

**OUR JUNE MEETING**

## **Dissociative Identity Disorder** **Myron Walters, MFT**



Although typically thought to be a very rare disorder,

Dissociative Identity Disorder (DID), previously called Multiple Personality Disorder, actually has a prevalence of 1-3% in the general population based on world-wide studies, and, of course, an even higher prevalence in clinical populations. In other words, there is a high probability that you will encounter a DID client in your practice. These clients are important to correctly identify, as unidentified DID clients often end up as failed therapies. Worse yet, these clients typically have high rates of suicidality (75-90%), so the consequences of an incorrect diagnosis can be catastrophic.

This is an introductory presentation about DID, where Myron will give: a) an overview of DID, b) the etiology, c) typical presentation of the DID client in the mental health world and in the office, and d) key parameters that would indicate when further assessment for DID is recommended. Myron will also have available as handouts a short, validated, self-screening tool (DES) for DID. To make it easier to recognize DID symptomology, Myron will be showing video clips demonstrating some characteristic DID symptoms.

Myron Walters, CMT, SEP, LMFT, is in private practice in Cotati and Mill Valley. He has been seeing clients since 2004 with an MA degree in Counseling Psychology with a specialization in Somatic Psychology from John F. Kennedy University. Prior to being a psychotherapist, Myron was an industrial process research chemist for 36 years. Myron works somatically and transpersonally, being both trauma and attachment informed. Myron's

### **June 8th RECAMFT Meeting**

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

### **Dissociative Identity Disorder** **Myron Walters, MFT**

**ODD FELLOWS TEMPLE/MERCER HALL, 545 PACIFIC AVE., SANTA ROSA**

*IF THE PARKING LOT IS FULL, YOU CAN PARK AT THE J.C. GARAGE ACROSS MENDOCINO AVE. FOR \$3 OR ASK PERMISSION TO PARK AT THE EGGAN AND LANCE MORTUARY. IF YOU DO NOT ASK THE COST OF TOWING IS \$225.*

**NO RECAMFT MEETINGS OR NEWSLETTERS IN JULY AND AUGUST.**

**SEPTEMBER 2012 - JUNE 2013 SCHEDULE ON PAGE 9**

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

specialty is working with adults who have experienced severe childhood trauma, complex PTSD and dissociative disorders. He has training in trauma resolution (Somatic Experiencing), hypnosis (SCEH & ASCH), and in psychotherapy with dissociative disorders (ISSTD). Myron can be reached at 415-686-3445, or <http://myronwalters.com> to view his website.

## President's Message

Hal Forman, LMFT

*"If today were the last day of my life, would I want to do what I am about to do today?" - Steve Jobs*



I've had several reminders recently about how fragile and impermanent our lives are, and how precious. From sitting with a client as he lay in bed, just days before he passed, to helping a friend who is dealing with a life-threatening illness, I find myself,

once again, asking the question that Steve Jobs posed in his commencement speech to the 2005 Stanford graduating class.

This question, and those reminders, helps me focus more clearly on what my priorities are, and helps me make choices more in alignment with those priorities. If every moment is both precious and fleeting, what is really important? Of course, the answer to this question will be different for each of us. But from that place, I'm much less likely to let fear dominate my choices, and much more likely to "follow my heart."

Asking that question also helps me be more present in whatever it is that I'm currently doing, whether it be sitting with a client or taking out the garbage. In that state of simply being present to what's before me, I can find meaning in even those seemingly small daily details that we all deal with in our lives. So I can truthfully answer "yes" to Steve Job's question, even though I'm washing the dishes or pulling weeds in the yard. I can also answer "no." "No, I need to check in on my friend. The weeds can wait..."

From this place of aligning with my priorities, I'll shift for a moment to my RECAMFT President's hat. I need to let everyone know that our Administrative Consultant, Katherine Johnson, has announced she will be leaving us soon, as she has been offered a full time position in the South Bay. In the relatively short time she has been with us, Katherine has done an amazing job of helping to bring the organization to another level,

both technologically and procedurally. She has also been a pleasure to work with, always coming forth with great enthusiasm, clarity and kindness. On behalf of the board, I want to thank Katherine for all her great work. Thank you, Katherine – you will be missed by all!

So we are now looking for someone to fill this position. This is a paid position of around 5 – 10 hours per week. If you know someone who might be interested, please have them contact me for more information.

Now it's back to just being present, seeing what calls me most deeply, and remembering the preciousness of this moment. May you each find the courage to continue to move toward that which most calls to you.

*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. He can be contacted at 707-829-6880, or [hforman@sonic.net](mailto:hforman@sonic.net).*



### 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**

## **RECAMFT TEAM**

### **BOARD OF DIRECTORS**

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**PRESIDENT ELECT:** Vacant

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486-2947

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**TREASURER:** Bob Dalzell 765-1009

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Michael Krikorian 579-0838  
Debbie Oliver 522-0475  
Doug Silberstein 583-2353

**Membership:** Catherine Capitani 522-0488

**Interns:** Lee Rosenstein

### **NEWSLETTER**

**Editor/Formatting:** Gail Van Buuren 494-4198

**Mailing:** Romy Brock, Jackie Good,  
Michael Krikorian

### **COMMITTEE CHAIRS**

**5150 Raffle:** Joyce Higgins 522-0402

**CEUs:** Lynn Bergman 570-7269

**Trauma Response:** Margaret Newport 887-1887

**Ethics:** Coralia Serafim 781-0133

**Hospitality:** Patricia Ross

**Website:** F. Michael Montgomery 578-9385

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

**Conferences:** Cynthia Halliday 578-1064

### **STAFF**

**Administrative Consultant:**

Katherine Johnson 575-0596

## *Outreach Committee Update* *By Gail Van Buuren*

The Outreach committee has been meeting in the past months. We have compiled a list of topics for public presentations and are in the process of putting together a brochure. The mission of the Outreach Committee is "to provide practical information and resources in order to support the development and maintenance of healthy relationships within families, friendships, workplaces, and communities. We provide information on relevant topics to local school groups, civic groups, and business, religious and social organizations. Our public presentations are always educational and are typically in the format of an individual or a panel presentation specifically customized to our audience."

The idea is to promote the profession of Marriage and Family Therapists in the community along with self promotion. Because we represent RECAMFT, we are required to be trained and skilled in public speaking.

Presentations so far have been made to clubs, SRJC classes, agencies, public forums and schools. If you are interested in joining the Committee, we would love to have you. If you know of a group or other party that might appreciate a good presentation, we would love to be put in touch with them.

We feel that our profession needs better promotion in the community, we love public speaking, and are willing to get out there and do the promoting. Your help in the form of ideas, venues, and any other support would be greatly appreciated.

## **Want a Good Educational Deal?**

Psychotherapy Networker Magazine has webcasts of interviews with some of the leaders in our field. Right now there is one on Parenting. I watched one with Patricia Papernow on step-families which was full of modeled gems to use. The one with Ron Taffel was great, too.

This is a really good deal. If you want the CEUs and to interact after the interview, you can pay the \$139. However, if you would just like to view the interview, keep scrolling down in the offer until you come to Watch for Free and the line [click here to register](#). They will then tell you which 5 days to view each podcast.

## **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 12, 2012**

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

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

# JUNG'S PSYCHOSPIRITUAL CRISIS AND THE EMERGENCE OF THE RED BOOK

## ***A Myth for our times***

An overview of the history and dynamics of the *Red Book* to our lives and clinical practice

Location: Volunteer Center

153 Stony Circle, Ste. 100, Santa Rosa, CA 95401

Dates & Time: Friday, June 8, 2012, 7-9pm

Saturday, June 9, 2012, 10am-5pm

Fee: Friday only, \$25 (introduction and practice)

Saturday only, \$100 (lunch provided if desired \$15)

Friday and Saturday \$115



**THE LECTURE AND WORKSHOP** ~ On Friday evening we give an overview of the history and the emergence of the *Red Book* in the life and times of C. G. Jung, Freud, and the history of psychoanalysis and the relevance to our lives and clinical practice. On Saturday, Jung's Journey and the *Red Book* is used as a frame for introduction and working with the role of the images, symbols and inner figures through the technique of active imagination which Jung introduced as an approach to the unconscious. CEU (application pending)

**SAM KIMBLES** ~ Psychologist, Jungian Analyst, immediate Past President San Francisco Jung Institute, has practiced, consulted, taught for many years at all levels. Sam participates (25 years) in an ongoing peer consultation and experiential group process focused on Shamanism, creative spiritual expression and analytical psychology. In addition, he has an ongoing consultation practice to groups and offers training in learning about the unconscious through group work.

**SARA PHILLIPS** ~ former psychotherapist retired, current spiritual director, women mysteries. Sara participates (25 years) in an ongoing peer consultation and experiential group process focused on Shamanism, creative spiritual expression and analytical psychology. Sara's book journey *Book to Self Discovery* will be used as primer for some of the experiential processes.

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To sign up and/or questions: Sam Kimbles, Ph.D. 707-544-6647 or email [drsamkimbles@gmail.com](mailto:drsamkimbles@gmail.com)  
Sara Spaulding-Phillips, M.A. 707-538-3998

## **Registration**

Name \_\_\_\_\_

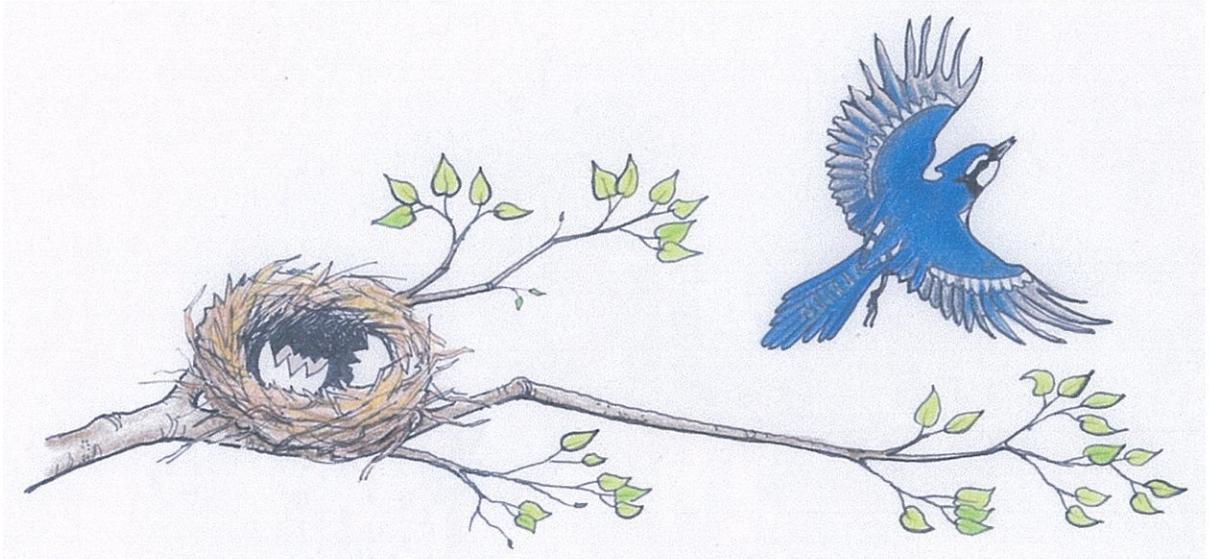
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

ZIP \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_ Email \_\_\_\_\_

Mail this form with payment to: Sam Kimbles, PH.D., 818 Cherry St., Santa Rosa, Ca 95404

*The most precious gift we can offer others is our presence. When mindfulness embraces those we love; they bloom like flowers. ~ Thich Nhat Hanh*



## Consultation & Supervision Group

This group offers a safe and supportive place for you to deepen into your 'Self' as a psychotherapist. You will be challenged to explore your own limits in relationship to countertransference. Working in a collaborative environment we will build trust and deepen clinical insight.

- \* psychobiology of attachment
- \* somatic experiencing
- \* object relations
- \* trauma/EMDR
- \* building a successful practice

**Where:** One Bodega Ave, Petaluma

**When:** Wednesdays 2-4pm

**Fee:** \$45/ group ~limited to 5 participants~

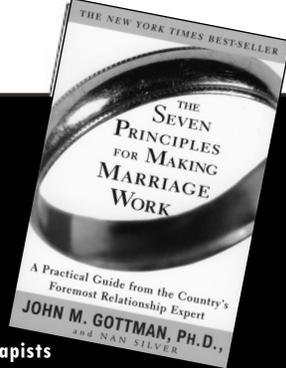
**About the facilitator:** Margie Jamin LMFT (#34364) has a thriving practice in Petaluma where she has privately supervised interns since 2003. She also is a clinical supervisor at Petaluma People Services Center and the Holos Institute. Margie has a warm and engaging style and over 23 years of experience leading groups. She has a special interest in working with Couples and Teenagers.

Please *call* Margie: (707) 782 0102 or *email*:  
marbu1@me.com if you are interested in joining!

## 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  
Dr. John & Julie Gottman

presented by Certified Gottman Therapists  
LISA LUND, MFT (33393) & BOB NAVARRA, PsyD, MFT (15997)

[www.ACouplesWorkshop.com](http://www.ACouplesWorkshop.com)

## Medicare Update - April 2012

In recent weeks, a great deal of attention has been given to the budget proposals from Rep. Paul Ryan (R-WI), Chairman of the House of Representatives' Committee on the Budget. One of the important elements of his plan has been to propose changes to Medicare. Interestingly, Sen. Ron Wyden (D-OR), the chief sponsor of the Senate bill which would give LMFTs Medicare provider status, has joined Rep. Ryan to support a number of changes to the Medicare program. These developments are proof that Medicare will continue to be the subject of Congressional attention and will enhance opportunities for the LMFT provision to be included in larger legislation.

## MYOB\* (\*Mind Your Own Business) by Marie F. Piazza, LMFT

Following up on my article last month, I received only two responses to my invitation to be contacted to talk about being providers for insurance companies. Or not. The first response was from an experienced therapist who teaches in the field and sees clients in the evenings. She rarely sees insurance clients and does long-term work. The second response was from newly licensed therapist who has decided not to work with insurance clients, has been advised that insurance panels are now requiring utilization review of even out-of-network providers and also prefers to supplement her private practice with employment that she enjoys doing.

Re-reading my article on the printed page did give me pause: I noticed it sounded a bit judgmental and perhaps cavalier. I am betting that the tone may have affected the response I received. Clearly this is not a scientific study and I did want to "jazz up" the newsletter a little bit! So, moving along to other matters of minding our own businesses... let's talk about client referrals.

Where do your clients come from? Are you happy with how this happens? I mean, are you receiving the types of clients you prefer to work with? Have your referrals changed over the years, and are you happy with that? Do you use paid advertising and is that working for you? Do clients come from "word of mouth", and is that one particular mouth, or many mouths?

Most of my clients come from other therapists and I feel quite honored by that. Lately, however, I have received several clients from my site on Psychology Today. My own website is still a work in progress, and so far is not at all a source of referrals. I hope that one day it will generate referrals as well. I personally do not like putting a lot of time and energy into advertising, not to mention the cost involved. But I do find that even with word of mouth referrals, folks do look me up online to find out about me and my work. So, I guess that makes it imperative that I have an "online presence". I do have an e-newsletter because I like to write and it is something I enjoy contributing to our community. I have received lots of positive feedback from it and absolutely no referrals!

If you have some thoughts about this topic, feel free to contact me by phone or by email. Next month, we will have another new and exciting topic. 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). Her e-newsletter is called **Moonburst!** and you can read and subscribe to it on her website.



INTRODUCTIONS AT THE START OF THE MEETING

## June 5150 Raffle

In June, our lucky 5150 Raffle winner will receive a free one-hour session from Dr. Meagan Pugh who was the presenter at our May RECAMFT meeting.

In her therapy practice, Meagan offers Trauma Resolution, Individual and Couples Counseling, Womens' Expressive Art Therapy Groups, Ceremonial Services, Spiritual Life Coaching and pro bono Cancer Support.

The winner of our 5150 Raffle can choose between somatic experiencing, brief art or parts work through imagery. Or, you can choose to trade out your one-hour session for a day's introductory workshop to "The Spiral of Healing" training she offers on July 28th from 10 AM to 3 PM in Sebastopol.

You can reach Meagan through her website at: [www.art-2-heart.com](http://www.art-2-heart.com), e-mail her at [Meagan@art2-heart.com](mailto:Meagan@art2-heart.com) or call her at (707) 823-1131. We thank Meagan Pugh, PhD for her generous offer!

*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)*

## What You Missed by Doug Silberstein

At the May, 2012 RECAMFT meeting, Meagan Pugh, D.Min., ATR-BC, SEP, gave an extremely engaging and helpful presentation on the use of somatics and art therapy in healing trauma. Focusing on the physiology of trauma and its effects on experience and behavior, Meagan clearly articulated ways to provide safety and facilitate resourcing in the therapeutic setting.



MEAGAN (RIGHT) & LAURY RAPPAPORT ENJOYING OUR SOCIAL TIME BEFORE THE MEETING

In utilizing a somatic approach, Meagan gave experiential examples of how to help clients mindfully explore and come to accept bodily experience, as well as how to discharge activation and regulate high arousal states. She described how to help facilitate embodied experiences for clients in order to remedy dissociative states that were historically necessary and adaptive but currently an obstacle to vitality and well-being.



SOCIALIZING – BOB DALZELL, LAINEY SOHIER GAYLER, HAL FORMAN WITH JUDITH PELETZ AND JOHN AMODEO BEHIND

She also described using Somatic Experiencing techniques to promote flexibility and spaciousness when dealing with rigid states of being (over-coupled) and integration when dealing with chaotic states of being (under-coupled). These processes help to bring

the parasympathetic and social engagement systems online and give the client positive, adaptive experiences of self that s/he can learn to resource.

With the use of art in therapy, clients can symbolically represent internal experiences, which they and they alone can then give meaning to. This amplifies safety and empowers the client as s/he gains agency and perspective. Meagan helps clients pendulate between symbolically represented distressed states and resourced states, gradually increasing the client's capacity for accessing the resourced states. Since the artistic process "bridges the implicit and explicit memories" and taps into early relational states, the bound traumatic energy is given an opportunity to be released into a safe container within which there is a foundation for grounding and centering, thus enhancing the client's sense of resiliency.

Meagan said that the manifestations of trauma are, "don't feel, don't see, don't speak." She works with clients to create a mindful, adaptive relationship with trauma-based distressed states in order to connect to embodied and empowered experiences of feeling, seeing and expressing. In these states of resourced awareness, she helps clients discover or recover active, adaptive defensive processes that help build the internal sense of safety necessary for more fulfilling interpersonal experiences.

Ultimately, Meagan believes that healing trauma results in a greater capacity for experiencing joy; for trusting in one's own positive, life-affirming experiences. Incorporating somatic and artistic approaches helps empower the therapist to provide the client with the experiential resourcing necessary to reclaim his or her right to a joyful, vital life.

Meagan is a Transpersonal Counselor with a private practice in Sebastopol. She is author of the book and companion CD, *The Spiral of Healing: A Journey Through the Chakras to Awaken Creativity and Body Wisdom*. She and can be reached through her website, [www.art-2-heart.com](http://www.art-2-heart.com).

*Doug Silberstein, MFT has a general private practice in Santa Rosa and San Rafael with a focus on working with couples and parents. Trained in Dan Wile's Collaborative Couple Therapy, AEDP, and Gordon Neufeld's attachment-based approach to parenting, he can be reached at 707-583-2353.*

## Grief Guide After A Death

By Karen Stocksdale, MFT

- 1) Let the feelings/crying happen whenever needed. Try not to stuff or hide these urges. They are a testament to your love (let them happen as long as needed.) The average intense grief period is roughly 3 to 4 years (more depending on the closeness of the relationship.) The major process can happen in this time period but this is individual as well as some part of you will always be aware of the loss. The process will morph many times as your awareness changes (you may become clear about the preciousness and fragility of life, how short our time is here, the sacredness of friends, family, relationships, etc..)
- 2) Let the grief mold you. It could help to think what your "loved one" would want for you in any situation, or reverse what you would want for your "loved one" if it was you who had passed.
- 3) Remember your "loved one" in a real (authentic) way as much as you can so your memories are true (remember their flaws, their quirks, ways the person may have annoyed you as well as the traits you cherished.) This will assure your memories are true (not idealized) so you don't forget the "real" person.
- 4) Grief will happen in "waves", that is how it is supposed to be (unexpected and spontaneous.) You will find how many ways you are reminded of your "loved one" through music, places, people, food, experiences, etc. You might see characteristics in other people (look-a-likes) where you would not necessarily notice this. You might discover that you were more attuned to your "loved one" than you thought. Let it all affect you. You will not die from feeling your grief, but it will open your heart and that might be painful. This is normal and natural.
- 5) Grief formula: The depth of the love=the depth of the pain.
- 6) Stay in touch with friends/family and practice some self-created rituals or some formal ones. This is a helpful way to gather people and avoid isolating in your grief. Suggestion: in the Jewish religion "shivas" are held one time a month on the anniversary death date (a gathering of family and friends where everyone gets a chance to share memories, stories, feelings, and food.) This goes on for one year so people don't have to hurry their good-byes. It could be a hike, a dinner, a bonfire, a

dance, a concert (any activity that speaks to you about your “loved one”.) Bringing photos is also a great chance to share and talk.

- 7) Send your “loved one” love. It is not easy for them to leave you either. Wish them well on their journey. They may need your support (this can be especially true if the “loved one” is young.)
- 8) Do things in honor of your “loved one” (worldly things and things they can no longer do) such as make their favorite meal and enjoy it for them, go backpacking for them, watch a sunset, take a road trip, etc. Do things and dedicate them to your “loved one’s” memory. You will know what they would like!
- 9) Stay connected to their family and friends. It will be mutually helpful as you go through this process.
- 10) Look for unusual signs, your “loved one” may appear in your dreams (may or may not be pleasant.) Sometimes when people die they can appear in other forms or try to send messages through the presence of an animal, through fragrances, turning electricity off and on, etc. Sometimes their presence might happen in the form of mischief (items falling, door closing, etc.) Keep a watch otherwise you will miss this.
- 11) Let yourself be affected by your loss, this is natural-our animal nature. Let the process happen and show your “loved one” that they mattered to you. Let the process take as long as is needed (there is no time limit.)
- 12) Ask for or save a piece of clothing from your loved one or some favorite items. You can wear this when you need to feel comforted by their closeness. Be careful about giving their personal belongings away too soon (you may regret this later.) You may want to build an altar and keep it going for as long as you want (you can keep some of your “loved ones” favorite things on the altar.)
- 13) Say your “loved ones” name whenever possible (and write it.) Name something after them (a plant, and animal, a person, etc.)
- 14) What were your “loved ones” dreams? What did they want to accomplish in their lifetime? Can you take over and help them? This might mean visiting a specific place, completing a project, supporting a cause, etc.
- 15) Don’t let guilt get in your way. Again think of your “loved one” (if they thought you were feeling guilty in relationship to them it might distress them.) Guilt will plague us if we let it (even that we are alive, happy, or feeling good when our “loved one”

is gone.) Hyper-vigilance can happen where we might feel guilty if we have not thought about our “loved one” every minute, every hour, or at least daily. Let your instincts guide you and be yourself as much as you can throughout this grief process.

- 16) Priorities will change (what really matters will become clear to you.) Your list of priorities could shrink dramatically. This is normal and natural. Things you used to enjoy may not have the same effect. Be patient with yourself, the grief experience may change you, and you may be motivated to become more true to yourself.
- 17) Monitor your energy levels, you may not feel your usual level of energy. Again be patient with yourself and kind! Grief “work” is exhausting.
- 18) Reach out to other people, loss is a universal occurrence and many people will understand your pain (child loss is in another category that not everyone will relate to.)
- 19) Plan for anniversaries (even if your “plan” is to not have a plan.) Watch for unusual events when coming to the day of an anniversary. If you can let your “loved one” guide you around how to honor that day. You may need extra self care around your “loved one’s” birthday, holidays, and anniversaries.
- 20) Pay attention to your dreams (keep a journal if this appeals to you.) You may have some unusual dreams or another person in your life may experience a dream with your “loved one” in it. You may find your dreams to be “good-bye” dreams which are not necessarily pleasant (they may not be satisfying, they may depict your “loved one’s” sense of humor, but they may be a type of encounter that signifies a “good-bye”.) These dreams can be precious, but not necessarily comfortable.
- 21) Most importantly following your instincts throughout this process is vital for your health and well-being. It is ultimately you who has to live with your loss and only you will really know what might feel right at the time. You may gain a deeper understanding of yourself and a clearer sense of your boundaries, limits, and needs. It is okay to change your mind around what is tolerable for you. You might find yourself in a situation (social event, family gathering, class, workshop, etc.) where you realize you are uncomfortable, triggered, overwhelmed or too sensitive. It is okay to leave and take care of yourself (whether you back out politely or not, as it is not a time to hold to politeness.)

22) The “grief process” time frame is important for you to be aware of. People around you may expect you to return to “normal” after 6 months (maybe definitely one year.) Most Hospice organizations subscribe to a “general” 3-4 year grieving process. This does not necessarily take into account if the loss was sudden and unexpected, traumatic, unknown causes, murder, suicide, etc. These types of losses are more complicated and the grieving process is less predictable. Be wary of family and friends who attempt to “push” your process forward due to their intolerance at witnessing your pain. Your pain is your connection to your “loved one” so, take your time and let your grief process unfold organically.

### *Intern News With Lee Rosenstein*

Hi interns:

This past month, I have received numerous inquiries from interns asking for support and internship opportunities. Some have eloquently described the frustrations of jumping through seemingly endless hoops on the long and winding road to licensure. A common theme is the need to feed oneself and one’s family in a depressed economy. As we all know, agency internships often pay little or nothing and demand a lot in return. Folks who inquire into private internships are discouraged because they cannot afford to pay for supervision and office rental until they have more than a client or two.

Given these challenges, I would like to hear from both interns and licensed MFTs about their personal or professional experiences. What worked for you, what was a challenge, and what would you do differently if you could? In the spirit of partnership, I am inviting veterans of this journey to reach out and support interns even when there’s nothing in it but gratitude and a warm smile of thanks.

In the meantime, I will continue to gather and share intern-related information and resources. My hope is to collect your tales, ideas, and creative suggestions and share them in future editions. I look forward to hearing your many voices in the coming days of our lives. Feel free to “say anything” at [leeshomeworld@comcast.net](mailto:leeshomeworld@comcast.net).

Lee Rosenstein, Intern Chair

## *Ads & Announcements*

**Office for rent in Santa Rosa.** Victorian, near downtown, with Therapist Offices. Call 527-8800

**Maxine Hall, MFT Consultation Group/Therapists Licensed Less than 5 Years.** Ongoing group for therapists seeking support around case consultation, law/ethics, practice building, developing/deepening theoretical orientation. This group is designed to offer practice and develop trust in your professional growth. Bi-Weekly, Tues. 12-1:30 PM, \$45/session. For free interview and information contact Maxine at 524-4114.

***Somatic/Body Oriented Therapy Consultation Group***  
We have openings-for therapists with some somatic training who want support, practice and continued learning in somatics. FMI Call **Kitty Chelton MFT** 823-8203 or **Theresa Beldon MFT** 823-5216.

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