

Empowering relationships...

NOVEMBER 2015



# The Redwood Empire Therapist

## OUR NOVEMBER MEETING

# The Power of Creative Play

Alva Ackley, LMFT



Join us for a play date! Tap into the power of the creative mind with social connection, mindful awareness, and improvisational play. This interactive, experiential program will lead participants in a sampling of improvisational warm-ups and games. Improvisational techniques are currently being used with a number of therapy models, from the post-modern to the cognitive and behavioral approaches. These practices are used to reduce anxiety, to boost resilience and to enhance receptivity to change. Improvisational warm-ups and games bring attention into the now and

provide the opportunity to venture into the unknown, to collaboratively create and to play. We can enjoy the magic of spontaneous connection with our colleagues while we bring more confidence, vitality and joy into our lives.

When done regularly, these practices can have profound positive effects upon our lives and neurobiology as well as upon our clients. None of our activities will be strenuous. Please wear comfortable shoes. We will have a short time for

## November 13th RECAMFT Meeting

10:30 - 11:00 social & sign in

11:00 - 1:00 meeting

## The Power of Creative Play

Alva Ackley, LMFT

**ODDFELLOWS TEMPLE/MERCER HALL, 545 PACIFIC AVENUE, SANTA ROSA**

*IF THE PARKING LOT IS FULL, 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 TOWING COST IS \$225.*

December 11, 2015

## Bringing Authentic Presence into Therapy

With Clients Facing Cancer

Cheryl Krauter, LMFT

January 8, 2016

## Reciprocal Exchange Dynamics:

Leveraging Therapeutic Transactions

Scott Nelson, Ph.D., LMFT

1.5 CEUs AVAILABLE – RECAMFT CEU PROVIDER PCE 2322

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

participants to share their experience of the activities and to explore how these and similar practices might enhance therapeutic work.

Alva Ackley is a licensed Marriage and Family Therapist in private practice for 23 years. Her specializations are assisting with life transitions, treating grief and loss, and helping people to improve their relationships. Alva served as Program and Clinical Director of Big Brothers Big Sisters of Marin, prior to being hired by the County of Marin where she served families with children in the Dept. of Health and Human Services. For her facilitation of a multiagency partnership to assist young adults with severe mental illness, Alva was awarded special distinction by the Zellerbach Family Fund. For her work at Marin Suicide Prevention and Grief Counseling Center, she was named a Marin County Volunteer of the Year. She is honored to be Past President of Marin CAMFT.

Following her work at the County of Marin, Alva took her first improvisation course. That was four years ago and she admits to addictive, improvisation-seeking behavior ever since. In addition to her private practice and her pre-occupation with improvising, Alva provides CEU trainings, facilitation, and consultation in various clinical, business, and agency settings.

## President's Message

Kris Spangler, LMFT



### *Death, Dying, the Dead and the Living*

I notice that the celebration of La Dia de los Muertos has recently become a popular, almost mainstream event in some parts of the US. Rituals celebrating the deaths of ancestors have been observed by native western hemisphere civilizations perhaps for as long as 2,500–3,000 years. Many, if not all, other peoples around the world have long traditions of honoring their dead and also death itself (often embodied in the form of a goddess or god) in annual rituals. I observe that while some who are new to La Dia de los Muertos embrace it as a way to deepen into an honest relationship with death and grief, others seem to treat it the way we have come to treat Halloween – a night of creepy fun and dress-up play. “Happy Halloween!” If La Dia de los Muertos becomes just another style of dress-up and another set of fun and quaint symbols (of what, again?) it will be, in my opinion, because our culture has closed its eyes to the power of death to transform the dying and the living, alike.

We are so fortunate in this area to have wise leaders like Francis Weller, MFT, who has written a book called *The Wild Edge of Sorrow* and is featured in last month's issue of *The Sun* (magazine). Francis takes us deep into reverence for “the darkness” and the healing that brings. We have Jerrigrace Lyons, a leader in the “Death

Midwifery and the Home Funeral Revolution,” who founded the organization Final Passages, based in Sebastopol. We have Hospice at St. Joseph Health in Santa Rosa and Petaluma, facilitating conscious dying and grieving for anyone open to it. Nationwide, people are writing and speaking out about the psychological effects of the medicalization of death (as well as birth). Many of you local MFTs now have specializations in grief therapy. I could go on and on.

It seems to me that psychotherapists are in a position to bring awareness to the resistance and denial our modern culture maintains to death and grief. Perhaps in doing so, we can bring into the light some of the shadow that ends up creating violence in our communities. As we as a culture celebrate All Hallows Eve as a dress-up day and begin to make La Dia de los Muertos into the same, where are we therapists standing in terms of honoring a Goddess of Death -- the reality and awesome power of mortality, decay and rebirth, grief and the gifts of our ancestors?

Warmly,  
Kris Spangler, MFT - President, RECAMFT Board

*Kris Spangler can be reached at 829-8293 or [Krislinkk@earthlink.net](mailto:Krislinkk@earthlink.net).*



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## *What You Missed by Michael Krikorian*

Today we were honored to have Lisa Lund, MFT, give us an informative and entertaining presentation titled "Help Your Couples Move From Gridlock To Dialogue." Lisa is an experienced therapist highly trained in the Gottman Method. After training extensively with John and Julie Gottman, she has gone on to become a senior certified Gottman therapist and trainer. She leads local trainings in the Gottman Method of couple's therapy at A Couple's Place in Sebastopol.



Today Lisa focused on the Gottman approach to helping couples learn how to handle conflict so they end up better able to interact constructively around conflict rather than get stuck in unhappy standoffs or destructive fights. She explained how John Gottman, through his extensive research studying the interactions of hundreds of live couples over time, was able to come up with research-based truths about the interaction patterns and behaviors that lead to unhappiness/divorce and those that lead to marital satisfaction and longevity.

One of his discoveries was that approximately 75% of the differences that couple's fight about will never be fully resolved because they are grounded in deeply held personality traits or values. Since such differences are unlikely to ever completely go away, what is helpful is for the couple to be able to have dialogues about these differences that increase empathy for the other's position and drain off the tension that has arisen. Gottman identified 4 communication patterns that tend to inflame or frustrate a partner during an interaction rather than what is needed which is a calm and open interchange so that flexibility about the differences can be found. Gottman called these communication patterns the Four Horsemen of the Apocalypse as their occurrence with a high frequency is predictive of divorce. The Four Horsemen are criticism, defensiveness,

## **ETHICS ROUNDTABLE**

*The Ethics Roundtable meets once each in the Fall, Winter, and Spring. 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, February 12<sup>th</sup>, 2016  
10 AM to 11:30 AM**

**Want more information?**

**Email (preferred) Reyna Seminara at**

**LRS-MFT@att.net**

**Or Call 707 523-9192**

contempt and stonewalling. Lisa detailed the antidote for each of these, such as using a gentle start up to introduce an upset instead of launching into criticism.



Lisa emphasized that Gottman does not just focus on working with conflict, he also works with couples to build friendship between them and to help them understand and support the other's dreams. She gave instructions on how Gottman helps one partner ask the other questions that help to get to the underlying meaning or "dream" behind the partner's strongly held position on an issue. Questions such as "is there a story behind this for you?" or "why is this so important for you?" or "is there a fear in not having this dream honored?" These questions help to reveal the deeper feelings that are behind the position or complaint. When this underlying dream or meaning is heard and understood, that person will then be more likely to relax their defensiveness and areas of flexibility within this issue can be found.



Thank you, Lisa, for keeping us both informed and entertained by your well-done presentation. Lisa can be reached at (707) 547-0401 or through her website at [www.TrainingForCouplesTherapy.com](http://www.TrainingForCouplesTherapy.com)

Michael Krikorian, MFT has over 35 years experience working with adults and teens, individuals and couples in Santa Rosa. For more information, go to [mkrikorian-therapist.com](http://mkrikorian-therapist.com) or call (707) 579-0838.

## JOIN RECAMFT'S LISTSERV

It's easy. Just send your request to join the RECAMFT Chapter Yahoo Group: [recamft-subscribe@yahoogroups.com](mailto:recamft-subscribe@yahoogroups.com)

Include your full name. Myron Walters will confirm your RECAMFT membership and admit you. We are now 127 strong.

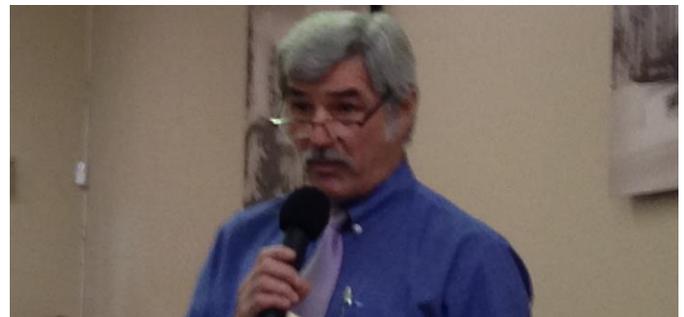
## Referring to an Outdoor or Residential Treatment Program?

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**



PRESIDENT ELECT, BOB DALZELL CALLS THE MEETING TO ORDER

## Gottman Professional Training

**2015:**

Level 2- Assessment, Intervention, & Co-Morbidities  
December 3rd-5th, 2015

**2016:**

Level 1- Jan. 29th-30th or July 22nd-23rd, 2016

Level 2- March 3rd-5th or Oct. 6th-8th, 2016

Level 3- July 7th-9th, 2016

Co-Presented with Dr. Bob Navarra



**Intimate Retreats  
in Sonoma Wine Country**  
~ Limited to 16 Participants ~

**TrainingForCouplesTherapy.com**  
Presented by a Master Certified Gottman Therapist  
Lisa Lund, CRC, MFT #33393 - (707) 547-0401 - CEU's Available



LISA LUND AND JOHN AMODEO

## RECAMFT Mentorship

### A no-cost benefit for RECAMFT interns

Volunteer licensed therapists are available to interns for up to two hours a month to discuss a variety of things. This is not a supervisory relationship. Interns are encouraged to contact different mentors.

**Learn more about the RECAMFT Mentorship program on our website at [www.recamft.org](http://www.recamft.org) under Intern Support.**



## RECAMFT Membership Fall 2015

Fall is a season of 'renewal', so what better time to make sure you have renewed your RECAMFT membership or to consider re-joining after an absence. Simply go to [www.recamft.org](http://www.recamft.org) to browse this great site and follow the prompts for becoming a member – click on 'Membership'.

Also, whether you want to renew/join or simply review all the advantages of your current RECAMFT membership, here are some of the many benefits:

- RECAMFT meetings are held on the 2<sup>nd</sup> Friday of each month and beginning in February 2016 on the 1<sup>st</sup> Friday (exceptions are summer months July & August). Each meeting includes a guest Speaker – and provides an attending member with 1.5 CEU credit; come to all 10 meetings and earn 15 CEU's in a year!
- Meetings are also a great way to become known within your professional community and network with other therapists/potential employers/supervisors/business partners.
- Monthly speakers are filmed and can be accessed online from your home or office.
- RECAMFT sponsored CEU conferences are offered to members at a reduced rate.
- Free listing on the RECAMFT online directory is included with a link to your website.

RECAMFT membership dues are \$60 per year. If you are a continuing member of RECAMFT and paid your dues by January 31, 2015, this continues your membership. **Note:** starting this year – as of January 1, 2015 RECAMFT memberships and dues have converted to a "rolling membership". What this means is that your membership starts when payment is received and will remain active for 1 year from that date. Prior to your first full year of membership you will receive a friendly reminder of your annual membership status.

Catherine 'Cat' Capitani, MFT

Director of Membership

Contact: Pam Ward, Administrative Consultant  
[therapy@recamft.com](mailto:therapy@recamft.com)

# Finally Got It Done! Professional Wills Workshop

By Dorothy Foster & Gail Van Buuren

Local trust law attorney MaryClare Lawrence gave a humorous, informational, and motivational presentation on Oct. 23<sup>rd</sup> at RECAMFT's first professional wills workshop, leading 50 participants in getting their wills done!

MaryClare began with a realistic depiction of how things would unfold for fictional therapist "Prudence," and her clients, if Prudence were seriously injured in a major automobile accident. This was an effective way of illustrating how a therapist's lack of planning exposes his/her family and clients to stress and potential trauma.

MaryClare then reviewed CAMFT's ethical guidelines for therapists, which specifies the need for a "professional will." (MaryClare noted that the document we are to prepare is not truly a "will" because it covers eventualities other than death.) She discussed the core ethical principles of ensuring client confidentiality and protection from harm. She warned that, while rare, therapists who lack a will (an emergency plan) could be sued by a client or client's family for abandonment or harm.



The remainder of the presentation and workshop focused on completion of individual emergency plans. Workshop participants received template emergency plans, client emergency contact forms, red file folders for holding client contact information, and wallet cards for therapist identification in an emergency.

MaryClare discussed each element of a thorough plan, starting with the naming of a "professional executor team" (PET), the individual(s) who would have the information and ability to step in and handle a therapist's affairs—everything from how to access the therapist's calendar and current client list, to how to contact the landlord. In addition to providing the PET this information, a finished plan includes completion of an emergency contact form for each client. These forms provide the PET nuanced information on how to best approach each individual client with upsetting news.

Workshop participants asked many questions during the review of plan elements and implementation. This engendered a lively discussion of "what ifs" and "how tos," including varying ideas about best practices in handling client files, especially in the digital age.

Overall, participants remarked that it was "awesome" to have such a positive, high-energy training that provided the necessary documents and got people to come together to work on a commonly neglected professional responsibility. How often do you exit a workshop feeling both gratified *and* relieved?!

As workshop organizers, we (Dorothy Foster and Gail Van Buuren) believe that we gained some useful insights about putting on this type of workshop. If there is interest among members, we just may do it again!

*Dorothy Foster, MFT, is in private practice in Santa Rosa and can be reached at 707-793-2152*

*Gail Van Buuren, MFT, is in private practice in Sebastopol and can be reached at 707-494-4198*

## Chapter Events

- [CAMFT Connects "Building a Brighter Future for LMFTs: Challenges and Opportunities"](#)

10:00 AM 11/07/2015  
Dominican University of California  
(DUC), Guzman Lecture Hall, 50  
Acacia Avenue San Rafael, CA  
94901, free parking

**TUNE IN SUNDAY, NOVEMBER 1 TO  
KOWS RADIO, 107.3 AT 11**

**DISASTER PREPAREDNESS**  
will feature our own members

**Gail Van Buuren & Doreen Van Leeuwen**  
on the  
**Psychological Impact of Disaster**

## Ads and Announcements

### Office Space

We have a lovely private garden view office available for rent in Santa Rosa. With opening windows, & wheel chair accessible, share copier and kitchenette with other therapists. Plenty of street parking. Join me in creating a healing collegial community. \$425 a month.

Call for details: 544-8879

My name is Dennis Yarnell. I am **looking for office space in Santa Rosa** during the day 12-4pm Mon, Tues, Thur and Fri. My phone number is 707-479-6149, [dennisy65@att.net](mailto:dennisy65@att.net)

**Private, quiet and professional office space** for rent in north Petaluma, right off the 101. Great for serving clients in all of Sonoma County. Office is 140sqft with a big window. Includes: utilities, nightly cleaning, free parking, wheel chair accessible, waiting room, restrooms, available anytime. Starts at \$450/month. Charles Wattenberg, 707-762-2998, [counsel@plgc.com](mailto:counsel@plgc.com)

**Office Space Available for Lease or Sublet in Downtown Petaluma.** Historic Building (Part of the Heritage Homes of Petaluma) Suitable for Psychotherapy, Body Work, or Like Businesses. Upstairs Location, Shared Waiting Room and Bathrooms, Spacious Garden with Pond. Ample Free Street Parking Available. Approximately 115 Square Feet. \$650/Month/Utilities are Included. Contact building manager at (707) 849-6564

### Bulletin Board

#### Workshop December 5, 2015 10am to 3 pm.

Sandplay Basics: an opportunity to learn more about using sandplay with both adults and children. Indications in treatment and "how to's" of setting up a sand play room. Discuss basic Jungian theory as well as have time for experiential process. Jenaii Gold Ph.D., MFT 707-823-8541, [jenaiidoc2@sonic.net](mailto:jenaiidoc2@sonic.net)

INTRODUCTIONS ARE ALWAYS A PART OF OUR TIME TOGETHER



### RECAMFT Programs for 2015-2016

December 11, 2015 - Cheryl Krauter, LMFT

Bringing Authentic Presence into Therapy with Clients Facing Cancer

January 8, 2016 – Scott Nelson, Ph.D., LMFT

Reciprocal Exchange Dynamics: Leveraging Therapeutic Transactions

February 5, 2016 - Laury Rappaport, Ph.D., LMFT

Focusing and the Expressive Arts

March 4, 2016 - Lois Friedlander, LMFT, Certified Group Psychotherapist

Group 101: The Basics

April 1, 2016 - Kitty Chelton, LMFT, Theresa Beldon, LMFT

Working the Body Knot – A Somatic Communications Model

May 6, 2016 - Meagan Pugh, LPCC, D. Min., ATR-BC, SEP

The Narcissistic Enchantment

June 3, 2016 - Gary Gross, LMFT

Behind the Mask: Working With Men in Psychotherapy

Empowering relationships...



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**NOVEMBER 2015 ISSUE**

### **NEWSLETTER COSTS & DEADLINES**

#### **Line ads and announcements:**

Members - \$5 per line  
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**Display ads:** Full page - 9.75" x 7.5" = \$200  
Half page - 4.5" x 7.5" = \$110  
Quarter page - 4.5" x 3.5" = \$60  
Eighth page - 2" x 3.5" = \$35

10% discount for 5 month ad Commitment  
20% discount for 10 month ad commitment

#### **Deadlines:**

Articles (500 words max) - 15<sup>th</sup> of the month  
Advertisements - 15<sup>th</sup> of the month

For more information call or email:

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

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