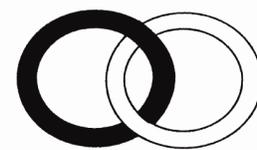


The
Redwood
Empire

Therapist

SEPTEMBER 2006



REDWOOD EMPIRE CHAPTER CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS

OUR SEPTEMBER PRESENTATION

TRAUMATIC GRIEF IN CHILDREN

Loss is one of the most underestimated influences upon childhood development. It can occur because of the death of a parent but more frequently it occurs because of divorce, family trauma or economic pressures that results in the loss of a home, school or companion animal. When childhood loss isn't recognized and understood by parents, other caregivers or professionals, it results in emotional challenges ranging from minor behavior problems to serious personality disorders. Please join us at the September 8th general membership meeting when Jan Levinson Gilman, Ph.D., will present on this relevant topic. Jan has over thirty years experience working with children and families. She now teaches and consults on childhood trauma, grief, adoption, foster care and high conflict divorce and is a clinical consultant for the Children's Psychotherapy Project in Santa Rosa. Her numerous publications include "Healing Traumatic Grief in Children", Murphy's Three Homes, a children's book, and "Children's Ability to Cope Post-Divorce: The Effects of Kid's Turn Intervention Program on 7-9 year olds." Jan will address the differences between adult and childhood grief and loss, the characteristics of childhood grief and its long-term impact upon children. Please join us for this exciting and informative presentation!

September 8th RECAMFT Meeting

11:00 am - 1:00 pm

Traumatic Grief in Children

Jan Levinson Gilman, Ph.D.

Odd Fellows Temple/Mercer Hall

545 Pacific Avenue, Santa Rosa

OCTOBER 13TH MEETING

Teen Suicide with Bill Finnegan

NOVEMBER 10TH MEETING

Reichian Breathwork with Brett Lyons

DECEMBER 8TH MEETING

December Brunch

A Special Focus on Interns and "Old Timers"

President's Message

Diana Poulson, MFT

Welcome back RECAMFT members. I hope your summer was all you wanted it to be.

The Board came together this summer for a fabulous retreat at the charming home of Diane Moore. I ask that the next time you see a Board member, committee chair or Diane Moore, please thank him or her. This is a group of energetic, professional, dedicated people who give RECAMFT such loving care. Judith, Winchell, Gail, Rebecca, Christine, Katherine, Philip and Michael. Thank you!

Eleven past presidents joined us for a class act brunch prepared by Diane in her lovely English garden. What an awesome experience. Each shared with us their experience, their wisdom and their ongoing desire for a supportive professional community. Some new ideas for meeting the needs of our "old timers" sprang out of this sharing.

Christopher Dole, Jan Lowry-Cole, Joan Logan, Paula Hall, Tom Hedlund, Richard Alangi, Randi Farkas, Julie Green, Don Scully, Kitty Chelton, and Michael Montgomery, we thank you!

After our guests left we retreated to a quite, serene Japanese Pagoda Room, for reflection and discussion. Gail reported on the membership poll. Fifty of you had participated in a phone interview offering your ideas, feedback, wants and needs. That is so exciting to us. To have that much information from the membership is truly a gift. (Look for Gail's report in this newsletter). Combining the wisdom of our Past Presidents with the feedback from our members, we have come up with 3 main areas of focus called "The Big 3".

You asked for it. You got it. 1. We will be offering the CAMFT Legal and Ethical workshop as soon as possible.

2. We will bring back the open forum format to the general meeting beginning with our January meeting. 3. With your help, we will develop a professional, quality newsletter, and we will send it to you the old fashioned way. By US mail! We thank you for your patience as we tried to keep our newsletter alive. We now have Rebecca as our editor and Gail is formatting it for us. We are back in business but we still need your talent and passion in way of articles. Please send those in.

Ending the day with sherbet and champagne, we individually created goals for our final four months in service. For some of us this will bring us to a close in our term and for others we entertain a new vision as our service term begins. Welcome back RECAMFT. We are happy to see you.

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

What You Missed by Christine Erickson

Craig Chalquist, PhD. presented at the June RECAMFT meeting. His topic was entitled "As Without So Within: When Client Symptoms Parallel the Traumas in the Environment". Craig talked about the relationship between the individual and the environment. He gave several examples, both clinical and personal, in which a person's inner world was mirrored in the outer world. He described the role of dreams, synchronicity and "coincidence" in these occurrences. Instead of looking for causality in this phenomenon, Craig focused on possible deeper meanings and interrelationships, including the existence of "mystery" or "the unknown" in this process. Craig discussed how our sense of self has changed over history and how we developed psychological defenses as our society shifted from hunting and gathering to farming. He reviewed the history of psychological theories and pointed out different ways in which the conscious and subconscious mind has been viewed and cultural influences on this. Craig ended his talk with clinical applications of these themes in working with various psychological disorders. He suggested specific questions to ask clients in order to understand their relationship to their environment and explained how this information can be further utilized in therapy. Craig recommended that therapists take the environmental concerns of their clients seriously; in particular, he emphasized the need to view clients and their issues as resonating with the planet.

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

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For more information, please visit our web site:

www.collaborativecouncil.org



Collaborative Council of the Redwood Empire

Upcoming Meeting

Ethics Committee Meeting

The Ethics Committee meets once each in the Fall, Winter, and Spring. Topics for group discussion are generated from our own clinical practices or by an issue that has come up for one of us. For example, we discussed how to create and put in place a Clinical Practice Will, which we all should have.

Our meetings are informative and stimulating and RECAMFT members are invited to attend. No ongoing commitment is required.

For more information call Coralia Serafim at
781-0133

September's 5150 Raffle

Hypnosis Works! Imagine a New Day in a New Way! People can move mountains and fly in their imaginations. Is there something you have wanted to move or soar high above? Maybe you will be the lucky winner of the September 5150 raffle, which is a 1 ½ -hour hypnotherapy session being donated by Amy Calhoun, CH. Hypnosis is a special time to allow yourself the luxury of "focused attention" on yourself and your inner desires. You might choose to access your inner wise self and see what s/he has to tell you. Or you might decide to use this time to work on changing a nagging old habit. Amy is a graduate of the Hypnotherapy Institute in Corte Madera, Ca. and has a practice in Santa Rosa. She can be reached at 887-1833. Many thanks to Amy 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.)

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RECAMFT PRESENTS:

How often have you said to yourself, "I really have something to offer and I want to share it with others"? Have you ever thought about demonstrating your professional knowledge, skills and experience to your community? Have that desire to dazzle an audience with what you do best, your area of expertise? Or perhaps you are ready to expand your client base and want to select and attract the audience you know you serve best. You may have say yes to any or all the above, but just couldn't find the time to pull it all together. After all, it does take time to research how to market, promote, find a location, and various other logistics task to make it all happen.

Well, now you can have that presentation or workshop just by contacting

RECAMFT PRESENTS:

RECAMFT PRESENTS: is a benefit available to all RECAMFT members. It was created with the purpose of increasing public awareness of RECAMFT's professional expertise through public presentations. By supporting and encouraging our members to demonstrate their professional passion and expertise, the community will be better informed of what RECAMFT has to offer.

RECAMFT PRESENTS: is comprised of member volunteers committed to establishing a protocol for member presentations. Committee members will assist you with finding a location for your presentation, marketing plans to ensure you will have a successful attendance, assist with flier creation and distribution, use of presentation materials, and consultation.

The presenter(s) will be responsible for the actual cost of the presentation plus a small fee of \$50 for each presentation event. The \$50 will be added to RECAMFT's general fund to support other RECAMFT activities. Though you are paying \$50 for the efforts provided by the committee members, they of course will not be receiving any compensation. So for the slight fee, you are actually making an investment in RECAMFT. And you really do have a handful of experts helping with promoting your presentation.

You can of course charge for your demonstration of knowledge and expertise and the proceeds will be yours. We do however wish that you maintain the spirit

of **RECAMFT PRESENTS**: when you decide what to charge.

Contact the committee chair, Winchell Quan (winchell@sonic.net or 707 486-3178) with your ideas and we will be happy to give you our feedback and suggestions. You don't have to be alone out there in your practice.

ELECTIONS IN NOVEMBER

Elections for positions on the 2007 RECAMFT Board are coming in November. Is this the year you have a little extra time and energy to give?

Service on the Board takes a little and gives a lot. We have lots of good times and good community. Please join us. Contact any Board member.

MEMBERSHIP SURVEY RESULTS

Recently the RECAMFT Board pondered which direction we should take to best serve our membership. We realized there was a strong need for feedback from you, our members, so we designed a survey to address our questions and six board members volunteered to call all 162 of our reachable membership. So far, we have been able to talk with about a third of you, which is a fair sample. We found the results interesting and worth sharing with you. Here are the results:

MEETINGS AND PRESENTATIONS

- We asked why our meetings are poorly attended by our members. Mostly we heard about work and time conflict, some distance problems or traffic problems with the Santa Rosa location. More seasoned therapists said they had heard most of the local presenters and were only interested in coming to cutting edge presentations. Some mean to come but forget. We asked about our current meeting location, the Odd Fellows Hall, and were told that most of you were satisfied with the venue. Many of you liked having snacks available,

or lunch (for maybe \$10-\$15) and about 20% would take advantage of an evening meeting, though it appears there is little agreement on which night would work.

- More than half surveyed want presentations about psychotherapy. Again, cutting edge stuff. About 30% are interested in business advice. Some 48% expressed a significant interest in meetings with open dialogue and more person-to-person contact.
- Our members had lots of great suggestions for possible presenters or conferences and the Board has copious notes and ideas.
- The question about RECAMFT offering a Law & Ethics workshop for our mandatory CEUs got a definite "yes" so we're working on that too.

NEWSLETTER

- Eighty-two percent of you responding would prefer to receive the newsletter by mail and not by email or downloaded from the website.
- Regarding the content of the newsletter, the general consensus seems to be that a balance between news and articles is just fine.
- Those responding say they like reading the newsletter and look forward to seeing it return to its former substantive self. We agree with you and have many great ideas for future changes.

RECAMFT SERVICE

- Even though our members appreciate the work of the RECAMFT Board and those who volunteer to serve, only 13% feel they have the time and energy to donate some of their time and energy to it. That is about par in terms of volunteerism and our thanks go out to those who have done so in the past as well as those who responded in the positive for the survey. Volunteering for limited participation works great for us as well.

RECAMFT PRESENTS

- The Board is considering serving both our members and the community by creating a forum (perhaps quarterly) for our members to present their ideas, skills, and services to the public. RECAMFT would provide the facility and work with the presenter(s) on the PR to target their particular audience for the event. The presenter would be charged a very reasonable fee and the attendees would be asked to donate something like \$5.

SURVEY

...continued from page 4

- Our members had mixed responses. Some really liked the idea and others were concerned about its viability. We need more feedback from the membership and invite you to contact a Board member to share your views.
- Almost 30% said they may be interested in taking advantage of the opportunity to present and some volunteered to help with the committee.
- We asked for ideas regarding places to hold meetings and got lots of suggestions. We can always use more.
- We asked for media contacts and got a few and some more ideas.

We believe that our membership is our best resource and really hope that anyone who is interested in the idea or who has suggestions will check in with us. If you have not had a chance to participate in the survey yet, you have two options. You may call Gail Van Buuren at the number listed for me on the RECAMFT TEAM list or you may go to our website, download the survey and mail it to the office. All necessary contact information can be found on the same page as your address. We would love to hear from each one of you.



Book Review

Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive

by Daniel J. Siegel & Mary Hartzell
Reviewed by Gail Van Buuren

“How you make sense of your childhood experiences has a profound effect on how you parent your own children. In this book, we will reflect on how self-understanding influences the approach you bring to your role as a parent.” With these first sentences Daniel Siegel and Mary Hartzell introduce their masterful book Parenting from the Inside Out. It is their understanding that our earliest (and also ongoing) relationships are a powerful influence in shaping our brains’ developmental patterns with the greatest impact being how we connected with our parents (or, of course, our caregivers, but let’s keep this simple.)

Chapter by chapter the authors draw on their knowledge of psychology, brain development, and brain function to guide readers through an educational and experiential process they hope will help us become better parents. Using stories, quotes, examples, and

exercises, they lead us through an education of how we remember, how we create a narrative of our lives, internal and interpersonal emotions and connections, and how we attach as children. They go on to examine how our childhood attachment styles develop into adult attachment styles and how all that plays out in our relationship with our own child and conclude with what can be done to understand and improve it.

One of the quotes on the back of this book raves that the authors have translated “complex neuroscientific and psychological matters into lay strategies.” I agree that they have done so and in a very readable way. In each chapter there is a shaded section called “Spotlight on Science” that goes more deeply into the neuroscience for those that are interested. Even though the material is explained in lay concepts and language, the concepts are, nonetheless, complex ones. This seems to me to be a good self-help book for intelligent and motivated parents. Many of the students I have had over the years in my mandated parent education classes would require help understanding the whole picture that Siegel and Hartzell have created. But that is where we come in anyway, isn’t it? As a psychotherapist with an abiding interest in the depth perspective and in attachment theory, I thoroughly enjoyed the information and approach of this book and feel that I can make good use of it in working with my parents and families. (It would be most helpful to have read Siegel’s *The Developing Mind* first but not essential.)

What is so uplifting about *Parenting from the Inside Out* is that once we become conscious of our dysfunctional behaviors, we can work to change them. The brain learns new tricks all the time. Helping parents to “raise children who thrive” by changing our own old patterns of attachment is a neat trick indeed.

Psychodrama Techniques in Family Therapy

by Tamar Berg, MFT

Families often come to our office after some changes have occurred and the usual coping mechanisms are not working sufficiently. It could be a loss of a loved one, a divorce, step family problems, and transitional changes – like coping with teenagers or launching children. Here is a case study that exemplifies how psychodrama, specifically a role reversal, can work effectively with clients.

History

Family M. was struggling with several challenges at the same time. John and Mary married a year ago. Mary has two children from a previous marriage, Susan age 19 and Jim age 15, both who live in the household. Mary divorced her first husband (Tom) 5 years ago. Tom left the country and decided to travel. For the last 4 years he has mailed postcards from different countries and called the children on their birthdays. In particular, Jim is very attached to his father and will often turn his anger against John or get in fights with other kids at school. Susan has always been the responsible daughter, frequently taking care of her younger brother while Mary works. Susan graduated recently and will soon leave town for college. In the last couple of months, Mary has been struggling with depression, which puts a strain on her marriage.

Role reversal with an absent family member

One important issue for the children in this family is Tom's absence. To prepare the family for a role reversal a good

PSYCHODRAMA TECHNIQUES

... continued from page 5

warm up technique, like a spectrogram, is useful. The family members are asked to place themselves on a line between 0 and 100 according to how close they felt to their father before he left. The one who feels closest to the father (very likely Jim) can be asked where the father would be if he were in the room right now. Jim could pick a chair for the father and place him in it. The therapist could ask Jim to provide details, such as what clothes his father would be wearing and what he would think about the family being here in the therapist's office talking about the difficulties they are having as a family. These questions deepen the sense of the father's presence and the therapist then asks Jim to sit in his father's chair. The therapist asks Jim to be Tom and answers the therapist's questions as he imagines his father would. Below is a possible exchange:

Therapist: "Hi Tom, good having you here, today. We were wondering about Jim's trouble at school. Mary is worried about him and I have the impression that he misses you a lot. What do you think is going on with him?"

Tom: "I suppose, he is missing me a lot"

Therapist: "Could you say this directly to him? (Pointing to Jim's chair)"

Tom: "I suppose you are missing me, Jim."

Role reversal

Therapist: "Jim, your father is wondering if you do miss him?"

Jim: "I sure do."

Therapist: "Could you tell him this directly? (Pointing to the father's chair)"

Jim: "I miss you, Dad. (Jim starts crying)"

Therapist: "Perhaps you can tell him some ways you remember him and how he is missing in your life right now? "

After the role-play Susan could share her feelings about the missing father and the family can grieve together and support each other. Anger could be expressed in a similar manner. Expressing feelings increases the healing process and reduces acting out behaviors and depression.

Role reversals with family members present in the session are not encouraged because it might not result in more freedom and flexibility but instead could further polarize family member's respective positions. It is difficult to play with possibilities if the other person is watching if you get her/him right. A better approach is to explore the actual roles in the family (e.g. the responsible person, the fun person, the hard worker, the dreamer or the risk taker) and do role changes in this manner. Using this approach, everyone will get to try on new roles and behaviors and possibly experience feelings on a deeper level.

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

REMEMBERING THE BODY in Psychotherapy: A Multi-Weekend Somatic Psychotherapy Training. Sebastopol. Jan-June, 2007. Open to licensed therapists, experienced interns & body-oriented practitioners. Interview required. For info and/or brochure contact: Kitty Chelton, MFT 823-8203; Theresa Beldon, MFTI, 823-5216; or Jan Lowry-Cole, MFT, 542-7987.

NEW CREATIVE ARTS/Somatic/Transpersonal Training beginning in September. 'THE SPIRAL OF HEALING. Visit www.art-2-heart.com or email meaganpugh@sbcglobal.net Or call 823-1131.

Office Space

FT OFFICE FOR RENT: Downtown Santa Rosa area. Sunny, spacious. Reasonable rent. Furniture & sand tray available if desired. FMI: Jan Lowry-Cole at 542-7987.

PART TIME OFFICE SPACE AVAILABLE near downtown Santa Rosa. Bus/wheelchair access, convenient parking and overlooks Spring Creek. Call Dr. Mary Lyons 526-7720 X321

PETALUMA OFFICE – Comfortable east side office with waiting room, easy parking, wheelchair access, sand tray and child friendly materials/setting. Available Mondays, Fridays and weekends – Monthly rent \$100/day. BJ Brown, 765-4885

SANTA ROSA SUBLET Mondays – Professional office on Cherry Street. Call Jan Ogren, MFT 707-544-7756

LOVELY SEBASTOPOL SUBLET: Mon. after 1, Fri, Sat. Share suite w/supportive LMFTs and CMT. Tranquil waiting rm., bathrm., kitchen. \$67/day. Myra, 829-0242.

BEAUTIFUL SEBASTAPOL therapy office for rent 1-2 Days/wk. 600sf with bathroom, kitchenette. Great for groups. Use is from 8am-8pm. \$150 for each day rented.. Call 823-1131 or email meaganpugh@sbcglobal.net.

Humanidad Counseling Services (HCS) in Santa Rosa is looking for MFT or LCSW Interns who are interested in receiving specialized training in Family Law and Criminal Court matters. HCS is a division of California Human Development's criminal diversion, out patient drug treatment and court ordered life skills building program. On-site supervision provided by a MFT/PhD with over thirty years of counseling and teaching experience. Phone - 707.523.2242 or Fax: 707.526.3817

GAIL VAN BUUREN, MFT is seeking referrals. I moved to the area to be with family in February and am working to establish a practice in Sebastopol. In my work I help clients shift their oldest and deepest negative beliefs so they can be free of defensive behaviors. Simultaneously, we uncover the skills and strengths their lives have taught them so they can generate healthier ways of interacting. I love working with individuals, couples and whole families. Fees are negotiable. Would be happy to meet with you. 707 494-4198

NEWSLETTER COSTS & DEADLINES

Line ads and announcements:

Members - \$5 per line

Non-members - \$12 per line

Flyers inserted in newsletter - \$100

Mailing labels - Members - \$65

Non-members - \$125

Display ads (camera ready):

Full page - 9.75" x 7.5" = \$200

Half page - 4.75" x 7.5" = \$110

Quarter page - 4.5" x 3.5" = \$60

Eighth page - 2" x 3.5" = \$35

10% discount for 5 month ad commitment

20% discount for 10 month ad commitment

Deadlines:

Articles & letters - 10th of the month

Advertisements - 5th of the month

For more information call, fax, or email the office at: 707 575-0596 or therapy@recamft.org

PAST RECAMFT BOARD MEMBERS' REUNION!

Inviting all past Board Members for a reunion
at Don Scully's place

OCTOBER 13TH POTLUCK DINNER

Bring a short poem or metaphor
And a dish to share

RSVP Don at 525-1939

Future Issues

Group Listings: We would like to list both ongoing and upcoming groups available in Sonoma County. Please contact the office if you would like to advertise your group in the newsletter. This would be a monthly column.

Community Calendar: We think a community calendar would be useful to our members. It would include anything that would be of interest to our readers. Call, fax, or email items to the office. Inclusion would be at the discretion of the Board.

Treatment of Alcohol and Drug Problems

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-FORWARDING SERVICE REQUESTED-