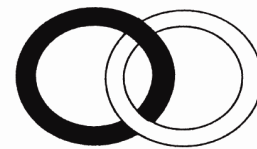


The  
Redwood  
Empire

# Therapist

OCTOBER 2009



REDWOOD EMPIRE CHAPTER CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS

## STEP INTO THE STORY YOU WANT TO BE LIVING

Memories, beliefs and habits are stored in the subconscious mind, enhancing or interfering with life goals and dreams. The most recent research in neuroscience suggests that only 5% of all awareness is in the conscious mind, and 95% is in the subconscious mind. To change a habit or behavior, beliefs in the subconscious mind need to be identified and addressed. Conflicts between conscious desires/goals and subconscious beliefs show up in areas of relationships, communication, self-esteem, spirituality, health, prosperity and personal power. PSYCH-K (psychological kinesiology) is a way to quickly and easily communicate with the subconscious mind. The processes are based on years of split-brain research indicating that the ideal state of mind is one of a balanced identification between the left and right hemispheres of the brain – also known as a Whole Brain state. The potential for success using therapeutic methods that address both the conscious and subconscious mind is unprecedented and the methods are relatively easy to learn and integrate well with most therapies.

In this session you will experience: 1) the use of kinesiology to identify subconscious beliefs, and 2) a powerful process that clarifies goals in a way that the subconscious understands.

Nancy Burns, MFT has a private practice in Sebastopol. She has been in practice since 1989 and she has been researching information about the subconscious mind

for over 30 years. Her background includes both contemporary and ancient methodologies. She is trained in EMDR, Hypnotherapy, and PSYCH-K. Nancy is certified as a basic PSYCH-K Instructor and is a Board of Behavioral Science CEU provider. She teaches PSYCH-K workshops for psychotherapists. Join us on October 9<sup>th</sup> to explore the possibilities of utilizing PSYCH-K in your practice.

### October 9<sup>th</sup> RECAMFT Meeting

10:30 - 11:00 social & sign in

11:00 – 1:00 meeting

### Step into the Story You Want to Be Living

Nancy Burns, 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.

November 13<sup>th</sup>, 2009

### Interpersonal Effects of Personality Disorders

Charles Harris, Ph.D.

December 11<sup>th</sup>, 2009

### Annual Holiday Celebration

Jan Ogren will facilitate our circle conversation

January 8<sup>th</sup>, 2010

### Clinical Application of the Systemic Family Constellation

Work – Brigitte Essl, MD, MA, DC

February 12<sup>th</sup>, 2010

### Couples Counseling: Using the First Session to Create

Emotional Safety for Couples Work – Judith Goleman, MFT

## President's Message

Susan Hartz, MFT



Marriage Equality. What does this phrase mean to you? For some of us and/or our clients, colleagues, friends, family, it means a civil right past due, a recognition of the legitimacy of relationships and families different from the main

stream, plus legal rights now available only to male-female unions. For some of us and/or our clients, colleagues, friends, family, it means a threat to tradition, a breaking down of society, an affront to religious beliefs. No matter what your stance is, chances are someone close to you has a radically different view.

As you know, CAMFT has been grappling with the issue of a call for support of same-sex marriage for almost a year now. In an attempt to deal with the topic and give both sides equal time, it published the May/June edition of *The Therapist* with articles supposedly supporting each side. However, the articles purportedly in support of traditional marriage were instead full of anti-gay accusations, derogatory remarks, and stale stereotypes. In protest, a number of members of some of the larger chapters resigned from CAMFT as conscientious objectors. These chapters have been considering allowing them to continue membership in their local chapter which would result in the chapter's being disenfranchised by CAMFT (membership in CAMFT is a requirement for membership in a local chapter).

Responding to the mounting call for action, in August Mary Riemersma and seven of the CAMFT board members agreed to attend a series of town meetings arranged by the San Francisco and East Bay chapters. Judith Peletz and I attended the one in Berkeley. As I listened to each person step up to the mike to explain the impact CAMFT's silence has had by telling his/her personal experiences and feelings, I was touched by the level of deep sharing. I came away hoping some resolution would soon be reached. By the time you read this many of you will already be aware that after major efforts by a number of people, at their September meeting CAMFT's board voted to approve a statement in support of marriage equality.

Some of us will be ecstatic at this news. Some of us will be shaken, fearful, wonder what it means to our own long-held beliefs. Here in the Redwood Empire

chapter, we have had almost zero feedback from members about this issue so the Board has maintained a moderate approach, calling for respectful dialogue. That means taking the time to listen to each other anew, to open ourselves to hearing ideas different from our own, not to agree but to understand. After all, it takes time and experience to change hearts and minds. Respectful dialogue is how we begin.

*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

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 & Lanie Abrams

### 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

**Enneagram Study Group Forming**

Integrate the Spiritual Dimension into your practice adding precision & depth. Understanding internal twists in our psychology & perspectives of reality and how our personality takes this to be who we think we are, quickens our soul's unfoldment, opening us to freedom and essential realization. We will use a variety of practices which will make this precious work an evolving adventure of discovery.

Meets: bimonthly, tues or thurs pm ; Cost: \$55-40  
CEU's available PCE # 2738

For Information: +544+8879

**Harriet Katz, LCSW** studied with Sandra Maitri author of "Spiritual Dimension of the Enneagram" & A.H. Almaas, Diamond Approach @to Self Realization for over 20 years.

## WHAT YOU MISSED

By Judith Peletz

Margaret Newport gave us An Overview of Crisis, Disasters, and Terrorism on a day that could not have been more appropriate, September 11. Margaret is our chair for our Trauma Response Team and has been working in the field for over 20 years, so she had a wealth of information for us. She also shared personal experiences which brought the information to life and reminded us that traumas occur whether we are prepared for them or not.

Margaret outlined the differences between a crisis, a disaster, and terrorism and explained the common reactions in each. She also talked about the treatment goals of each. Whether dealing with a crisis, a disaster, or terrorism, Margaret stressed the importance of not trying to do traditional therapy with newly traumatized people. It is necessary to get specific training to do this kind of work. Margaret explained the 4 courses that are necessary to be certified for the CAMFT Trauma Network.

Personal characteristics of survivors were given as well as personal characteristics of successful trauma response workers. Margaret explained how to take care of yourself and other workers to minimize burnout. She reminded us that being on the CAMFT Trauma Network does not mean that you must serve every time there is a disaster. You always have the right to decline for whatever reason.

An interesting discussion followed about ways to prepare as individuals and as families for the next earthquake or other local disaster. Resources in the community were mentioned. Margaret encouraged us by saying that "Behavioral rehearsal increases the survival rate" and by offering handouts including step by step ways to keep our families safe.

As a chapter, we are fortunate to have such an experienced Trauma Chair. Margaret is not only on the CAMFT Trauma Response Team but also on the American Red Cross Disaster Team of Sonoma County and the Trauma Outreach Network. Thank you, Margaret for sharing your wealth of information along with your experience, wisdom, and humor.

If you are interested in finding out more about being trained as a trauma mental health worker, Margaret can be reached at (707) 887-1887.

*Judith Peletz, MFT is in Private Practice in Santa Rosa and can be reached at 526-7720 x315.*

### AN OPEN LETTER

Dear Colleagues,  
I am trying to locate the 2-disc recording of *Women Who Love Too Much* by Robin Norwood. It's out of print, and I have a client for whom reading is difficult. Also, does the old RECAMFT library still exist in someone's storage locker or basement? It might be there....thanks for any assistance you can provide.  
Best, Randi Farkas 578-5321

**Remembering the Body  
in Psychotherapy**

A Mind-Body Approach

Deepen Your Work

Enliven Your Practice



**NEW CONDENSED FORMAT**

Begins and ends with 3-day intensives.

A six-month-long, multi-weekend intensive training.

**Lowie Applied Somatics Training**

**NEW DATES:** October 2009 — April 2010

Trainers:

**Kitty Chelton, MFT** #30322, **Thomas Pope, MFT** #21126,  
**Theresa Beldon, MFT** #35405 (supervised by Ellen Jordan MFT #32139) and **Jan Lowry-Cole, MFT** #82774

Meets CA BBS qualifications for CEUs for MFTs & LCSWs. PCE#4150

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

## ***INTERN GREETINGS***

*By Karen Nemrow*

I can hardly believe that October is here, the beginning of a new school year, new internship placements, new jobs, back to studying and cranking out those hours!! Almost every month we have a newly licensed MFT at our chapter meeting... bringing encouragement and hope as we work towards our shared goal. Congratulations MFTs!

Unfortunately, due to lack of interest I will be canceling our Intern Support Group. Perhaps there is a format that would be more useful? Please let me know!

Are you looking for a study partner or an unpaid internship? Remember the intern bulletin board is a good way to let people know.

Hope to see you all at the next chapter meeting.  
Karen

### ***October 5150***

The October 5150 prize is a session in the Healing Art of Massage with Kalena Babeshoff. She began her private practice in Massage for Families and Children in 1974, upon leaving nursing in order to pursue prevention and integrative healing approaches. Kalena's sessions have evolved from over three decades of experience and dedication to healthcare and wellness. Her approach is a blend of practices integrating both eastern and western approaches—individualized to meet your needs and the wisdom of your body/mind. Kalena Babeshoff is Founder and Director of A Foundation for Healthy Family Living ([www.healthyfamily.org](http://www.healthyfamily.org)) and a Fellow with Child Trauma Academy. She serves as a consultant and educator for Health and Human Service professionals working around the country with families and children. Please call 707 996-3545 or email [kalena@healthyfamily.org](mailto:kalena@healthyfamily.org) to schedule your session. Many thanks to Kalena for her generosity and to Hal Foreman, 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.*

# *A Couple's Place*

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## 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)**

### **FROM CAMFT TO OUR MEMBERS**

Hello! I wanted to remind you all that the CE Finder section of CAMFT's website was updated earlier this year so that individuals can post workshops, seminars, etc. to it. This information is viewable by the general public. We would invite your chapter [members] to utilize this resource for posting upcoming chapter workshops, conferences and trainings. All events posted should offer continuing education hours for MFTs.

You can access the revised CE Finder section of CAMFT's website by visiting <http://www.camft.org/cefinder>. It is also accessible by visiting CAMFT's homepage at [www.camft.org](http://www.camft.org) and selecting the "CE Finder" link at the top of the homepage.

*This is an email we received from CAMFT. If you have questions, contact Shawn Talbot at 858-292-2638 or [shawn@camft.org](mailto:shawn@camft.org)*

## 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 22nd, 2010**

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

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

Christina Trimble, MFT 44919 707-484-1918

411 East Street, Healdsburg, 95448

Areas of Focus: Children, Couples, Families, Parenting, School Issues

ctrimble2@yahoo.com

Jeanne Vattuone, MFC 18987

707-322-3843

865 Third Street, Santa Rosa, CA 95404

Areas of Focus: Abuse, Attention Deficit Issues, Adolescents, Parenting, Personality Disorders

jeannevattuone@yahoo.com

## *Ads and Announcements*

### *Office Space*

**Charming SR, Cherry St. sublet available** Oct., in a 5 office suite. Many amenities: wc access, furnished, play therapy toys and sand tray, a comfortable waiting room, AC/heating, rear parking lot, small refrig. and microwave. Available Mondays, Tues. evening, and Fridays. \$125/day. All negotiable. Contact Barbara @ 523-9920 or 953-2082.

**Santa Rosa: 2 offices for rent** in suite with therapists. Quiet, near bus, whlchr. access, parking. Shared waiting room, other amenities. Call Susan 538-2011 or Harriet 544-8879. Office to share: call Harriet 544-8879.

**Quiet psychotherapy office to share** on Cherry St. Time available each day totalling 3 nights, 4 mornings, 3 afternoons. \$110/day, prorated time possible. Call Khatiba @ 525-0822

### *Bulletin Board*

**Case Consultation:** The therapeutic alliance and the use of self. Richard Bloom, MFT and Paul Tamminen, LCSW. We will look at current cases to make your interactions with clients more conscious and effective. This course meets the qualifications for 20 hours of continuing education credit for MFTs and LCSWs as required by the California Board of Behavioral Sciences. Provider # PCE 4513. Fall '09 Mondays from 9 – 11 am. 10 biweekly sessions @ \$50 payment due at each session. No refunds. More info:

<http://www.psychotherapist.com/RBloom/pg7.cfm>

## Corrections For 2009 Directory

Connie Beall, MFT- (707) 584-1114

BJ Brown, MFT Areas of Focus includes: Children

Email: [bjbrownmft@yahoo.com](mailto:bjbrownmft@yahoo.com)

Gina Crozier, MFT 42922

707-695-3207

625 Cherry Street, Santa Rosa, CA 95404

Areas of Focus: Adolescents, Children, Coaching, Parenting, Women's Issues

Email: [ginacrozier@sonomafamilycounseling.com](mailto:ginacrozier@sonomafamilycounseling.com)

Website: [www.sonomafamilycounseling.com](http://www.sonomafamilycounseling.com)

Has handicap Access

Barbara Davis's email is: [barbaradavistherapist@comcast.net](mailto:barbaradavistherapist@comcast.net)

Katherine Kirk

621 Cherry Street

Santa Rosa, CA 95404

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

707-569-4812

Handicap Access: Yes

Areas of Focus: Transpersonal, Anxiety/phobias, Art therapy, Sandtray, Children

Lisa Wolper, LCSW 12890

707-524-8864

825 College Avenue, Santa Rosa, CA 95404

Areas of Focus: Abuse, Anxiety/Phobias, Depression, Gay/Lesbian, Loss & Grief

Email: [lisajwolper@therapy-net.com](mailto:lisajwolper@therapy-net.com)

Has Handicap Access

Mari Stefonetti, MFT 41891

707-762-3660

7 Fourth St. Suite 1A, Petaluma, CA 94952

Areas of Focus: Abuse, Addictions, Children, Personality Disorders, Sand tray Therapy

Email: [mstefonetti@comcast.net](mailto:mstefonetti@comcast.net)

REDWOOD EMPIRE CHAPTER, CALIFORNIA ASSOCIATION  
OF MARRIAGE & FAMILY THERAPISTS  
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The  
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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

**October Issue**

*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)

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