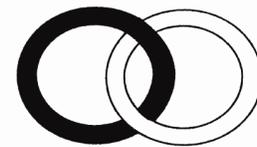


The
Redwood
Empire

Therapist

OCTOBER 2007



REDWOOD EMPIRE CHAPTER CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS

OUR OCTOBER PRESENTATION

ALCOHOL AND OTHER DRUG ADDICTION TREATMENT AND RECOVERY IN THE REDWOOD EMPIRE

On Friday, October 12th, at our next general RECAMFT meeting, Michael Spielman, MFT, and Claudia Brennan, MFT, will be presenting on substance abuse treatment issues, specifically as they relate to Sonoma County. Attendees will gain an understanding of the current state of this county's Alcohol and Other Drug problems as well as the physiological effects of AOD use on the developing brain at all stages of life. Attendees will become familiar with different types of AOD treatment and with the specific treatment resources available in our local area. Some emphasis will be placed on issues relating to adolescents, including treating pregnant and parenting teens, the brain development of this age group, and cognitive deficits in teens resulting from drug use and which also create challenges to treatment. Information will be provided on how and where children 12 years of age and older can access AOD treatment without parental consent, if necessary. The problems of methamphetamine use and co-existing disorders will be covered and the speakers will focus on how private therapists and DOA practitioners can work most effectively and collaboratively in providing services with these populations. Specific local treatment resources will be discussed and a referral list will be handed out. Some time will be provided for Q&A and for discussion of particularly challenging clinical cases.

Michael Spielman received his MFT in 1984 and had a private practice for 15 years specializing in couples and family work as well as interventions and addictions. He has worked at Drug Abuse Alternative Center for 27 years in both clinical and administrative positions and has been DAAC's Executive Director for the past 10 years. Claudia Brennan has been a licensed MFT since 1996, has a small private practice and does work for the California Bar Association. She works full-time as the Outpatient Program Manager for the Sonoma County Alcohol and Other Drug Services Division.

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October 12th RECAMFT Meeting

10:30 - 11:00 social & sign in

11:00 - 1:00 meeting

Alcohol and Other Drug Addiction Treatment and Recovery in the Redwood Empire

Michael Spielman, MFT, Executive Director for DAAC

Claudia Brennan, MFT, Outpatient Program Manager, Sonoma
County

Alcohol & Other Drug Services Division

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

November 9th

Integrating Sex Therapy Into MFT Private Practice

Deborah Caust, Ph.D., MFT, Clinical Sexologist

December 14th

Annual Holiday Get Together

January 18th, 2008

Law & Ethics Workshop

Please join us for this most informative and timely presentation!

President's Message

Gail Van Buuren, MFT



When I awoke this morning there were dark purple clouds hanging over Santa Rosa behind the redwood trees. They reminded me that fall is here and we will soon be having rainy weather.

Personally, I like weather of any kind. I feel exhilarated by the onset of autumn and the new beginnings that, for me, always seem to accompany it. This is the time of year when I find myself making plans and resolutions, much more so than in January.

I wear two hats in this chapter, that of the President and that of the newsletter editor and publisher. Come January I will be passing the President's hat to my friend, Kate Maxwell, but I intend to continue with the newsletter because I enjoy the challenge, and know that it is a vital organ of communication for the chapter. When I joined RECAMFT after I moved here in February of 2006, the newsletter was on its last legs because we could no longer afford to publish it. I am pleased to know that has turned around through the joint efforts of several of our members. Volunteerism is what makes RECAMFT what it is and has its own rewards. We who work together enjoy the camaraderie of new friendships and the knowledge that our service is productive.

I invite you to consider joining the Board or volunteering a few hours a month. We have plenty of openings that would not require a huge commitment. The more people we have, the more we can divide jobs into smaller chunks and share the work. Please contact me or any Board member listed in the newsletter if you could give a few hours here and there. Speaking of the RECAMFT Team, our Hospitality Chair, M. Tamar Berg, who has been bringing and artfully arranging our meeting snacks for years has stepped down from the job. We are so grateful for the gracious way you have served us for so long, Tamar. Your energy has been endless and most appreciated. Volunteering to step into the position is our new Associate member, Lynette Grelet, who joins us from Azure Acres Recovery Center and who is their Community Liaison Representative. Be sure to introduce yourself to Lynette at one of our meetings.

There are other people serving you who deserve recognition. Lisa Lund, our Treasurer, has been

working very hard to clarify her job and to get the chapter on its feet legally. Her efforts at research and investigation have resulted in major steps for the security of any Board serving RECAMFT and will benefit us for years to come. Kate Maxwell, President Elect, has been reviewing and rewriting our membership renewal/application to streamline and clarify this process. You will see the results of her efforts very shortly since we will start using the new form this year.

I would also very much like to make the newsletter more user friendly. The Monterey County newsletter lists ongoing or upcoming groups in a space regularly reserved for that purpose. If you run groups or are planning one, please let me know so it can be on a list of resources we can refer clients to. Let's get that going. The rate for members would be only \$3 per line each month and most ads are two lines. If you got just a single referral in a year it would pay for itself and you would be expanding your referral base with each satisfied colleague whose client benefits from your group. Don't wait. Call or email RECAMFT about your group today.

Enjoy the invigorating autumn. My trees are already beginning to change colors. Good time to decide what colors need to change inside as well, don't you think? Join us for our terrific fall line-up of meetings.

Gail Van Buuren, MFT is in private practice in Sebastopol and can be reached at 494-4198.

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 - October 12th, 2007
1:30 - 3:00 pm**

For more information call Coralia Serafim at
781-0133

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health services to vets, a problem which they describe as “overwhelming” and emphasized that they are trying to segue with the private practice community in this endeavor. They report that although we have a higher than average percentage of vets in this community, there are only five clinicians providing mental health services at that facility and that they see clients every three to five weeks due to the shortage of clinical staff.

Stephanie and Dr. P. spoke about PTSD and related problems such as substance abuse, relational problems, depression, anxiety and traumatic brain injury (TBI). They outlined a wide range of treatment modalities utilized at the Santa Rosa VA including individual therapy, family therapy, couples therapy and group therapy. They provided very detailed clinical information about what therapists need to know and procedures to follow in working with this specific population. They presented a clinical example which highlighted the complexity of these cases and described how they work with vets to develop coping skills for reentering civilian life. Helping clients develop secure attachments in their relationships and using narrative therapy to help some clients regain a sense of meaning in their lives are but two of the many approaches they discussed. The types of traumatic experiences endured by vets in combat were outlined and some focus was placed on the importance of a vet’s life prior to military service in affecting both the severity of symptoms and the outcome of treatment. The presentation ended on a fairly positive note with Dr. P. describing a group he recently started at the SRVA which he feels is one of the most clinically helpful modalities he has seen to date. Since

Vietnam vets are attending groups at about a ratio of 1:4 to Iraqi vets, Dr. P. has started pairing a Vietnam vet with an Iraqi vet in these groups for mutual support and he is very encouraged by the results of this approach.

I feel this was an outstanding presentation for a number of reasons. There was an incredible amount of information provided describing the actual nature and severity of the problems facing returning vets, the challenges they face emotionally and the difficulties they face in accessing mental health services. I was also struck by the fact that we, as a community of therapists were very directly asked to help in treating this population and their families. If you are interested, you can contact Stephanie at Stephanie.piekarski@va.gov or Dr. P at Sridhar@Prathikanti.com or you can call either at SRVA 570-3800. I was impressed and grateful that these extraordinarily busy professionals took the time to come and share with us more about, not only a national dilemma, but a dilemma taking place in our own community. Thank you, Polly, Stephanie and Dr. Prathikanti for sharing your knowledge, experience and expertise with us at RECAMFT!

Christine Erickson, MFT has a Private Practice in Santa Rosa and can be reached at 575-1600.

What You Missed By Christine Erickson

On September 14th Polly Rose, LCSW, Stephanie Piekarski, LCSW, and Dr. Sridhar Prathikanti, Psychiatrist, presented on the topic “Working with Returning Iraqi Veterans and Their Families.” Polly, who is a Combat Veteran Case Manager at the San Francisco VA explained how to access services at the VA and described the criteria and procedure for obtaining various services there. She spoke about National Guard vets, who are represented in high numbers in this county, tend to be older than other vets, and who were less likely to be expecting combat duty when they enlisted. She talked about the percentage of returning vets that have PTSD and how this condition affects every aspect of their lives, and she described some of the limited emergency services available to this population.

Stephanie and Sridhar (or Dr. “P” as he likes to be called) first addressed the demographics of providing mental

Pre-licensed Bulletin Board

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Study partner for exams

Jackie Wild 546-1586

A Supervisor

Janey Cunningham 240 274-1269

janeycunningham@hotmail.com

As a benefit to our pre-licensed members of RECAMFT, this bulletin board is provided to let others know that you are seeking study partners, supervisors, and unpaid internships. You can also announce when you receive your MFT license. Please contact Katherine Kirk, Intern Chairperson at 538-2716 or spiralkk@earthlink.net with your information.

Note: If you are looking for a paid internship, please place an ad in our Ads and Announcements section.

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RECAMFT Presents:



Need your CEU's for Law and Ethics? Mark your calendars now for January 18, 2007 when RECAMFT Presents will host a day-long (six-hour) workshop on this important topic. The program will be CAMFT's David Jensen presenting Part II of last January's workshop.



Coach's Corner

One of the hidden joys of interviewing therapists for Coach's Corner is that I get to hear accounts of the journeys traveled while finding a place where creative energy flourishes. It can be challenging to bring a

vision into form and to a place of full meaning and purpose. There are many ups and downs, doubt and sorrows, questions and unknowns, unexpected twists and turns. But isn't that experience of discovery also the joy of being alive? I encourage you to have fun while you dance with your heart's calling.

Last year I interviewed Mary Hindsdale from the Couples Counseling Center. The center is not a group practice per se, but they are a group of therapists committed to learning, growing and collaborating with each other to consistently provide outstanding services to their clients. Mary Disharoon has recently joined with a nutritionist and a fitness trainer to look at a "s-ane" approach to weight loss and fitness. I've become increasingly interested in other creative ventures people are developing outside of the traditional private practice. For many, private practice may be too isolating. If that is true for you, there are many ways to address your need for collaboration and team work.

New member Tawny Martin, MFT has joined with 3 other therapists, Betty Frain PhD, MFT, Gail Gallette, MFT, and Mischa Countryman, MFTI, (supervised by Betty Frain,) to create ACT, (Adult & Child Therapy Center) of the North Bay. ACT officially opened in Petaluma in June.

Tawny came to this work as many do, by way of the need to heal her own heart. She lost her mother to cancer at a young age and she and her three siblings were raised by their grandmother. She took a psychology class in high school and began noticing how her mother's death was affecting her life. She was very inspired by her psychology teacher and later became his teaching assistant. She knew at that point that she wanted to be in the helping profession. She earned her BA in psychology at Chico State and her MA in Counseling at USF.

Her early work included counseling through Woodland Community Counseling Center, a school based program; Domestic Violence Shelter, where she worked with the children as well as the moms; and Women's Health Center where she counseled low income pregnant teens. She worked with guided imagery and relaxation techniques for pre-term labor. She was able to witness a teen in pre-term labor actually stop her contractions! Just prior to becoming licensed, Tawny worked for SCAYD in Rohnert Park as a counselor, advanced to Counseling Services Coordinator and after licensure became the clinical supervisor for interns. She has also had a private practice.

After taking 4 years off to be a full-time mom, she returned to work at CARE in Santa Rosa and became interested in PCIT, Parent Child Interaction Therapy. She was trained by Mary Linscomb, LCSW who is a UC Davis Medical Center certified PCIT trainer. Tawny also attended a 3 day intensive training at the University of Florida.

This brings us back to ACT, a group of independent psychotherapist with a special emphasis on working with children. They all worked at CARE and found they had common goals. They felt that the benefits of opening a center together included the ability to collaborate and share knowledge, as well as offer peer support for each other's practices. They could share the costs and working together at a "center" was less isolating than a traditional private practice.

The women see themselves as therapists as well as women in business. They recently enjoyed a 3 day marketing retreat in the Sierras. They meet regularly to discuss the business aspect of the center. During the start up period they met up to 4 times a week. Tawny notes that a particular challenge to collaborating as a group is that it takes a lot more time to make decisions but she adds that it is definitely worth it. A particular benefit they see of this collaboration for the client is that while one therapist is seeing the child, another can be seeing the parent so it just makes life a little easier and convenient. Isn't it sometimes just those simple things that can make a difference in the lives of our clients?

While the center focuses on attachment issues, foster parents, adoptive parents, they have vast experience with all kinds of human issues. Tawny Martin brings the special practice of PCIT.

PCIT is an evidenced-based treatment model with highly specified, step-by-step, live-coached sessions with both the parent/caregiver and the child. Parents learn skills through PCIT didactic sessions, and, using a transmitter and receiver system, the parent/caregiver is coached in specific skills as he or she interacts in specific play with the child. Tawny provides the coaching from behind a one-way mirror. The emphasis is on changing negative parent/caregiver/child patterns. The goals of treatment are:

- an improvement in the quality of the parent-child relationship;
- a decrease in child behavior problems with an increase in pro-social behaviors;
- an increase in parenting skills, including positive discipline; and
- a decrease in parenting stress.

I encourage you to ask Tawny more about it. She tells me one of the great benefits aside from it really working, is that it is a brief model where both parent and child can experience success in a very short period of time which instills hope and enables a positive relationship to grow.

So what is next for Tawny and ACT? One thing they are planning is to offer informational meetings for the public throughout the year on topics important to families such as Parents Parenting Growing Children and Caring for Aging Parents.

Welcome Tawny, Betty, Gail and Mischa. We wish you great success.

Diana Poulson, MA, MFT
www.create-the-vision.com
707-824-4782

October's 5150 Raffle

The October 5150 prize is being donated by Cairyl Gardner CMT. She is offering a 1 hour massage at her office in Graton. Cairyl has been doing massage since 2001 and has studied many different modalities. Her approach is to integrate the various modalities to personalize treatment in a safe, healing space. A favorite technique for Cairyl is a blended European style emphasizing Neuromuscular Therapy. Cairyl works with Dr. Terri Turner DO in Sebastopol, as well as with Jody James Licensed Acupuncturist in Graton. Cairyl can be reached at (707) 228-8426

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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Director of Chapter Relations & Certification
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San Diego, CA 92111-1606
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Rhaea Maurel	1997
Paula Hall	1996
Kitty Chelton	1994-1995
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Grace Harris	1991-1992
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Andrew Leeds	1988
Carleita Schwartz	1987
Christine Bucholz	1986
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Rick Mawson	1980-1982

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