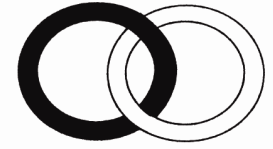


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Empire

# Therapist

DECEMBER 2008



REDWOOD EMPIRE CHAPTER CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS



**December**

## COME TO OUR HOLIDAY CELEBRATION!!

Holidays get confusing because of all the stuff that gets attached, but at the heart of the idea is this simple thing. We come together to celebrate each other and in so doing, celebrate ourselves. We give each other gifts to say, "I appreciate the person you are." In the hustle and bustle, sometimes we forget to actually look at what it is we truly appreciate about each other, but that is what is at the core of coming together.

I have this idealistic belief about therapists and I believe that it is not undeserved. Therapists do what we do because we have it in our hearts to see what is whole about others and to help them learn to celebrate themselves. We work hard at learning effective ways to reach into the heart of another and help them open to it because of who we are. In my mind therapists are the salt of the earth and some of my very favorite people.

Your RECAMFT Team works to provide opportunities for therapists in Sonoma County and its surrounding counties, whether it is for continuing education at our regular monthly meetings and our workshops, for increasing community awareness of the availability of mental health practitioners, or, as occurs at our December party, for just giving us an opportunity to convene and enjoy each others' company and resources.

So once again in December the RECAMFT Team invites our colleagues, members or not, to join us for our holiday party. Yes, there will be lots of food, music, camaraderie, and a brief ceremony to install our new officers, and there will also be time to come together as a collective to share some ideas around a question pertinent to us all and to our clients. **We sincerely hope you will join us from 10:30 to 1:00 on December 12<sup>th</sup>.** As I said, we will provide food. But if you have a yearning to share some special holiday treat with us, please feel free to bring it along. We look forward to seeing you, knowing in advance the qualities each of you brings to the room. I hope to see you there.

*Gail Van Buuren, MFT*

### December 12th RECAMFT Meeting

10:30 - 1:00 party

### Holiday Celebration Party RECAMFT Team

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

January 9<sup>th</sup>, 2009

#### Maternal-Infant Bonding & Related Issues

Tony Madrid, Ph.D.

January 23<sup>rd</sup>, 2009

#### What the Law Expects of Me: Part III - Workshop

David Jensen, J.D.

## President's Message

Kate Maxwell, MFT

The Holidays are upon us. It is a season that elicits an emotional response from all of us. There are fond memories of people and times long past interspersed with sadness and disappointment. There may be anger too. No matter what the holidays bring, it is sure to bring emotion as we revive old memories. It seems to be a yearly rite to review, not just the past year, but also the season's experiences stretching back into the far distant past.

There may be familial obligations which elicit dread or longings. In many families the possibility of spending time with the out-of-control drunken relative invites apprehension. Or, on the other hand, there may be a longing for the past as we encounter an ailing loved one.

The holidays are for some a time of limited choices. There are obligations which, if not met, create yearlong repercussions. So, the emotional backlog can grow and trail us into the future. What a dilemma! The holiday events connect us as family and as a community, but the personal price is often high. Of course, it's a time of adventure for those among us who thrive on drama. The opportunities abound!

As therapists we seek to identify and contain our own experiences to avoid projecting them onto our clients. Without an understanding of our own emotional response to the holidays we cannot forgive those who have disappointed us; we cannot look to the basic humanity in our own families and recognize that it's not personal. It never was personal.

As a human family we are a mess. But the truth is, everyone is doing the best that they are capable of doing. If we can forgive the lack of perfection within our own family, within ourselves

as well, then we can truly love. We can love all the members of our own family and extend that love to community, country, and all of humanity. We can experience compassion.

Our clients need guidance toward the goal of love and compassion. This season brings us all face to face with both the joy and the pain of being human. Without love not only is this season abysmal, the whole of life is a devastating disappointment. So, can we rise above our personal disappointments? Can we be the guide for our clients along the path to forgiveness and objectivity? (It's not personal.) Can we work together with clients as well as strangers in this time of holiday joy and trepidation and embrace our fellow human beings with compassion?

We each have a sphere of influence which extends to every person we meet. Extending a greeting, a smile, a kind look can do so much. So many people move about in stores, on the street, at their place of work without anyone recognizing them as a fellow human being. This season we can recognize and acknowledge the invisible people among us. Extend a greeting and a smile and make a difference in someone's life.

HAPPY HOLIDAY!

*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**

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**Interns:** Karen Nemrow 765-4999  
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**Mailing:** Romy Brock, Jackie Good, &  
Michael Krikorian  
**Mendocino Rep:** Lesley Osman 415 663-8655

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**Website:** F. Michael Montgomery 578-9385  
**Community Outreach:** Don Ross 525-0675  
**Conferences:** Gail Van Buuren 494-4198

### **STAFF**

**Administrative Consultant:** Clare Moore 575-0596

## ***Chapter Leadership Award Nomination***

Our RECAMFT Board is proud to recommend that Christine Erickson receive a 2009 Chapter Leadership Award from CAMFT for her outstanding service. Christine has served as our Programs Chair since January, 2005.

Since coming on the RECAMFT Team, Christine has dedicated herself to locating superb speakers and panels of speakers for our monthly chapter membership meetings. This involves soliciting and reviewing written proposals, making arrangements with speakers, coordinating with the RECAMFT board and introducing the speakers at meetings. She has handled all these arrangements almost entirely by herself.

In addition, Christine has been writing the lead-in articles for our newsletters introducing the upcoming

speaker and topic. Until a year ago, when the programs committee was established, she also was writing the newsletter column, "What You Missed" each month.

Thanks to Christine's efforts, and her leadership as Programs Chair, therapists and related professionals have been drawn to attend meetings more and more frequently. Membership and interest in the chapter have increased largely because the meetings have been both well organized and stimulating for us all. In addition, she has added to the quality of the newsletter with her articles.

In brief, these are the reasons we are very happy to suggest this nomination. Christine deserves our sincere appreciation. We have been fortunate to have had such an outstanding Programs Chair.

## ***December 5150***

The December 5150 is being donated by Jen Bredesen, a certified Ayurvedic Practitioner as well as a Clinical Herbalist and Certified Massage Therapist. She has been working at the dhyana Center of Health Sciences in Sebastopol for the past four years. Jen is offering a 1 ½ hour Ayurvedic Pulse Assessment—a health consultation which utilizes traditional ayurvedic assessment tools (pulse, tongue, elemental theory) to help the client learn their constitution and how their food and lifestyle choices affect their health. She focuses on remedies based in whole food nutrition, herbs and at home treatments. She seeks to empower her clients through gaining knowledge of their constitution and learning which foods and remedies will best support them. Jen can be reached at 707-360-7933 or [jenbredesen@gmail.com](mailto:jenbredesen@gmail.com). Many thanks to Jen for offering her services, and to Emily Morrison MFTI for giving me her name.

*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.)*


### **The November Drawing**

**Brenda Brazil told the meeting that she needed to turn her September win for a massage with Ellen Casserly back in for another person to draw because it is too far away for her. Denise Galt won Brenda's 5150. But here is a fine bit of synchronicity. Brenda won the drawing for a massage from Emily Morrison at the November meeting immediately after turning that one back in for someone else to draw.**

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in Psychotherapy**

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#32239) and Jan Lowry-Cole, MFT #32774**

FMI/brochure: [www.rememberingthebody.com](http://www.rememberingthebody.com)  
or call Kitty at 707 823-8203.

## *What You Missed by Judith Peletz*

On Friday, November 14, our very own Kitty Chelton, past president of RECAMFT, gave an interactive presentation on using somatic techniques to enhance client resources. Kitty defined somatic techniques as having to do with the body and body sensations. She explained that client resources are necessary for interacting comfortably in the world. As therapists we create a safe space for our clients and give them new, transformative experiences. If we provide experiences that help clients feel okay in themselves and with others, it can be said that we are “resourcing” them. We can resource a client by providing opportunities for them to experience personal boundaries, containment, grounding, and centering within their bodies.

Kitty demonstrated an exercise for helping clients develop personal boundaries. In this exercise, the client stands a distance away from the therapist and gives permission for the therapist to move one step closer. The therapist moves one step forward and then asks, “What do you feel in your body now?” If the felt-sense is comfortable, the client can continue inviting the therapist to move one step closer, each time saying how they feel in their body. The therapist observes body

language, gestures, and facial expressions along with what the client says. Through this process, they discover where the client’s boundary is. Once that is established, the client says, “This is my boundary. I don’t want you to step inside of it, and I don’t want you to leave me.” This exercise can be used effectively with couples as well as with individuals.

Next, Kitty demonstrated and let us experience feeling supported through touch. We divided into pairs and took turns touching the other person’s back. The person being touched could choose the location and the pressure of the touch as long as it was comfortable to the person doing the touching. Then, once that is determined, the person being touched takes a deep breath and gets a few moments to experience how supportive that touch feels. Before the touch is removed a warning is given. After the warning, the touch is withdrawn slowly. It was surprising to many of us to discover how powerful a simple touch can be. It was not being propped up. Rather, it was supporting without surrendering or colluding. Again, Kitty explained how this could be used with couples as well as individual clients.

To give a client the experience of containment, Kitty showed us how to have them press on the outside of their knees at the same time as they are trying to force their knees apart. Similarly, you can have them raise their arms, hold their elbows, and try and pull their elbows apart. Another idea was to have them hold their hands flat on top of their head.

In the final exercise, Kitty had us experience how it feels to walk around with our weight on the outside of our feet, on our tip toes, and then how it feels to find our center by rocking forward and back, then side-to-side with our feet flat on the ground.

Throughout her presentation, Kitty answered many questions from the audience and shared a number of ideas about how these exercises can be applied in various situations. She advised us to become comfortable with the exercises before actually trying them with clients.

Kitty began the presentation by warning us that she would barely be able to scratch the surface in

explaining how somatic therapy can be applied to our work with clients. In spite of the 90 minute framework, she did a marvelous job of giving us some practical techniques to use. For those of us who want to learn more, Lomi is offering a year-long training beginning in the spring. Kitty Chelton and Jan Lowry-Cole are two of the trainers. You can contact Kitty at (707) 823-8203 or read more online at [www.lomi.org](http://www.lomi.org) or [www.rememberingthebody.com](http://www.rememberingthebody.com).

Thank you, Kitty, for a most interesting and valuable presentation! I, personally, gained some new techniques and had a lot of fun in the process.

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

## ***INTERN GREETINGS*** ***From Karen Nemrow***

Wishing you all a nice Thanksgiving and maybe even some rest and relaxation!

Thank you to all of the interns/trainees that have begun coming to our chapter meetings. Welcome! At this last meeting I asked our licensed colleagues if there was any interest in offering psychotherapy to interns at a reduced fee. A couple of members stepped up and more will follow if needed. I am beginning to compile a list and would be happy to pass this information on to those interested.

There has not been a response for a mentor program at this time. Mentors can be a great resource for us. Anybody interested?

New for January 2009: Please come to the Friday (Jan 9) general meeting at 9:30 (general meeting is at 10:30) for an informal drop-in intern group. Lets get to know each other, support each other and build relationships as we work our way through this process. Please come, bring a friend and stay for the general meeting. Interested? Let me know! I can be reached at [karenbnem@comcast.net](mailto:karenbnem@comcast.net)

Looking forward to seeing you in December.

Karen

Take care

Karen

## **Good News for Interns!**

**The RECAMFT Board of Directors  
has voted to make a \$15  
scholarship available for any intern  
applying for membership in 2009.  
For information, contact Karen.**

## ***Mendocino/Lake County News*** ***By Lesley Osman***

This month I wanted to let you know about Full Circle Wellness Resource Center, which is in a lovely redwood A-frame building in the heart of Ukiah. It seems appropriate since we're moving into the depths of winter to consider the many ways to maintain ourselves throughout the coldest time of the year. Full Circle is one of those centers where complimentary health care is available and then some!

Incorporated, the center is a non-profit organization funded by grants, private, individual, and corporate donations and fund raising events. Its focus is on all areas of physical, mental and emotional well being and houses a host of practitioners offering for fee such holistic practices as Chinese medicine, Jin Shin Do acupuncture, acupressure, acupuncture, homeopathy, herbal medicine, nutrition, colon hydrotherapy, Rosen bodywork, Feldenkrais Method, Process Coaching, Somatic Experiencing, several massage methods, and Marriage and Family Therapy offered in a spacious upstairs office by Katherine Redwood, MFT.

Betty Idarius, LM, CHom Classical Homeopathist and Process Coach, is one of the founders of the center. She spoke to me about its history and programs. Betty and her husband are one of several other couples who purchased the former nursery school. Her husband a contractor remodeled it. "I was one of 5 or 6 women who met for two years and formed a vision to have complimentary health practices under one roof for the purposes of collaboration, education and referrals."

Full Circle Wellness Resource Center, as its name suggests, serves also as a resource to anyone in Mendocino County. The center has a central area where anyone who practices in Mendocino, can distribute his or her materials and business cards. Likewise,

Mendocino County residents can find necessary referrals.

Their purpose of providing diverse wellness choices and education for all members of the community, regardless of ability to pay gave rise to The Angel Fund, which helps to supplement the cost of complimentary health services to low-income individuals. Currently, there is a Children's Angel Fund, which is offering scholarships for children with special needs in Inland Mendocino County to receive Feldenkrais/Anat Baniel Method for Children's lessons.

To find out more about Full Circle Wellness Resource Center, call them at 707/463-0777 or go to their website at [www.fullcirclewellness.org](http://www.fullcirclewellness.org). To find out more about Classes offered go to Betty Idarius' website at: [www.ProcessCoaching.com](http://www.ProcessCoaching.com).

If you have thoughts or comments, please contact me at the number below.

*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](http://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 continuing 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.

#### TO OUR MENDOCINO AND LAKE COUNTY COLLEAGUES

We have been sending the newsletter to members of CAMFT in your communities in a joint effort with Lesley Osman, MFT to explore the possibility that you might want to take advantage of chapter building. The gamble was that enough people would join our chapter to support the cost of printing and mailing the newsletter to all of you. We will know if that is the case by the end of December.

## A Couple's Place

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## Why Attend the Law & Ethics Workshop?

By Gail Van Buuren

If you are asking this question, I thought I would give you the reasons spending the day in this workshop might be worth your while.

In January 2007 David Jensen, J.D. presented What the Law Expects of Me: Part I. In that workshop he covered how the law defines and deals with **negligence**, reassuring us that all we have to do is exercise reasonable prudence and remember our training. He gave lots of specific examples and took questions so that attendees know how they can apply the information to their own practices. He covered the issues of **who is my patient, assessments and diagnosis, right of privacy, patients dangerous to themselves, to others, and boundaries and dual relationships** citing cases, giving lots of examples, and adding in healthy dashes of humor.

In January 2008 David returned to present Part II which he began by reviewing Part I briefly and then brought our attention to the legal issues of **advertising**, whether as licensed individuals, pre-licensed, or as a group. He

explored what kinds of pitfalls you could encounter and how to avoid them. Next, he brought up the subject of various **business entities**, what each can and cannot do, where you can get into trouble, and how to keep yourself safe. After that he went on to cover the myriad aspects of **patient's access to records** and then to what is considered **unprofessional conduct** and how therapists find themselves being held accountable in several different areas. Finally, at last year's workshop David brought up the questions around what is considered **valid termination or patient abandonment**.

What is so unique about these workshops is the thoroughness of David's presentation, his really sound advice of how to avoid problems in the areas he is addressing, how much he makes us sit up and think these things through for ourselves, and the relaxed and humorous way he helps us learn how to deal with the legal ins and outs of being therapists. You simply cannot receive the depth of information he presents online or in a correspondence course. Attending this with other colleagues also gives us an opportunity to hear about concerns of others and compare notes together.

We are about to send out the flyers for his workshop What the Law Expects of Me: Part III, but if you do not find one in your mailbox soon, you can go to our website [www.recamft.org](http://www.recamft.org) and either download it there or sign up online. The signing up online is something we are in the process of putting together as this goes to press, so you may need to exercise some patience with us. You can also contact us through the various numbers on our return address. See you there.

### Ethics Group Meeting

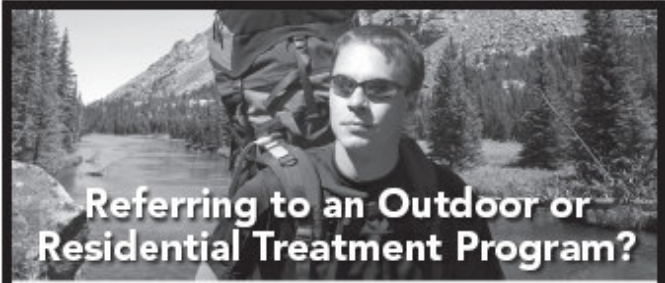
The Ethics Group meets once each in the Fall, Winter, and Spring. Topics for group discussion are generated from our own clinical practices or by an issue that has come up for one of us. For example, we discussed how to create and put in place a Clinical Practice Will, which we all should have.

Our meetings are informative and stimulating and RECAMFT members are invited to attend. No ongoing commitment is required.

**Next Meeting – January 16th, 2009**

**1:30 - 3:00 pm**

**For more information call Coralia Serafim at 781-0133**



## 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:

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- Eating disorders
- School failure or refusal
- Adoption/attachment issues
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# *Using Body Oriented Techniques for Anger Management with Adolescents*

*By Emily Morrison*

Thursday morning, the bell rings to signal the end of 3<sup>rd</sup> period and already I've had 4 angry, defiant, irrational and ready-to-rumble middle school girls in my office. They run the gamut from flushed to tearful, yelling to controlled even voices and scared to fierce. All of them, though, have one thing in common: they all admit to having anger management issues.

This is not necessarily a typical day in my life at this school. Some days are filled with relationship issues, or teasing, or rumors. Some days there are CPS reports to make, comforting to be done and education to share. But although anger does not creep in daily, it is a frequent visitor in the lives of many middle schoolers. Between raging hormones, a surge toward individuality and independence and the pressure of fitting in, anger is sitting around just waiting for a chance to rear up and take over. And take over it certainly does. Anger and its friend rage can be found in the parking lot after school, in the locker room, behind the tennis courts and even sometimes right out in the open—often instigating fist fights and hair pulling matches.

How to bring my knowledge of body awareness techniques into practice with these kids? I begin by talking to kids about what happens for them when they get angry. Not just the urge to yell at or hurt someone else, but what happens in their bodies. I was surprised to find that many kids could link into their physical experience much faster than many of the adults I have worked with. The descriptions of anger varied but all of the kids could identify their physical experience. Furthermore, many could pinpoint the physical sensation they experienced at the moment they could no longer control themselves. We then work backwards, helping them track what happens *before* the “losing control” point, until we get to a place where they can identify the beginning stages of anger. Joining them in using their own language about their bodily sensations—and sometimes drawing a picture of what anger feels like—can help them connect more deeply with their experience.

The one experience that comes up most often is “I get hot”. For some kids it's in their arms, for some their face, but they can often notice this heat before they can even identify their emotion as anger.

After helping an adolescent track his or her physical experience, I will usually include an educational piece around what happens in the brain when anger gets triggered. This involves talking a bit about the reptilian brain (the place of reactivity), and how long it takes to switch from the rational part of the brain to the reptilian brain and back again. We then work to create a personal safety/stay-out-of-trouble plan that helps them make that shift from reptilian to rational brain. Getting out of the situation, separating from the event or person that is instigating the anger and letting the building energy disperse tends to work the best. The most common and easiest thing to do in the moment is walking. If the incident is at home some kids opt for going to their room, shutting the door and screaming into or punching a pillow. Some resort to art, and one in particular thought using a stress ball was good solution for her. I ask some kids to make agreements that they will take their walk and if it doesn't seem to be helping, they will head for the counseling office and process with an adult before going back into the social realm.

Of course not every kid wants to change their relationship with anger. Some see it as protection from peers, family members, other emotions or responsibility. Others like to build anger up and give it plenty of room to grow so that it will speak for them and give them a reputation—creating status and what they see as respect. But usually even these kids realize there are times when anger does *not* serve them. Then they are often more open to trying out a new way of experiencing themselves. By bringing awareness into their bodily experience and helping kids become responsible for themselves and their actions, they begin to feel more empowered and in control of something many of them have often felt out of control of or been scared by.

*Emily Morrison is a Marriage and Family Therapist Intern supervised by Jan Lowry-Cole MA, MFT (#332774). She works in a private practice internship in downtown Santa Rosa. Emily has experience and training in using somatic techniques in her practice, as well as a passion for incorporating the healing arts into her work. She has a great love for (and much experience in) working with teens, and currently spends one day a week working in a local middle school with at-risk youth.*

*Emily can be contacted at 542-7987 #2*



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**Offices available** in an existing building used exclusively for Therapists next to Chrysalis Counseling Svcs for Women on Therapist Row located on 4<sup>th</sup> St. in Santa Rosa. Call Coralee Barkela at (707) 569-1800 days or (707) 494-6400 nights/wknds for more info.

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**Shared Office Space Available** in Sebastopol with waiting room, 1 to 3 days a week, flexible, spacious. Contact Gail Van Buuren at 494-4198

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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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Non-members - \$125

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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 - 15<sup>th</sup> of the month

Advertisements - 15<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)

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REDWOOD EMPIRE CHAPTER, CALIFORNIA ASSOCIATION  
OF MARRIAGE & FAMILY THERAPISTS  
PO BOX 2443, SEBASTOPOL, CA 95473

The  
Redwood  
Empire

*Therapist*

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RETURN SERVICE REQUESTED

*Beginning in January, there will be a \$5.00 fee to RECAMFT speaker meetings for non-members.*

## IN THIS ISSUE

- Upcoming Meetings to note in your calendar on the Front Page
- Our Board approves scholarships available upon request for Interns. – page 5
- Using body oriented techniques for anger management with adolescents – page 8
- Plan to attend our annual Holiday Celebration on December 12<sup>th</sup>, hang out with your colleagues, enjoy good food, and have a meaningful conversation.
- Is it time for you to renew your Legal and Ethical continuing education units? Do you look at CAMFT's questionnaire and realize you do not know some of those answers (or any of them?) RECAMFT has scheduled CAMFT's David Jensen, J.D. to present Part III of "What the Law Expects of Me" for January 23<sup>rd</sup>.
- Law & Ethics workshop to be held at different location this year – Odd Fellows Temple in Santa Rosa (same as our member meetings).