes from his four-part series entitled "Problems of Personality Integration" that he delivered in 1957, and contains his advice for dealing with what we would now term the narcissistic personality.

Therapists will also find interesting a little-known piece of King biography, that from August 1957, until December 1958, while he was living in Montgomery and working as pastor of his first church, King wrote a monthly advice column for *Ebony*, a popular magazine which targeted an African-American readership. For seventeen months, King answered a total of eighty-eight questions, five to six a month, sent to him from a variety of readers: black and white, Christian and non-Christian, men and women and children. On average, two or three of those questions would be on race, one or two would be on religion, one or two would be on relationships, and others were on social, philosophical, and political issues. Following this link will lead you to **excerpts from the column**<sup>5</sup> which illustrate not only the range of issues King was comfortable advising on, but his psychological astuteness and assuredness for a young man of only twenty-eight.

King appears to be quite well-read in the psychologists popular during his time, making numerous references to Erich Fromm, Karen Horney, and Sigmund Freud, though he notes his predilection for the theories of Carl G. Jung and Alfred Adler. King was not above critiquing

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mainstream psychology as well, particularly its emphasis on adjustment, as in the following excerpt from a 1957 essay.\*\* "There are certain technical words in the vocabulary of every academic discipline which tend to become stereotypes and clichés. Psychologists have a word which is probably used more frequently than any other word in modern psychology. It is the word 'maladjusted.' This word is the ringing cry of the new child psychology."

But, King argued, adjustment is overrated, particularly when one is adjusting to an unhealthy system. Though this should resonate with every marriage and family therapist, King was also referring to the unhealthy social and political systems which oppress us as much or even more than oppressive personal and family relationships. For that reason, he advocated maladjustment instead. "Well, there are some things in our social system to which I am proud to be maladjusted and to which I suggest that we ought to be maladjusted." He went even further, stating the need for more maladjusted people, not less. "The world is in desperate need of such maladjusted persons. It is only through such maladjustment that we will emerge from the bleak and desolate midnight of 'man's inhumanity to man' to the bright and glittering daybreak of freedom and justice."

In summary, King left behind in his writings not only a road-map for political, social, and spiritual integration, but for psychological integration as well. His contribution to therapists is a reminder that while we are embedded in personal relationships which deserve our attention, so too does our relationship with the spiritual and political dimensions of our psyches if we are to live more complete lives.

*Jennifer Leigh Selig, Ph.D., is Chair of the Depth Psychology Program at Pacifica Graduate Institute. Dr. Selig has researched and written extensively on Martin Luther King, Jr. as a cultural therapist.*

\*\* For anyone interested in reading these articles re: Dr. King, PLEASE GO TO [www.santabarbaratherapy.org](http://www.santabarbaratherapy.org) for hyperlinks to articles. We thank Dr. Selig for providing this information!

## MEET THE 2008 BOARD OF DIRECTORS

### Cynthia McNulty, LCSW Membership Chair

Cynthia just recently returned to Santa Barbara after living in Northern California for several years. Cynthia earned her BA at Westmont College, and her MSW at California State University, Sacramento. She has been working in



the field of mental health since 1993, and became licensed in 2002. Her experience includes outpatient therapy, administration, health education, program development, case management, and psychiatric social work with children, teens, and adults. Currently, she is managing a small private practice, and is serving as director of 211/Helpline, a program of Family Service Agency of Santa Barbara. Additionally, she is training to be a volunteer clinician for the Red Cross.

Cynthia describes her style of practice as cooperative, goal-oriented, and educational. She works from a psychodynamic perspective, and specializes in youth and family therapy. Aside from work, Cynthia enjoys spending time with her husband, friends, and family, cooking, traveling, exercising, church activity, and chocolate.

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### Jamie Rotnofsky, Ph.D Member-at-Large

Dr. Jamie Rotnofsky is Clinical Psy-

chologist, Consultant and CEO of Ask Dr Jamie. She graduated from Columbia University, New York with two Masters Degrees, a Masters in Organizational Psychology and a Masters in Education in Psychological Counseling. She earned her Doctorate Degree of Philosophy in Clinical Psychology from The Union Institute.

Dr. Jamie is a licensed psychologist, Certified Rehabilitation Counselor, Qualified Medical Evaluator and Certified Psycho dramatist. She presently is an adjunct professor for the masters and doctorate program at Antioch University. She has a private psychotherapy practice and specializes in women's issues. In addition her practice and consultations include working with the courts which includes Forensics, Psychological Consultations and provision of expert witness testimony. Dr. Rotnofsky is also part of the Medical Staff with Cottage Hospital.

She is the recent past Executive Director for The Glendon Association, Violence & Suicide Prevention Alliance and presently continues her work with



Glendon as a Consultant. As former manager for the County of Santa Barbara, she assisted in developing and implementing the new CARES (Crisis & Recovery Emergency Services) program.

Dr. Rotnofsky is dedicated to her community and volunteers with the Santa Barbara Police Department, Crisis and Hostage Negotiation Team & Restorative Policing as a Psychological Consultant, 2008 board continued on page 7