

Empowering relationships...



MAY 2021

# The Redwood Empire Therapist

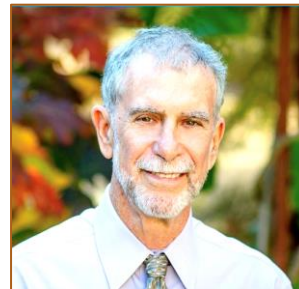
## MAY ONLINE MEETING

### 23 Ways to Protect Your License from Licensing Board Investigations and from Civil Lawsuits

**Free to RECAMFT MEMBERS - \$36 for Non-CAMFT Members**

**Presented by Dr. Ofer Zur, Ph.D.**

- **Friday, May 7th, 2021**
- **10:30 AM - 12:30 PM**
- **Zoom Webinar**
- **2 CEs -- Law & Ethics Credits**



In this two-hour live, interactive webinar, Ofer Zur, PhD, founder of Zur Institute, will review current standards of care that MFTs and psychotherapists, social workers, and counselors need to maintain. He will then dive into a discussion of the major challenges arising out of the current COVID-19 pandemic.

Institute, will review workers, and coun- siderations and

This webinar will include clinical examples to highlight potential ethical conflicts, along with discussions of best practices and how to resolve conflicts. Time will be allocated to addressing never before considered concerns arising out of the pandemic and the new era of tele-mental health.

Dr. Zur will identify the three most common complaints the state licensing board filed against Marriage and Family Therapists and other licensed psychotherapists and counselors. Attendees will learn how to better differentiate between ethical, legal, and clinical aspects of cases as well as to discern the difference between boundary crossings and boundary violations. We will also be able to identify the differences among various types of consultations. Also, Dr. Zur will list the major considerations and challenges arising out of the COVID-19 pandemic.

Ofer Zur, Ph.D., lives in Sebastopol and founded the Zur Institute 25 years ago. He is a licensed psychologist, instructor, and forensic and ethics consultant and expert. His writings and teaching in the US and abroad focuses on ethics, critical thinking, boundaries, dual relationships, managed-care-free private practices, psychology of victims, psychology of war and psychology of gender. He has authored or co-authored 5 books and over 50 published articles on ethics and related topics.

**Zoom Webinar - \*Please note that once you have RSVP'd for this event you will receive a link to register for the Zoom Webinar. You must complete this second step to gain access to the event link.**



*2021 Acting President's Message*

***Big, Exciting Treats  
from RECAMFT!***

**Acting President's Message: Big, Exciting Treats  
from RECAMFT!  
April 16, 2021  
By Laura Strom**

I am proud of the teamwork that RECAMFT Board members exhibited after the March Board meeting. Thanks to our Board and Programs Committee we have lined up two terrific speakers for May and June you won't want to miss!

**May 7<sup>th</sup> you will definitely want to see Dr. Ofer Zur who is giving us a 2-hour law and ethics seminar entitled, "23 Ways to Protect Your License From Licensing Board Investigations and From Civil Lawsuits".** Dr. Zur is a lively, fascinating speaker, having been born in Israel to a German Jewish mother and a Hungarian Jewish father. He spent time serving in the military, and under orders to hold a bridge over the Suez Canal, he and another soldier walked across it in the midst of shelling and bombs all around. During the 1973 Yom Kippur War he lost the calf of one of his legs, along with some of his hearing.

He attended Hebrew University in Jerusalem where he earned a Bachelor's degree in chemistry with an interest in oceanography. Working as a cab driver during that time he feels was his introduction to psychology. People would get into his cab and tell him very deep and personal stories before climbing out feeling safe due to the anonymity his listening ears provided.

A deep sea diver, Dr. Zur dived the "Blue Hole", the most dangerous dive spot in the world. He took his oceanography work to Africa where he worked on creating ways to add fish from family-sized fish ponds into their protein-poor diets. While in Tanzania, he spent 9 months recovering from malaria. He lived with the Maasai in Kenya where he watched their blood and milk rituals.

When he was 29 he moved to Cambridge, Massachusetts to earn a Master's degree in psychology from Lesley

College. He attended Wright Institute in Berkeley where he graduated in 1984 at the age of 34 with his doctorate in psychology. His dissertation focused on how men and women co-create war, and questioned the notion men are warlike, while women are peace-loving. Dr. Zur has taught and visited all over the world, including Africa, Russia, Asia, from mounting Kilimanjaro, to climbing glaciers in Alaska, solo sailing the Red Sea off the tip of Sinai, trekking the Great Wall of China, riding a motorcycle in the Himalayas with 4000 foot drops, and crewing for his son who sailed through the Panama Canal. He is now earning a pilot's license and training to be able to reach the South Pole to plant a stake.

Dr. Zur has led a colorful, fascinating life, and always questions the conventional wisdom, from his unique point-of-view as an Israeli paratrooper, oceanographer, psychologist, world traveler and avid outdoorsman. You can read all about his lifelong journeys (including settling in Sebastopol) on his website here: <https://drzur.com/pictorial-biography>. He is widely respected as an expert on ethics and legal matters in our field. As CAMFT's Past President, I had the privilege of having lunch with Dr. Zur, and introducing him for a fascinating talk. He is an engaging, and amusing speaker, so don't miss his presentation!



D

Dr. Zur flying high! (Photo credit: <https://drzur.com/pictorial-biography/part-7/>)

**June 4<sup>th</sup> we will be treated to star of A&E's Hoarders – Dr. Robin Zasio, PsyD.** Dr. Zasio will provide us with a fascinating look at Obsessive-Compulsive Disorder (OCD), and how it plays into hoarding. She also starred in Animal Planet's, "My Extreme Animal Phobia" where her promotional pics feature her holding a tarantula. More to come next month....



Dr. Zasio doing something I wouldn't want to do!  
(Photo credit: Animal Planet)

With excitement,

Laura Strom, PsyD, LMFT  
2021 Acting President, RECAMFT  
2022 President, RECAMFT

## RECAMFT TEAM CIRCLE

### BOARD OF DIRECTORS

**President:** Laura Strom 889-9168

**President Elect** Laura Strom 889-9168

**Past President:** Tara D’Orazio 707-992-5008

**Secretary:** Victoria Rohrer 707-509-8031

**CFO:** Acting CFO: Kira Kayler 415-854-9408

### DIRECTORS-AT-LARGE

**Director-at-Large:** Annette Seibel 537-3090

**Director-at-Large:** Reyna Seminara 523-9192

**Director-at-Large:** Louisa Gluck 707-368-5573

**Director-at-Large:** Bob Casanova 727-914-7000

**Director-at-Large:** Jean Hayes 415-897-1648

**Director-at-Large:** Gina Culver 707-331-7130

### COMMITTEE CHAIRS AND MEMBERS

**CEU Co-Chairs:** Deborah Haarstad

**Community Outreach:** Debra Melmon

**Conference Co-Chairs & D.A.L.:** Kristin Mills 527-6168

Barbara Young 318-3839

**Crisis Response & D.A.L.:** Vacant

**Racial & Social Justice Committee Co-Chairs:** Erin Wiper

707-889-0267 Wowlvenn Seward-Katzmiller 707-787-0402

**Ethics:** L. Reyna Seminara 523-9192

**Hospitality Chair:** Vacant

**Membership:** Tara D’Orazio 707-992-5008

**Newsletter Editor:** Gail Van Buuren 494-4198

**Pre-licensed Chair:** Ally Shamseldin allyshamseldin@hotmail.com

**Programs:** Patrick Armstrong, Co-Chair 707-483-9061

Regina (Gina) Culver, Co-Chair

Michael Krikorian 707- 579-0838

**Therapy Group Inserts:** Renee Owen 415-453-8117

**Website and Technology:** Laura Strom 707-889-9168

### STAFF

**Video Production & Administrative Consultant:**

Joe Ward 707-583-1607

## JOIN RECAMFTS LISTSERV

*It's easy. Just send your email request to  
join the RECAMFT listserv to:*

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

*Once your RECAMFT membership is  
confirmed address emails to the group to  
[recamft@groups.io](mailto:recamft@groups.io)*

## 2021 Schedule At-A-Glance

\*Subject to change: details will appear on our events page as they are finalized\*

May 7	10:30-12:30 Ofer Zur 2 CEUs 23 Ways to Protect Your License from Licensing Board Investigations and from Civil Lawsuits
May 14	9-11 RECAMFT Board Meeting
May 14	11:30 Members Crafting Group
May 15	Pre-licensed Collaborative
May 21	2:00- 3:15 Racial & Social Justice
June 4	10:30 1:45 Dr. Robin Zasio OCD & Hoarding 3 CEUS
June 25	L&E Series A – Testifying & Record Keeping

FREE TO RECAMFT MEMBERS ON ZOOM  
REGISTRATION REQUIRED – [WWW.RECAMFT.ORG](http://WWW.RECAMFT.ORG)

## RSJC EDUCATIONAL RESOURCE RECOMMENDATIONS

“Systemic Racism Explained” a four minute video by Act.Tv  
on [https://www.youtube.com/watch?v=YrHIQIO\\_bdQ](https://www.youtube.com/watch?v=YrHIQIO_bdQ)

**Me & White Supremacy** by Layla F Saad

**How to Be an Anti-Racist** by Ibram X. Kendi

**Raising White Kids: Bringing up children in a racially unjust  
America** by Jennifer Harvey

**White Fragility** by Robin DiAngelo

**My Grandmother’s Hands** by Resmaa Menakem

**Between the World and Me** by Ta-Nahisi Coates

**Race, Politics, and Pedagogy Education in a Time of Crisis**  
by Henry A. Giroux

**13<sup>th</sup>**, free on YouTube courtesy of Netflix. A must see to  
grasp how slavery exists today.

**Coded Bias** on Netflix. A documentary on racial and gender  
bias in AI and facial recognition software

“Racism is Real”

<https://www.youtube.com/watch?v=fTcSVQJ2h8g>

**Uncomfortable Conversations with a Black Man**

<https://www.youtube.com/watch?v=pM-HpZQWKT4>

**Miss Representation** full documentary on YouTube:

<https://youtu.be/3syOGI2nbbs>



# Considering a residential treatment or outdoor program?



**C**ollaborating with referring professionals, we are nationally respected educational consultants who specialize in providing recommendations for students with special needs of an emotional, behavioral or psychological nature. We travel extensively throughout the year and have personally toured over two hundred schools and programs. As Licensed Marriage and Family Therapists, we credit our clinical training and experience in deepening our understanding of a student's needs.



## CASANOVA & TORAL

Therapeutic Placement and Educational Consulting

**Bob Casanova, PsyD, LMFT**  
License: LMFT 37137

**Rosa Toral, LMFT**  
License: LMFT 47169

1260 North Dutton Ave., Suite 185  
Santa Rosa, CA 95401

707-544-7000

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



## *What You Missed* *By Rex Burington*

Spring Greetings. Like the flower buds ubiquitous in our county this time of year, RECAMFT programs blossomed another stimulating presentation on April 2nd. Orit Weksler, LMFT, presented her talk entitled "Winnicott Goes Viral: A Look at Early Relationships Through Viral Videos." During her career, Ms. Weksler became impassioned with early childhood development and studied it through the lenses of psychoanalytic theory, attachment, EMDR, IFS and more. She offered the theme of the "difficult to reach client" as her inspiration for study and the jumping-off point for the presentation. Such clients are described as lacking capacity for meaning-making in relationship (either under- or over-dependent on others for a sense of meaning for their experience).



During the two-hour (2 CE) Zoom webinar Ms. Weksler wove together clinical theory from Winnicott and Bion, recent adult clinical studies, the classic tale of "The Little Prince," and numerous rich and poignant viral YouTube videos of young (1 - 4 year old) children in interactions with family members. The word "viral" here refers to an earned status of a video post that achieves millions of separate views. These videos provided the raw material to view, review and discuss exemplary depictions of "good enough" (or not) relationships. In the context of such relationships, the featured child in each video has (or has not) the opportunity to "create and sustain an ongoing sense of who they are and an ongoing internal sense of meaning" in order to foster developmental growth.

Donald Winnicott ascribed the words "potential space" (often referred to as "transitional space") to childhood experiences of "good enough" relationship consisting of three essential qualities: rhythm, knowledge and pause. In "potential space" a child perhaps experiences an optimal mental state balance between predictability/safety and novelty/challenge to allow for growth.

I understood the quality of "rhythm" as an aspect of Winnicott's ideas on play in which a child's expectation is met in the pacing, mutuality, and mirroring within a relational interaction. The second quality of "knowledge" was developed as an idea of tolerable elaboration where a caretaker finds a "Goldilocks zone" feeding rate of new information which is neither too little nor too much for

the child to mentally and emotionally digest at any given moment. The third quality of “pause” was described as a healthy application of the use of silence to open a space for a child to process arising mental/emotional states and enable ensuing natural creative responses.

As clinicians in the therapeutic relationship, we are invited to collaboratively create an experience with the client infused with “transitional space” while also fostering two other client experiences (the “full experience” and the “holding environment”) considered by Winnicott as essential for growth. In these experiences, clients are provided with new corrective opportunities to develop in ways they may not have been privileged with during childhood. Thus, in the ensuing magic of a “good enough” clinical relationship, they may recover their lost capacity for meaning-making in relationship.

To see the recording of this training if you missed it or to watch it again, check out the members only area of the RECMFT website. You can also watch previous CE workshop recordings there.

The Programs Committee is always looking for presentation ideas and speaker recommendations. Please email the committee at [RECMFTprograms@gmail.com](mailto:RECMFTprograms@gmail.com) with your ideas!



*BIO: Rex Burington, LMFT is a bilingual therapist in private practice in Sebastopol. He is loyal to the integral philosophy of care that he acquired during his training at CIIS. He works with children, adults and families via telehealth currently. He is certified in Trauma Focused CBT for traumatized kids. You can learn more about him at this professional profile on the RECAMFT website. Originally from Southern California, Rex now finds himself enamored and awe-inspired by the beauty of Sonoma County while regularly cranking the sprocket on his bicycle.*

## Classified Ads

I would like to **sublet an office in Santa Rosa** on Tuesday and Wednesday each week. Please call June Taylor, MFT at 707-769-7869.

## *What happens is*

*by Bob Engel, LMFT*

we walk into a room  
and close the door

If we are  
wise, we don't know  
what  
to expect

What's the word?: weird,  
apt, lucky? for how it is  
that the closing of the door creates a crucible,  
laboratory, temple  
which acquires  
its own weather,  
gravity, light  
and dark

*Yesterday, she entered, we closed the door  
there was a storm.*

*The door opened, we plunged out like  
cold seawater draining from a ship's prow.  
She floated into the night.*

*They came in, the door closed behind us.  
The harvest was dry, the grain heads empty.  
We stumbled out like refugees.  
They left in separate cars.*

*He came in, the door closed.  
He was a ball, which had lost its bounce, but soon  
found  
it  
again.  
We bounced out like puppies.  
He wasn't the same boy his mother had brought here.*

We read a lot of damn books -  
few prepare us for  
*what happens*



Picture added by Editor

## ***Standing Up*** ***Wowlvonn Seward-Katzmiller***

*Courage. Standing up. Facing discomfort. It's hard to speak even though your voice shakes, as the bumper stickers suggest we all do. Sometimes there are consequences.*

The Racial and Social Justice committee members want to get better at courage and facing discomfort, and want to help RECAMFT members get better at it. We've gathered data, analyzed it, and decided change points. Our current targets for change are obtaining trainings that build membership skills and courage to speak up and stand up. In the near future, we hope to:



- Publish a RECAMFT pledge to social justice
- Offer a workshop led by a professional specialist who guides people through experiential exercises for intervening or responding whether you are witnessing injustice (obvious or 'micro-aggression'), experiencing injustice, or participating in injustice.

As a co-chair of the committee, I want to admit standing up and speaking out scares me. When my family moved to Guerneville suddenly and unexpectedly last July, one of the first things I did was put a sign up in my front yard that read,

"In this house we believe: Black Lives Matter, Women's Rights are Human Rights, No Human is Illegal, Science is Real, Love is Love, No matter your faith or ability Kindness is Everything."

Three days after putting the sign up, my son came into our house saying a man on the street wanted to speak with his father. My husband went out, then came back a moment later. "He doesn't like the sign."

I could have left it at that, but it felt like an opening. An opportunity.

I ran out and called after the man. He came back and said, "I don't like your sign. I want you to take it down. All lives matter, not just black lives. Your sign's gonna bring crime and graffiti on our street."

I listened and felt my blood start to boil.

He said, "If you want to put it in your car or inside your house, that's your business, but don't put it on public property."

I tried not to shake from discomfort and anger. I told him my name. He told me his. I'll call him Burt. Burt's shoulders and face relaxed a bit. My voice shook as I

spoke, true to the bumper sticker. "The sign is in my yard. On my property."

Burt's face and shoulders hunched back up. "It's too close to the street, like you're advertising something. Teenagers will come graffiti it, start graffiti'ing the whole street."

"I'm advertising my beliefs. The sign is important to me. Why do you feel so strongly about it?"

He said he grew up in a Black neighborhood in San Francisco and had been targeted and beaten up by a Black kid on a weekly basis and called names by the rest of the neighborhood for most of his teen years.

"I've had a very different experience with Black people, working with them as a therapist. Your experience sounds intense and scary." I talked about things I experienced and learned in East Oakland with Black teens. He didn't seem to listen much, but when I reflected again that his experience of Black folks was very different than mine, he said, "So you'll take the sign down?"

"No, but I'm glad to talk more about it if you want to." He stomped away.

The next day, I told my other kind neighbor about the interaction, and he said he'd spoken with Burt who admitted maybe he *was* racist.

Less than three weeks later, in the same hour we got the evacuation order for the Walbridge fire, as my family loaded our car, I saw Burt walking down the street. I called out. "Burt! Burt, did you see the evacuation order?"

He growled, "I don't want you talking to me."

We were evacuated for two weeks. When we came home, our sign was no longer in the front yard. My husband found it in our recycling bin. I put it up, bent as it was, back in our yard. I learned that Burt never evacuated.

Burt scowls at me every time he sees me. Since our interaction, more people in our immediate neighborhood have put up similar signs or told me they like mine.

I can't say the interaction went well, and maybe after I attend the training we're planning, I'll learn some better skills for this, but I'm glad I stood up and spoke out. It was truly uncomfortable, but I'm still ready to talk to Burt about it if he ever decides he wants to. And if he ever does something with my sign again, I'll just get another one. Maybe two.

Wowlvonn Seward-Katzmiller, MFT, SEP  
Certified EMDR Therapist [wskmft@gmail.com](mailto:wskmft@gmail.com)  
[iamreadytochange.net](http://iamreadytochange.net) 707-787-0402

## *Depressed*

*By Bob Engel, LMFT*

I am tumbling  
so slowly  
that from a distance  
I must seem to be  
without  
motion  
while from here  
in my own  
rocky domain  
I notice only  
a slow tide of shadow

Mostly, I do not notice the cold

tumbling so slowly  
the sun,  
dim,  
so  
far  
away.

### *II*

This thing I want to expunge, this  
bolus of disgust, I  
can't  
live  
with  
lodged in my throat.

Can't vomit it out,  
can't swallow it. Won't,  
won't swallow it.

That's my saving grace  
I won't let them  
make me  
swallow it

### *III*

You'd be depressed too  
if you knew what I do  
I swear to God  
*you would*



## *Scammers Abound Out There!!!*

This month's AARP Bulletin has an extensive review of telephone scams, how they operate, and how to protect yourself from being taken in. I know that some of our members and some of my friends have been scared into falling for scams. Fortunately, all realized they had been scammed at the last minute and got their money back. Most of these are directed at older folks because they tend to fall for them and because they have savings.

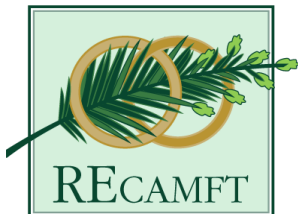
Some common ones are popups on your computer that warn you of bugs they can help you clear out. Other popups advertise sales on your favorite buying sites. Never click on these popups. Never fall for a suggestion to buy gift cards. Never fall for a call that warns you of an imminent arrest or closing an account. Never send money to secure a prize. If it looks too good to be true, it probably is. CAMFT members have been receiving emails from hacked accounts asking members to buy gift cards. Scam.

AARP recommends:

- 1. Let calls from strangers go to voicemail.** If you don't recognize the caller, just check for a message instead of picking up. It is a drag putting yourself into the hands of scammers. They are good at immediately activating your limbic system so that you cannot think straight.
- 2. Simply delete suspicious pop-ups or phone messages.** I have gotten two suspicious links in my text messages this week. I just delete them.
- 3. If on the phone, ask for written material and hang up.**
- 4. Do not allow anyone remote access to your home computer.**



Empowering relationships...



**Redwood Empire Chapter of California Association of Marriage and Family Therapists**  
is a California BBS CEU provider: License #2322  
RECAMFT.org - PO Box 2732 – Santa Rosa, CA 95405  
E-mail: [therapy@recamft.org](mailto:therapy@recamft.org) Web: [www.recamft.org](http://www.recamft.org)

**RETURN SERVICE  
REQUESTED**

**MAY ISSUE**

**NEWSLETTER COSTS & DEADLINES**

**Line ads and announcements:**

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

**Display ads:** Full page - 7.5" x 9.75" = \$200  
**(Wide x Long)** Half page - 3.5" x 9.5" = \$110  
Quarter page - 3.5" x 4.5" = \$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:  
707 583-1607 or [therapy@recamft.org](mailto:therapy@recamft.org)  
Or submit ad to website at  
[www.recamft.org](http://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.

**RECAMFT HONORS PAST PRESIDENTS**

Tara D;Orazio	2020
Doreen Van Leeuwen	2019
Erica Thomas	2018
Reyna Seminara	2017
Bob Dalzell	2016
Kris Spangler	2015
Laura Strom	2014
Lani Lee	2013
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