

## THE STATE OF THE PROFESSION

Is it safe and appropriate to do therapy over the phone and over the Internet? What are the ethical standards and laws regarding such therapy? What is parity in mental health and what act was passed into law in 2008 that will affect us as MFTs? How and when must insurance companies comply? What about joining with social workers and psychologists to form a Professional Counselors License? Would this be beneficial for MFTs? What requirements would be necessary for this license?

If you would like answers to these questions or have questions of your own about the function of CAMFT and how they serve us and how we interface with them, come to our speaker meeting on March 13. We are fortunate to have as our speaker, Mary Riemersma, the Executive Director of CAMFT, talking about the State of our profession. This is an opportunity to learn about trends and what we can expect as MFTs practicing in California in the years ahead.

Mary Riemersma, a Certified Association Executive, has been Executive Director of CAMFT for nearly 24 years. Additionally, she has been in the business of managing associations for over 41 years. She holds an MBA, an MS, and a BA from Arizona State University. In the past she has served in a number of leadership positions, and she recently was recognized by the California Society of Association Executives as their Outstanding Association Executive. Mary is currently serving on the US Chamber Institute for Organization Management's Board of Trustees and is President of the California Coalition for Mental Health.

### March 13th RECAMFT Meeting

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

### The State of the Profession Mary Riemersma, MBA, CAE

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.*

**April 10<sup>th</sup>, 2009**

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

**May 8<sup>th</sup>, 2009**

**Key Elements of Working with Groups  
Don Scully, MFT**

Please come join us for this informative and stimulating presentation. There will be ample opportunity to ask questions.

## President's Message

Susan Hartz, MFT



Many hands make light work. Or in the case of the January 23<sup>rd</sup> Law and Ethics Workshop, a team of hard workers and willing hands makes for a smooth conference. Being new to the Board, I felt like I'd been given a ticket backstage, and was impressed with how the magic happens. I thought I'd let you in on some of the secrets.

The day before, Judith Peletz, Margaret Newport, and Christine Erickson shopped for breakfast goodies to feed the hungry crowd. When I arrived, early I thought, they were already busy washing fruit, cutting breads, arranging the table with the food on beautiful and functional trays Margaret had brought, and making sure everything was in order. I learned that the Odd Fellows staff, forgetting that we have elbows, had crowded the chairs so close together no one would be able to move, and so Christine Erickson and Katherine Kirk had been trouble-shooting this. Kate Maxwell and Katherine were helping out wherever there was a need.

Conference chair Gail Van Buuren had arrived very early to oversee arrangements. She and Kate Maxwell did research in finding a venue that could accommodate us for a reasonable price. Gail was also the one who made all the name tags. Then switching hats, she stood out in the parking lot in the rainy morning, directing people to alternate parking when the lot was full. Our administrative assistant, Clare Moore, was the coordinator who made arrangements for David Jensen's appearance, brought sign-in sheets for those already registered and then registered twenty-one walk-ins on the day of the conference, and managed to keep it all straight. Kim Gagnon efficiently arranged the pre-registration tables, and I joined her to greet and sign people in. Gail passed around the sign-out sheets before the workshop ended so attendees could exit quickly.

Throughout the day, like invisible stage hands, these team members seemed to anticipate what was needed and do it. And then there were the cookies! Judith Peletz made each of those wonderfully yummy cookies, which sustained us through to the end of the

afternoon. Many thanks for each of you who pitched in to make everything work well. What a great team.

March is the month of transition. If you are in the mood to try something new, think about volunteering for the RECAMFT team. You'll find a warm welcome, friendly people, and every now and then, delicious cookies.

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

## RECAMFT TEAM

### BOARD OF DIRECTORS

**PRESIDENT:** Susan Hartz 538-2011  
**PRESIDENT ELECT:** vacant  
**PAST PRESIDENT:** Kate Maxwell 237-8900  
**SECRETARY:** Margaret Newport  
**TREASURER:** Kim Gagnon 782-9685

### DIRECTORS-AT-LARGE:

**Programs:** Judith Peletz, Chair 526-7720 x 315  
Christine Erickson 575-1600  
Michael Krikorian 579-0838  
**Membership:** Bettina O'Brien 583-2336  
**Interns:** Karen Nemrow 765-4999

### NEWSLETTER

**Editor/Formatting:** Gail Van Buuren 494-4198  
**Mailing:** Romy Brock, Jackie Good, & Michael Krikorian

### COMMITTEE CHAIRS

**5150 Raffle:** Jan Lowry-Cole 542-7987  
**CEUs:** Vacant  
**Trauma Response Team:** Margaret Newport  
**Ethics:** Coralia Serafim 781-0133  
**Hospitality:** Brenda Brazil  
**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

# WHAT YOU MISSED

By Christine Erickson

At the February general RECAMFT meeting, Scott Nelson, Ph.D., presented on the topic "Working with Male Partners of Women Abused as Children." Scott began by describing his varied professional background which, he feels, gives him the ability to work with a lot of different types of people in his clinical practice. He talked about his use of couples, individual and group psychotherapy to address the needs of partners in dealing with their personal and relationship issues. Scott focused on the numerous and complex emotional challenges facing the partners of abuse survivors, referring to the underlying neurobiological and attachment factors which necessarily come into play. He discussed family dynamics that are involved in working with this population. He also spoke about the use of EMDR in conjunction with other therapeutic modalities in addressing the needs of these clients. Scott detailed some clinical techniques for dealing with the anger that partners often experience and which is often having a negative impact on the relationship with their partner.

Scott recommended a few books that would be useful in further exploring the clinical concerns of both the partner and the survivor and which include information on trauma, neurobiology, attachment and somatic approaches to therapy. Scott described his own book, which he is currently writing and which focuses on these subjects as well. Scott answered questions throughout the presentation and there was a good deal of lively discussion. Scott had a sign-up sheet for attendees who wanted handouts emailed to them and he sent the emails the next day. In these emails, Scott included a draft of one of the chapters from his book in progress.



Scott Nelson answers questions after his presentation.


Scott's presentation was interesting, informative and, I think, highly relevant to our clinical work with individual partners or couples where the female partner is a survivor of sex abuse. Thank you, Scott for sharing your expertise with our RECAMFT community!

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

**Remembering the Body  
in Psychotherapy**

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**Kitty Chelton, MFT #30322, Thomas Pope, MFT #21126,  
Theresa Beldon, MFTI #35405 (supervised by Ellen Jordan MFT  
#32239) and Jan Lowry-Cole, MFT #32774**

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

## 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 3rd, 2009**

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

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

# Trauma Response News

By Margaret Newport

March 13<sup>th</sup> and 14<sup>th</sup> - CISM Training  
Critical Incident Stress Management

Two day workshop (14 CE Units)

Diane Myers, CAMFT Trainer

Presented by Santa Clara CAMFT

Contact Sean Armstrong @ 408 235-0210

## A Couple's Place

### Gottman Couple Therapy

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## March 5150

The March 5150 prize is a Breema session being offered by Patricia Gale, CMT. With over 15 years of experience as a Certified Massage Therapist, Patricia offers a Swedish style massage that releases stressed connective tissues and both restores and prepares the body for ongoing healthy function. Your body becomes your partner in living well. At your option, you may receive the massage unclothed with nourishing oils

applied to your back and neck, legs and feet, arms and hands, and face, or you may wear loose comfortable clothing. Patricia's experience allows her to address the needs of the entire family. As well as therapeutic massage, she is trained for prenatal and postpartum massage and to give new parents instruction in nurturing touch communication with their infants and growing children. Schedule your appointment by calling Patricia at 707 481-1801. Many thanks to Patricia, and to Grace Harrison once again 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.)*

**Will Riggan, Ed.D., MFT, won the February 5150 of a Tai Chi/Feldenkrais class generously donated by Cynthia Calmenson, Feldendrais Practitioner and Lisa Labagh, Tai Chi Chuan Teacher.**



**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  
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## Ads and Announcements

### Office Space

**ONE to TWO FULL TIME OFFICES AVAILABLE** for 3 year lease in 6-professional office psychotherapy suite located at 1101 College Ave. Suite 230. Available on June 15th. Plenty of parking, kitchen and shared waiting room, fax machine/printer, DSL, and small group room. Friendly group practice. Current rent is \$629.50 per month, which includes office supplies and utilities (except phone). Future rent to be negotiated with rental agency. If interested, contact Louise Packard or Dan Pickar at 566-0296, Tim Stein at 328-3425, or Pamela Loman at 490-2241.

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

**OFFICE SPACE AVAILABLE** on Mon.,Thurs.am, and Fri. near downtown Santa Rosa. Bus/wheelchair access, convenient parking, overlooks Spring Creek. Call Mary Lyons at 526-7720 x321

### Bulletin Board

**MENTAL HEALTH CLINICAL SERVICES MANAGER** - County of Del Norte \$61,722.96 beginning annual salary. Required apps. Avail Del Norte County Personnel 981 H St., Suite 250, Crescent City, CA 95531 (707)464-7213, or [www.co.del-norte.ca.us](http://www.co.del-norte.ca.us). Deadline: Until filled. EOE

**PRIVATE PRACTICE INTERNSHIP AVAILABLE** for an intern with at least 1 year experience. Call Mary Lyons at 526- 7720 x321

### New Programs!



Announcing New Programs at

## Turning Point

DAAC's Residential Treatment Facility

- ♦ [Working Adult Program](#) for employed adults at possible risk of losing their jobs.
- ♦ [Opiate Addiction Program](#) for those addicted to opiates and need Narcotic Replacement Therapy (NTP) in the form of Methadone or Buprenorphine
- ♦ [Continuing Care Programs](#) through our Adult Outpatient Services Department
- ♦ [Co-Occurring Disorder Program](#) for those with mental health problems in addition to alcohol and other drug disorders
- ♦ [Payment Plan Option](#) for individuals who financially qualify or have a qualifying family member

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Email: [therapy@recamft.org](mailto:therapy@recamft.org)

Website: [www.recamft.org](http://www.recamft.org)

RETURN SERVICE REQUESTED

*There is a \$5.00 fee at RECAMFT speaker meetings for non-members.*

**RECAMFT HONORS ITS  
PAST PRESIDENTS**

Kate Maxwell	2008
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

**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 (500 words max) - 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)

**NEWSLETTER DISCLAIMERS**

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