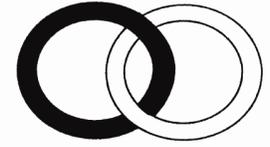


The
Redwood
Empire

Therapist

FEBRUARY 2009



REDWOOD EMPIRE CHAPTER CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS

WORKING WITH MEN WHOSE INTIMATE PARTNERS WERE ABUSED AS CHILDREN

While survivors of childhood abuse (sexual, physical, and severe neglect) and adult rape are engaged in the long therapeutic process of healing from these traumas, their intimate partners are unfortunately often left to fend for themselves. Due to social circumstances and the necessity of confidentiality in the treatment process for the survivors, partners are left isolated from others, without support and lacking vital information about abuse and its impact on their survivor mates and their relationship. On February 13, Dr. Scott Nelson will be presenting at the RECAMFT monthly meeting vital information on this rarely addressed topic. He will discuss the experience of the partner of a survivor of childhood abuse and what typically happens in their intimate relationships. He will address strategies partners can use to best care for themselves and their relationships.

Dr. Scott Nelson is a practicing MFT from Mill Valley who received his Doctorate of Social Welfare from UC Berkeley in 1984. In 1985 he started his first ongoing support group for partners of women abused as children. He has since gone on to develop a treatment approach for this population and has taught this to other professionals and is in the process of writing a book on this topic. In addition to his work as a therapist, Dr. Scott was the Director of Research at the Mental Research Institute in Palo Alto from 1986 -1991.

Dr. Nelson will present information on typical stresses in the couple's relationship and challenges facing the partner. He will offer guidelines on addressing these issues with both the partner individually and in couple's therapy. Please join us on February 13 for this very informative presentation.

February 13th RECAMFT Meeting

10:30 - 11:00 social & sign in

11:00 - 1:00 meeting

Working with Male Partners of Women Abused as Children Scott Nelson, Ph.D.

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

IF THE PARKING LOT IS FULL, YOU CAN PARK AT THE J.C. GARAGE ACROSS MENDOCINO AVE. FOR \$3 OR ASK PERMISSION TO PARK AT THE EGGAN AND LANCE MORTUARY. IF YOU DO NOT ASK THE COST OF TOWING IS \$225.

March 13th, 2009

**The State of the Profession
CAMFT's Mary Riemersma**

April 10th, 2009

**Healing Shame
Bret Lyon, Ph.D.**

THERE IS A \$5.00 ENTRANCE FEE TO RECAMFT SPEAKER MEETINGS FOR NON-MEMBERS.

President's Message

Susan Hartz, MFT

Until Diamond came to live with me, I almost never got down on my hands and knees to look under the furniture. Diamond is the eight pounds of snow leopard (aka tabby cat) that picked me at the Healdsburg Animal Shelter a few months ago. Since her arrival I have spent quite a bit of time on the floor because she takes great pleasure in batting things around and doesn't know the difference between a toy and an unpaid bill.

Anyway, the other day, while flat on my stomach peering under the refrigerator, I started thinking about change in perspective. How sometimes for years I go along seeing things one way, only to have something happen that causes me to see in a whole new way, forcing me to question what I've held as iron-clad truth, or gain insight into what has seemed elusive, or reinforce and expand understanding of something I've had trouble articulating. Seeing things from a different angle can also lead to more respectful, harmonious relationship, as I get past my assumptions and hear more of what is behind what another person is expressing.

And isn't this part of what we do as therapists? No matter what our approach, a piece of what we do is help people enlarge their awareness of where they are in a process, opening up more possibilities for understanding and moving forward. It can be relief for someone to hear that she (or he) is experiencing emotions and other symptoms typical for what she is going through and isn't bad or, (the awful word) *crazy*. Often that's just what a person needs to kindle a small but vital ember of hope. And this can work both ways. I'm amazed at how many times a client will make an observation that gives me the piece I need to enlarge my understanding about something I've been struggling with.

I'm also grateful for the people, both presenters and members, who share their expertise in our meetings. Time and time again I come away with at least one aha moment that increases my insight into something I've been working on. Not that I immediately try the latest technique, but my thinking about a subject gets stirred up and pushed to a new level. New ideas are invigorating.

As I write this, my nephew and his mom are visiting. My nephew is a Generation Y-er home after two years in Tanzania with the Peace Corps. He is full of ideas, opinions, and facts that challenge many of my own views, and I find my comfort zone disrupted. Yet this is good, because it forces me to question and clarify for myself why I believe certain things and to open to seeing a new way. I am grateful for the chance to look at the world as he sees it, and at least consider a differing point of view. I find this refreshing.

These are hard times. We're experiencing turmoil and loss as well as promise. Keeping equilibrium calls for creative thinking, for trying different solutions when the old ways no longer work. Looking from another angle can give you a needed chuckle, stimulate your curiosity, or send you in a direction you've never considered. Why not peek under your refrigerator once in a while. You might find, as I did, cobwebs that need cleaning out, a few trinkets you didn't even know you'd lost, and maybe even a tiny troll asking nothing more of you than a kind welcome.

Susan Hartz is in private practice in Santa Rosa. She can be reached at 538-2011

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Brenda Brazil, Hospitality; Judith Peletz, Secretary; and new member, Lanie Sohler Gayler

Intern Greetings From Karen Nemrow

Thank you to all that attended our first Drop-In Intern Support Group last month! We enjoyed getting to know each other and are looking forward to our next meeting. For those of you that missed it, please plan on joining us next time! We can learn from each other, support each other and begin to build lasting personal and professional relationships. *Let's keep this going!* Our next meeting will be February 13 at 9:30. The general meeting will follow. Ideas? Questions? Comments? Requests? Let me know!
karebnem@comcast.net

Karen Nemrow is in private practice in Petaluma and can be reached at 765-4999

HERE ARE A FEW PICTURES FROM OUR DECEMBER HOLIDAY GATHERING THAT DID NOT MAKE THE JANUARY ISSUE



Kate Maxwell, Past President; Margaret Newport, Secretary and Trauma Response; and our new President, Susan Hartz

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.

WHAT YOU MISSED

By Michael Krikorian



Tony Madrid

On January 9, we were honored with a fascinating and professionally stimulating presentation by Tony Madrid, Ph.D., on Maternal-Infant Bonding: Disruptions and Solutions. Tony has long been a respected and much loved psychologist and hypnotherapist in Sonoma County. A number of attendees in today's audience attested to the training and support they received by Tony in years past.

Tony shared with us how he came into this specialty of maternal-infant bonding years ago. Tony was going through his wife's pregnancy and had recently read the book, Maternal Infant Bonding by Kennell and Klaus. The book stimulated his thinking about the impact on children when something has occurred to disrupt the emotional/physical bond between the mother and the infant during pregnancy and especially in the first hours of life outside the womb. Meanwhile, a colleague was working with a young girl trying to help her get relief from asthma with no success. The colleague then began working with the mother who eventually happened to mention that she had a painful and upsetting birth situation with this daughter and that the mom never has felt a deep love for the child. That got Tony reflecting on his study of the importance of maternal-infant bonding on the subsequent development of the child so he decided to try something new. He worked with the mom on clearing up the trauma of the actual birth experience and then hypnotically took the mother through a positive birth experience in her imagination with this child. A while later the woman reported now feeling very close to this child and, in addition the child's asthma symptoms had ceased.

This led to years of further exploration of this phenomenon of asthmatic children and the presence of disruptions in maternal infant bonding. Tony cites research that shows 75% of children with asthma have a mother who experienced non-bonding events either during pregnancy or the birth process (these non-bonding events show up in 25% of kids without asthma symptoms). Tony went on to develop a system of

treatment for children with asthma. First, he determines if non-bonding events occurred for the mother during pregnancy or birth. These events include such things as loss of spouse, physical separation of the infant from the mother, drug use by the mother, poverty, illness in mother or infant, removal of infant for adoption. When asked, mothers who have experienced disrupted bonding will often (shamefully) say they just don't feel love for this child, or they don't miss the child when away, or the child cannot be soothed by them, or that "everybody loves this child but me."

If non-bonding events did occur, Tony works with the mom either with hypnosis or EMDR to "clear" the trauma feelings or charge from these memories. Then, through hypnosis, he takes the mother through a positive experience of pregnancy, birthing and bonding with this child.

Tony points out that the therapeutic work occurs with the mother in these situations. He has had little success working directly with the child. When the treatment takes, he tells of women who happily report feelings of closeness they have never before experienced with this child and, amazingly enough, a cessation of asthma symptoms in the child.

For more information on this fascinating subject, go to www.asthmabusters.org. Dr. Madrid can be contacted at Russian River Counselors (www.rivershrink.com) 865-1200 where he is the director.

Michael Krikorian, MFT practices in Santa Rosa and can be reached at 579-0838.

CHILDHOOD ASTHMA STUDY

Russian River Counselors is accepting asthmatic children for a study evaluating the effectiveness of a new, psychological treatment which appears to be effective in reducing symptoms.

This study is being sponsored by the Association of Pre- and Perinatal Psychology and Health. There is no charge to the family for the treatment.

This is the sixth in a series of studies. Previous studies have established that many asthmatic children have disruptions in bonding and that therapy that repairs the bond seems to have positive effects on a child's health. Many children no longer needed medication.

If interested, one can view more about this at: www.asthma-busters.org.

Referrals can be made by contacting Tony Madrid, Ph.D., at madrid@sonic.net or 865-1200.

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Therapeutic Needs of Learning Different Youth and their Families

By Deborah Greene-Jacobi, M.S.

For 27 years, New Horizon School and Learning Center has been changing the lives of students and parents alike. New Horizon School serves at risk learning different youth in a safe, scholastic and healing environment. As a small alternative state certified school New Horizon has made a difference to well over 1000 children and adolescents from first through twelfth grade.

New Horizon School offers a unique opportunity for bright, emotionally stable young people who are falling behind in regular classes because their basic reading, spelling, writing or mathematics skills are underdeveloped. Such students are often labeled lazy. In reality they may have learning disabilities or learning differences which require a different learning environment than most schools are able to offer.

Our students may have been diagnosed with a specific language deficit, perceptual deficits, dyslexia, dyscalculia, dysgraphia, nonverbal learning disability and/or attention issues. Some also experience school phobia or depression. Learning anxiety, low self

esteem, resistance to learning and learned helplessness can be a direct result of learning difficulties. Many have gone undiagnosed and often feel deeply discouraged by previous school failures. Typically, our students have been unsuccessful learners in traditional classrooms.

The New Horizon School program integrates educational therapy, remedial assistance, creative expression and self esteem using a holistic, multisensory approach to facilitate the development of each student's unique learning potential. The school is based on a family model. Small classrooms form an intimate, nurturing learning environment in which self esteem and confidence can grow.

Over the last 27 years we have addressed the therapeutic needs of our students and their families by offering individual and small group counseling, art therapy, music therapy and parent education and support groups. This year we are presenting an opportunity for community discussion and dialogue through our Community Lecture Series. On Tuesday evening January 13, 2009 there was a Panel Presentation followed by a Question and Answer Period on the Therapeutic Needs of Learning Different Youth and their Families. Joining us that evening were four outstanding Marriage Family Therapists including Michael Krikorian, Nancy Feehan, Jeanie Wedekind and Steve Lee who each commented on their own unique approach in working with learning different youth and their families.

Michael Krikorian discussed that he looks at a learning different youth by asking two questions. First, where is the individual in regard to developmental tasks and milestones such as moving from dependency to independence, developing a unique identity of their own including gender identity and vocational identity? Has the individual developed the ability to have intimate relationships? Do they know how to delay gratification? Second, how do they specifically feel about themselves and their learning difference? Exploring these important questions leads Michael to create a therapeutic strategy. Jeanie Wedekind discussed her focus on attachment work and the importance of creating safe, secure and loving bonds between children and adolescents and their parents including the importance of setting appropriate limits and boundaries. Steve Lee commented on his work specifically with parents and how important it is for parents to have a safe therapeutic place to deal with their own sense of loss, anger and frustration about raising a learning different youth and cope with the

challenges presented by the educational system and society. Nancy Feehan commented on her group work with New Horizon School seniors. She teaches communication skills, conflict resolution and issues related to mental, emotional and physical levels of self care as our seniors face the challenges that will confront them as they leave high school. Each of these therapists provided valuable insights and are excellent resources for the broader therapeutic community.

The next Community Lecture will be held on Tuesday February 10, 2009. The topic will be Diagnosis and Treatment of ADD/ADHD and Related Disorders. Joining us that evening will be Dr. Matthew Stubblefield, Psychiatrist and Director of the Center for Behavioral Medicine. The lecture will be held from 7-8:30pm at New Horizon School at 827 Third Street in Santa Rosa. A \$10 Donation is requested to support NHS Outreach Activities. For more information and to RSVP please email Laurie at office@newhorizonschool.info 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.

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Kate Maxwell	2008
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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

ELDER MEDIATION, a Sonoma State University Class (14 hrs CE credit: MFT/LCSW; BRN; MCLE) will be given by Margaret Dale, MFT and William Shea, JD, both experienced mediators. It will be held Sa/Su, Feb 21&22, 9am-5pm in Stevenson Hall rm2079. Register at 707/664-2394 or e-mail: carol.tremmel@sonoma.edu.

The course is designed for those working with elders, whether as agency staff, health care professionals, attorneys or family members. Participants learn the realities of aging and the special needs of elders. They learn mediation theory, and practice skills needed to apply these in situations involving elders.

Women Creating Ritual.

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REDWOOD EMPIRE CHAPTER, CALIFORNIA ASSOCIATION
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There is a \$5.00 fee at RECAMFT speaker meetings for non-members.

IN THIS ISSUE

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