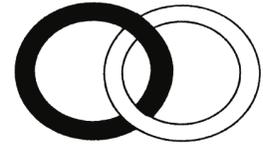


The
Redwood
Empire

Therapist

MARCH 2011



REDWOOD EMPIRE CHAPTER CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS

OUR MARCH MEETING

“Exploration of treatment paradigms; Self-Love, Body love practices; and Community Support are needed for treatment and relapse prevention in the field of Eating Disorders”

Michelle E. Minero, MFT

Michelle Minero MFT has been working in the field of eating disorders as a licensed therapist since 1994. She has shared her expanded conceptualizations of eating disorders as a category of anxiety disorders, as well as her proposed Helix model of assessment, diagnosis, and treatment in many settings. This consideration of larger spectra is now forming the basis for Unified Protocol in the upcoming DSM5 to be published in 2013.

Come to the March 11th RECAMFT meeting to hear Michelle’s latest thoughts on the importance of incorporating spirituality, creativity, self-love, and body-love practices into your treatment plan. You will learn how to contribute to a body-love community which will support your clients in readiness for treatment, as well as relapse prevention.

Her presentation will offer an expanded approach to thinking about these disorders. She will share how she utilizes evolutionary psychology, attachment theory, a somatic approach, neuroscience, mindfulness, C.A.L.M. protocol, AMST, (Affect Management Skills Training), and AEDP,

(Accelerated Experiential Dynamic Psychotherapy) with her clients to help them recover from eating disorders.

March 11th RECAMFT Meeting

10:30 - 11:00 social & sign in

11:00 – 1:00 meeting

Eating Disorders: Treatment and Relapse Prevention with Michelle E. Minero, 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.

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

Michelle created the “Quest” Intensive Out-Patient Eating Disorders Program in 2,000 for PsychStrategies Inc. She is the founder and past Executive Director of Eating Disorders Recovery Support, EDRS. She has a private practice in Petaluma, and is readying her manuscript for publication. Her upcoming book is titled, Self-Love; the only diet that works. Check out her new website at www.theseelflovediet.com. She can be reached at 707-762-4016.

President’s Message

Elaine Sohier Gayler, MFT



Being “seen” by others gives meaning, purpose, and joy to our lives.

When I first came to RECAMFT, I was immediately touched by how welcomed and included I felt there. It did not take long before Gail Van Buuren and Kate Maxwell began to ask me if I might be interested in becoming President of this Chapter. Over the course of several months, they asked me several times. Although I declined, because I was in the middle of a major house remodel, I was touched and honored that they recognized my leadership skills. I felt “seen.” How wonderful to be amongst a group of colleagues who recognize each other and who support one another in being their best.

This is also what we, as therapists, provide our clients. We help them to see and appreciate their skills and gifts, and in so doing, we help them to bring out the best of who they are in the world.

The gifts that we share as colleagues, our skills, intuition, compassion, our sense of connection and collaboration with each other build over time. As we come together, we learn from each other’s expertise, and we support each other, as we sometimes face difficult challenges, so that we don’t have to deal with them alone.

As a member of RECAMFT, how would you like to be more fully “seen” by this Chapter? Just as the buds on the trees are beginning to take shape, what in you wants to bloom? What passion burns within you that longs to emerge more fully? What professional knowledge and special talents have you acquired that have served your clients that now want to flourish in the light of your peers? I invite you to offer your gifts, talents, and experiences to RECAMFT through submissions to the Newsletter. We welcome articles, poetry, artwork, and more. Feel free to contact Gail Van Buuren or me (Elaine Sohier Gayler) with any questions.

Elaine Sohier Gayler MFT is in private practice in Sebastopol. Her specialties include: trauma resolution and anxiety-reduction through mind-body, somatic experiencing techniques, couples therapy, and transpersonal hypnotherapy. She also supports interns in preparing for, and passing their licensing exams. She can be reached at: (707) 486-2947.

RECAMFT TEAM

BOARD OF DIRECTORS

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Editor/Formatting: Gail Van Buuren 494-4198

Mailing: Romy Brock, Jackie Good,

Michael Krikorian

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Trauma Response Team: Margaret Newport

Ethics: Coralia Serafim 781-0133

Hospitality: Patricia Ross

Website: F. Michael Montgomery 578-9385

Community Outreach: Kate Maxwell 237-8900

Conferences: Gail Van Buuren 494-4198

Cynthia Halliday 578-1064

STAFF

March 5150

The March 5150 prize is a 60 minute biodynamic craniosacral therapy session with Linda Marshall, a physical therapist who has been specializing in craniosacral therapy, myofascial release and energy balancing for over 20 years. She includes the benefits of the powerful electromagnetic field of the heart by resting in heart coherence throughout the session. This field of harmony and allowing (vs. one of effort and doing) allows for a deeper relaxation of the nervous system. In time, the client's inherent pattern of health, wholeness and wellbeing emerges to gently infuse and dissolve areas of holding and obsolete patterns. Her ideal client is one who needs no further exploration of her story, prefers gentle and subtle touch and is ready to surrender to the wisdom of that greater part of herself. Clients report experiencing more peace, a greater sense of safety and inner security, emotional balance, an opening to receiving love and an increased sense of joy and freedom. Please refer to the following websites for more information: lindamarshall.info, HeartMath.org and dynamicstillness.com. Linda can be reached by phone at 707-837-1982 or email:

linda@lindamarshall.info. Many thanks to Linda 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. 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

ETHICS ROUNDTABLE

The Ethics Roundtable meets once each in the Fall, Winter, and Spring. Our meetings are warm, informal and welcoming, encouraging discussion of sometimes sticky issues. Topics may come from our clinical practices, or be generated by other ethical concerns brought in by one of us.

The meetings are informative, stimulating and enjoyable. RECAMFT members are invited to attend. No ongoing commitment is required.

Next Meeting – Friday, March 4, 2011

1:30 - 3:00 pm

For more information call Coralia Serafim at 781-0133

Gottman Professional Training

Presented by Certified Gottman Therapists
Lisa Lund, CRC, MFT #33393 & Marcia Gomez, LCSW #18514

Research-based
Training
Created by
Drs. John and
Julie Gottman



**LEVEL I:
Bridging
the
Couple
Chasm**

Gottman Couples Therapy—A New Research-Based Approach!

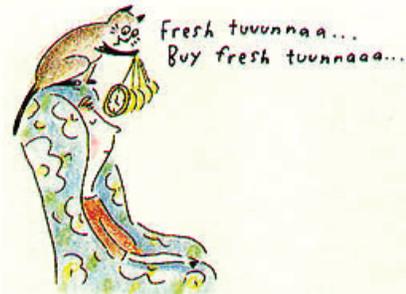
May 20 - 21, 2011

The Angela Center, Santa Rosa | 8-5pm & 9-4pm

This 2-day workshop will prepare you to begin using the Gottman Method in your practice immediately.

12 CE Hours for MFT's and LCSW's

REGISTER AT: www.GottmanProfessionalTraining.com



Basics of Hypnosis

10 hours, every other Tuesday

Starting March 1st

\$200

Tony Madrid, PhD, is teaching a course on the use of hypnosis in psychotherapy. For more information see:

www.rivershrink.com/ceu2011hyp.html.



EDITOR'S NOTE:
Last month I mistakenly identified this man as Dr. Ari Harrison. Mea Culpa! This is actually our new **President Elect, Hal Forman** standing with Jan Ogren on January 14th!

Eating Disorders Presentation

Exploration of treatment paradigms; Self-Love, Body love practices; and Community Support are needed for treatment and relapse prevention in the field of Eating Disorders.

By Michelle E. Minero, MFT

I have been working in the eating disorder field as a licensed therapist since 1994. This is a complex, difficult, and exhilarating field to work in. I have often heard the statement, "I don't work with people with eating disorders; it's too much work, and I just don't know what to do."

I agree; working in this field is a lot of work. It requires a treatment team to offer a responsible container for the work to be done safely in the outpatient level. An outpatient treatment team can consist of a therapist, a registered dietitian, a medical doctor, a psychiatrist, a family therapist, and perhaps a group facilitator. These professionals should have experience and training in the field of eating disorders. Coordinating services does take extra time, it is also a wonderful way to work collaboratively, and get to know the other professionals in your area. This field works well for those who work well with others. It reminds me of the statement, "It takes a village".

To address the second part of the statement, "I don't know what to do," I founded Eating Disorders Recovery Support (EDRS, www.edrs.net) Part of our mission statement is to offer education and trainings for professionals in the treatment of eating disorders. How is it possible that we have 10 million women and 1 million men suffering from anorexia and we have an education system that does not provide training for therapists or doctors to treat eating disorders? This state of affairs is not acceptable. Anorexia alone

represents a higher mortality rate, all by itself, compared to all the other mental disorders put together! When you add the number of people to this list who suffer from bulimia, binge eating, Eating Disorder NOS, as well as compulsive overeaters, you can feel the enormity of this discrepancy.

CBT, interpersonal therapy, and DBT are well documented treatment approaches in this field. In addition to this, my presentation will offer an expanded approach to thinking about these disorders, as well as the importance of incorporating spirituality, creativity, self-love, and body-love practices into your treatment plan. The importance of creating a body-love community for relapse prevention will be addressed.

I will share how I utilize evolutionary psychology, attachment theory, a somatic approach, neuroscience, mindfulness, AMST, (Affect Management Skills Training,) and AEDP (Accelerated Experiential Dynamic Psychotherapy) with my clients to help them recover from eating disorders. To address the concept of readiness at the beginning of your work and relapse prevention toward the end of your work, I offer you on-line adjunctive support through my re-launched website www.theseelflovediet.com.

High School and college-aged clients connect with others online through Facebook, and other social media avenues. By utilizing their established behaviors we can guide them toward an online presence where they will encounter others who are working toward body-love. Being an advocate for body-love for our clients requires our own personal work. During this presentation you will have the opportunity to experience the sensations of love within your body.

Body-hatred and self-loathing continue to put clients at risk for relapse. By introducing the concept of spirituality, self-love and body-love from the beginning of your treatment plan, you set the stage for the work that continues after eating disordered behaviors have been abated. By teaching your clients self/body-love practices and offering expanded community support, you can guide their daily choices towards health as they navigate the path of recovery.

Michelle E. Minero MFT is a therapist in Petaluma who specializes in working with people who are seeking recovery from eating disorders. She is working on her book proposal for her manuscript titled Self-Love; the only diet that works. You can go to her website at www.theseelflovediet.com or call her at 707-762-4016 for more information.



Attendees introduce themselves to each other on February 11th.

What You Missed *By Doug Silberstein*

With the current emphasis in the field of psychotherapy on the how attachment impacts development – particularly regarding affect regulation, intimacy tolerance, emotional resilience and individuation – most therapists have been exposed to contemporary, neuroscientifically-based approaches for addressing and healing attachment wounds. At the February RECAMFT meeting, Dr. Liza Jill Ravitz’ powerful presentation, *Growing a Garden of the Self: Using Sandtray to Move from Insecure to Secure Attachment*, was a wonderful reminder that there is a dependable wisdom tradition within depth psychology that profoundly addresses the role of attachment in adaptive development and the emergence of the self.



Liza Ravitz showing her sandtray slides and answering questions

Dr. Ravitz is a Clinical Psychologist and Jungian Analyst with private practice locations in San Francisco and Petaluma. She presented a compelling summary of a case she worked on in which the client was a young girl with a history of attachment wounding and trauma. Through slides of the young girl’s sandtrays, Dr. Ravitz showed the progression of a child who entered therapy as non-emergent with an ambivalent-anxious attachment orientation, into a young girl who was able to open her heart within the secure therapist-client

attachment and emerge out of her shell with greater maturity.

Dr. Ravitz framed the presentation theoretically by emphasizing that “the self is the organizing principle and center of the psyche.” In this case, based upon Dr. Ravitz’ assessment of the child’s initial sandtrays - as well as her understanding of the pertinent family history and current family discord, she formulated that the child’s true self had become encapsulated - “frozen” inside a wall of defenses. Therefore, the child’s adaptive and emergent psychic energy was unreachable. The child was stuck in her false self, which was lacking vitality and propelled by anxiety, manifesting at times in an infantile and clingy persona.

Based upon early trauma and abandonment wounding, it was understandable that the girl’s psyche had to erect strong defenses to protect it from more wounding. Dr. Ravitz worked with this child from just before her 10th birthday to her 11th, and the presentation showed a gently paced and non-invasive process in which the defenses were respected while defensive softening and adaptation was therapeutically supported.

Dr. Ravitz clearly detailed the analytic interpretation of the items the girl used in the sand trays, explaining the symbolism and elucidating themes and patterns that emerged and transformed. Looking at the initial slides, one could see the representation of a girl who felt isolated, insecure and agitated. In describing the history of her relationships with her mother and father, one could glean from the sandtrays an over-identification with and perhaps a preoccupied pursuit of the mother, along with an absence of animus - the masculine, emergent archetype. Through looking at slides of 15 trays (both dry and wet sandtrays) over the 14-month course of treatment, one could see the symbolic evolution from non-integrative, non-adaptive and non-emergent states to states of greater alignment, balance and vitality. Through the therapeutic process, one that Dr. Ravitz referred to as an “unfolding alchemical individuation process”, the girl’s psychic energy was freed up to support the developing true self; greater affect regulation, intimacy tolerance, emotional resilience and individuation grew out of the fertile garden of a nurturing and dependable connection.

Doug Silberstein, MFT is in private practice in Santa Rosa and San Rafael and focuses on working with couples and parents, as well as with individuals struggling with anger and anxiety. He primarily employs existential-experiential, intersubjective and attachment-based approaches in working with his clients and can be reached at 707-583-2353.

CHAPTER AWARDS GIVEN TO CYNTHIA HALLIDAY AND MICHAEL MONTGOMERY ON FEBRUARY 11TH.



As Past President, Cynthia Halliday, (center) receiver of CAMFT's Outstanding Chapter Leadership Award, looks on, President Lainey Sohler Gayler presents the certificate of Appreciation for Outstanding Service to RECAMFT to Michael Montgomery for his extensive work with the chapter's Website at the February meeting.



*Crowd Panic Behavior
from Margaret Newport*

Films and books often portray crowds of panicked people running, screaming hysterically, totally beyond control. With rare exception panic such as this is a myth. Research shows that crowd behavior is quite different. The exception would be a tsunami or burning building in which case one is wise to run for their life. For years this mythology has also been perpetuated in the academic world. Text- books often cited The Coconut Nut Grove Fire of many years ago as an example of mass crowd panic resulting in numerous fatalities. A study completed by Social Psychologists, J.M. Chertkoff and Russell H. Kushigan concluded that obstructed exits and poor building design restricted evacuation and caused the fatalities. Research by another Sociologist, Charles Fitz who was in the bombings of London and noted crowd behavior first

hand, also followed with a comprehensive inventory of 144 peacetime disasters. This led to his conclusion that, contrary to common expectation that people push others and are rude and selfish, disaster creates an instant bond. People treat each other with consideration. Like, "old friends." When one falls, a stranger picks them up. Normal courtesy is observed. (In the Twin Tower disaster of 2001 a man in a wheel chair was helped all the way down the stairs by others. He weighed three hundred pounds!) People who are complete strangers offer help and support to each other.

In their recent work, John Drury and Stephen Reichner, Social Psychologists have conducted extensive research regarding crowd behavior. What they found was that "people in a crowd develop a shared social identity based on their common experiences during an emergency." "This shared identity promotes solidarity, which results in coordinated and beneficial actions or *collective resilience*."

Ref: Amanda Ripley, *The Unthinkable* 2008; Beverly Raphael, *When Disaster Strikes* 1986. The Scientific American Mind, Nov./Dec. 2010

Margaret Newport is RECAMFT's Trauma Ccommittee Chair and can be reached at 707 322-4548

men
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*Changing men's lives
for 30 years!*

"My therapist recommended that I attend M.E.N. Their behavioral, skills-building program gave me the tools I was lacking, and helped me change the way I dealt with my feelings. It was very powerful to be sitting with a group of men who had similar issues with their anger, and working on ourselves together. Meeting men who had 'been there', and were demonstrating that they could be vulnerable and strong at the same time blew my mind. I stopped feeling emotionally isolated for the first time in my life."

- M.E.N. past client and current peer-facilitator

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sonomacountymen.org

Historic Cherry Street Professional Building. Beautiful, private, spacious offices and suites within a



distinctive turn-of-the-century Victorian in central Santa Rosa.

Located on a quiet park-like setting at the corner of Cherry & Humboldt, in the heart of the Cherry Street Historic District, this accessible and modernized classic office building is just blocks from Mendocino Avenue, College Avenue, downtown Santa Rosa, and Highway 101. Perfect for therapists and other professionals. New carpet and paint. Handicapped accessible. Quality Amenities. Rents start at \$500 and vary by size and location in the building.

Information: (707) 544-2864.

VERITY

Rape Crisis and Trauma Center

835 Piner Rd. Suite D Santa Rosa, CA.

Up-date on a Sonoma County institution

By Lanie Abrams, MFT, ATR, Clinical Supervisor

Introducing our new name gives the Verity Staff an opportunity to reconnect with many of you who have known this organization over the years. After two years of innovative planning, including best practices and positive impact for clients and those who use our services, **United Against Sexual Assault** rebirthed itself as **Verity** (Latin for truth). For over 37 years, this agency has provided services for the many survivors of sexual assault and abuse. It has been and continues to be a cornerstone in the community. Verity's services include a 24/7 Crisis Line, Advocacy, Hospital and Court Accompaniment Services for victims and their families, Prevention/Education programs for children teens and youth, and Counseling Services including a Counseling Internship Program.

2011 is an exciting year as Verity has made it possible for the Counseling Department to open its doors to clients dealing with the whole spectrum of Trauma! Our MFT Interns are specially trained in models of Trauma and Recovery, and offer Individual and Group Therapy, including a Drop-In Support Group, Skill Building Group, a Spanish speaking support group offered off site, and specialized groups for youth aged 13-18. We work with women, men, families, youth and children ages six and beyond. We hope we can become a familiar resource for your practices.

Counseling Services:

- provided by Supervised MFT Interns
- Sixteen sessions are offered – with potential for extensions
- fees are on a sliding scale with scholarships available

Call 707 545-7270 ext. 14 for clients interested in our low fee services.

24/7 Crisis Line: 707 545-7273 Available in English and Spanish. www.ourverity.org

RECAMFT Programs Committee

is soliciting presenters

for our fall meeting programs.

To receive a proposal form

Email Judith Peletz at

jpeletz@aol.com

If you have a suggestion or idea for a speaker or presentation you would like to see, contact her or another committee member.

Treating Substance Use Disorder in Aging Adults

Treatment Provider Trainings
Focus on Alcohol Use/Misuse

Friday, March 4th, 2011

10:30am – noon

Council on Aging (Conference Room)
30 Kawana Springs Road, Santa Rosa

Target Audience

Addiction counselors, Licensed Clinical Social Workers, Marriage and Family Therapists, and other mental health professionals

Course Description

Second session in an ongoing monthly series (you can attend at any time), this **free training** is designed to introduce interested addiction counselors and mental health professionals to the concept of providing age-appropriate treatment to older adult clients dealing with substance use disorders. It is also an opportunity to learn about the evidence-based TIP 26 (Treatment Improvement Protocol Series) treatment protocols developed by the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S Department of Health and Human Services.

This training is sponsored by the Successful Aging Sonoma County Initiative (SASCI) Coalition. **Included are 1.5 CEUs at no charge.**

Learning Objectives

Participants in this training will be able to:

- Learn key concepts about **alcohol use disorders** in the aging adult population.
- Learn about SAMHSA TIP 26 (Treatment Improvement Protocol Series) treatment protocols for **alcohol use/misuse** among aging adults.
- Learn and discuss case management through case presentations.

Registration

To register, contact Gabrielle Trubach at 707-565-5366 or gtrubach@sonoma-county.org **Deadline is March 2nd.**

Accreditation

This program is provider approved by the California Board of Behavioral Sciences, Provider #4047, for 1.5 Contact Hours, awarded by Drug Abuse Alternatives Center. All attendees must sign the attendance sheet and complete the evaluation form before a course certificate will be issued.

Even though the deadline may have passed by the time you get this, we want you to know that these presentations are ongoing on a monthly basis. Please contact us for more information on future events.

BBS Announces Serious Delays in Services

February 10, 2011

CAMFT has recently learned of additional delays coming from the Board of Behavioral Sciences ("BBS") in the examination application unit. Forwarded directly from the BBS website is the following message:

"Due to current hiring constraints, the Board is unable to fill vacancies, including those occurring in the Marriage and Family Therapist application for examination unit. The BBS understands an applicant's strong desire to begin the examination process immediately following the completion of all examination requirements. We are making every effort to process applications quickly with our existing resources.

Prior to mailing any application to the Board, we strongly encourage all applicants to review their application and verify the application is complete and includes all required forms and appropriate fees. A completed application provides the applicant the best opportunity to avoid delays in approving the applicant for the licensure examination. Please allow a minimum of 12-16 weeks for processing ." CAMFT's understanding is that this vacancy has caused extra work in the other departments of the BBS, therefore expect additional delays in registration and licensure renewals as well."

We will keep you posted on any developments on this situation. In the meantime, please submit your materials to the BBS as soon as possible **after thorough review** .

For additional information contact the Board of Behavioral Sciences

(<http://www.bbs.ca.gov/contact.shtml>) .

RECAMFT is reprinting this from a CAMFT email blast to be sure all our members are aware of the information.

Ads and Announcements

Office Space

Large, bright office to sublet in Sebastopol. Avail Mon. & Fri. \$115/day/mo. Hal 829-6880

Bulletin Board

Yoga Classes for Therapists, Thurs & Fris 3-4pm at Solstice Studio: Fulton Rd. & West 3rd St in West S.R.\$10. drop-in; \$85./10 classes; With Hannah Caratti, MFT Intern 494-7470 counselingyogameditation.com

Meditation Groups, 6-7pm Mondays, 12-1pm Wednesdays All are Welcome. Donation Requested. 707-494-7470 Hannah Caratti, MFT Intern Supervised by Winnie Piccolo, MFT, 825 College Avenue, Santa Rosa, CA 95404

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NEWSLETTER COSTS & DEADLINES

Line ads and announcements:
 Members - \$5 per line
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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

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

Cynthia Halliday	2010
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

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

March Issue

Hospitality Chair, Patricia Ross, MFT provides delicious treats and snacks for our monthly meetings.

We also have time to socialize with each other between 10:30 and 11:00 and introduce ourselves before our speaker begins the monthly presentation.

If you haven't been to a meeting for a while, you may find yourself pleasantly surprised by the congeniality of some time spent with colleagues and by the quality of our presentations.

