The Redwood Empire Therapist

NOVEMBER 2009

REDWOOD EMPIRE CHAPTER CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS

INTERPERSONAL EFFECTS OF PERSONALITY DISORDERS

On Friday, November 13, we are honored to have Charles Harris, Ph.D. make a presentation to us at our monthly general meeting. Dr. Harris will be presenting on the subject of his expertise, personality disorders. Dr. Harris states that "understanding and treating the personality disorders is one of the most clinically challenging endeavors clinicians face today. We observe with bewilderment the regressive demandedness of relating that the Disorders of the Self bring to the transference relationship and relatedness to significant others in their lives. In this CAMFT educational presentation we will explore how the intrapsychic dilemmas of the personality disordered individual are enacted in the modes of relating to others."

We are privileged to have such a well established and renowned therapist/teacher in our midst. Dr. Harris has been a practicing psychologist in the Bay Area for over 36 years. He maintains a practice in both San Francisco and Sebastopol. He has received a special commendation from the California State Psychological Association as an "instructor/supervisor whose contributions and impact were so substantial that a commendation was indicated."

Don't miss this opportunity to hear Dr. Harris speak on the "Interpersonal Effects of Personality Disorders," something a practicing MFT encounters all the time in our work whether we recognize it or not.

November 13th RECAMFT Meeting

10:30 - 11:00 social & sign in

11:00 – 1:00 meeting

Interpersonal Effects of Personality Disorders

Charles Harris, Ph.D.

ODD FELLOWS TEMPLE/MERCER HALL, 545 PACIFIC AVENUE, SANTA ROSA

IF THE PARKING LOT IS FULL, YOU CAN PARK AT THE J.C.GARAGE ACROSS MENDOCINO AVE.FOR $3 OR ASK PERMISSION TO PARK AT THE EGGAN AND LANCE MORTUARY. IF YOU DO NOT ASK THE COST OF TOWING IS $225.

December 11th, 2009

Annual Holiday Celebration

Jan Ogren and Michael Montgomery will facilitate a conversation about Honoring the Gifts We Receive as Therapists

January 8th, 2010

Clinical Application of the Systemic Family Constellation Work – Brigitte Essl, MD, MA, DC

January 15th, 2010

What the Law Expects of Me, Part IV Workshop

David Jensen, JD

February 12th, 2010

Couples Counseling: Using the First Session to Create Emotional Safety for Couples Work – Judith Goleman, MFT

March 12th, 2010

Assessing and Treating Codependency with Somatic and Self-Psychology Approaches – Phyllis Haig, MFT

President's Message

Susan Hartz, MFT

The season of gratitude is here. Although we give thanks for blessings throughout the year, this season gives us a chance to take stock of what the year has yielded, and express thanksgiving for the harvest. I like to look back and reflect on what has brought me surprising gifts, unexpected benefits I didn't foresee. A big one for me this year is having been encouraged to step outside my comfort zone and take the position of president of the chapter. A couple of things helped my decision. One was the urge to be of service, to give back to a community that I have been part of for quite a while. I was also drawn to the teamwork of a dedicated group of people who keep things running smoothly and work together well.

One of my favorite stories is "Stone Soup," where the villagers are starving and hoarding what little food they each have till a stranger comes along and says he can make soup with stones. Curious, all gather round while he heats water with stones at the bottom of a large pot; he starts pondering how adding a few bits of this and that would make the soup tastier. Soon the villagers are going into their own larders and bringing forth what each can offer: a cabbage, a ham hock, some onions, carrots, and so on. Before long there's a delicious and nourishing soup to feed everyone. The moral, of course, is that working together combining resources accomplishes what working alone cannot.

Which brings me back to benefits of working with the board. Being a therapist is an inherently isolated profession, especially in private practice. This year I've found companionship in a great group of people, whom I otherwise wouldn't have gotten to know. The other board members have been extremely helpful to me – everything that happens is a result of collaboration. I've been impressed with how willing everyone is to work and also how much fun we've had together. Getting out of the role of therapist and into orchestrating a common goal, whether it's a meeting, workshop, or directory, has been freeing and includes lots of laughter, which is good for the soul. Another is finding out all that goes into making things happen. For instance, I assumed the Directory just happened. I discovered a lot of work is involved and I appreciate the Directory much more now. Also, it's been wonderful to have a more active part in our chapter and look forward to greeting members each month. This role has made me stretch and I've benefitted, by expanding my horizons and by finding out more of what I can do. Most of all that I don't do it alone, but have help at every juncture.

But a dedicated few can't run the chapter. We have vacancies and are very much in need of more volunteers. Most pressing is the need for someone to step into the role of president for this next year. Besides the reasons I've talked about you might consider this if you are new to the area: it's a wonderful way to become known and to feel you belong, as well as making new friends. There is the call for service to our special community: it works better if each of us takes part in assuring that the chapter continues to function well. And there is a tiny bit of fame, if not fortune, that comes with the role – I have to admit I've rather enjoyed the times when people have recognized my name just because of the position I hold. However, if this doesn't yet call to you, we have openings for several chair and committee people as well. I urge you to join our chapter leadership for this coming year; just give me or anyone else on the board a call. We will be glad to answer any questions and discuss this with you. Help us make our nourishing soup for this next year. Happy Thanksgiving!

Susan Hartz is in private practice in Santa Rosa. She can be reached at 538-2011

AN OPEN LETTER

Dear Colleagues,
I am trying to locate the 2-disc recording of Women Who Love Too Much by Robin Norwood. It's out of print, and I have a client for whom reading is difficult. Also, does the old RECAMFT library still exist in someone's storage locker or basement? It might be there....thanks for any assistance you can provide.
Best, Randi Farkas 578-5321

RECAMFT TEAM

BOARD OF DIRECTORS

PRESIDENT: Susan Hartz 538-2011
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Michael Krikorian 579-0838
Debbie Oliver 545-4551 x 255
Membership: vacant
Interns: Karen Nemrow 765-4999

NEWSLETTER

Editor/Formatting: Gail Van Buuren 494-4198
Mailing: Romy Brock, Jackie Good,
Michael Krikorian & Lanie Abrams

COMMITTEE CHAIRS

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CEUs: Myra Polikoff 548-0456
Trauma Response Team: Margaret Newport
Ethics: Coralia Serafim 781-0133
Hospitality: Brenda Brazil
Website: F. Michael Montgomery 578-9385
Community Outreach: Don Ross 525-0675
Conferences: Gail Van Buuren 494-4198

STAFF

Administrative Consultant: Clare Moore 575-0596

SEPTEMBER'S PRESENTER

Margaret Newport presenting on Disaster Preparedness on September 11th.

WHAT YOU MISSED
By Michael Krikorian

On October 9, we were given a very interesting presentation by Nancy Burns, local MFT, on psychological kinesiology or as it is more commonly known, PSYCH-K. Nancy told us of learning of PSYCH-K after hearing a presentation by a scientist, Bruce Lipton, on his book The Biology of Belief. Dr. Lipton explained how he had come to discover that control of our cells (and ultimately how we function as an organism) comes not from our DNA but from how our cells adapt to external stimulation. He believes that the most dominant stimulation our cells get is from our subconscious mind, not our conscious minds. Nancy explained that our subconscious beliefs come primarily from what we are taught or experience as children. These beliefs have a much more powerful influence over us than our conscious strivings. This is why many of our habit patterns are so hard to break despite conscious effort.

Nancy went on to describe how Rob Williams, author of The Missing Piece In Your Life, specifically developed PSYCH-K as a technique to communicate with the subconscious mind and be able to change those unconscious beliefs that may be holding a person back from achieving the life they seek. PSYCH-K uses a specific type of muscle testing to communicate with the subconscious mind. The therapist works with the client to clarify the belief that they want to incorporate with themselves (similar to an affirmation) and then uses a specific methodology to get the subconscious to accept this new belief. If blocks to acceptance are found, they are worked with using the same approach until either the subconscious can accept them or an alternative goal is developed. Nancy gave examples from her clients as well as her own life where using PSYCH-K to establish a new belief led to rapid changes in that person's life. Nancy states that PSYCH-K is not psychotherapy as it works with changing beliefs and doesn't work with transference, countertransference or projection.

Nancy worked with a volunteer from the group to help her establish the belief that her practice is growing to an ideal level. She demonstrated the protocol she uses to communicate with the subconscious mind and test for blocks to acceptance. It will be interesting to see if this volunteer reports any change in her practice!

Nancy practices in Sebastopol and can be reached at 874-2461. She is certified as a PSYCH-K instructor and gives trainings on a regular basis.

Michael Krikorian, MFT, practices in Santa Rosa seeing individuals and couples, adults and teens. Michael is in full time private practice after nearly 30 years working in a variety of mental health, drug and teen treatment programs.

A Couple's Place

Counseling Center & Workshops

Certified Gottman Therapists

Lisa Lund, CRC, MFT
Licensed Marriage and Family Therapist
(707) 547-0401

Marcia Gomez, LCSW
Licensed Clinical Social Worker
(707) 235-3423

Michael Basta, LCSW
Licensed Clinical Social Worker
(707) 935-6739

1212 College Ave., Santa Rosa, CA 95404
www.acouplesplace.com

November 5150

The November 5150 is being offered by Hannah Caratti, MFTI#48778 (supervised by Winnie Piccolo, MFT#24602). Hannah is donating a session of Guided Meditation Combined with Gentle Healing Bodywork. The guided meditation is based on the work of psychologist Richard Miller, Ph.D., and is similar to Dr. Peter Levine's Somatic Experiencing work. The Healing Bodywork is based on Acupressure, Reiki and Therapeutic Touch. Clients remain fully clothed for the session. Hannah sees clients of all ages for counseling and psychotherapy. She offers weekly meditation groups, a group for Teens of Divorced Parents, and a group called "Positive Energy for People with Health Challenges." Hannah can be reached at 707-494-7470 or through www.psychologytoday.com. Many thanks to Hannah for her generosity.

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.

Trauma Response Training In Sacramento

The Sacramento Valley Chapter of CAMFT will be offering **Eye of the Storm: TRAUMA RESPONSE TRAINING** presented by **Diane Myers, RN, MSN,** CTS on February 26th and 27th, 2010. The course will "provide you with essential knowledge and skills for intervening effectively with mental health needs in the complex and intensive aftermath of a disaster." This is an excellent training. "It can be taken by those who have a general interest in learning more about disaster mental health, or as one of three courses required to be a member of a CAMFT TRAUMA RESPONSE NETWORK."

The cost for the 2 days is $200 and you will receive 14 CEUs. The workshop will be held at University of Phoenix and seats are limited so register early. **For much more information go to the website at www.svc-camft.org or call 916 955-3200.**

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 22nd, 2010
1:00 - 3:00 pm
For more information call Coralia Serafim at 781-0133

Core Change Through Heart-To-Heart Connection: AEDP for Individuals and Couples

presented by

Diana Fosha, PhD, David Mars, PhD & Karen Pando-Mars, MFT

January 24, 2010 | 9AM to 5PM

San Francisco Theological Seminary | Alexander Hall
San Anselmo, 94960 | Marin County

Diana Fosha, the developer of AEDP (Accelerated Experiential Dynamic Psychotherapy) and AEDP Institute Faculty members, David Mars and Karen Pando-Mars, will offer a one-day workshop on AEDP. Making extensive use of actual clinical videotapes, Diana, David and Karen will make AEDP's attachment-based, healing-oriented transformational theory and practice come to life and illustrate its application to work with both individuals and couples.

In AEDP, discoveries in attachment theory, interpersonal neurobiology and mother-infant studies are integrated and used in ways that reveal how moment-to-moment "bottom up processing" and therapist-patient dyadic attunement and regulation can unlock the potential for healing attachment level trauma that lies dormant in the brains of our patients. This healing potential can be put to use from the first minutes of the very first session and thereafter throughout the treatment. The presenters' videotapes will show how defensive patterns can be melted and patients' felt longings to love and be loved in healthy and secure ways become guides to discovering alternative pathways around seemingly "permanent" blocks in attachment dynamics.

During this day of experientially based learning, we will see, hear, feel and come to freshly "get" how full-body engagement of ourselves as clinicians can open powerful transformational opportunities for our patients. It is our hope that this workshop will enliven, empower and liberate your relational, attuned and evolving self-at -best self so that it can be entrained in the treatment of the individuals and couples in your practice.

Diana Fosha, PhD, David Mars, PhD & Karen Pando-Mars, MFT

Register at AEDPSeminarsWest.com. or Email kpm117@comcast.net
$140 for Clinicians | Early registration, by 11/28, 2009, $115 | $90 for Students
Questions? Call Karen Pando-Mars at 415-459-4307 | Provider CEU# 4322

She's Leaving Home: Parent's Reactions to the College Transition Through the Lens of Attachment Theory

Daniel J. Sonkin, Ph.D.

This fall millions of children left home for the first time to attend college. This transition, from the young adult's point of view, is both exciting and frightening. Many young people they are spreading their wings for the first time. And while the young people are enjoying their new social experiences and world of educational possibilities, their parents are simultaneously experiencing a transition of their own. This year our only child left home. But in spite of the fact that we knew that she would leave one day, we went from a three-some to a two-some as quickly as we went from a two-some to a three-some eighteen years ago and it was, and still has been a very radical change in our day to day existence.

Transitions or passages involve the act of passing from one state or place to another. Transitions are a process, and not an event, although an event may trigger the start or end of a transition. Transitions often start with a disintegration or subtle change in state that gradually builds toward a period of betwixt and between or disorganization, and eventually towards a new state or reorganization. And although some transitions occur over a relatively short period of time, others develop and change over the course of many years. The transition to college may be viewed as part of a larger task of adolescence and the transition to adulthood.

Attachment theory is an ideal lens through which to view this transition because it helps us understand how people survive temporary bouts of pain discomfort, doubts and distress and what helps them reestablish hope, optimism and emotional equanimity. And because attachment theory is in part a theory of affect regulation, individuals with secure will regulate those emotions differently from individuals with insecure states of mind. Understanding these differences are important for therapists working with parent having difficulty moving through this transition.

Secure adults have developed the ability of reflective function - an ability to recognize one's own emotions, as well as those in others. It also involves understanding the intentions and underlying causes of emotional reactions. The more a person is able to envision mental states in themselves and others (and know the difference), the more likely they will experience relationships as productive, intimate and satisfying. They are able to subjectively feel connected while feeling separate – an important goal of the transition to college. Stress is the enemy of reflective function. When anxiety gets high, we move into survival mode where nuance is not appreciated. The college transition is a stressful period and maintaining a strong reflective function during that transition allows for a smoother and positive transition.

In this article (http://www.danielsonkin.com/leaving_home.htm) I discuss the parent experience of the transition to college from an attachment theory perspective. I will presents an overview of attachment theory, and how developing reflective function can assist clients having difficulty moving through this important transition.

RECAMFT Presents:

Need your CEU's for Law and Ethics? Mark your calendars now for January 15, 2010 when *RECAMFT* will host a day-long (six-hour/6 CEUs) workshop on this important topic. CAMFT's David Jensen, J.D. presenting What the Law Expects of Me: Part IV.

Aiming specifically at practicing MFTs, the workshop will review the following subjects: the psychotherapist's role as a creator of legal outcomes; the 5150 process; confidentiality; child abuse reporting; consent to treatment of minors; reporting elder and dependent adult abuse; and the BBS's role as Guardian of the Profession.

Ads and Announcements

Office Space

Charming SR, Cherry St. sublet available Oct,, in a 5 office suite. Many amenities: wc access, furnished, play therapy toys and sand tray, a comfortable waiting room, AC/heating, rear parking lot, small refrig. and microwave. Available Mondays, Tues. evening, and Fridays. $125/day. All negotiable. Contact Barbara @ 523-9920 or 953-2082.

Charming Sublet on Cherry Street.
Victorian, waiting room, sand tray, windows.
Weds ($120 / month) & Thurs fr 4 pm ($75 / month).
Contact Katherine at 522-0485.

SR: 2 offices available in 5-office suite, with other therapists. Quiet, near bus, restaurants, parks within walking distance, Whole Foods 5 min. by car. WC access, good parking. Comfortable waiting room, other amenities. Call Susan @ 538-2011 or Harriet @ 544-8879. Office to share, call Harriet @544-8879

Bulletin Board

20 CEUs for **Case Consultation: The therapeutic alliance and the use of self.** Richard Bloom, MFT and Paul Tamminen, LCSW. We are dedicated to creating a safe place where we can openly and honestly talk about current cases in order to make our interactions with clients more conscious and effective. This course meets the qualifications for continuing education credit for MFTs and LCSWs as required by the California Board of Behavioral Sciences. Provider # PCE 4513. Mondays from 9 – 11 am. biweekly sessions @ $50 each. Payment due at each session. No refunds. More info: **http://www.psychotherapist.com/RBloom/pg7.cfm** or call 665-0846 or 823-9950.

2009-2010 RECAMFT Directory Corrections

Dominique De Nardo, MFC 39835
1 (415) 248-9377
55 Maria Drive, Suite 846
Petaluma, 94954
Areas of Focus: Parenting, Children, Post-Traumatic Stress, Addictions, Abuse
Office is handicap accessible.

Smadar Yusem-Segale, MFT
Email Address: smadarmft@yahoo.com
Website: smadarmft.com

Juanita Russell, MFT- Has Handicap Access

FROM THE EDITOR, GAIL VAN BUUREN

THANK YOU TO ALL WHO HAVE BEEN SO SUPPORTIVE TO ME

As many of you know, I have moved to the Sierras to be with my husband who is terminally ill with cancer. I have suspended my practice, but continue my service on the Board of RECAMFT by phone and internet. The work is a welcome distraction and my colleagues on the Board and in the chapter who call, email me, and send support through others are an absolute Godsend to me. I feel so grateful to be held tenderly by so many who know just what to say when I need help, and I need plenty of that. What a gift to have therapists as friends!

This is a time of great richness and also great sorrow. We are in process together, my beloved husband and I. What a gift to have this time to do so.

I will be back sometime. Count on it. The chapter support is terrific. I feel it so palpably and I thank you from my heart.

Gail

REDWOOD EMPIRE CHAPTER, CALIFORNIA ASSOCIATION
OF MARRIAGE & FAMILY THERAPISTS
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The Redwood Empire *Therapist*

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Website: www.recamft.org

RETURN SERVICE REQUESTED

November Issue

There is a $5.00 fee at RECAMFT speaker meetings for non-members.

RECAMFT HONORS ITS PAST PRESIDENTS

Kate Maxwell	2008
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

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Half page - 4.75" x 7.5" = $110
Quarter page - 4.5" x 3.5" = $60
Eighth page - 2" x 3.5" = $35
10% discount for 5 month ad commitment
20% discount for 10 month ad commitment

Deadlines:
Articles (500 words max) - 15th of the month
Advertisements - 15th of the month

For more information call, fax, or email the office at:
707 575-0596 or therapy@recamft.org

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