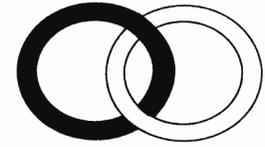


The  
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# Therapist



REDWOOD EMPIRE CHAPTER CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS

**OUR SEPTEMBER MEETING**

## Bringing the Body into the Therapeutic Mix Presented by Barbara Molle, Ph.D.

As psychotherapists, many of us are learning about the value of helping clients integrate the body, mind and emotions. On September 9, Barbara Molle will speak to us about the importance of Bringing the Body into the Therapeutic Mix. She will discuss and demonstrate the appropriate, safe, respectful and deepening methods and strategies she uses to bring clients to enhanced awareness of their sense of self and/or self and partner. She will demonstrate how to help clients drop into their energetic process instead of being stuck in content and how to convert that content and process to well-being, love for self and others, and positive action and functioning. In addition, Dr. Molle will demonstrate how accessing the body's deeper resources of feeling, sensitivity, loving, and well-being will enable the client to learn how to use that inner place to come from self-referencing and to know how to regain that sense of well-being if it gets lost temporarily.

**September 9<sup>th</sup> RECAMFT Meeting**  
 10:30 - 11:00 social & sign in  
 11:00 – 1:00 meeting

**Bringing the Body into the Therapeutic Mix**  
 Barbara Molle, Ph.D.

**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.*

**September 30, 2011**  
**Love and War in Intimate Relationships**  
**A Psychobiological Approach to Couples Therapy**  
**A Full-Day Workshop with Stan Tatkin, Psy. D.**

**SEE PAGE 7 FOR OUR ENTIRE 2011-2012 MEETING AGENDA**

Dr. Molle is a Licensed Marriage and Family Therapist and holds a MA and Ph.D. in Counseling Psychology. From 1978-1986 she worked at the Institute of Integrative Body Psychology, and has done hypnosis as well as AEDP work with David Mars.

Please join us for what promises to be an interesting and practical presentation. Dr. Barbara Molle can be reached at (707) 478-2892.

## President's Message

Elaine Sohier Gayler, MFT



Welcome back, everyone, and I hope that you have had a good couple of months.

This year has gone by so quickly. It is amazing to think that in just four months, my tenure as President will be complete. What an honor and a privilege it has been to serve this Chapter in this way! Every month, I look forward to our general meetings and Board meetings where I get to interact with outstanding colleagues and friends.

I have found that the greater my involvement in RECAMFT, the more enriched my life has become.

We still have several positions open: We need to find a Conference Co-Chair to work with Cynthia Halliday. We are also looking for a new Treasurer to replace Kim Gagnon (who will be leaving her position at the end of December.) Do any of you know clinical members who have a great attention to detail and who might be willing and able to take on the role of Treasurer?

*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, email: laine@pantherenoire.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, October 28, 2011**

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

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

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# Why Should I Come to the Tatkin Workshop?

## By Kris Hall

If you're wondering whether to come to "Love and War in Intimate Relationships," the September 30 workshop presented by RECAMFT, watch Stan Tatkin's "Welcome Home Exercise for Couples" on YouTube. It's Tatkin at his best, providing the neurobiological rationale for simple (yet frequently challenging) movements for partners.

Tatkin's novel approach to working with couples is grounded firmly in recent psycho/neurobiological findings. His PACT model emphasizes movement: "The importance of approach and avoidance, separation and reunion in all primary attachment relationships cannot be overstated, and movement is a powerful way to access a kind of evidence – in the form of somatoaffective information – that precedes or bypasses cognition."

Tatkin likens the developing child's attachment with primary attachment figures to the learning of action sequences such as riding a bike or driving a car, repeated action sequences which are stored as procedural memory. And because he views attachment as procedural memory he believes that "... fast-acting implicit mechanisms, rather than cognition, are the driving force behind actions and reactions when people are under threat – and they run the show in primary attachment relationships . . . The trust, safety, and security that we do or do not experience during our most critical periods of early development alter the parts of the brain that interpret our need to take action . . . actions then express our histories in real time with real people, through our patterns of arousal regulation."

His book is full of thought provoking statements, ones which need to be mined for their deeper implication. An example: "In a psychobiological approach, each partner in an intimate relationship *inherits and occupies the office of primary attachment figure.*" [Emphasis added.] Like Sue Johnson, Tatkin views the couple as co-regulators of the arousal system: "It's reasonable to expect that each partner should be equipped with the knowledge of what works and what doesn't work with the other – that each, in other words, should have an owner's manual of the other."

Owner's manual! How can we help our clients learn/create their owner's manual? Come to the workshop to find out more.

Kris Hall, MFT practices at Angela Center and can be reached at 544-4726



## LOVE AND WAR IN INTIMATE RELATIONSHIPS: A Psychobiological Approach to Couples Therapy®

Presented by Stan Tatkin, Psy.D.

**SEPTEMBER 30, 2011**  
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- Family conflict
- Loss and grief
- Divorce

**BOB CASANOVA Educational Consultant**  
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**707.526.5800**

## September 5150

This month's 5150 Raffle is from Mary Disharoon, LMFT. Mary is offering a free 80-minute facilitation of Voice Dialogue, a method of change that she has been using in her private practice for over 15 years. This will be a stand alone facilitation of whatever topic you choose. Mary's office is in Petaluma. She can be reached at 707-525-4789 or email via [www.MaryDisharoon.com](http://www.MaryDisharoon.com).

*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)

## Trauma Response Team News By Margaret Newport

The Santa Cruz chapter of RECAMFT is offering **In the Eye of the Storm: Essentials for Disaster Mental Health** featuring Diane Myers RN, MSN, CTS. Diane is an incredible trainer of essential knowledge and skills for intervening effectively with the aftermath of disaster. If you have been thinking you might want to get some of this training under your belt, you could hardly find a trainer with more experience and competence in the field and this may very well be the last one she does before she retires.

The two day training for MFTs, Counselors, social workers, psychologists, clergy, police, firefighters, MFTs, nurses, etc. will take place on Friday, October 21 and Saturday October 22, 2011 at the Best Western Plus Seacliff Inn in Aptos, CA 95993. Early registration (before Sept. 17) will be \$205 for CAMFT members and MBPA members, \$145 for Interns, and \$240 for all others.

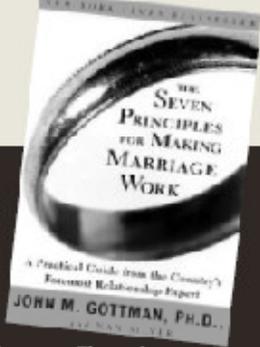
For more information contact Whitney at [Trainings@santacruztherapist.com](mailto:Trainings@santacruztherapist.com)

Margaret Newport, LMFT  
RECAMFT Trauma Chairperson. 887-1887.

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## Ads and Announcements

### Office Space

**For sublet: Large office in Rohnert Park**, shared suite. Ground level. Common and private waiting areas, separate entrance/exit, call light, staff kitchen/bathroom. Furnished or unfurnished. Full or part-time. May be shared by 2 therapists. \$700/mo- full time or \$165 for 1 day/week. Utilities except phone included. Contact Connie Beall, MFT 584-1114

**Office Sublet: Santa Rosa.** Thursdays. \$125.00/mo. Wireless access. Kit. Wait room. Lisa 707-547-0401

### Bulletin Board

**NEW MOM'S GROUP-** Mon.12-2, Petaluma, \$25/sx  
Support group to explore the transition of motherhood, including postpartum issues: support in reconnecting to self and other moms. Led by Lily Rossman, MFT Intern 331-6565, Supervised by BJ Brown, MFT

# **A NEW VISION FOR DIVORCE TRANSITIONS**

**By Robert A. Revel**

Anyone who has experienced significant marital crisis can understand that even if it has come to a decision to end the marriage, the last thing anyone wants or needs is an enhancement of adversarial posturing that will serve only to exacerbate an already emotionally fragile and frightening situation. And yet our legal system is designed to perform within these exact structures of Parties confronting one another before a Court, traditionally with hired counsel, to prevail, one over the other. Given this understanding, two immediate questions arise: First, do clients always need to hire counsel to conduct a divorce? And second, must the Parties posture as adversaries to process a divorce? The answer to both questions is of course, “no.”

This revelation prompted me to create an alternative model for the divorce that is governed by a vision for ending a marriage with cooperation, dignity, respect, and understanding that would serve as a process to end the polarizing format that has been the typical structure for routine marital dissolution. The result of that vision is the GO Divorce Clinic in Sonoma County.

The crucible that forms GO Divorce Clinic’s success is that we assist both Parties to co-create their own settlement agreement, and we move that agreement forward through the Court system in an uncontested posture, mitigating a conventional need for attorney representation. This model is not a mediation format because entrenched positions rarely arise within this process. At no time during the process do the Parties need to go to hearing or present before the Court any issues regarding the marital estate that are unresolved. This approach stabilizes the potential for emotional volatility because the focus is always on accord, and not the “prevailing party” mentality that produces a loser or a victim as part of the collateral damage inherent in legal victory. Safety mitigates emotional volatility; it is a simple equation.

The attention given to children of divorce presents another aspect of the process of traditional marriage dissolution that is in need of more skillful oversight and care. Unfortunately the family courts are typically overwhelmed with a volume of caseloads well in excess of what they can reasonably manage, and the judges

themselves are simply often not familiar with the current research in child development that would be the cornerstone for any sound child advocacy review in the cases put before them involving minor children. In most instances of traditionally disputed divorce cases, the emotional issues of the children will get lost, ultimately buried under the scope and velocity of the flailing pain bodies exhibited by the separating parents.

I have a strong focus and training in child advocacy, child development, and the interviewing of children (ages 8-18 for interviewing). At GO Divorce Clinic I provide for the space and review of healthy child advocacy considerations by first taking note of the parents ability to cooperate in the co-parenting and custody agreement phase of the process. If the parents display a mutual desire to put the children first in spite of the personal pain they are experiencing, and represent that value with concrete demonstrations of solidarity and accord around child custody and support issues, I make the assumption that the parents ability to remain present and aware of their children’s needs has not been significantly compromised, and proceed with the drafting of the settlement agreement.

If however the parents exhibit erratic, volatile, and significantly uncooperative behavior around family planning, custody and support that provides for the well being of the children I am given pause. In such cases clients can demonstrate a lack of boundary setting around unhealthy behavior that puts the children at risk to unnecessary exposure to complex adult emotions that may be seeking the child’s support or emotional solidarity. Here I will intervene by requesting of those parents that I have permission to interview any minor children 8 years of age or over. If the parents do not consent to the request for interview, I will interrupt the dissolution process that is being facilitated through my office to refer them to a qualified mental health professional. I will agree to resume the process when a licensed mental health professional can provide reasonable assurance to me that in their opinion the welfare of the children is not at risk.

It is rare that my cases are this extreme, and in such instances the clients most often agree to me interviewing the children, and upon completion of those interviews I can fold into the family planning all considerations of the pertinent needs of the children that I have discovered in my interviewing of them – and often include provisions in the settlement agreement

that directly and specifically protect the children by providing specific measures that will hopefully assist in insulating them from further toxic and damaging behavior.

Most all my clients experience a relatively smooth process of marriage dissolution through my office, and child interview measures are rarely required, but I feel it is essential to have those structures in place if needed. I rely on a referral base of competent and skillful para-professionals (financial, legal, and mental health) to augment my ability to field my client's needs. I encourage any M.F.T's in Sonoma County who may resonate with the approach of the GO Divorce Clinic to contact me and set up an occasion to meet and get to know one another's work.

*Robert Revel L.D.A. is a credentialed mediator, credentialed paralegal, certified conflict resolution specialist, and founder of the GO Divorce Clinic in Healdsburg. He is also a keynote speaker and author of the book "Razing Men" - Redemption of the Masculine Core. For information please visit [www.godivorceclinic.com](http://www.godivorceclinic.com)*

## WHAT YOU MISSED

*by Michael Krikorian*

We had a very lively and informative presentation from Litsa Tanner, MFT, at our June general meeting. Litsa talked on treatment of OCD with Exposure and Response Prevention Therapy (ERP). She explained that ERP is the most effective and efficient way to help someone with OCD. Litsa clarified what are obsessions and what are compulsions so that we can distinguish true OCD from trauma reenactment, addictions, Generalized Anxiety Disorder or Trichotillomania and Chronic Skin Picking.



Litsa Tanner conferring with RECAMFT's Michael Krikorian

Litsa explained that the mechanism that creates and sustains OCD is that as a person becomes aware of an unwanted thought or image, they misinterpret that having that thought is significant/bad/dangerous (e.g. I had a thought of slapping my boss and that must mean I am bad or that I am likely to actually do such a thing). Then the person feels anxiety about it. They then make some mental or physical maneuver to stop/counteract that thought (e.g. leave the room, straighten up the magazines). This reduces the anxiety momentarily and reinforces the pattern of unwanted thought requires a particular action to prevent a bad outcome. This is the start of the obsession and compulsion.

Litsa explained that the thoughts/images/impulses we are likely to develop OCD around typically are those that threaten something important to us (e.g. a priest fears an "immoral" impulse or thought, a "nice" person fears getting violent, etc).

Litsa described how exposure therapy works by helping the client, by actual experience, realize that they can tolerate having that unwanted thought, and that by having that unwanted thought, the feared outcome does not necessarily happen. This can get

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

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them back to the realization that having a particular thought is not actually dangerous and a ritual/compulsion is not needed. Litsa then went over examples of how she would create opportunities to expose the willing client in a session to gradually more intense versions of the feared thought or impulse.



Litsa diagramming and discussing her work.

Litsa also went over the ethics of doing exposure therapy. She then pointed out that, as a therapist, if you are trying to make an OCD client feel better in a session, you are probably engaging in your own compulsion.

Thank you, Litsa, for a fascinating look into this exciting, action-oriented type of therapy. Litsa can be reached at Santa Rosa Center for Cognitive and Behavioral Therapy. Their phone number is (707) 545-4600.

*Michael Krikorian, MFT, sees adults and teens, individuals and couples from his Santa Rosa office. He can be reached at (707) 579-0838.*



Membership Chair, Cat Capitani; Programs Chair, Judith Peletz; and former President, Susan Hartz at the June meeting.

## **RECAMFT 2011-2012 Meetings**

**September 9, 2011**

***Bringing the Body into the Therapeutic Mix***

**Barbara Molle, PhD**

**October 14, 2011**

***Applying Focusing to Couples Therapy***

**John Amodeo, PhD**

**November 11, 2011**

***Transference and Counter Transference***

**Charles Harris, PhD**

**December 9, 2011**

***Engaging Teens and Young Adults***

**Scott Nelson, PhD**

**January 13, 2012**

***An Important Part of Caring for your Clients: Professional Wills***

**MaryClare Lawrence, JD**

**February 10, 2012**

***Shame and Trauma***

**Bret Lyon, PhD**

**March 9, 2012**

***Emotionally Focused Therapy with Couples***

**Richard Doleman, MFT**

**April 13, 2012**

***Somatic Psychotherapy for Verbal Therapists***

**Robert Leverant, MFT**

**May 11, 2012**

***Working with Adults with Attention Deficit/Hyperactivity Disorder***

**Molly Bloom, MFT**

**June 8, 2012**

***Dissociative Identity Disorder***

**Myron Walters, MFT**

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Mailing labels - Members - \$65

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Eighth page - 2" x 3.5" = \$35

10% discount for 5 month ad commitment

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#### 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)

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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 may be edited and are published at our discretion depending on space and relevance to our readers' professional interests.

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Ange Stephens	2002
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Julie Green	1999
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