The Redwood Empire Therapist

SEPTEMBER 2010

REDWOOD EMPIRE CHAPTER CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS

OUR SEPTEMBER MEETING

MANAGING CONFLICT WITH COUPLES USING THE GOTTMAN METHOD

On September 10th, Lisa Lund and Marcia Gomez, both Certified Gottman Therapists, will present on helping couples manage conflict using the Gottman Method. Gottman research shows us that 69% of the problems couples argue about are not resolvable. Couples whose relationships are going well adjust to these perpetual problems. As couples' therapists, one of the biggest challenges we face is how to help couples break the gridlock and establish a dialogue with these perpetual problems.

Our presenters will review five goals of Gottman therapy to help couples modify conflict: 1) Understand Partner's Point of View 2) Replace Four Horsemen with their Antidotes 3) Understand Dream Within Conflict 4) Develop 6 skills when discussing difficult topics 5) Process Fights and Regrettable Incidents. After a brief overview of the five goals, Lisa and Marcia will show a videotape of Dr. Julie Gottman working with a real couple. Discussion will follow.

Lisa Lund, CRC, MFT uses the research-based approaches of the Gottman Method, Emotionally Focused Couples Therapy and Prepare/Enrich-Premarital in her specialty of couple's counseling. She is currently presenting Gottman's Couple Workshop: The Art and Science of Love in Mill Valley with Dr. Tim West (www.acouplesworkshop.com). She is also teaching the Level I – Gottman Training with Marcia Gomez in Santa Rosa.

September 10th RECAMFT Meeting

10:30 - 11:00 social & sign in
11:00 – 1:00 meeting

Managing Conflict with Couples Using the Gottman Method

Lisa Lund, MFT and Marcia Gomez, LCSW

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.

October 2, 2010

All-Day Workshop with Two Terrific Presenters

Barbara Griswold, MFT on **Sustaining Your Practice in a Recession**

Larry Waldman, Ph.D. on **The Graduate Course You Never Had**

See our full page description inside on page 5!

October 8, 2010

One Size Does Not Fit All, Working with the GLBTQQI and Poly Communities

Frances Fuchs, PhD. and Jan Ogren, MFT

OUR ENTIRE YEAR'S CALENDAR IS ON THE BACK PAGE

Marcia Gomez, LCSW received her Masters from UC Berkeley and has been practicing for over 17 years. She worked with Drs. John and Julie Gottman on their curriculum, "Loving Couples, Loving Children" for Spanish-speaking couples. She is a consultant with the Gottman Institute's Certification Program. Currently, she is offering workshops for professionals and for couples in Santa Rosa (www.sonomacouplesworkshop.com).

Please join us for what promises to be an entertaining and informative presentation.

President's Message

Cynthia Halliday, MFT

Thought is the blossom, language the bud, action the fruit behind.

~Ralph Waldo Emerson

I hope you have been enjoying this fine fall- like summer. The long, cooler than usual days, veiled in clouds, breaking through into sunshine, makes for green tomatoes.

I find myself reflecting on the ripening of fruit and am filled with anticipation of delightful nourishment and goodness of our fall. Yes, our RECAMFT Fall. As in the waiting, watching, and the promise of nourishing fruits and vegetables to come, so too, the upcoming RECAMFT Fall offerings are ripening and readying themselves for you.

Your program committee has put together upcoming speaker offerings to enrich your professional body.
Your conference and workshop committee is readying itself for you to partake in a bounty of knowledge to improve your private practice in the upcoming Fall Workshops. Your newsletter committee offers evergreen opportunity for you to share information with one another, advertise, spread knowledge, and express yourself. Your Trauma Response Team remains ripe for action. Your ethics committee and board of directors are ripening with thoughts and viewpoints regarding the ethical psychotherapeutic practice of working with diverse populations, including sexual minorities.

Join in the abundant banquet of The RECAMFT Fall offerings, discussions, and committee activities.

He that would have fruit must climb the tree.

~Thomas Fuller

Cynthia Halliday has an Art Therapy and Marriage and Family Therapy practice in Santa Rosa. She can be reached at (707) 578-1064

RECAMFT TEAM

BOARD OF DIRECTORS

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Editor/Formatting: Gail Van Buuren 494-4198
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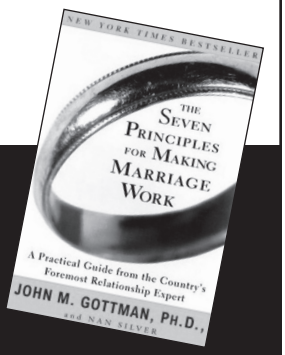
A Couples Workshop
The Art & SCIENCE of Love

- Discover the Research-based Tools of Successful Marriages
- CEU's Available for Professionals



September 25-26
Acqua Hotel, Mill Valley

Workshop designed by
Drs. John & Julie Gottman

www.ACouplesWorkshop.com

What You Missed
by Judith Peletz

At our last RECAMFT meeting on June 11, Dr. John Amodeo treated us to an engaging and practical presentation on Focusing. He defined focusing as "inviting into awareness whatever happens to be there in the moment." It is making room for sensations and feelings which reside in the body by focusing attention on them. Focusing on bodily-felt experiences gives a feeling of being present with oneself and often leads to the uncovering of layers upon layers of meaning.

Every moment we have a felt sense. It is more significant than just an emotion or sensation because there is meaning attached to it. The felt sense may be vague at first and the meaning may not be obvious, but with patience and focusing on the initial feeling, the feeling may very well shift one or more times. With each shift, new feelings, images, words, or memories may emerge. In time, usually there is a release, as the feeling becomes more tolerable or lessens in intensity. Even if the issues remain the same, the way we hold the issues often shift.

Dr. Amodeo gave background information about how Focusing was developed by Eugene Gendlin, a student of Carl Rogers. Dr. Gendlin was more interested in what was happening inside the client. A number of research studies have shown that clients make more progress when they speak from their felt experience. It appears that progress in therapy has little to do with the therapist's clinical orientation but whether the client tunes into inner sensations and attends gently to them and speaks from them.

Dr. Amodeo gave us handouts which included a list of Principles Underlying Focusing. The first principle is that we feel more than we can understand using cognition alone. We can gain deeper felt-understanding of a problem or issue by delving into these feelings, though without getting lost in them. Attending to body sensations can also lead to deeper feelings and insight. It is the process of focusing that is important rather than solving the immediate problem. Thereby, the client creates more spaciousness within, so the problem does not feel so overwhelming. By establishing an inner safety, the client develops new awareness of inner feelings. A goal is for the client to connect with themselves in a way where their process moves forward, which often includes connecting with their own innate wisdom.

In a demonstration with a volunteer from the audience, Dr. Amodeo asked questions and made comments such as:

> How does it feel to be talking about this?
> Would it be okay to take a moment and go inside?
> Just keep noticing that.
> I'll just be here with you as you experience these sensations.
> Can you stay with it and see what comes?

Dr. Amodeo demonstrated the importance of reflecting the feelings and meanings voiced, often using the very same words expressed. Sometimes clients need help finding the words to express what they are feeling. Through gentleness and acceptance clients are encouraged to develop the same gentleness towards themselves. This helps with any feelings of shame.

It is always important to judge whether it is safe for a person to go into their emotions. Dr. Amodeo gave us some tips for grounding a client and stressed that we as therapists need to monitor our client and proceed accordingly. As therapists, we also need to be comfortable with strong emotions so that our clients get a sense of safety and permission to delve into their felt sense.

Focusing is an appropriate method to use with couples as well as with individuals. The therapist can intervene and ask permission to work with one person in a couple. By helping them feel what is inside, it can shift the dynamics from blaming and criticizing to more introspection. Dr. Amodeo had 2 volunteers perform a powerful role play demonstrating the different ways a couple might approach a problem before learning Focusing and after having focusing as a tool. Arrangements are being made for Dr. Amodeo to return in the future to speak to us about using Focusing with couples.

Obviously, Dr. Amodeo gave us a wealth of information in this presentation including personal experience. He also brought books, some of which he authored, to our meeting. We were very fortunate to have him speak to our chapter.

Dr. John Amodeo is currently in private practice in San Francisco, San Rafael, and Graton. He can be reached at (707) 829-8948. His web address is http://www.johnamodeo.com.

Judith Peletz, MFT is in private practice in Santa Rosa and can be reached at 526-7720 x 315

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:

Drug or alcohol abuse/dependence • Learning differences
Social, emotional or psychiatric concerns • Self harm • Eating disorders
School failure or refusal • Adoption/attachment issues
Asperger's/PDD/NLD • Family conflict • Loss and grief • Divorce

BOB CASANOVA ***Educational Consultant***
and Licensed Marriage & Family Therapist
Affiliated with McClure Mallory & Baron
1160 North Dutton Avenue, Suite 250 | Santa Rosa, CA 95404
707.526.5800

Understanding Addiction:
AGING ADULT ALCOHOL & OTHER DRUG ABUSE
The Hidden Epidemic

Sept 22, 2010 ~ 8:30am to 4:00pm The Finley Center ~ Santa Rosa CA
6 CEU Credits Available ~ $89.99 ~ Breakfast/Lunch included

Who Should Attend: Health, social service, criminal justice and human resource professionals, addiction counselors, public officials, educators, senior center professionals, community leaders, family members, caregivers and other interested individuals. 6 CE Credits offered to: R.N., Psych Tech, MFT, LCSW, Addiction Counselor and Attorneys

What You Will Learn: The scope of the problem among aging adults • Screening and assessment tools to determine severity • Psychiatric co-morbidity issues • Aging adults and prescribed medication problems • Brief interventions that professionals and caregivers can implement • Age appropriate treatment versus age segregated treatment • How to integrate Alcohol and Other Drug treatment into currently existing organizations and programs

Speakers: Nationally Acclaimed Speakers: Dr. Frederic Blow, Associate Professor, Department of Psychiatry at the University of Michigan and Director of the National Serious Mental Illness Treatment Research and Evaluation Center for the Department of Veteran Affairs; Ms. Deborah Levan, M.P.H., Divisional Director, Older Adult Services at Behavioral Health Services Inc.

Aging Well in Sonoma County
A SPECIAL TRAINING
For Caregivers, Family Members, Senior Center Staff & Care Managers

A special part of the Understanding Addiction Workshop

FREE Sessions offered on Sept 22, 2010 ~ 1:00pm to 2:15pm or 2:30pm to 3:45pm
The Finley Center ~ Santa Rosa CA

What You Will Learn: How to identify medication/alcohol problems among Seniors

Speaker: Nationally Acclaimed Speaker Ms. Deborah Levan, M.P.H., Divisional Director, Older Adult Services, at Behavioral Health Services Inc., Los Angeles, CA

Drug Abuse Alternatives Center
Turning Lives Around

SPONSORS: The Drug Abuse Alternatives Center - Sonoma County Department of Health Services - Successful Aging Sonoma County Initiative Coalition (SASCI) - The California Endowment - Sonoma Bank Kaiser Permanente -North Bay Bohemian - LaVoz Bilingual Newspaper Sonoma County Gazette - Maverick Media (KSRO)

For more information: www.daacinfo.org or 707-571-2233 ext 369

Psychotherapy Office Supplies for Sale. Fully equipped sandtray, therapy games, bookshelf, psychology and children's books. Please email BettinaOBrienMFT@att.net

ETHICS ROUNDTABLE

The Ethics Roundtable 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 – Friday, October 15th, 2010
1:30 - 3:00 pm
For more information call Coralia Serafim at 781-0133

The Redwood Empire Chapter of California Association of Marriage and Family Therapists
Presents an All-Day Workshop with two Dynamic Speakers

Is the Recession Hitting Your Practice Below the Belt?
Join us to learn how to reinvigorate your private practice!

"What Every Therapist Should Know About Insurance"
and
"Marketing, Managing, and Developing Your Practice"

Saturday, October 2, 2010, 9:00 am to 4:00 pm
Sebastopol Veterans Memorial Center
282 High St., Sebastopol, CA 95472
6 CEUs Provided for MFTs (Provider #PCE 2322)

***MORNING SESSION* 9 am-12 pm**

"Sustaining Your Practice in a Recession: Is Insurance Worth the Hassle?"

Our clients need therapists who accept their insurance. But is it worth the hassle for us? **Barbara Griswold, MFT,** author of ***Navigating the Insurance Maze: A Therapist's Complete Guide to Working With Insurance – And Whether You Should*** will be teaching you what every therapist needs to know about insurance (because even if you never sign a plan contract, what you don't know can hurt you and your clients). In this entertaining workshop, you'll learn how to turn first-time callers into new clients, even if you aren't on their health plan. We will identify the 12 Crucial Questions when checking coverage, and you'll receive insider tips for speedy reimbursement and complete claim instructions.

LUNCH 12 - 1 pm

Let's brown bag it for lunch! We're offering a box lunch of a sandwich with your choice of 6 types and 5 breads, salad, dessert and beverage for $10 or a Specialty Salad for $12 from Sam's For Play Café. See details on our website. Or, you can bring your own lunch. We can hang out and chat about what's going on in our practices. Or, you can go out to lunch a few blocks away or picnic in Ives Park where the Center is located.

AFTERNOON SESSION 1 - 4 pm

"The Graduate Course You Never Had: How to Develop, Manage, and Market a Flourishing Mental Health Practice—With or Without Managed Care"

Larry Waldman, Ph.D. will be giving us this graduate course. A licensed clinical psychologist and certified school psychologist in Phoenix, Arizona, Larry has conducted a highly successful clinical, forensic private practice for the past 31 years. He will be sharing lots of interesting, "out of the box" ideas for getting more clients and for marketing our practices with total integrity so we can help more people. His tips will help you create a flourishing cash-pay practice and consider additional income streams so you are not so reliant on client fees. Besides his 2010 book (with the same name as this workshop), he has written three other self-help books.

Register Online at www.recamft.org (or submit form on reverse with payment to return address)

Registration before September 25th	**$69.00**
Late registration or at the door	**$99.00**
Interns	**$25.00**
Box Lunch (if desired)	**add $10 or $12**

Considering CAMFT
By Gail Van Buuren

Over the years I have heard stories about the history of CAMFT so when Richard Leslie, J.D., wrote an article in the May/June issue of The Therapist, I was interested to have a read. In case you missed it or do not have the time to read it, or, if like some of its members recently, you have been feeling unhappy with the CAMFT Board's dealings of the past year, I thought it might be helpful for all of us to remember how CAMFT came into existence and what it has done for our profession.

CAMFC (because we were counselors then) hired Richard Leslie in 1977 to help marriage and family counselors get reimbursed by insurance companies. At that time we were not covered by California's "freedom of choice laws," which allowed consumers to choose any practitioner of mental health that was named in the law. That list of names, did not include us because other mental health practitioners were intent on protecting their established turf and did so through legislation. Our organization was pretty unorganized at that time, but began pulling things together. By 1979 there were 2500 members and CAMFC got down to work with Richard and a lobbyist. They sponsored our own "freedom of choice" bill and with tremendous support from MFCCs the bill passed into law on January 1, 1981. That bill brought millions of dollars to MFTs, both CAMFT members and non-members.

After that CAMFT went on to get bills passed that opened up county mental health jobs to us, gave us the same patient privilege-allowing protection of privacy as other mental health professionals had legally, allowed MFTs to form and own professional corporations, and gave us the right to be reimbursed under the State's Victim of Crime Program. When members bring such matters to the attention of the legal department of CAMFT, it works on behalf of all MFTs, members or not. These, and many other advancements for our profession, have taken a huge amount of energy and determination by those who have served in CAMFT and by those we hire to help us. As Richard Leslie points out, "The opposition to CAMFT-sponsored legislation has been and is often intense." It has come from other mental health interests, state bureaus and associations, lawyers' organizations and more. It takes a lot to educate and inform legislators so they will vote for bills that advance our rights. CAMFT's efforts have certainly had a powerful impact on the top-down advancement of our profession.

Besides that work, CAMFT continues to provide legal advice, monitor regulatory boards, and support its approximately 29,500 members and 29 chapters, who, in turn, support all MFTs as a whole, regardless of membership. Members of CAMFT have always supported and informed CAMFT about their needs and CAMFT has responded in spades over the past thirty plus years. I believe it will help us to remember our history as we work our way through the present struggle towards clarity and, in the end, agreement.

Gail Van Buuren , MFT is in private practice in Sebastopol and can be reached at 494-4198 and www.gailvbtherapy.net

Intern Greetings
From Karen Nemrow

Welcome back interns and trainees. I hope the summer months allowed for at least some rest and relaxation. Congratulations to all recent graduates, and new LMFT's... what a journey we are on! Perhaps you have just begun, are in the thick of it, have just completed your hours, are in the study process or are finally finished....wherever you find yourself...welcome back and I hope to see you at our chapter meetings. This will be my last year as intern chair.....if any of you have been thinking about getting more involved in our chapter, meeting others and forming connections this may be just the right way. Lets talk!

Mark your calendars for October 2, 2010 when RECAMFT will be putting on a day-long workshop with two really interesting presenters. Barbara Griswald will present on Navigating the Insurance Maze. Larry Waldman will present on how to develop, manage and market a private practice. This should not be missed, especially by those planning or already starting a private practice. I hope you can all attend. DO YOU WANT TO VOLUNTEER AT THIS EVENT AND ATTEND FOR FREE? Contact me at karenbnem@comcast.net Our board has generously agreed to offer 4 interns free admission in exchange for volunteering for the day with registration, food, administrative tasks, etc...

These spots will go fast!

Karen Nemrow is in private practice in Petaluma and can be reached at karenbnem@comcast.net or 707-765-4999

Ads and Announcements

Office Space

Office available F/T in elegant suite of psychotherapy offices in Santa Rosa. One larger office has beautiful and serene views of trees. Two nice smaller offices are also available. Furnished waiting room, small kitchenette area, wheelchair accessible, plenty of parking, elec., water, and janitorial included. Call Bob Casanova 544-7000 or Mark Falls 525-9300 for more info.

Consultation/Supervision Group for Therapists Who Work with Children – Practical, structured format. One intern group meets Wed. am in SR. Starting late afternoon/evening group in Petaluma. $40 for 1.5 hours – sliding scale for interns. Led by BJ Brown, MFT 765-4885 or bjbrownmft@yahoo.com. CEUs included.

Office Sublet on College Ave, Santa Rosa. Tues. & Thur. $250 per month. Internet connection, fax. Beautiful office. Lisa 707 547-0401

Office available in Healdsburg: Share 3-room office with one other therapist. 1 adult room, 1 sand tray + play room, 1 private waiting room $365 per month (incl. utilities) Available beginning Nov. 1st. Contact Brenda Brazil 431-8438 x2

RECAMFT HONORS ITS PAST PRESIDENTS

Susan Hartz	2009
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

Bulletin Board

Office space desired. We are two therapists looking to share an office with reasonable rent in the downtown, SRHS/SRJC or north Santa Rosa areas. Contact Dino at dandtruffoni@comcast.net or 522-8725

The Marin Chapter of CAMFT's Legal and Ethical Issues Workshop

David Jensen – always an entertaining day

What Does the Law Expect of Me? Part 1 with David Jensen, J.D.

Saturday, Sept. 25, 2010 - 9:00 am to 4:00 pm
Corte Madera Town Center
770 Tamalpais Dr. #201
$45/MCAMFT members, $60/Nonmembers

As a psychotherapist you have probably heard references to the "standard of care" or the "reasonably competent therapist," but you may not have a clear understanding of how such concepts affect you on a day to day basis. Consequently, you may not have an accurate understanding of what the law expects of you as a psychotherapist. In this six-hour workshop, which is Part I of a multicourse series on the subject of the law's expectations for psychotherapists, you will learn about what the law has to say regarding a therapist's obligation to be a competent practitioner; the importance of properly assessing and diagnosing your patients; the right to privacy, which includes the subjects of confidentiality and privilege; patients dangerous to themselves; patients dangerous to others; and, dual relationships.

This is a lecture-format course that will draw on actual law cases to teach the underlying principles, and it will satisfy the BBS's on-going requirement of six (6) CEUs in law and ethics.

REDWOOD EMPIRE CHAPTER, CALIFORNIA ASSOCIATION
OF MARRIAGE & FAMILY THERAPISTS
PO BOX 2443, SEBASTOPOL, CA 95473

The Redwood Empire *Therapist*

Telephone/Fax: 707 575-0596
Email: therapy@recamft.org
Website: www.recamft.org

RETURN SERVICE REQUESTED

September Issue

RECAMFT MONTHLY MEETINGS FOR 2010-2011

October 8, 2010 - *One Size Does Not Fit All, Working with the GLBTQQI and Poly Communities*; Frances Fuchs, PhD. and Jan Ogren, MFT

November 12, 2010 – *Dyadic Developmental Psychology - A Dan Hughes Attachment and Inter-subjective Model for Working with Foster, Adoptive Children and Families;* Mervin Maier, MFT

December 10, 2010 – *Collaborative Couple Therapy: Turning Fights into Conversations*; Dan Wile, PhD.

January 14, 2011 – *Medication Review for Mood Disorders and Anxiety Disorders: How Does a Psychiatrist Evaluate Patients, Select Medication, and Follow Up;* Ari Harrison, MD

February 11, 2011 – *Growing a Garden of the Self, Using Sandtray to Move from Insecure to Secure Attachment*; Liza Jill Ravitz, PhD.

March 11, 2011 – *Eating Disorders, Dislodging Body Hatred through the Practice of Self Love;* Michelle Elena Minero, MFT

April 8, 2011 – *Engaging Parents;* Grace Harris, MFT

May 13, 2011 – *Assessment and Treatment of Sex Addiction, Part 2:* Timothy Stein, MFT

June 10, 2011 – *Obsessive-Compulsive Disorder (OCD) using Cognitive-Behavioral Therapy (CBT) including Exposure and Responsive Prevention Therapy (ERP);* Litsa R. Tanner, MFT