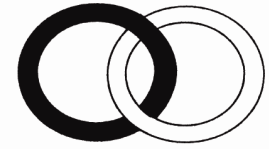


The
Redwood
Empire

Therapist

APRIL 2007



REDWOOD EMPIRE CHAPTER CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS

Psychopharmacology: A Review of the Theory and Practice of Medication for Adult Clients in Mental Health

On April 13, at our next general RECAMFT meeting, Dr. Ari Harrison, a local psychiatrist, will be speaking about psychopharmacology as it relates to the treatment of adult clients. Dr. Harrison will provide an introduction to psychiatric assessment, a general overview of medications and will also discuss indications and side effects of medications for mood and anxiety disorders. Attendees will become familiar with basic algorithms in medication decision making in mental health care and they will gain an understanding of the role of the psychiatrist in collaborative care. Dr. Harrison asks that attendees bring their curiosity and questions as he will be allowing plenty of time in his presentation to answer questions.

Dr. Harrison finished his undergraduate medical studies at UC Berkeley in 1994, received his Doctor of Medicine at UC Irvine and completed his general internship and psychiatric residency at Stanford University Medical Center in 2002. During his residency, Dr. Harrison worked in a wide variety of clinical settings including an adult crisis residential center, psychiatric emergency services, a correctional facility and an addiction recovery center. He has been a staff psychiatrist at Sonoma County Mental Health working at Psychiatric Emergency Services since 2003 and at the Resource Team since 2005. He has been a clinical instructor at the Santa Rosa Family Practice Residency Program since 2002 and is a consulting psychiatrist at Anka Behavioral Health., Casa Rohnert Park Crisis Residential Program in Rohnert Park. Dr. Harrison is co-chair of the Staff Advisory Team at SCMH and is a member of the Bioethics Committee at Sutter Hospital in Santa Rosa. He also treats adults in his Santa Rosa private practice.

Come and join us for a very informative presentation!

April 13th RECAMFT Meeting

10:30 - 11:00 social & sign in
11:00 - 1:00 meeting

Psychopharmacology

Dr. Ari Harrison

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

May 10th

Adoption: What You Never Learned in Graduate School

June 14th

Domestic Violence with Joe Petzel

President's Message

Gail Van Buuren, MFT



We have been blessed to find some wonderful people to join our RECAMFT Team. At our last members' meeting, you elected Lisa Lund as our new Treasurer and she has plunged right into the work. At our March 23rd Board meeting we nominated Kate Maxwell to run for President Elect. I am hoping some of you had a chance to meet Lisa and Kate at the last meeting. We will be introducing Kate to you and asking for your vote at our next members' meeting on April 10th. In our May issue of this newsletter we will tell you more about both Lisa and Kate.

On another subject I've been thinking about, in our profession we are always learning, both from our clients and from our colleagues. The Board of Behavioral Sciences requires us to continue our education and I am very interested to do so. Each week I receive invitations to trainings or hear about innovations and many sound fascinating. I know a few people that seem to be running off to a conference or training every month and there is a part of me that really wants to go, too. So the question I am asking this month is: How do I choose? How can I know which trainings to attend? (Not to mention how can I afford it?) How do you choose?

This is how I choose: I go to my own Center and ask if this is right for me. Here is a model I find interesting and that helps me choose. My mentor and others (like James Hillman) describe three centers that we use in our work as therapists. One is the Mind that analyzes and organizes all that is being received from our client. Incisively, it sifts through our knowledge and experience bringing up the information we need. Another is the Heart which holds our client with compassion and empathy and sees past the behaviors and personality to the heart of that person, mirroring and soothing, and provides a safe and secure haven in which they can do their work. The third center is the Belly which accesses intuition and creativity to stimulate our client's own insight, creativity, and perception of self. We use all three but each of us uses them in different ways and each of us comes from one of them more strongly than from the others. Also described is the fourth center which seems to me to reside in some other dimension. If I am grounded and remembering to breathe, there

may be constellated that other grace, Inspiration, which enters the room and shifts the therapy to another level altogether. I use the word Inspiration because it does feel like the incoming of Spirit to me and it fills me with awe when it happens.

When I am looking over the offerings for CEUs that are out there, I check in with my Center. Do I feel excited by this material or this teacher? Since I am centered in the Heart in my work I need to notice if my heart is aroused. Not that I only take Heart trainings; the Mind and Belly want new stuff as well. The most important question for me is to ask if this opportunity is congruent with whom I am. And the other really important question is if there is a sense of "yes" from that fourth center. I have learned over the years that I can get very excited about an idea or system, take a whole training, and then find that it does not really fit no matter how much everyone else is raving about it. Of course, the greatest treasure of all is a teacher who can help me be more often open to that fourth center.

So this is how I choose. I invite you to describe how you choose. We would print letters to the editor in this newsletter or you could write an article.

There are some terrific teachers out there and I have noticed that more than a few of them will be presenting at the CAMFT Conference in Santa Clara from May 17th through May 20th. We can register for just one day or for the whole conference, we can get the handouts on CD or in hard copy, and it is only a few hours drive away from us. I have chosen to sign up for Thursday and for Sunday and am thinking I will want to spend Wednesday night there and come back Thursday evening, but on Sunday, I'll just get up early and get there by 9:30. If either of my schedules fits with yours and you want to carpool, give me a call. In the meantime, my Mind is excited about our next meeting with Ari Harrison to soak up some new information about psychopharmacology. I'll see you there.

Gail Van Buuren

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Ethics Group Meeting

The Ethics Group 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 - May 4, 2007

1:30 - 3:00 pm

For more information call Coralia Serafim at
781-0133

What You Missed *By Christine Erickson*

On March 9 Thomas Hedlund, MFT presented at the general RECAMFT meeting on the subject "Demystifying Addiction: Understanding Addiction as Attachment Disorder." Thomas spoke about his own addictions and recovery process and, using his experience as a child, he described how problems in attachment can lead to addictions. Using a power point program, he showed numerous diagrams and outlines as he explained the connection between affect regulation problems, attachment disorder, addiction, shame and the neurobiology that relates to these issues. He used a volunteer from the group to demonstrate how people tend to react when their defenses are challenged. There was also an extensive question and answer period.

Thank you so much, Thomas, for sharing your experience, both personal and professional, as it relates to these complex and cutting edge issues. We appreciate you taking the time to share your knowledge and expertise with our RECAMFT community!

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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.

INTERN SUPPORT GROUP

Peer Led/RECAMFT Sponsored

Next Meeting, April 1st at 4:00 pm
Michael Montgomery - guest speaker

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.

April's 5150 Raffle

Our April 5150 prize is a 60-minute bodywork session being donated by Katrina Matos. Katrina is a certified massage therapist with 12 years of professional experience in helping people relax and take care of themselves. She integrates Swedish massage, Deep Tissue techniques, pressure point work, and precise range-of-motion with applied pressure to create a custom-made bodywork session for you. If you like a therapeutic touch that is more firm and focused than most Swedish massage and yet more delicate than a lot of Deep Tissue work, you may find Katrina's work "just right." She is enthusiastic about incorporating "green" practices into her business, so you will enjoy your session on 100% organic cotton sheets. Katrina can be reached at 707-486-1289. Many thanks to Katrina for her generosity.

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

Book Review

The Positive Power of Negative Thinking: Using Defensive Pessimism to Harness Anxiety and Perform at Your Peak

by Julie K. Norem, Ph.D.

Of course, it was the enticing title of this book that got my attention. After 28 years of living with a negatively thinking partner, I have developed an appreciation for his attention to detail that in my basic positivism I have been inclined to neglect. My gradual acceptance of our differences and our ability to grow into the dance we now do of utilizing both approaches has been a tremendous gift in my life.

The author, Julie K. Norem, does an excellent job of describing the approach to managing anxiety she labels Defensive Pessimism. She points out that those of us who are inclined toward negative thinking often utilize this technique by imagining all the worse possibilities that could occur and devising ways to either avoid them or cope with them and she argues that thereby the anxiety is reduced and the goal accomplished

satisfactorily. In other words, Defensive Pessimism is quite effective.

Many years ago, when I was complaining to a close friend about having to cope with my husband's worst-possible-scenario thinking, she wisely observed that he just needed to get his anxiety out of the way ahead of time. That was the moment I really "got it" and could stop taking his checking personally.

Norem contrasts Defensive Pessimism with Strategic Optimism which she also characterizes as an anxiety-coping mechanism. Strategic Optimists deal with anxiety by studiously ignoring it as they plan for an upcoming event and focusing instead on holding the image of a positive outcome and depending on self-confidence to achieve their goals. If something goes wrong, they tend to blame external circumstances whereas, if it goes well, they credit themselves. Defensive Pessimists have a tendency to do the opposite. Both approaches have drawbacks but both function. Most interestingly, studies Dr. Norem did in which the Defensive Pessimists were unable to employ their regular strategies for prepping before an upcoming challenge and were instead pumped up with optimism revealed that the anxiety overwhelmed them at the last minute and their performance suffered. By the same token, Strategic Optimists who were encouraged to imagine and plan for possible worst case scenarios before a challenge, also became overwhelmed by anxiety and performed below their usual level. So "just be more optimistic like me" is not really helpful.

The book explores these strategies and other far less effective ways we deal with anxiety and was really a great clarifier both for myself, my marriage, and for my practice. Because we are marriage and family therapists, even when working with individuals, we are also always working with the relationships in their lives, including the one with ourselves. Learning to understand, accept, and utilize the differences of those with whom our clients are in relationship is one of the greatest skills we can help them develop. I found this book to be a stimulating and unique look at defensive ways we may develop to cope with anxiety. Furthermore, as often is the case when extremes are examined, it also reminds us that there is no limit to our creativity when dealing with a powerful emotion like anxiety.

Gail Van Buuren, MFT

Directory Time Again

LAST MINUTE CHANGES?

Are there any changes you need to make? Maybe you have moved your office since the fall when you renewed your membership. Or perhaps something else needs to change. Did you create a website, get new special training? If there are changes you need to make, contact our new Administrative Assistant, Clare Moore with the information using the numbers, emails, etc. on the return address of this newsletter.

NEW DIRECTORY!

Do you currently refer clients to an agency or healthcare professional who may want to advertise with us? RECAMFT will soon be coming out with a new directory and we are looking for those in related fields who would like to advertise in it. Examples:

- Biofeedback
- Parenting
- Recovery

If you know someone who may be interested, please give their name and number to Romy Brock, MFT, 523-8882.

ADS AND COMMUNITY RESOURCES

As Romy says above we are selling ads to help pay for the Directory. This is a pretty good deal because for a one-time fee, you get two years of advertising. So if you know someone in the above category or if you would like to put your own ad in, contact Romy. We will be inserting a flyer for ads in the next newsletter.

We are also including a list of community resources in this directory which will make keeping it handy all the more appealing. And we are expanding our mailing list to put it in the hands of more of our referral sources.

We need your help to bring in the advertising for the costs. All you have to do is give the information to Romy and she will contact the person. Thanks for your support in advance.

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

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21, 9 am - 4 pm. \$80 (includes box lunch.) 6 CEUs
available for MFTs for \$15 fee. To register, phone the
Angela Center at 528-8578. For more information
phone Kris Hall, MFT, at 544-4726.

Northern CA Group Psychotherapy Society's Annual Training

In Pacific Grove (Asilomar), CA -- Fri.-Sun., June 1-3,
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JOIN US AT THE COAST ! (Friday evening, all-day
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California Group Psychotherapy Society's Annual
Training Institute takes place June 1-3, 2007 at the
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To get more information on the NCGPS Conference:
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Or contact: Haim Weinberg, PhD at haimw@group-psychotherapy.com or
916-212-6424.

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Letters to the Editor

You are welcome to respond to any articles or to comment on the speakers we have at our meetings. We would really love to hear from you. The more our members participate in the affairs of RECAMFT, the stronger our organization is.

Okay, no more cheerleading. Just thought we would ask.

Contribute to your Newsletter

Book Reviews

Most of us read to add to our knowledge. If you have read a book or an article that you think would interest your colleagues, please share. Now, I know that all our readers are well-educated and perfectly capable of writing since there is no way you could have gotten through graduate school without that skill. On top of that we have an editor so you don't have to worry about the details of punctuation or grammar.

Articles

Take a chance and write that article you have been thinking about. Maybe you have an interesting case study you would like to discuss. Perhaps you have taken a training that stirred your enthusiasm. Or maybe you have some ideas about techniques or have created an approach you want to talk about. Maybe

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