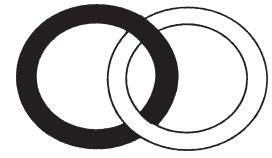


# The Redwood Empire Therapist



REDWOOD EMPIRE CHAPTER CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS

## OUR DECEMBER PRESENTATION

### A MESSAGE FROM YOUR PRESIDENT

*The purpose of RECAMFT is to promote and maintain professional competence and integrity with knowledge, innovation, compassion, humor and respect for human dignity and diversity. We do this by providing opportunities for networking, education and community outreach.*

The Board exists as a structure for implementing RECAMFT's mission and vision. The Board's Vision: To see RECAMFT as THE organization that people think of for mental health resource and referral in the Redwood Empire.

Focusing on our purposes, our reason for being in the mission statement: Networking, Education and Community Outreach, we are moving forward in creating many more networking and educational opportunities for you and the community, as well as working with other mental health resources in the community for outreach.

In keeping with this vision and our mission statement the board made the following decisions at the November Meeting of the Board: The Newsletter will soon be online. This will not replace the hardcopy. There will be other changes in the newsletter forthcoming and if you want a say, please join us as a board member. If you would like to help but don't want the full responsibility of being the editor, talk with us. We are finding that teams are a good way to go.

Articles written by therapists are invaluable to our community in terms of education. Plus, opening the newsletter up to the community gives you much greater opportunity to write on a wider variety of topics which may be of interest to more people. Think about it. If you write an article and it is put on our website, it has the potential of being read by hundreds of thousands of people. Past editions of the newsletter will also be archived on our website soon. However, we need an editor in order to make this happen and realize the full potential.

We have two new committees: The Community Outreach Committee and the Advertising Committee. The purpose of the Community Outreach Committee is to learn the needs of the community that we may not be addressing and bring those needs and ideas to the board. It will also work ensure that RECAMFT is represented in local events addressing mental health issues.

The first project the Community Outreach Committee will focus on is creating an Emergency Response Team. Although it is not likely we would be hit with a hurricane and experience the tragedy of New Orleans, we must be prepared for any number of possibilities. Do you know that each time the Russian River floods people lose their homes and have to be temporarily housed in the Sebastopol or Santa Rosa Vets Buildings? Therapists are needed to offer counseling to those displaced, traumatized people. We need to be ready for that call. We are also looking into creating a fund to help offset costs and lost revenue for therapists who are volunteering during times of disaster. I will be chairing this committee.

The purpose of the Advertising Committee is to offer advertising opportunities to the community as well as RECAMFT members through our newsletter, directory and online. Phillip Knowlton is available to help on this committee but there still needs to be a chairperson. Will that be you?

Our directory will be available soon. This is a very important marketing tool. Phillip Knowlton attended the CAMFT Leadership Conference last spring and came back with information that the professions most likely to refer to therapists include financial planners and hairdressers. I will personally be delivering the RECAMFT directory to local hairdressers and financial planners. If anyone would like to help me, it is a great opportunity for community outreach and networking.

Jan 28th, 7-11 pm. Trust me. You are not going to want to miss this event.

My time as President has come to a close. I have learned so much this year and I have thoroughly enjoyed myself. I have had the opportunity to work with dedicated, inspiring professional colleagues, each with unique gifts and talents. I want to thank all of you who come to board meeting and work hard for RECAMFT: Joan, Sarah, Winchell, Judith, Phillip, Michael, Don and Andrew. And Diane, our new Administrative Assistant, you have been amazing. I pass the gavel to Sarah Jolley, our new President, whose energy will keep us moving forward.

Please remember, RECAMFT is a volunteer organization. We need your energy, your passion. There is a committee waiting for you and your talents. Please join us as we grow, expand and open out into the community. There is a place for you on the Board.

Here's to a new RECAMFT. ~Diana

*Diana Poulson, MA, MFT, Counseling and Coaching Services, Transition Counseling, Divorce Recovery, Career and Small Business Coaching, <www.create-the-vision.com>, 824-4782.*

#### MARK YOUR CALENDAR!

January 28, 2005 ~ 7:00 PM to 11:00 PM

RECAMFT RENEWED FUN-RAISER  
"A Night of Comic Relief"

Unwind, Have Fun, Renew Your Membership; Bring a Friend;  
De-Stress; Socialize; Learn About the New RECAMFT.

Member Tickets \$30 each or 2 for \$50!

Contact: Diane Moore, 575-0596

*Use this newsletter space to let colleagues and the community get to know who you are and how you can be of service.*

Consider using the following guideline:

1. Describe what type/style/modality of therapy you do.
2. Illustrate the benefits of your efforts, perhaps a story sharing your work with a client.
3. Explain who would benefit from your services.
4. Depict the qualifications and training of your specialty.
5. Publicize what you want the reader to know about you.
6. Review a new author or model of therapy that excites you.

## Marketing Your Practice

## Couples Therapy

## Voice Dialogue

## Spiritual Issues in Therapy

## Grief and Loss

## The Therapist as Coach

*Somatic Therapy*

*Psychotherapy and the Expressive Arts*

*Mindfulness and Psychotherapy*

*The Use of Play in Therapy*

*Legal Ethical Issues of Psychotherapy*

## RENEW AND BECOME A MEMBER OF RECAMFT IN 2006

The new benefits of being a member of RECAMFT: No CEU fees; inclusion in the county-wide directory; newsletter hardcopy and website access; referral services; And, now advertising that reaches an infinite number of people at a very low cost; opportunities that allow participation in existing committees or to possibly create one that members have a passion for. Also, you are invited to receive the benefits of being on the board and committees: discount on ads, collaborating with peers, and seeing your ideas materialize in your community.

## RENEW YOUR RECAMFT MEMBERSHIP

Members and Associates~\$55, Interns~\$25. Renew your membership and attend the January 28th event for \$30 per person or \$50 for two. You will be eligible for a 20% discount for the referral service. Only one discount available per \$50 ticket. You must be currently paid up for 2006 or paid by 1/15/06. For information contact Diane Moore at 575-0596.

## ETHICS DISCUSSION

The next Ethics Committee Meeting is Friday, 01/13/06, 1:30-3:00PM. Contact Coralia Serafim, MFT, Chair of Ethics at 781-0133 for more information.

## Ads and Announcements

### Groups, Workshops, Classes

#### DREAMS IN CLINICAL PRACTICE: A STUDY AND CONSULTATION GROUP.

Dreams inform many areas of clinical interest. This is a group for therapists with an orientation toward the unconscious and an interest in depth psychology. The group offers an opportunity to deepen your understanding of the dreaming psyche and to build the skills to effectively work with dreams in therapy. *Alternate Mondays, 11:30 am-1:15 pm \$45 per session. Ten-session commitment. Group has begun meeting.* Winnie Piccolo MFT, 578-0426 ext.1 (Call also for info on Dream Groups)

LONG ESTABLISHED WOMEN'S THERAPY GROUP has openings Mon. eves. in Sebastopol. Marylou Donnelly MFT 824-0759.

THERAPY GROUPS: Singles Group (coed); Women & Spirituality Group; Intimacy Groups (single or married). PM's in San Rafael. Renée Owen, LMFT 415-453-8117.

CONSULTATION GROUPS. Practice Building Group or Group Therapy Consultation. Each meets once/month, Mon. 12-1:45PM, San Rafael. Renee Owen, LMFT 415-453-8117

### Office Space

SAN RAFAEL, Large beautiful Victorian office, sunny, quiet wait room, fireplace, window box seating. Avail. Fridays or weekends. Renee Owen 415-453-8117.

FULL-TIME OFFICE available in beautiful garden setting on Brookwood Ave. Santa Rosa. SHARED waiting room one other therapist. Call or email Judy at 528-1097, judyfiermonte@sbcglobal.net.

SEBASTOPOL OFFICE Sublet - window, elevator, off-street parking, waiting area, flex days, \$100-1 day/\$150-2. 829-3310.

LARGE, attractive therapy office avail. Fridays and/or alternate Tuesdays. Marylou 824-0759.

### Employment Opportunities

PETALUMA People Services Center is seeking a counselor with initiative & self-directedness, experienced working w/groups of adolescents for 2 junior high sites, total 24 hrs per week for AOD prevention program. Individual & group supervision/consultation; hours toward licensure available. FAX resume to Barbara Mendenhall at 765-8482.

### 2006 Calendar

#### JANUARY 13:

Marketing Stratgies in a Saturated Market; by Wendy Davis Larkin

#### JANUARY 28:

RECAMFT Renewed FUN-raiser!  
A Night of Comic Relief; 7PM-11PM

#### FEBUARY 10:

The Role of the Mental Health Professional on the Collaborative Team; by Moss Henry

## The Redwood Empire Therapist

### RECAMFT TEAM

#### BOARD OF DIRECTORS

##### PRESIDENT

Diana Poulson • 824-4782

##### PRESIDENT ELECT

Sarah Jolley • 829-8069

##### PAST PRESIDENT

Joan Logan • 829-0122

##### SECRETARY

Judith Peletz • 526-7720 x315

##### TREASURER

Winchell Quan • 486-3178

##### DIRECTORS-AT-LARGE

Membership Chair: Phillip Knowlton • 887-8803

Programs: Diana Poulson • 824-4782

Interns: Andrew Mayer • 570-1299

### NEWSLETTER

Editor: Sarah Jolley • 829-8069

### COMMITTEE CHAIRS

5150 Raffle Chair: Jan Lowry-Cole • 542-7987

Ethics Chair: Coralia Serafim • 781-0133

Hospitality Chair: M. Tamar Berg • 523-9192

Website Chair: F. Michael Montgomery • 578-9385

Speakers Bureau Chair: Don Ross • 571-8836

### STAFF

Administrative Assistant: Diane Moore • 575-0596

Newsletter Design & Layout: Eileen Lakin • <lakinlink@earthlink.net>

REDWOOD EMPIRE CHAPTER, CALIFORNIA ASSOCIATION  
OF MARRIAGE & FAMILY THERAPISTS  
P.O. BOX 2443 • SEBASTOPOL, CA 95473

Telephone: 707-575-0596

Email: <therapy@recamft.org>

Website: <http://www.recamft.org>

-FORWARDING SERVICE REQUESTED-