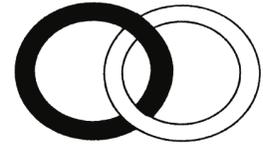


The
Redwood
Empire

Therapist

NOVEMBER 2011



REDWOOD EMPIRE CHAPTER CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS

OUR NOVEMBER MEETING

Transference and Counter Transference

Presented by Charles Harris, Ph.D.

On Friday, November 4 (**PLEASE NOTE THIS CHANGE OF DATE**) we are honored to have Charles Harris, Ph.D. make another presentation to us at RECAMFT. When he spoke to us two years ago on Interpersonal Effects of Personality Disorders, we received extremely positive feedback and many requests for him to return. We also have had numerous requests over the years for the topics of transference and counter transference. For these reasons we are very pleased to fulfill both requests with this month's presentation

The concepts of transference and counter transference have been central in the process and practice of psycho-therapy. Over the past one hundred years the deeper illumination of these processes with newer concepts like projective identification, transference acting out, enactments, etc. has sharpened the uses of the therapeutic alliance to promote the developmental growth process. This presentation will endeavor to focus this therapeutic skill further by facilitating the participant's recognition and understanding of the processes of transference and counter transference. Also, attention will be paid to how this can be utilized in treatment planning and understanding the stages of therapeutic unfolding.

Dr. Charles N. Harris obtained his Ph.D. in Clinical Psychology from the University of Georgia in 1970. He has practiced psychotherapy in the Bay Area for the past thirty-nine years. His eclectic practice has mainly involved individual and couple therapy with a focus on Object Relations and Character Analytic Theory. Dr. Harris has taught at numerous schools around the Bay Area including CSPP Berkeley, Lone Mountain College, The University

November 4th RECAMFT Meeting

10:30 - 11:00 social & sign in

11:00 – 1:00 meeting

Transference and Counter Transference

Charles Harris, 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.

December 9th, 2011

Engaging Teens and Young Adults

Scott Nelson, Ph.D.

MEETINGS ARE OPEN TO ALL ~ NON-MEMBERS PAY \$5 (OR \$15 FOR CEUS)

of San Francisco, and Langley Porter UCSF. He also has taught private psychotherapy seminars over the past thirty-three years.

Please take advantage of this opportunity to learn from a well-known, interesting, and very organized speaker. You'll be glad you did!

President's Message

Elaine Sohier Gayler, MFT



In this season of gratitude, I am feeling very blessed. As I look back on this year, I feel full of joy and deep appreciation. I am so grateful for the wonderful connections and outstanding teamwork that I experience in working with the Board. I have always felt so well supported in my job as President. Thank you, Gail Van Buuren and Kate Maxwell for not taking "no" for an answer, when you both asked me awhile back if I would consider making the personal and professional stretch of becoming President of this Chapter. Your enthusiasm and encouragement got me to make the shift I needed to be willing to eventually step into the role. Thank you also, Cynthia Halliday for leading the way and for being such an outstanding support to me in the process. It has been a very rewarding and fun adventure, and I feel so grateful that I have been able to serve the Chapter in this way. These past two years, my life has been so enriched by being part of the Board. I so resonate with Albert Schweitzer's statement "The only ones among you who will be really happy are those who will have sought and found how to serve."

Thank you, Katherine Johnson for taking the job of Administrative Consultant, and Maggie Caffery for becoming our new Intern Chair. I believe you both will be great assets to our Chapter.

We continue to look for a new Treasurer, Conference Co-Chair, a new President-Elect and for a new 5150 Chair. Please feel free to contact us with any questions about these positions.

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@panthernoire.com.

RECAMFT TEAM

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Hospitality: Patricia Ross
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Community Outreach: Kate Maxwell 237-8900
Conferences: Gail Van Buuren 494-4198
Cynthia Halliday 578-1064

STAFF

Administrative Consultant:
Katherine Johnson 575-0596

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

MEMBERS TAKE NOTICE!

This is a reminder that since all our members will now be listed on the website, it is important that you log onto it and update or correct the information in your listing. We have noticed a few errors in email and snail mail addresses.

November 5150

The November 5150 prize is being donated by Eileen Casserly. Eileen has enjoyed giving massage for over 25 yrs. She offers a complete, whole body massage, with specific attention given to individual needs and sensitivities. The focus is on both deep and surface muscle groups, and is appropriately interspersed with accupressure points and energy balancing.

A great "In Body" experience. Eileen practices in Sebastopol at Vitality Family Chiropractic and has flexible hours. She can be contacted at (707)528-3976. Many thanks to Eileen 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

Dr. Charles Asher 805-705-2451

Petaluma, CA 94952
www.drcharlesasher.com
charles@drcharlesasher.com

Marriage & Family Therapist #24322

- * Certified Jungian Analyst/Diploma, C. G. Jung Institute, N.Y.C.
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- * Episcopalian Priest, doctorate in pastoral counseling
- * More than 30 years counseling experience using unconscious material, especially dream work, for individual/relationship issues and development
- * Former provost/faculty member Pacifica Graduate Institute, specializing in dream work



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

*The Differences Between
Psychotherapy and Crisis Intervention
By Margaret Newport*

George S. Everly compares the two: “Emergency First Aid is to Crisis Intervention as Psychotherapy is to Surgery.” The goals, timing, and setting are entirely different. The training necessary is as well. He also states, “It becomes ever more clear that to function effectively in emergency mental health, training is requisite.”

The following Table is published in Critical Incident Stress Management (CISM) Group Crisis Intervention 4th Edition Manual by Jeffery T. Mitchell, Ph.D. and George T. Everly, Ph.D.

	<u>Crisis Intervention vs. Psychotherapy</u>	
	Crisis Intervention	Psychotherapy
Context	Prevention	Reparation
Timing	Immediate, close temporal relationship to stressor or acute decompensation	Delayed, distant from stressor or acute decompensation
Location	Close proximity to stressor or acute decompensation. Anywhere needed	Safe, secure environment
Duration	1 -3 contacts, typically	As long as needed
Provider's Role	Active, directive	Guiding, collaborative, consultative
Strategic Foci	Conscious processes and environmental stressors/factors	Conscious and unconscious sources of pathogenesis
Temporal Focus	Here and now.	Present and past
Patient Expectations	Directive, Sx reduction. Reductive of impairment. Directive support.	Symptom reduction, reduction of impairment, personal growth. Guidance and collaboration.
Goals	Stabilize, reduce impairment, return to function, or move to next level of care.	Symptom reduction, reduction of impairment, correction of pathogenesis, personal growth. Personal reconstruction.

See Manual for Sources cited.

Margaret Newport, LMFT - Trauma Chair - 887-1887

*What You Missed
by Debbie Oliver*

John Amodeo, Ph.D., a psychotherapist for 30 years, has spoken nationally and internationally on Focusing. We were honored and delighted to hear him present on using Focusing in Couples Therapy at our October 14 meeting.

Focusing is a mindfulness practice that helps clients enter more fully into their “felt experience.” Using Focusing with couples helps each partner understand themselves and their partner more deeply. What is happening between partners is often a reflection of what is happening within each person. By developing an ability to connect to their own bodily felt sense, couples can uncover deeper underlying feelings, needs, and concerns. Talk slows down as partners grope for words to describe what they are experiencing in the body. This breaks the usual attack-defend-blame cycle and promotes non-defensive, tender dialogue.



John Amodeo talks with Jennifer Shannon after the meeting.

Focusing is based on Eugene Gendlin’s research that shows that therapy is successful depending on the extent to which the client directly senses his or her own experience in session. By weaving in experiential components, the therapist invites the client to connect with his or her own bodily experience. Clients are also continually encouraged to check the therapist’s words with their own feelings of what feels true.

John asked therapists from the audience to read from scripted Focusing-oriented couples sessions. The volunteers did a masterful job of portraying couples in session with John and in this way we got to see for ourselves how John conducts his sessions. This was so helpful!



John, Lisa Lund and Doug Silberstein take questions after enacting one of the scripted couples sessions.

For those interested in learning more, John and his colleague Laury Rappaport, Ph.D., are offering a three session Focusing training for therapists beginning Friday November 4.

Dr. John Amodeo is author of *The Authentic Heart: An Eightfold Path to Midlife Love* (paperback 2001), *Love and Betrayal* (paperback 1994), and coauthor of *Being Intimate*. He has also co-authored a chapter with Sue Johnson in the recently released *Emotionally Focused Casebook*.

John has offices in San Francisco, San Rafael and Sebastopol. He sees individuals and couples. You may view his website at www.johnamodeo.com, email him at johnamodeo@aol.com or call him at (707) 829-8948.

Debbie Oliver, MFT, sees adults, teens, and couples at her private practice in Santa Rosa with an emphasis on treating trauma and anxiety disorders using EMDR and body experience. She may be reached at (707)522-0475.

Ads and Announcements

Office for Rent in Healdsburg. Historic building in quiet area with private waiting room, ample parking, and easy access from Hwy 101. Choose Mon. Wed. Or Thurs. Mornings 9-2:00. One morning slot for 60.00 or two for 110.00 a month. Other times might be negotiable. Brenda Brazil 431-8438. Phone for questions or details.

OFFICE SPACE AVAILABLE IMMEDIATELY! Attractive building, established clinical practices. In McDonald Ave. neighborhood, Santa Rosa. Hours, furnishings negotiable. Ample parking, kitchen, bathroom, large waiting/meeting room. \$480'Month, utilities additional. The see office, please call Sue Brown, MFT 707 571-8992 or Donald Apostle, MD 707 527-7267

Slight Increase in Membership Dues - Large Increase in Benefits! *By Doug Silberstein*

As you know, annual dues have been \$50 for full clinical members of RECAMFT. On top of this fee, members could also pay an additional \$60 a year if they wanted to be on RECAMFT's referral list. The RECAMFT Board recently voted, however, to increase the annual membership fee for full clinical members (and associate professional members) to \$60. Intern member dues remain at \$25.

At the same time, the board decided to include online referral benefits for ALL members of RECAMFT; so what was previously a \$60 value has now been incorporated into everyone's membership benefits for only \$10 more!

Being included in the RECAMFT online referral service means that all website visitors will have access to your public profile, which includes your contact information, details about the populations you serve, as well as your areas of focus and clinical orientation. Now, for just an additional \$10 a year, potential clients can learn about you on the RECAMFT website *and* link to your personal website for more in-depth information about your practice.

The new fee structure is effective as of 9/15/11. And, anyone looking to join or needing to renew their membership prior to 01/01/12, can just pay the \$60 prior to that date and still not need to renew their membership till 01/01/13!

Doug Silberstein has offices in Santa Rosa and San Rafael and can be reached at 583-2353.

Interns' Bulletin Board

Hospice has an unpaid intern position open doing grief counseling. If interested, call Yolanda @ 778-6242.

Looking for **study partners/groups** for the clinical vignette exam. I can be contacted at dlsafont@sonic.net

REDWOOD EMPIRE CHAPTER, CALIFORNIA ASSOCIATION
OF MARRIAGE & FAMILY THERAPISTS
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The
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Therapist

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Email: therapy@recamft.org
Website: www.recamft.org

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) - 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 2012 Meetings

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