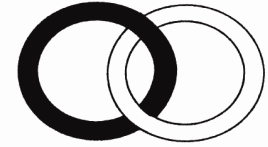


# The Redwood Empire *Therapist*

SEPTEMBER 2013



REDWOOD EMPIRE CHAPTER CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS

## OUR SEPTEMBER MEETING

### **Psychotherapy with Latinos** **Robert Benavides, Jr., LMFT**

Our next RECAMFT meeting on September 13, 2013 will feature Robert Benavides Jr., BA, MA, Ed.D, LMFT. This presentation will cover cultural considerations that reflect therapy with Latinos. Emphasis will be on generational differences, gender considerations, immigration history, templates that help in treatment and errors that can hinder progress. A power point presentation will be included which will feature a definition of culture, models of cultural change and the role of family.

Bob has been licensed over 35 years. He currently has a practice in Santa Rosa, California. His specializations include: EMDR consultant, bilingual/bicultural, trauma and substance abuse counseling.

Bob can be reached at (707) 542-2081 or by email at RBjpsy@aol.com.

#### **September 13th RECAMFT Meeting**

**10:30 - 11:00 social & sign in**

**11:00 – 1:00 meeting**

#### **Psychotherapy with Latinos**

**Robert Benavides, Jr., LMFT**

**ODDFELLOWS TEMPLE/MERCER HALL, 545 PACIFIC AVENUE, 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 TOWING COST IS \$225.**

**October 11, 2013**

**Domestic Violence Assessment, Treatment & Safety**

**Joe Petzel, LMFT**

**November 8, 2013**

**Didactic Developmental Psychology**

**Mervin Maier, LMFT**

**December 13, 2013**

**Effective Trauma Treatment**

**Laura C. Strom, LMFT**

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

**2014 MEETING LINE UP IS ON PAGE 8**

## Acting President's Message

Laura Strom, LMFT



Last fall when I walked into my first RECAMFT meeting I would never have guessed I would be writing you this message. What a fantastic voyage!

I moved to Monte Rio late in 2011, and was trapped in the house for most of 2012 recovering from a knee surgery. I decided to attend a RECAMFT meeting last fall when I could finally escape my home. The first person I met was Pam Ward, RECAMFT's new Administrative Consultant. It was her first meeting, too and we were both nervous.

The next woman who greeted me had a warm, friendly smile. I explained I was looking for an office with sandplay to sublet. Cynthia Halliday looked at me very thoughtfully, and said she would consider a sublet and had sandplay. In the case of both women, who knew this was the beginning of a marvelous friendship with each?

In December when the Hospitality Chair became available, I decided that would be an ideal place for me to volunteer. Cynthia and I were having fun getting to know one another in our new shared space. She said I should write an article for the newsletter, so I did. Gail van Buuren, the editor, gave it a thumbs up and printed it in the newsletter. In her typical friendly way, Gail invited me to attend the Board meeting.

I went to my first RECAMFT Board meeting at Judith Peletz' house in Bennett Valley. The house smelled delicious because Judith had just baked all sorts of homemade yummys (one gluten free), and there was a veritable smorgasbord of exotic teas from which to choose. Judith has been generously hosting these meetings for years.

As the Board meeting began, Lani Lee, the new President, asked everyone to hold a few minutes of silence to center themselves and come fully present. I understood that I was participating in something sacred. The Board members sat in a circle and discussed various issues thoughtfully. It was obvious there was a lot of caring and love in the room. In fact, to this day, Judith, who is sort of the godmother of the Board, signs all her emails "Love, Judith".

Gail told me I was part of the team now, and that this Board made all its decisions together. She painted a picture of how the Board had evolved over the years, but always with egalitarianism and mutual support. I noticed calm and gentle winds of kindness and good will seemed to prevail.

In April when the President Elect position came open, with encouragement from my new colleagues, I decided to nominate myself for the position. Everybody on the Board assured me they would help me learn the ropes, and I would be fine because we are a team. Lani's pregnant belly was growing and she explained as President Elect I would take over at the May Board meeting, and would be Acting President until her return later this fall. Since we have no July/August meetings, I figured this would be a breeze. Ah, my naïveté!

The actions of our state CAMFT Leadership team in May were hard to fathom when they blew in, and then the storm quickly escalated to alarming. On my second day as Acting President I had to compose my first e-blast and it was a complicated task that took me several hours to do. After Pam posted it, I received the first of many e-blasts penned by me. I forwarded it to my family and pointed out this was Day Two as Acting President of RECAMFT.

Shawn Talbot, CAMFT Chapter liaison attended our Board meeting at the end of June. By then things had gone from bad to worse with the Bylaws vote. After hearing a lot of serious questions from us, Shawn suggested we write a letter to CAMFT Leadership and said Marin was going to host a meeting with them that we could attend.

Emails were flying fast, and all of us felt overwhelmed by the responsibility of reading them all, and the seriousness of what we were facing as the leadership team of RECAMFT. Together we created a letter to Jill Epstein, CAMFT's previous Executive Director, now CEO under the new Bylaws. And then eighty-two courageous RECAMFT members boldly signed their John Hancocks and on July 11<sup>th</sup> our letter was delivered to Ms. Epstein. Other chapters saw what our chapter had done and scrambled to create similar messages. The RECAMFT

community stood out as a statewide leader for integrity, transparency, and speaking fairly and with honesty. We modeled what counselors do – clear, effective communication that was powerful and direct.

In August the RECAMFT Board held an all-day retreat at Laniey Sohler-Gaylor's home (she hosted a holiday dinner there, too, in December). It was my job to plan the day's activities. Other people volunteered to handle the food so I could just concentrate on planning things that would help us all know each other better while allowing us to disperse some of the anxiety with a little fun.

July was very stressful for all of us, and I was aware of having pushed just about everybody's boundaries. I felt acutely aware of my newcomer status. I wondered how the Board members would receive me at the retreat. But in typical form, grace abounded.

I planned a drum circle for us, and brought a lot of sandplay miniatures. We all chose two pieces – one to represent ourselves, and the other our relationship to the RECAMFT community to place in the center of the circle. I chose an old fashioned oven as myself. Pam joked that I picked it because I always have "something cooking". Gail added that I get hot a lot and everybody laughed, including me. We all learned so much about each other by hearing what people chose and why.

Lee Rosenstein picked a pirate ship to represent the RECAMFT community. During the lunch break, I told him I loved what he chose. RECAMFT stands out as sailing our own ship and we do not necessarily follow the royal fleet when we see it veering off course. We are not afraid to hoist our colors and take a new and better route together, even if it is the more difficult choice. On this ship we are a team. Though right now I am wearing the captain's hat, it fits well and is nicely worn because most of the rest of the crew had it on at some point, too. And pretty soon another person will wear the hat.

There is a quote by Thomas Jefferson which seems appropriate: "Timid men prefer the calm of despotism to the tempestuous sea of liberty". I have come to greatly respect and appreciate the RECAMFT community because there are no timid souls here. Onward, maties - bon voyage!

*Laura Strom has a private practice in Santa Rosa. She also mentors therapists on social media and improving their web presence. Her email is [LCStrom@gmail.com](mailto:LCStrom@gmail.com). 707- 889-9168*

## **RECAMFT TEAM**

### **BOARD OF DIRECTORS**

**PRESIDENT:** Lani Lee 331-5246

**PRESIDENT ELECT:** Laura Strom 889-9168

**PAST PRESIDENT:** Hal Forman 829-6880

**SECRETARY:** Deborah Haarstad 484-7242

**TREASURER:** Bob Dalzell 765-1009

### **DIRECTORS-AT-LARGE:**

**Programs:** Denise Safont, Chair 792-8277

Michael Krikorian 579-0838

Doug Silberstein 583-2353

Jonathan Fox 776-7385

Kris Spangler 829-8293

**Membership:** Catherine Capitani 529-5529

**Interns:** Lee Rosenstein 530-355-1156

### **NEWSLETTER**

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

### **COMMITTEE CHAIRS**

**Recharge Raffle:** Marie Piazza 570-3940

**CEUs:** Susan Amanda Schratter

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

**Ethics:** Coralia Serafim 781-0133

**Hospitality:** Laura Strom 889-9168

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

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

**Conferences:** Cynthia Halliday 578-1064

### **STAFF**

**Administrative Consultant:**

Pamela Ward 575-0596



**Our President (on leave) Lani Lee and her husband Chris had a baby boy on June 21<sup>st</sup> who is absolutely beautiful and whom they have named Finneas Buckeye Lee. Our warmest congratulations, Lani.**

# *What You Missed*

*Stephen Sulmeyer on  
Psychotherapy and Spirituality  
By Jonathan Fox  
(With Stephen Sulmeyer)*

At the June 2013 RECAMFT meeting Stephen Sulmeyer, J.D., Ph.D. spoke about the interplay between psychotherapy and spirituality. Stephen is an attorney, clinical psychologist, mediator, and collaborative coach in Corte Madera. The premises of this scholarly presentation were that (1) spirituality and psychotherapy are complementary approaches to the same ultimate domain, namely, the nature of being human; and (2) many of the clinical symptoms we see in our practices are the result of people becoming fragmented and dissociated from their ground of being, or True Self. This fragmentation not only leads to fundamental existential questions such as “who am I?” and “what is reality?”, but also results in symptoms such as ennui, depression, anxiety, addictions, eating disorders, and so on.

Spirituality and psychotherapy, Stephen believes, provide overlapping frameworks for addressing these questions and symptoms. Steve defined spirituality as “an aspect of human endeavor that is focused on knowing truth/reality.” An aspect of this search for knowing is our understanding the truth(s) of our Being. In a similar way, psychotherapy supports the client’s exploration of who they really are. Combining spirituality with psychotherapy may assist both the client and counselor in knowing reality by being reality --i.e., by being who we authentically are.

Stephen stated that we replace our sense of being with an “ego-self.” Ego-self can be loosely defined as a conceptualization of who we believe ourselves to be instead of a state of Being. Trauma most often results in a dissociation from Being, and contributes to the fragmentation of the sense of self, making the fundamental question, “who am I?” more anxious to confront, let alone to answer.

Spiritual psychotherapy can help the client regain the sense of who they really are through (1) an authentic encounter with another, and (2) supporting the client’s

experience of Being. By modeling Being and relentlessly naming the emotional truth of the moment, counselors can help clients experience and recognize their limiting, self-defeating behaviors and beliefs, and ultimately to transcend their ego-self and discover the truth of who they are, the reality of their Being.

Stephen offered an experiential exercise to demonstrate this process of rediscovering the Being state. First, he suggested that the audience try to shut off all awareness. This proved to be uniformly impossible. Then he welcomed the group to meditate on awareness. The consensus of the group was that this mindfulness exercise supported overall focus, relaxation, and an experiential grounding in Being.

The mindful awareness of the second exercise demonstrated the point that Being transcends thinking and feeling, and pointed to the limits of psychotherapy that is mired in the conceptual.

Spiritual psychotherapy can help loosen the “mental shackles” that limit one’s experience of oneself; increase the client’s capacity to walk more easefully in life; and help clients to learn to “approach the



truth of our Being” as the client (and counselor) moves beyond the ego-self to reclaim reality by being reality.

Stephen then opened the floor to discussion. The stimulating conversation that followed included references ranging from Freud and Bion, Kierkegaard and Buber, to Adyashanti and A. H. Almaas.

Stephen can be reached at at (415) 927-4334 or [steve@stevesulmeyer.com](mailto:steve@stevesulmeyer.com).

*Jonathan Fox is an intern at the Lomi Clinic, working with adults living with chronic mental health barriers, using brief, solution-focused therapy. He can be reached at JFox.Counselor@gmail.com.*



## *Kim Gagnon*

*October 7, 1959 – June 24, 2013*



I met Kim Gagnon sometime in 2007 at a RECAMFT meeting, not long after I had moved here from Pacific Grove and stepped right onto the Board of RECAMFT. I immediately felt at ease in the warmth of her smile and friendly eyes. From the remarks at her memorial service, she was that way with everyone.

We attended the AEDP training together in January 2008 and traveled to a few other AEDP events together or met there. Kim always made me feel that I had her full attention and she took time to think about what I said or a question I asked before answering. In time I approached her to consider becoming our President but also gave her the option of joining the Board as our Treasurer. She thought about that for a few days and decided that Treasurer was a better job for her. She was on the Board for the years 2009, 2010 and 2011.

Kim did not just take up where our last Treasurer, Lisa Lund, had left the job. Lisa had done a lot of work to put the system on computer and set other tasks on auto pilot. Nevertheless, Kim brought lots of suggestions to the Board of ways to improve the system or the relationship with the bank and she always challenged our spending and budgets. In other words, she did the best she could as, I guess, she did in everything she took on. She was a wonderful and essential part of the Board and found a great replacement in Bob Dalzell when she told us it was time for her to leave, as she was dealing with some health issues.

Who would ever have believed that a soul as vibrant and involved in life would leave us so early? Along with all the others at Kim's memorial service in July I regret her passing and miss seeing her smile. It always made the sun come out wherever we were.

With deep gratitude for your service to RECAMFT and your kindness and friendship to all of us, Kim.

Gail Van Buuren

## *Intern News*

Hi Interns!

It's been a beautiful and memorable summer in Sonoma County, and it's hard to believe that my daughter is starting school already and I've started a new internship. And there's so much to talk about....

Of course, as many of you know, there was a **controversial meeting in San Rafael** on July 27th, sponsored by Marin CAMFT, with Executive Director Jill Epstein and several other CAMFT Board members regarding the new Bylaws which significantly alter the mission and direction of CAMFT. These Bylaws, if kept in place, will have a profound effect on the future of MFT interns in California. The video of the July 27th meeting is available on youtube in three parts.

Part 1 <http://youtu.be/Z8KginNfcDk> 52 minutes

Part 2 <http://youtu.be/Ocqj7NwQgSU> 32 minutes

Part 3 <http://youtu.be/drreisifGI4> 42 minutes

Please review the video and email correspondence that has been generated among RECAMFT members and let us know what you think and what you want.

There is also an **online petition** being circulated which encourages Governor Brown to address the seven-month wait time for MFT candidates to take the licensing exams. Anybody can sign, regardless of licensure. Please follow link at: [http://petitions.moveon.org/sign/governor-jerry-brown-6/?source=search&goback=%2Egde\\_126839\\_member\\_264130913](http://petitions.moveon.org/sign/governor-jerry-brown-6/?source=search&goback=%2Egde_126839_member_264130913)

**The San Francisco CAMFT 2013 Intern Symposium** will be held on Sunday, September 8, from 3:45pm until 6pm in the Gazebo Room at California Pacific Medical Center, Castro and Duboce Streets, in San Francisco, and is open to all pre-licensed trainees and interns. The topic will be "Now You Tell Me: Maximizing Your Experience as an MFT Intern" featuring a panel of four recently licensed clinicians, Veronika Gold, Asya Pogodina, Natalie Harvey, and Laura Firestone, who will share some of the wisdom they acquired on their path to licensure. The conversation will include self-care and community, private practice internships, transitioning from agency to private practice, and studying for the exams. The panel will be moderated by Marla Cass and Shana Ree Gann.

Licensed clinicians are also welcome. There is no charge to attend and free parking is available in the medical

center garage. RSVP is not required and you do not need to be a member of SF CAMFT. This is a great opportunity to meet other interns and trainees, as well as check out the intern program at SF CAMFT.

The monthly pre-licensed support group for SF CAMFT will meet in the Gazebo Room from 2:30pm until 3:30pm, immediately preceding the Symposium.

Please feel free to contact me at [leeshomeworld@comcast.net](mailto:leeshomeworld@comcast.net) if you would like to join a carpool to San Francisco for this event. I'm also looking for a few folks to help imagine and organize an intern symposium here in Sonoma County next spring.

Please visit the RECAMFT Mentorship site and check out the amazing array of local LMFTs who are generously offering mentoring support to interns.

And if you're **looking for peer support** and true friendship, consider joining the intern support group which meets every other Wed evening in Santa Rosa. Please contact me for more details.

Smile, there's a sunset on the way....

Lee Rosenstein, Intern Chair  
[leeshomeworld@comcast.net](mailto:leeshomeworld@comcast.net)  
530-355-1156

## Highlights from the June RECAMFT Board Meeting

- ✓ Michael Montgomery will be stepping down from his post as Website Chair, his tremendous work on the website was acknowledged and appreciated by the board.
- ✓ A donation will be made to the Scholarship Fund for the daughter of the late Kim Gagnon, former RECAMFT Treasurer, in recognition of her vast and lengthy contributions to the organization.
- ✓ Shawn Talbot, CAMFT Chapter Relations and Certification Director attended the meeting to offer assistance with Chapter concerns and participated in a lively Q & A.

Submitted by,  
Deborah Haarstad, Secretary

## **RECAMFT Recharge Raffle**

### **Local Businesses Supporting Local Therapists**

**September's Prize Donor: Mirabai Joan Kolari**  
**Prize: Exploring SoulCollage Workshop**  
**Series of Three Sessions (Value: \$100.00)**

The RECAMFT Recharge Raffle is designed to offer one of our lucky members a way of restoring, rejuvenating and revitalizing themselves. We seek local business owners to donate prizes for our monthly drawing. The businesses receive free advertising in our newsletter; our therapists receive gifts designed for their ability to "recharge". It's a win-win!


This month's local business owner is Mirabai Joan Kolari, a SoulCollage facilitator and trainer who currently offers SoulCollage workshops both in Europe and the United States. Mirabai was trained by Seena Frost, the founder of SoulCollage, and has years of personal exploration into different modalities of meditation, yoga, spiritual guidance and healing practice. She has also facilitated groups and introduced different methods of meditation to women in recovery from substance abuse.

I know Mirabai to be a delightful and intriguing woman whose knowledge, experience and warm heart all contribute to make her a fun, creative and perceptive teacher. Please visit Mirabai's website for more information about her and her work, including her SoulCollage workshops: [www.yoursoulscompass.com](http://www.yoursoulscompass.com).

I would also like to congratulate the winner of June's raffle prize, donated by Kathleen Brannan Brown. Jennifer Ballard is the lucky winner of a gift certificate for a 90 minute session using Traditional Osteopathic Therapy.

***If you know of a local small business that you would like to see featured here (and that might be willing to donate a prize), please contact Marie F. Piazza, MFT at (707) 570-3940 or by email at [mfpmt@att.net](mailto:mfpmt@att.net). If you win the prize and cannot use it, please pass it on to someone who can!***

*Marie F. Piazza, MFT is in private practice in Santa Rosa. She writes a monthly e-newsletter called Moonburst! Support for helping professionals through creativity, spirituality and sexuality. You can access Moonburst! through her website at [www.mariefpiazza.com](http://www.mariefpiazza.com).*



**Referring to an Outdoor or Residential Treatment Program?**

Educational consultants, in collaboration with referring mental health professionals, work with families to identify appropriate therapeutic treatment options for struggling students. Bob Casanova is an experienced, licensed marriage and family therapist (MFT) who provides realistic, comprehensive recommendations to Therapeutic Schools, Residential Treatment Centers and Outdoor Therapeutic Treatment Programs for teens and young adults who need help coping with such challenges as:

Drug or alcohol abuse/dependence • Learning differences  
Social, emotional or psychiatric concerns • Self harm • Eating disorders  
School failure or refusal • Adoption/attachment issues  
Asperger's/PDD/NLD • Family conflict • Loss and grief • Divorce

**BOB CASANOVA Educational Consultant**  
and Licensed Marriage & Family Therapist  
Affiliated with McClure Mallory & Baron  
1160 North Dutton Avenue, Suite 250 | Santa Rosa, CA 95404  
**707.526.5800**

## Reluctant Journey

By Susan Hartz, MFT

Reviewed by Judith Peletz, MFT

This is a great book for anyone with a close relative or friend suffering from dementia such as Alzheimer's Disease. I purchased this book from Susan Hartz recently at a RECAMFT meeting and have found it invaluable.

Susan tells the story of her mother's decline that is at times heart-wrenching and at times heart-warming. At first she noticed little tell tale signs that her mother was becoming more forgetful and confused. As these signs became more and more of a concern, safety issues such as her mother's driving and living alone came into question. However, her mother's inability or unwillingness to assess her cognitive decline and her remarkable ability to rally at times made it challenging for Susan and other family members to step in and help. Trying to reason with someone with dementia is frustrating and ineffectual, and Susan details how she eventually had to take action that was excruciatingly painful in order to keep her mother safe.

I found comfort in reading this book. At 101, my own mother is at the end of her life. She has had signs of confusion and forgetfulness for about 5 years, but was

diagnosed with Alzheimer's Disease early in 2011. As a family we have gone through dilemmas of how to keep mom from driving, how to convince her she cannot live alone, and how to accept more help. For many years she's been vibrant and independent. After such a life, how do you teach someone to accept dependence?

Susan writes, "The one person I'd counted on for words of wisdom, encouragement, and decisiveness no longer had the capacity to advise me in one of the most difficult situations I would ever face: the situation of how to handle her." That sentence spoke volumes to me. Sometimes when you need your mother the most, she cannot be there for you.

If you know someone struggling with an aging parent or have clients in a similar situation, this would be a great book to recommend. As Susan titled it, The Reluctant Journey, so it is, but having this book as a companion along the way is a comfort and blessing. I highly recommend it. You can order it at [amazon.com](http://amazon.com)

## Ads & Announcements

### Office Space

**Shared office space in Petaluma.** \$225/month. Parking, ground level office and waiting room. Call Leslie at 483-5153.

**Space available in very pleasant Ukiah office.** Two days at reasonable rate. Office is in all therapists building in central Ukiah with parking, waiting room, A/C. Very fresh and bright high ceilinged space. Call Patricia Hartnett: 707-468-8215 or 707-367-4937 or email; [nethart@sbcglobal.net](mailto:nethart@sbcglobal.net).

**Two offices for rent, downtown Santa Rosa,** in a Victorian house with therapists' offices. Included are waiting room, kitchen, copier, parking and utilities. Call 527-8800.

## 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 4, 2013**

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

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

## Therapists Spanish Classes IN MEXICO

LEARN INTRODUCTORY OR INTERMEDIATE SPANISH  
AND EARN 30 CREDIT HOURS IN MEXICO

Contemporary Approaches in Health Care presents  
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Our language specialists make learning Spanish FUN.  
The Hotel Lagunita is situated right on the beach in Yelapa,  
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Our class offers introductory and intermediate sections.  
Program includes seminars, meals, lodging, airfare (round trip  
San Francisco to Puerto Vallarta), boat to Yelapa, 7 nights -  
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hours.

Call 707 938 4571 or fax 707 996 7665 for more information,  
email [cahc@vom.com](mailto:cahc@vom.com), or write:  
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[www.nursesspanishmexico.com](http://www.nursesspanishmexico.com)

## RECAMFT Programs 2013-2014

October 11, 2013

**Joe Petzel, LMFT**

**Domestic Violence Assessment,  
Treatment and Safety**

November 8, 2013

**Mervin Maier, LMFT**

**Dyadic Developmental Psychology:**

**A Dan Hughes attachment & inter-  
subjective model for working with families**

December 13, 2013

**Laura Strom, MS, LMFT, LPCC, CRC**

**Effective Trauma Treatment**

January 10, 2014

**Kris Spangler, LMFT**

**Gender, Sex and Transitioning:**

**What we all need to know in order to  
compassionately serve clients**

February 14, 2014

**Molly Bloom, M.Ed., LMFT**

**Working with Couples and AD/HD**

March 14, 2014

**Jennifer Shannon, LMFT**

**How to Treat Social Anxiety Disorder:  
Cognitive Interventions That Work**

April 11, 2014

**John Amodeo, Ph.D, LMFT**

**Mindfulness and Spirituality in  
Psychotherapy**

May 9, 2014

**Jennifer Ballard, LMFT**

**Play Therapy**

June 13, 2014

**Mary Crocker Cook, D.Min., LMFT, LAADC,  
CADCI**

**Afraid to Let Go: For Parents of Adult  
Addicts and Alcoholics**





**Fall Event**

**October 26, 2013**

UCSF MILLBERRY UNION EVENT CENTER  
SAN FRANCISCO, CALIFORNIA

# **The Secure Base: Attachment Theory and Group Therapy**

**Eleanor Counselman Ed.D., CGP, LFAGPA**

According to attachment theory the wish for interpersonal connection is a primary drive, yet many group members present difficulties in making healthy mutual relationships. This workshop will explore attachment theory as it applies to group therapy: the group as a “secure base;” members’ relational models as shown in group; the importance of leader attunement; the inevitable injuries and repairs that occur in authentic relationships; and the ways that the experiential learning offered in group therapy can address the early implicit learning about attachments.

Dr Counselman is well known to NCGPS members for her outstanding presentations at the annual conferences of the American Group Psychotherapy Association. By way of well designed, lightly scripted Fishbowls, she provides lively and compelling demonstrations of the material that she presents, offering participants an opportunity to experience, as well as hear about, the relevant concepts. Those who have previously seen her present on this topic all agree that her fishbowls are uniquely informative Register at <http://www.ncgps.org/>

*Eleanor Counselman, Ed.D., CGP, LFAGPA, is on the faculty of the Massachusetts General Hospital/McLean Hospital Psychiatry residency training program and is an Assistant Clinical Professor of Psychiatry at Harvard Medical School. She is Past President of the Northeastern Society for Group Psychotherapy and of the Boston Institute for Psychotherapy. She has taught nationally and internationally on individual, couple, and group psychotherapy, supervision, and most recently on attachment theory. She is a frequent presenter at NSGP and AGPA and has published over two dozen articles and book chapters. She is currently a candidate for President-Elect of the American Group Psychotherapy Association.*

REDWOOD EMPIRE CHAPTER, CALIFORNIA ASSOCIATION  
OF MARRIAGE & FAMILY THERAPISTS  
PO BOX 2443, SEBASTOPOL, CA 95473

The  
Redwood  
Empire

# *Therapist*

Telephone/Fax: 707 575-0596

Email: [therapy@recamft.org](mailto:therapy@recamft.org)

Website: [www.recamft.org](http://www.recamft.org)

RETURN SERVICE REQUESTED

## September Issue

### RECAMFT HONORS PAST PRESIDENTS

Hal Forman	2012
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

### NEWSLETTER COSTS & DEADLINES

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

Members - \$5 per line

Non-members - \$12 per line

**Flyers inserted in newsletter** - \$100

**Mailing labels** - Members - \$65

Non-members - \$125

**Display ads:** Full page - 9.75" x 7.5" = \$200

Half page - 4.75" 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

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For more information call or email:

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