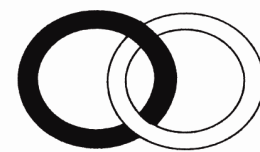


The
Redwood
Empire

Therapist

JANUARY 2007



REDWOOD EMPIRE CHAPTER CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS

January Meeting

Come to the January RECAMFT meeting and **Create the Vision for Your Private Practice** in 2007 with Diana Poulson, MFT.

As is our tradition, January is the time to focus on our private practices. Reflect on your successes and challenges of 2006. Set goals for 2007. Support each other's continued success through group discussion and brainstorming.

You may be wondering:

Should I get on insurance panels? How do I get on insurance panels? What is the best way to market in Sonoma County? What should I be charging? Should I charge for missed appointments? How do I organize my files? How do I design forms?

We will be relying on the experience of the group so if you have a great form or record keeping system, etc. you've designed, bring it to share. **A special call to our "old timers", please come to share your wisdom, strength and hope. We value your experience more than we can say.**

January 12th RECAMFT Meeting

10:30 - 11:00 social

11:00 to 1:00 pm meeting

Create the Vision

Diana Poulson, MFT: Facilitator

Odd Fellows Temple/ Mercer Hall, 545 Pacific Avenue, Santa Rosa

January 19, 2007

LAW & ETHICS WORKSHOP

Santa Rosa Veterans Memorial Hall

February 9, 2007 Meeting

Imago Therapy with Denise Galt, LCSW

President's Message

Gail Van Buuren, MFT

Having assumed the mantle of the Presidency of RECAMFT at our December meeting, it now falls to me to write this column and I realized that for this first column, there's a lot that I'd like to say to our members. To start, I want to point out how truly special the December meeting was for those in attendance. We had delicious food and time to socialize, then we sat in a circle and, under the initial guidance of Don Scully, MFT and long-time RECAMFT member, reflected on what we have learned in our various years of practice and what advice we licensed MFTs could offer to the interns present at the gathering. I was deeply touched and inspired by everyone's wit and wisdom. To those who attended, I want to say "thank you" for the gift of your inspirational presence. When we met with our past presidents at last summer's RECAMFT retreat, they told us that those kinds of meetings were meaningful to our members and I can now see how that would be so. In seeing the value of the "sharing meetings", the Board decided to schedule more of this type, along with the ones at which we have a guest speaker and offer CEUs. In addition, we will now ask speakers to leave at least a half hour for the attendees to have an open discussion of the information given that day and how it

could impact us and our work. Our January meeting will be time for sharing and will not include a speaker presentation. The Board and attending members will generate a few questions to start our conversation. I was struck on December 8th by the depth at which people spoke and thus I've been thinking about how starved we can get for someone to talk with about our profession, particularly if we're not in a viable consultation group. We clearly have much of value to share with each other. So, come on January 12th to our next general membership meeting and see what I mean. I'll see you there.

I have to admit that it feels a little intimidating taking over from Diana Poulson, who is now our Past-President. She did a terrific job as President these past two years and we will miss her drive and enthusiasm in that position, not to mention her vivacious friendliness. She richly deserves the Outstanding Chapter Leader Award that CAMFT will give her in February. We as members truly owe her our gratitude for her efforts in working with the Board to keep our chapter on course these past two years. Along with Diana, I would like to thank Judith Peletz, our continuing Secretary for doing an incredible job of interpreting and crystallizing what gets included in the minutes at our Board meetings, and Winchell Quan, our Treasurer, for keeping us grounded, realistic and tracking our finances so ably.

There are committee members whom I would also like to thank. We owe the sterling editing in our newsletter to Rebecca Kuga, the excellence of our speakers to Christine Erickson, our quality website to Michael Montgomery, yummy snacks at our meetings to Tamar Berg, membership reminders to Phillip Knowlton, our great 5150 raffle prizes to Jan Lowry-Cole, intern connections to Katherine Kirk, and our ethics meetings to Coralia Serafim. A few of these terrific people are ready to step down and we need to find their successors. I know you hear this a lot, but without members being willing to volunteer, we wouldn't have a chapter. So, what we need is a new Treasurer and Winchell will train you. If you have any financial mindfulness and a little time, talk with him. We also need a Membership chairperson and most importantly, we need a President Elect.

I know it seems like a lot to ask given your busy lives, however, I am reminded of a friend with whom I served on a Board who always said, "If you need to get a job done, ask a busy person." He was right. But it isn't as bad as you might think; most of the jobs on the Board only require participation in one two-hour monthly Board meeting and a few more hours per month done at your own discretion to handle tasks. President-Elect requires a bit more of a commitment, specifically your attendance at both the monthly Board and general membership meetings. You are there as back up for the President and you are learning how to do that job. The following year you assume the presidency, which takes more attention and more time. The third year you join the ranks of Past-President, have private security agents and travel around the world giving speeches for thousands of dollars. Oh no, wrong presidency. My bad. 😊 All kidding aside, as Past-President you get to do a pet project if you so desire, and give support to the new president. Okay, that's my pitch for your help. Call me if you feel any inclination or interest in President-Elect. We can get creative; for example, job sharing is a perfectly viable option.

The RECAMFT Board and Committee members are looking to the new calendar year with hope and energy and I am honored to be your President. Looking forward to exciting things in 2007!!! *(Gail Van Buuren, MFT is in private practice in Sebastopol and teaches Positive Parenting Classes. 707 494-4198)*

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

INTERN SUPPORT GROUP Peer Led/RECAMFT Sponsored

Next Meeting, February 4th

Contact Katherine Kirk, MFT Intern, IMF 48063
538-2716
spiralk@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.

♥ **SAVE THE DATE!** ♥

Please mark February 9th on your calendars when RECAMFT will host Denise Galt, LCSW and certified Imago Relationship Therapist. What is Imago? Imago Relationship Therapy was founded by Harville Hendrix, PhD., author of Getting the Love You Want. It is a type of couples therapy that helps partners communicate in a deep and connecting way. Denise's passion is collaborating with couples to resolve conflict and to rediscover intimacy and she does this by using Imago Therapy. In anticipation of Valentine's Day, Denise will share with us some skills and techniques useful when working with couples on conflict. Have a date with RECAMFT and Denise Galt, LCSW on February 9th!!

Rebecca Kuga, Editor

DNMS Therapy
By Judith Peletz, MFT

I first learned about DNMS last February when I attended a four-day workshop in Oakland. The first two days we learned about a new type of therapy, the theory behind it, and saw it demonstrated. On the third day we had a chance to practice this method with other workshop participants. When it was my turn to act as the client, I was shocked at how much emotion was triggered within me. Weeks later, I still was thinking about the powerful experience I had with DNMS and sought out a local therapist who was one of the workshop facilitators. For the past seven months, I have had the privilege of doing my own work using this therapeutic technique. I have found it to be of great value and would like to offer it to my RECAMFT colleagues as a viable treatment option.

By now you are probably wondering, what is DNMS anyway? Developmental Needs Meeting Strategy (DNMS) is a new kind of therapy which grew out of developmental psychology, ego state therapy, inner-child work, EMDR (Eye Movement Desensitization and Reprocessing) and neuroscience. It was developed by Shirley Jean Schmidt in San Antonio, Texas a few years ago and is gaining recognition as an effective way to treat clients whose developmental needs weren't adequately met in childhood.

As we know, children have differing needs at different developmental stages. Some of the earliest and most important needs are attachment and attunement needs. When childhood needs are not met adequately due to trauma, insufficient parenting, or other reasons, the child gets "stuck". Being stuck implies that behaviors, feelings, and/or beliefs can be triggered in adulthood, suddenly causing a person to act or feel like a child again. As a rational adult, such reactions are puzzling and disconcerting. We may ask ourselves, "Why do I keep doing that when I don't want to be that way?"

DNMS provides corrective emotional experiences to help the wounded child parts become unstuck. Through special meditations, the client develops three internal resources which can re-parent the needy child parts. These three resources consist of a nurturing adult self, a protective adult self, and a spiritual core self (or core self). Together, these resources form a healing circle. Once these three resources are firmly established, the client and therapist identify maladaptive introjects which get in the way. Introjects are child parts that mimic parents or caretakers. When



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caretakers are dysfunctional or inadequate, the result is maladaptive introjects. For example, one child part could hold a maladaptive belief such as, "You can't do anything right." Through a specific 20 step protocol, the client is helped to see that this part is not who they are, but merely a mask that looks like mom or dad. The resources help the child behind the mask understand that the maladaptive belief is not true. With the help of the healing circle that child part comes to believe, "You certainly do many things right." The resources in the healing circle also help the client process strong emotions related to early trauma or unmet needs.

Just as EMDR uses bilateral eye movements, DNMS uses bilateral stimulation to strengthen positive experiences and create new pathways in the brain. Usually this is done with vibrating tactile sensors held in the hands but also can be done with alternating auditory stimulation.

Since I have had such a powerful experience with DNMS personally, I am beginning to use it in my psychotherapy practice. Initially, I am working with clients who have experienced extensive child abuse (although it can be just as effective with others who were not abused in childhood). These clients are developing inner resources that protect, nourish, and give them a sense of interconnectedness and wholeness. I am looking forward to helping them get child parts unstuck. Through the process, they will begin to discard maladaptive introjects and, without those maladaptive introjects, those long-held, negative beliefs about themselves and the world will be put to rest.

There is a training protocol for DNMS and if you would like more information check online at www.DNMSInstitute.com contact me at (707)526-1720 extension 315. I would be happy to talk with you about it.

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January's 5150 Raffle

The January 5150 is 75-minute session being offered by Scott Patton, CMT, Breathworker, Bodyworker, Instructor. For the past 25 years, Scott, named "best in his field" by San Francisco Focus magazine, has been dedicated to offering bodywork and therapeutic massage in the San Francisco Bay Area. Scott tailors a wide range of modalities and styles to benefit his private clients. These include Deep Tissue massage, Thai Bodywork, Esalen massage, Soft Tissue Release, Muscle Energy Techniques, and Somatic exercises. In addition, Scott brings his chair massage services to large and small businesses in San Francisco, Marin, and Sonoma counties, reducing employees' stress and increasing their performance. Scott has an office in Santa Rosa and offers FREE consultations. He can be reached at (707) 573-5818 or hpdscootp@aol.com. Thanks to Scott for his generosity and to Mark Bauman 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.)

Tricks of the Trade

In our October issue we mentioned the idea of having a reader-generated feature in which we share ideas we use in therapy that are quick, humorous, or unusual and really seem to click with clients. Some of us are willing to take a crack at beginning the column. This from Gail Van Buuren.

Lighten Up

Sometimes in relationship a couple has a fight and retreats to separate rooms to cool down and then both have a hard time finding a way to let it go. My husband taught me this and my clients laugh when they hear it but then come back and say how well it or something like it worked for them.

You are sitting in your room, now a bit cooled down but still sort of stuck in ego posturing. The door opens just a crack and a hand appears waving a tissue in truce. You laugh and are released. Now you recall why you love this person. Over time the tissue may change to a pencil, a piece of paper, or even, heaven forbid, underwear. Proof that a simple act can be worth a thousand words.

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 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.

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The Redwood Empire Therapist

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PO BOX 2443, SEBASTOPOL, CA 95473

Telephone/Fax: 707 575-0596
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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
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