



## OUR DECEMBER MEETING

# Using Somatics in Couples Therapy

## Kitty Chelton, MFT & Theresa Beldon, MFT

On December 14<sup>th</sup> Kitty Chelton and Theresa Beldon will be speaking to us about how to apply Somatics in couple's therapy. Theresa and Kitty will be offering a one day workshop on **Somatics with Couples** on January 12 and a two day workshop on **Somatics in Groups** on March 9&10. Please visit their website at [www.bodywisdompsychotherapy.com](http://www.bodywisdompsychotherapy.com) for more details.

In the past few years the field of psychology has been placing more and more attention on the issues created by neurobiological and attachment deficits. These types of problems become even more blaringly obvious when working with couples.

Many couples are similar developmentally; however, they often have dramatically different coping styles due to their individual attachment issues. These differences can cause a great deal of emotional upset and dysregulation within the relationship. The struggle to understand their partner, leads to misinterpretations and an inability to soothe or co-regulate each other. It is at these activated times that we attempt to intervene somatically. We often act as coaches helping the couple bring the issue up in the room

### December 14th RECAMFT Meeting

10:30 - 11:00 social & sign in

11:00 – 1:00 meeting

### Healing in Relationship/Using Somatics in Couples Therapy

Kitty Chelton, MFT & Theresa Beldon, 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.*

January 11<sup>th</sup>, 2013

**Internet Marketing for Therapists:  
The Five Elements of a Client-Attracting Website**  
Uriah Guilford, MFT

February 8, 2013

**Facing the Angry Client – 5 Easy Steps to Prevent Premature  
Termination**  
Ilene Wolff, MFT, RDT

SEE PAGE 8 FOR ALL 2013 PROGRAMS

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

and then we attempt to make repairs in present time. We do this by bringing attention to their bodies, helping them understand their own and their partner's particular needs and attachment styles and by experientially exploring new ways of responding to their partner's regulatory needs.

In recent years psychobiological studies have revealed that touch, soothing voice tone, eye gazing and a secure bond can increase a person's ability to manage strong emotions and activated states. We are now learning why the somatic practices that we have been using for a number of years actually help to modulate activation of the nervous system and settle people in such a way that they can move out of their "flight or fight" reactions and into a softer more vulnerable way of relating. These kinds of interactions can be taught to couples so that they can better co-regulate and create a more secure bond.

In this presentation we will

1. Discuss the benefits of using somatic techniques in couple's therapy to facilitate co-regulation between partners;
2. Share through case studies, examples of somatic techniques that can help develop more secure attachment in couples;
3. Discuss somatic exercises that help couples in crisis begin to repair the ruptures between them;
4. Do some experiential exercises to show how to address different individual's specific needs; and
5. Finish the time with questions and answers.

Kitty Chelton MFT #30322 has studied and taught Somatics at the Lomi Psychotherapy Clinic in Santa Rosa for the past twenty years and she also has a private practice in Sebastopol.

Theresa Beldon MFT #48103 is a developmental psychotherapist and has been a Bodydynamic Analysis teacher and trainer for the past twenty years. She shares her time between a private practice in Berkeley and Sebastopol.

They have joined together in the recent years to work with groups in many different settings and to teach an Intensive Somatic training program called Body Wisdom Psychotherapy.

FMI go to [www.bodywisdompsychotherapy.com](http://www.bodywisdompsychotherapy.com)

## President's Message

Hal Forman, LMFT



Here we are in December, with the year, and my term as your President, coming to an end. I've had the pleasure of "leading" the organization for this year, but the reality is I've been one of a great team of

volunteers that continue to put their time and energy into making RECAMFT into the vibrant, vital community of mental health professionals that it is.

During this past year, we've had a rich and diverse assortment of presenters at our monthly meetings. Being president, I, of course, have (gladly!) attended them all. I can say with no hesitation that my work as a therapist has been enriched and expanded from the

wisdom that these presenters have brought. I know there are a number of our members who are not able to attend our Friday meetings due to work and other commitments. But if you do have the time and have not yet come to our meetings, or attend infrequently, please know that you are missing one of RECAMFT's most valuable offerings. Many thanks to Judith Peletz and the entire Programs team for continuing to do an amazing job of lining up such talented presenters. I would also like to thank Patricia Ross, our Hospitality person for the past two years, who has consistently made sure attendees are well supplied with coffee, tea and goodies.

This past year we also implemented our Yahoo Groups Listserv. This is an email group that can be used for

immediate communication and problem-solving with other members. We currently have over 70 members that have subscribed to the group, and we're hoping many more of you will sign up. For more information on the group, go to the website at [health.groups.yahoo.com/group/recamft/](http://health.groups.yahoo.com/group/recamft/). To sign up, click on the link for Myron Walters and send him an email asking to sign you up. You can also email me at my email address below. (Note: you must be a member to join.)

I'm looking forward to continuing as an active Board member in 2013, under the leadership of our new President, Lani Lee. We have more great programs lined up, including our annual Law & Ethics workshop with David Jensen in February. I'm also looking forward to continuing the work of helping to heal the world, one client at a time, in community with all of you. Please don't ever forget the importance of what you do.

Blessings,  
Hal

*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  
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## 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, January 25, 2013**  
**1:30 - 3:00 pm**

**More information? call Coralia Serafim at 781-0133**

## *What You Missed* By Michael Krikorian

Today we had a very thought provoking presentation at our general meeting by Charles Harris, Ph.D. on "Structure and Process in Psychotherapy." Dr. Harris is a seasoned therapist and renowned instructor in the theory and practice of psychotherapy. He now provides therapy and consultation from his Sebastopol office after many years of practice in San Francisco. His focus today was to help us understand the "structure" of psychotherapy and how it relates to the process that unfolds.

Dr. Harris identified some of the variables that provide the structure of psychotherapy. His first example was how the model of therapy that the therapist holds determines such structural factors as what is growth in a client and who is responsible for it? Is diagnosis of a client necessary and how is it used? Is suicide ever a rational choice for a human being? Who is responsible for the outcome of therapy? Sometimes Dr. Harris gave his own view on these issues. For instance, he believes that the therapist is responsible for providing the opportunities for the client to grow (by holding the structure, protecting the transference, providing interpretations and confrontations, etc.) while the outcome of those experiences and the therapy itself is up to the client. He identified other structural variables such as the fee structure, phone calls and crisis calls, missed appointments, the policy statement, use of e-mail. He pointed out how all of these are structures we provide that communicate something to the client and provide something for the client to push up against which then becomes grist for the mill in the process of the therapy.

He talked about the analogy of the structure as a "crucible" in which powerful chemical processes can take place without destroying the therapeutic alliance itself. Dr. Harris said that some of the best therapeutic interventions can occur around frame (structure) violations.

Dr. Harris went on to discuss the process variables of psychotherapy. These include the transference, countertransference, projective identification, therapeutic alliance and the stages of the therapy. He noted that how these variables unfold will mirror the intrapsychic structure of that client bumping up against

the structure the therapist provides. He spoke at length about the transference relationship between the client and the therapist and how that will change shape over time. He pointed out how a positive transference can be helpful for a client to tolerate and stay in therapy but can also be used by the client to glorify the therapist and stay away from shadow aspects of themselves they are fearful of revealing.



**DR. HARRIS RESPONDS WARMLY TO AN ATTENDEE'S QUESTION**

He spoke of countertransference as that process when the therapist's own personal unconscious is effecting them and how they relate to the client. He recommended all therapists get their own psychotherapy so they can identify what is going on within themselves in reaction to the client and why.

Dr. Harris spoke of how effective therapy with a client will progress through stages. Some of the hallmarks of this progression are how the client begins by dealing with the present and gradually moves through processing feelings from the past. Through therapy, the client gets more in touch with their impaired Real Self and gradually develops more observing ego. The therapist facilitates this progression by holding structure, accepting the client where they are (therapeutic neutrality,) listening for and therapeutically responding to the unconscious messages being sent.

Thank you, Dr. Harris, for another stimulating presentation that makes all of us think more deeply about how we practice our art. Dr. Harris can be reached at his Sebastopol office at (707) 829-5170.

*Michael Krikorian, MFT, has been in practice for over 30 years seeing adults and adolescents, individuals and couples. For more information on his work, go to [www.mkrikorian-therapist.com](http://www.mkrikorian-therapist.com).*

## Do Social Media and Counseling Mix? By Laura Strom



“Never, ever give a client your email!” How many of us heard that during our training? And now in these days of Facebook, Twitter, Yelp, LinkedIn, YouTube, blogs, and websites everything conflicts with what we heard. Or reinforces it!

Lots of counselors have avoided all these sites for fear that clients would find them and try to “friend” them or would be able to see personal things such as embarrassing family vacation photos. But lately, we have all been hearing how businesses should all have them, so which is it?

Facebook allows you to have a personal page which only your friends and family can see – just people you have invited. And it also allows you to set up a business page which anyone can see. Better yet, the business page is free, so if you do not have a website, this gives you a free web presence. And if you set your Facebook page to “tweet” your updates, you can do Facebook and Twitter with one simple entry.

Why would you want a business Facebook page? Facebook is the cornerstone of all social media, and social media is the wave of the future. Plus, it is free, and free marketing that works is the best kind! The trick is making it work for you.

Your business Facebook page allows you to post updates about topics that interest you, or in which you specialize. As people comment on what you have posted, you comment back. This allows the potential client who is considering your services to hear your “voice”, get a flavor for who you are as a person, and see what kinds of topics impassion you.

I use my business Facebook page to post interesting mental health articles, the latest research on topics I feel will interest clients, inspirational quotes, short videos, amusing anecdotes, important resources, and links to things I have written. A potential client browsing my Facebook professional page will see that I am interested in LGBT people from the many “It Gets Better” videos, that I care about gay marriage from the cartoons, that I like mindfulness from the short

meditation videos, that I understand PTSD and veterans, and that I know that disasters such as the recent Superstorm Sandy may have parents wondering how to best calm their children when they are scared themselves.

And why would I want to make all these things available on my professional Facebook page? Because it shows the potential client who is considering therapy with me that I am a well-rounded mental health professional who is thoughtful, caring, up on the latest research, and savvy.

Does social media mix with counseling? I say, “Beautifully!” and it lets us speak with power, authority and compassion.

Laura C. Strom, MS, LMFT (MFC 49174) is giving a workshop entitled, “How to effectively market your private practice on a shoestring budget” hosted by Cynthia Halliday, Sat., Jan. 12, 2013. She does consultation with counselors to help them with social media. <http://www.facebook.com/lauracstrom>

## *Bring Your Books?* By Gail Van Buuren

I have a weakness for books. I admit it. But having moved more than 20 boxes of them from one place to another these last few years, I decided it was time to begin the process of letting some of them go. I suppose I could have taken them to a used bookstore and sold them for some cash or credit. That is what I was thinking of doing at first, but then I thought about my colleagues at our membership meetings and what fun it would be to just bring the books to a meeting and let them go to a new home.

I lugged in two boxes full of books I had culled from my library. Some were so familiar to me that I have internalized the information, some I just did not need anymore, and others I had never really connected with. I put up a few signs explaining that folks could just help themselves and then had a great time watching who picked up which books. Not all the books found homes and I brought back about half a box, but it was really fun to do it and my colleagues seemed pleased to find some free treasures.

## December 5150 Raffle

There was a consensus at the meeting that we would all enjoy more of this kind of trade. So if you have been feeling that you have too many books, that it is time to lighten up a bit, consider bringing them in to share at a meeting. There is a table in the back of the room to spread them out on. Only thing is, you have to take the remaining books back and find them another home.

*Gail Van Buuren, MFT, has a private practice in Sebastopol and gives talks on How Stress & Trauma Impact Children at Different Developmental Stages and How to Help. She can be reached at 494-4198.*

Dearest Colleagues:

As of this past August 30th, I have closed my practice and retired from our esteemed profession. To prove this to myself when it doesn't seem real, all I have to do is fetch the plaque in mahogany that CAMFT sent to me with the new status of "Emeritus". Imagine my surprise when I opened that package! You have that to look forward to.

During my 23 years as a RECAMFT Member, I have enjoyed the company of such wonderful people--You Folks! You, together with my clients over the years, have contributed so much to my personal and professional growth from the very beginning of my affiliation as a nervous intern. I think you can probably relate to that experience.

You helped me to gain confidence in myself and in my abilities especially through my six years of more active service as speakers' bureau chair, newsletter editor and 5150 Raffle chair. I think the warmest and most aromatic times were baking cookies together the night before the conferences! I recommend highly the camaraderie and growth experienced through service on the RECAMFT Board.

Thank you so much to each of you. I will treasure the thought of you forever. Who knows--our paths may cross again in different roles in the next lifetime. However, I hope to see you again before then! My prayers are with you in your continued good work. The influence you have in people's lives can be tremendous.

Joyce Higgins, Emeritus  
(707) 665-9600

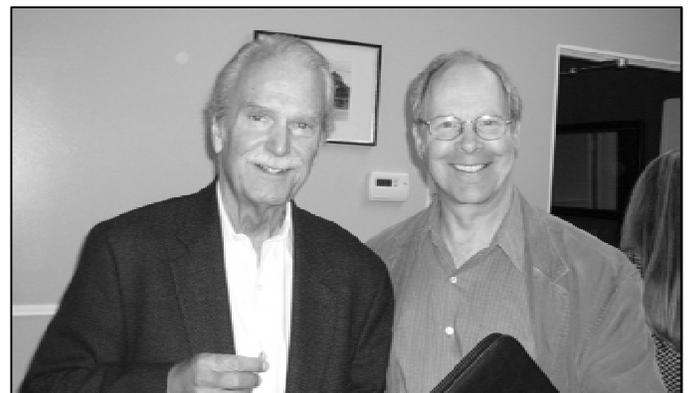
Hey there! The winner of the 5150 Raffle at the meeting in December is in for a super treat! Melissa Weaver, CMT is offering you a free session of massage. Perhaps you'll be able to truly enjoy your preparations for Christmas or Kwanzaa, or deeply relax after Hanukkah's festivities.

Melissa has over 35 years of combined massage and bodywork experience. Her goal is to help you feel more connected to your own sense of well-being and inner peace. She will help you relax, release blockages and reduce pain, which in turn helps free up vital healing energy within your body.

This process assists you in accessing a deep inner connection with your source, as your body continues to balance and heal in the days following your treatment. Melissa has worked with thousands of clients. Many testify that her work is among the finest, if not the best, they have ever received. She can be reached at: (707) 823-3235. We appreciate Melissa's bestowing upon us this wonderful gift. Happy Holidays to each and every one!

*Joyce Higgins has recently retired from her private practice. She can now be reached at (707) 665-9600. Marie Piazza is taking over the 5150 Raffle and can be reached at 570-3940.*

*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 Marie feedback about the service you receive 707 570-3940)*



CHUCK HARRIS AND MICHAEL MONTGOMERY AT THE MEETING

# STRATEGIES TO MARKET YOUR PRACTICE: FOCUS ON NETWORKING

By Fran Wickner, Ph.D., MFT

When therapists come to my workshops or come for an individual private practice building consultation, I often hear comments like:

"I don't see clients in the morning".

"I never see insurance clients in my evening slots".

"I only work with private pay clients".

In the past, I would help therapists get a full practice based on their "rules", such as the examples above. But due to the economic slow-down, all rules are off. The meltdown of our economy is affecting our profession. And, unfortunately, the rules of how you want to run your practice right now have to change, or you won't be able to keep a full practice.

I am not suggesting that you need to change your practice rules forever, however now is the time to have a paradigm shift to look at new possibilities. The economy will improve. But for now, changes in how you view and run your practice must be different.

There are many ways to promote your practice without spending a lot of money. In my practice-building work, I tend to emphasize practice building ideas that are free or low cost. One of the most effective and economical strategies to build and expand your practice is to focus on networking.

Here are some ways to network and get new clients.

**1. Go to clinical workshops and network with other therapists.** I've found that by going to smaller group trainings there are more opportunities to connect with therapists than going to the large convention-like workshops. You might even run into an old colleague or someone you went to graduate school with. Arrive at the training early and talk to the other participants. Stay afterwards and have informal discussions about the presentation, trade business cards and make a coffee date. Also check out their websites.

**2. Join professional associations.** Go to their meetings and better still, get on the board, it will get your name

out. Most professional associations have networking lunches. As with the workshops, arrive early and stay afterwards.

**3. Always carry business cards.** You never know who might be a good referral source. It could be the other carpool mom or the friend you run into at the grocery store or the person in line for the baseball game. I've found that many people are really interested in our work and happy to take a business card. Having business cards are useless unless you actually use them.

**4. Do "coffee" once a week.** Invite another therapist, health practitioner, teacher or business person with whom you might be able to cross refer.

**5. Follow-up.** Follow-up is as important as the initial contact so make sure it is an integral part of your marketing plan.

I know that many of us find the prospect of networking to be intimidating but if you network and market in a way that fits your values and personality you will get results. Having a steady stream of referrals will motivate you to keep working on the business side of your practice.

*Fran Wickner, Ph.D., MFT has been a Licensed Marriage and Family Therapist since 1983. In addition to seeing clients in her Albany, CA office, Dr. Wickner is a practice building consultant and offers individual consultations and workshops (regularly scheduled as well as availability to speak to your consult group or professional association) on all aspects of building and expanding your private practice. Workshop calendar at: [http://franwickner.com/?page\\_id=36](http://franwickner.com/?page_id=36)  
You can also download practice building packets at [http://franwickner.com/?page\\_id=67](http://franwickner.com/?page_id=67).*

For more information: [www.franwickner.com](http://www.franwickner.com) ,  
[franwickner@hotmail.com](mailto:franwickner@hotmail.com) , 510-527-4011.

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## Ads & Announcements

### Office Space

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### Bulletin Board

Interested in learning more about Narrative Therapy? Thirteen Narrative Therapy books for sale. All in great condition. Individual books for sale for \$15.00, or the entire collection for the holiday sale rate of \$100.00. Contact Dino at [dino\\_ruffoni@comcast.net](mailto:dino_ruffoni@comcast.net).

## RECAMFT Programs 2012-2013

January 11, 2013

Uriah Guilford, MFT

**Internet Marketing for Therapists: The Five Elements of a Client-Attracting Website**

February 8, 2013

Ilene Wolff, MFT, RDT

**Facing the Angry Client – 5 Easy Steps to Prevent Premature Termination**

February 15, 2013

CAMFT's David Jensen, JD

**What the Law Expects of Me: Part III**

March 8, 2013

David Keip & Michelle Keip, RN, PHN & Jan Ogren, MFT

**Helping Clients Perceive and Consciously Change their Patterns of Relating to Others**

April 12, 2013

Joe M. Persinger, PhD

**Contemporary Perspectives on Chronic Pain: Identification and Treatment**

May 10, 2013

L. Reyna Seminara, LMFT

**Helping Clients Heal from Trauma Using Bilateral Stimulation Techniques**

June 14, 2013

Steven H. Sulmeyer, JD, PhD

**Psychotherapy and Spirituality**



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

CEU Provider #PCE 2322

**WHAT DOES THE LAW EXPECT OF ME:  
PART III**

**Presented by David Jensen, J.D. of CAMFT  
Friday, Feb. 15, 2013**

**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 III is the follow up to Part II offered in 2012. Due to The dynamic nature of the legal and ethical issues related to Marriage and Family Therapy, all therapists are encouraged to attend, even if you did not attend Part II. 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.*

Is it time for you to be sure you have your required  
Law and Ethics CEUs before renewing your  
license?

Mark the date in your calendar and plan to register  
when you receive the official flyer soon.

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**December Issue**

#### RECAMFT HONORS PAST PRESIDENTS

Elaine Sohler 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
Rick Mawson	1980-1982

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Non-members - \$125

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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) - 15<sup>th</sup> of the month

Advertisements - 15<sup>th</sup> of the month

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Or submit ad to website at [www.recamft.org](http://www.recamft.org)

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