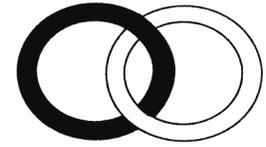


The
Redwood
Empire

Therapist

NOVEMBER 2007



REDWOOD EMPIRE CHAPTER CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS

OUR NOVEMBER PRESENTATION

INTEGRATING SEX THERAPY INTO PRIVATE MFT PRACTICE

On Friday, November 9th, at our next general RECAMFT meeting, Deborah Caust, Ph.D., LMFT, who is a clinical sexologist, will be presenting on sex therapy issues as they relate to the work of MFT private practitioners. Dr. Caust will be addressing the following questions: What types of clients do clinical sexologists work with? How, in general, does Dr. Caust work with clients? How do you integrate sex therapy into MFT private practice? What are the signs that sex therapy is indicated? When is sex therapy not necessary? When can you handle it yourself? What are the most common sexual issues encountered by an MFT and what are simple tools you can use to help clients? When is an MFT "in over their head"? Where can you get further training?

Dr. Caust received her Doctorate in Sexology from the Institute for Advanced Study of Human Sexuality in 1987. She is board-certified by the American College of Sexologists, a Diplomate of the American Board of Sexology, and a fellow of the American Academy of Clinical Sexologists. She is past President of the Northern California Chapter of the Society for the Scientific Study of Sexuality (1992), a professional organization. From 1987 to 1995, Dr. Caust taught both graduate and undergraduate courses in human sexuality at the University of San Francisco, San Francisco State University, San Jose State University and Dominican University of California. She has also made professional presentations to various hospitals, professional societies, schools, churches and community service organizations. In addition, Dr. Caust wrote a Q and A style column related to sexuality and relationships, "SexSense", which appeared in print for four years in two newspapers, Pacific Sun and SF Weekly. She has been interviewed by various newspapers and magazines, radio and television networks.

Dr. Caust received her Masters in Counseling, specializing in Marriage, Family and Child Counseling from San Francisco State University in 1991. She received her license as a psychotherapist (LMFT #32642) in 1995. She is a member of the California Association of Marriage and Family Therapists. Her CAMFT workshops and lectures have been in demand and well attended. Join us for this interesting and relevant presentation!

November 9th RECAMFT Meeting

10:30 - 11:00 social & sign in

11:00 - 1:00 meeting

Integrating Sex Therapy Into MFT Private Practice

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

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

December 14th

Annual Holiday Get Together

January 18th, 2008

Law & Ethics Workshop

President's Message

Gail Van Buuren, MFT



Suddenly winter is upon us or so it feels. I keep waiting for Indian summer and the meteorologist keeps saying that it will soon be warm again but then another storm sweeps in. Wasn't it summer just a few weeks ago? So I take a deep

breath and admit that I wasn't quite ready for the change, break out my winter duds and adjust. I like storms, rain, the chill and all of it. I just wasn't ready in my mind yet. Time to adjust. I can do that more easily than some of my clients can. Does that make it easier for us to work together or harder? Are we always aware of how our clients think about us? Do they tell us everything? Why do I wonder about stuff like this? I think I need a therapist.

Fall seems to be zooming by us and your Board is busily planning the year to come. With our fall programs already in place (and I advise you not to miss these) we are preparing to mail out the flyers for our January 18th Law and Ethics workshop featuring David Jensen, our fantastic presenter from last year's "What the Law Expects from Us" back with Part II of the same subject. If you took advantage of our super low price of admission last year, you know how entertaining and informative David was. On top of that, we are again offering the same low price and another \$10 off if you renew your membership at the same time. You will be pleased, we think, at our revised application which will be mailed to you with the flyer. Our President Elect, Kate Maxwell, and I put it together with feedback from the Board. Group think really does work. And our incredibly competent Treasurer, Lisa Lund, has single handedly managed to complete the process of establishing our chapter as a federally recognized non-profit organization which a previous Board began but never completed in 1999. She researched what was needed online, contacted a professional who could answer questions and help her file the papers, and followed through to get our status.

Christine Erickson has put together one excellent program after another these past two years and was nearly burned out when (thank heavens) two of our members, Judith Peletz, and Michael Krikorian came forward and are chipping right in to co-chair Programs. You will notice Michael's review of our October presentation in What You Missed. Working together in

this way means that one person does not have to do all the work. We could use more of that. We have even had co-presidents when Randi Farkas and Don Scully served together in 1993 and 1994.

We now have a Disaster Mental Health Chair in Margaret Newport. She is a new member but has had years and years of experience in this field. Attendees at the October meeting were fortunate to meet her. Kate Maxwell, myself, and other non-member MFTs took the Red Cross training (the first of three) on October 6th with Margaret. We are very pleased to have such an energetic and experienced chair for this position. If you have any questions about availability of training opportunities speak with her at the number listed on the RECAMFT team list. Another exciting addition to the Board, or really I should say, return to the Board is Don Ross, who has come back to the chapter as Community Outreach Chair and has lots of great ideas for promoting our profession to the public. If you are interested in working with Don or if you have thoughts to share, contact him, again at his number the RECAMFT team list.

Katherine Kirk, who has served for two years as Intern Chair is stepping down and looking for a replacement. Be sure to read her letter in these pages. And as a note here, do consider attending the next ethics meeting. I think you will find it an enriching experience not to mention a warm and cozy one.

Lastly, I failed to print a few Directory corrections and they are included in this newsletter. I apologize. Please make a note of them in your own Directory right away. And really, lastly, it appears that we are in for Indian summer beginning tomorrow. Do I have a complete reprieve from self doubt and existential questions? Don't think so. Hope to see you at the November meeting.

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 - February 1st, 2007
1:30 - 3:00 pm**

For more information call Coralia Serafim at
781-0133

What You Missed By Michael Krikorian

“Alcohol and Other Drug Addiction and Recovery in the Redwood Empire” was a very informative presentation at our October 12 general meeting by two veteran drug treatment providers who now manage programs in Sonoma County. Michael Spielman, MFT is the Executive Director of Drug Abuse Alternatives Center (DAAC) and Claudia Brennan, MFT is the Outpatient Program Manager of Sonoma County Alcohol and Other Drug Services (long known as the “Orenda Center”).

Michael began the presentation by reviewing statistics on substance use in the local area. He told of higher than national rates of use here in Sonoma County in a number of categories including teen binge drinking. One disturbing figure was that 14% of women delivering babies in local hospitals test positive for drugs and/or alcohol in their system. That adds up to 600-700 babies born each year drug-exposed. Fortunately, intervention is improving with Orenda Center bringing trained counselors to the hospitals to meet with identified women as well as to consult with medical personnel. DAAC provides a Perinatal program where these women can get treatment that includes transportation and child care.

While alcohol use results in the greatest treatment program visits (if you include detox visits), methamphetamine use is the second most frequent reason people get to treatment in Sonoma County. Another alarming fact is that methamphetamine abuse is increasing in the teen population.

Claudia discussed brain development and substance use. She reminded us that even though we feared that “crack babies” would be permanently damaged, research is showing that they do catch up with non-exposed babies in their development by age 4. On the other hand, mood altering substances do affect fetal development so complete abstinence is now recommended for pregnant women throughout the 9 months of pregnancy. Claudia told of research showing that human brains do not have a fully developed neocortex until the mid-20s, so it is a lot to expect of teens to make good decisions on their own. She said that we can best serve teens by using a HARM Reduction approach to get them to protect their developing brains from damage, by helping them reduce their stress and to get enough sleep, and by helping them connect with safe people and safe places. She also

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CEUs: Vickie Settle 568-5522
Disaster Mental Health: Margaret Newport

NEWSLETTER

Editor/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: Lynette Grelet
Website: F. Michael Montgomery 578-9385
Community Outreach: Don Ross 525-0675
Conferences: Vacant

recommended that we promote the resiliency factors that we can identify in them. Adding drug use to the stressed life of a typical teen is inviting brain development delays and damage.

Michael talked about treatment and said it is important to think of addiction as a chronic, relapse-prone disease. This means patience on the therapist's part and not seeing treatment as a one-time event. MFTs are encouraged to get releases signed by their clients getting drug treatment and communicating with the programs. He said that research suggests that a significant level of improvement occurs in an adult at the 3 month mark of ongoing treatment. He went on to describe levels of care ranging from 12 Step meetings to outpatient groups to day treatment to short and long term residential treatment. All of these programs are available locally for adults and many for teens. Many are available on a sliding scale or covered by MediCal in addition to private insurance or a fee-for-service basis (12 Step meetings are free).

Thank you, Claudia and Michael, for a fine presentation and updating us on this vital topic that impacts a portion of every one of our caseloads. DAAC can be reached at 544-3295 and Orenda Center at 565-7450.

Michael Krikorian, MFT is in private practice in Santa Rosa and can be reached at 579-0838.

Directory Corrections

LUND, Lisa
Primary Office
633 Cherry St., Suite 5, Santa Rosa, CA 95404
Phone # (707) 547-0401

PEARSON, Karen
Now Licensed-MFC 43698 (707) 258-3011

MAXWELL, Kate
825 College Avenue, Santa Rosa, CA 95404
Phone # (707) 237-8900

BROWN, Sue C., MFT, MFC 19335
722 Spring Street, Santa Rosa CA 95404, (707) 571-8992,
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STEFONETTI, Mari
7 Fourth Street, Suite 17, Petaluma, 94952.
mstefonetti@comcast.net

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A Letter from Katherine Kirk

Hi Everyone:

I have very much enjoyed serving as the Intern Chairperson for RECAMFT for the past year and a half. One of the benefits, of course, is getting to know a lot of great pre-licensed members. Another is getting to know the other board members - the board meetings I have attended have all been warm, productive, and light hearted. I have made true friends on the board.

Then there are special events - we as a board put on a Law and Ethics workshop for about 150 people last January, and it was a blast. We also have wonderful annual retreats with yummy food, beautiful settings, and exciting brainstorming.

It's been invaluable to me to get to work with committed outstanding licensed MFTs as an Intern. This experience has given me great pride in my profession and a feeling on honor to be playing on the level as the licensed folk. I feel confident about stepping into the

shoes of a licensed MFT in a way I don't know I would have felt if it hadn't been for my RECAMFT service.

Being on the RECAMFT board of directors is a chance to really make a difference for interns in Sonoma County. I have had meetings at my home, started this Yahoo! group, started a notice board in the newsletter and talked to a lot of you on the phone. In this position, you can spot a need and fill it. The possibilities are up to your imagination.

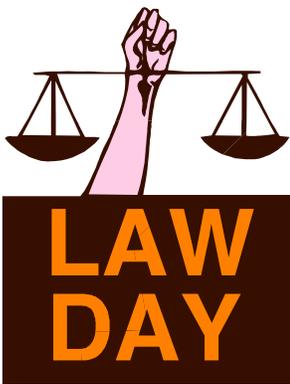
As the Intern Chairperson, I was often the first to know about really great internships and other opportunities (for example, I get to test BBS hour tracking software for free).

I will be stepping down as Intern Chairperson at the end of December, so I'm hoping that one of you will like to serve the membership in 2008. I would like to help you make the transition into the position so that it goes smoothly and easily. I'll be available to help by phone, email, whatever. . . Please let me know if you are interested in being the 2008 MFT Intern Chairperson.

Thank you,
Katherine Kirk, MFT Intern

P.S. Did I mention it looks great on your resume? ;-)

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.

November's 5150 Raffle

The November 5150 is a generous donation by Dr. Leslie Hayden-Malloy, PhD, CCN. Leslie is a nutrition coach who emphasizes preventive care for the general public. As a nutrition coach she helps people make small changes in their eating and exercise habits that can

make a big difference in their health throughout their lifetime. She uses a nonjudgmental approach that respects patient uniqueness, individual lifestyle and food preferences. Leslie is offering an initial complete nutritional assessment which includes: food record diet analysis, supplement/medication review, health and dietary history, exercise history, height, weight, frame size, blood pressure, body composition and waste measurement. She will lay out a daily meal plan that balances protein, fat and carbohydrates in such a way to help prevent heart disease and diabetes. Included will be a free consultation with the two wonderful personal trainers that she works with. Leslie specializes in helping people with weight issues, high blood pressure, high blood fats and high blood sugar. "If you are sick of your condition, come and see me, Dr. Leslie Hayden-Malloy, about your nutrition," she says. Leslie can be reached at 799 0315 or www.mynutritionnow.com. Many thanks, Leslie.

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.

An advertisement for M.E.N. (Men Evolving Non-violently). At the top, the word "men" is written in a stylized, lowercase font, followed by "Men Evolving Non-violently" in a smaller font. Below this is a large dark grey square with the text "VIOLENCE PROBLEM?" in large, white, bold, uppercase letters. Underneath that, it says "CALL M.E.N. (707) 528-2636" in white. At the bottom of the square, there are two bullet points: "• supervised peer groups" and "• sliding scale fees". Below the square, the text "Changing Men's Lives for 25 Years" is written in a cursive font.



Coach's Corner

"The soul is tricky", says Don Scully, MFT. "You have to track the soul as it manifests." Don and I sat together for an hour to talk about his practice and weaving throughout the conversation was his great strength and

wisdom, his compassion and warm smile, and his dancing eyes. Ah, did I catch a glimpse of his playful soul?

Don loves a good mystery and in his quest to understand the meaning in his and others' lives, he studied religion and depth psychology, earning a Masters in both Religious Studies and Clinical Psychology. His early work was through the church. He taught and trained clergy students. He also ran workshops for mothers and sons, and workshops on religious doubt. People would often come to talk with him personally and he found he loved that. He left the church setting and went out on his own where he could explore life's mysteries beyond church systems that are suspicious of questions. Don set up his practice in St. Helena in 1982. Within 2 years he had 12 other practitioners working with him at the St. Helena Counseling Center. They were all individual practitioners but Don agrees that a "center" helps create the professional image. Don has continued his practice in St. Helena but there is no longer a "center".

Eighty percent of Don's practice involves working with men. Through exploring his relationship with his own father he developed great compassion and understanding of the male soul. His love of groups leads him to work with men and couples in group settings. Currently both he and his wife, Elaine, sit on the Board of the Berkeley Group Education Foundation. He assisted in producing a 6 hour training video on group psychotherapy, which is still selling. He has attended 10 – 15 workshops a year for over 20 years as well as conducted his own, including DSM-4, Patient/Therapist Sexual Involvement as well as Mother and Son Workshops. He has found that preparing for these workshops has challenged him to learn and grow; something very important to Don.

Don reports he has made a good living in private practice. He wouldn't do anything different if starting a practice today. His best marketing activity has been to send out workshop flyers to attorneys, clergy, clients, therapists and physicians. "People get a sense of you even if they don't attend." Don also served as Co-President of RECAMFT along with Randi Farkas, oh, we figured maybe 15 years ago? And, by the way, he was honored with the CAMFT Distinguished Clinical Member Award.

Don's business advice to therapist starting out is to "charge what you're worth. You have to feel safe and competent." Don has consciously strived to continue learning and that has included doing his own work in therapy. To be a good therapist he believes you need 3 things.

1. Theoretical knowledge. You have to have a language that is understandable to other professionals. For example, how do you give others a picture of "health."

2. Capacity for empathy. You must have a feeling connection.
3. Instinct. Here is where you are paying attention and asking the questions of the soul that the client is not yet answering.

Keep asking those questions. "I learn from them, my clients. I learn about life from them."

While Don does accept some insurance, he has a service handle all the billing.

Don maintains a small private practice in Santa Rosa as well as his full-time practice in Saint Helena. As he moves closer to retirement he plans to move his practice to Santa Rosa and also take some time to write books. He would like to write one on Depth Psychology. I, for one, will look forward to learning from Don's years of asking questions.

Diana Poulson, MA, MFT
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Bulletin Board

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 11/9/07 to Chrysalis, 1821 4th Street, Santa Rosa, CA 95404. FMI call 545-1670x208.

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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:
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Hari Meyers	1992-1993
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