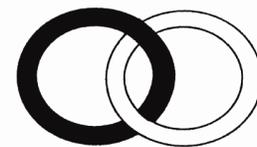


The
Redwood
Empire

Therapist

MARCH 2008



REDWOOD EMPIRE CHAPTER CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS

LEADING EXPRESSIVE ARTS THERAPY GROUPS FOR CHILDREN

On Friday, March 14th, Marguerite Dean, LCSW will be presenting an experiential training on leading children's therapy groups and the expressive arts therapy process. Come prepared to see in real time how Marguerite's groups work. We will learn the basics of expressive arts therapy through experiential exercises and play therapy. Emphasis will be placed on building group cohesion with children and learning how to make your groups fun and irresistible to kids! After attending this meeting, you will know exercises you can put to immediate use in your practice. No previous experience or "talent" is required. Just bring your inner child and be prepared to have FUN!

Marguerite Dean has more than 30 years experience specializing in the treatment of children and families. She leads therapy groups for children, teens and adults as well as Family Bonding Workshops. Furthermore, she has facilitated early recovery groups and treated children, adults and families affected by chemical dependency issues. Marguerite is certified by the California BBS, (PCE #2489) as a Continuing Education Provider and has presented trainings throughout Northern California. She has been a clinical supervisor, program director, college instructor, co-founder and director of a private adoption agency, and currently has a private practice in Santa Rosa.

We are indeed fortunate to have Marguerite Dean as our March speaker and we look forward to seeing you all at the meeting.

March 14th RECAMFT Meeting

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

Leading Expressive Arts Therapy Groups for Children

Marguerite Dean, LCSW

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

April 11, 2008

Working with Latinos in Therapy

Mario Guerrero, MFT & Marcia Gomez, CSW

May 9, 2008

Somatic Experiencing

Joe Persinger, MFT

June 13, 2008

Positive Images Working with Gay, Lesbian, Bisexual & Transgendered Persons

James Foster, MFT & Panel

SAVE THE DATE - JUNE 6TH

Attachment in Psychotherapy Workshop

David J. Wallin, Ph.D.

President's Message

Kate Maxwell, MFT

Road trips are great fun and a wonderful opportunity to get to know people. On February 8 I took a great (but short) road trip to Milpitas with Gail van Buren, Past President and Margaret Newport, our Trauma Response Chair. It was an adventure, complete with getting slightly lost in our search after sundown for a restaurant somewhere along the Pacific coast. With the help of some of the other diners we got back on the freeway and onward to our destination. You may be wondering what would take us to the exciting town of Milpitas. Well, the occasion was CAMFT's annual Chapter Leadership Conference.

This was my first CAMFT conference and I had no idea what to expect. Of course, the goal of the conference was to help Chapter leaders meet and share information in order to be more effective leaders and support Chapter members as well as further the profession. With those goals in mind, the conference started with a group sharing of needs and some of the solutions different Chapters had discovered.

Gail voiced a frequent question regarding membership: "What's in it for me?" This core issue effectively focused the group on discussing the ways in which we can more effectively serve our members. One of the main functions membership serves is to offer professional camaraderie in a profession which can become rather isolating. As an example, when Gail and Margaret and I were sitting in the hotel room Friday night we recognized the fact that most social interactions were rather emotionally shallow compared to the discussion we had been having. As a result of our practice our interactions are more exploratory than most. We have probably migrated to this profession because of our interest and curiosity about being human and how we interact. However, our curiosity is often considered intrusive in social settings and so we desperately need the company of others who share our perspective as well as our curiosity. Without the company of our peers we can feel, not only "unique" among our friends and family, but isolated as well. So, my question to all members is: How can RECAMFT better serve YOU?

Here are some ideas that were presented in the group:
Fill out committees: it makes the task easier for all and gives people an opportunity to get together,

*build relationships, brainstorm, and move into leadership positions.
Hold the meeting in a setting with a professional atmosphere and/or should we have a breakfast or lunch meeting.*

Form focus groups within the membership (meet before the monthly meeting?).

Join the Speakers Bureau (sit on a panel if solo speaking seems a bit daunting). E-mail Don Ross if you're interested: love-and-work@comcast.net.

If you were to rate ("1" being the most important) the reasons that your membership in RECAMFT is important to you, how would you do it, add your own reasons if you don't see it listed below and e-mail to: therapy@recamft.org.

- _____ Continuing Education Units.
- _____ Meet with colleagues.
- _____ Interest in topic of presentation.
- _____ Build practice through referrals.

As your needs create the basis for the very existence of RECAMFT, your participation is critical. To make a response to this request for feedback very easy, please go to www.recamft.org, click on Newsletters, go to current issue, copy the parts of this message you wish to respond to and e-mail to: therapy@recamft.org. Your responses will be brought to the following Board meeting and to the next general meeting. Your participation is essential to the vitality of this organization.

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

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 - April 4th, 2007

1:30 - 3:00 pm

For more information call Coralia Serafim at 781-0133

RECAMFT TEAM

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Michael Krikorian

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Conferences: Vacant

What You Missed *By Michael Krikorian*

Lisa Lund, an MFT practicing in Santa Rosa and Novato, gave us an excellent presentation on 2/8/08 of the Gottman Method Couples Therapy. Lisa has received advanced training in this approach developed by John Gottman and his wife, Julie. One of the unique characteristics of this work, states Lisa, is that it is based on extensive study of couples interacting in a lab setting where their behavior, body language and even their physiological arousal states are carefully observed as they interact. Dr. Gottman sought to answer two questions: 1) what do people do to have a satisfying marriage, and 2) what do they do that predicts future divorce? From this research, they distilled four

behaviors that lead to high likelihood of divorce (“The Four Horsemen of the Apocalypse”), and then clarified seven relationship processes that create a “Sound Relationship House.”

Therapy starts with several sessions of assessment of the strengths and weaknesses of the couple’s relationship, and then a feedback/education session where the issues and goals are explained. Then therapy begins which, in part, consists of the therapist directing the couple to talk with each other about particular issues and the therapist intervening when any of the Four Horsemen show up (i.e. defensiveness, criticism, contempt or stonewalling). Lisa explained that “stonewalling” (non-responsiveness) is often due to emotional flooding and if the person learns to self-soothe, they can again respond to their partner instead of withdraw. Lisa sometimes uses finger-tip pulse rate meters on a couple while in session that “beep” if heart rate elevates markedly. It often surprises the partner to learn that their mate is actually highly distressed when they just look shut down. Specific exercises are sometimes given in Gottman Therapy to teach relationship building skills such as learning how to soften the way in which one brings up a complaint so it is received better, or how to repair hurt feelings in a conflict. Gottman teaches that the “friendship” within a marriage comes from building “love maps” (continuing to be interested in learning each others likes and dislikes), expressing fondness and admiration, and “turning towards” (the couple’s ability to be responsive to the everyday bids for each others attention). Gottman believes that working on these three skills helps a couple develop a “positive perspective” on the relationship and a well-funded “emotional bank account” that can buffer the negative effects of future conflict. Lisa explained that restoring the friendship also lays the foundation for sexual relations to be more natural and passionate.

Lisa clarified that in the Gottman approach, the therapist is a “coach” who gets the couple to do the interacting, repair and soothing with each other rather than with the therapist. She is free to use many techniques to achieve the goal of reducing behaviors that undermine closeness and increase the ability to bond with each other emotionally. Follow up sessions every six months following a period of intensive therapy are used to consolidate gains and reduce the tendency to relapse onto old patterns.

Lisa was a well-informed and engaging presenter. She can be reached at 547-0401.

Michael Krikorian, MFT sees couples and individuals, adults and teens in his practice in Santa Rosa.

March's 5150

This month Mark Bauman is generously offering a free one and a half hour individual treatment. Mark has been a bodyworker for 30 years: a Trager® Practitioner since 1980; a Trager® Workshop Leader since 1984; and a Chi Nei Tsang Practitioner since 1992 (an ancient approach from China that assists in maximum function of internal organs, lymphatic/immune system, freedom of movement, full breathing, etc.). Mark's work is superlatively supportive of people in therapy, as well as of psychotherapists. He strives to help people increase their body awareness, their ability to move and breathe freely, and their access to genuine emotions. In addition, many conditions can be treated with great efficacy; including back and neck pain, any sort of chronic pain, tension, and holding patterns, and digestive difficulties. Clients experience an increase in energy and well-being, as well as improved overall health. Here are a few comments about his work: "I couldn't carry on my busy Roling practice without Mark's Trager® sessions....My body loves this work!" - Michael Kilgroe, Advanced Rolfer. "Back pain I'd had for years, that did not respond to other treatments, cleared up for good in just a few treatments with Mark" -Karen Larsen, Landscaper and Rosen bodywork student. "Mark is one of the best bodyworkers in the Bay Area." - Gilles Marin, Director, Chi Nei Tsang Institute. Feel free to contact Mark with questions about his work with individuals, as well as his workshops, which include Trager® Workshops, and a self-treatment workshop titled Unwinding Your Belly. He can be reached at 546-2468.

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.)



Coach's Corner

with Diana Poulson

"It is about relationship building", answers Mervin Maier when I asked him what has been his most effective practice building activity. It makes perfect sense doesn't it? We are relationship professionals. But, the majority of therapists are also

introverts and those marketing techniques geared more towards extraverts can send the majority of therapist running for the cave. Relationship building. An important idea to remember!

Mervin got into the field of therapy because he wanted to have an impact on people's lives. He gave thought to music, teaching, social work, and probation work. While an undergraduate, a professor who taught Principles of Counseling and Psychology inspired him. Then he decided to enroll in a M.A. degree program that focused on the up and coming field of marriage, family and child counseling at the California Family Studies Center (Azusa Pacific University) in Burbank Ca. He recalls such interesting internships; the Drug and Alcohol ward at the Brentwood VA Hospital and Santa Family Service Agency in Monrovia, Ca.

Licensed in 1975, Mervin continued his other interests while working in a part-time private practice. He taught Dynamics of Interpersonal Relations at Chafee College and Introduction to Psychology at Mt. San Antonio College. In the early 80's, like F. Michael Montgomery before him, he decided he wanted out of the L.A. area. He began working as the Director of Admissions in a residential treatment school for adolescents in Running Springs, California. He quickly worked into a clinical position and later joined with others to start their own school. This seemed to become a pattern for Mervin! Joining with 11 others Mervin and his family moved to Italy to start a school there. He worked for 8 years in Italy in his residential treatment school that had an international population of adolescents.

Coming back to the states in 1995, Mervin worked with Family and Community Counseling Services, SAY, and CARE . He also maintained a part time private practice. In 1996, he and his office mate Marie Piazza created Shona, A Center for Family Healing and Growth. Their vision is to support and promote respect for the family. Recognizing that each member has significant importance. From 1997 to 2005 he was the Program Director for the LifeWorks school based counseling program. In 2005 Mervin began working exclusively in his full time private practice.

Mervin has found most of his referrals coming from his peers. He often collaborates with other therapists, and participates in consultation groups (remember, Kitty Chelton says consultation is a key to success). He likes to meet regularly with other colleagues this way they get to know him and his work so that they feel comfortable making referrals. He also suggests "don't forget to thank your referral source".

Mervin's advice for those starting in their practices, or even those who have been in practice: Remind yourself why you got into this work. This reconnecting with your passion can help rededicate yourself during times when energy or caseload wane. He doesn't want to be a wet blanket, but he's a realist. "Be creative in private practice. Look outside the box". Those sound like words of advice from a visionary. For those just starting their practice, he sees a real value in maintaining a part-time job along with a private practice. "It aids in relationship building. People get to know you. Refresh and rejuvenate yourself by attending trainings. You learn new things keeping your skills fresh. Our learning is never done."

Mervin has spent the last several years nurturing his work in Attachment with all facets of his practice, which has enhanced his newly formed men's group which is called Navigating the 21st Century; a Group for Men. Group members look at changing roles for men, varying mores and folkways. They explore the expectations of men and how they resist, go along with, or are ambivalent. "A lot of men are out there on a rowboat without a rudder", says Mervin. Knowing that others are out there and can support them and who are experiencing the same things they are helps them feel their lives are important and meaningful. Thank you for doing this work Mervin. And as always, it is a pleasure to talk about the wonderful work that you do.

Diana Poulson, MA, MFT www.create-the-vision.com
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Intern Greetings

Hello All!

This is my first message so let me introduce myself. My name is Karen Nemrow and I have just taken on the role of Intern Director-at-Large. I am currently interning in Petaluma working in both a school setting and in private practice. I am enjoying both internships and particularly appreciate the benefit of learning from two supervisors.

Please let me know how I can be helpful. What would you like to see happen this year for our group of trainees/interns? Is there interest in a support group forming? A consultation group? A study group? Please call or email and let me know what suggestions you may have. It is my hope that we can support each other as we journey to 3,000!

And to our licensed colleagues, thank you for reading and for your support. Your ideas, comments and suggestions are also welcome!



CPI California Parenting Institute

Job Openings for Licensed Staff and Interns

- Clinical Supervisor - half time position
- Staff Therapist - full and part time
- Registered Intern - part time
- Pre-school Consultant - part time

Beginning in early March our newly remodeled children's counseling services facility, the G. K. Hardt Children and Family Resource Center, will be complete. We will have openings for full and part time therapists who have knowledge and experience working with children and families. Please see our web site at www.calparents.org for more information.

Looking forward to hearing from you.
Looking forward to working together.

Karen (Voicemail) 765-4999
(Email) karenbnem@comcast.net

Karen Nemrow is an MFT Intern (supervised by Margie Jamin, MFT) in private practice in Petaluma and can be reached at 765-4999

NOTICE TO OUR PRE-LICENSED MEMBERS AND READERS:

This is your Bulletin Board. We will be pleased to publish it each month when there are items submitted for it. It is yours to use free of charge to communicate with the community of therapists and agencies to which this newsletter is sent out. Send your notes for posting on it to our email address by the 15th of each month.

Pre-licensed Bulletin Board

SEEKING

* Lake Family Resource Center in gorgeous Lake County is offering a well-paid 20 hr/wk position to an intern or therapist who is interested in working with families and individuals from a diverse, mostly low income population. We have a lot to offer a qualified person: supportive environment, excellent training, sensitive supervision, and even affordable housing.

Contact:
Clinical Director, Toni Jordan, MFT tonij@lakefrc.org

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.

AEDP - ACCELERATED EXPERIENTIAL DYNAMIC PSYCHOTHERAPY *By Gail Van Buuren*

In late January I and another member of our chapter, Kim Gagnon, joined 70 other outstanding therapists at an Immersion Course in AEDP in Berkeley for five days. (Kim and I ran into each other there.) I had been hearing about Diana Fosha, Ph.D. for some time and after reading her book The Transforming Power of Affect: A Model for Accelerated Change, I knew that I needed to learn this way of working, mainly because it is the way I do work already and because it takes the work to a much deeper and detailed level. If you work from your heart and love being completely present with your client, you will be excited about AEDP. There is no way I can explain what it is to you in this brief article so I urge you to go online and explore AEDP for yourself if this article whets your appetite.

There are quite a few people doing fantastic work in this field at the present time. Some are contributing important pieces of the pie and others are pulling the pieces together into treatment systems, like Susan Johnson and David Wallin, to name just two. Let me tell you what excites me about this work first. As a therapist, this model encourages me to bring all of me into the room, to use my own body for feedback, to lay my own feelings on the table, to practice intersubjectivity with my clients rather than objective transference and countertransference, to focus on affect, to utilize our attachment, and to experience immersion in the process of psychotherapy with my clients. At the same time, I hold the containment of the space and maintain awareness of where we are going, hopefully.

AEDP, as a theory (to quote Fosha) “seeks to explain the quantum transformational nature of deep somatically based emotional experiencing in the context of a relationship with a trusted ‘true other.’ AEDP’s metapsychology is an adaptation-based model informed by attachment theory, affective neuroscience, developmental mother-infant interaction studies, and, last but not least, emotion theory (a la Darwin, James, Tomkins, Damasio, Ekman & co).” This theory’s point of view is that we all make the best effort, given our circumstances, to adapt to the cards we are dealt as individuals. We are not psychopathic, therefore, because we have been doing the best we can. Right there we can align with our clients and validate their resourcefulness, thus establishing the first link in our

ADS & ANNOUNCEMENTS

Bulletin Board

attachment with them. If it is not working so well now, let's find out what happened and what other resources lie within them. So begins a journey, well mapped out by AEDP from the clients' stress, distress and symptoms through transitional affects to their core emotions which are usually hidden away. We work with those core emotions utilizing the powerful secure attachment of the therapy relationship we have established through deep empathy to hold our client safely in the work to access within themselves strong transformational affects such as relief, hope, renewal, pride, joy, and competence.

Here comes the piece that is so important and that really uses the attachment and the cognitive function together. At every stage of completed work, you stop and ask your client how it feels to do this work together, how it feels to have me here with you to witness and celebrate it. This is metaprocessing and it brings out other positive transformational affects such as gratitude, tenderness, feeling moved, and you are genuinely mirroring those right back! This is the repairing of the attachment bond because of the affective-cognitive piece that works on the nervous system and the brain. At this point the client moves into the core state of what I call "true self." Of course, this process is repeated many times in the work you do together, but over time you see more and more of the client's true self emerging in his or her everyday life.

There are so many fantastic pieces involved in this work, many of which we are already using and are aware of. I spent five days with some of the most earnest therapists I have ever met and listening to some truly brilliant people like Daina Fosha and Ron Fredericks and as well as many therapists in the audience talk about the nuts and bolts of using attachment, neuroscience, and ourselves in therapy to bring about healing in our clients. Will it work for everyone? Of course, not. Do we use it every minute of every session? No, but we think that way all the time. What is so different? We plant our own true selves right in the center of the therapy with the client. We openly hold our client in our hearts and in our minds. Attachment happens because it is the most important ingredient. Check it out!

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

SONOMA STATE University is offering a class on "FAMILY MEDIATION: Divorce and Child Custody". This class is of particular interest to therapists who are all too familiar with conflicts that arise when these problems become part of the family dynamics. This class will give you tools and information to help you guide the family through the quagmire of laws, emotions and practicalities that present themselves and must be resolved if the family members are to go through a minimum of regression and avoid the need for scarring litigation, endless blaming and guilt. Mediation can make the difference. The class is March 8 & 9, 9am to 5pm at Stevenson 3033. Fee: \$155. The format will be discussion and role playing: lots of opportunity to practice. CE units for MFT, LCSW, BRN and MCLE. Instructors: Margaret Dale and William Shea. Call SSU to register.

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.

EFT (Emotionally Focused Therapy) for Couples. Study/Consultation/Supervision Group for Licensed Therapists, Interns and Psych Assistants who know a little or a lot about EFT, and would like to immerse themselves in an experiential group focusing on practical application. Two ongoing weekly groups: Monday 2-3:45 pm or Tuesday 10-11:45 am. \$40/week. Richard Doleman, MFT 573-8436.

Richard Doleman, MFT, *Men's Group:* This is a process and support group for any man who feels the need to have a larger circle of men who truly know, understand and support him. Wed. 7-8:30 pm, \$40/sess. 573-8436 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.

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OF MARRIAGE & FAMILY THERAPISTS

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

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Hari Meyers	1992-1993
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