



## OUR APRIL PRESENTATION

## RIGHT & SERVICES OF DISABLED CHILDREN IN EDUCATION



Federal and state laws entitle children with neurological, emotional and/or physical disabilities to receive special education and related services and/or modifications and accommodations to their regular school programs. The purpose of these laws is to enable children with special needs to access and to benefit from their education. On April 14, RECAMFT will co-sponsor a presentation by three speakers who will discuss the special education and discrimination statutes which pertain to children with special needs, including those with emotional and behavioral problems. This discussion will address how to identify children who qualify for services, the types of educational services available and how to access these services. *Nancy J. La Dolce* is an attorney practicing in Santa Rosa. She specializes in representing the needs of children on school related issues. Prior to becoming an attorney in 1991, Nancy received an M.A. in Counseling, a B.A. in Math and Education, and worked for ten years in schools as a teacher and a counselor. *Mervin Maier* has been an MFT for over 30 years and is in private practice in Santa Rosa. He works primarily with children, teens, families and couples and specializes in issues of attachment, trauma and depression. *Leslie Hansen* has been an MFT for over 20 years and is in private practice in Petaluma. As the mother of a child with special needs, Leslie has become an expert on learning disabilities, children's educational rights, and local resources. In her private practice, she especially enjoys supporting other parents of children with special needs. Join us for this exciting and important discussion!

### President's Message

by Diana Poulson, MFT

*It's in the air. Can you feel it?*

Greetings RECAMFT. Spring has sprung and brought some wonderful gifts. One is a bit of sunshine (I hope), and the other is Gail Van Buuren.

Gail has come to us from Monterey CAMFT and has brought with her a wealth of experience. From being Secretary to Newsletter Editor, to single handedly producing the membership directory, Gail has done it all. She was awarded the Outstanding Leadership Award by her chapter at the 2006 CAMFT Leadership Conference. And, Gail has agreed to become our President Elect. She was voted in by the membership on the 10th of March. We are so fortunate to have her. I will continue to serve as your President through June and will then begin to turn more of the position over to Gail. By January she will be our full President. Of course she will also be working on other things before then. I know that Gail and the other new members of the board will bring our New RECAMFT to new heights. It's truly an exciting time.

Harvey Stempel is another wonderful addition to our organization. He is new to California and will be working on the Newsletter Editor's team while coordinating with Programs. Teamwork. Isn't that what it's all about? Thanks Harvey. We're glad you're here.

As the New RECAMFT continues its metamorphosis, we are restructuring the Speaker's Bureau. Our long time Speaker's Bureau Chair, Don Ross, is going to take a break from the

position after serving for over ten years. Rest up Don and thank you so much for your years of service. The Speaker's Bureau will now come under the Community Outreach Committee. If you are interested in speaking, please let me know, and be sure to also include what topics you are interested in speaking on. We will be actively promoting RECAMFT members speaking in the community.

We here on the board are aiming at having a presence in the community. Ultimately this will generate more referrals for you. I have secured a half table at a NAMI presentation: An Evening with Lizzie Simon, Author of *Detour: My Bipolar Trip in 4-D*. (As we become better known, maybe we can get a full table!) The goal of the Community Outreach Committee is to position RECAMFT as a player in the mental health community so that we can be seen as a resource and ultimately generate more referrals for you in the process. Christine Siebert, President of the Sonoma County NAMI told me it has been difficult finding therapists that will work with their clients and their client's families, those with serious mental illness. If you are specifically interested in working with that population, please let me know. I will forward your name to Christine.

The directories are here. Due to our current financial limitations we are unable to mail them out so we invite you to pick one up at a general meeting or connect with one of the board members to pick up your copy. We are also hand-delivering copies to businesses, organizations and agencies who will find them useful.

As you have undoubtedly noticed by now, the Newsletter is

*Continued on Page 2...*

## Meet Gail Van Buuren

Gail Van Buuren grew up in suburban Philadelphia in the 1950's and 60's in a time and place where one simply did not talk about feelings. That alone generated a lifelong curiosity about what goes on inside people. She became an avid reader of psychology, religion, and philosophy. After reading Satir's *Conjoint Family Therapy* in 1968, she positively horrified her parents by suggesting the family enter therapy.

Within the year she joined a childhood friend who had become a resident at Esalen Institute in California where she fortunately met some of the leaders of the Human Potential movement including Fritz Perls, who was living there at that time. But relationship and the birth of her son, Jonah, drew her away to Pacific Grove in 1970. In 1975, Gail's love of nature and outdoor life drew her to the science of Ornamental Horticulture and back to college for certification in that field. She was among the first women to cross the gender line into landscape maintenance gardening, joined the local chapter of the Northern California Professional Gardeners Federation, and served in every possible capacity on that board over the years which included publishing a monthly newsletter for professional gardeners for seven years. In 1978, she met the man who would become her business partner in 1980 and her husband in 1988.

All the while her interest and reading continued. She took the Criminal Justice Department's training in domestic violence and started volunteering with the YWCA Safe House and the DV Crisis line. When Jonah left for UC Davis, Gail returned once again to college, this time to complete her bachelor's degree and then to get her M.A. at Pacifica Graduate Institute in depth psychology. During her internship and since, she has worked with troubled families doing elementary school groups for children exposed to domestic abuse, individual or group work with women in abusive or dominating relationships, and works with couples in dysfunctional relationships. She worked with homeless families in 18-month transitional housing through an agency at the former Ft. Ord on the Monterey Peninsula. Gail says, "It's crazy but I love working with whole families and different units within the family, because that is the only way to really see the whole picture and for them to know you see it." She also teaches 30-hour parent education classes for parents (and sometimes their kids) mandated by the court, Child Protective Services, or probation and court mandated anger management groups for women and for men.

Throughout her internship and since being licensed in 2003, Gail has thoroughly enjoyed working with the Monterey County chapter of CAMFT. She served as Editor of the newsletter for two years, compiled the Directory for two years, and was Secretary in 2005. "It is great fun and very enriching to get to know my colleagues in this capacity. Therapists are *the best* people." In 2005, her board honored her by giving her CAMFT's Outstanding Leadership Award.

Gail moved to Sebastopol because Jonah, his wife, Rebecca, and her precious two year old granddaughter, Josephine, live here. "I love my family and want to be with them much more than living in Pacific Grove permitted. It's hard leaving friends, colleagues, and clients, but I look forward to finding them again here. I'm getting settled in and finding my way around. I have even found a wonderful office where I can see clients when I find them. I am presently contacting agencies and places where I can offer my skills and services to my new community. It is very beautiful here in many ways and I love it already."

*Gail Van Buuren, MFT, can be reached at 494-4198.*

## PRESIDENT'S MESSAGE

*...continued from Page 1*

online. You may have received it via e-mail. We hope to also bring you the option of receiving a hard copy in the mail as our financial situations improves. If you did not receive it by e-mail and would like to, let Diane Moore know.

Lastly, our treasured Treasurer Winchell Quan is over due for a replacement. He volunteered to stay on past his appointment to help support and strengthen RECAMFT as we moved into our transition. We now need to let him go. Thank you so much Winchell. Your incredible energy, commitment and support have been invaluable.

We are truly moving forward toward our mission and it is a very exciting time. This has been a very courageous board, and innovative board. We have tried new things. We have learned valuable lessons and we are creating an organization that will help support and promote the professionalism of our members. It's not too late to join us. Come join the Membership Committee, Phillip would love some company. The Conference Committee is a great place for those who don't want to make a long-term commitment but would like to support our educational component. The Outreach Committee and the Nominating Committee have openings as well. And, there is still space for team members in Programs.

Members have expressed a desire to see other meetings at other times. If you are interested in starting a brown bag lunch group in your town, or a special topic meeting, or an evening meeting, let us know. The only thing that stands in our way is someone to take the ball and run with it.

Come be part of this viable, exciting organization. And enjoy the sun.

*Diana Poulson, MFT has a private practice in Sebastopol. She can be contacted at 824-4782, <create-the-vision.com>.*

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## A President's Message

-from CAMFT Therapist Feb/Mar 06

It is with great excitement that I write this message for this issue of *The Therapist*. I am excited because CAMFT will be hosting its 42nd Annual Conference in Palm Springs, my hometown. Palm Springs is truly a special place and known for its natural beauty and slow pace which lends itself to relaxation and rejuvenation. The City of Palm Springs will welcome us with open arms as Mayor Ron Oden will declare May 1 through 7 *Marriage & Family Week*. The conference committee, chaired by Nancy Farrar, CAMFT's immediate past president, carefully & purposely chose the theme Riches of the Desert to highlight the wonderful qualities and treasures found in the Desert. We will have a stellar line up of speakers (a few locally grown) for the conference.

The conference will start off with keynote speaker *Jerry Moe* from the Betty Ford Center, one of our conference sponsors, presenting the "Changing the Family Legacy—Family Recovery Means Children Too." Mr. Moe discusses that all too often alcoholism and other drug addictions become a family legacy that gets passed from generation to generation. Where does it stop? This plenary explores the healing journey for children and examines how youngsters, their parents, and families can initiate and deepen the recovery process. There's much hope today for families to create a new legacy of recovery, health, and wellness. Jerry is a dynamic speaker and captivates his audience with his knowledge and depth about children dealing with alcoholism and drug abuse of a family member.

We are honored to have *Dr. Mary Pipher* as our Conference Keynote speaker talking about her extensive work with adolescents and the changes that have occurred in the ten years since she has written *Reviving Ophelia*. She will discuss ways to protect young people in our teenager-poisoning culture. Dr. Pipher will also give a presentation on treating adolescents as they maneuver through this trying developmental process. She will discuss her experience working with girls in early adolescence and how they encounter a social and developmental Bermuda triangle. Additionally, she believes that in middle school, both boys and girls enter a dysfunctional peer culture and a media culture that is sexist and "lookist," and they turn away from their parents who want to help. Dr. Pipher will speak about how to help teens cope with this disruptive time and what the implications are for their present and future survival as mentally healthy people. Her special area of interest is how American culture influences the mental health of its people. Her articulate and passionate delivery creates enthusiasm in all types of audiences. Her down-to-earth stories of hope and resilience inspire people to work together to build a better community.

*Michele Borba* will be presenting a workshop entitled "Violence and Bullying and the Road to Compassion: Proven & Practical Methods That Really Work to Reduce Bullying, Youth Violence, Disrespect & Disruptive Behaviors and Build Moral Intelligence." This session explores the latest research that confirms strong moral character can be learned, a framework for teaching it, and how to enhance pro-social behavior. Dr. Borba is another local treasure of the desert and is internationally known for her work on bullying and violence in K-12 schools throughout the world. As a former classroom teacher, she has worked with students with physical, behavioral, and emotional disabilities, troubled youth in her private clinic, as well as gifted children. Her sessions are entertaining and enlightening, and always provide real-life examples and proven solutions based on field-tested research. They are guaranteed to change the way you deal with kids.

Another well known and respected speaker will be *Dr. Harville Hendrix* who will discuss his Relationship Therapy model, known as Imago Relationship Therapy. He will present his basic thesis of

Imago Relationship Therapy which is "marriage is therapy" and dialogue is the central therapeutic intervention. Dr. Hendrix's concept of "marriage as therapy" transfers the healing of persons from client-therapist interaction to a guided partner-partner process and from a focus on individual partners to the relationship as the therapeutic context. This workshop will introduce the basic theory and therapeutic processes of Imago Relationship Therapy and demonstrate its application to conflicted couples in committed partnerships. His books have been translated into more than 50 languages and Imago Therapy is practiced in 21 countries by more than 3000 therapists.

"It Takes One to Tango" will be presented by *Michele Weiner-Davis*. This workshop will explore and offer therapists a conceptual framework for conducting relationship-oriented sessions with one partner present. Ms. Weiner-Davis is an internationally renowned relationship expert, best-selling author, psychotherapist, and marriage educator specializing in a down-to-earth, solution-oriented approach that helps people change their lives and improve important relationships. She is known for her Divorce Busting program.

*Dr. Ellyn Bader* and *Dr. Peter Pearson* will present their popular workshop entitled, *The Couple from Hell: Using a Developmental Model to Start and Sustain Positive Momentum, Effective Treatment and Confrontation with High Distress Couples*. In this workshop, Drs. Ellyn Bader and Peter Pearson will demonstrate how to use a developmental approach to start and sustain positive momentum with high-distress couples. They will illuminate a model, based on "four pillars" of change. Drs. Bader and Pearson are psychologists, who have trained couples therapists throughout the United States as well as internationally. They are married and are the co-founders of The Couples Institute, an organization committed to the creation of satisfying relationships. This year we have a fantastic line up of peer presentations that follow the continuum of psychological and social development. I personally thank the over 80 professionals that submitted a peer proposal to the conference committee. I wish that we could have accepted all of the proposals but unfortunately we could not.

I would also like to take this opportunity to thank Nancy Farrar and the Conference Committee members for their dedication in making this conference truly a treasure for CAMFT and its members. Additionally, I thank the CAMFT Board of Directors for agreeing to host the conference in Palm Springs (after tiring of hearing me beg). Last, but not least, the CAMFT staff whose hard work and dedication make not only the conference a success year after year but makes CAMFT a leader in the mental health community.

You will be receiving your 42nd Annual CAMFT Conference brochure in the mail. I urge you to take a close look at it and make a commitment to attend. It will truly be a time to slow down, renew your spirit, and feel the support of your fellow Marriage & Family Therapists.

I look forward to seeing you in Palm Springs. Be Safe & Healthy. ~ J.M.

### RECAMFT Needs You!

The following Board Positions are open:

Treasurer, Voting Officer  
Membership Committee Members  
Conference Committee Members  
Nominating Committee Chair and Members  
Community Outreach Committee Members

Contact RECAMFT, 575-0596

## Ads and Announcements

### Groups, Workshops & Classes

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

**CONSULT GROUP FOR SOMATIC PRACTITIONERS:** Together we will refine and develop our ability to read bodies, explore new options for our clients and ourselves and deepen our understanding of the healing aspects of the relationship between practitioner and client. For more information or a flyer call Kitty @ 823-8203 or Peter @ 537-0999.

**THE WORK OF BYRON KATIE:** An 8 week Training Group for mental health professionals. Focus will be on utilizing this transformational process in your own life and with clients. Call Ellen Blum Rush, MFT, and 579-8591 for date, time and other information.

**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.

**LONG ESTABLISHED WOMEN'S Therapy Group** has openings Mon. eves. in Sebastopol. Marylou Donnelly MFT 824-0759.

**SPRING VISION QUEST,** April 30-May 7 on beautiful wild lands near the Bay Area. 20

CEU's (#2738). \$550. Offered by EarthWays: call Sara Harris 707-824-8230/Susan Kistin 707-823-1319. Local Day Quests scheduled for 5/14, 7/9, 8/6, 10/8.

### 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.

**LARGE, ATTRACTIVE** therapy office avail. Fridays and/or Tuesdays. Marylou 824-0759

**SANTA ROSA SUBLET:** Mondays. Professional office in Therapist building, downtown Cherry Street. \$100 month. Call Jan Ogren, MFT 707-544-7756.



### Employment Opportunities

**FAMILY SERVICE AGENCY** has general counseling internships available as well as well-paid internships for bi-lingual interns. Please call 707-545-4551 ext. 215 <www.familyservicesonoma.org>.

### 5150 RAFFLE

The April 5150 door prize is a healing session donated by Kelli Mattole. Kelli has a biology degree from UC Berkeley and training in several healing arts. She combines her knowledge of the human body and healing techniques with her deep intuition to provide bodywork specific to each client. While loving in nature, her touch is sometimes very deep. She uses her intuition to find and release places of energetic and physical holding. Kelli encourages her clients along their paths of healing, and at the same time provides a safe and sacred space. Please contact Kelli at 889-0069.

*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.)*

### 2006 Calendar

**APRIL 14:**  
Rights & Services of Disabled Children in Education by Panel: N. LoDolce, M, Maier, L. Hansen.

**MAY 10:**  
The American Red Cross to help with Emergency Response Team by Betsy Hall

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## The Redwood Empire Therapist

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