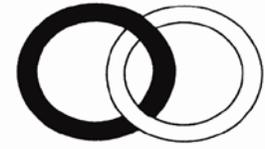


The  
Redwood  
Empire

# Therapist

MAY 2012



REDWOOD EMPIRE CHAPTER CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS

## OUR MAY MEETING

# Creative Approaches to Healing Trauma: Revitalize Your Practice with Somatics and Art

Meagan Pugh, D.Min., ATR-BC, SEP

We all know someone (or are someone) who has been through trauma, whether it be related to an accident, medical intervention, deep loss or abuse. Why do some people easily heal from their experiences while others seem unable to move forward in their lives? In this presentation Dr. Meagan Pugh will focus on the physiology of trauma and its resolution using body wisdom and the creative arts therapies. Special emphasis will be placed on the physical and behavioral aftereffects of trauma and how the nervous system stores and releases traumatic memory. In addition, Dr. Pugh will explain and demonstrate

some useful skills used in assessing and working with traumatic aftereffects in ourselves and in our clients. She will help those of us who are talk therapists integrate uncomplicated somatic and creative arts techniques into our treatment plan to help our clients move forward and release their trauma.

Meagan Pugh, D.Min., ATR-BC, SEP, is a Transpersonal Counselor, Internal Family Systems Therapist, Graduate School Educator and Certified Somatic Experiencing® Practitioner with a private practice in Sebastopol. Dr. Pugh has researched with individuals and groups the use of the creative arts to identify and heal trauma responses in the body and incorporates an in-depth exploration of archetypal energies through the chakras, the physiology of trauma, and the practice of Somatic Experiencing in her work with individuals, couples and groups. She is the

## May 11th RECAMFT Meeting

10:30 - 11:00 social & sign in

11:00 – 1:00 meeting

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

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.*

**June 8, 2012**

## Dissociative Identity Disorder Myron Walters, MFT

WATCH THE JUNE ISSUE FOR OUR 2012 FALL PRESENTATIONS LINEUP!!

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

author of the book and companion CD, *The Spiral of Healing: A Journey Through the Chakras to Awaken Creativity and Body Wisdom*, and offers Somatic Art Therapy trainings for professionals. She can be reached through her website, [www.art-2-heart.com](http://www.art-2-heart.com)

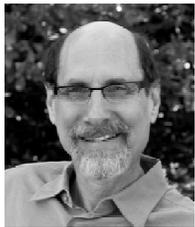
## President's Message

Hal Forman, MFT

*"The spiritual path is not a solo endeavor. In fact, the very notion of a self who is trying to free itself is a delusion. We are in it together and the company of spiritual friends helps us realize our interconnectedness."*

-Tara Brach

At our April general meeting, near the end of the individual member introductions we do each month, someone stood up and began their intro by saying, "Wow, what an interesting group of therapists! I'd like to talk with some of you after the meeting." I think it was a sentiment many of us were feeling.



Between the introductions, the announcements of workshops being offered by members, and the invitations to events in the community, it was obvious what a remarkably diverse and talented group was assembled in that room. This was

even more apparent as the meeting progressed and attendees began interacting with the speaker, and one another, with their questions and comments.

I am both proud and humbled to be a part of this amazing group of therapists that make up our membership. Above all, I'm grateful. I'm grateful to be part of a community of individuals who have dedicated their lives to better understanding the human condition, and who continually seek how best to help others in their desire to heal, change and grow. After each meeting I find myself remembering, again, how important community is. Most all spiritual traditions emphasize the importance of meeting regularly with other aspirants, and in many respects, I consider psychotherapy to be a spiritual calling. How else to describe a field where empathy, compassion and the building of trust are fundamental to the work we do? How else to describe a field where deep inquiry into the nature of "reality" (via thoughts, beliefs, personal stories, emotional reactions, imagination, body awareness, relationships, etc.) is the everyday stuff of our work? And how else to describe a field where personal work toward our own physical, emotional, psychological and spiritual well being is more the norm than the exception?

I am honored to be a part of this organization, and to help nurture the sharing of our ideas, inspirations, and successes, as well as our (hopefully, occasional) frustrations, uncertainties and failures. If you haven't been to a monthly meeting lately (or at all), I invite you to come and join in the sharing. And if you have ideas about other ways we could

help build this community, please feel free to contact any of the Board members.

*Hal Forman, MFT, has a private practice in Sebastopol, where he works with individuals and couples, utilizing somatics, mindfulness and EMDR to help clients move toward greater integration and wholeness.*

## RECAMFT TEAM

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**SECRETARY:** Marie Piazza 570-3940

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**Interns:** Lee Rosenstein

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Michael Krikorian

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**Community Outreach:** Kate Maxwell 237-8900

**Conferences:** Cynthia Halliday 578-1064

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**Administrative Consultant:**

Katherine Johnson 575-0596

# MYOB\* (\*Mind Your Own Business)

**A new column for RECAMFT Therapist  
by Marie F. Piazza, LMFT**

I saw in the March newsletter Gail Van Buuren's plea for articles, photos, etc. to put in RECAMFT Therapist. As a former editor of our newsletter, way back in 1992, I could empathize with this request. And I like to write and had been thinking about what I could contribute. I have wanted to "jazz up" the newsletter a little bit, making it more reader-friendly, but wasn't exactly sure how to do that.

I don't consider myself a business person, but I do know that I am running a business. And I know that these economic times have certainly affected how I do business. So I would like to offer a column that supports me and other therapists in our community in running our practices. I will start with insurance companies. Not my favorite subject. But I think it is an important one. Do you or don't you accept insurance payments for your work? How is the decision working out for you? Have you made any changes lately, and how have those decisions affected your business?

I used to, but I don't anymore. Due to on-going concerns about client confidentiality, hassles around having claims paid accurately and promptly, and becoming quite resentful about the reimbursement rates I accepted, I discontinued most of my contracts with insurance companies several years ago. In retrospect, the timing of this decision was terrible; it was just before the economy started to fall apart. What surprised me the most, however, was that it was more difficult getting out of some of the contracts than it had been getting into them.

I now have a much smaller client load. But I love my clients! They are paying my full fee, I don't have to deal with confidentiality and billing issues, and I find that my work is much richer and more satisfying. I am not spending hours with the DSM and writing up treatment plans to satisfy people who have no business knowing what is going on with my clients. Without their insurance companies looking over my shoulder, I find that my clients are more committed to their work and are working at a deeper level. So I am very happy with

my decision. It works for me. But it probably doesn't work for every therapist.

So, let's talk. Call me and let's set up a time for you to let me know what your experiences have been. I would like to interview two or three therapists. I will even keep your name confidential, if you like. Next month I will let you what I found out. And after that I want to discuss things like advertising, balancing work and play, does it pay to do supervision, and private practice vs. working for an agency, pro bono work, consultation, and other ways we do business. Stay tuned. And in the meantime, don't forget to Mind Your Own Business!

*Marie F. Piazza, MFT has been in private practice in Sonoma County since 1992. She can be reached at (707) 570-3940 or email her: [mfpmft@att.net](mailto:mfpmft@att.net). Her website is [www.mariefpiazza.com](http://www.mariefpiazza.com).*



**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**

## *What You Missed* by Debbie Oliver

On April 13, Robert Leverant spoke about somatic psychotherapy for the verbal therapist, offering hands-off methods that we therapists can use to facilitate our clients' development of body awareness and embodied existence.

He shared with us his own early experiences of embodiment, the first when he was just 5 years old, that have fueled his curiosity and passion for this topic throughout his career. His learning path includes a rich mixture of Eastern teachings and meditation, training in Lomi bodyworks, perinatal psychology, Reichian theory, Gestalt, and archetypal psychology.

Robert showed us pictures of Japanese warriors in armor as he spoke of the mind/body patterns that protect us from hurt, but keep us contracted and living in separation as well. Unlike warriors, we're not able to easily step out of our armor and so our armor limits us in our sense of expression and aliveness and may prevent us from reaching true intimacy.

In session, Robert says that he uses a chair with wheels so that he can roll his chair up to see where a client's boundaries are. He and his clients talk about what feels too close and what feels too far away. Some people like to be right on the contact boundary, some like to be far away, and some are always mediating distance. All this becomes food for the therapy.

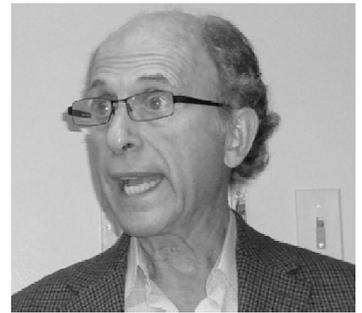
There are times when Robert says he does use touch. In working with an angry client, for example, if

he notices a hand clenched into a fist, he may tell the client to "Freeze!" and then gently draw attention to the fist,

asking if he can place his hand on their fist, then slowly working with the client to open and then again tighten the fist, all the while building awareness in the client. If a client is having trouble speaking their truth, he may ask per-mission to put his hand on their throat so that his hand provides the armor and the client's throat can begin to soften. He may ask the client to practice swallowing with his hand in place, again with the goal of building awareness in the client.



Robert says he often uses poetry in session, suggesting that poetry has the power to reach right into the unconscious. He'll ask a client to read a selected poem aloud to help them access a core level of feeling. We experienced this power of words first hand as participants read several poems aloud: The Wind, One Brilliant Day by Antonio Machado; At Low Tide by Linda Pastan (from the book *Fractions of Darkness*); Free and Easy by Lama Gendun Rinpoche; and Love After Love ("The time will come....") by Derek Walcott.



Do you have a mirror in your office? Robert talked of the ways that he makes use of a mirror. When a client has had a breakthrough he may suggest that they look at themselves in the mirror and take in the qualities of this person who is doing this work. He may ask a client to speak to their image in the mirror and have a dialogue. He may ask a client to read a poem to their reflection.

Robert noted that he is increasingly interested in the meaning of our struggles and the importance of owning and giving meaning to our suffering; that trying to escape suffering by turning a blind eye to it robs us of awareness. And so he works with clients around forgiving, letting go, and redemption.

He explains forgiveness as a two-step process: 1) letting go of the energy that binds us to the injury, and 2) actual forgiveness. He explains that forgiveness is hard to do and may not come, but that letting go is in the client's interests because all that energy that is being used to hold onto the injury, could be used for living. We raised one arm, and then slowly lowered it over and over, practicing letting go and releasing, while saying "ahhhhhhhh."

Thank you, Robert, for sharing your interests and learnings with us on a rainy Friday afternoon.

Robert has been a private practice psychotherapist in Sebastopol for 22 years. He can be reached at (707) 823-0818 or by E-Mail at [roblev@sonic.net](mailto:roblev@sonic.net).

*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.*

## 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, April 27, 2012**

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

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

## When and Why You Should Apologize To Patients

An article reprinted from  
Healthcare Providers Service Organization (HPSO)  
March 29, 2012

As many of us can attest, it's hard to say you're sorry. The process is vastly more complicated for healthcare professionals who make life-and-death decisions in a world where multimillion-dollar lawsuits are common. Despite the obvious risks, the movement toward full disclosure---and finding a way to enable clinicians to empathize with patients and apologize for unfortunate outcomes---is gaining momentum. Apologizing for clinical errors even has been shown to reduce medical malpractice lawsuits.<sup>1</sup>

In 1999, the Institute of Medicine released *To Err is Human*, a report showing that between 44,000 and 98,000 deaths result from medical mistakes each year in the U.S. The report forced the medical community to redouble its efforts to promote patient safety and reduce errors. It also launched a movement to dismantle what has historically been a deny-and defend culture. The movement owes much of its momentum to at least three sources, said Sylvia Brown, RN, JD, vice president of risk management for Premier Insurance Management Services: the ethics of healthcare providers, numerous studies supporting the effectiveness of disclosure in reducing exposure to massive court awards, and pressure from regulatory agencies.

At least 17 states have implemented "apology legislation."<sup>2</sup> Under most of these laws, a provider's

apologetic expression of sympathy ("I'm sorry you had to go through this") cannot be used against him or her in court. In a handful of states, the apology is inadmissible in court even when it includes an admission of fault ("I'm sorry I gave you the wrong medicine").

### A middle ground:

The Sorry Works! Coalition, a national group of patients, practitioners, hospital administrators, insurers and others, is working to find "a middle ground solution to the medical malpractice crisis."<sup>1</sup> The group advocates sincerely apologizing for a clinical error, along with offering prompt and fair compensation.

In 1987, the Veterans Affairs (VA) Medical Center in Lexington, KY, implemented a full-disclosure/apology program. Any patient harmed by a medical error is immediately informed of what happened and is offered an apology by facility officials. If the risk management team determines that the hospital or a staff member is at fault, the VA offers a fair settlement. Within 10 years, the hospital slashed annual claims payments from some \$1.5 million to about \$180,000. Other hospitals have implemented similar disclosure policies.

Despite these initiatives, apologizing remains controversial, said Geri Amori, PhD, director of the Risk Management Patient Safety Institute in Lansing, MI. An apology must be sincere and the offender should try to make amends. In healthcare, where cause-and-effect are not always clear, that can be challenging.

Other issues: When is an apology due? What if a mistake did not result in harm? In addition, apologizing forces a clinician to confront his or her fears: of being sued, embarrassed, uncomfortable or perceived as unprofessional.

### Fundamental guidelines

Experts agree on a few basic guidelines for apologizing. First, clinicians must be familiar with their organization's approach to disclosure, said Brown. Practitioners who find themselves in situations with unanticipated outcomes should immediately file honest, objective incident reports and contact the facility's risk manager, said Melanie Balestra, PNP, JD, past president of the American College of Nurse Practitioners. Clinicians should avoid making off-hand remarks, guessing about the cause of the problem, or assigning blame.

Apologizing can deepen your relationship with the patient and family, safeguard the patient, and actually reduce the likelihood of a lawsuit. The key lies in knowing how to be ethical and honest, while steering clear of legal risk.

1. [www.sorryworks.net](http://www.sorryworks.net) (Sept. 30, 2005)
2. Amori G. The Risk Management and Patient Safety Institute. Personal communication.  
<http://www.hpsoc.com/resources/article/64.jsp>

**Submitted by:**

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## Meet Our New Intern Chair

Hi! I'm Lee Rosenstein, the new Intern Chair, and am available to help locate and develop resources for interns, and provide support as needed. Beginning with this entry and through ongoing e-mail conversation, I hope to cultivate a space through which we can serve and empower each other. Please contact [Leeshomeworld@comcast.net](mailto:Leeshomeworld@comcast.net) with questions, suggestions, poems and inspirations. All members are invited to participate and share resources.

If you have questions, requests, or announcements for the members in general, forward them to me before the 15th of the month and we will place them on the **\*Interns Bulletin Board\*** in the monthly newsletter (not published in July and August.)

Also, I would love to instigate a lively forum for sharing ideas and passions related to our work. My particular passion at this time is the synthesis of existential and depth psychologies. FYI: If you aren't already a member of RECAMFT, it costs \$25 per year for interns to join and, among other things, entitles you to attend our monthly meeting for free and the chapter offers three free intern passes to our workshops if you volunteer to help out. Chapter meetings are held the second Friday of each month from 11 am -1 pm with refreshments and conversation beginning at 10:30. Hope to see you there!

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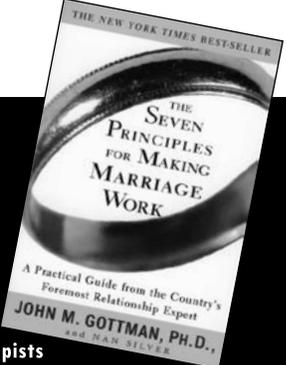
Rents range from  
\$350-\$650 per month

Call Coralee Barkela 494-6400  
or email [coralee.cb@gmail.com](mailto:coralee.cb@gmail.com)  
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**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**  
May 5-6 Sept. 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**



## **A Home Within: “One Child, One Therapist, For as Long as It Takes”**

*Sonoma County welcomes a new program to serve the foster care community.*

### **The Emotional Toll of Chronic Loss**

Many foster children take disappointment for granted. They are placed in foster care because their parents were unable or unwilling to care for them. In the wake of multiple changes in foster homes and caseworkers, childhood joy and curiosity too often give way to loneliness, grief and anger. The impact of chronic loss on the development of children can be profound, placing them at higher risk for serious physical illness, mood disorders and substance dependence. When these children are diagnosed with mental health problems, too frequently they are offered only medication. If referred for therapy, they may be transferred from one therapist to another through the revolving door of the community mental health system. All children need a stable relationship with a caring adult in order to thrive. Foster children need special help to build resiliency necessary to manage the stress of chronic loss. They need *one* therapist who can help them overcome the anxiety and depression that too commonly plagues foster children teens, and young adults, making it hard for them to make friends or succeed in school or work.

### **An Antidote**

The public sector simply does not have the human or financial resources to meet the needs of children in the foster care system. However, there are many well-trained, highly skill therapists in private practice who are willing and able to help address this unmet need. A Home Within, a national non-profit organization, started in 1994 in San Francisco, by Dr. Toni Heineman builds networks of therapists in the private sector to provide pro bono psychotherapy to current and former foster children. Therapists who join A Home Within receive ongoing training and education through pro bono consultation groups.

The mission of A Home Within is simple: “One child, one therapist, for as long as it takes.” Each therapist who joins A Home Within agrees to offer the stability of long-term, weekly psychotherapy until treatment comes to a natural close. On average, treatment lasts more than three years; many children stay in touch with their therapists through adolescence and into adulthood.

### **Using Local Resources to Meet Local Needs**

Maryann Marks, MFT, is the Clinical Director of the Sonoma Chapter. She is one of over 50 volunteers nationwide who have received a Fellowship in the Treatment of Foster Youth to support their work in establishing and maintaining a local chapter. A Home Within now operates in 27 states across the country. Since its inception, therapists donating their time through A Home Within have reached over 800 children and provided over 2,500 years of therapy to foster children, teens, and young adults. The results of their work is striking—over 79% of those seen through A Home Within show statistically significant reductions in anxiety, depression, and dissociation—symptoms that interfere with the capacity to learn and form relationships.

### **Getting Involved**

The Sonoma Chapter of A Home Within is currently seeking therapists with an interest in working with foster children, teens, or young adults. Referrals are also open for current or former foster youth interested in long-term treatment. Maryann Marks can be reached at [mmarks@ahomewithin.org](mailto:mmarks@ahomewithin.org) or through the website: [www.ahomewithin.org](http://www.ahomewithin.org)



**Drop-in Support Group**

**for Family and Friends of People Diagnosed with Cancer**

**Get the support you need!**

Are you feeling stressed from the time and energy it takes to care for someone diagnosed with cancer? Do you find yourself wanting to give more, but feeling exhausted and overwhelmed? Come to this drop-in support group! Receive support, ideas and understanding from others so you can continue to be there for your loved one.

When: Wednesdays, Noon to 1:30pm  
Where: 114 Sotoyome St, Santa Rosa  
Cost: Free

**Marie F. Piazza, MFT (707) 570-3940**

## *Ads & Announcements*

### *For Sale*

**For Sale:** English writing desk; 2 & 4 drawer file cabinet; 2 bookcases; 2 chairs; Stuffed animals; 3 lamps. Contact Mahria 707-584-5292.

MFT testing materials for sale \$75.00. Includes PASS cassette tapes, knowledge cards and strategies manual. Contact Dino at [dandtruffoni@comcast.net](mailto:dandtruffoni@comcast.net) or 707-522-8725.

### *Bulletin Board*

**Santa Rosa Center for Cognitive-Behavioral** is looking for a licensed MFT, LCSW and/or PhD to join our dynamic and growing center as a Staff Therapist/Psychologist. Please visit us on the web at [www.srcbt.org](http://www.srcbt.org) to learn more about our services. We are seeking energetic and talented clinicians with the following qualifications: CBT orientation is a must, other empirically supported orientations such as DBT and ACT are encouraged. Experience with treating, and having the desire to treat, children and teens is required. Specialization in areas in addition to anxiety is desirable. Please send a letter of interest and a CV/resume to [info@srcbt.org](mailto:info@srcbt.org).

**Still Here – Still Having Fun! Please join us** for our Third Annual Open House! Join us for fun, food and friendship. Our focus this year is on sustainability with each other and with our community. Friday, May 18 from 4pm to 7 pm. 114 Sotoyome St. Marie F. Piazza, MFT; Mervin Maier, MFT; Debra Kelly, MFT; and Rita Sever, MA. RSVP is optional: 570-3940.

**Karen Stocksdale, MFT** currently has a private practice in Santa Rosa with a focus on grief and loss along with personal growth and trauma. She worked as a volunteer for Sutter VNA and Hospice from 1987 to 2002 (both as a grief counselor and as a facilitator of the bereaved parent's group). She also was a volunteer intern at Wilmar Center for Bereaved Children from 2006 to 2008. She can be contacted at her office (707) 217-1333.

## **Yoga and Psychotherapy**

**By Sara Alexander**

Putting together a workshop ("Yoga and Psychotherapy") with my fellow therapist and fellow TriYoga teacher Marilyn Kriegel, - feels like putting the punctuation marks at the end of a sentence that I started to write more than thirty-five years ago when I saw a Time Magazine cover devoted to the intersection of Eastern spiritual practices and Western psychological thought. Tri- yoga is as much about presence as it is about its postures, which resemble those of any classic Hatha yoga. Tri is the Sanskrit word for 'three': as we 1) move very slowly from one posture to the next, while 2) fully engaged in breathing, and 3) focusing the mind on the present moment. The net result can be seen in the faces of the students at the end of class: Most of them look like they just got laid.

I began taking yoga classes at the insistence of my doctor because my back hurt from scoliosis, and spondylolisthesis, and arthritis and spending too much time in chairs. But I hated and feared yoga until I experienced this particular (and not terribly well-known) brand. In TriYoga classes I didn't feel unsafe in a pose, or pushed too hard, or bored. I did feel calm, and relaxed, and came to discover— by comparison - the high level of tension that I had become used to carrying in my body without even knowing it. Gradually my back stopped hurting, and I got physically stronger.

But other, less intended, more surprising changes took place, many of which resembled benefits I had previously gotten only through psychotherapy. I became much more aware of what I was thinking and feeling but from a more calm "observing" perspective, and I had moments(!!!) of being able to fully experience thoughts and feelings without attachment, or aversion.

I experienced what yogis call the 'Anandamaya kosha', or the 'bliss sheath': a physical/mental/emotional state of wellbeing which, in the yogic tradition, is our true nature, and always available to us. My yoga practice became a welcome antidote to days- to decades, actually - spent in the office with therapy clients.

There is so much more to say about how yoga has changed my body as well as how I talk to and listen to and think about my clients. Marilyn and I have put

## RECAMFT Annual Financial Report

1/1/11 through 12/31/11

Category	1/1/11-12/13/11
<b>INFLOWS</b>	
Directory 2011	680.00
L & E Conference Income	6,213.00
Meeting Dues	268.00
Misc. deposits	146.58
Newsletter income	4,203.00
RECAMFT Dues	5,060.52
RECAMFT Dues '12	2,500.83
RECAMFT Labels	65.00
Referral Service	2,760.00
Stan Tatkin Wkshp Income	15,774.64
Inflows – Other	9.11
<b>Total Inflows</b>	<b>37,680.68</b>
<b>OUTFLOWS</b>	
Administration	6,438.75
Ads	828.00
Directory 2011 – Expense	600.00
Groceries	776.37
Insurance	500.00
L & E Conference '11	1,735.75
L & E Conference '12	200.00
Licenses and Permits	200.00
Mileage	319.47
Misc.	1,665.21
Newsletter – ready for press	2,299.21
Online billing	318.07
Phone RECAMFT	564.97
PO Box rental	60.00
Postage and Delivery	837.43
Printing and Reproduction	275.49
Professional Fees	350.00
RECAMFT Presenter	525.00
RECAMFT Presenter Dec '12	50.00
Refund	84.00
Rent	1,400.00
Stan Tatkin Conference '11	7,998.36
Supplies	540.64
State	65.00
Website	2,462.47
<b>Total Outflows</b>	<b>31,157.19</b>
<b>Net Inflows/Outflows</b>	<b>6,523.49</b>

together a six session CEU class to share some of these ideas with other –verbal - therapists. Half of the sessions will be devoted to very basic, gentle, TriYoga postures and breathing practices. The other half will be devoted to exploring how this yoga can inform psychotherapy. The first session will meet Saturday May 26 in Sebastopol at Devi Yoga Center. The topic is “presence”. Please consider joining us. For more information contact [MarilynKriegel@Triyoga.com](mailto:MarilynKriegel@Triyoga.com), or myself, [Saraalexander@me.com](mailto:Saraalexander@me.com), or go to the DeviYogaCenter.com website to register.

### *May 5150 Raffle*

This month’s 5150 Raffle gift is from Joyce Higgins, LMFT. Joyce offers a one-hour session of guided imagery for enjoyable relaxation, with or without positive suggestion, customized to your currant needs. Or, she will guide you in visualizing and dialoging with your own inner advisor around a particular issue. Or, you can communicate directly with an image of a physical symptom to see what more you can learn that can be helpful. It’s your choice!

In her practice, Joyce offers in-depth psychotherapy as well as brief therapy using clinical hypnosis and interactive guided imagery for both medical and life issues. She has an office in Sebastopol. She can be contacted by calling 707-522-0402. For more information, please go to her web site at: [hypnosisforhealingandhealth.com](http://hypnosisforhealingandhealth.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 Joyce Higgins at 522-0402. Enjoy! (For winners of the raffle, please give Joyce feedback about the service you receive 707 522-0402)*

REDWOOD EMPIRE CHAPTER, CALIFORNIA ASSOCIATION  
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The  
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Empire

*Therapist*

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**May Issue**

**RECAMFT HONORS ITS  
PAST PRESIDENTS**

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Kate Maxwell	2008
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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
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Diana Young	1989
Andrew Leeds	1988
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