

## TREATING BORDERLINE PERSONALITY DISORDER: CLINICAL TECHNIQUES

On Friday, June 12 Wendy Wheelwright, MFT, will be doing a sequel to her presentation last September on Treating Narcissistic and Borderline Personality Disorders. A number of RECAMFT members requested that she return and give additional information about specific techniques in working with Borderline clients.

In this presentation, Wendy will speak about problem areas in working with Borderline clients both in groups and individually. Specifically, she will speak about problems such as silence, monopolizing, sarcasm, and overly focusing on others in groups. In addition, she will share specific Dialectical Behavior Therapy techniques which help clients individually with mindfulness, emotion regulation, distress tolerance, and interpersonal interactions. Wendy will give us an overview of the four communication defensive styles and how to approach them clinically. There will be plenty of time for case-conferencing, so please bring problem cases to be discussed.

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. 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.

**May 29<sup>th</sup>, 2009**

**Accelerated Experiential Dynamic  
Psychotherapy Workshop**  
Karen Pando-Mars, MFT & David Mars, Ph.D., MFT  
**Petaluma Community Center**

**June 12<sup>th</sup> RECAMFT Meeting**  
10:30 - 11:00 social & sign in  
11:00 - 1:00 meeting

**Treating Borderline Personality  
Disorder:  
Clinical Techniques**  
Wendy Wheelwright, MFT

**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.**

**September 11<sup>th</sup>, 2009**

**An Overview of Crisis Intervention:  
Disaster Response, Terrorism, & Critical Incident Debriefing**  
Margaret Newport, M.F.T.

## President's Message

Susan Hartz, MFT



It's hard to believe the last single-digit year of the twenty-first century is almost half over. I was thinking the other day about how much anxiety there was as we transitioned from 1999 to 2000.

There were predictions of massive electronic system failures leading to chaos and some people went so far as to stockpile supplies to assure survival when everything fell apart. Yet this turned out to be unnecessary – things continued as usual with at most minor glitches which were quickly resolved. Nine years later we find many of our structures shaken not by electronic failures but by plain old human greed and hubris. Ironic, isn't it?

Other ironies: the drought continues, yet I don't remember a year when there's been such an abundance of poppies, wild, vivid, amazing. Our trust in government institutions is continually challenged and fear-inducing yet we depend on them for protection. And in a time of sometimes overwhelming bad news, people seem to be slowing down, reaching out to each other more, reordering priorities and finding satisfaction in unexpected ways.

One of my personal ironies is to find this year as president of our chapter half over when I feel like I have just begun. Yet looking back I realize we have covered quite a bit of ground. We've had five excellent presentations on a variety of topics at our monthly meetings, as well as a dynamic legal and ethics conference with David Jensen, and as I write this, promise of a wonderful introduction to cutting edge ideas in our Spring workshop with Karen Pando-Mars and David Mars on AEDP. We're close to publishing the 2009-2010 Directory of chapter members. We're considering how to compile a pro bono list to meet the growing mental health needs of our community. I hasten to add I've played a minor role in all of this, thanks to the collaboration and energy of other board and committee members who have done most of the planning and preparation, and other volunteers who've stepped up to help.

One unresolved issue is the call for CAMFT to make a statement in support of Same-Sex Marriage that was issued in January by Antioch College and others.

This came to the attention of the chapter board in late February. At the time, CAMFT Board had maintained a position of remaining silent and so some chapters surveyed members by e-mail and petitioned CAMFT to reconsider at their March meeting. Your chapter board struggled about what to do. We felt we couldn't speak for all our members without surveying you, but doing this by e-mail also presented problems concerning anonymity and inclusion of all members; there was the time factor, as well. Our decision was to write Mary Remiersma calling for open discussion via *The Therapist* followed by a statewide survey of all members. After the March meeting, the CAMFT Board changed their stance of silence by making a blanket statement against all kinds of discrimination, but did not make a statement specifically in support of Same-Sex Marriage (see [www.camft.org](http://www.camft.org)). There is promise of on-going discussion via *The Therapist*. While we will continue to explore what, if any, action we should take on this as a chapter, I urge each of you to let CAMFT know your own position on this important civil rights issue.

You won't be receiving newsletters in July or August, and after our June meeting, we'll break till September. Here's wishing you some time for relaxation and fun in the summer months ahead. I look forward to seeing you in the Fall.

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

### 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 –September 18th, 2009**

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

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

## **RECAMFT TEAM**

### **BOARD OF DIRECTORS**

**PRESIDENT:** Susan Hartz 538-2011  
**PRESIDENT ELECT:** vacant  
**PAST PRESIDENT:** Kate Maxwell 237-8900  
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### **DIRECTORS-AT-LARGE:**

**Programs:** Judith Peletz, Chair 526-7720 x 315  
Christine Erickson 575-1600  
Michael Krikorian 579-0838  
Debbie Oliver 545-4551 x 255

**Membership:** vacant

**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:** Myra Polikoff 548-0456  
**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 Michael Krikorian, M.A.*

At our general meeting on May 8, we were honored to have one of our past presidents and local therapist, Don Scully, MFT, present to us. His presentation was titled "Key Elements of Working with Groups." Don, who has been both a pastor and college teacher in his past, did an excellent job of giving us a concentrated synopsis of just about everything you need to know to set up, maintain and end a therapy group. At the same time, he included ideas on marketing the group as well as who you are as a therapist by way of marketing the group.

Don made a number of interesting observations during his presentation. He told of how we all struggle with the conflicting need to belong as well as the need to be unique/different. These two needs are activated by being in a group. He talked of the roles taken up by members of a group: Task Leader, Emotional Leader, Scapegoat Leader, Defiant Leader. Don said these roles may be necessary for the group to function and the therapeutic task is for the members to become aware of the roles they take on.

Don described the group therapist's role is to be the "manager" who monitors and safeguards the work-oriented boundaries of the group so members experience it as a safe container with an internal space in which psychological work can occur. There are many therapeutic processes that occur in a group. Outcome studies suggest that the most important factor for a positive outcome is that a member feels a positive sense of cohesion (belonging, acceptance, commitment, allegiance) with the other members and the leader. This is more important than any particular technique used. Don said that being an "active" leader as opposed to a dominating leader helps develop that sense of cohesion.

Don is a member of the American Group Psychotherapy Association and has generously given the local chapter 3 training video tapes done by that organization. He describes the training tapes as an excellent and moving condensation of an actual therapy group with commentary by the experienced group leaders. RECAMFT members can check these tapes out.

Thank you, Don, for an excellent presentation and your generous gift. Don can be reached at his Santa Rosa office at 525-1937.

*Michael Krikorian, MFT, practices in Santa Rosa seeing adults, teens and couples. He has a sub-specialty of working with clients on addictions and recovery.*

## **Karen Pando-Mars & David Mars**

Will be presenting AEDP theory and techniques with individuals and couples

**ON MAY 29<sup>TH</sup> AT THE  
PETALUMA COMMUNITY CENTER**

**For more information and to download  
a registration form, go to**

**www.recamft.org  
or  
call 575-0596**

# INTERN GREETINGS

By Karen Nemrow

The end of another school year always brings many changes. Congratulations to all the recent graduates and welcome to the 3,000 hour world of interns! It will go faster than you think, especially if you reach out to other interns and therapists in the area. Hopefully the sense of community and connection with RECAMFT will help. Congratulations also go out to those who have recently passed the exams and are now MFT's.

Friday, June 12, at 9:30 am will be our last RECAMFT and intern meeting of the year before we break for the summer. Remember this is a drop-in group and open to all, so please plan on joining us!

The board is very interested in supporting interns and would like to know what programs or types of support interns and trainees are wishing for. Please send me an email with your suggestions so that I can better represent our interests. [karenbnem@comcast.net](mailto:karenbnem@comcast.net)  
Have a great summer!  
Karen

## Support for Interns

### **Elaine Sohler Gayler M.A.**

Licensed Marriage & Family Therapist Lic. # 44857  
Certified Hypnotherapist


**Providing Interns with Hypnosis & Strategies  
for the MFT Licensing Exams**

Office in Sebastopol, California

650-996-9285 [laineyp@panthernoire.com](mailto:laineyp@panthernoire.com)

## **Lecture on Needs of Special Education Students**

New Horizon School presents an opportunity for community discussion and dialogue. Tuesday, May 12th, 2009. There will be a lecture on **Legal and Advocacy Needs of Special Education Students** given by Nancy Lo Dolce, Attorney at Law. Lecture to be held at New Horizon School, 827 Third St. in Santa Rosa from 7-8:30pm. The Lecture Presentation is followed by a Question and Answer Period. For more information email Laurie at [office@newhorizonschool.info](mailto:office@newhorizonschool.info)



### 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**

## *A Couple's Place*

Counseling Center & Workshops

### **Certified Gottman Therapists**

**Lisa Lund, CRC, MFT**

Licensed Marriage and Family Therapist  
(707) 547-0401

**Marcia Gomez, LCSW**

Licensed Clinical Social Worker  
(707) 235-3423


**Michael Basta, LCSW**

Licensed Clinical Social Worker  
(707) 935-6739

1212 College Ave., Santa Rosa, CA 95404

[www.acouplesplace.com](http://www.acouplesplace.com)

**New Programs!**

Announcing New Programs at  

**Turning Point**  
*DAAC's Residential Treatment Facility*

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- ♦ 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

**Affordable \* Confidential \* Trained and Caring Staff**  
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 Turning Lives Around

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 (707) 544-3295  
 24 hours a day  
 www.daacinfo.org

session often includes a few minutes of massage (She is also a Certified Massage Therapist). Georjana can be reached at (415) 388-0456. Enjoy a 2-min video of her gentle acupuncture technique at [www.ShamesHealth.com](http://www.ShamesHealth.com). Many thanks to Georjana for her generosity and to Hal Forman MFT (newly licensed--yea!!!)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.)*

## Trauma Response News

### *June 5150*

The June 5150 is a 60-minute acupuncture session being offered by Georjana Shames LAc, Dipl.OM, CMT (pronounced "George-Anna Shamus".) Georjana is a Licensed Acupuncturist who works alongside her physician father Richard Shames, MD in San Rafael and Cotati. She is a dedicated health care provider whose compassionate and gentle manner puts both children and adults at ease. Specializing in alleviating emotional distress, hormone balancing, and child/teen concerns, she trained at the renowned Five Branches Institute and is licensed at state and national levels for Acupuncture and Oriental Medicine. The session begins with a preliminary diagnosis of your Traditional Chinese Medical health pattern, which will be based on history, symptoms, and tongue and pulse readings. Georjana then administers acupuncture. The needles she uses are thin as a human hair, and while you may feel a sensation upon insertion, it is not painful. (Remember, it is fine to feel nervous about receiving acupuncture for the first time; please share any concerns and Georjana will do all she can to make you comfortable.) The points are usually retained 20 minutes while, with dim lighting and a heat lamp keeping you cozy, you rest. The



### **GROUP CRISIS INTERVENTION – CISM** with Diane Myers, RN, MSN, CTS

#### **Two Day Trauma Response Network** Training for 14 CEUs

**June 25 & 26 in San Rafael**

Call Eric Swift at 415 507-2959 for more information.  
 This is one of the required courses to become a member of the CAMFT Trauma Response Network.

## *Ads and Announcements*

### *Office Space*

**Five 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/weekends for more info.

**Sunny furnished office** in Cherry St. Victorian, sublet, two days a week. \$220 Khatiba Grais 696-5646

**Delightful office space** available in beautiful Victorian on Cherry St. Mon & Fri. Prefer one person for both days. Call 570-7269.

**Lemon-tree garden view office**, furnished incl sandtray, now avail. Th &/or Fri. \$100/mo/day. Also sunny, med-small office w/lg closet, \$380/mo. avail July 1. Amanda: 543-7007.

**SUBLET AVAILABLE:** Tuesdays and Fridays. Lovely Santa Rosa location at 1212 College Ave. Renovated house with front porch, back exit, kitchen, wait room, high speed internet and awesome office mates! Call 707-547-0401.

**Pleasant and Convenient Office Suite Available**, 3 comfortable offices and a waiting room at Creekside Medical Plaza on Montgomery Dr. A great location within walking distance to downtown, as well as a bus line. This courtyard office suite will soon be available for sublet, or lease. Please contact: Robin Anderson, PsyD 569-0808 or Romy Brock, MFT 523-8882

**Two very attractive, large, sunny offices**, one with garden view, available at 1549 Pacific Ave. Waiting room, all amenities, ample parking. Great location. Call Susan at 544-7706.

**Cozy office with wonderful natural lighting** for sublet - Wednesday afternoon through Sunday in lovely, new offices in central Rohnert Park. \$275/month. Please call Katie Anderson MFT at 585-6826

### *Bulletin Board*

**Psychotherapy & Yoga weekend workshop**, June 26-28, with Marjorie Rand, Ph.D. from S.CA. Fri 7-9pm, Sat & Sun 2-6pm. For info & registration call 707-494-7470 or email [hannahyoga@yahoo.com](mailto:hannahyoga@yahoo.com) How to integrate yoga practices & perspectives into your psychotherapy practice. Visit [www.drRANDbodymindtherapy.com](http://www.drRANDbodymindtherapy.com) or call Dr. Rand at 310-937-0053

**Meditation & Stress Reduction Groups** Ongoing with Hannah Caratti, MFTI supervised by Winnie Piccolo, MFT. Mondays 6-7pm and Saturdays 3-4pm For information call 707-494-7470

#### **Professional Announcement**

It is with great pride that we announce a new resource in your community. *A Couples Place* is now open in Santa Rosa. We integrate leading-edge research on marriage into practical, down to earth workshops for couples, private therapy for individuals, couples and families, and training for therapists committed to helping couples.

We are all Certified Gottman Therapists and Workshop leaders. Visit us at [acouplesplace.com](http://acouplesplace.com)

MFTs: There is a **supervision course at Russian River Counselors** on Sat, May 31, that fulfills the requirements of the BBS. Six hours, \$75. Contact Tony Madrid at 865-1200 for specifics and to sign up.

#### **Ovarian Cancer Support Group**

A free support group to address the emotional needs and concerns of women diagnosed with ovarian cancer! Whether newly diagnosed or in treatment or remission for years. Meets in Petaluma on Friday afternoons. Funded by a generous grant from The Ovarian Cancer Foundation for Living: [www.OCFforLiving.org](http://www.OCFforLiving.org). Facilitated by Marie F. Piazza, MFT. Please call Marie for more information: (707) 570-3940

**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**

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.

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

The  
Redwood  
Empire

*Therapist*

Telephone/Fax: 707 575-0596  
Email: [therapy@recamft.org](mailto:therapy@recamft.org)  
Website: [www.recamft.org](http://www.recamft.org)

RETURN SERVICE REQUESTED

**June Issue**

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

## IN THIS ISSUE

- Upcoming Meetings to note in your calendar on the Front Page
- AEDP Workshop on May 29<sup>th</sup> at Petaluma Community Center. \$120 at the door. David Mars, Ph.D. and Karen Pando-Mars, MFT will be presenting this cutting edge therapy. See pages 1 and 3 for more information.
- June 12<sup>th</sup>! Wendy Wheelwright returns for a deeper look into treating Borderline Personality Disorder at Odd Fellows Hall at our RECAMFT meeting. Make time in your calendar!
- Trauma Resource news reminds us that Diane Myers will offer CISM training in San Rafael on June 25 and 26 on page 5. If you are thinking of joining the CAMFT Trauma Resource Team, you need this one and Diane Myers is an excellent teacher.
- Be sure to check out our ads and notices on page 6 and the enclosed flyers and support our contributors.