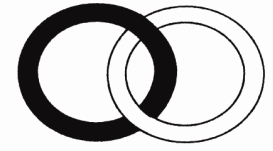


The  
Redwood  
Empire

# Therapist

OCTOBER 2006



REDWOOD EMPIRE CHAPTER CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS

OUR OCTOBER PRESENTATION

## **CREATING SAFETY AND BUILDING EMPATHY THROUGH REICHIAN BREATHWORK, FOCUSING, AND NON-VERBAL COMMUNICATION: A WORKSHOP FOR THERAPISTS**

Some studies suggest that up to 93% of communication is non-verbal. Yet as therapists, we often give great emphasis to words; both ours and our clients'. While words are indeed important, much of the work in therapy takes place in silence. Indeed, in creating safety and building empathy, much of the conversation is non-verbal. When words are feeling-based and body-based, arising out of the non-verbal, they are fewer and more effective. Very often our challenge with clients is to bring them out of their heads and into their bodies and to help the client slow down his or her process so he or she can find words to describe their true experience.

Please join us on October 13, at the general RECAMFT meeting where Bret Lyon, Ph.D. will speak on the topic, "Creating Safety and Building Empathy through Reichian Breathwork, Focusing and Non-Verbal Communication". In this workshop, you will learn new skills which will help both you and your client to gain the benefits of increased body awareness and full, free breathing. When you are breathing fully, your very presence will make clients feel more comfortable and open. Noticing variations in the client's breathing and body language can frequently lead to new insights. You will learn to use subtle, non-verbal communication to help clients stay in touch with their feelings and remain in their bodies. You will explore new ways of creating safety; building empathy, increasing rapport, and reducing anxiety-while avoiding the stress and exhaustion that comes from trying too hard to be helpful. This workshop will be highly experiential in nature.

October 13<sup>th</sup> RECAMFT Meeting

10:30 - 11:00 am Social Time

11:00 am - 1:00 pm

**Creating Safety and Building Empathy through  
Reichian Breathwork, Focusing, and Non-  
Verbal Communication: A Workshop for  
Therapists**

Bret Lyon, Ph.D.

**Odd Fellows Temple/Mercer Hall**

545 Pacific Avenue, Santa Rosa

**NOVEMBER 10<sup>TH</sup> MEETING**

**Anxiety Disorders in Children and Teens:  
A Cognitive Behavioral Approach to Treatment**  
Jennifer Shannon, MFT

**DECEMBER 8<sup>TH</sup> MEETING**

**December Brunch  
A Special Focus on Interns and "Old Timers"**

Bret Lyon has specialized in body-mind development and communication skills for over twenty five years. His unique approach combines Reichian breath and energy work with Feldenkrais body awareness, chi gung, Eugene Gendlin's Focusing, Buddhist philosophy, and the trauma healing work of Peter Levine. Bret holds doctorates in both psychology and drama and his Mentor, Al Bauman, worked directly with Wilhelm Reich. Bret is also a certified Focusing Trainer. Please join us for this fascinating presentation and add new tools to your "client toolbox"!

## *President's Message*

*Diana Poulson, MFT*

Here we are already in October. The nights are bringing in the chill. Every year I curse the end of summer but a quieter part of me yearns for the more reflective cycle of autumn. And here it comes.

It was such a pleasure to see so many of you at our September General Meeting. We counted about 35 people in the room. There was a sense of belonging; a kind of coming home that makes me feel more confident now than ever. RECAMFT is back! Through out the many different facets of my career, it is when community is formed that I find the most personal fulfillment. When people gather together in purpose, magic happens. I can't wait to see what magic we generate this year.

RECAMFT Presents has scheduled a Law and Ethics Conference for January 19<sup>th</sup>. Mark your calendars now and please make a commitment to bring a friend. If you'd like to help, please let us know. We are currently taking nominations for President Elect and Treasurer so if you know of anyone you feel would be a good match for the job, please let me or any of the Board members know. And please also feel free to nominate yourself. I want to thank Romy Brock and Denise Galt for taking the time to deliver directories to those individuals and organizations that will use them to refer clients to you. Romy has a very innovative spirit and is coming up with great ideas for community outreach. I also want to thank Tamar Berg for her unwavering commitment as our hospitality person.

I really look forward to seeing more and more of you at meetings and events as the RECAMFT leaderships works hard to bring back some of the things that have been so important to you in the past, such as the newsletter and the open forum general meeting. But please remember, it takes all of us working together to make RECAMFT what we want it to be.

We'll see you soon.

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

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

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**Stay out of Court**

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**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](http://www.collaborativecouncil.org)



**Collaborative Council of the Redwood Empire**

### *What You Missed* *by Christine Erickson*

Our presenter at the September 8<sup>th</sup> general meeting was Jan Levinson Gilman, Ph.D., who spoke on helping children and adolescents process traumatic grief. Jan started her presentation by distributing to participants a comprehensive manual entitled "Healing Traumatic Grief in Children". Jan co-authored this manual, published by the State of California, which provides clinicians with information and therapeutic interventions designed to help children and adolescents process their feelings of grief and loss. Jan reminded us that most children's first experience with loss usually involves the loss of a companion animal. She shared a personal story and then encouraged participants to share stories about pets they had lost as children and this led to some interesting personal revelations as we gave thought to how that initial loss affected us and helped us to either find acceptance and closure or create a nasty bit of personal unfinished business!

Jan did an excellent job of defining the relationship between grief and attachment including distinguishing

how the stages of grief in adults differ from what children frequently experience. She presented the factors that mitigate most losses and talked about stigmatized, disenfranchised and traumatic grief, explaining the complex relationship between trauma and grief. Jan described behavioral features of grief in children and explored how children's developmental processes both effect and are effected by grief. Finally, Jan addressed specifically what children need from adults in order to grieve in a healthy and, ultimately, healing way.

Jan's presentation, which was rich with clinical examples throughout, was extremely interesting and informative. We are fortunate to have this professional in our community with such an extremely deep and broad knowledge base and we thank Jan for sharing so generously with us at RECAMFT!

### **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.

### ***October's 5150 Raffle***

This month's 5150 is being generously donated by Michael Guen, Ph.D., L.Ac. He is offering a choice of a one-hour personal healing session at his acupuncture office in Santa Rosa, OR attendance at two of his Medical Qi Gong classes, held in Sebastopol. Michael holds a doctorate degree in psychology from Boston University, is a licensed acupuncturist and herbalist, practitioner of Medical Qi Gong, cranial-sacral therapy, and other natural therapies. He is a formal 5<sup>th</sup> generation lineage holder of the Yin Fu ba gua quan (eight trigrams boxing) martial arts tradition, and a thirty year student of authentic Yang family tai ji quan. An author and lecturer, he is founding director of Wasah Institute in Santa Rosa, an organization devoted to the research of "healing and transformation through character." He can be reached at 707-815-4014. Thank you so much, Michael!!

*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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### **Newsletter Correction**

In our September issue the President's message contained an error in the list of past presidents that attended the Brunch. Christopher Doyle's name was misspelled. We regret the error.

### ***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

## Intern Support Group to Start

RECAMFT's Intern Chair will be exploring a plan to begin Sunday afternoon meetings for interns. Katherine Kirk proposes to meet between 4:00 and 6:00 pm.

For more information contact her at 544-3299 extension 204

## *Message from RECAMFT Board*

Recently it was brought to our attention that CAMFT is asking for recommendations from local chapters for names of people who have made an outstanding contribution by serving in a leadership capacity. Our RECAMFT Board is proud to announce that we are recommending that our current chapter President, Diana Poulson, receive one of these awards.

As you probably know, Diana has served as our chapter president faithfully for nearly two years. After she served one year, nobody stepped forward to take over, so Diana graciously agreed to continue on until a new president could be found. Normally, the chapter president shares the responsibility with the previous president and with the president elect. However, Diana has shouldered the responsibility of the presidency largely alone.

Those of us who have had the privilege of working closely with Diana value her for her positive attitude, enthusiasm, generosity of spirit, and creativity. At a time when our finances were depleted and our newsletter had no editor, it looked like the chapter might fold. Without Diana's leadership and dedication, it might very well have ceased to exist! Fortunately, Diana's vision kept those of us on the Board thinking positively. In addition, due in large part to her efforts, new people have stepped forward and agreed to take on leadership roles. As a result, the future of RECAMFT is secure and moving forward in a positive direction.

Diana deserves our sincere appreciation. We on the Board believe that she also deserves official recognition from CAMFT for her outstanding leadership and service to the chapter. We have been most fortunate to have

her as our RECAMFT president and invite all members to offer their views on her nomination. E-mails may be sent to [therapy@recamft.org](mailto:therapy@recamft.org)

## *To Our Readers*

We know how busy you are and we also know that you have a lot to share with each other. Maybe you have read a book that you think is valuable and can write a brief review. Or maybe you come across some piece of research that seems important and that you could summarize for other professionals.

Do you have ideas for questions our readers could answer and that then could be run in this newsletter; a kind of "man in the street" response. For example, I was thinking that I tell my couples about little humorous tricks that help them get out of stuck places. They laugh when I tell them about it but come back next time and say they have created their own version of it and it really helped. Maybe we could have a "humorous ideas" column.

Maybe there is an article you have been thinking you would like to write sometime. This is your newsletter and will be more interesting to all of us if you help make it so. Think about it and contact us.

## **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 - 10<sup>th</sup> of the month

Advertisements - 5<sup>th</sup> of the month

For more information call, fax, or email the office at:

707 575-0596 or [therapy@recamft.org](mailto:therapy@recamft.org)

## RECAMFT Presents:



Need your CEU's for Law and Ethics? Mark your calendars now for January 19, 2007 when *RECAMFT Presents* will host a day-long (six-hour) workshop on this important topic. The program will be taught by a CAMFT Presenter! Remember, Law and Ethics **MUST** be taken for each two-year licensing renewal period. If you are due to renew, join us in January! Watch your mailbox for more details!

### *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

#### *Office Space*

FT BEAUTIFUL SEBASTOPOL OFFICE in a lovely, new building, near downtown, windows open, spacious and light, staff room, etc. Basic rent \$615 + utilities & a few extras, lease. Call Susan 823-1319 or Sara 824-8230

FT OFFICE FOR RENT: Share suite with other therapists.

Quiet, bus/wheelchair access. Parking. Reasonable rent. FMI contact Susan at 538-2011 or Kristine at 539-7096.

FT Office for Rent: Downtown Santa Rosa area. Sunny, spacious. Rent \$500. FMI: Jan Lowry-Cole at 542-7987

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

LARGE, SUNNY corner office in a desirable building near downtown. Available Mondays, Wednesdays and Fridays. Call Dian 579-8044

### *Employment Opportunities*

Sonoma County Probation seeking HTP Girls Group Counselor for established group; Wednesdays, 4:15 PM to 6 PM; \$60.00 per hour; Santa Rosa. Lots of support with psych evaluations, briefings, consequences, & parent requirements. Contact: Steve Whaley (707) 565-6273; [swhaley@sonoma-county.org](mailto:swhaley@sonoma-county.org).

INTERN/PSYCH ASSISTANT position available at Chrysalis Counseling Services for Women. MA and previous experience required. \$8.00/client hour, weekly individual and group supervision, great support, community and humor. Send resume and cover letter by 10/20/06 to Chrysalis, 1821 Fourth Street, Santa Rosa, CA 95404. FMI call 545-1670 x208.

### *Bulletin Board*

#### **Announcing the opening of Healdsburg Psychotherapy,**

433 Hudson Street (The Chambaud Building) in Healdsburg, CA 95448 (707) 431-8438.  
LMFT, Myrnie J. Fisher, MFT Intern, Brenda Brazil, MFT Intern, Carlene Bennett (Reininga)  
.Children-Individuals-Couples-Families.

## PAST RECAMFT BOARD MEMBERS' REUNION!

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

### OCTOBER 13<sup>TH</sup> 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

*Intensive Outpatient Program*

### Sequoia Recovery and Mental Health Services

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PRESIDENT ELECT: Gail Van Buuren 494-4198

PAST PRESIDENT: Joan Logan 829-0122

SECRETARY: Judith Peletz 526-7720 x 315

TREASURER: Winchell Quan 486-3178

#### DIRECTORS-AT-LARGE:

Membership Chair: Phillip Knowlton 887-8803

Programs: Christine Erickson 575-1600

Interns: Andrew Mayer 570-1299

Katherine Kirk 544-3299 x204

#### NEWSLETTER

Editor: Rebecca Kuga 415 898-0504

Formatting: Gail Van Buuren 494-4198

#### COMMITTEE CHAIRS

5150 Raffle: Jan Lowry-Cole 542-7987

Ethics: Coralia Serafim 781-0133

Hospitality: M. Tamar Berg 522-0446

Website: F. Michael Montgomery 578-9385

Community Outreach: Diana Poulson 824-4782

RECAMFT PRESENTS: Winchell Quan 486-3178

#### STAFF

Administrative Assistant: Diane Moore 575-0596