
*The
Redwood
Empire*

Therapist



REDWOOD EMPIRE CHAPTER CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS

OUR FEBRUARY MEETING



Healing Shame and Trauma: Creating Optimal Distance

Presented by **Bret Lyon, Ph.D.**

Shame differs from other emotions in that it is both an emotion and a freeze state. It causes much of the same physical and emotional freezing that trauma does. Shame, like trauma, needs special care in approaching it so the client will not get overwhelmed; it needs to be carefully contained as it is worked through.

In this presentation, we will learn techniques for creating the moment-by-moment optimal distance clients need in working with shame and trauma and moving through it to both greater peace and greater aliveness. This is done by carefully guiding the client's states of awareness. While especially essential for working with shame and trauma, these techniques can be used with any emotion.

Bret Lyon, PhD has co-led workshops on Healing Shame with his wife, Sheila Rubin, in many cities in the U.S. and Canada. He and Sheila have just launched their new website: www.HealingShame.com/ (<http://www.healingshame.com/>). Bret has been a teacher of Somatic and Emotional Mindfulness for over 35 years. He holds doctorates in both Psychology and Drama and is certified in Focusing and Somatic Experiencing - the trauma healing work developed by Peter Levine. He also has trained in Reichian Breathwork with Al Bauman (who worked directly with Wilhelm Reich), EFT with Sue Johnson, AEDP with Diana Fosha and Coherence Therapy with Bruce Ecker.

February 10th RECAMFT Meeting

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

Healing Shame and Trauma: Creating Optimal Distance Bret Lyon, 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.

February 17, 2012
What the Law Expects of Me: Part II
David Jensen, JD (See Flyer on page 7)

March 9, 2012
Emotionally Focused Therapy for Couples
Richard Doleman, MFT

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

President's Message

Hal Forman, MFT

At the last RECAMFT meeting, I was reminded, once again, of how our legal and ethical obligations prescribed by the BBS and our professional organizations are there essentially for the benefit and protection of our clients. I don't know about you, but I sometimes feel that all those "guidelines" are a nuisance or even a hindrance to what I *really* want to be doing – connecting deeply with the person sitting across from me. At the meeting, MaryClare Lawrence talked about professional wills, and made it very clear that providing a plan for what should happen with your practice in the event you should die is not only part of the ethical standards of the profession, it can help create for your clients a deeper sense of your attentiveness and caring.

Essentially, you're saying, "if something should happen to me, I will not leave you abandoned and alone. I will be sure you are taken care of."

The difficulty comes in when, instead of feeling those guidelines are there to help strengthen the bond between you and your clients, they become a wedge of self protection and fear. Certainly some amount of self protection and fear would seem to be prudent and necessary given the world we live in. But if these become the guiding force, I think that often the therapy can suffer. A good example of this is the use of touch. For a long time most people, both in and out of the profession, thought that any sort of touch was inappropriate, and indeed illegal, for licensed therapists. Touching clients was never illegal, only sexual contact. Nonetheless, from the point of view of self protection, many therapists chose to forego any touch with clients. This has changed to a large extent over the past few years, with good research now showing that touch can be an appropriate addition to therapeutic work. The fact that CAMFT recently had an article in *The Therapist* (March/April 2011) addressing this topic shows how far we have come regarding the use of touch.

For me, finding a balance has meant taking the time to know and understand the legal and ethical standards we are bound by, getting clear on where the gray areas are, and then following my deepest sense of what would most benefit my clients. If I begin to wonder if



I've strayed too far toward the edge of those standards, I'll consult with colleagues that I trust. I find this very similar to another activity I do – improvising music. I first had to learn the "laws" of music, in this case scales and harmonic structure. Without that knowledge, I might make all sorts of errors that could be quite painful for the listeners! But with the knowledge, I can stray to the edges and perhaps create something new and beautiful.

So with all this in mind, I invite you to attend our upcoming Law and Ethics workshop with David Jensen, CAMFT attorney, on February 17th. Come listen to the latest legal and ethical guidelines, interact with colleagues, and ask questions about those gray areas that may have been bothering you, especially if it's not clear how they benefit your clients.

Be Well!

Hal Forman, MFT, has a private practice in Sebastopol, where he sees individuals and couples.

RECAMFT 2012 Meetings

April 13, 2012

Somatic Psychotherapy for Verbal Therapists
Robert Leverant, MFT

May 11, 2012

Revitalize your Practice with Somatics and Art: Creative Approaches to Healing Trauma
Meagan J. Pugh, D.Min., ATR-BC, SEP

June 8, 2012

Dissociative Identity Disorder
Myron Walters, MFT

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RECAMFT's Outstanding Leadership Awards for 2011

Outstanding Licensed Member

Michael Montgomery, MFT

Michael's ongoing support of this Chapter throughout many years has been superlative. He volunteered from the time he first became a member. In 2000, during the time that he served as President, he brought an energy and friendliness to the meetings, along with humor, that created a deeper experience of inclusiveness between members. While he was serving as President, he created our first website (something that most

Chapters did not have then). He has continued to serve as Webmaster, since that time. Michael's work on our website has been exceptional. He has persevered through years of many technical challenges. This year, as always, he has given countless hours and energy to provide us with an excellent website. A huge thank you to Michael for his tremendous dedication on behalf of our Chapter! It is with great pleasure that we give him this award.

Outstanding Pre-Licensed Member

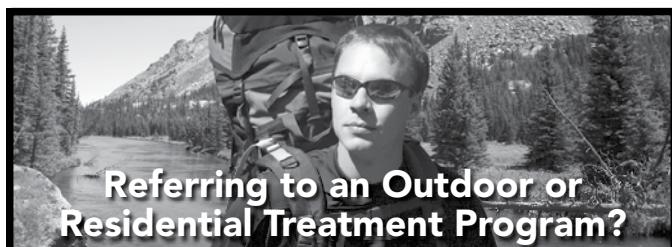
Karen Nemrow, MFT

(Karen passed her exams since we nominated her!)

Karen Nemrow was our Intern Chair for several years, and she did a wonderful job! She initiated several different pre-licensed support groups, and she created a list serv for interns in Sonoma County. She also brought new interns to RECAMFT.

Karen has a phenomenal capacity for observing process and bringing process awareness to the attention of others. She is a gifted leader who contributed greatly to our Board and Chapter through her ongoing enthusiasm and grounded presence. It is with tremendous pleasure that we give her this award.

Watch for Michael and Karen's awards' posting in CAMFT's The Therapist magazine. RECAMFT is blessed to have the service of such dedicated individuals.



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

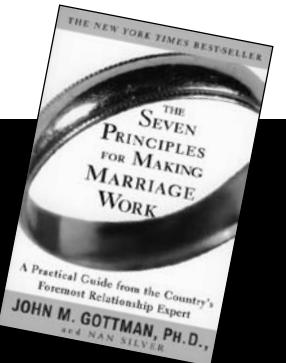
1160 North Dutton Avenue, Suite 250 | Santa Rosa, CA 95404

707.526.5800

A Couples Weekend Workshop *The Art & SCIENCE of Love*



- ▶ Share the Research-based Tools of Successful Relationships by Referring Your Clients
- ▶ CEU's Available for Professionals



2012 DATES

February 11-12 May 5-6
September 29-30

Acqua Hotel, Mill Valley

Workshop designed by
Drs. John & Julie Gottman

presented by Certified Gottman Therapists

LISA LUND, MFT (33393) & BOB NAVARRA, PsyD, MFT (15997)

www.ACouplesWorkshop.com

February 5150

February's 5150 is a session with Deborah Myers who is director of Health at Your Fingertips, and who is passionate about teaching others how to reduce stress, relieve symptoms and promote healing by balancing their own energy through simple acupressure techniques. She is a certified Acupressurist, Jin Shin Jyutsu Practitioner and Theta Healing Practitioner. In her private practice, Deborah works with clients who want to feel healthier, stronger and more vital. She helps them in their search for stress reduction, pain relief and healing. Her energy balancing techniques help anyone who wants to boost their energy, creativity and productivity.

Deborah wants to share how we can draw to us what we desire by having a daily energy balancing practice. When our energy is balanced, we can follow our dreams because our energy is aligned with our goals and desires. Health care providers have discovered that her techniques can complement what they offer their clients. Deborah can be reached at: 707-546-5692. Thank you, Deborah, for your gift.

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)

Joyce Higgins, LMFT offers clinical hypnosis and guided imagery as tools for healing both health and life issues. Her website is: www.hypnosisforhealingandhealth.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.
- * Research Psychoanalyst#60, California Medical Board
- * 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

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, in April 2012

1:30 - 3:00 pm

For more information call Coralia Serafim at 781-0133

What You Missed *by Debbie Oliver*

MaryClare Lawrence, a local estate planning attorney, immediately grabbed our attention when she announced, "I will now scare you to death!" I'll confess that a presentation on Professional Wills was not one that I was looking forward to, but MaryClare's talk was interesting, upbeat, and motivational throughout. Using therapist "Prudence" as an example, MaryClare led us through a likely scenario where Prudence is suddenly killed and her husband is left with the task of notifying her clients and wrapping up business affairs, and another scenario where Prudence has prepared a Professional Will and made prior arrangements with a team of colleagues who are ready and able to handle these duties.



MARYCLARE AND DOUG SILBERSTEIN SHARE A LAUGH OVER HIS RECAMFT NEWSLETTER ARTICLE ENTITLED "I HOPE I GET OLD BEFORE I DIE."

Our profession's ethical standards ask us to maintain practices that ensure our clients are provided with consistent care. Having a Professional Will in place is both part of caring for our clients and something that we owe to our clients. After all, a disaster for us should not spread out to become a disaster for our clients as well. We can provide for our clients' care and confidentiality even in the event that something unexpected happens to us. The good news is that it can be a fairly easy and pleasant process to put a Professional Will in place.

The basic process begins with appointing a professional executor – or better yet a team of executors. The executors' duties will include contacting clients and dealing with their immediate needs, providing referrals, supervising the winding up of business, and arranging for records storage. Executors would naturally need access to keys, password codes, appointment calendars, and records locations. If there are clients with special issues, or special billing arrangements, that information should be available to the executors as well.

I mentioned before the idea that creating a Professional Will can be relatively easy and perhaps even pleasant. How is that possible? The CAMFT website provides sample Professional Wills in its *members only* section. These documents are not difficult to fill out and there are no formalities required. (There is no need to have the document notarized for example.) You can make the filling out of the document into a social event. Perhaps you are part of a consultation group who would agree to serve as one another's team of executors. Or gather together some like-minded therapists who agree to provide this service for one another. MaryClare suggests checking in with your executor team on a yearly basis for review and updates.

MaryClare left as with a call to action and challenged us to look at a sample Professional Will within 48 hours. I pass that challenge on to you!

If you prefer to seek professional advice about a Professional Will, or if you want help creating a personal estate plan, MaryClare Lawrence can be contacted at 523-0480.

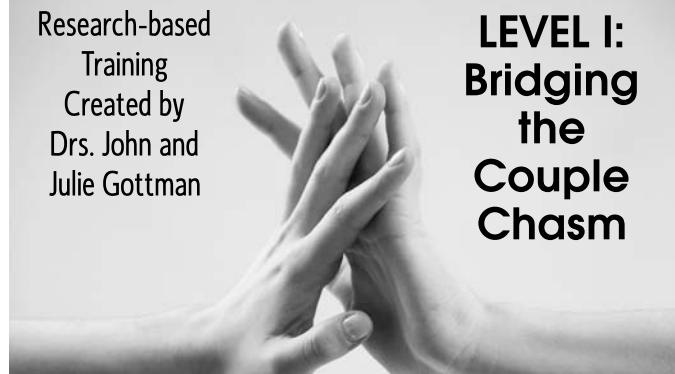
Debbie Oliver, MFT, sees adults, teens, and couples at her private practice in Santa Rosa with an emphasis on treating trauma and anxiety disorders using EMDR and body experience. She may be reached at (707)522-0475.

Gottman Professional Training

Presented by Certified Gottman Therapist
Lisa Lund, CRC, MFT #33393

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

LEVEL I:
Bridging
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Gottman Couples Therapy—A New Research-Based Approach!

April 20 & 21, 2012
Country Residential Retreat, Sebastopol, CA

Friday & Saturday 9:00 am - 4:30 pm

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

12 CE Hours for MFT, LCSW & PhD

REGISTER AT: www.GottmanProfessionalTraining.com

Calling All Mentors!

At our most recent Board meeting, our Intern Chair, Maggie Caffery, brought up the need for mentors to support trainees and interns who are looking to find internships. Guidance and help are needed in making the transitions along the licensure path (from student to trainee, to intern, to licensed MFT). Assistance is needed in the areas of resume writing, interview skills and role-plays, and help finding resources and services.

I remember how beneficial it was for me to receive the support of licensed therapists, while I was on my journey towards licensure. I now support interns in studying for and passing their licensing exams, and I find that working with them is refreshing and very rewarding. It is a pleasure to witness their growth, and I enjoy the process of helping to make their path a little smoother.

Let's provide the best for our trainees and interns! They are an important part of our Chapter! Please let us know if you are available to be a mentor to one or more interns. You can contact Maggie Caffery at her home number: (707) 536-9599, or, you can let us know at our general meeting.

Happy New Year!

Elaine Sohier Gayler - Past President

Ads & Announcements

LOOKING FOR OFFICE SPACE TO SUBLT IN SANTA ROSA. Need a room large enough to accommodate a group meeting, beginning in mid-March, one evening a week. Also interested in a space for individual meetings one day a week. Please call Deborah Haarstad 484-7242.

Great office space available in Windsor. Looking to share this space with another practitioner. Full days, evenings available. \$250/MO Barbara Young. (707) 799-7525. barbarayoungmft@gmail.com

Chrysalis Community Counseling Services has an opening for an MFT/LCSW Intern or Psych Assistant \$8/client hour. Great supervision, training, community and support. Send resume and cover letter by 3/16/12 to Chrysalis, 1821 4th Street, SR 95404. FMI call Lisa at 545-1670 x208

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Santa Rosa, CA



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Santa Rosa Center for Cognitive-Behavioral Therapy is pleased to present
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This is one of Dr. Padesky's highest-ever rated workshops. Participants have consistently said this workshop "changed their practice fundamentally for the better."

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*The Redwood Empire Chapter
Marriage and Family Therapists
Presents:*

CEU Provider #PCE2322

WHAT DOES THE LAW EXPECT OF ME: PART II

Presented by David Jensen, J.D. of CAMFT

Friday, Feb. 17, 2012

Registration: 8:30 / Workshop 9:00 – 4:00 p.m.

Odd Fellows Hall

545 Pacific Avenue, Santa Rosa CA

What Does The Law Expect of Me: Part II is the follow up to Part I offered in 2011. Due to the dynamic nature of the legal and ethical issues related to Marriage and Family Therapy, all therapist are encouraged to attend, even if you did not attend Part I. Those who have attended David Jensen's workshops in the past years have been unanimous in praise of his thoroughness in exploring our complex legal and ethical considerations while entertaining us as well with his humor and anecdotal material.

- \$69 for RECAMFT MEMBERS "Early" on-line registration or mail-in registration by Feb. 10, 2012
- \$99 for NON-MEMBERS "Early" on-line registration or mail-in registration by Feb. 10, 2012
- \$109. at the door registration
- No refunds after Feb. 15, 2012
- Cancellations after Feb. 10th incur an administration cost of \$10

(Lunch on your own. We will post lists of eateries in the area.)

This workshop satisfies the Law and Ethics course requirement of 6 continuing education units mandated by the BBS for MFTs and LCSWs for each license renewal cycle. Participants will be updated on changes in laws that effect professional practice. There will be time for networking during the sign-in and the lunch break. Feel free to bring business cards and info about your therapy practice.

Please Register on-line at www.recamft.org or clip and complete this pre-registration form. Send along with your check, made payable to "RECAMFT" and mail to P.O. Box 2443, Sebastopol, CA95473. Questions? Call 707-575-0596 with questions or refer to our web-site for other details.

Name: _____ Lic. # _____ Phone: _____

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February Issue

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RECAMFT HONORS ITS PAST PRESIDENTS

Elaine Sohier Gayler	2011
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

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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

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