

TREATING NARCISSISTIC AND BORDERLINE PERSONALITY DISORDERS

On Friday, September 12th, at the general RECAMFT meeting, Wendy Wheelwright, MFT, will be presenting on treating clients with Narcissistic and Borderline Personality Disorders. The training is intended to assist clinicians working in private/public practice with clients who display Axis II features. Specific focus will be placed on the boundary and containment work that is needed in working with these populations. Using an experiential approach, Wendy will present specific clinical interventions and exercises that address these issues. Resource materials will be provided and discussed.

Wendy will begin her talk with an overview of the diagnostic features of the Narcissistic Personality Disorder, including the issue of primal wounding, the categories/subtypes of narcissism, as well as effective treatment approaches and interventions for these clients. She will then provide an overview of the diagnostic features of the Borderline Personality Disorder, including the traumatic underpinnings of BPD and how to differentiate BPD from PTSD and DID. In the last part of the presentation, Wendy will focus on Dialectical Behavioral Therapy including the dialectical worldview and therapeutic interventions. She will then teach exercises which focus on mindfulness, emotional regulation, distress tolerance and interpersonal relations.

After completion of the presentations attendees will: 1) understand the clinical presentation, symptomology and treatment of Narcissistic Personality Disorder; 2) understand the presentation, symptomology and traumatic underpinnings of Borderline Personality Disorder; and 3) obtain a basic overview of Dialectical Behavioral Therapy as it applies to Borderline Personality Disorder.

Wendy Wheelwright is a licensed Marriage and Family Therapist with specialization in trauma-based disorders. She graduated from Brigham Young University with a BS in Clinical Psychology and a BA in Music and from the University of San Francisco with a Masters degree in Counseling Psychology. She also received her International Diploma from the Guild of Pianists. Wendy has focused her clinical experience on learning differences, forensic populations and acute psychotic populations. She is currently the Program Director at Progress Sonoma, the crisis-residential unit for public mental health patients of Sonoma County.

This will be a fascinating and very useful presentation! See you there!

September 12th RECAMFT Meeting

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

Treating Narcissistic and Borderline Personality Disorders Wendy Wheelwright, MFT

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

October 10th, 2008

The Symptom & the System: Therapy & Bowen Family Systems
Laura Havstad, Pd.D.

November 14th, 2008

Enhancing Client Resources with the Use of Samatic Techniques
Kitty Chelton, MFT

December 12th, 2008

Holiday Celebration

President's Message

Kate Maxwell, MFT

Summer is at an end. Vacation time is over, the leaves are beginning to fall and indeed it is FALL. It's time to get back to work as our clients straggle back from their diversions and the winter (time of introspection) draws near.

Welcome back! Let's recap some of the RECAMFT activities before the Board took a couple of months off. Just before the summer began we had a very successful David Wallin conference: "Attachment in Psychotherapy". Not only was the conference a success because of David Wallin, but it was a financial success for the Chapter as well as a very valuable addition to our members' education. The feedback from the attendees was overwhelmingly positive. The Conference Committee, headed by our very competent Gail van Buuren, worked together like seasoned pros. Gail interfaced with Cassidy Seminars as they handled the registration. The committee was composed of Gail van Buuren, Lisa Lund, Bettina O'Brien, Don Scully, Kitty Wells, Randi Farkas, Carol Firestone-Gillis, and me.

All the elements of the planning were handled at a couple of meetings and with so much great input the chores were light for everyone. What really amazed me was the manner in which we all worked together on the day of the conference. Everyone seemed to know exactly what they needed to do. We got lots of complements on the food. Don Scully made an outstanding dressing for the luncheon salad and the afternoon snack was topped off with Judith Peletz's home-made cookies which had everyone raving. The facility, the Furth Center, was truly beautiful with lots of natural light and was a perfect setting for our conference. I hope we will have an opportunity to meet there again. I believe that I speak for the entire committee when I say that it was an absolute delight to work together and experience a great sense of accomplishment as a reward for our efforts.

Looking forward to the coming year, our Program Committee has put together an outstanding lineup of speakers so check your newsletter and keep the 2nd Friday of the month open so you can expand your knowledge and receive the CEUs you need for licensing.

If you are experiencing any of the isolation which frequently attends private practice or if you might like to form further professional friendships, please consider joining a committee or the Board.

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

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September 5150

The September 5150 prize is being donated by Eileen Casserly. Eileen has enjoyed giving massage for over 25 yrs. She offers a complete, whole body massage, with specific attention given to individual needs and sensitivities. The focus is on both deep and surface muscle groups, and is appropriately interspersed with acupressure points and energy balancing. A great "In Body" experience! Eileen practices primarily at her home office in Forestville and can be contacted at 887-1072. Many thanks to Eileen for her generosity, and to Myra Polikoff, MFT for recommending her.

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.)

Mendocino/Lake County News


By Lesley Osman

As a member of the Redwood Empire chapter of CAMFT (and past newsletter editor), I appreciate the support and professional connections the chapter provides for Sonoma County therapists. Mendocino and Lake Counties do not currently have an active chapter. Since I recently relocated to Navarro, Mendocino I have an interest in maintaining and widening my professional connections. To this end, the current editor of this newsletter, Gail Van Buuren and myself, with the support of the RECAMFT Board of Directors, put our heads together and came up with the idea of creating a monthly column, which will represent the therapeutic agencies and private practitioners who do important work in these under-represented counties.

Up until my move to Navarro, Mendocino, I had been completely ignorant of the mental health services available in Mendocino and Lake Counties, but as I begin to learn what services and upcoming groups, events and workshops, are available; I thought RECAMFT's readership might like to be kept informed for the purpose of referrals and resource building. This may also encourage increased membership and participation from these counties, enriching and enlivening the RECAMFT chapter.

Having lived and worked in the Bay area for my entire residency in California, I knew life existed further up the 101 corridor and regularly visited the Anderson Valley in Mendocino for the "Mendocino County Fair and Apple show" in Boonville each September, but not for one minute did I ever consider that I would be living and eventually working here. There is a continued expansion of humanity, influx of people like myself inhabiting these once remote outlying areas, transplants like myself desirous of more affordable housing as well as a closer contact with nature who continue to have need for good, local community healthcare. At present, I continue to see my clients at my office in Point Reyes Station two days a week, which means a commute of 2+ hours each way once a week, As an Ecotherapist, I know this is unsustainable for myself, my car and the environment.

Although this transition hasn't been easy, I'm very excited about getting to know my new community, and I want to encourage any of you readers who have



Referring to an Outdoor or Residential Treatment Program?

Educational consultants, in collaboration with referring mental health professionals, work with families to identify appropriate therapeutic treatment options for struggling students. Bob Casanova is an experienced, licensed marriage and family therapist (MFT) who provides realistic, comprehensive recommendations to Therapeutic Schools, Residential Treatment Centers and Outdoor Therapeutic Treatment Programs for teens and young adults who need help coping with such challenges as:

- Drug or alcohol abuse/dependence
- Learning differences
- Social, emotional or psychiatric concerns
- Self harm
- Eating disorders
- School failure or refusal
- Adoption/attachment issues
- Asperger's/PDD/NLD
- Family conflict
- Loss and grief
- Divorce

BOB CASANOVA Educational Consultant
and Licensed Marriage & Family Therapist
Affiliated with McClure Mallory & Baron
319 South E Street, Suite A | Santa Rosa, CA 95404
707.526.5800

information about therapeutic happenings or agencies or who reside in Mendocino or Lake counties to contact myself or Gail, so your information can be included in the column each month. Likewise, if you have other general comments or thoughts, I'd be happy to address them in a future column.

Talk to you next month.

Lesley Osman, MA, MFT, graduated in Transpersonal Psychology from John F. Kennedy University's Graduate School of Holistic Studies, and specializes in Ecotherapy. She apprenticed in Wilderness Rites and is a certified Applied Ecopsychologist and Earth-based healer. Lesley has a private practice in Point Reyes Station, Marin County where when appropriate the work is conducted outdoors. She offers trainings to other professionals who have an interest in "greening" their group or individual practice. Lesley can be reached at 415/663-8655 or www.ecoroots.org

TO: Mendocino and Lake County therapists
FROM: The RECAMFT Board of Directors

We welcome you to our newsletter mailing list and as honorary temporary members of our chapter. We invite you to join RECAMFT, maybe even make it to a monthly meeting (we would love to meet you), and support this column and the cost of mailing to your counties in the year to come. Please contact Lesley or Gail with questions or ideas. We would love to hear from you.

Online Billing Woes and Resource!

By Michael Montgomery

I wasn't sure what to do at first. I got a notice from one of the insurance companies I'm a provider for and was informed that as of a certain date they would only accept electronic billing! I checked with my billing software company and found that they provide this service which can be integrated right into the billing software. The catch? It would cost me a one time fee of \$150 to purchase it and then an ongoing monthly cost of \$75. This software is really set up for a clinic setting processing many more claims a month than I do.

I was elated to discover after much searching that there is a free online billing site Office Ally with no hidden fees whatsoever! There are other internet sites but they all have a monthly or per transaction charge. I was also most happy to find that on signing up with Office Ally I was able to speak with a real human being, and a patient one at that, who could direct me step by step in setting up and then sending the electronic billing.

You can find this site at: <https://www.officeally.com>. They also have a demo you can try without signing up. You can stop using the service at any time.

If you have the need to do electronic billing, this is a great resource. Good luck.

F. Michael Montgomery, LCSW, MFT is in private practice in Santa Rosa and can be reached at 578-9385, www.inner-healing.com or fmm@inner-healing.com Therapy for the heart, mind, body and spirit in a safe and healing setting.

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What You Missed

By Judith Peletz

During our June RECAMFT meeting, we had the honor of having Jim Foster, MFT, and a panel from Positive Images share their stories of acknowledging and accepting their own sexuality or sexuality of a family member. Because the group was asked to honor confidentiality, there is no way I can do justice to the richness of their moving stories. Each spoke from the heart and openly revealed their deep struggles and their triumphs.

Jim spoke of the change in climate in Sonoma County since he grew up here. At that time homosexuality was pathologized and was seen as an illness. To come out of the closet one risked not only personal rejection but also one's job. In contrast, this is Gay Pride weekend. Recently the California Supreme Court ruled that same sex marriages are legal. Positive Images is in its 19th year supporting youth and educating young people in local schools. Jim said a dream of his is being actualized right before his eyes.

On the other hand, homophobia still exists in Sonoma County. Gay, lesbian, bisexual, transgendered, queer, questioning and intersexed (GLBTQQI) people are treated as second class citizens. Many times they live in fear that something bad will happen to them. A surprising number of local teens are homeless because their parents kicked them out upon learning of their sexual orientation. As a result, GLBTQQI youth are under considerable stress, and their self concept and self-esteem are often impacted.

The unfairness of lumping together gay culture leads to assumptions that are inaccurate about individuals. Panel members spoke of wanting to be seen as a person first. Their sexuality is only one facet of who they are. Also, we need to differentiate between teen issues and coming out issues or queer issues. We ought not to assume that whatever problems a queer person has are due to his or her sexual orientation. On the other hand, we ought not to believe that sexual orientation makes no difference at all and therefore minimize its importance.

Drinking often comes a way of burying nagging thoughts about being different or coping with homophobia. A large percentage of adolescent lesbians and gays regularly use alcohol. A third of teen suicides are committed by GLBTQQI youth.

Coming out forces a person to figure out who they are. It is an inner battle. In many ways the person is coming out to themselves. Confronting one's sexual orientation is often a traumatic process and can be equated to PTSD. Even after coming out, there is lots of work to do around integration, identity, style, etc. It is seen as a lifelong process.

One thing that was clarified for me was around the terminology. The word "queer" is used in an inclusive way to indicate the whole spectrum of sexuality other than heterosexual. It is not considered derogatory and in many instances it is preferred since sexuality is on a continuum and is not easily categorized. The word, "intersexed" means a person of mixed male and female genitalia.

We were given helpful handouts on statistics related to sexual orientation, things we need to be aware of when working with the GLBTQQI clients and about services provided at Positive Images. They have a support group on Thursday evenings for ages 12 to 25. We were invited to attend on the 3rd Thursday of the month which is guest night. They also hold P-FLAG meetings for parents and family members and also meetings for transitioning people. More information can be obtained by calling them at 1-866-PI-LGBTQQI or on their website at www.posimages.org.

I came away from this meeting feeling inspired by the courage, honesty, and openness of these exceptional individuals. Many thanks to Jim Foster and each person on the panel for a rich presentation. You gave us much to think about.

Judith Peletz is in private practice in Santa Rosa and can be reached at 526-7720 ext. 315

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 3rd, 2007

1:30 - 3:00 pm

For more information call Coralia Serafim at 781-0133

New RECAMFT Members So Far This Year. Welcome.

Edwin Cutler
Sarah Gale
Barbara Vass Harwood
Vanessa McElreath
Kevin Powers
Susan Sattler
Milton Wooley
Smader Yusem-Segale
Michele Bashaw
Connie Beall
Linda Bishop
Richard Bloom
Sue Brown
Linda Colett
Bette Collier
David Coolidge
Thomas Cooper
Dominique DeNardo
Jan DeMarinis
Karla Digrazia
Judith Donovan
Christina Faux
Janet Gelatti
Cynthia Halliday
Paula Hansen
Grace Harris
Cathy Hughes
Annabelle Kaufman
Susan Leonard
Jonathan Marmelzat
KimMcGrath
Marcia Nelson
Leslie Osman
Stephen Palmer
Jeanette Pearce
Kevin Powers
Donald Wallach
Michaela Wardlow
Jean Wedekind

A Call to Protect Marriage Rights

Dear Colleagues,
Rarely do we have the opportunity to actively support marriage outside our therapy offices and clinics. Now is the time. On the November ballot Proposition 8 will

eliminate the rights of same sex couples to marry. Not only will this hurt thousands of California families, but it is attempting to write discrimination into the California constitution. The Constitution has always historically been used to protect rights, not deny the rights of minorities.

Unfortunately, even though a proposition that raises taxes requires a two-thirds majority, a proposition to change the constitution needs only a simple 50.1%. Proposition 8 is well funded and staffed (largely by out of state organizations), which means we need caring, committed individuals to protect the equal rights that should be guaranteed by the constitution.

As *Marriage* and Family Therapists we know the importance of committed, supportive relationships. I believe that marriage is the civil institution that conveys dignity and respect to the lifetime commitment of any couple. If you agree with me, please join me in working to defeat Proposition 8. There are many opportunities to help in the campaign locally – see www.no-on-8.org or call (888) 271-5697 and for up to date information: www.NoOnProp8.com or www.eqca.org.

Thank you, Jan Ogren, MFT (707) 544-7756



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| | |
|---------------------------|-----------|
| 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 |

*Trauma Response
Margaret Newport*

Frequently, I am asked why The Redwood Empire Chapter of CAMFT has a Trauma Response committee. My answer is this committee and its coordinator are part of CAMFT Trauma Response Network which was formed following the horrifying attacks in New York on Sept. 11, 2000. Each Trauma Response Chapter committee throughout California has the same goals, and focuses on providing information and education regarding trauma response to disasters. This field is still growing and developing. Much has been learned following 911 and we are still learning. Immediately after the terrorist attacks, dedicated therapists volunteered their services. However, during the recovery, two issues of importance soon became apparent. Number 1) disaster recovery requires a

different model, there are different methods and specific training is necessary. Number 2) Therapists choosing to work with disaster mental health need to affiliate with one of the established organizations such as American Red Cross, Salvation Army, Department of Mental Health or Critical Incident Foundation. These agencies already have in place the structure to communicate, transport, assign or deploy volunteers. They also offer specialized trainings. The Red Cross also requires a criminal background check on volunteers to protect the public and workers. Those interested in this work are encouraged to join one of the above organizations. In the state wide creation of The Trauma Response Network, CAMFT requires three classes which may be taken in any order. Completion of the three classes confers recognition as a member of the Trauma Response Network. However, one is under no obligation to accept work. Some therapists discover disaster work a poor match for themselves but still benefit from the study and the continuing education units.

The three required classes are:

- 1) American Red Cross, Foundations for Disaster Mental Health, 6 units
- 2) CAMFT, "Eye of The Storm", 14 units with Diane Myers, PhD
- 3) Critical Incident Stress Management, 14 hour units with Diane Myers, PhD

I would like to emphasize the value of preparation. We quite simply do not know where or when the next earthquake, flood, mudslides or fires will occur. We do not know where or when a shooting robbery or bomb will happen.

Preparation is important, for our families, our communities and our nation. And preparation is not somewhere out there; it is here.

Margaret Newport, Trauma Coordinator RECAMFT is a member of American Red Cross, CAMFT Trauma Response Network and worked with Project COPE, County Volunteer Fire Dept Emergency Medical Technician & Critical Incident\Debriefing, and Santa Cruz Community Counseling Center Crisis for Youth & Families Program Manager.

CAMFT Updates Ethical Guidelines

Our professional world is in constant flux so our awareness of shifting ethical situations for both ourselves and our clients needs to remain sharp. Effective July 1, 2008, CAMFT has published online a Revised Code of Ethical Standards for MFTs. Part I covers the standards and Part II describes CAMFT's management of reported issues and/or complaints. Part I is twelve pages long and worth printing out.

GENDER VARIANT AND TRANSGENDER IDENTITY: WHAT YOU NEED TO KNOW

- Studies indicate that at least 1 in 500 people is transgender (see "How Frequently Does Transsexualism Occur?" at www.lynnconway.com)
- Gender variant youth and adults are at risk for: social isolation; physical and emotional trauma; chemical dependence; infectious disease (e.g. elevated incidence of HIV/AIDS); depression and suicide (elevated incidence); resorting to "street" hormones and silicone injections; homelessness and becoming victims of hate crimes (see www.lgbthealth.net)
- Locally, gender variant youth and adults have difficulty finding medical and mental health professionals who are competent to provide quality, culturally sensitive care, and frequently commute to San Francisco for treatment
- On June 16, 2008, the AMA passed Resolution 122, recognizing gender dysphoria as a medical condition and calling for full insurance coverage of treatments (psychotherapy, hormone and surgical interventions)
- In response to increased public awareness, Congress recently formed a committee to investigate the barriers to care for transgender people. Clearly, our society as a whole is preparing to recognize and treat gender variant and transgender people in a more inclusive manner.
- MFT's are encountering clients with gender identity issues in their practices *whether they are aware of it or not.*

- The chief objective of the **2008 Northern CA Conference On Transgender Health and Wellness** is to expand the Sonoma County network of professionals who are competent to provide quality, culturally sensitive care to gender variant and transgender people of all ages.
 - **When: October 10-11, 2008**
 - **Where: The Event Center @ Sonoma Mountain Village, Rohnert Park**
 - **What: Nationally known speakers, right here in our community, the most current, clinically relevant information and 11.5 CEU's**
 - **For more information and to register: www.scafem.org**

Ads and Announcements

Office Space

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Large office for lease in suite with other therapists near downtown Santa Rosa. Private entrance, generous closet space. \$619/mo. FMI: Jan Lowry-Cole 542-7987.

OFFICE SPACE IN ROHNERT PARK. 470 City Center Drive. Available Sept. Join 4 therapists in beautiful newly built suite with large waiting area, kitchen, 2 bathrooms. Furnished or non-furnished. \$650 month, including utilities. Connie Beall, MFT 792-1117

For Sale

SANDTRAY SETUP FOR SALE: Tray, stand with wheels, sand, full collection of figures. Quality, like new condition. \$500. Call Christopher Doyle 707-542-4671

Bulletin Board

Chrysalis Counseling Services for Women announces openings for an MFT/LCSW/Psych Intern, Psych Assistant or licensed therapist. Interns start at \$8/client hour, licensed therapist at \$15. Positions are part-time. Great supervision/consultation, support and community. Send resume and cover letter by 9/18/08 to Chrysalis, 1821 4th Street, SR 95404. FMI call Lisa at 545-1670 x208

EMDR consultation group forming to meet monthly. 12:15-1:45 day of week TBA. Led by Andrew M. Leeds, PhD EMDRIA Approved Consultant. Santa Rosa. 707-579-9457

LICENSED THERAPISTS. Some women and families being sheltered in the YWCA Safe House are unable to receive the therapy they need due to budget cutbacks. If you would be willing to donate **one therapy hour per week** in your own Santa Rosa office, please call Jennifer Lake at the YWCA 546-7115.

NEWSLETTER COSTS & DEADLINES

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:

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 - 15th of the month
Advertisements - 15th of the month

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

NEWSLETTER DISCLAIMERS

The opinions and points of view in the articles contained herein do not necessarily reflect that of the Board of Directors of RECAMFT or of CAMFT. Authors' contact information is included. Submitted articles are may be edited and are published at our discretion depending on space and relevance to our readers' professional interests.

Your ad letting other therapists and agencies know about your special skills or group offerings in this space would reach more than 350 therapists and agencies.

Your cost: \$60 per month.

Movie Recommendation

If you haven't seen Reign Over Me with Adam Sandler and Don Cheadle, I would recommend it to you. Adam Sandler is a man suffering from PTSD after losing his family in 9/11 and Don Cheadle plays is old college roommate who is trying to help him. I found it quite absorbing and well worth renting.

Gail

An ad the size of a business card costs only \$35 a month.

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RETURN SERVICE REQUESTED

IN THIS ISSUE

- Note the Fantastic Line Up for our Fall Meetings
- Welcome To Mendocino and Lake County Therapists
- Save September 12th at 11:00 for Wendy Wheelwright Presenting on Narcissistic and Borderline Personality Disorders
- New Revised Code of Ethics from CAMFT available online
- October 11-12 Transgender Conference in Rohnert Park
- And lots more