

GOTTMAN METHOD COUPLES THERAPY: A SCIENCE BASED APPROACH

John Gottman established the Family Research laboratory, aka "The Love Lab," in 1986 at the University of Washington. He focused primarily on the following two questions:

- 1) What is it that people do to have a satisfying marriage?
- 2) What predicts divorce?

At our February general RECAMFT meeting Lisa Lund, MFT, will discuss the answers to these questions and will describe the method of couples therapy that John and his wife, Dr. Julie Gottman, created based on findings from their research. Lisa will explain how certain patterns predict success or failure in a marriage and what you can do, as a therapist, to help your couples get back on track.

Lisa will provide an overview of John Gottman's theories, research and resulting therapy approach known as Gottman Method Couples Therapy, or GMCT. She will talk about the Love Lab, the Sound Relational House and the importance of doing a thorough assessment and follow-up treatment in this science based approach. Lisa will discuss the focus of treatment and how this was informed by Gottman's empirical findings.

Lisa Lund, MFT, CRC has private practices in Santa Rosa and Novato where she focuses her work on couples and individuals who are struggling in their relationships. She received advanced training with the Gottman Institute and is currently working toward becoming a Certified Gottman Therapist. She also received advanced training in Emotionally Focused Couples Therapy and in Prepare/Enrich Premarital Counseling. Prior to moving to Santa Rosa, Lisa co-founded The Marriage Clinic with Dr. Timothy West in Marin County.

Join us for an enriching and informative presentation.
Christine Erickson, Programs

Christine Erickson is in private practice in Santa Rosa and can be reached at 575-1600.

February 8 RECAMFT Meeting

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

Gottman Method Couples Therapy A SCIENCE BASED APPROACH

Lisa Lund, MFT

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

March 14, 2008

Leading Expressive Arts Therapy Groups for Children

Marguerite Dean, LCSW

SAVE THE DATE

Attachment in Psychotherapy Workshop

David J. Wallin, Ph.D.

President's Message

Kate Maxwell, MFT

David Jensen, a very talented presenter, is one of the attorneys for CAMFT. The reason I think he is an exceptional presenter is that he can manage the topic well enough to keep the audience awake and interested and still cover information which is not of burning interest to most of us. Given a choice between the topic of law, even as it pertains to our profession, and a subject related directly to serving our clients, few if any of us would opt to attend a lecture on the law. So I am deeply appreciative of David's engaging and excellent presentation.

We had 94 participants, which translates to a positive cash flow for RECAMFT. The evaluations were very positive with 74% attendees giving David a perfect score. This appreciation translates to a glowing recommendation for those who will require the CEU's next year to attend *What the Law Expects of Me III*. David is developing course *III* and *IV* with variations on emphasis of subtopics in order to keep this required education interesting and timely for licensees.

Of the attendees for the workshop, everyone gave David an excellent or good rating. Those who rated individual items low noted that they were taking the workshop to meet licensing requirements. Since this is the only reason most of us take this workshop, my interpretation of their response is that they resented taking the workshop and that this resentment endured to the end of the day when they filled out the evaluations.

So I got to thinking about resentment. As therapists we are, presumably, all aware of the effects of resentment. At its extreme we withdraw into an emotional seething which occupies all of our attention; think of the word "resent ful." It's pretty difficult to be present to the world around us or to take in new information in that state of mind.

As I surveyed my own reactions, looking for any lurking resentment, I got to thinking about the changes that have taken place in the laws and guidelines since I was first licensed in 1977. Initially no CEUs were required and the laws were very broad. I believe, as I imagine most of us do, that the CEUs are a positive addition, encouraging us to continue learning and expanding our body of knowledge.

The laws, on the other hand, have become increasingly restrictive as situations arose which made it very clear that there will always be a few people who do not use their heads. I am thankful to David for providing a list of some of unbelievable activities to demonstrate the necessity for guidelines and laws. It helps me to remember that these laws protect us as a body of professionals and keep us "on our toes" so we don't make mistakes, regardless of justifications. Even with the legal restrictions, I believe we have a well functioning system in place. So I hope you truly enjoy your next Law and Ethics workshop as much as I did this one.

Future Workshops: In response to suggestions and requests, we are planning our next big workshop on the subject of "Attachment in Psychotherapy", presented by David Wallin from Marin on June 6th so check your calendars and register early.

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

February's 5150

The February 5150 is being generously donated by Theresa Beldon. She is offering a 1½ hour session that includes a massage and a hot tub after it—all at her beautiful bed and breakfast in western Sebastopol, Casa Flores. Theresa has been a practitioner of Swedish and Esalen massage, as well as Shiatsu, for over 20 years. She has also been involved for years in the somatic psychotherapy community, as a practitioner and trainer for Bodydynamics, a MFT intern at Lomi Psychotherapy Clinic and most recently as co-trainer of the "Remembering the Body in Psychotherapy" somatic psychotherapy training. Theresa can be reached at 823-5216. (See VRBO's website—enter #100299 in the search by number section—to see info about Casa Flores.) Many thanks to Theresa 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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What You Missed *By Judith Peletz*

On Friday, January 11th, RECAMFT hosted a very interesting speaker meeting. The topic was, "Understanding Unconscious Money Patterns for Therapists and Clients." Deborah Price was our presenter. Working for many years as a financial planner in large investment firms, Deborah became interested in how her clients related to money. She eventually quit her job, became a money coach and opened up The Money Coaching Institute. She has written several books on the topic of money coaching and money therapy. We were fortunate that she shared her wealth of knowledge with us.

According to Deborah, we all have attitudes and beliefs about money which can be seen as archetypes which are largely formed in our family of origin. These

archetypes are usually unconscious, but pervasive. She described a four step process to determine our core issues or patterns, and she gave us a chance to engage in that process. Then, she helped us see how our money archetypes impact our lives in positive and negative ways.

Deborah described the 8 different money archetypes and explained each type. They are the Innocent, the Victim, the Warrior, the Martyr, the Fool, the Creator/Artist, the Tyrant, and the Magician. Each type has value and each type is within us, but certain types are given "more speaking time" according to the attitudes and beliefs we have adopted. Often we become stuck in one or two patterns which may cause us to make poor choices in managing our money. According to Deborah, "People tend to be all or nothing when it comes to money."

However, by becoming more conscious of our dominant archetypes, we have an opportunity to change. Besides the necessary awareness, we need willingness to change, and then we need to follow through with action. Ideally, we will learn to assess a situation and then call up the archetypes that are most appropriate and beneficial in that situation. By doing so, we will be grounded in our decision making.

As therapists, we want to be of service to our clients, but we may neglect the business aspect of private practice. It behooves us to look at how we are holding the shadow around money. Are we the Innocent and the Fool, hoping that practice development will take care of itself? Do we have aspects of the Martyr and Creator/Artist and prefer to give rather than receive, making it hard to charge what we are worth?

We had a discussion of how money issues show up in our clients. Some of the ideas mentioned were irresponsibility, stress, defensiveness, limited options, secrecy, and work issues. Also, couples frequently have money issues due to different styles of handling money. Deborah noted that money problems are the number one cause of divorce.

In working with couples, it is helpful to identify each partner's money archetypes in order to understand how money issues may be causing conflict. Deborah gave the example of the Warrior marrying the Innocent, a dynamic that may work for a time. However, if the Innocent becomes dissatisfied with this arrangement, the warrior may feel threatened and angry and be unwilling to change. Deborah has noticed in working with couples that money problems and sexual problems


go hand in hand. However, partners often develop new intimacy as they become more conscious of their assumptions and beliefs about money and share the related pain they have carried around for years due to past experiences.

Deborah asked for volunteers from the audience. Then, she proceeded to help us all understand the pros and cons of certain money archetypes. She also demonstrated how early experiences or parent archetypes influence us. This was a very helpful part of the presentation.

Personally and professionally, I found this topic and this speaker to be fascinating. If you missed it, speak to someone who was there or check out one of Deborah's books, such as *Money Therapy: Using the Eight Money Types to Create Wealth and Prosperity*. You'll be glad you did.

desiring to serve in times of crisis. I encourage any member with an interest in this growing field to join in this endeavor. There will be a presentation of "Eye of The Storm" workshop in March. It will be in Santa Clara and is a two day presentation conducted by Diane Myers, RN, MA, PhD. a pioneer in trauma response. Many workshops are some distance from Santa Rosa and require more time and travel. Interested members may wish to take advantage of this opportunity.

Contact me for further information,
Margaret Newport,
RECAMFT Trauma Response Network



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

For more information call Coralia Serafim at 781-0133

Loan Repayment Help

The Licensed Mental Health Service Provider Education Program is providing loan repayment awards, of up to \$15,000, in exchange for a commitment to provide two years of service within a designated Mental Health Professional Shortage Area. Click on www.healthprofessions.ca.gov/MUAFacilities.htm for a partial list of Medical Underserved Counties and their locations. Persons providing direct client services in underserved areas are afforded highest priority.

Congratulations to CAMFT Clinical Member Moises Garcia-Lemus! Moises, who, along with six other licensed and aspiring MFTs and CSWs, were recently awarded a total of \$75,500 in loan repayments. If you or you know of a colleague who might be interested, the next deadline is March 28, 2008. Click on www.healthprofessions.ca.gov/Applications/LMH_app.pdf for the Licensed Mental Health Service Provider Education Program Application. These awards are available to licensees as well as interns.

Trauma Response Network

The Trauma Response Network committee of RECAMFT is off and running. We plan to attend the required training which qualify licensed members

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Coach's Corner

with Diana Poulson

Dear Readers,

Diana will be back next issue interviewing

Mervin Maier, MFT.

Editor

Diana Poulson, MA, MFT

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ADS & ANNOUNCEMENTS

Office Space

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Bulletin Board

BJ Brown, MFT, The Art of Self Care: A Personal Experience of Ethics, Authentic Therapist, and Creating Your Own Ending. These three classes use Jungian inspired expressive art to facilitate exploration of internal stories and images that illuminate these topics. BBS approval # PCE 4049 for 6 legal and ethical CEUs/ \$100. Santa Rosa/Saturdays starting 1/12/08. 707-765-4885 or bjbrownmft@comcast.net for info/registration.

BJ BROWN, MFT, Opening to Spirit Through Symbol. Using Jungian inspired expressive art, class provides safety and space to explore relationship with Spirit/Symbol. \$90 for 6 sessions. CEUs available. ?s call BJ at 765-4885. Offered through the Angela Center starting Monday 2-25-08; to register call 528-8578. goals and objectives. For a full job description see www.jfcs.org and under JOBS tab.

June Taylor, MFT has offices in Windsor and Petaluma. You can contact her at 707-769-7869.

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For more information call, fax, or email the office at:
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