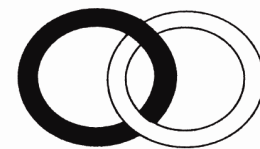


The  
Redwood  
Empire

# Therapist

JANUARY 2008



REDWOOD EMPIRE CHAPTER CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS

## UNDERSTAND YOUR UNCONSCIOUS MONEY PATTERNS; CREATE GREATER PROSPERITY & FULFILLMENT

At our next general RECAMFT meeting on Friday, January 11, 2008, Deborah Price will speak on the topic of money issues, ours and our clients'. Coping with money issues, both practically and emotionally, is a major life struggle for many if not most people, and yet it is a topic we tend to gloss over in therapy.

In this presentation, Deborah will discuss unconscious patterns in how people think about and manage their money. Deborah has identified eight money archetypes. She will help us learn the key characteristics of each type, and through a questionnaire, will help us identify our own pattern of relating to money. By making unconscious attitudes conscious, a new relationship with money will emerge and will allow us to move beyond detrimental attitudes and behavior which impact our lives or the lives of our clients.

Deborah Price is the founder of The Money Coaching Institute which provides money coaching, business consulting and training to both individuals and corporations. Money Coaching is a step-by-step process for understanding and changing one's relationship with money in order to live a more purposeful and prosperous life. A former financial advisor for over twenty years with firms such as Merrill Lynch, Mass Mutual, AIG and London Pacific Advisors, Deborah left the financial industry to pioneer the field of Money Coaching. Through education and awareness, she is committed to helping to empower others around money, both personally and practically. She is the author of *Money*

*Therapy: Using the Eight Money Types to Create Wealth and Prosperity, Money Magic: Unleashing Your Potential for Wealth and Prosperity, and Start Investing Online Today.* She has appeared on numerous radio and television shows throughout the United States and is considered a leading expert in her field.

### January 11 RECAMFT Meeting

10:30 - 11:00 social & sign in

11:00 - 1:00 meeting

### Understand Unconscious Money Patterns For Therapists and Clients

Deborah Price of the Money Coaching Institute

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

### January 18<sup>th</sup>, 2008

### What the Law Expects of Me - Part II Workshop

David Jensen, JD

### February 8<sup>th</sup>, 2008

### Gottman Method Couples Therapy

Lisa Lund, MFT

### March 14, 2008

### Leading Expressive Arts Therapy Groups for Children

Marguerite Dean, LCSW

Please start out the New Year by joining us for a very stimulating and unique presentation.

## *President's Message*

*Kate Maxwell, MFT*

RECAMFT held its annual Holiday party on December 14<sup>th</sup> and at that gathering Gail van Buuren handed over the “gavel” to me as the President for the coming year. I find myself wondering what kind of President will I be. What will be the important issues next year? What is expected of me? Will I be able to be an asset to RECAMFT? This consideration brings me to a fascinating topic: Predictions.

Each year at this time I am struck by the evidence of our need, as humans, to predict the future, the coming year. Predictions are published in the papers by all the experts in politics, economics, medicine, etc. Then we, as readers or listeners, try to assess their accuracy and derive great pleasure in supporting and identifying with the expert whose prediction comes closest to our view of reality. “I knew (so-and-so) was right, remember, I told you that (so-and-so) knew what was really going on. I knew it!” And even if we don’t express it out loud, there is that secret satisfaction in picking the winner.

It is with a certain amusement that I read the predictions as I measure the folly of the new predictions against one of the greatest dire predictions of recent times. I’m speaking of the one every reader can remember. We were all a part of it. Remember the catastrophe predicted for January 1<sup>st</sup>, 2000. Y2K. The computers were all going to crash and our world was going to come tumbling down around us. How many people did you know who stored up extra food and water, who sold off stocks, even property to move to a safe haven? And maybe, like me, you did (just in case the experts were right) stock the larder a little more than usual: Better safe than sorry.

Maybe you, too, watched the New Year’s Eve TV news as one country after another passed the midnight marker without the predicted meltdown. It was pretty funny in the following days to share the joke with friends and family about the panic based upon “expert” predictions.

Since that New Year’s Eve in 2000 I tend to take predictions with a grain of salt. I am, however, fascinated by this need to eliminate the unknown, the mystery of life. I know from my own self observations that I am looking for safety in the predictions and I

know that the unknown mystery can be somewhat threatening. But here’s the problem. I know that if I identify with a prediction I will tend to look more for confirmation rather than to see all the events, especially those unexpected directions into which the future flows.

So, here I am as the new president of RECAMFT. I’m giving no predictions. I do wonder how it will be that we continue to meet together to share information and companionship. So I can’t predict the future, nor do I want to, but I can certainly appreciate the past. I can tell you that I wish to follow the wonderful lead that Gail has provided me (I did not experience preceding presidents). Gail was a dedicated president who provided sound leadership and worked with enviable grace with the rest of the Board. I intend to live up to the standard she set. In addition, I felt that the Board was supportive of each person, their input and their vision and I look forward to continuing working with this group of exception people to further the goals of RECAMFT in providing professional support for the members. As the Board exists for the members’ benefit, it is reliant upon those members to make their needs known to the Board and I hope ideas will flow easily among us and the best directions will become obvious.

I am looking forward to getting to know you all, to laughing together, perhaps crying together and to sharing the essence of that which brings us to this work. We are explorers! Let us welcome the future, the great Mystery, without predictions.

Happy New Year!

*Kate Maxwell is in private practice at the Erickson Institute in Santa Rosa and can be reached at 237-8900.*

## **RECAMFT TEAM**

### **BOARD OF DIRECTORS**

**PRESIDENT:** Kate Maxwell 237-8900

**PRESIDENT ELECT:** Vacant

**PAST PRESIDENT:** Gail Van Buuren 494-4198

**SECRETARY:** Vacant

**TREASURER:** Lisa Lund 547-0401

### **DIRECTORS-AT-LARGE:**

**Programs:** Christine Erickson 575-1600

Judith Peletz 526-7720 x 315

Michael Krikorian 579-0838

**Interns:** Karen Nemrow 765-4999

**CEUs:** Vacant

**Trauma Response Team:** 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

## *What You Missed By Gail Van Buuren*

On Friday, December 14th, we came together for our annual Holiday Gathering. There was an abundance of delicious food and plenty of time to socialize with each other. Don Ross brought his guitar and together with Hannah Schoen Caratti on her flute, they provided wonderful music, generating an atmosphere of peace and harmony.

When we came together in our circle, I had the pleasure of thanking our 2007 Board and giving the ones present Certificates of Appreciation. Then I passed the "gavel" to Kate Maxwell, our new President. Judith Peletz surprised me by giving me such a huge poinsettia that I got lost behind it and a Certificate of Appreciation for Outstanding Leadership. I stumbled through my thanks.

Don Scully, who had agreed to facilitate our circle again this year, was unable to come due to illness but sent along the question he intended to ask. Michael Montgomery graciously agreed to fill in for Don when I asked him. So it was Michael who posed the question: "What insight into the human soul fuels you now as you live your life and do your work?" There followed a pregnant pause. I say pregnant because such a profound question takes time to gestate within and to bring forth a response. The discussion - well, no - discussion sounds more like a conversation and it was, but it was not. Each individual brought us some important piece of their experience and wisdom, gleaned from their work as well as from their life. Every contribution enlarged the scope of the subject and added depth.

After an hour we ended and adjourned our last meeting of the year. If you missed it, we missed you, and you missed something special. Come again soon.

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

## Artful Marketing & Practice Development

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### *2008 Marketing Strategies Work Groups*

March 8 – November 8 • 2nd Saturdays,  
11:00 AM - 1:00 PM, San Rafael

March 19 – December 17 • 3rd Wednesdays,  
9:30 - 11:30 AM, San Rafael

### *Website Planning*

March 26 • 9:30 AM – 12:30 PM, San Francisco

[www.artfulmarketing.com](http://www.artfulmarketing.com)  
for complete schedule and to register online

Wendy Davis Larkin, MA • 415.454.2911  
(MFC23654) (PCE1105)

## RECAMFT Presents:



Need your CEU's for Law and Ethics? Mark your calendars now for January 18, 2008 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.

### *Trauma Response Network*

The California Association of Marriage and Family Therapists is actively encouraging the development of a trained trauma response network to work in conjunction with American Red Cross when disasters occur necessitating immediate intervention. These critical events may be natural or man made.

Our Chapter has formed a committee and joined in the effort to recruit and train interested members. This training is very valuable. One may take the required training and elect to be deployed by the Red Cross or utilize their acquired skill in some other way.

Of course we all hope disasters will not happen, but they do and we need to prepare. Classes for licensed professionals will be offered by American Red Cross on January 5, 2008 which is part of the required classes.

1. American Red Cross Volunteer Orientation and
- 2 Fulfilling our mission

Volunteers taking these two classes will then be eligible to take:

Foundations of Disaster Mental Health on Jan 19, 2008  
The Santa Clarita Red Cross District Office is located at: 23838 Valencia Blvd Ste 120  
Santa Clarita, Ca. 911355 (661) 222-3195 or  
[jaccovettim@arcia.org](mailto:jaccovettim@arcia.org)

There will be other trainings offered. If you have questions, please contact me.

Margaret Newport, Chapter Coordinator Trauma Response Network RECAMFT

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### *Coach's Corner*

*with Diana Poulson*

New Year's Resolutions anyone?

Well okay, but how about a reflective retreat to get 2008 off to a good start? You and your practice need this at least once a year to keep you both in tip top shape. It's time to take stock, to look at what has worked and what hasn't. Take a day away from the office and home. Go alone, or take along a couple of colleagues. Create the most nurturing, creative space you can in an environment where you feel you can rest and rejuvenate. Take a room by the beach, a picnic table in Armstrong Woods, or just a corner booth at a coffee shop provided they let you stay as long as you want. Be sure to take writing materials. You may want to do some stream of consciousness writing after you reflect.

- Reflect on this past year.
  - What were some of the highlights?
  - Were there trials and tribulations?
  - What did you enjoy the most?
  - What did you enjoy the least?
- Think about the coming year.
  - What are some of the things happening for you this year?

## ADS & ANNOUNCEMENTS

### *Office Space*

Sublet near Pacific Market, Santa Rosa. Garden view, bright, spacious and attractive. Comfortable waiting room and off-street parking. Available Mondays and Thursdays. Call Denise at 707-330-5321.

Wanted: Therapy Office for Rent in Downtown Santa Rosa Fulltime. Contact Judy Fiermonte...  
[judyfiermonte@comcast.net](mailto:judyfiermonte@comcast.net) 528-1097

### *Bulletin Board*

Clinical Counselor - JFCS is looking for a Part time licensed clinician to work up to 15 hours per week seeing children, adolescents and adults in Santa Rosa. Must be computer literate and comfortable with setting measurable goals and objectives. For a full job description see [www.jfcs.org](http://www.jfcs.org) and under JOBS tab.

Post Adoption Coordinator: JFCS in Santa Rosa is seeking a full time licensed clinician to coordinate our Post Adoption Services. This job is a combination of administrative and clinical work. Excellent benefits. For a full job description see [www.jfcs.org](http://www.jfcs.org) under JOBS tab.

### *January's 5150*

This month's 5150 prize is a private evaluation and training session with Sandra Machado. Sandra is a certified personal fitness trainer located in Petaluma. She also has a black-belt in Kenpo style karate, and has worked as a martial arts instructor for several years. She now has a fully equipped and private home based studio, where she works with small groups or individual clients who want to get in top physical shape, learn a new skill, or just want to feel safer and more confident in their environment. For more information, please see Sandra's website at [apsfitness.com](http://apsfitness.com). Sandra can be contacted at 765-6641.

*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.)*

- Are there any major changes coming in your life that will require a change in your practice?
- What are the accomplishments you hope to be reflecting on next year at this time?
- What do you want more of this year?
- What do you want less of?
- Is it time to raise your fees? Is there a new theory or technique you want to learn about? Do you need to streamline your office procedures?
- Do you need more time with colleagues? Do you need more time with friends and family? Do you need more time alone?
- Make a plan.
  - What do you need in order to make your dream for the new year come true?
  - Who can help you?
  - What are the steps necessary to take? Which one can you take first? When?
  - What could get in the way of you following through?
  - How will you work with your resistance?

Often small business owners look for ways to add values to their customers/clients. Here are some ideas:

- How inviting and comfortable is your waiting room? Would adding a water dispenser or a tea pot convey a warm invitation to rest and relax and unwind before the session?
- Write an informative newsletter to leave in your waiting room, send to doctors, lawyers, hairdressers, etc. , educating on some of the new things you've learned and some helpful tips.
- Join a consultation group. As Kitty Chelton points out, we all need to work on our edge. Get some new perspectives and look at your clients with fresh eyes.

I wish you joy and prosperity in the New Year.

Diana Poulson, MA, MFT [www.create-the-vision.com](http://www.create-the-vision.com)  
707-824-4782

#### **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 1<sup>st</sup>, 2007**  
**1:30 - 3:00 pm**

For more information call Coralia Serafim at 781-0133

**DETERMINING YOUR MONEY TYPE**  
**List of Characteristics**  
(circle all that apply regarding your tendencies around money)

Anxious	Prone to blame	Highly emotional	Lives in past
Financially irresponsible	Seeks rescue	Trusting	Feels powerless
Unforgiving	Addictive	Self-fulfilling prophecy	Powerful
Driven	Disciplined	Goal-oriented	Feels betrayed
Confident	Calculating	Highly critical	Judgmental
Lives for Today	Rescuer	Aggressive	Generous
Loving	Conscious	Open to Flow	Manipulative
Happy-go-lucky	Discerning	Controlling	Long-Suffering
Caretaker	Self-sacrificing	Passive-aggressive	Resentful
Compassionate	Wise	Restless	Undisciplined
Financially successful	Fearful	Impetuous	Optimistic
Overly generous	Adventurous	Internally motivated	Lives in present
Detached	Highly materialistic	Loner	Seeker
Tells the truth	Non-materialistic	Financially balanced	Vibrant
Indecisive	Passive	Financially dependent	Seeks security
Non-confrontational	Represses feelings and beliefs	Secretive	Artistic
Obsessive/compulsive	Competitive	Transforms reality	Harbors resentment
Rigid	Spiritual	Lives for the future	Loyal
Oppressive	Prone to rage or violence	Cautious	

**Key to the Money Type Exercise**

Anxious 1	Prone to blame 2	Highly emotional 2	Lives in past 2
Financially irresponsible 2&5	Seeks rescue 2	Trusting 1 & 8	Feels powerless 1 & 2
Unforgiving 2 & 7	Addictive 2	Self-fulfilling prophecy 2	Powerful 3 & 8
Driven 3	Disciplined 3	Goal-oriented 3	Feels betrayed 4
Confident 8	Calculating 3 & 7	Highly critical 4 & 7	Judgmental 4
Lives for Today 5	Rescuer 3 & 4	Aggressive 7	Generous 3 & 8
Loving 8	Conscious 8	Open to Flow 9	Manipulative 4 & 7
Happy-go-lucky 1 & 5	Discerning 3	Controlling 4 & 7	Long-Suffering 2 & 4
Caretaker 4	Self-sacrificing 4	Passive-aggressive 2 & 4	Resentful 2
Compassionate 4 & 8	Wise 3 & 8	Restless 5	Undisciplined 5
Financially successful 3&7	Fearful 1, 2 & 7	Impetuous 5	Optimistic 5 & 8
Overly generous 5	Adventurous 5	Internally motivated 6	Lives in present 8
Detached 6 & 8	Highly materialistic 7	Loner 6	Seeker 6
Tells the truth 6 & 8	Non-materialistic 6	Financially balanced 8	Vibrant 8
Indecisive 1	Passive 6	Financially dependent 1	Seeks security 1
Non-confrontational 1&6	Represses feelings and beliefs 1	Secretive 7	Artistic 6
Obsessive/compulsive 7	Competitive 3	Transforms reality 8	Harbors resentment 4
Rigid 7	Spiritual 6 & 8	Lives for the future 5	Loyal 3
Oppressive 7	Prone to rage or violence 7	Cautious 3	

Write down all the characteristics that you have checked on this list. The list represents all the Money Types with a number beside each.

- |              |                    |              |
|--------------|--------------------|--------------|
| 1 = Innocent | 4 = Warrior        | 7 = Tyrant   |
| 2 = Victim   | 5 = Fool           | 8 = Magician |
| 3 = Warrior  | 6 = Creator/Artist |              |

Add up the number of characteristics from the previous page that you have in each category.

For example: (your total score)

- |                    |   |
|--------------------|---|
| 1 = Innocent       | 3 |
| 2 = Victim         | 2 |
| 3 = Warrior        | 6 |
| 4 = Martyr         | 5 |
| 5 = Fool           | 2 |
| 6 = Creator/Artist | 2 |
| 7 = Tyrant         | 4 |
| 8 = Magician       | 8 |

The category that you have the most number of is your primary money type. If you have a score of five or greater in any other category, this is an indication that this money type remains active in your life.

A score of four or less represents a passive money type. While passive money types are generally not present or active in your daily life but can be triggered and become "active" during times of stress or when you feel anxious or fearful about money. Passive money types are inert aspects of the self that can be easily "triggered" or influenced by external circumstances or events.

**PLEASE BRING THIS EXERCISE WITH YOU!**

### **Editor's Note**

I apologize for the quality of the above Determining Your Money Type form. It certainly did not come to us in this form. In the effort to fit it into an 8 page newsletter, some of the quality was sacrificed. Your patience is requested. Thank you.

## NEWSLETTER COSTS & DEADLINES

### Line ads and announcements:

Members - \$5 per line  
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Flyers inserted in newsletter - \$100

Mailing labels - Members - \$65  
Non-members - \$125

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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 - 10<sup>th</sup> of the month  
Advertisements - 5<sup>th</sup> of the month

For more information call, fax, or email the office at:  
707 575-0596 or [therapy@recamft.org](mailto:therapy@recamft.org)

## RECAMFT HONORS ITS PAST PRESIDENTS

Gail Van Buuren	2007
Diana Poulson	2005-2006
Joan Logan	2004
Judith Goleman	2003
Ange Stephens	2002
Christopher Doyle	2001
F. Michael Montgomery	2000
Julie Green	1999
Jan Lowry-Cole	1998
Rhaea Maurel	1997
Paula Hall	1996
Kitty Chelton	1994-1995
Don Scully & Randi Farkas	1993-1994
Hari Meyers	1992-1993
Grace Harris	1991-1992
Richard Alongi	1990-1991
Diana Young	1989
Andrew Leeds	1988
Carleita Schwartz	1987
Christine Bucholz	1986
Thomas Hedlund	1982-1985
Rick Mawson	1980-1982

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