

ENHANCING CLIENT RESOURCES WITH THE USE OF SOMATIC TECHNIQUES

On Friday, November 14th, at the general RECAMFT meeting, Kitty Chelton, MFT, will present on enhancing client resources with the use of somatic techniques. Kitty has this to say about somatic therapy: "In Somatic Psychotherapy we go beyond traditional therapeutic methodologies by including appropriate touch and other somatic interventions in the therapeutic process. We are known for the power of somatics in releasing old traumas that are held in the body. Perhaps an even more important aspect of our focus is on developing and strengthening inner resources, so that clients can manage themselves when old traumas emerge and so that life can be an overall more comfortable experience.

Emphasis is always given to the importance of grounding, centering and clarity of boundaries between self and other, for the therapist as well as clients. These resources, as well as others including containment and self-soothing can be deepened and trained into the body through experiential somatic interventions. Having these resources in your body experience is essential for developing a sense of connectedness to self and others. They also lead to an ability to move toward healthy expression of emotions in relationship."

Kitty's presentation will include case studies and time for questions and answers. After completion of this presentation, attendees will: (1) have a better understanding of how somatics can facilitate a therapeutic shift by introducing a different experience in the body; (2) know the value of deepening a client's sense of connectedness with self and others through the exploration of body awareness; (3) have some techniques that can be safely incorporated into their own style of therapy and; (4) have experience and practice with at least one somatic exercise.

Kitty Chelton, MFT, has a private practice in somatic psychotherapy in Sebastopol and is a somatics trainer at Lomi Psychotherapy Clinic. She teaches an intensive training yearly in Somatic Psychotherapy www.rememberingthebody.com. She has trained and supervised therapists for thirteen years. She leads counter-transference groups for interns, licensed

November 14th RECAMFT Meeting

10:30 - 11:00 social & sign in

11:00 - 1:00 meeting

Enhancing Client Resources with the Use of Somatic Techniques

Kitty Chelton, MFT

Odd Fellows Temple/ Mercer Hall, 545 Pacific Avenue, Santa Rosa

December 12th, 2008

Holiday Celebration

January 9th, 2009

Maternal Infant Bonding & Related Issues

Tony Madrid, Ph.D.

January 23rd, 2009

What the Law Expects of Me: Part III - Workshop

David Jensen, J.D.

therapists and body-workers. She supports practitioners in expanding beyond their perceived limitations, empowering them to be more creative and authentic.

Join us for this dynamic presentation!

Programs Chair, Christine Erickson, MFT is in private practice in Santa Rosa and can be reached at 888-8363.

BEGINNING IN JANUARY, THERE WILL BE A \$5.00 ENTRANCE FEE TO RECAMFT SPEAKER MEETINGS FOR NON-MEMBERS.

President's Message

Kate Maxwell, MFT

How many times have you been grateful for everything going wrong? Have you ever been truly thankful when your best plans went really awry? I'm not talking about discovering that there was a specific unseen benefit, but the times when you can see no real benefit to you (and maybe no benefit to anyone else as well.)

Now let's look at the opposite possibility: suppose that you lived the first 35-40 years experiencing success in all your major endeavors. Let's say that you lived a "charmed life." Imagine that you worked hard, and/or with sincere dedication, and the result was consistently to your advantage. How might that effect your interpretations of other's lives, their successes and failures? Wouldn't you have the tendency to believe that they, when they experienced failure, just didn't work hard enough? You could experience a real disconnect with anyone who failed at a major, or even minor, undertaking. You could actually become rather full of yourself.

Now imagine that you, with your history of success, suddenly found yourself floundering in unknown waters: It could be a financial downturn, a career phase-out, or a relationship you couldn't fix. Your sense of control could be seriously jeopardized and more than that, your core belief in your self would be challenged, possibly creating major trauma.

Most of us get lots of practice dealing with failures and turns of events. As many of us have discovered, there are people who have suffered trauma in their childhood and have moved into adulthood with compassion for others and a sense of humor. There are also those who do not recover, but those are not the current subject. People who have the opportunity to surmount their challenges early in life learn that they have a deep reserve of strength. When the bottom falls out of their world they know that somehow they will recover and so they are not devastated: They look for

solutions and they believe in the existence of those solutions.

We can be grateful for the challenges that build our strength, allow us to be human and to recognize with compassion the many facets of life experience. The person with the "charmed life" can at times really be at a disadvantage. They may have had no experience recovering from a personal disaster and no sense of resiliency. These people need our compassion. With the downturn in the economy many "charmed lives" will be affected. Children and teens will be angry at the loss of symbols of status, but they will recover. The parents will have a harder time, straining family relationships and marriages. Our services will be needed and these clients may not always have the ability to pay the full fee. The financial crisis will affect us as well, but most of us became therapists following experiences which built our strength and made us human. This strength and humanity will guide us in our work and in our lives as we address the current problems we all share. Undoubtedly some Pro bono work from each of us will be a real service to our community.

Speaking of Pro bono, I have had the pleasure and honor of working with with the current RECAMFT Board. All of the Board members work Pro bono and often the time involved can be considerable. We have undertaken some major tasks in the past year. Lisa Lund, our Treasurer, has managed the necessary change of insurance agents and completed all the paperwork to bring our non-profit status current with the IRS. The exceptional quality of our Membership meeting speakers is due to the time and effort of the Program Chair, Christine Erickson and the other committee members, Judith Peletz and Michael Krikorian. Gail van Buuren has worked tirelessly to coordinate bringing our job descriptions current and to put together our fine newsletter each month and, as Past President, she has been an incredible support for me. Judith Peletz not

only offers homemade goodies and her home for our Board meetings, but also serves as Secretary writing up and emailing the minutes to Board members.

Michael Montgomery offers his computer skills by making the necessary monthly changes to our website. Margaret Newport Chairs our Trauma Response Team and manages the CEUs at the meetings. Karen Nemrow has been our liaison with interns. Bettina O'Brien reaches out to our new members to make sure they feel welcome. Corelia Serafim provides an Ethics discussion group open to interested members. Don Ross, Community Outreach, has been available for coordinating public RECAMFT presentations. Each month Lynette Grelet has shopped for refreshments and set up the table for our meetings. Jan Lowry-Cole spends time locating people to donate their time and services for our 5150 drawings. There are even members, Romy Brock, Jackie Good and Michael Krikorian, who volunteer each month to come together to fold this newsletter and mail it to you.

We have a great group and I have loved working with them and getting to know them. Our serving members are such a valuable asset to all the RECAMFT members. This year is coming to a close and the slate that is included in this newsletter offers you the opportunity to vote for the new Executive Board. Please participate in this process as a way of showing your appreciation.

Kate Maxwell is in private practice at the Erickson Institute in Santa Rosa and can be reached at 237-8900.

Ethics Discussion Group ***Coralia Serafim***

As RECAMFT's "Ethics Chair," I am writing to invite members to participate in our local discussion group. Our chapter has no formal ethics "committee" involving ongoing responsibility or commitment (read: no extra work to do!) CAMFT's attorneys remain the go-to people for processing legal and ethical questions. What has evolved locally is an open, drop-in peer consultation group. We discuss whatever issues of professional ethics concern the attendees at each meeting. Often someone will bring something from their clinical practice. Other times the topics are of more general interest. On October 3rd, after the Biden/Palin debate, we shared how we handle political issues as they arise with clients in therapy. Because ethical conduct, like therapy itself, is both art and science, it requires us to think deeply about the issues at hand, and to be willing to open our

vulnerability with our colleagues. People attending these groups have spoken of the warm, heartfelt, safe atmosphere we co-create and of the humor often involved. We can always count on lively and stimulating interaction that brings ethical issues to life.

Meetings happen quarterly, three times a year on Friday afternoons. The next one will be on January 16th, 1:30 to 3:00 pm in Santa Rosa. I ask that RECAMFT members interested in attending call in advance so I can arrange adequate meeting space. I look forward to welcoming new people to the group.

Coralia Serafim, MFT has a private practice in Petaluma; 781-0133 VM.

RECAMFT TEAM

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November 5150

The November 5150 prize is a bodywork session being offered by one of our own, Emily Morrison. Emily is a certified massage therapist and has been providing Swedish style massage to clients for the last 4 years. She is offering a 75-minute massage in the comfort of your home. Emily's intent is to create an experience of complete relaxation and restfulness. Client feedback has been that the in-home experience—without having to travel to and from—often allows the feeling of relaxation to be a bit deeper and last longer once the massage is complete. Emily can be reached at 707 478-5497. Many thanks to Emily for her generosity. (Emily is a MFT Intern in private practice (#55914) supervised by Jan Lowry-Cole, MFT (#32774). She has a strong somatic psychotherapeutic focus, and loves working with teens. To reach her at her psychotherapy practice call 707 542-7987, #2.)

The 5150 Raffle is held every month at the RECAMFT general meeting. All attendees are eligible to win. Winners please contact the person donating the service within 6 weeks. Feel free to pass the prize to someone else if you are not able to take advantage of the offering. If anyone has ideas about people who might be interested in donating future 5150 prizes, please contact Jan Lowry-Cole at 542-7987. Enjoy! (For winners of the raffle, please give Jan feedback about the service you receive.)

Congratulations to Mimi Bashaw who won the October drawing for Non-Violent Communication with Myra Polikoff

Out of the Closet and Into the County Clerk's Office

By Jan Ögren, MFT

The phrase: "coming out of the closet" has migrated to mainstream usage so that you hear people say, he's come out of the closet about his drinking or she's out of the closet about her teenage eating disorder. It is often seen as a metaphor for talking about something that has some social stigma and can be embarrassing or shameful to share. But the term did not originate as a personal metaphor referring to an individual's psychological process. It is a literal social/cultural construct affecting the GLBTQI community (gay, lesbian, bisexual, transgender, questioning and intersexed) which is best illustrated by the military's policy of don't tell and we'll pretend you are okay.

It is not the people who lock themselves in the closet; it is society that threatens them with rejection, criticism and harm if they leave it. But the language we use can imply that the closet is a construct of the individual and that they have more control and choice than is real. There is no closet for heterosexuals when they want to proclaim that they love someone of the opposite sex.

Now, with the recent ruling of the California State Supreme Court, that all couples are endowed with the legal rights and responsibilities of marriage, the government has invited gay and lesbian couples into the county clerk's office. I am seeing a definite effect on my clients from that ruling. Most strikingly are two clients who have been agonizing for several years about their desire to "come out of the closet" but are afraid of the consequences. Just recently both of them were excited (and scared) to go out on their first dates with a same sex person.

Culture and the effects of culture can be difficult to see when you are raised in it and live in it constantly. To protect my client's privacy I'll use my own experiences as an example. I was raised in France where men hugged men, women held hands and same sex intimate relationships were accepted (though you were supposed to marry the opposite sex.) Sexuality was too much of a natural pleasure to limit it as it is in the U.S. Twenty-five years ago my partner and I decided to honor our relationship with a ceremony. We didn't agree with the discriminatory nature of civil marriage so we avoided it. Then after buying a house, retirement concerns, health insurance etc., we decided marriage would be practical. We went down to the county clerk's office and because I'm a woman and my partner is a

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**Kitty Chelton, MFT #30322, Thomas Pope, MFT #21126,
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man we were given a paper declaring our legal marriage.

As a bisexual woman in a monogamous, heterosexual relationship I can look through the windows into both worlds. My bisexuality is invisible and often dismissed because I am in a heterosexual marriage and so I know a very small piece of not being acknowledged for who I am. I am frequently asked some form of the question: why do I make a big deal out of it? (meaning why do I acknowledge who I am) and why does it matter (referring to what difference does it make if I am true to who I am or if I pretend so that others aren't uncomfortable?)

Since I live the life of incredible privilege and safety that my relationship bestows on me, I can see the pervasiveness of our heterosexist culture. I have never been asked to show our marriage license, nor prove in any way our legal commitment (which is good since I don't remember where I put it or even the year we did it.) The daily effect of discrimination is overwhelming. I can hug my partner or hold his hand in public. When he had to go to the emergency room last year, I could arrive anxious and unsettled and be shown right in, no paperwork or questions needed. We share insurance, houses and all things financial and most of all we have the security that comes with legal marriage.

Our relationship has never been voted on in a state wide election to determine if it is acceptable. (Such as Proposition 8 on November 4th which would eliminate the rights of same sex couples to marry.) Imagine the impact on children and teenagers if Proposition 8 is defeated and maybe in another fifteen years marriage equality is nationwide. They wouldn't have to fear being different. It wouldn't be a curse or an insult anymore. (Well, okay that's probably very wishful thinking. Still think of the acceptance now of interracial couples compared to the 1960s and before.) The children growing up could know, no matter what sex the person they fall in love with is, they would be able to get married. And marriage must be one of the most common dreams growing up. Working with teenagers, I know the overwhelming importance of relationships (to the dismay of some parents who are more concerned with grades.) Marriage is how we convey respect and legal rights to couples. Kids think about growing up and getting married. I've never heard one express the wish to grow up and get domestically partnered.

I think we have an opportunity now to see the very real effects of culture and social standards on our clients. We are living at a time when society is changing from locking individuals in the closet to welcoming them into the county clerk's office. Often people

(therapists, clients and the general public) want to believe more aspects of one's life are under personal control. It can be frightening and depressing to feel the enormous effect discrimination and stereotyping plays in people's lives. Yet, if we don't acknowledge them, we may feel self-recrimination when society blocks us from making the changes we desire. We need to acknowledge them so that we can challenge cultural norms and remember that culture is actually comprised of you and me.

Jan Ögren, MFT has a private practice in Santa Rosa and can be reached at (707) 544-7756.

Good News for Interns!

**The RECAMFT Board of Directors
has voted to make a \$15
scholarship available for any intern
applying for membership in 2009.
For information, contact Karen.**

INTERN GREETINGS From Karen Nemrow

Hello fellow interns and welcome to those of you who are new to our chapter. I was happy to hear that many of you attended our October general meeting. Sorry I missed you! It is a great way to meet others in the field, learn from the guest speakers and get to clock a couple of extra hours all at the same time.

This month I would like to know if there is interest out there in starting a mentor program with our licensed colleagues. If there is interest I will start gathering names and reaching out to our members.

Please let me know what you think at karenbnem@comcast.net.

Looking forward to getting to know each other.

Take care
Karen

Mendocino/Lake County News

By Lesley Osman

Psychiatric emergency services appear to lack necessary funding and facilities in Mendocino and Lake Counties, and while other counties' departments of Health and Human Services suffer from repeated cut backs in resources, most have Title 22 psychiatric facilities, wherein individuals referred can be held and stabilized. Not so in Mendocino and Lake Counties, according to Beverley Bennett, Program Administrator at Psychiatric Emergency Services. Beverley, along with a Spartan crew at the Crisis Assessment Center, handles referrals from police, family, therapists or the individuals themselves, and then if necessary transports clients to whichever psychiatric units in California have space, usually Deer Park in Saint Helena, but as far away as Sacramento.

The Crisis Center was opened in 2001 when licensed therapist, Kathryn Redwood, upon applying for a clinical position with County Mental Health, was asked to focus on supporting county residents in crisis. When I met her, she was very enthusiastic about what her team was able to create in 2001-2003. "We refurbished a dorm for women and men, hired interns, and provided clinical supervision; we had a garden and grew some of our food, and we always had something nutritious cooking." She went on to say that when Medical became responsible for the majority of their funding, the nurturing environment that had been created didn't fall within the guidelines and overnights were not permitted. Kathryn has her own private practice now in Ukiah where most of her clients are referred by the county.

The current crisis center is purely a place of assessment, and it's housed in a psychiatric complex, which includes psychologists, psychiatrists' offices, a children's assessment center and several administrative offices. Those calling the hotlines or speaking in person to one of two crisis workers are assessed. If it's determined that they may be in need of psychiatric care, they are then medically cleared at Ukiah Valley Medical Center or Howard Hospital in Willits. This means that a toxicology report is completed to rule out substance abuse. Then, and only then, will they received psychiatric inpatient services.

The biggest crunch for us, Beverley stated, are those individuals with substance abuse problems. "There are no detox services in these counties, and everyone, including those who have serious substance

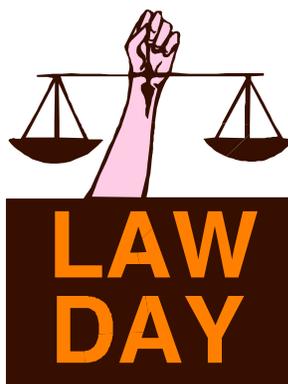
abuse problems is sent to us." The big question is to hospitalize or not? "Yes, clients may be dual diagnosis, so we come up with a plan, which may include a no-harm contract, medication and therapeutic services." Mendocino County is one of the biggest counties in the state, and there may be fewer residents, but it seems the need is high and with limited emergency mental health and substance abuse services available for its residents, it lacks the necessary components for the health of its population.

Lesley Osman, MA, MFT, graduated in Transpersonal Psychology from John F. Kennedy University's Graduate School of Holistic Studies, and specializes in Ecotherapy. She apprenticed in Wilderness Rites and is a certified Applied Ecopsychologist and Earth-based healer. Lesley has a private practice in Point Reyes Station, Marin County where when appropriate the work is conducted outdoors. She offers trainings to other professionals who have an interest in "greening" their group or individual practice. Lesley can be reached at 415/663-8655 or www.ecoroots.org

TO: Mendocino and Lake County therapists
FROM: The RECAMFT Board of Directors

We welcome you to our newsletter mailing list and as honorary temporary members of our chapter. We invite you to join RECAMFT, maybe even make it to a monthly meeting (we would love to meet you), and support this column and the cost of continuing mailing to your counties in the year to come. Please contact Lesley or Gail with questions or ideas. We would love to hear from you.

RECAMFT Presents:



Need your CEU's for Law and Ethics? Mark your calendars now for January 23, 2009 when RECAMFT will host a day-long (six-hour) workshop on this important topic. CAMFT's David Jensen, J.D. presenting Part III of What the Law Expects of Me.

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WHAT YOU MISSED

By Michael Krikorian



Dr. Havstad takes questions about Bowen Family Systems Theory.

On October 10, we heard an interesting presentation on Bowen Family Systems Theory by Laura Havstad, Ph.D. Laura is a local psychologist who has long studied, written and practiced psychotherapy using the Bowen model. Laura has organized an annual Bowen conference in Sonoma County for the past several years.

Laura explained that rather than being a technique, Bowen Family Systems Theory is a way of thinking and seeing that allows one to see an individual's symptoms as a product of the family emotional system they are embedded within. One can work with an individual and still see them through the lens of a family system.

Laura used an example from her own family to show how change in one person results in compensatory change by others in the system. Bowenians see family systems as a dynamic balance between forces for individuality and forces for connection. Bowen did not like the term "therapy," instead he saw his role as being one of "coach" to help individuals differentiate from the family emotional system. Bowen sees differentiation as the ability to make meaningful contact yet remain separate, the ability to take action on the facts of intellectual reasoning while resisting emotional pull. The goal of therapy is to modify patterns in the family that are producing symptoms by a) reducing anxiety, and b) increasing the level of differentiation in motivated family members.

Another key concept is that of the "triangle." Bowen saw that anxiety and the resulting symptoms were transmitted through the system via three-person triangles where a relationship between two people involves some balance with a third person. An obvious example is a child being used by one parent to influence or compensate for the relationship with their mate. Bowen worked with clients to de-triangulate them which meant to help them to define their relationship with each of the other two and to stay out of the relationship between them.

Laura gave an example of the Bowen belief that symptoms in an individual are a function of the family emotional system when she told of research she did for her dissertation. She studied 12 women who successfully made a significant drop in weight and found that 12 out of 12 had had an important life event in their family within 6 months prior to the weight loss. On a relevant note, Laura cited another Bowen theorist who sees physical illness as another expression of family system stress.

Thanks again to Laura for her excellent presentation. She can be reached through her website at www.programsinbowentheory.org.

Michael Krikorian, MFT, sees couples and individuals, adults and teens in his practice in Santa Rosa. 579-0838



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- ✓ **The loss of her husband.** She was alone, no longer part of a couple, no longer a wife. no partner with whom she could share joy or sorrow.
- ✓ **In those few seconds, her home and all its contents disappeared.** Family photos, family pets, clothing, personal records, identification and treasured possessions.
- ✓ **There was a sudden change in her health status** when her leg fractured.
- ✓ **Her belief systems were swept away.** The world no longer felt safe and trustworthy, but instead unpredictable and frightening.

Shirley was interviewed by a local newspaper about two years later. Here is what she said about recovery. "Being grown up means making romantic fantasies into memories, walks in the woods, picnics at the beach, hot cocoa in front of a cherry fireplace. It means having special jokes and words of affection between the two of you alone, sometimes it means having all of that torn away from you in one violent moment without even saying goodbye. Sometimes being grown up means going on anyway."

The telling of one's story is an important step, even before beginning the journey to recovery. It may not be rushed. It is a review process which often helps an individual regain a sense of self mastery by externalizing the disaster experience.

Margaret Newport, Trauma Coordinator RECAMFT is a member of American Red Cross, CAMFT Trauma Response Network and worked with Project COPE, County Volunteer Fire Dept Emergency Medical Technician & Critical Incident\Debriefing, and Santa Cruz Community Counseling Center Crisis for Youth & Families Program Manager

The Human Face of Disaster
By Margaret Newport

Much information may be obtained regarding the nature of disaster by studying the statistics of injuries, mortality rates, property damages and economic impact. However, it is in the depth of human suffering, that we truly see the disaster experience. Stories of survivors illustrate the recalled pain and grief. There is a need to "tell" and a need to "hear" (but only as the people involved are ready.) Such is the story of Shirley and Jack - not their real names, but their real story.

Shirley, her husband, and a neighbor sat by the fire chatting on a stormy winter evening. A sudden avalanche of mud roared down, completely crushing their home. Both men died instantly. Shirley was pushed down a hallway by the mud. Her leg was fractured, but she managed to climb out a window. Her neighbors came to her aid.

Life as she knew it, in only seconds, was inalterably changed. At the age of twenty seven, she faced more complicated, serious issues than most people face in a lifetime. Some of these issues were:

Ethics Group Meeting

The Ethics Group meets once each in the Fall, Winter, and Spring. Topics for group discussion are generated from our own clinical practices or by an issue that has come up for one of us. For example, we discussed how to create and put in place a Clinical Practice Will, which we all should have. Our meetings are informative and stimulating and RECAMFT members are invited to attend. No ongoing commitment is required.

Next Meeting – January 16th, 2009
1:30 - 3:00 pm
For more information call Coralia Serafim at 781-0133

Ads and Announcements

Bulletin Board

MEN'S GROUPS: A good adjunctive referral for your male clients. You may have men in your practice who feel intimidated or inadequate in their attempts to negotiate the important relationships in their lives. My men's groups provide an experience that helps men develop a capacity for emotional listening and reciprocal expression in a group atmosphere which is both safe and supportive. These groups encourage emotionally open interactions with other men in the group and authentic emotional connections with significant others in each man's life. My special area of interest is attachment theory, which informs my work with men. Two groups: Tuesdays, 7-8:30 pm; Wednesdays, 7-8:30 pm. \$40/group. Richard Doleman, MA, MFT 573-8436

Retiring from private practice. Items for sale: 4 drawer, locking Oak File Cabinet, game, books, puppets and

RECAMFT HONORS ITS PAST PRESIDENTS

Gail Van Buuren	2007
Diana Poulson	2005-2006
Joan Logan	2004
Judith Goleman	2003
Ange Stephens	2002
Christopher Doyle	2001
F. Michael Montgomery	2000
Julie Green	1999
Jan Lowry-Cole	1998
Rhaea Maurel	1997
Paula Hall	1996
Kitty Chelton	1994-1995
Don Scully & Randi Farkas	1993-1994
Hari Meyers	1992-1993
Grace Harris	1991-1992
Richard Alongi	1990-1991
Diana Young	1989
Andrew Leeds	1988
Carleita Schwartz	1987
Christine Bucholz	1986
Thomas Hedlund	1982-1985
Rick Mawson	1980-1982

stand. Sand tray figures and sand tray, T, F&D. Contact Joan Logan at 829-0122 or 824-0573 before Nov. 20th.

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Non-members - \$125

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707 575-0596 or therapy@recamft.org

NEWSLETTER DISCLAIMERS

The opinions and points of view in the articles contained herein do not necessarily reflect that of the Board of Directors of RECAMFT or of CAMFT. Authors' contact information is included. Submitted articles are may be edited and are published at our discretion depending on space and relevance to our readers' professional interests.

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IN THIS ISSUE

- Upcoming Meetings to note in your calendar on the Front Page
- Our Board approves scholarships available upon request for Interns. – page 5
- The state of Psychiatric Emergency Services in Mendocino and Lake Counties – see Leslie Osman’s column on page 6
- Save November 14th for our own Kitty Chelton presenting on Somatic Techniques to Enhance Client Resources
- Is it time for you to renew your Legal and Ethical continuing education units? Do you look at CAMFT’s questionnaire and realize you do not know some of those answers (or any of them?) RECAMFT has scheduled CAMFT’s David Jensen, J.D. to present Part III of “What the Law Expects of Me” for January 23rd.