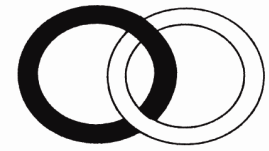


The
Redwood
Empire

Therapist

JUNE 2006



REDWOOD EMPIRE CHAPTER CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS

OUR JUNE PRESENTATION

AS WITHOUT SO WITHIN: WHEN CLIENT SYMPTOMS PARALLEL THE TRAUMAS IN THE ENVIRONMENT

One of your clients dreams of being eaten by sharks. The following day, a news item appears: a local swimmer has been attacked by sharks. Another client complains of a series of metaphorical pollutions: dark currents in moods, undercurrents of bad feelings, a cup "accidentally" filled with soggy coffee grounds, and other symbolic contaminations--as across the street, an oil pipe has ruptured and is leaking into the local water supply. Are these connections coincidental, or are we perhaps more tuned into our surroundings than we commonly believe? Find out more about how these connections appear. On June 9th RECAMFT will sponsor a presentation by ecopsychologist and author, Craig Chalquist, PhD. Craig Chalquist earned his Masters degree in Marriage and Family Therapy at Cal Lutheran College and counseled individuals, couples, families and groups before obtaining his PhD in psychology with an ecological emphasis at Pacifica Graduate Institute. Craig is an author (his book, *Terrapsychology*, comes out in Fall 2006), presenter and former corporate communications specialist. He is on the faculty at Sonoma State University, the New College and JFK University, where he teaches psychology, ecopsychology, mythology and qualitative research. He also trains therapists at the Institute of Imaginal Studies. Craig's area of specialization is in the largely unexplored, deep interactions between the inner life and the places where we live. Please join us for this dynamic and most fascinating presentation!

JUNE 9TH RECAMFT Meeting
11:00 am - 1:00 pm
Ecopsychology
Craig Chalquist, Ph.D.

Oddfellows Temple/Mercer Hall
545 Pacific Avenue, Santa Rosa

SEPTEMBER 8TH MEETING
"For as Long as It Takes" with Jan Gillman

OCTOBER 13TH MEETING
Teen Suicide with Bill Finnegan

President's Message

Diana Poulson, MFT

Happy June RECAMFT members! With the rain in the distant past and the warm weather upon us, I hope you have allowed yourself time and space for fun and recreation this summer. The Board has once again voted to meet over the summer. We will have a mid-summer retreat to reflect on the past year and prepare an action plan for the coming year. Past RECAMFT Presidents have offered to meet with us to share their experience and wisdom. As, of course, your feedback and suggestions are always welcome and we'll look forward to hearing reports back from our callers following their conversations with you.

We are very excited about our speaker line up for the fall, and our new Community Education Program. "What's Up With Our Kids?" For those of you who are interested in speaking on a panel about issues affecting kids and their families, please contact Christine Erickson or me. This is

your opportunity to shine in the community, sharing your gifts, knowledge and talents. We also see this as an opportunity for the community to learn more about RECAMFT and encourage them to look to us for their mental health needs.

And be sure to check our website frequently for any updates. We will be modernizing our website over the next year. We will be enhancing our online referral service as well as adding some Members Only features.

Before I close I want to thank you all for your support during this past year as we grew and changed, experimented and restructured. Your phone calls of support and offers of help kept me going when I had moments of doubt and despair. This is truly a wonderful organization with the potential for greatness. I'll look forward to connecting with you in the autumn and serving as your President to build on our

successes this year. And if you find you have time and energy to share, we still have several openings. Come join us.

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

Upcoming Meeting

Ethics Committee Meeting on Friday, June 9th

1:30-3:00 (Call Coralia 781-0133 for location)

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.

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For more information, please visit our web site:
www.collaborativecouncil.org



Collaborative Council of the Redwood Empire

What You Missed by Christine Erickson

Our May 12th meeting was lively and informative! Tamar Berg, MFT, lead us in exercises in which we actually used and experienced Psychodrama techniques. We split into groups of three and explored the effects of "doubling." One person sat behind and to the side of the person telling about an experience with a third person observing. The double's job was to "establish an empathic bond" with the speaker by assuming the same positions and body movements and tuning into his or her unexpressed thoughts or feelings. By sharing feedback during the exercise, the double amplified and supported the speaker's experience.

In another exercise two members of the audience took part in a psychodrama using a "helper." The "helper" and the "client" switched roles back and forth in order to assist expression of undeveloped or repressed parts of the "client."

Tamar's enthusiasm for the power of Psychodrama was infectious and inspiring. She described its uses, not only for group and family work, but also with couples and individuals. We are fortunate, indeed, to have such a wealth of expertise in our professional community.

CONSULTATION GROUP FOR THERAPISTS

Minding the Relationship led by Arlene Bermann, LCSW

- Focus on the nuances of your clinical relationships
- Deepen empathy for your clients and yourself
- Face difficult clinical encounters with courage
- Use psychodynamic & intersubjectivity theories creatively

Meets weekly, 12 Wednesdays

11:30 AM – 1:00 PM

September 13 – December 6, 2006

San Rafael • \$60 per meeting • 6 CEUS

To register: Call Arlene at 415-821-0590

Arlene Bermann, LCSW, teaches and consults widely, using a contemporary psychoanalytic approach.

LCS#17299

Legislative Alert! Health Care for All Californians by Sandra Scotchler

How can we, as both providers and consumers of health care, take back control of our health care dollars and sense? The California Health Insurance Reliability Act (CHIRA or SB840) would provide fiscally sound affordable health insurance coverage to all Californians, provide each person the right to choose their own health care provider, and control health cost inflation.

Health Care for All, a grassroots campaign that has been promoting universal health coverage for more than eight years, reports that CHIRA passed our State Senate in May '05 and will be going to the State Assembly this August. This bill was authored by Senator Sheila Kuehl from Santa Monica. CHIRA involves no new governmental spending. Instead, "The system will be paid for by federal, state, and county monies already being spent on health care and by affordable insurance premiums that replace all premiums, deductibles, out-of-pocket payments and co-pays now paid by employers and consumers." (Fact Sheet from Senator Kuehl's office on CHIRA.) The primary mechanism for controlling costs would be to consolidate the functions of many insurance companies into one comprehensive insurance plan. This type of plan was well researched by an independent marketing analysis firm,

the Lewin Group, in 2002. Their report concluded: "One of the major claims of the single payer advocates for a long time has been that we could cover more people, for more services, for less money. Our study is showing that, for these very carefully designed plans, that's true." (HCA publication, "A Background History of SB921 (Kuehl)")

I say it is time for such a plan. What do you think? To obtain further information and /or support this legislation:

- Contact www.healthcareforall.org including access for a petition to sign at the link :One Care Now"
- Send a letter of support to Senator Kuehl, State Capital, Room 4032, Sacramento, CA 95814 or FAX: 916 324-4823, and one to your own State Assembly member.
- Attend a presentation at a RECAMFT meeting in the fall to hear more about CHIRA and health care for all Californians.
- Contact me, Sandra Scotchler, MFT, at 707 824-1821 or email: jumsand@sonic.net



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Fall / Winter Workshops

Marketing Basics for Therapists
October 13 • Friday, 10 AM – 1PM, San Francisco

Turn Inquiries Into Clients
October 20 • Friday, 10 AM – 1PM, San Francisco

Your Business Plan 2007
October 27 • Friday, 10 AM – 4 PM, San Francisco

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An Introduction to Imago

by Rebecca L. Kuga, MFT

I traveled to Palm Springs in early May for the recent CAMFT conference and decided to attend a one-day seminar on Imago relationship therapy. The seminar was presented by Harville Hendrix Ph.D. who, with his wife, Helen LaKelly Hunt, developed the Imago model and co-founded Imago Relationships International. While I am not a certified Imago therapist, I am familiar with Dr. Hendrix's work and have found it to be of great use in doing psychotherapy with couples. What follows below is a brief introduction to Imago and an invitation for RECAMFT members to get more information by exploring the Imago website at www.imagorelationships.org.

Dr. Hendrix believes that when we are born, we are spiritual beings who occasionally have a physical experience. In other words, we feel joyful bliss and connectedness to all things. Our needs are met by our primary caregivers and we

feel whole. Unfortunately, this state of being usually doesn't last long, even under the best of circumstances, and we begin to experience nurturing deficits. Our unmet needs cause fear and we shift towards becoming physical beings with an increasing detachment towards our spiritual connection with wholeness. Desperate to survive, we develop primitive coping mechanisms that may later show up at the therapist's office in the form of a DSM-IV diagnosis.

When we fall in love, for a very brief period of time or "the honeymoon phase" as I call it, we are able to reconnect with another and feel the safety and unconditional positive regard we briefly experienced as infants. Inevitably, however, as the relationship progresses our partner disappoints us in some way and the old fears re-emerge. Worse yet, what initially was cute or benign in our partner is now a source of major irritation and conflict. At this point some couples split apart (the relationship "merry-go-round") while others settle into an uneasy truce. Dr. Hendrix believes each member of the couple has found his or her Imago partner in the other; someone who has the potential to help their mate heal old wounds caused by childhood trauma and thus reunite with one's whole, authentic self. Think about why you are with your current (or past) partner. Many times a person connects with someone because we see in *them* something which we unconsciously believe may be lacking in *ourselves* and we use our mate to complete us, often with disastrous results.

I am in agreement with Dr. Hendrix when he says conflict is natural in relationship and that we can use it *consciously* to help us heal. He has designed a model that allows a couple to 1) identify the wounds each received as a child, 2) identify what helps one feel loved, and 3) use that information to develop effective strategies to care for one another without that coming at the expense of oneself. The model also uses the "Couples Dialogue" to help partners better communicate and restructure the way they talk so that what one partner says is mirrored back, validated and empathized with towards the other.

Relationship is very fertile ground to learn about oneself and one's wounds. The Imago model encourages and allows individuals to change their behaviors and, in doing so, change how they do relationship. In the healing of old traumas, consciousness increases and the cycle of unhealthy relationship ceases. That's the beauty of Imago and the relationship merry-go-round: there's always another opportunity to catch the brass ring and then simply get off the ride!

What's Up With Our Kids?!

Stay tuned for more details about an exciting new community education program being launched by RECAMFT this fall designed to help parents better understand adolescents. What exactly is MySpace.com and why do some many kids use it? What's the latest in self-harming behaviors, be it substance abuse, cutting, eating disorders or any other of the myriad of behaviors that makes parents worry and therapists groan. Program committee members include Gail Van Buuren, Christine Erickson and Rebecca Kuga so please don't hesitate to send us (or any Board member) your ideas and suggestions for topics that you want to see addressed. We need and welcome your feedback to help us figure out "What's Up With Our Kids?!"

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.

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

PRACTICE BUILDING SUCCESS TEAM. What they didn't teach you in graduate school. Being a successful therapist in private practice requires good clinical skills as well as good business skills. Join a Success Team. Help each other learn and grow as entrepreneurs. Diana Poulson, MFT 824-4782

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.

FT OFFICE FOR RENT: Great location in downtown SR. Sunny, spacious, reasonable rent. Call Jan Lowry-Cole, MFT 542-7987

OFFICES NEEDED: Four therapists displaced. Seeking a building with 4 (or more) offices, or separate full-time offices near downtown SR before August 1. Please contact: Jane Lind, 542-4455; Wendy Fennell, 537-1452; Kristin Mills, 527-6168; Dee Watt, 546-2232.

ASIAN THEME office space on College Ave SR, wanting to trade a day for office space in Petaluma. 707 486-3178

Employment Opportunities

INTERNSHIP at Hospice of Petaluma and Memorial Hospice in Santa Rosa for registered MFT interns. Grief Counseling with Adults or Children/Teens is valuable training and meaningful work. Unpaid positions. Send resume & cover letter to: Yolande Adams, 416 Payran St., Petaluma, 94952. (707) 778-6242.

Bulletin Board

ANNOUNCING the opening of my psychotherapy private practice in Sebastopol. I specialize in LGBT issues, relationships, life transitions, children/families, consultation to preschools. 15 yrs experience in Bay Area. Heidi Harrison, LMFT (lic# mfc33484) 707-888-8186.

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REDWOOD EMPIRE CHAPTER, CALIFORNIA ASSOCIATION
OF MARRIAGE & FAMILY THERAPISTS

PO BOX 2443, SEBASTOPOL, CA 95473

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