



Has any licensing board, regulatory body, or ethics/peer review committee of a professional association ever taken any disciplinary action against you or a license/registration/certification held by you?

Yes  No

If yes and action was taken by a licensing board or regulatory body or an ethics/peer review committee of a professional association OTHER THAN CAMFT, please attach a detailed explanation.

If yes and the matter involves an action taken by the CAMFT Ethics Committee, please indicate below and provide your consent, below, acknowledging that your application will be forwarded to the CAMFT Ethics Committee to provide a recommendation regarding your application. In providing its recommendation, the Ethics Committee would not divulge information regarding the nature of your case.

JK  
\_\_\_\_ I consent to my application being forwarded to the CAMFT Ethics Committee to provide a recommendation.

### **BOARD POSITION**

Choose the position for which you wish to run. Click on each title to view a detailed job description.

- President-Elect
- Chief Financial Officer
- Clinical Board Director-At-Large (Elected by Clinical Membership)

### **BACKGROUND & EXPERIENCE**

Describe your past and current activities within CAMFT or CAMFT Chapter.

I have been a member of CAMFT and local chapters in LA and Santa Barbara since 2011 and have attended various meetings, CEU events, and professional mixers. Most recently, I have participated as a CAMFT Mentor for a pre-licensed mentee and am member of CAMFT Pre-Licensed Committee.

Describe any community activities you are involved in or have been involved in, including the offices held.

I have never held any office. I have continuously engaged in presenting workshops and presentations on mindfulness, co-occurring disorders, and the developmental needs of the teenage brain both in the community and in schools. I have volunteered with various organizations focused on foster youth both as a mentor and in facilitating events for foster youth.

List the special interest(s) in your clinical practice or internship.

I am trained in mindfulness-based practices including Mindfulness-Based Relapse Prevention and Mindful Schools. I emphasize the use of mindfulness whenever indicated in treatment. I also have in-depth training of various treatment modalities (Gestalt, TA, CBT, REBT, behavioral therapy, psychodynamic therapy, and Reality Therapy) along with a method of determining the best fit for the individual client based on their presenting issue, their strengths, and their goals. I have focused on training other clinicians in this method as well. Previously, I have provided training workshops to staff focused on compassion fatigue and vicarious trauma.

Describe your education, training and/or experience which has qualified you for MFT licensure:

I earned a bachelors degree in psychology from UCLA in 2009 and a masters degree in clinical psychology with an emphasis in marriage and family therapy from Pepperdine University in 2012. While attending UCLA, I engaged in both clinical and research positions focused on the developmental needs of children and providing support to their families. I feel that I have had the unique experience of my training and internships throughout my career following the developmental stages of humans from infancy to adulthood, where I could recognize and better understand the development of psychological issues as well as strengths and resiliency over the lifespan. I have had a multitude of experiences involving providing services to at-

What are the reasons you would like to serve as a member of the Board of Directors of CAMFT?

I believe that being engaged as a community member means going beyond myself. I currently work at the OC Juvenile Hall and have found that while one can feel small and ineffective at times, joining resources, collaborating, and having a larger voice is a way to be a part of something that can effect greater change. As an MFT who has provided services and support to those in need and at high risk, our mental health system falls short of the need despite our best efforts. I have been inspired by CAMFT's support of various legislation as well as the move to allow for MFTs to work with veterans at the VA. I believe that where there is a need to try to meet that need, and see that joining the board as an opportunity to fulfill a need more directly.

What strengths do you have in your background and/or experience that are relevant to your candidacy?

Having served as a representative for various mental health agencies at county meetings to discuss programming, dispersal of resources, and to provide feedback and recommendations has afforded me the opportunity to experience representing the interests of others. At those meetings I found that my strengths in understanding the variety of systems and interests involved along with my public speaking and program development skills helped with being an effective representative. Additionally, my experience managing alone a contracted program with US Probation allowed me to utilize and develop my strengths in collaborating with other entities as well as identifying risks to recidivism and finding ways to individualize service.

What aspect of being a Board member will help you meet your personal goals?

Being a member of the Board would be beneficial in helping to meet my personal goals of helping to maintain and extend the role of mental health practitioners when we are most needed in our ever-divided society. My personal goals include being as involved in promoting mental health at the highest levels possible to help reach as many individuals as can be reached as well as to decrease stigma and improve access.

What CAMFT programs/activities interest you and why?

The CAMFT activities and programs that I am most interested in are those that support up-and-coming clinicians in having an invaluable resource for promoting mental health, preserving their rights and needs, and to provide educational opportunities for them. As previously stated, as a part of a social justice organization, I aim to continue to be involved in macro-oriented projects and programs that promote CAMFT's mission.

What new programs/activities would you like to see CAMFT embark upon? What do you think would make CAMFT more effective?

More engagement of students at their campuses may improve access and utilization of CAMFT by students as well as increase membership. I believe that doing workshops or at the last providing in-person informational meetings at campuses could help build and solidify the bond between new clinicians and CAMFT. Further, I am always disheartened to see the number of interns listed within the BBS actions in the back of each issue of *The Therapist*, and would like to explore programs and activities that could help to address and minimize this if possible.

What aspects of the office you seek are most and least attractive to you?

I am most drawn by the ability to connect with others around the state to foster greater collaboration and grow the channels of information in both directions. I am excited to have the opportunity to play a greater role in CAMFT's multitude of activities and members to learn from them and contribute where possible. I have been unable to identify any unattractive aspect of the position.

What is your five-year vision for CAMFT?

Within the next five years I envision CAMFT having guided more therapists toward careers within the VA, fostering even greater relationships with schools, growing the collaborations with elected representatives to protect and expand the reach of MFTs across the state to those in need of mental health services, and to have a greater impact on decreasing the stigma of mental health issues in the public.

What is your one-year vision for CAMFT?

Within the next year, I see CAMFT playing a more significant role in ensuring that mental health related legislation and statutes are protected and that more legislation is supported at both the state and federal levels. Additionally, I see CAMFT forming greater partnerships with campuses to further educate upcoming students on the functions of CAMFT and the resources available to them.

**JEFF KASHOU**

*Application for 2018-2019 Board of Directors*

**Describe your education, training and/or experience which has qualified you for MFT licensure:**

I earned a bachelors degree in psychology from UCLA in 2009 and a masters degree in clinical psychology with an emphasis in marriage and family therapy from Pepperdine University in 2012. While attending UCLA, I engaged in both clinical and research positions focused on the developmental needs of children and providing support to their families. I feel that I have had the unique experience of my training and internships throughout my career following the developmental stages of humans from infancy to adulthood, where I could recognize and better understand the development of psychological issues as well as strengths and resiliency over the lifespan. I have had a multitude of experiences involving providing services to at-risk populations including my management of a US Probation treatment program.

**What strengths do you have in your background and/or experience that are relevant to your candidacy?**

Having served as a representative for various mental health agencies at county meetings to discuss programming, dispersal of resources, and to provide feedback and recommendations has afforded me the opportunity to experience representing the interests of others. At those meetings I found that my strengths in understanding the variety of systems and interests involved along with my public speaking and program development skills helped with being an effective representative. Additionally, my experience managing alone a contracted program with US Probation allowed me to utilize and develop my strengths in collaborating with other entities as well as identifying risks to recidivism and finding ways to individualize services to reduce risk and to promote positive involvement within the community. I have also had the privilege of providing guidance and supervision to residential staff while at Sanctuary Centers of Santa Barbara, where I had to provide education, modeling, and workshops to promote cohesion and best practices with severely mentally ill clients. My role as a manager of the Community Psychiatric Services at NCJW/LA involved collaborating with community partners in addition to developing new strategies for serving those at need that would pull together those various resources.