



The Redwood Empire Therapist

OUR JANUARY MEETING

Reciprocal Exchange Dynamics: Leveraging Therapeutic Transactions Scott Nelson, Ph.D., LMFT



Traditional psychotherapy relationship models involve the therapist “helping” the troubled client. Despite the obvious ways in which this approach can be useful, it can also generate significant unintended negative outcomes such as therapist and client emotional burnout and energy drain, thwarted opportunities for meaningful therapist/client

growth, and inadvertent diminishing of client self-esteem and empowerment.

This interactive presentation will offer a bifocal (looking at both therapist and client), recursive, energy-managing, and positive future-oriented approach. The traditional model led to less inclusive, unidirectional “helping” of the client. In contrast, Reciprocal Exchange Dynamics engender mutual empowerment, renewal, and overall positive growth.

For nearly 40 years, I have significantly focused on working with “difficult” clients, including survivors of childhood abuse. In order to maintain my own energy, optimism, and love for my work, I have been called to come up with a new model,

January 8th RECAMFT Meeting

10:30 - 11:00 social & sign in

11:00 – 1:00 meeting

9:00 on January 8th

Annual Membership Meeting and Party

**Free breakfast, Live music by fellow therapists, Gifts for all attendees
Celebrate our volunteers and the newly elected Board members!**

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 \$4 OR ASK PERMISSION TO PARK AT THE EGGAN AND LANCE MORTUARY. IF YOU DO NOT ASK THE TOWING COST IS \$225.

January 29, 2016

Using the Language of the Law to “Salt & Pepper” Your Treatment Records

David Jensen, JD

See full page ad inside newsletter for details!

February 5, 2016

Focusing and the Expressive Arts **Laury Rappaport, Ph.D, LMFT**

**1.5 CEUs AVAILABLE – RECAMFT CEU PROVIDER IMIS 57173
MEETINGS ARE OPEN TO ALL ~ NON-MEMBERS PAY \$5 (OR \$15 FOR CEUS)**

benefitting both therapist and client. My own experience using Reciprocal Exchange Dynamics proves so successful that I look forward to conducting a robust therapy practice for decades to come.

Scott Nelson, PhD., LMFT has been working in the mental health field for 44 years and has been a Licensed Marriage and Family Therapist since 1981. He received his doctorate from the School of Social Work at the University of California at Berkeley

In private Practice in Mill Valley he incorporates a broad range of tools, including psychodynamic psychotherapy, CBT, DBT, Gestalt, EMDR, attachment theory and interventions, interpersonal neurobiology, positive psychology-all of which contribute to the overarching approach of Reciprocal Exchange Dynamics. He tailors these various methods according to the social work adage, "Begin where the client is!"

President's Message

Bob Dalzell, LMFT



Following that Inner Urge

As I begin my year as RECamft President I feel humbled and excited. Three years ago I took over the CFO position at the urging of my now deceased friend, Kim Gagnon. Kim and I were in consultation group together for many years and as she grew into serving as RECamft CFO, she extolled the benefits of working with the board. "What a great group of people to work with...they do important service for our local therapists", we heard from Kim. When Kim strongly suggested I consider serving, I felt the inner urge to go with it, and I have not been disappointed.

Last Spring at a Board meeting the leadership circle converged on the idea I would make a good President. I said yes mainly because, again that inner urge told me to move forward. But it was not only my inner voice, I also had developed great confidence that leadership on the RECamft Board is a function of the leadership circle. The best leadership comes from an attitude of working together, listening, including, empowering. I want to acknowledge, and express gratitude, to our out-going President, Kris Spangler, who has consistently shown that kind of 'point on the circle' work.

The RECamft Board is a service arm of a service community. I consider it a great privilege to sit in the therapist chair and watch (sometimes assisting) people heal. I believe we are all privileged to occupy that chair. I also believe we all, as a community of therapists, provide an invaluable service to the wider community.

I also want to invite and challenge all members to take an active part in the leadership circle. Take on a position on the Board, accept a service role at our monthly

meeting, express your desires for the future of our local chapter of CAMFT. Please do not hesitate to communicate your vision, hopes, and suggestions.

Bob Dalzell has a private practice in Petaluma and can be reached at 765-1009

RECAMFT TEAM CIRCLE

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Editor/Formatting: Gail Van Buuren 494-4198

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What You Missed by Michael Krikorian

Today we had an informative and heartfelt presentation by Cheryl Krauter, MFT, on “Bringing Authentic Presence into Therapy with Client’s Facing Cancer.” Cheryl is an existential, humanistic psychotherapist who studied under James Bugental early in her 35 year career as a therapist. In 2007, Cheryl was diagnosed with aggressive breast cancer and underwent a grueling treatment. She is now in remission. After completing treatment, Cheryl decided to stay involved with the cancer community as she saw a lack of deep emotional care for cancer patients as well as their loved ones and caregivers. She finds her work applicable to all people with life-threatening illnesses as well as those who are post-treatment.



Cheryl started her presentation out with several “chair yoga” relaxation exercises which she said can be used with people with restricted movement and energy. She then told us about how life-threatening illnesses are life changing events that can bring about major reorientations in how people live and view their lives. She explained that this is a process best approached by allowing the client to fully tell their story and not feel pressured to figure anything out or to “find the gift” in the experience. She helps by encouraging full expression of their story and their experience – something they may hesitate to do with others out of trying to not scare or burden them. Cheryl gave some of the questions she brings to her clients to help them tell their full range of experience. These include: what would you like to talk about? What was it like when you first heard your diagnosis? What was it like for you during treatments? What has it been like for you since treatment ended (people often feel they “fell off a cliff” after treatment ends as they do not feel there is anything to celebrate and the “doing something” is over)? What really scares about this? What are concerns regarding sleep? Finances? Eating? Do you feel listened to by others? Partner? How has this illness affected your relationship

with your partner? Kids? How has this illness affected your sexuality? Do you have short term goals for yourself? Long term?

BELOW ARE TWO PICTURES OF ATTENDEES WORKING WITH THE QUESTIONS CHERYL SUGGESTED



Cheryl said that one of the tasks for survivors is to find how to live with uncertainty. It is also how to not let the illness become one’s only identity – how to help them find who they are beyond the diagnosis. When people ask “how can I go on with all of this,” she responds, “well, you’re still here.....so let’s see what we can cook up (to find meaning in the life you have now).”



Cheryl also make the point of how working with clients with life-threatening illnesses can be hard on us emotionally. She reminds us to have empathy for our clients as well as ourselves and to use all of our self-care skills to take care of ourselves.

Thank you, Cheryl, for this thoughtful and thought-provoking presentation. Cheryl can be contacted through her website at www.cherylkrauter.com or her offices in San Francisco or Albany at (510) 250-3820.

Michael Krikorian, MFT practices in Santa Rosa and can be reached at (707)579-0838 or via his website at www.mkrikorian-therapist.com

Gottman Couples Workshop
The Art & SCIENCE of Love

Two California Locations!
SF Bay Area ~ Mill Valley, CA
Valentine's Weekend!
February 13th-14th, 2016

LA ~ Orange County, CA
April 9th-10th, 2016 ~ Newport Beach

2 days filled with practical research-based tools to confirm & strengthen your relationship!

Therapist Discounts
 13.5 CEU's for MFT's & LCSW's



See Website for Registration and Additional Information!

www.aCouplesWorkshop.com

Presented by Senior Gottman Certified Therapists
 Lisa Lund, CRC, MFT (33393) & Bob Navarra, PsyD, MFT (15997)



CAMFT Chapters Are Asked to Sign New CHAPTER AGREEMENTS

In the summer of 2013 CAMFT sent a new Chapter Agreement document to all chapters with a date by which they should sign and return it to CAMFT. There immediately ensued a conversation between the chapters on the CAMFT Chapter Leadership listserve. Critical thinkers and legally trained chapter members began examining the document. Boards of some chapters pointed out problems and contradictions in the document. First one and then other chapters moved from critical comments to refusing to sign the document as written.

At the same time, the bylaws controversy was unfolding. CAMFT needed the new chapter agreement because the bylaws transformed CAMFT into a generic mental health organization no longer focused on marriage and family therapists and our interns. This meant all previous agreements with chapters were with a parent organization that no longer existed since CAMFT's purpose was no longer to advocate for MFTs, but rather all mental health licenses. This led to CAMFT needing a new chapter agreement with all its 28 chapters.

Most who read the original agreement carefully were angered by the audacious bullying attitude in general and astounded by its hostile composition. Some chapters with members who were both LMFTs and lawyers perused the document carefully and made very astute comments and suggestions for needed changes. That helped other chapters clarify their objections. One by one several chapters, including this one, announced to CAMFT they would not sign the document as it was written. Chapters submitted suggestions for a better document. CAMFT, fortunately, got the message.

Under new Board leadership CAMFT has rewritten the Chapter Agreement document incorporating the suggestions made by our astute chapter leaders. It no longer contains the objectionable clauses that were in the original one. To me, it is now acceptable.

I had a few questions I asked Laura Strom, CAMFT President. First was regarding the section that says our Bylaws must be in accord with CAMFT's Bylaws and not conflict with their purposes and objectives. I wondered

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 under Intern Support.

RECAMFT's Website is now MOBILE RESPONSIVE!

Thanks to our amazing webmaster, Laura Strom, our website has been reworked so that we can access and use it on our Mobile devices. Check it out!!! Laura rocks!

if RECAMFT giving interns voting rights in our Bylaws (adopted Dec. 2014) would be a problem. She pointed out CAMFT reviewed and approved our proposed Bylaws before we adopted them. In addition, a few other chapters have extended the right to vote in all elections and for all board positions to their prelicensed members.

My other question concerned dissolution of a chapter if there is an unresolvable conflict between it and CAMFT. These was nothing regarding the chapter's treasury. I learned chapters are separate non-profit corporations from CAMFT, thus CAMFT does not control chapter treasuries and cannot claim chapter treasuries when/if a chapter dissolves.

The Chapter Agreement as it currently stands combines long-standing CAMFT policies on chapters and the section from the CAMFT Bylaws on chapters. The CAMFT Board's position is having a legal agreement between each chapter and CAMFT is an association industry best-practice, and spells out the relationship between the two more formally. In the past, newly formed chapters completed an application to become a chapter. When approved, this stood as the agreement between both parties. Many of these documents were completed decades ago, and some are no longer in existence. The new Chapter Agreement will take the place of pre-existing documentation.

Chapters are required by CAMFT to sign the agreement by March 1, 2016. Anyone interested in reviewing the Chapter Agreement can find it on our website in the Members Only section. If you wish to have a copy, email therapy@recamft.org with your request. It is also available in the CAMFT Members Only section.

The new Chapter Agreement is a vast improvement over what was originally sent to us and reflects a more egalitarian relationship between CAMFT and its chapters. It seems the whole mess with the Bylaws made chapter leaders more cautious about blindly trusting CAMFT's Board and Executives. The kids got older and wiser. Under CAMFT's new leadership there is more transparency and CAMFT is making some good plans for promoting our profession. Painful lessons have led to positive new growth.

*What a long, strange journey it's been!
Your favorite (because I am your only) editor,
Gail Van Buuren, LMFT 494-4198 www.gailvbtherapy.com*



Gottman Professional Training

Next Training:
Level 1 - Bridging the Couple Chasm
January 29th - 30th, 2016

Upcoming Workshops:
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

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 12th, 2016
10 AM to 11:30 AM**
Want more information?
**Email (preferred) Reyna Seminara at
LRS-MFT@att.net**
Or Call 707 523-9192

Ads and Announcements

Office Space

We have a lovely private garden view office available for rent in Santa Rosa. The office has opening windows & is wheel chair accessible. Share a copier, waiting room & kitchenette with other therapists. Plenty of parking. Join me in creating a healing collegial community. \$425 a month. Available now. FMI: 544-8879

JOIN RECAMFT'S LISTSERV

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

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



CHERYL TAKES A QUESTION FROM AN ATTENDEE

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 Programs for 2015-2016

January 29, 2016 – CAMFT's David Jensen, JD - 9am-4pm
Using the Language of the Law to "Salt & Pepper" Your
Treatment Records.

Agatha Furth Center, Windsor (see website)

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

March 12, 2016 – Dr. Daniel Hughes – 9am-4 pm
Treatment and Care of Traumatized Children
Hilton, Santa Rosa (see website)

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



bodywisdom

PSYCHOTHERAPY

presents

Healing in Relationship

Somatics in Couples Therapy

A Mind-Body Approach to Strengthening Attachment

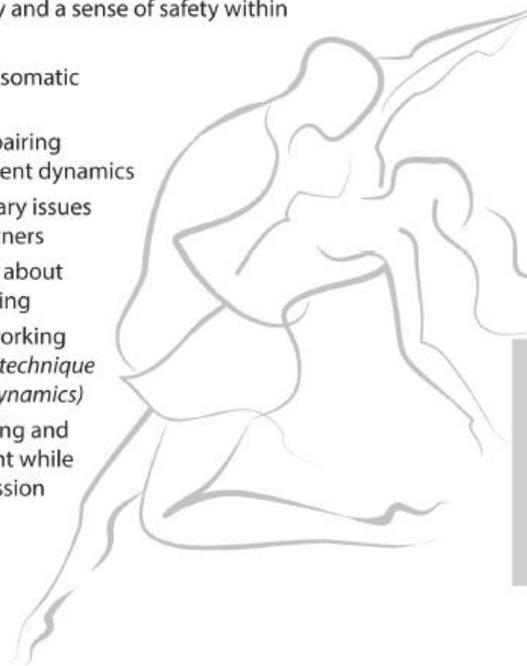
Friday, January 22 10 AM to 5 PM
& Saturday, January 23 10 AM to 2 PM

for therapists that work with couples
Sebastopol, CA

In our work with couples we use somatic practices to bring to life the developmental issues that need attention. By doing so we enhance our ability to work with the defensive dynamics in vivo highlighting where the injuries occur and creating the possibility of a corrective experience. In this workshop, we will explore the use of body-based interactions that engage the senses: touch, voice tone, eye contact, proximity, movement and visual acuity. These processes allow partners to see and understand each other in new ways making it possible to respond more effectively to each other's regulatory needs. This leads to a more secure attachment which fosters intimacy and a sense of safety within the relationship.

Participants will learn somatic techniques for:

- assessing and repairing insecure attachment dynamics
- exploring boundary issues between the partners
- teaching couples about giving and receiving
- unraveling and working the Body Knot (*a technique developed by Bodydynamics*)
- enhancing bonding and secure attachment while in the therapy session and beyond



Cost

\$210 register by January 1st

\$230 after January 1st

9 CEU's for MFT's & LCSW's
(PCE# 937)

Trainers

Theresa Beldon MFT #48103*

Kitty Chelton MFT #30322*

Please see bios on our website

Register

Please fill out registration form at
bodywisdompsychotherapy.com

Send payment

Kitty Chelton

7765 Healdsburg Ave, Suite 12

Sebastopol, CA 95472

**Marriage and Family Therapist*

For more info call

Kitty: 707 823 8203 or

Theresa: 707 823 5216

bodywisdompsychotherapy.com



Legal and Ethical Issues Workshop:

“Using the Language of the Law to ‘Salt & Pepper’ Your Treatment Records”

Many clinicians struggle with the content of their treatment records. They wonder should I write a lot? Should I write a little? What really needs to be in my records? In this six-hour course, CAMFT Staff Attorney, Dave Jensen, JD, will review fundamental aspects of recordkeeping.

Friday, January 29, 2016

Sign In: 8:30 am; Workshop 9:00–4:00 pm

Agatha Furth Center, 8400 Old Redwood , Windsor, CA 95472

Early Registration December 1, 2015-January 10, 2016

\$25. *RECAMFT Pre-licensed Member

\$79. *RECAMFT Licensed Member

\$99.*Non- RECAMFT Members: Pre-licensed and Licensed CAMFT Chapter Affiliate Member

\$129.*Non-RECAMFT Members who do not belong to another chapter of CAMFT

Regular Registration is January 11-January 29, 2016

\$139. ALL Registration Types



David Jensen, J.D. of CAMFT

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.

This workshop satisfies the Law and Ethics course requirement of 6 continuing education units mandated by the BBS for MFTs and LCSWs for each license renewal cycle. Participants will be updated on changes in laws that affect professional practice.

Dave Jensen has been a Staff Attorney with CAMFT since April 2002. Dave graduated from Brigham Young University with a Bachelor’s Degree in History, and he received his law degree from the Thomas Jefferson School of Law in San Diego, California. He is also currently working on a master’s degree in English from Fort Hays State University.

Reserve your Spot- Space Limited to 36 Attendees

Dyadic Developmental Psychotherapy (DDP)

With

Dan Hughes, PhD

Clinical Treatment of Children & Youth with Attachment & Trauma Issues



March 8-11, 2016 (Tues-Fri)

1202 Apollo Way Santa Rosa CA

8:30am-4:30pm

Dan's treatment model, Dyadic Developmental Psychotherapy, is family-based and focused on facilitating the child's ability to establish a secure attachment with his/her caregivers. Developmental attachment theory and research is the primary model used for relationship development and trauma resolution. Dan blends various approaches into his treatment modality. These include family therapy, Ericksonian hypnotherapy, psychodynamic principles, psychodrama, and interventions congruent with Theraplay and narrative work. He actively communicates PACE in order to co-regulate the affect associate with past experiences and to co-construct new meanings of these experiences.

Beginning Level 1 4-day workshop open to clinicians who are providing services to children and youth with attachment and trauma issues. Training includes live cases, role playing in small groups, videotapes, discussions and handouts.

Cost: \$475.00 for Early Registration, November 1, 2015-Feb19, 2016

\$525.00 for Registration after February 19, 2016

28 CEUs available for MFTs, LCSWs

[REGISTER NOW at http://www.recamft.org](http://www.recamft.org)

RECAMFT is the CEU Provider Provider for this event IMIS 57173

Event Sponsors:

*Parents Place *TLC Child and Family Services

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Empowering relationships...



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RETURN SERVICE REQUESTED

JANUARY 2016 ISSUE

NEWSLETTER COSTS & DEADLINES

Line ads and announcements:

Members - \$5 per line
Non-members - \$12 per line

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) - 15th of the month
Advertisements - 15th of the month

For more information call or email:
707 575-0596 or therapy@recamft.org
Or submit ad to website at www.recamft.org

NEWSLETTER DISCLAIMERS

The opinions and points of view in the articles contained herein do not necessarily reflect that of the Board of Directors of RECAMFT or of CAMFT. Authors' contact information is included. Submitted articles may be edited and are published at our discretion depending on space and relevance to our readers' professional interests.

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Paula Hall	1996
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