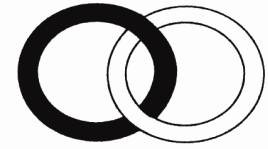


The  
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Empire

# Therapist

MAY 2007



REDWOOD EMPIRE CHAPTER CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS

## **OUR MAY MEETING**

### *Adoption: What You Never Learned in Graduate School*

Most of us did not learn much about adoption when we were in graduate school. It is easy to assume that once the child has joined the family, especially when this happened at a young age, that the family would be much the same as other families. However, adoption isn't something that happens and then it is over. It is a lifelong process for the adopted person, and families formed by adoption deal with many issues that families with children born to them don't. The goal of this presentation is to introduce therapists to the complex and emotionally laden issues that are at the heart of the adoption experience.

On May 11, at the general RECAMFT meeting, four clinicians, specializing in adoption issues will be presenting a panel discussion. The clinicians are: Deborah Keith, MFT, Leslie Hansen, MFT, Kim Gagnon, MFT and Denise Wagner, LCSW. They will be presenting information on what prospective foster families need to do and know in order to prepare for adopting a child, clinical implications for working with both young children and teens adoptees and their families in therapy and will also include information about resources for adoptees, adoptive families and clinicians working with this population. Plenty of time will be allowed for Q&A.

Deborah Keith, MFT has been in the mental health field for over 20 years, working with adolescents and their families in residential settings and private practice. She worked for the Juvenile Justice Probation Department for a number of years facilitating a parent support group and teaching parenting classes. Currently, Deborah is the Post Adoption Coordinator for Parent's Place, a program providing services to families formed by adoption, including both domestic and international adoptions. She will speak about local community resources for adoptive families.

Leslie Hansen, MFT, has worked for the past 8 years completing home studies and post-placement reports for both domestic and international adoptions and facilitating pre- and post-adoption educational workshops. She also teaches at Napa Valley College and Santa Rosa Junior College and maintains a private practice in Petaluma.

Kim Gagnon, MFT, has worked with children and adolescents and adults for several years in a variety of clinical settings. Currently she maintains a private practice in Petaluma where she treats clients of all ages. One of her specialty areas is

May 11<sup>th</sup> RECAMFT Meeting

10:30 - 11:00 social & sign in

11:00 - 1:00 meeting

### **Adoption: What You Never Learned in Graduate School**

L. Hansen, MFT; D. Wagner, MFT; K. Gagnon, MFT; D. Keith, MFT

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

June 14<sup>th</sup>

**Domestic Violence: A Different Perspective?**

**Joe Petzel**

the treatment of adopted children. She will talk about normal adopted child adjustment and the signs and symptoms of problems and treatment options.

Denise Wagner, LCSW has extensive experience in working with adopted children and teens. She has done research on the treatment of adopted teens and she maintains a private practice in the local area. She will speak about signs and symptoms of problems and treatment options.

Please join us on May 11 for a most interesting and provocative discussion!

*President's Message*  
*Gail Van Buuren, MFT*

The saying goes "There's good news and there's bad news. Which do you want first?" It seems to me there is plenty of bad news in the papers, on the radio, and on TV. We hear enough of it in our work as well. In here, we're gonna give you the good news. It's the least we can do.

For starters, at our April 13<sup>th</sup> meeting, the members elected Kate Maxwell to the position of President Elect, so now our Executive Board is complete and filled with dynamic and enthusiastic individuals. Besides Kate Maxwell, we have our stalwart Past President, Diana Poulson, our new Treasurer, Lisa Lund, and our very competent Secretary in her third year of service, Judith Peletz. For those of you who have not met Lisa or Kate, we will be profiling them in this newsletter so you can get to know them better. Along with our execs are the chairs who make up the rest of our Board (listed in the newsletter) and are doing all their excellent work to make our chapter such a great one. Our monthly meetings present stimulating and knowledgeable speakers and attendance has increased steadily over the past year. There is at least one person each meeting who tells us that he or she has not been to a meeting for a long time but will come as often as possible from now on. And the new format of taking time for attendees to interact in the last 20-30 minutes of the meeting is coming together. After Dr. Ari Harrison spoke with us, part of the conversation focused on meds and treatment, part on resourcing together, and part on just connecting and talking about what members want at meetings or workshops. This aspect of our meetings is still in process and feedback is appreciated. I imagine that it will develop organically but maybe you have suggestions.

I recently received a letter from CAMFT asking for support for its political work on our behalf. Do

consider contributing. Do you know that CAMFT has just about the same number of members as AAMFT has? That means clout. Our parent organization works hard on our behalf and takes good care of us. Try calling for advice sometime if you want to learn how helpful it can be. Or read our magazine. Sometimes I don't get around to thoroughly reading *The Therapist* from CAMFT, but was intrigued by the article entitled *My Patient is Moving to Another State... Can I Continue Therapy Over the Phone and/or Internet?* I have had clients ask me that. One moved to Palau and one to Australia, but others just moved to other parts of California. This article says that the answer is no, that legally the therapy is taking place at the client's end of the line (out of state) and therefore, the therapist would be practicing where he or she is unlicensed and liable for disciplinary action from both that state's Board and the BBS as well. It is an interesting and informative article. Part of the problem for me with doing long distance therapy by phone or online is that I know I am missing all my client's visual and kinesthetic cues that inform so much of my work. Nevertheless, we do first aid sometimes and occasionally a bit more. I do encourage them to find a new therapist. I still love it when they check in though. don't you?

This article is a good self check and addresses other aspects of this issue as well. Our own Legal & Ethical presenter last January, David Jensen, wrote the article right after this one warning us about the danger of having your personal life polluting your professional one. It is good information as well.

So that's the good news. We have a great parent organization and a great chapter. On top of that we have fantastic members. If you haven't been to a meeting lately, check out what is coming up next!

## **RECAMFT TEAM**

### **BOARD OF DIRECTORS**

PRESIDENT: Gail Van Buuren 494-4198  
PRESIDENT ELECT: Kate Maxwell 888-8122  
PAST PRESIDENT: Diana Poulson 824-4782  
SECRETARY: Judith Peletz 526-7720 x 315  
TREASURER: Lisa Lund 547-0401

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*Programs:* Christine Erickson 575-1600  
*Interns:* Katherine Kirk 544-3299 x204  
*CEUs:* Vicky Settle 568-5522

### **NEWSLETTER**

*Editor:* Rebecca Kuga 415 898-0504  
*Formatting:* Gail Van Buuren 494-4198  
*Mailing:* Romy Brock, Jackie Good, &  
Michael Krikorian

### **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  
*Conferences:* Vacant

### **STAFF**

*Administrative Assistant:* Clare Moore 575-0596

### **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 April 13<sup>th</sup> at our general RECAMFT meeting, Dr Ari Harrison, psychiatrist, presented on Psychopharmacology: Approaching the Use of Medication for Adult Clients in Mental Health. Dr. Harrison described the complex issues facing psychiatrists as they assess a client, prescribe medications, evaluate treatment response and make necessary adjustments or changes in the medication regime. He provided a summary of medications, including antidepressants, mood stabilizers, antipsychotics and benzodiazepines. He addressed indications, dosages, side effects and titration schedules and also provided excellent handouts detailing the extensive information he was presenting. He shared numerous relevant clinical vignettes based on his own professional experience.

Dr. Harrison made it clear from the beginning of his talk that psychiatrists do not have all the answers and that psychiatry is not an exact science. He was very open in discussing how the personal biases and societal expectations of a psychiatrist can affect his or her judgment, and, thus, the outcome of treatment. Dr. Harrison approached these topics with humor and candor. He answered several questions throughout his talk but due to time constraints we were not able to have a longer Q&A session at the end. We could easily have used another hour for that!

Comments made by attendees after the presentation indicated they appreciated the amount and quality of the information provided as well as Dr. Harrison's "humble" approach to the subject. I, personally, gained a new understanding of the challenges facing psychiatrists.

We truly appreciate Dr. Harrison for taking the time to share so much relevant information, as well as his personal insights, about this intricate and important subject!

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## April's 5150 Raffle

The May 5150 prize is a bodywork session being donated by Patricia Bernard, CMT. Patricia is a massage therapist who listens to her clients so she can meet their individual needs. She is experienced in a variety of modalities including Swedish massage, cranial sacral therapy, reflexology and acupuncture. Patricia incorporates warm stone massage to provide clients with a relaxing and healing experience. Every session with Patricia is a unique experience. Her clinic in downtown Sebastopol provides an oasis in a busy world. Patricia can be reached at 707 824-2828. Many thanks to Patricia 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 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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## *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.

**Please see the enclosed flyer for costs and deadlines for ads for both members and other advertisers!!!**

## *Meet Lisa Lund*

*Lisa is our new Treasurer, elected to the position by our members at the March 9<sup>th</sup> meeting. We asked her to tell us more about herself so our readers could get to know her better. She graciously produced the following profile. Read and enjoy!*

I'm very interested in people. I think I get that from my parents. They both worked in the helping field. My mother was a social worker and my father was an attorney. I have six siblings and five of them are attorneys. Yes, Thanksgiving is a nightmare! All the sibs are extroverts as you can imagine and I'm in the middle, which makes me a raving extrovert. That's an aspect of my personality I have to be aware of in my work.

I got my BA at SFSU in 1983 but took a bit of a detour before getting my MS in 1992. I finished my last semester undergrad in a foreign studies program in London and two weeks before coming home I got a note from an aunt I hardly knew who needed a companion to travel around the world with. I had been there six months and was ready to come home, but how do you pass up that opportunity? I traveled with her for about eight months. We went to some places people weren't really traveling to, especially women, like Russia, Pakistan, and Burma. My Aunt Margaret was a difficult woman and they say the apple doesn't fall far from the tree so you can imagine we had our "moments" traveling together for all those months, but, bless her soul and rest in peace, the woman taught me a lot.

I thought about graduate school when I returned but I wasn't ready. I pursued a job in restaurant management with the California Café chain. One morning, while making a bank deposit for the restaurant, I started to pass out. That afternoon, I was in a hospital being told that I had Acute Leukemia. It was surreal. I never went back to my job. I was in Chemo for two years. My world became very small. I was traveling again, but it was in inner journey. I learned what it was like to be mortal, to live in the moment and to appreciate the ordinary. I learned there that the truest goal is peace of mind and that is found through love. In that state of mind even death isn't so scary.

In 1990 I entered grad school at SFSU and got an MS degree in Marriage and Family Counseling and

Rehabilitation Counseling. At State they recommended a dual degree to make us more marketable, and it was smart advice. In addition to my internship at Family Service Agency, I got a paid job through the Marriot Bridges from School to Work Program as an Employer Representative. I developed part-time jobs for high school seniors who had disabilities and then did whatever was needed to make the match work. I helped employers understand and implement the American with Disabilities Act (ADA), which is truly a civil rights act for people with disabilities. The job was a gas! The kids taught me so much, including to never make eye contact on Muni. I worked with a diverse group of kids and coworkers and that experience has proven to be invaluable to me. The rehabilitation aspect of my training has taught me as a counselor to focus on strengths first and disability or diagnosis second. The CRC in my credentials stands for Certified Rehabilitation Counselor.

Currently, I am most excited about my work with couples. While living in Marin, I co-founded "The Marriage Clinic" with Tim West, Ph.D. We provided workshops for couples and trainings for therapists. I will continue my focus on couples in my Santa Rosa office. I borrow heavily from John Gottman and from Sue Johnson (EFT) and am pursuing certification with the Gottman clinic. I find that Gottman's work is particularly good for the assessment phase. The Gottman oral history interview is a wonderful way to initially de-escalate a couple and to give both the therapist and the couple an overall view of the relationship strengths and weaknesses. Sue Johnson's Emotionally Focused Therapy is a lot harder to master in my opinion but when you do get it right, it's incredibly powerful to see the transformation in the couple from defensiveness and mutual wounding to a softening and mutual comfort. I find this work very challenging and exciting!

*Lisa Lund, CRC, MFT has recently relocated her practice from San Francisco to Santa Rosa where she specializes in couple therapy. Lisa also works with teenagers, gay and lesbian populations and in the areas of life threatening illness, disability and life transition. She accepts most insurance and can be reached at 707 547-0401.*

## *Ads and Announcements*

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### *Groups & Workshops*

WRITERS' RETREAT. A room of your own at Angela Center July 8-13, 2007. Write for self-exploration, write for CEU's. Workshops, feedback, and time to court your muse. Details at [angelacenterpress.org](http://angelacenterpress.org) or phone 528-8578 for flyer or sign-up.

### *Bulletin Board*

Chrysalis Counseling Services for Women announces on opening for an MFT/LCSW/Psych Intern or Psych Assistant (CAPIC approved site) or a newly licensed (less than 3 years) therapist. Interns start at \$8/client hour, licensed therapist at \$15. Great supervision/consultation, support and community. Send resume and cover letter by 5/15/07 to Chrysalis, 1821 4th Street, SR 95404. FMI call Lisa at 545-1670 x208

Family Service Agency would like to invite a mental health professional to join its Board. Please call Anja Woltman, Executive Director, at 545-4551 ext. 212 for more information. ([www.familyservicesonoma.org](http://www.familyservicesonoma.org))

## *Intern Support Update*

Due to lack on interest in the in-person support groups, I am planning to move the Intern Support to an online format using Yahoo! Groups. This way interns and trainees can access support at any time. I have found that the vast majority of interns do use the internet. Unless there's any opposition, I'll give it a try.

Folks who would like to join need to let me know, and then I can approve their membership to the online group. I strongly encourage RECAFMT membership for anyone who is an trainee or intern but not already a member of RECAMFT.

Any comments, questions, or concerns?

Thanks. :-)  
Warmly, Katherine

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## *Thanks From Diane Moore*

*Diane Moore was our Administrative Assistant for the better part of the last three years. She resigned in February to take a full time job. Luckily for us, she passed the magic wand to her daughter-in-law, Clare Moore. The chapter sent her a thank you note which many attendees at the March meeting signed and a gift certificate to dinner at the Sonoma Depot in the Sonoma Hotel. She asked us to pass along the following message to the members of RECAMFT.*

Thanks so much!! I hope this card conveys my sense of gratitude to each of you for your generous gift and loving messages. It was a pleasure to serve you and I appreciate my experience with each and every one of you! I wish you love and joy in your work and personal life and will toast you all when I enjoy dinner at the Sonoma Depot!!

Hugs all around and Blessings to you all - always!  
Diane Moore

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