



CLINICAL APPLICATION OF THE SYSTEMIC FAMILY CONSTELLATION WORK

The therapeutic application of Systemic Family Constellation Work (SFCW) has emerged from the fields of family therapy, systems theory, and phenomenology. In the SFCW process, the family system dynamics that stem from multigenerational trauma can be accessed (e.g., exclusion of family members, early death of loved ones, war-related traumas, loss of country or family fortune.) This process unveils a patient's hidden loyalties and subliminal identification with his or her extended family members, including previous generations. Such loyalty and identification at times brings destructive life patterns to family members of the current generation. In European psychosomatic hospitals and residential rehab facilities, SFCW is commonly used as an adjunct treatment for addictions, anxiety and eating disorders, depression and chronic health issues.

January 8th RECAMFT Meeting

10:30 - 11:00 social & sign in

11:00 - 1:00 meeting

Clinical Application of the Systemic Family Constellation Work

Brigitte Essl, MD, MA, DC

ODD FELLOWS TEMPLE/MERCER HALL, 545 PACIFIC AVE., 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.

January 15th, 2010

What the Law Expects of Me, Part IV Workshop

David Jensen, JD

February 12th, 2010

How to Make a Couple Comfortable and Prepare for Couples Counseling

Judith Goleman, MFT

March 12th, 2010

Assessing and Treating Codependency with Somatic and Self-Psychology Approaches – Phyllis Haig, MFT

April 9th, 2010

Sexual Addiction: Assessment and Treatment

Tim Stein, MFT

May 14th, 2010

Psychology of Technology, Internet Addiction, and the Digital Divide Between Digital Immigrants (parents) and Digital Natives (children)

Ofer Zur, Ph.D. www.surinstutite.com/internetaddiction.html

June 11th, 2010

Focusing: A Somatic Approach to Psychotherapy

John Amodeo, Ph.D., MFT

One transparent benefit of this multi-generational trauma approach is the procedural inclusion of grandparents and great grandparents, an opening of ancestral appreciation, and allowing extended social relations into one's family identity. The therapeutic process will result in the patient's deeper sense of historical belonging and biological lineage awareness.

Along with giving an overview of SFCW, Dr. Essl will explain the screening protocol used to assess trauma in family systems, and she will outline early bonding interventions.

Dr. Brigitte Essl is licensed as a Doctor of Medicine (European) and Doctor of Chiropractic (USA). She also obtained a Masters in Counseling Psychology from Pacifica Graduate Institute in 1991. From 1992 until 1995 she received extensive training in homeopathy in Vienna, Austria. She currently works in private practice in Mill Valley doing homeopathy, functional medicine, body-oriented trauma therapy, and Systemic Family Constellation Work.

President's Message

Susan Hartz, MFT



Here we are in a new year, depending on how you look at it either the last year of one decade or the first year of the next. It's the month of Janus, the patron of endings and beginnings and we look back to celebrate the complexity

and richness of the year past and forward to the fresh unknown year ahead. There's something of hope in January, though it's the bleakest month of the year, when even here in northern California some plants are dormant, trees bare, days short and often gray. Yet we know from past experience that this time of rest is necessary for the growth that is to come.

For the year past, I want to express gratitude for and to the people who have stepped up to help keep the chapter vital and make my job easier. First, for Kate Maxwell and Gail Van Buuren who as Past Presidents have been ever willing and gracious in answering questions, giving encouragement, keeping things running – meetings, newsletter, workshops, directory. For Gail as Conference Chair and Newsletter Editor, and her continuing work even as she has needed to take personal leave. For Margaret Newport as our Secretary and Trauma Response Chair, and Kim Gagnon as Treasurer, thank you for your competent and diligent work. To our Programs Chair, Judith Peletz, who is ready to help wherever needed, and provides us with a warm, inviting place to have our board meetings, not to mention her great baking! And for her committee members, Debbie Oliver and Michael Krikorian, who together have arranged for a year of good speakers and

then given us a newsletter review for those who weren't able to make the meeting. Thanks also to Christine Erickson, who early in the year was part of the committee and who has given many years of dedicated service, and to Bettina O'Brien for her time as Membership Chair and work on the Directory before needing to step down due to work schedule.

Thanks to our Committee Chairs: F. Michael Montgomery for keeping our website/referral service going, Jan Lowry-Cole for continuing to arrange great complimentary offerings for our 5150 Drawing each month, Coralia Serafim for chairing the Ethics Committee, and Brenda Brazil for being a gracious Hospitality Chair for each of our meetings. And thanks to Myra Polikoff for stepping up to take care of CEUs. Karen Nemrow deserves a hand as Intern Chair; thank you for keeping interns posted with relevant news, and for your time doing intern meetings. And our unsung heroes, the group who get together each month to print, fold, and post the newsletter, Michael Krikorian, Romy Brock, Jackie Good, and Lanie Abrams. Thank you also to Romy for your work on the Directory contacting our advertisers, and to all the Board members who worked so hard to get the Directory published. Much appreciation goes to everyone who volunteered to help put on our two workshops. And last, many thanks to Clare Moore, our conscientious Administrative Consultant who helps keep everything running smoothly. I am fervently hoping I didn't miss anyone, but if I did please know that you, too, are included in my gratitude. It takes us all to make things work well.

Looking to the year ahead, most of our Board members are willing to continue to serve, and at our December meeting, we elected and welcomed both a new Membership Chair, Catherine Capitani, and Elaine Sohler-Gayler as our President-Elect for 2010, which means she will take over as President in 2011! And we will soon have our '10 Law & Ethics Workshop and have a slate of volunteers for that; thank you to these members for signing up to help out.

Someone asked me what I have found to be the best about being your President this past year. My first thought is getting to know and work with the great team who make up the Board. But also, I feel like I belong to the chapter in a way I hadn't felt before, even though I've been a member for a long time, and I've looked forward to seeing everyone at the meetings. So I want to thank all of you for giving me this chance to serve in this capacity.

Happy New Year!

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

Judy Weston-Thompson, MFT, CEIP-MH
Announces Two UNIQUE Groups!



"Heal Your Spirit Through The Soul of A Horse"

www.EquineInsight.net
 Equine Facilitated Psychotherapy (EFP)

PILOT EFP CONSULTATION GROUP FOR MFT'S
 Starts Wed., 3/3 ~ weekly / 6 weeks ~ Novato
 \$85 per session includes horse ~ Limited space

CHILDREN (8-12) WITH ADD / RELATED SYMPTOMS
 Starts Mon., 3/1 ~ weekly ~ Novato
 Fee Negotiable ~ Most Insurance Accepted

SEE WEBSITE FOR INFO / REGISTER OR 415-457-3800

MARIN CAMFT

29th Annual Professional Conference
 for MFT's, PhD's PsyD's, & LCSW's presents
Timmen L. Cermak, MD



ADVANCED TOPICS IN ADDICTION TREATMENT

SATURDAY, MARCH 13, 2009
 9:00 am - 4:00 pm

Four Points by Sheraton, San Rafael, CA

6 CEUs - Approved by MCEP Provider MAR093-0011-000

for more information and to register visit

www.MarinCAMFT.org

INTERN BULLETIN BOARD

RECAMFT would like to offer you a \$15.00 scholarship towards your RECAMFT Membership. This would make your membership fee for the year only \$10.00. Just make a notation on your RECAMFT Membership application that you would like to accept the scholarship.

Workshop for Couples

The Art and SCIENCE of Love

Now offered in Sonoma & Marin!

Boost your couples therapy! Send your clients to learn powerful research-based relationship skills, or join us with your mate to experience the Gottman Method. CAMFT Member Discount. 12CE's
No group work or public sharing

Santa Rosa ~ February 13th - 14th, 2010
Marcia Gomez, LCSW & Michael Basta, LCSW

Mill Valley ~ April 24th - 25th, 2010
Lisa Lund, MFT and Tim West, MFT, PhD

For more information, go to:
www.acouplesplace.com

Workshop for Clinicians

Bridging the Couples Chasm Gottman Couples Therapy: Level 1



This workshop will prepare you to use the Gottman Method in your practice immediately. Includes 300 page manual with new assessment tools and interventions. Meets requirement for level II training with Gottman Institute.

Santa Rosa ~ May 7th - 8th, 2010

Lisa Lund, MFT and Marcia Gomez, LCSW
www.acouplesplace.com
(707) 547-0401 ~ (707) 235-3423

What You Missed in November *By Judith Peletz*

I have just returned home from the RECAMFT holiday brunch. If you weren't there, we missed you. If you were there you know what I mean when I say it was a moving experience. Jan Ogren and Michael Montgomery treated us to some poetry and readings along with personal sharing. The topic was, "Honoring our Clients." I'm sure that all of us know what it feels like to miss clients who have left therapy, to wish them well in our hearts, and to feel thankful for the gifts they have given us. Usually we keep those feelings and thoughts to ourselves. Being a rather shy person who doesn't like talking in front of a group, I surprised myself by being quick to tell about 3 women clients who taught me so much beginning when I was still an intern. In spite of horrific histories of abuse, limited education, and almost no family or financial resources, they demonstrated such courage living their lives. They also challenged me and taught me in ways that no workshop or class ever has. Today was a wonderful opportunity to honor them and to share my feelings with understanding colleagues. In addition, hearing the stories shared by other therapists in the room united us and opened us to deeper appreciation of our clients, of our work, and of each other. I left the meeting feeling

that what we experienced was sacred and precious. Many thanks to Jan and Michael for leading us in the process, to Eddie Rosen, who provided a short body awareness experience, and especially, thanks to you, my fellow colleagues. I feel so lucky to be part of RECAMFT.

Judith Peletz, MFT is in Private Practice in Santa Rosa and can be reached at 526-7720 ext. 315.

Trauma Response Team News *From Margaret Newport*

Shawn Talbot, CAMFT Trauma Network coordinator is very pleased to report that there are 53 individuals in CAMFT who have completed the required classes to become members of The Trauma Network in CA.

The Red Cross has trainings coming up in Fulfilling Our Mission, Client Case Work, Mass Care Overview, Disaster Action Team, and Psychological First Aid. These are excellent trainings. Telephone 707 577-7600 for times and dates.

Margaret Newport, MFT is our Trauma Response Team Chair and RECAMFT's Secretary.

Ads and Announcements

Office Space

Charming Cherry St. sublet, in a 5 office suite. Many amenities: wc access, play therapy toys and sand tray, a comfortable waiting room, central AC/heating, and a rear parking lot. Available Mon., Tues pm, and Fridays. \$125/day/month. All negotiable. Contact Barbara @ 523-9920

Good Location, Psychologist, Marriage Family Therapists and Registered Dietitian in the building. Monthly Office Space available in Victorian building in downtown Petaluma. Janitorial service and plant rental included in rent. Call Barbara Badham @ 707-778-1189 for more information or to set an appointment to come look at the office.

Big Oak Plaza, W. 3rd at Fulton 2nd floor- wall of windows looks into trees. Leather furniture and room for groups, families, sand tray, art therapy and movement. \$115 per day per month. Email for photos: JulieGreen@counseling.net .795-0200

2 Offices for rent full time in 5-office suite. Nice area, easy to find, parks, restaurants nearby. Good free parking, shared waiting room, kitchenette, WC access. Reasonable rent includes expenses and utilities. Suite is shared with other therapists. Near Montgomery and Mission. Call Susan (707) 538-2011.

Bulletin Board

I am an MFT Intern looking for a supervisor in Windsor. I will be working with middle school children and their families. Please call Andrea Nortz at (707) 478-7026.

Please welcome new RECAMFT Members Candace Holly, MFT, and Kris Spangler, MFT.

2009-2010 RECAMFT Directory Corrections

Dominique De Nardo, MFC 39835

1 (415) 248-9377

55 Maria Drive, Suite 846

Petaluma, 94954

Areas of Focus: Parenting, Children, Post-Traumatic Stress, Addictions, Abuse

Office is handicap accessible.

Smadar Yusem-Segale, MFT

Email Address: smadarmft@yahoo.com

Website: smadarmft.com

Juanita Russell, MFT- Has Handicap Access

YOUR AD THIS

SIZE IN THIS

SPACE REACHES

OVER 240 LOCAL

THERAPISTS

AND AGENCIES

EACH MONTH

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
Website: www.recamft.org

RETURN SERVICE REQUESTED

January Issue

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) - 15th of the month
Advertisements - 15th of the month

For more information call, fax, or email the office at:
707 575-0596 or 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.

RECAMFT HONORS ITS PAST PRESIDENTS

| | |
|---------------------------|-----------|
| Susan Hartz | 2009 |
| 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 |