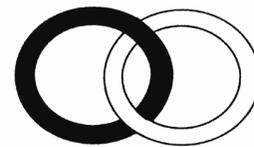


The
Redwood
Empire

Therapist

DECEMBER 2009



REDWOOD EMPIRE CHAPTER CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS

HONORING THE GIFTS WE RECEIVE AS THERAPISTS

You are invited to bring bells and meaningful objects to help collectively
create a sacred space to honor our clients

Our clients bring us many gifts. I am not referring to material objects, but the greatest gift that anyone can give another person, the gift of herself or himself. Clients gift us with their trust, anguish, hopes, stories and secret selves. They give us all these gifts, and then they are gone. They are in the world living their lives, continuing to process and we are left alone with this incredible experience. Some of us also have had clients die. So we gather in December to create a sacred space to share the blessings we have been given by our clients over the years. Jan Ogren, MFT, and Michael Montgomery, MFT, will facilitate our sharing through poems, music, words and silence. At the beginning of the program we will also have a gift of breathing and awareness for our bodies offered by Eddie Rosen, PT (5150 for this month).

Please come early and enjoy some food and time to socialize. Starting at 10:30 we are offering our 4th annual holiday brunch. If there is some special dish you would like to share with the group, you are welcome to bring it, but it is not necessary. Following the brunch, we will have a short installation of officers for the coming year and then move into our program. As in past December meetings, no CEUs will be offered.

Jan Ogren, MFT has a private practice on Cherry Street in Santa Rosa. She specializes in healing from trauma and abuse and GLBT issues. In the mid 1980s she worked as a bereavement counselor for Home Hospice.

December 11th RECAMFT Meeting ANNUAL HOLIDAY CELEBRATION

10:30 - 12:00 social & food

12:00 - 1:00 meeting

Honoring the Gifts We Receive as Therapists

Jan Ogren & Michael Montgomery

ODD FELLOWS TEMPLE/MERCER HALL, 545 PACIFIC AVE., 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.

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**

She is a writer, storyteller, and public speaker on psychological and spiritual topics. She can be reached at 707 544-7756.

Michael Montgomery, LCSW, MFT, is a past president of RECAMFT and currently is our website chair. He has been a therapist for over 30 years including working at Home Hospice for 11 years. His practice in Santa Rosa focuses on healing and growth through the compassionate work of our hearts. He includes a body oriented therapy that includes the use of the sandtray for children and adults. He also works with teens and couples. He can be reached at 707 578-9385.

President's Message

Susan Hartz, MFT



Just like that the Holidays are upon us. Or so it seems each year. For most of us this brings a mixture of emotions. There are lights and other decorations that create a festive atmosphere, gatherings with friends and family, special food, music of the season. There are also the pressures of adding extra activities to already busy schedules, of trying to stretch tight budgets, of being bombarded by relentless messages of happiness and good cheer counter to what we may be feeling inside. Then there are anniversary reactions which can trigger memories, feelings of loss and sadness, and a sense of isolation since other people seem to be having such a good time.

Given all this it's important to remind our clients – and ourselves – of the necessity for good self care. Making wise choices to limit intake of rich food and drink, to get enough rest, to take walks or otherwise maintain some physical exercise and to be selective in the number of functions we commit to are all helpful things to remember. I celebrate the trend toward creating more simplicity during this time, forgoing “shoulds,” spending less, focusing on what really matters rather than scattering our energy. And it's important to be gentle with each other and with ourselves by realizing that at any given moment there are many who might be suffering from grief, loneliness, or other painful emotions and need to feel human connection.

This year that is drawing to a close has been a difficult one for almost everyone I know, with

economic hardship, national and global news that is far from solution, personal heartaches for many. But this can have its blessings. It can make us remember to be more sensitive to others, more willing to reach out, to forgive. You may never know the effect you have on someone by acknowledging their presence, smiling, making a kind or gently humorous comment, but it may be just what that person needs at the moment. These are meaningful gifts we give each other that cost only our attention.

I would like to say thank you to all of you who have taken part in helping make this chapter work this past year. I've enjoyed your enthusiasm, willingness to help, tolerance for glitches, and supportive feedback. We still have some openings on the board and I encourage anyone who is thinking about it to step up; you'll find plenty of support, kind friends, maybe stretch in a new direction.

Be sure to join us on December 11 for our Annual Holiday Celebration. We'll have food, music, lots of time to socialize, and then gather in a circle with Jan Ogren and Michael Montgomery to share a conversation honoring what it means to us to have been given the opportunity to join in this wonderful profession of ours. I look forward to seeing you there. May this Holiday season be a good one for you.

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

RECAMFT TEAM

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Hospitality: Brenda Brazil

Website: F. Michael Montgomery 578-9385

Community Outreach: Vacant

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STAFF

Administrative Consultant: Clare Moore 575-0596

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

WHAT YOU MISSED

By Debbie Oliver

Charles Harris, Ph.D. spoke to a full and appreciative audience at the November RECAMFT meeting. Dr. Harris, a well-respected authority on working with personality disorders or disorders of the self, spoke on the interpersonal effects of personality disorders.

Dr. Harris described the exhibitionist, closet, and devaluing categories of narcissism, the clinging and distancing forms of borderline, and schizoid personality disorder. He presented each in terms of their deepest need, what intuitive pull the therapist may experience, the effects of each type on adult relationships, and effects on parenting style.

Dr. Harris stressed the importance of understanding the personality disordered client from an intrapsychic perspective. A distancing borderline and a devaluing narcissist, for example, may present in a similar way, but underneath, a distancing borderline longs to be loved, while a devaluing narcissist wants perfect mirroring. Dreams may provide good information with the narcissist having grandiose dreams and the borderline dreaming of being nurtured. Getting the correct diagnosis (important for providing the correct treatment) will take time, and the therapist will need to float out different interpretations to see how the client responds.

Dr. Harris suggests that the dilemma of all with personality disorders is having to live in the adult world while attempting to get regressive needs met. Because there is so little development of the self, relationships have a self-absorbed quality with little consciousness or self-awareness, disregard for others, and a disowning of interpersonal responsibility. Acting out in the present is an attempt to avoid remembering the past. In effect, the adult life is sacrificed in a futile attempt to recapture what was never experienced in childhood.

Dr. Harris has been a practicing psychologist for over 30 years. He sees clients at his offices in San Francisco and Sebastopol. He offers several consultation groups for local therapists as well. He can be reached at 829-5170.

Debbie Oliver, MFT, sees adults, teens, and couples at her private practice in Santa Rosa with an emphasis on treating trauma and anxiety disorders. She may be reached at 522-0475.

A Couple's Place

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www.acouplesplace.com

December 5150

What would you like to improve? Is there some skill you are reaching for but could use an experienced set of eyes and hands to facilitate your progress? Do you have a nagging (or acute) pain that limits your activities? Are you experiencing the cascading effect of multiple injuries or sitting too long on your rear? Do you need relief or just help figuring what's going on and what to do? This month's raffle winner will have the opportunity to choose the focus of their prize, a one hour session with Eddie Rosen PT. For over 35 years as a Physical Therapist, Eddie has assisted individuals, ranging from professional dancers to the severely brain injured, to optimize their level of physical functioning. He is expert at concisely assessing his client's condition and implementing an effective course of action that will usually include a combination of hands-on bodywork and suggested changes and awareness for the client to continue on their own. In most instances significant improvement begins in one session. Eddie can be reached at 795-0210. Many thanks to Eddie for his generosity, and to Jan Ogren MFT for recommending him.

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.

Intern Greetings From Karen Nemrow

Winter is really here and the holidays are right around the corner. I want to wish all of you a peaceful holiday season.

I hope you will take part in our December chapter meeting... a time to appreciate and enjoy each others' company. In the new year our chapter will continue to offer interesting trainings and opportunities to meet others in the field. Even though we are not meeting as an intern group, it's great to meet and get to know each other at the chapter meetings. The trainings have been excellent and a good way to grab a couple of free training hours each month. Please join us.

I have received several calls from new trainees and interns looking for placements. If you know of any agencies looking for mid-year recruits please let me know so that I can pass the information along.

Many thanks.

Karen

Karen Nemrow is in private practice in Petaluma and can be reached at 765-4999 or

karenbnem@comcast.net

INTERN BULLETIN BOARD

RECAMFT would like to offer you a \$15.00 scholarship towards your RECAMFT Membership. This would make your membership fee for the year only \$10.00. Just make a notation on your RECAMFT Membership application that you would like to accept the scholarship.

Repeating Trauma

By Margaret Newport

Monica's English accent was still quite strong even though she had lived in the U.S. for some years. She was troubled by sleep disturbances and feeling "stressed." It soon became apparent that her distress was triggered by a recent earthquake. The shaking and rattling awakened memories of the bombing of London during World War II. She was flooded with old memories, and was quite surprised. "I thought I was all over that; done and gone with it." But, clearly it occupied her mind. At that time, Germany had overrun, Poland, Denmark, Holland, Belgium, and France and then attacked Britain by air. The first big attack lasted seventy-six consecutive days and nights. Thousands were killed, injured and homeless. There was no gas, electricity or water for some time. The whole country was in dire straits. German U-Boats patrolled the water, disrupting supply routes. Food, gas, and clothing were rationed and there was an imminent threat of invasion. The government determined that they had no choice. Evacuation of children in major industrial cities and shipping areas was essential. Families who had the resources to do so quietly sent their children to other countries out of harm's way. Within days the British government had a plan called "Operation Pied Piper" and in four days evacuated three million children, and mothers of very young children. This was the greatest, single movement of population in history. It was an astonishing plan.

Children were told to bring a change of clothing, a gas mask and a bag with a sandwich. They were not told where they were going, nor were their parents told. Teachers pinned name-tags on each child and gave each an addressed post card to send home so families would learn their location. The streets to the railway station were lined with tearful mothers. Not knowing when they would see the children again. They could only wave and weep. There was no time to say goodbye. The trains carried children out to the country, dropping them off at church halls or schools. It was a long, exhausting trip. In the halls were people waiting to choose whom they wanted to take into their homes. Some chose the strongest to work on farms, others chose the most well dressed, clean children. The children from London's slum areas were often left until last.

Many lives were spared. Many children went to homes where they were shown every kindness, welcome, compassion, and treated as family

members. These children, while they missed home and family, felt protected and content. They called their hosts, uncle and auntie.

Monica was not among this group. She felt unwanted, lonely, helpless, unsafe and frightened. She did not know whom to trust. The people she believed would take care of her compounded the sense of loss she felt at leaving home and family, by treating her with neglect. Many nights she cried herself to sleep. Monica suffered loss of childhood, loss of living with adults who nurture, who care and guide, are there for comfort, to listen to one's hurt and be proud when one makes the baseball team or school play.

It is true, many lives were saved by Operation Pied Piper and also true that there were problems with placement; so much so that the issue was debated in Parliament. "It is not surprising that the House of Commons was impelled last night to discuss the problems of evacuation. Certain troubles were bound to follow the dispersal of nearly a million and a half town dwellers, mostly children and women into the country and other places of safety. None of the complaints...has been trivial or unreasonable. The Ministries of Health and Education have recognized the necessity for remedial measures and are stirring up the authorities to helpful and sympathetic action."

"The Picture Post Newspaper, London 1939"

The upheaval of war, separation from family and relocation are alone sufficient to cause Post Traumatic Stress Disorder. Factor in situations of neglect or abuse and constant threat of invasion, and it is understandable that many suffered PTSD. Monica (not her real name) and the children of Operation Pied Piper survived, they returned to families. Many years have passed. The stress endured may be elicited by events such as earthquakes.

Margaret Newport, MFT is our Trauma Response Team Chair and RECAMFT's Secretary.

Psychotherapy In The Moment

By Richard Bloom, MFT and Paul Tamminen, LCSW

I become aware that I have been on automatic pilot. I feel a twinge of embarrassment and quickly refocus on what my client is saying and look for an interpretation or at least a comment to prove to both of us that I am being attentive.

But maybe I have just missed an opportunity. After all, I was alert at the beginning of the hour and what my client was saying seems important. So why am I feeling dull and lifeless? Is it because my client is describing real problems with emotion appropriate to reading from a phone book? What if I commented by saying, "I'm struck by the seriousness of what you're saying...but I'm not feeling very much as I listen to your words. I'm wondering if you're having a similar experience as you say them?" As I think about it, this client rarely shows much feeling about anything. Might my observation bring life back to the therapy and put us on a more productive path?

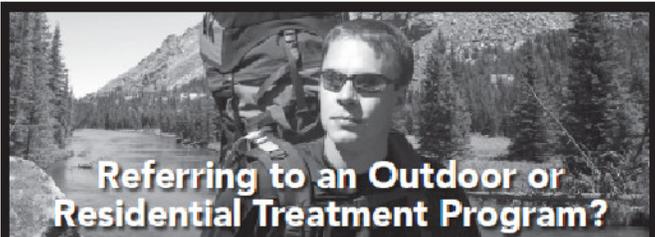
The therapy hour is filled with such opportunities, many of which slip past us as we do what is familiar, tried and true. When I experience a small wave of apprehension, a welling up of sadness or joy, or a twinge of regret as I sit with a client, perhaps my body is reading subtle cues. We now know that mirror neurons allow us to feel emotions we are simply observing in others. If I pay attention, I may learn a great deal about this person and our relationship. And if I occasionally share those observations with my client, it could enliven the therapy in new and quietly powerful ways.

Whatever your theoretical orientation, your work as a therapist is influenced and shaped by the relationship between you and your client. From the moment someone sees your ad or is given a recommendation, she begins to develop a set of expectations about who you are and what she wants from you. You in turn experience each client differently and respond both emotionally and therapeutically to fit that perception.

Being attuned to these inner responses can help you attune to the inner life of the complex individual in front of you, including the attachment patterns he brings to therapy from his daily life. Am I, the therapist, feeling frustration? Sadness? Do I want to push a needy client out the door or hug him to me? Might I comment, "When you linger at the door, I feel as though you are asking for something." Sometimes such an observation opens up unexpressed feelings, memories, and hopes. It models for the client a relationship that can be talked about in safety.

Increasing our use of this rich resource can add value, depth, effectiveness, and a practice-refreshing liveliness to our daily work as therapists.

Richard Bloom, MFT and Paul Tamminen, LCSW are offering a case consultation seminar for CEUs this fall.



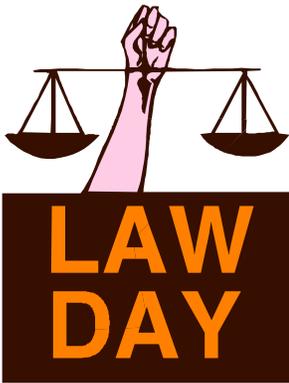
Referring to an Outdoor or Residential Treatment Program?

Educational consultants, in collaboration with referring mental health professionals, work with families to identify appropriate therapeutic treatment options for struggling students. Bob Casanova is an experienced, licensed marriage and family therapist (MFT) who provides realistic, comprehensive recommendations to Therapeutic Schools, Residential Treatment Centers and Outdoor Therapeutic Treatment Programs for teens and young adults who need help coping with such challenges as:

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- Family conflict
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- Divorce

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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.

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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

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November Issue

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

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Line ads and announcements:

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Flyers inserted in newsletter - \$100

Mailing labels - Members - \$65
Non-members - \$125

Display ads:

Full page - 9.75" x 7.5" = \$200
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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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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