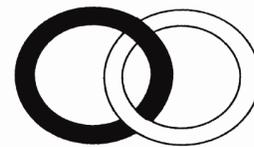


The  
Redwood  
Empire

# Therapist

NOVEMBER 2010



REDWOOD EMPIRE CHAPTER CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS

## OUR NOVEMBER MEETING

### **Dyadic Developmental Psychology – A Dan Hughes Attachment and Inter-subjective Model for Working with Foster, Adoptive Children and Families**

Whether an intern or therapist, you have all been presented at sometime or another with a child or teen that has been exposed to intrafamilial abuse, neglect, inadequate or unpredictable parenting, separation or loss of a primary caregiver. Many of these young people exhibit oppositional-defiant behaviors, have difficulty trusting adults, have problems controlling their emotions, and frequently try to control people and events in their lives. Most children that demonstrate this profile will not meet the criteria for Reactive Attachment Disorder (RAD). They demonstrate what Dan Hughes, PhD and founder of Dyadic Developmental Psychology (DDP) calls an "attachment disturbance". Whether RAD or not at the core of these children's sense of self is shame. Their belief is that they are "bad" and "unlovable".

Probably most of you, like me, were trained to work with these young people by providing individual therapy. Play therapy with a child and talk therapy with a teen, with the occasional family or

parenting session thrown in just for good measure. Utilizing this approach I struggled with children who cleverly controlled our therapy sessions. The impetus for them to do so was perfectly understandable. They were trying to avoid any contact with their personal histories that would get them in touch with their pain and suffering, lack of self worth, and of course shame. I felt frustrated, ineffective and believed that I rarely made a lasting connection

#### **November 12<sup>th</sup> RECAMFT Meeting**

10:30 - 11:00 social & sign in

11:00 - 1:00 meeting

#### **Dyadic Developmental Psychology – A Dan Hughes Attachment and Inter-subjective Model for Working with Foster, Adoptive Children and Families**

Mervin Maier, MFT

**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.*

**December 10, 2010**

#### **Collaborative Couple Therapy: Turning Fights into Conversations**

Dan Wile, PhD

**January 14, 2011**

#### **Medication Review for Mood Disorders and Anxiety Disorders**

Ari Harrison, MD

with them. Unfortunately for those young people I hadn't yet happened upon a model that would help to provide them with a "safe harbor" to explore themselves.

DDP is a model of treatment that is consistent with the theories of attachment and intersubjectivity which creates a safe setting to explore, resolve, and integrate a wide range of memories and emotions. Through non-verbal and verbal attunement, reflective nonjudgmental dialogue, empathy, and plenty of reassurance the child/young person can join with the therapist and caretakers (that are in session) to co-regulate affect, as well as co-construct meaning to their lives. Through this work the child's level of trust grows, their level of attachment with their caregivers expands; their shame diminishes as do their behavioral problems. Parents/caregivers feel more connected and effective.

To start the 90 minute presentation there will be a brief introduction to the theory of attachment and then transition into the development of the DDP model. Next the presentation will include understanding the intersubjective experience and its application to dyadic work, the introduction to PACE, co-regulation of affect, the development of a coherent narrative, and the affective-reflective dialogue. Subsequently, there will be 25-30 minute video presentation of Dan Hughes' work and, time permitting, experiential work surrounding the affective-reflective dialogue and then ending with questions and answers.

Mervin Maier, MA, MFT has been a licensed therapist for over 34 years. He has worked in many counseling domains including private non-profit agencies, residential treatment, and private practice. His instructional experience includes providing workshops and trainings for parents and professionals. He has been a community college instructor and is currently a consultant to professional groups and therapists. In his practice Mervin serves children, teens, adults, and couples. He is Humanistic/Existentially based integrating an attachment model that is both experientially and emotionally focused. Mervin has been training with Dan Hughes since 2004 and is a "Certified Dyadic Developmental Psychotherapy ® Therapist". He is currently working on certification in EFT for couples. In addition to attachment issues Mervin has specific expertise in trauma, anxiety, depression, ADHD, learning difficulties, anger management and spectrum disorders.

## President's Message

Cynthia Halliday, MFT



### Happy Autumn,

The breezes blow, the leaves fall, the night sky sparkles...

I find myself facing the fall season in my role of president in RECAMFT.

The next couple of months are filling with the preparation for RECAMFT Board roles to transition to new participants.

- Have you ever wondered what it might be like to be more closely connected to your professional peers?
- Have you ever desired to build a referral base of professional peers that could be of service to the clients who contact you and you are unable to serve for any reason?

- Have you ever wanted to build "strategic partnerships" with your professional peers that could serve your need to get more referrals to your practice?
- Have you ever entertained a thought, a wish, a desire, a longing to be more connected to a group of compassionate, thoughtful, people who are committed to professionalism with a heart?

*RECAMFT board and committee involvement makes wonderful things happen.*

Lainey Gayler, our president-elect, will step forward to assume the honor of the president's role for 2011 and I will become her "right arm" as supporter and guide. Her "left arm" is the incoming "President-Elect". **Presently, an open-position.**

Gail Van Buuren is consolidating her volunteer focus to continue as Chair of our Newsletter Committee. Gail continues to encourage and support all who participate in RECAMFT. She has also been the **Chair of our Conference Committee** and will be leaving that position at the end of 2010. **Presently, an open position.**

Brenda Brazil is concluding her role as “**Hospitality Committee Chair**” and looks forward to being a supporter and guide for the “incoming” hospitality committee chair”. **Presently, an open position.**

Come forward now and let your desire to become part of RECAMFT leadership and heartbeat be known. Courage to come forward shows heart in the face of any fears about what is unknown and is a chance to create something new in your life and in the life of all you touch.

**RECAMFT board and committee involvement makes wonderful things happen.** Contact any board member or email us at [therapy@recamft.org](mailto:therapy@recamft.org)

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

## November 5150

For anyone who wants hair that is frizz-free, shiny, more easily manageable and with plenty of body even in humid weather, come to the November meeting for a chance to win this month's 5150 prize. TJ Griggs of Salon West is donating a Brazilian Blowout Service (a \$300 value!!!!). The Brazilian Blowout is especially good for anyone who has frizzy, damaged or processed hair, but everyone can benefit from the Brazilian Blowout smoothing treatment. Salon West also offers a plethora of other services, including cutting, coloring, highlighting, perming, permanent straightening, special occasion styling and facial waxing. Salon West, located at 2470 West 3<sup>rd</sup> Avenue in Big Oak Plaza in Santa Rosa, is both a haven of comfort and relaxation and a salon where stylists have a passion for styling hair and creating the perfect look for each client. Salon West attracts a clientele from all over Northern California. Women will make the drive from San Francisco, San Jose and the East Bay because of what the stylists at Salon West provide. TJ can be reached at (707) 843-4240 or <http://www.salonwestnow.com> or [www.salonwestnow.com](http://www.salonwestnow.com). Many thanks to TJ for her

VERY generous offering, and for the Brazilian Blowout she did for me (Jan Lowry-Cole) that made my hair look the best ever with the least effort on my recent vacation to Italy!

*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. PLEASE PASS THE 5150 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 707 542-7987)*

*Jan Lowry-Cole has a private practice in Santa Rosa. Her website address is [www.rememberingthebody.com](http://www.rememberingthebody.com)*

## RECAMFT TEAM

### BOARD OF DIRECTORS

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### NEWSLETTER

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**Mailing:** Romy Brock, Jackie Good,  
Michael Krikorian & Lanie Abrams

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**CEUs:** Lynn Bergman 570-7269  
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**Website:** F. Michael Montgomery 578-9385  
**Community Outreach:** Kate Maxwell 237-8900  
**Conferences:** Gail Van Buuren 494-4198

### STAFF

**Administrative Consultant:** Clare Moore 575-0596

## *What You Missed* by Michael Krikorian

Thank you, Jan Ogren, MFT and Francis Fuchs, Ph.D., for an informative and eye-opening presentation on understanding the wide range of sexual orientation and gender experiences that can be present in our clients. Both Jan and Francis shared some of their own history that both informs them and motivates them to work with clients within these populations. They titled their presentation "Working With The GLBTQQI and Poly Communities." They went on to provide definitions of this acronym. While we are probably all familiar with the meaning of gay, lesbian and bisexual, they identified the T as "transgender" (one's assigned gender does not match one's felt/experienced gender), the Q as "queer" (anyone who defines himself/herself as outside the heterosexual norm), the second Q as "questioning" (anyone not sure of and/or experimenting with their sexual identity), and the I as "intersex" (someone born with some form of both male and female sex organs). Poly refers to "polyamorous" (individuals who reject the idea that one person can meet all of their relationship needs so they are open to more than one relationship at a time in an open and mutually agreeable way such as a 3-way relationship, group marriage, etc.). This last category generated a lot of discussion with the audience seeking to understand how this differs from affairs, avoidance of confronting conflict in a relationship, etc.



**Jan Ogren (center) going over a handout with attendees**

Jan and Francis explained that human sexual orientation, attraction and even physical sexual characteristics occurs on a continuum and not as rigid or clear cut as many would like to believe. Individuals in these sexual minority populations often experience social isolation and lack of family support. They also may be denied the same legal and civil rights, medical access, and career opportunities as the heterosexual population. A recent survey of people in the queer

community who went to a therapist revealed that a majority of them did not feel a positive response to their issues from their therapist. Jan and Francis explained that a therapist's response to a client from the queer community can be colored by the therapist's lack of familiarity with their issues, the therapist's inner conflicts in personal values, past negative experiences with these populations, the therapist's own personal gender/sexuality issues, and the therapist's concerns with the client's judgements of them.



**Frances Fuchs enjoying feedback after the meeting.**

Jan and Francis indicated that these clients may not feel safe to reveal their concerns until they get the sense that the therapist is open, accepting and interested. They suggested that a therapist pay attention to cues that the clients give indicating that they belong to one of these populations and then respond or inquire in a non-invasive manner. On the other hand, don't assume that sexuality or gender identity issues are the presenting problem if the client states other concerns. It is OK to be honest with a client about not knowing something the client is referring to. We can ask them to educate us as long as we are also willing to put in time to educate ourselves and let them know we are doing so. They encouraged us to be a resource for information on books, support groups and community resources for them as well as be willing to advocate for them within the therapy and in the larger world.

Thank you, Jan and Francis, for an informative and heart-felt presentation on this important issue. Jan Ogren, MFT can be reached at 544-7756. Francis Fuchs, Ph.D. can be reached at 578-4322.

*Michael Krikorian, MFT has been a practicing therapist for over 30 years. He sees individuals and couples, adults and teens in his office in Santa Rosa. Specialties include work with individuals on recovery from addictions and providing a safe space for men of all orientations to explore their issues.*



**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:

- 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**

again elected to offer, along with coffee and tea all day, fruit and muffins in the morning and fruit and homemade cookies in the afternoon. Our workshops always get enthusiastic comments about how welcoming and nurturing those homemade cookies are. Judith Peletz and Margaret Newport, below, are two of the Board members who brought cookies and fruit. Thanks so much to you both for all your help.



**OCTOBER 2 WORKSHOP A SUCCESS!**  
**by Gail Van Buuren, Conference Chair**

The workshop was held at the Sebastopol Veterans Memorial Center and was well attended. Our morning speaker was Barbara Griswold, MFT and author of Navigating the Insurance Maze who offered vital information about working with insurance and somehow made it interesting and doable. Below is a picture of Barbara on the left during a break in the workshop with some attendees.

In the afternoon Larry Waldman, PhD, admonished us to actually run our practices like a business with one idea after another on how to generate more clients and more referral bases. I know this is a poor picture, but that is Larry in black in front of a challenged audience. Therapists, a majority of whom appear to be introverts, find it hard to imagine being such aggressive sales persons as Larry would have us be. His suggestions were taken to heart, nonetheless.



We either brown bagged our lunches or went out. You may recall that we offered box lunches for sale but only four people took us up on that offer. RECAMFT once

Thanks again to all who came to the workshop and especially to all who helped out with refreshments and registration and to our indomitable RECAMFT Board who pitch in for every occasion.



*Gail Van Buuren, MFT has a private practice in Sebastopol working with individuals, couples and families and can be reached at 494-4198. [www.gailvbtherapy.net](http://www.gailvbtherapy.net)*

# CAMFT's Important Changes to TherapistFinder.com

Dear RECAMFT Member,

CAMFT is embarking on an exciting effort to rebrand and re-launch TherapistFinder.com as CounselingCalifornia.com. CAMFT believes that the rebrand to CounselingCalifornia.com will reap long-term benefits for member visibility, including building consumer awareness of the tool, and making it easier for consumers to find licensed California therapists on the web.

In order to make this switch as easy as possible for existing users, enclosed is a list of frequently asked questions and a user checklist.

CounselingCalifornia.com will have a bit different look and feel than that of TherapistFinder.com, but will feature all existing profiles, functions and information about therapy in general. CAMFT will also send regular updates to members about the transition to CounselingCalifornia.com.

CounselingCalifornia.com will go live the week of January 3. If you are not currently using TherapistFinder.com you can create your CounselingCalifornia.com profile at [http://www.camft.org/AM/Template.cfm?Section=Join\\_CounselingCalifornia&Template=/CM/HTMLDisplay.cfm&ContentID=7864](http://www.camft.org/AM/Template.cfm?Section=Join_CounselingCalifornia&Template=/CM/HTMLDisplay.cfm&ContentID=7864).

Please e-mail CAMFT staff at [marketing@camft.org](mailto:marketing@camft.org) with any questions.

Thank you.

## **FREQUENTLY ASKED QUESTIONS**

### **Why has CAMFT decided to rebrand TherapistFinder.com as CounselingCalifornia.com?**

After careful consideration, CAMFT believes that the rebrand to CounselingCalifornia.com will reap long-term benefits for member visibility, including increasing the number of CAMFT members with profiles on the site, building consumer awareness of the tool, and making it easier for consumers to find licensed California therapists on the web.

### **What will happen to TherapistFinder.com?**

TherapistFinder.com will redirect to CounselingCalifornia.com. Should any of your practice materials direct patients to TherapistFinder.com they will automatically be redirected to CounselingCalifornia.com. TherapistFinder.com will be disabled on January 5, 2011.

### **How was CounselingCalifornia.com selected as the new name?**

CounselingCalifornia.com was selected after research revealed that potential patients are more likely to search for the term "counseling" than "therapist" or "therapy." In addition, adding California to the name highlights the site's ties to California to clarify that the service is tailored to helping patients find licensed therapists in California, which was not as clear with Therapistfinder.com.

### **When will CounselingCalifornia.com launch?**

CounselingCalifornia.com will go live the week of January 3. The existing service, TherapistFinder.com will redirect users to CounselingCalifornia.com.

### **Will I need to recreate my therapist profile?**

All current profiles will be moved to the new website. If you are not currently listed on TherapistFinder.com we encourage you create your CounselingCalifornia.com profile at [http://www.camft.org/AM/Template.cfm?Section=Join\\_CounselingCalifornia&Template=/CM/HTMLDisplay.cfm&ContentID=7864](http://www.camft.org/AM/Template.cfm?Section=Join_CounselingCalifornia&Template=/CM/HTMLDisplay.cfm&ContentID=7864).

We also recommend that you update your Internet favorites to include CounselingCalifornia.com and review any marketing materials you may use in your practice for references to TherapistFinder.com.

### **Is there a fee for creating a CounselingCalifornia.com profile?**

No, CounselingCalifornia.com is a free member benefit.

### **Who can I contact for additional information?**

The CAMFT marketing team is available to answer any additional questions. The team can be reached by e-mail at [marketing@camft.org](mailto:marketing@camft.org) or by calling (858) 29-CAMFT (292-2638).

## 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, January 21, 2011**

**1:30 - 3:00 pm**

**For more information call Coralia Serafim at 781-0133**

## *Intern Greetings from Karen Nemrow*

As I sit with my new best friend Gerry Grossman I wonder how many others are doing the same. Study groups? Study partners? Interested in working with others? Please think about using the Intern Bulletin Board to connect.

Are you an intern working in private practice and finding it a bit lonely? Does the idea of a consultation group appeal to you? My vision is to bring private practice interns together to learn, support and refer to each other when needed. Interested? Let me know.

Would you like to serve on the board as Intern Chair? It is a great way to meet colleagues and learn about our profession. Talk to me!

Take good care  
Karen

**RENEW YOUR  
MEMBERSHIP FOR 2011  
WITH THE ENCLOSED  
FORM!**

## *Ads and Announcements*

### *Office Space*

**Lovely office. Downtwn SR.** Share wtng room. \$425/mth +util Moss 525-8968

Seasoned MFT is **searching to share office space** in the Santa Rosa area. Ideal days of use would be Thursday all day, and Friday afternoon. Flexible and willing to negotiate, Karen Nordeen, LMFT at VM # (415) 419-3529, or [kenordeen@comcast.net](mailto:kenordeen@comcast.net).

### *Bulletin Board*

"WORKING IT OUT, A GROUP FOR LESBIAN COUPLES" will provide a 'synergistic boost' to your work with lesbian clients. Sponsored by Chrysalis, this psycho-education & skill building group addresses communication, empathy building, conflict mgmt. & attachment. 8 Tues, starts 1/18/11, \$65 pr cpl/pr wk. D. Kelly, MFT & F. Fuchs, PhD. Call Kelly at 569-0459 for interview. Closes 1/11/11.

### WELCOME NEW MEMBERS

**Tom Newell, MFT  
Judy Weston-Thompson, MFT**

### RECAMFT MONTHLY MEETINGS FOR 2011

**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

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RETURN SERVICE REQUESTED

**November Issue**

### NEWSLETTER COSTS & DEADLINES

#### Line ads and announcements:

Members - \$5 per line

Non-members - \$12 per line

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) - 15<sup>th</sup> of the month

Advertisements - 15<sup>th</sup> of the month

For more information call, fax, or email the office at:

707 575-0596 or [therapy@recamft.org](mailto: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 may be edited and are published at our discretion depending on space and relevance to our readers' professional interests.

### 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