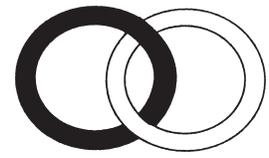


FEBRUARY 2006

The
Redwood
Empire

Therapist



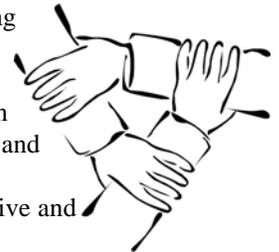
REDWOOD EMPIRE CHAPTER CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS

OUR FEBRUARY PRESENTATION

THE ROLE OF THE MENTAL HEALTH PROFESSIONAL IN COLLABORATIVE PRACTICE

Underpaid? Tired of paperwork and wrestling with managed care companies? One way to start moving out of this box is to become involved in the new field of Collaborative Law. On February 10th, RECAMFT will co-sponsor a presentation by members of the Collaborative Council of the Redwood Empire who will discuss the paradigm shift in divorce and other legal arenas, and how MFT's can work with attorneys and financial professionals as part of a team. This can help build your therapy practice and provide information on how to use your skills to move in a new career direction. A free CEU is available.

Join Henry Moss, MFT, Randy Cheek, MFT and Margaret Anderson, Family Law Attorney for an innovative and informative talk.



President's Message by Diana Poulson, MFT

It's strange writing this message in the present about the future. I'm writing this in January, prior to our big gala event. You will be reading it in February, AFTER our event. So in looking forward to the future, I hope you had a wonderful time! I know I did.

I want to thank everyone who put in hours and hours of hard work to make the event a fun, celebratory and meaningful event. Joan Logan, Carol Robinette and David Coolidge outdid themselves. I also want to thank Diane Moore, Winchell Quan, Judith Peletz, and Philip Knowlton. The commitment, support, and team work has been remarkable. And thank all of you for coming and making the night a big success. Here's to RECAMFT RENEWED. We did it.

I have a special appreciation for Joan Logan. She has served her term and is relieved of her duties as Past President. Joan has served for four years, and continues to serve as our Conference Committee Chair. She is truly a dedicated member and we appreciate all that she has done for us over the years.

And Sarah Jolley. Sarah's work schedule has made it impossible for her to take on the position of President. I looked forward to her creative energy and passion for RECAMFT. I am sorry that she will not be able to lead us this coming year. As Editor, her commitment to a quality, professional newsletter allowed all of us to benefit. I will miss her presence.

As I accept the honor of serving you and this organization for a while longer, I want to remind you of the vision we have for RECAMFT.

"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."

I want to give a big thank you and welcome to Rebecca Kuga who has volunteered to be our Newsletter Editor and Christine Erickson who has volunteered to be our Programs Chair. Thank you both and welcome aboard!

Please take some time as you fill up your busy lives, to reflect on what this organization can do for you, and what you can do to keep it alive. At the risk of sounding like a broken record, I want to remind you that we have many positions still open; President Elect, Nominating Committee, and we are open to create new positions where you may see a need. Take some time to reflect on what you want your practice to look like in this new year. What are your goals, your dreams, your vision, your purpose, your mission? How can we, RECAMFT help make that a reality for you? I see us working together, as a team, for the better of all. Amazing power and energy can be generated when we work together. Ask for help. Offer help. As the tender new growth of spring reminds us of the regenerating power of nature, reflect on ways we as a group, as a profession, and as an organization can nurture each other's growth this coming year.

Come, join us.

RECAMFT'S
Annual Conference scheduled for MARCH 3RD
has been postponed.

More information to follow.

Call 575-0596 if you have any questions

Psychodrama with Trauma Survivors

by M. Tamar Berg, MFT

Anna, an obese woman in her fifties enters the realm of the group for the first time. Her pastor who cares about her brought her in today. She sits down in the furthest corner of the room, her arms crossed around her chest-holding herself, almost unable to breathe. There are five other women in the group all struggling with their fears.

We are sitting in a circle; a candle is burning in the middle. I brought a deck of animal cards and ask each woman to pick a card and introduce herself as this animal. One of the women has the courage to start: "I am a cat, I hide during day time. I can be very fast and strong if I need to defend my cubs." Anna chose a bear and shows the card to the others, she says her name but doesn't feel safe enough to talk more. Others take their time to imagine being the animal of their choice.

For a further warm up I offer scarves in different colors. I ask each woman to pick two scarves, one representing her fears and one her hopes for being in the group. After having talked about their hopes and fears they put their scarves in front of them on the floor and we weave a sacred circle of safety and confidence. The use of therapeutic rituals like this can provide containment. The next step could be an empty chair exercise through which each woman could introduce and change role with her most important support person.

A group with trauma survivors needs a slow and gentle approach. The anxiety is high and it takes time to build the trust necessary to do the healing work. Adults who have survived abuse as children are especially amenable to some kind of corrective interpersonal learning experience to counteract their impaired sense of trust, security and 'belonging to the human race' (Allen and Bloom 1994). Psychodrama is a holistic therapy aiming to integrate body, mind and emotions.

The weekly two hour-session is structured in four phases:

1. *Check in and warm up* – Time for participants to talk about their week and connect with each other. I use creative methods like art, music and movement to warm up the group for a psychodrama. During this phase possible themes emerge.

2. *The group selects a protagonist (person who enacts her story)*. Group members position themselves on a continuum between two lines (Line 1: I do not want to be the protagonist tonight; Line 2: I want to be). I interview each woman about why she is standing in the spot she has chosen. Then the group chooses the protagonist for the evening.

3. *Psychodrama* – The protagonist sets the scene as specific as possible (for instance the 'stage' becomes a kitchen etc.). Then she selects the persons involved in the scene. Other group members play the role of mother, father, siblings, friends, colleagues or even a tree, a river or a door, what ever is needed. No acting ability is necessary. The protagonist takes the role first and shows the 'auxiliary' where to stand, how to look, what to do or say. The conflict situation gets reenacted. It could be a dream, a childhood wound, a dialogue with a significant other or a work related issue etc.

Often a presented scene reminds the protagonist of a similar situation earlier in her life. We switch to the earlier scene, which reveals more about the roots of the problem. Strong emotions arise. "For traumatized people with a lot of pent up emotion that has built up like steam in a pressure cooker, an opportunity to

blow off steam is usually very healing" (Kellerman & Hudgins, 2000). Discharge of emotional energy is neither induced nor inhibited but allowed to emerge in its own time and form. Trauma often leaves people with a feeling of victimization, helplessness and powerlessness. Psychodrama gives the opportunity to create a 'surplus reality', which means the original scene can be expanded or changed. The protagonist gets to say or do something she has wished to say or do but couldn't in that particular moment. She regains her voice and her power and moves out of the frozen state of shock, horror and helplessness.

4. *Role feedback and sharing with the whole group*. The auxiliaries share how they felt and thought in their roles. Group members share how the scene reminded them of similar experiences in their own lives and how they can relate to the protagonist. Overall a powerful and supportive phase.

We end the session considering self care or end with a grounding exercise.

M. Tamar Berg, MFT trained by psychodrama therapists of Germany, Israel and the United States, member of the American Society of Group Psychotherapy and Psychodrama (ASGPP). Tamar can be reached at 523-9192.



Artful Marketing & Practice Development

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Winter / Spring Workshops

How to Write a Good Ad

February 10 • Friday, 10 AM – 4 PM, San Francisco

Managing a Busy Practice

March 4 • Saturday, 10 AM – 1 PM, San Rafael

Preparing for Private Practice

March 7 • Tuesday, 9:30 – 11:30 AM, San Francisco

Networking the Natural Way

March 10 • Friday, 10 AM – 4 PM, San Francisco

Wendy Davis Larkin, MA • 415.454.2911

(PCE1105)

Greetings from your Treasurer

As an active member of the RECAMFT Board the past two years, I have had the opportunity to watch the organization go through it's annual transitions of board members, chair persons and other involved members. This past year however, there were many vital positions unfilled throughout the year. Thanks to a small number of active members committed to carrying out the goals and objective of our organization, you as members continued to benefit from these efforts throughout the year without interruption. Monthly speakers, monthly newsletters, workshops and conferences, referral services, and website access just to mention a few of RECAMFT's offerings.

The topic of the annual board meeting in 2005 was to look at how RECAMFT can serve you the members, and our local community more effectively. Lots of great ideas and visions were explored. As a result, we did establish a new mission statement and lots of enthusiasm. Then came the time to implement these great ideas....we fell short of membership involvement.

The 2005 financial picture reflects this absence of membership participation. Though membership did increase, the number of conferences offered were diminished, as well as a few newsletters with minimal member submitted articles. Membership dues, advertising in the newsletter, and conferences are our major source of funding. We need your involvement to keep RECAMFT active with services that support you. Please contact Diana, our president, to find where your specialness will shine.

~Winchell Quan

RECAMFT 2005 YTD INCOME AND EXPENSES

INCOME

Newsletter Income	4,322.75
Other Inc	285.00
RECAMFT CEU	373.00
RECAMFT Con L&E	3,730.00
RECAMFT Directy AD	30.00
RECAMFT Dues	9,343.00
RECAMFT Labels	243.60
RECAMFT Referrals	<u>2,745.00</u>
TOTAL INCOME	21,072.35

EXPENSES

Administration	11,253.84
ADMIN Reimbursement	326.90
Ads	895.89
Bank Charge	10.00
Postage and Delivery	101.12
Gifts Given	100.00
Hospitality Monthly Mtg	34.57
Insurance, Bus	975.00
Legal-Prof Fees	200.00
Licenses and Permits	20.00
Miscellaneous, Bus	466.58
Phone RECAMFT	689.52
Newsletter - ready for press	4,410.00
Printing and Reproduction	4,385.27
RECAMFT Annual Event	707.50
RECAMFT Conf L&E	1,233.58
RECAMFT Conf INSIGHT	500.00
RECAMFT Presentor	175.00
Rent	<u>450.00</u>
TOTAL EXPENSES	26,934.77
NET LOSS	-5,862.42

"REN"

by Winchell Quan, MFT

Greetings, and a very Happy New Year wish for a year of health and prosperity to you and your loved ones.



I was fortunate enough last year to return to China and visit a number of historical sites: many palaces, temples and monasteries. It was an awesome experience to be among such magnificent works of art, the products of enormous efforts by the people of China: 90-foot tall Buddahs, glorious palaces, cliff-hanging monasteries, and the Great Wall, just to list a few. It was so inspirational to identify with my family roots entrenched in such a great culture.

As I prepared for an overnight train ride, one of the books I picked up at a local book store in Taiyuanin was entitled *Chinese Philosophy On Life*. In the book, I was drawn to a Chinese word, "ren," which denotes human love. It refers to a quality of relationship consisting of reciprocal benevolence, created through social interactions of mutual concern and understanding, fostering good human relations.

Within Chinese philosophy, there are two guiding principles in pursuing this human love, or "ren."

1. "Do not impose on others what you yourself do not desire."
2. "Help others establish themselves insofar as you wish to establish yourself; and help others achieve their goals insofar as you wish to achieve yours."

I find that this word, "ren," expresses what I endeavor to achieve for myself personally as well as professionally. I strive to bring this concept of human love into being with my clients in psychotherapy: to move beyond the self-centeredness of what one wants and believes one needs, to a place of giving and appreciation of others.

I treasure this word "ren" preciously, as a reminder for me to live life with appreciation and compassion. I will now use this Chinese character, "ren," as my symbol of intention in professional and personal practice. This Chinese character in written structure is very appropriate. It literally breaks down to the written Chinese character for "person" and the number "two," signifying a relationship between at least two persons.

As we all know, time just seems to go by swiftly, so before this year comes to a close, take the time and effort for those relationships most important to you. May this year bring you opportunity and abundance. Be well. ~Winchell

5150 RAFFLE

The February 5150 prize is a Breema session being offered by Carol Sanoff. Carol has been practicing Breema for about twenty years. Breema is done fully-clothed on a comfortably padded floor and includes stretches, rocking, holds, and percussion. It's aim is to support the well-being of both the recipient and the practitioner by inviting them to participate with awareness in this present moment. There is more information about Breema, with pictures, at www.breema.com. Carol can be reached at 525-8102. Many thanks to Carol for her generosity.

The 5150 Raffle is held every month at the RECAMFT general meeting. All attendees are eligible to win. If anyone has ideas about people who might be interested in donating future 5150 prizes, please contact Jan Lowry-Cole at 542-7987. Enjoy!

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. We meet on alternate Mondays, 11:45 AM-1:15 PM Winnie Piccolo MFT, 578-0426 ext. 1

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

PRACTICE BUILDING SUCCESS TEAMS what they didn't teach you in graduate school. Being a successful therapist in private practice means having good clinical skills as well as good business skills. Join a Success Team and help each other learn and grow as entrepreneurs. Meet once a month, Friday 9:30-10:30 AM \$45 per meeting (\$35 for interns). For more info: Diana Poulson, MFT, 824-4782.

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

Office Space

THERAPY OFFICE for rent in Boyes Hot Springs. 10' x 10' quiet building; waiting room, easy parking. 939 9212.

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

MARIN CAMFT's 25th Annual Professional Conference

Leslie Greenberg, Ph.D, Co-founder of Emotionally Focused Therapy (EFT).

EFT For Couples: Fostering a More Secure Bond Between Partners. Saturday, March 11, 2006.

9:00 AM to 5:00 PM at the Embassy Suites, San Rafael. 7 Continuing Education Units.

EFT: a short-term (8-20 sessions) structured approach to psychotherapy formulated by Leslie Greenberg and Sue Johnson. EFT works to expand and re-organize key emotional responses, create a shift in interactional positions, initiate new cycles of interaction, and enhance intimacy.

For more information and registration form, call the Marin CAMFT Conference line: (415)454-2129 or see our website: <<http://www.marincamft.org>>

Other RECAMFT Meetings...

ETHICS DISCUSSION
Contact Coralia Serafim, MFT, Chair of Ethics at 781-0133 for more information.

SPEAKERS BUREAU
Contact Don Ross, MFT, Chair of Speakers Bureau at 571-8836 for more information.

INTERN SUPPORT GROUP
Contact Andrew Mayer, Chair of Interns for more information and meeting times.
The Intern Warm Line is 570-1299.

2006 Calendar

FEBRUARY 10:

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

MARCH 3:

RECAMFT Annual Conference has been postponed. More information to follow.

MARCH 10:

Quality of Life--Sonoma County Mental Health Initiative; *by Stella Rijeka*

APRIL 14:

Right & Services of Disabled Children in Education; *by Panel-N. LoDolce, M. Maier, L. Hansen*

The Redwood Empire Therapist

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