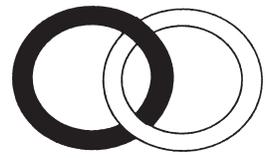


The Redwood Empire *Therapist*



REDWOOD EMPIRE CHAPTER CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS

OUR MARCH PRESENTATION

“QUALITY OF LIFE”

A Sonoma County Mental Health Initiative



On Friday, March 10th, Stella Rijeka will be presenting the Quality of Life Initiative on Mental Health. *What is Mental Health?* It is a state of well-being in which the individual realizes his or her own abilities, can cope with the stresses of life, can engage with and is able to make a contribution to his or her own well being and community.

Stella Rijeka has been organizing communities and motivating people for over twenty years. She began with political organizing in the San Francisco Bay Area, and later developed collaboratives for school communities in Northern California, through California’s Healthy Start. In this capacity, she provided training and facilitation support to linguistically and culturally diverse groups. Currently, she works for St. Joseph Health System–Sonoma County where she is coordinating and facilitating a community round table for the promotion of mental health.

You won’t want to miss this—see you there!

President’s Message
by Diana Poulson, MFT

IT’S LONELY AT THE TOP

Happy March RECAMFT members. I, for one, am so glad to feel the return of the sun, the blue sky and the smattering of so many colors as trees and flowers begin to bloom. Smiles are returning to the faces of folks walking around town. A renewed, revitalized energy is in the air. There is no time like springtime. With new and renewing RECAMFT members, and new members joining our board, I am pleased to feel that vibrant energy amongst us as well.

But, I have a problem. RECAMFT is a three President board. We are designed to have a President Elect who is kind of a Presidential Intern and a voting member; a President who oversees the happenings and business of RECAMFT, conducts meetings and helps to move RECAMFT forward; and a Past President who supports the other two with the wisdom developed over the previous two years. Right now, there is just me. It’s not in RECAMFT’s best interest to operate this way.

I am calling on each and every one of you to think about who you would like to lead RECAMFT into the future. What is important to you? Who do you know that would bring those values to the board? Please make a quick phone call to myself or Diane Moore, or drop one of us a note or email and nominate a new President and President Elect. You are also free to nominate yourself. I am committed to stay on as “Co-President” until June and then I will settle into my role as Past President.

This past year the board has worked very hard to invite members out of their offices into community with other members. Our monthly Friday meeting is offering dialogues with other community organizations that utilize the services of

MFT’s. This is a great way for you to increase your referral base. It is also an opportunity for therapist to network with other therapists. “A Night to Remember” was a social event designed to celebrate our profession and to have some fun. We enjoyed comedy with The Enmeshments and dancing with Poyntless Sisters. Unfortunately the event was very poorly attended.

As your board, we are committed to restructuring, reorganizing and revitalizing RECAMFT. Are you? We are an organization of volunteers. Sometimes it’s easier to leave things up to the board to take care of, but the board is simply RECAMFT members who have committed their time to give service. We still have many openings. Please share your energy and passion and help us build an organization you feel committed to.

I’ll look forward to working with you. ~ Diana

RECAMFT Needs You!

The following Board Positions
are still waiting to be filled:

PRESIDENT
PRESIDENT-ELECT

Contact RECAMFT, 575-0596

A Quick Note from Your New Newsletter Editor!

My name is Rebecca L. Kuga, and I'm an MFT and Human Resources Consultant. I have a private practice in Novato and have been a Marin CAMFT member for a few years, but I live in Sonoma and wanted to get more involved in my "home" community. I joined RECAMFT last August and found myself squirming in my seat when Diana Poulson mentioned the need for a newsletter editor – on multiple occasions. You see, my first career was in the commercial printing industry so I fully understand the print production process. Moreover, I also have some experience with editing from my corporate life where I was the co-editor of the employee newsletter.

As for my professional particulars, in my therapy practice I use an integrative orientation and work primarily with individuals, couples and teens. My specialty areas include grief and loss, managing life transitions, improving self-esteem, substance abuse and recovery. When I wear my "HR hat", I help small businesses improve employee relations, increase teamwork and develop policies and procedures.

I look forward to meeting more of my RECAMFT colleagues and making a contribution to a wonderful organization!

A Note from Your Programs Chair

My name is Christine Erickson. I am a Licensed Marriage and Family Therapist in private practice in Santa Rosa. I received my Master's Degree in Clinical Psychology from San Francisco State University in 1982. I have specialized skills in play therapy, family therapy, sandplay therapy and psychotherapy for all ages. I have provided therapy to children and teens in various settings such as residential and day treatment programs, juvenile hall, crisis clinics, outpatient community mental health clinics and private practice. I am dedicated to helping children, teens and families grow together in harmony.

I also provide individual and couples therapy to adults who are experiencing depression, anxiety, life changes and relationship problems.

I am enjoying my new role with RECAMFT. I would like to learn more about what members want in terms of speakers and topics for our presentations. Feel free to discuss your interests with me at our monthly meetings or call me at 575-1600. I welcome your suggestions and feedback!



5150 RAFFLE

The March 5150 prize is a Jin Shin Jyutsu session donated by Jane Pritchard, a Jin Shin Jyutsu practitioner since 1988. De-stressing at a much deeper level than massage and requiring no disrobing or messy oils, Jin Shin Jyutsu facilitates healing while simultaneously leaving us more deeply relaxed-body, mind and spirit.

Stress and tension develop as a result of a variety of stressors; not only a stressful work environment but also due to physical injury or abuse, emotional strain or trauma, environmental influences, and diet. Often these tensions have been part of our lives for so long that we may not even notice their presence, but we frequently feel their effects. Jin Shin Jyutsu is an ancient oriental healing art that releases this deep tension in the body. Once this tension is released, our bodies can heal themselves more easily and completely. The result is more vibrant health, less pain, faster healing, greater resistance to illness and more clarity of thought. Many psychotherapists have also found that by sending their clients for Jin Shin Jyutsu sessions, better progress is made in their psychotherapy session as well.

Jin Shin Jyutsu works with points on the body that tend to lock up and hold tension. By holding these key points in specific combinations, the Jin Shin Jyutsu practitioner works to restore vitality on all levels. One of the distinguishing aspects of Jin Shin Jyutsu is that it can be self-applied. At the end of sessions Jane will often give self-help suggestions customized for the individual client. She also offers Jin Shin Jyutsu classes for self-treatment where clients can learn more in-depth ways to support their own physical, mental, and emotional well-being.

Jane is committed to empowering others to reach a higher level of well being. She has been interviewed on television and radio, guest lectured at U.C. Berkeley, and has taught self-help classes internationally. Jane can be contacted at 523-3303, or at <jsjjane@sonic.net>. Many thanks to Jane 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! (For winners of the raffle, please give Jan feedback about the service you receive.)

ADVERTISING IN "The Therapist"

Contact RECAMFT at 575-0596 or email at <therapy@recamft.org>

Classified Ad Deadlines:

APRIL ISSUE: March 1st
MAY ISSUE: April 1st

There are no issues in July or August

Ads and Announcements

Groups, Workshops & Classes

THE SANTA ROSA OFFICE OF HOSPICE OF MARIN will be offering the following groups in the spring: Neonatal Loss; Meditation for Coping with Grief; and Art Therapy: Healing Through Creativity. Community members welcome: sliding scale. Please call 415-526-5558 for more information.

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

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, currently starting at 11 a.m. Fee: \$40 Call 578-0426 ext. 1

DREAM WORKSHOP: "Tending and Befriending Your Dreams and Nightmares". Choose a 1-day format: Sat, March 25, 10a.m. -3 p.m. OR 2 THURS eves, March 30 and April 6, 7-9 p.m. Fee: \$65 Must register by March 17. Contact Winnie Piccolo MFT, 578-0426 x 1

SELF CARE FOR MFT'S PRIVATE YOGA & Relaxation Sessions at a time and location that works for you! 20 years experience. Call Hannah Caratti, M.A., 578-4040.

Office Space

SUNNY, CHEERFUL OFFICE FOR RENT: \$625/MO. (includes utilities) 509 Orchard St. Professional building, circa 1912. Historic Cherry District, 1 block from downtown Santa Rosa. Private entrance. Airy, spacious, charming, Common waiting and conference rooms, kitchenette. Contact Jim: 297-1636 (cell), 542-4349 (work).

WARM & FRIENDLY SR psychotherapy office available Tues. afternoons & PMs, & Thursdays. Call Aariah 656-0052.

OFFICE SPACE AVAILABLE Mon, Tues, Thurs before 2 p.m.; Wed & Fri after 2 p.m.; Weekends. 625 Cherry St. Call Debra White, 573-8890.

DOWNTOWN SANTA ROSA OFFICE SUBLET - available all-day Tue. Wed. Thurs. & Mon. mornings. Includes waiting room. \$240. / month negotiable. Call Carol Robinett 570-4639.

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

Bulletin Board

LICENSED THERAPISTS, INTERNS, TRAINEES – Training available in domestic violence treatment resulting in certification with a founding agency of batterer's treatment programs in CA. One year commitment is required. No fee for the training. Supervised hours avail if needed. Call 544-4441 x 305 for info.

SAND TRAY FOR SALE: Excellent condition, wooden frame on rolling cart, sand, & many great figurines! \$350. For info, call Hannah Caratti, MFT Intern at 578-4040.

Employment Opportunities

FAMILY SERVICE AGENCY needs bi-lingual interns to provide individual & family therapy for Spanish speaking clients. Supervision by a bi-lingual licensed clinician, group supervision & training provided. A significant stipend will be paid for this internship. Please call the clinical director at 545-4551 ext. 215 (www.familyservicesonoma.org).

AN ALTERNATIVE TO "DIVORCE AS USUAL": COLLABORATIVE PRACTICE A BETTER WAY

Working with a team of experts, couples can:
Negotiate satisfying agreements
Help their children
Stay out of Court
Preserve assets

Collaborative Attorneys help parties reach workable agreements and stay out of court.

Coaches help adults express feelings and needs appropriately and understand how to help their children.

Child Specialists provide a voice for children and explore options for their care.

Neutral Financial Consultants evaluate information and help develop practical solutions to financial issues.

For more information, please visit our web site:

www.collaborativecouncil.org



Collaborative Council of the Redwood Empire

Artful Marketing & Practice Development

*Individualized • Comprehensive
Consultation for Health Professionals*

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)

Next Meeting Information

Other RECAMFT Meetings...

ETHICS DISCUSSION ~ Ethics meeting will be held on Friday, May 12th. 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.

We'd love to hear from you!

RECAMFT invites all members to contribute letters to the editor about any subject on professional concerns or in response to any article or letter published in a previous issue. Please see information below for deadlines. We look forward to hearing from you!

Next deadline for **Advertisements** is April 1st for our May issue.

Next deadline for **Articles and Letters to the Editor** is March 10th for our April issue and April 10th for our May issue.

2006 Calendar

[RECAMFT is calling for papers on these topics. Please contact us at 575-0596.]

MARCH 10:
Quality of Life~A Sonoma County Mental Health Initiative;
by Stella Rijeka

APRIL 14:
Right & Services of Disabled Children in Education;
by Panel~N. LoDolce, M. Maier, and L. Hansen

MAY 12:
The American Red Cross help us with our Emergency Response Team;
by Betsy Hall

JUNE 9:
Ecopsychology;
by Craig Chalquist, Ph.D.



Meeting Location...

Oddfellows Temple/MERCER HALL
Address: 545 Pacific Avenue, Santa Rosa

Meeting Time...

~ SECOND FRIDAY OF THE MONTH ~
10:30-11:00AM Continuing Education
Sign-in and Networking
11:00- 1:00PM Membership Meeting/
Speaker Presentation

Special Notes:

- ✓ CE credit sign-in ends at 11:00AM. No CEU fee for members, \$15 for nonmembers. *Please pay by check.* You must be present for the entire presentation, complete the evaluation form and signout to receive your CE credit.
- ✓ Course meets the qualifications for 1.5 hours of CE credit for MFTS and/or LCSWs as required by the California Board of Behavioral Sciences. Provider number: PCE2322.

RECAMFT welcomes and encourages nonmember professionals and guests to participate. Our activities are designed to support and enhance professionalism in our community. A \$5.00 guest fee is to paid at the door by the guest or inviting member.

The Redwood Empire Therapist

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

RECAMFT TEAM BOARD OF DIRECTORS

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-FORWARDING SERVICE REQUESTED-