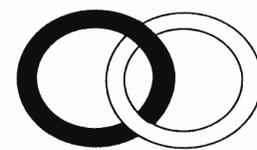


The  
Redwood  
Empire

# Therapist

DECEMBER 2006



REDWOOD EMPIRE CHAPTER CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS

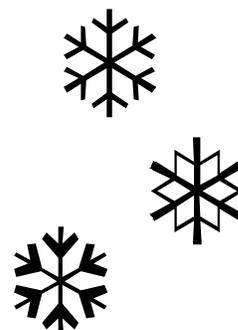


**December**

*Please Join Us for a December End-of-Year Social Gathering...*

Our general RECAMFT meeting is December 8<sup>th</sup> and rather than hold a speaker meeting, the RECAMFT Team thought we would do something different. To that end, we would like to cordially invite you to a social gathering where the focus will be on you, our members! As the leaves fall and the days shorten, our thoughts may turn to what we have experienced this past year and what may be in store for us next. As mental health professionals, we spend much of our time nurturing our clients and offering emotional healing and sustenance. At this meeting lets take time for us and for our newer members, offering support to each other. We would like to spend a bit of this meeting reflecting on the cyclical journey some of us have made more than others and perhaps share what we have learned, what has changed for us, or what has endured with others who have been round a few less times. In this spirit of renewal and rejuvenation, the RECAMFT Team wants to offer you an opportunity to come and enjoy a light lunch, a beverage and the good company of your colleagues with some time set aside to reflect on our travels in psychotherapy.

We will thank our wonderful outgoing RECAMFT President, Diana Poulson and install the incoming President, Gail Van Buuren; however, speeches will be kept to a minimum. Because this is a social gathering, CEUs will not be available. We hope you are available to join us and accept our end-of-year gift of camaraderie and appreciation!!



December 8th RECAMFT Meeting

11:00 to 1:00 pm

**Special Focus on Interns and "Old Timers" Sharing Our Journey**

Join us for Lunch, Celebration, and Reflection

LOCATION

**Odd Fellows Temple/Mercer Hall**

545 Pacific Avenue, Santa Rosa

**JANUARY 12, 2007 MEETING  
OPEN DISCUSSION**

**JANUARY 19<sup>TH</sup>, 2007  
LAW & ETHICS WORKSHOP  
Santa Rosa Veterans Memorial Hall  
6 CEUs**

## *President's Message*

*Diana Poulson, MFT*

Warm winter greetings RECAMFT members! It is with a mixture of pleasure and loss that I address you for the last time as president of this organization. It has been an incredible two years for me. I have learned a tremendous amount about organizational development and I thank you for such a great opportunity. I am, however, ready to move into past president mode. I have been so fortunate to work with such an incredible board and our most valued Diane Moore, **administrative assistant for RECAMFT.**

The December general meeting will be one of food, friends and festivities. Please be sure to join us. Among other things planned we will be honoring both our interns and old timers. (And yes, in-betweeners too.) We want to celebrate with you all our accomplishments of the past year, one of which is our growing circle at the general meeting. (Don't worry, there's room for you!) We will also install and kick off a great year with Gail Van Buuren, our new president. Gail is very knowledgeable of the inner workings of CAMFT and has many years of experience in the Monterey Chapter. She has plans for us RECAMFT. Stay tuned.

There are two very important seats open on the board. We need a President Elect and a Treasurer. There are other positions open as well and we'd love to have you. If you have a talent to share or an idea that you would like to see RECAMFT run with, bring it to us with a bit of your own passion and energy and we will help make it happen. I look forward to serving one more year as immediate past president and I hope to get to know more of you. I'll see you soon.

Diana

*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*

At our November 8th meeting, Jennifer Shannon MFT presented on the topic, "Anxiety Disorders in Children and Teens: A Cognitive Behavioral Approach To Treatment". Jennifer began by sharing about her own struggles with anxiety that led her to explore and utilize specific anxiety reduction techniques. Jennifer then provided a comprehensive overview of anxiety disorders in children and teens. She described methods she uses to introduce therapy to children and their parents and how to conduct assessments of clients. Jennifer explained how she lays the groundwork for therapy and moved on to outline the specific techniques for cognitive restructuring with children as young as four years old. She explained the use of relaxation

techniques and client homework assignment and then detailed the delicate process of exposure to the feared situation. Jennifer also addressed ways to involve parents in the therapeutic process.

Jennifer's presentation provided a wealth of information on a very complex subject. Her talk included numerous clinical examples and referrals to specific resources and assessment tools. It was interesting to see how the basic CBT principles and strategies used with adults were translated into child-friendly language to include terms such as "worry bubble", "barf bug", "bossing back", "feeling thermometer" and "wet noodle"! Jennifer made facing fears and anxieties actually sound like fun! It was evident that many of the CBT techniques described could also be incorporated into other conceptual frameworks for treatment with children and teens. Thank you, Jennifer, for sharing your knowledge and expertise with us at RECAMFT!

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

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



**Collaborative Council of the Redwood Empire**

## ***TO OUR READERS***

**We failed to print the write up for our 5150 Raffle for November. We are officially blaming Gail's computer for this oversight. It should have known that the piece was not included. They can be stupid like that. It keeps insisting this was Gail's fault. Where would they be without denial? Well anyway, we are printing it below with its lucky winner and thanks and apologies to Jan Lowry-Cole who finds our 5150 items.**

### ***November's 5150 Raffle (won by Khatiba Grais)***

The 5150 prize for November was a bodywork session offered by Ellen McLaughlin. Ellen has always been fascinated by the body, including its subtle rhythms, and enjoys exploring what the body has to teach on a physical level. Under the mentorship of highly skilled clinicians, she has spent 15 years and thousands of hours studying different modalities, including Craniosacral therapy and Feldenkrais (she is a certified Feldenkrais practitioner). Ellen's style is her own personal integration of the different modalities she has studied, as well as being influenced by her interest in spirituality, philosophy and psychology. She resists labeling herself as any one kind of practitioner, and instead allows her sessions to be led by her curiosity, and that of her client. Ellen recently moved to Sebastopol after having practiced for eleven years in Humboldt County, and can be reached at 280-8280. Many thanks to Ellen for her generosity, and welcome to Sonoma County! (Also, thanks to Kitty Chelton MFT for recommending Ellen.)

### ***December's 5150 Raffle***

This month's 5150 is donated by Mark Bauman, Senior Trager Practitioner, Chi Nei Tsang Practitioner, and Certified Massage Therapist. Mark has been in practice for 30 years; and is recognized as a superb practitioner and teacher. Mark studied and assisted extensively with Dr. Milton Trager. He was certified as a Trager Practitioner in 1980, and has been leading workshops since Dr. Trager selected him in 1984 for this work. He has also been practicing Chi Nei Tsang (CNT) since 1990. CNT, developed long ago in China, has always recognized the interplay of emotional health and physical health; working with the abdomen in CNT can give clients the access and ability to process and "digest" emotions, and make a major difference in health and vitality. Learning to release physically held tensions, from our centers outward, is an essential support both for psychotherapists and their clients. CNT also helps loosen and tone deep structural muscles and can positively affect the functioning of every system of the body. Trager and Chi Nei Tsang also have

self-care components. Mark teaches clients individually tailored movements, as well as abdominal self-massage, which can be done in a few minutes daily to assist in healing and integration. Mark has a private practice in Santa Rosa, and teaches workshops in Trager, and Chi Nei Tsang. He can be reached at (707) 546-2468. Many thanks to Mark for his generosity and to Susan Wagner, MFT for recommending him.

*The 5150 Raffle is held every month at the RECAMFT general meeting. All attendees are eligible to win. Winners please contact the person donating the service within 6 weeks. Feel free to pass the prize to someone else if you are not able to take advantage of the offering. 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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## **CAMFT GROUP HEALTH INSURANCE SURVEY**

**CAMFT has reminded us to fill out the Group Health Insurance survey each of us on email received. This could really benefit us if it works out that we can get group coverage.**

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## Intern Support Group

Peer Led / RECAMFT Sponsored

The first Sunday of every month  
4 to 6 p.m.

**Next meeting, Sunday, December 3<sup>rd</sup>**

Contact Katherine Kirk, MFT Intern, IMF 48063  
538-2716  
[spiralkk@earthlink.net](mailto:spiralkk@earthlink.net)

*The Intern Support Group is open to all pre-licensed trainees and interns. The content is open to whatever those who attend would like it to be. It is an informal conversation where we can provide mutual support, information, resources, networking, referrals, job hunting resources, and licensing exam tips to each other as needed. The group is a safe place to reflect and share with each other about our joys and challenges. The group is free of charge and attendance is on a drop-in basis with no commitment or obligations to attend other meetings.*

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### Book Review

## Experiential Treatment for PTSD The Therapeutic Spiral Model

By M. Katherine Hudgins, Ph.D., TEP  
Reviewed by M. Tamar Berg, MFT

The author presents the Therapeutic Spiral Model (TSM) – Experiential Treatment for people who suffer from severe trauma and Post Traumatic Stress Disorder. Latest research in Neurobiology shows that trauma is stored in the non-verbal, emotional centers of the brain which is not accessible in talk therapy.

Kate Hudgins presents theory and research of experiential psychotherapy, which is becoming the treatment of choice for trauma survivors. Classical Psychodrama is the foundation of TSM.

The spiral image is much like a DNA model with three interwoven strands. Each strand has a different color: purple – for energy; teal-- for experiencing; rose – for new meaning. This spiral image is introduced to help communication between client and therapist. Trauma survivors are often experiencing flash backs, intruding images, thoughts and feelings. Some people say that they feel like they are being hit by a tornado. The image of a therapeutic spiral gives trauma

survivors an alternative perception to the experience of chaos and helps to maintain the structure to balance thinking and feeling and stay present in the moment. The therapist can guide the process into a positive upwardly spiraling direction of attention and focus.

To guide all action intervention TSM uses role theory to map out the trauma survivor's intrapsychic role atom.

Prescriptive, trauma based and transformative roles make up the role atom that guides clinical implementation of experiential interventions.

The author introduces 6 types of dramas, each with their own clinical contract and action structure:

- Restoration and Renewal
- Dreams and Metaphors
- Initial Discovery and Accurate Labeling
- Uncovering and Exploring Core Trauma
- Conscious Re-experiencing and Developmental Repair
- Release and Transformation

Although these dramas are listed in a certain sequence, they need not proceed in a linear fashion. The type of drama contracted for between the client and the therapist is determined by the clinical need for safety. Interventions of restoration, observation and containment teach clients to hold traumatic experience in present awareness without using primitive defenses as denial, dissociation and projective identification.

TSM proposes a trained action trauma team, which would be very effective in a perfect world where costs aren't an issue. Still I use at least one trained assistant in my psychodrama group for trauma survivors, necessary for some trauma based roles and containment of group members.

I highly recommend this comprehensive book and find it an excellent starting point for every clinician who treats trauma survivors no matter which theoretical orientation is preferred.

### **Ethics Committee Meeting**

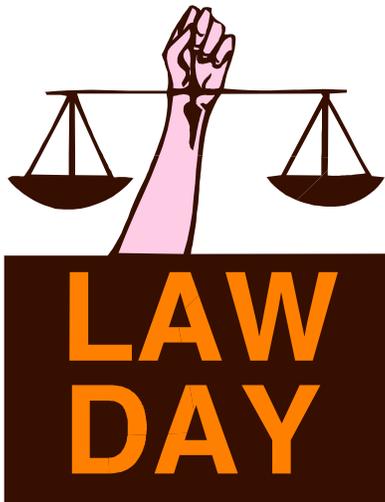
The Ethics Committee meets once each in the Fall, Winter, and Spring. Topics for group discussion are generated from our own clinical practices or by an issue that has come up for one of us. For example, we discussed how to create and put in place a Clinical Practice Will, which we all should have.

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

**Next Meeting - February 2, 2007**  
**1:30 - 3:00 pm**

For more information call Coralia Serafim at  
781-0133

## 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 CAMFT Presenter, Donald G. Jensen, J.D. ! Remember, Law and Ethics MUST be taken for each two-year licensing renewal period. If you are due to renew, join us in January! Go online to our website [www.recamft.org](http://www.recamft.org) to register. Renew your membership at the same time and save \$10.**

### *Ads and Announcements*

#### *Employment*

CLINICAL SUPERVISOR POSITION AVAILABLE at Chrysalis Counseling Services for Women, a feminist counseling agency providing sliding scale counseling to individuals, couples and families. \$30.00 per supervision hour, 4-8 hours/month. Some volunteer time required. Previous supervision experience and feminist perspective required, Licensed psychologist preferred. Send resume and cover letter by 12/15/06 to Chrysalis, 1821 4th Street, Santa Rosa, CA 95404. FMI call 545-1670x208.

## *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 Intensive Somatic Psychotherapy Training.** Jan-June, 2007, Sebastopol. Training will include body-oriented techniques and practices to intervene and bring resolution to emotional injuries. Open to licensed therapists, experienced interns and body-oriented practitioners. CEUs available. Interview required. Taught by Kitty Chelton MFT, Jan Lowry-Cole MFT, Theresa Beldon MFTI (sup by Ellen Jordan MFT). FMI and brochure call 823-8203 or visit [www.rememberingthebody.com](http://www.rememberingthebody.com).

### *Bulletin Board*

OUR POPULAR BROWN BAG LUNCHES will be reconstituted at the Couples Center in 2007. On Friday, January 26 from 1:00 to 2:30 Mary Hinsdale and Peter Krohn will host an open-to-all-therapists drop-in discussion about couples therapy. Bring questions, ideas, dilemmas and something to munch, we'll provide tea and water. The group will offer feedback, resources, ideas and support. If you know for sure that you are coming we'd love to have you leave a message at 823-3945 Ext. 1#. Dropping-in is ok too. Couples Center 120 Pleasant Hill Ave., Sebastopol. Meetings will be held in the lunchroom on the 2nd floor accessible from the stairs on the west side of the building.

### *Office Space*

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SEEKING SUB-LET IN SANTA ROSA - Tuesdays and Fridays downtown or near downtown. Denise 330-5321.

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Quarter page - 4.5" x 3.5" = \$60  
Eighth page - 2" x 3.5" = \$35

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### Deadlines:

Articles & letters - 10<sup>th</sup> of the month  
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For more information call, fax, or email the office at:  
707 575-0596 or [therapy@recamft.org](mailto:therapy@recamft.org)

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### **RECAMFT TEAM**

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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: 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

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