



COUPLES COUNSELING: USING THE FIRST SESSION

Couples' counseling can be an exciting and deeply fulfilling way to work with clients. The first session can set the stage for your work together, making a positive outcome more likely. Judith Goleman will share some techniques to use in the first session with couples to give you tools for effective work with them. These tools can increase a couple's empathy for each other and begin to form a structure for their eventually serving as a healing environment for each other.

Judith Goleman brings 33 years of experience to share with us. She majored in psychology at Stanford University and received her MA at Sonoma State University in Humanistic Psychology with Gestalt Therapy emphasis. She has been in private practice since 1978 and serves as a consultant for other psychotherapists. In addition, Judith has led man workshops on topics including couples' communication, body-felt imagery, working with jealousy, using imagery to promote healing, and the intuitive art of psychotherapy. She is a past president of RECAMFT.

Lost & Found: At the October meeting someone left behind a lovely reversible black jacket. If this is your property, either come to the next meeting to claim it or contact Susan Hartz.

February 12th RECAMFT Meeting

10:30 - 11:00 social & sign in

11:00 - 1:00 meeting

Couples Counseling: Using the First Session to Create Emotional Safety for Couples Work

Judith Goleman, MFT

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.

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

President's Message

Cynthia Halliday, MFT

"In any moment of decision the best thing you can do is the right thing, the next best thing is the wrong thing, and the worst thing you can do is nothing."-- Theodore Roosevelt



As we proceed into this new decade of 2010, I feel compelled to hold up a sign that reads, **"move calmly and resolutely into relationship"**.

As president, my intention is to strengthen my relationship with the mission of RECAMFT, which provides the local Sonoma County community with information about the services and expertise of Marriage and Family Therapists and offers professional networking, educational activities and events for the membership

As health professionals, I am sure that many of you would agree that our intentions, knowledge, experiences and specific choices do make a difference. And, it is our *values* that guide us in making our choices. It is not so much that we must do a particular "next thing right" but rather "the next right thing", in particular.

As my term as president begins, I am in a new relationship with RECAMFT. I reflect on the question, what is the next right thing, in particular, that I need to do? What intention do I hold for my relationship with RECAMFT? What knowledge and experience do I bring into this term? What choices have I made and what choices are there to make? What do I value most in my relationship with RECAMFT?

I intend to impart, through my actions, an appreciation for the value of teamwork, mutual respect, and support for the ongoing mission of this chapter. As a member, I value the encouragement I found to complete my Intern hours and information with which to stay oriented to my progress toward licensure, through interactions with the Intern representative of RECAMFT. As a newly licensed MFT, I found validation and support for the efforts I put into passing my exams and in starting a private practice. I value the acceptance and encouragement I experienced each time I attended a monthly meeting, while interacting with my peers. I value the continued nourishment I receive by participating in the RECAMFT community, as I extend myself

as a professional to help others. As the incoming president, I value the enthusiastic support of our board team and look forward to the opportunity to encourage others to find what is valuable for them in RECAMFT.

I invite you to consider what in particular is the next right thing for you in relationship to RECAMFT.

Make a decision to join us for our February 12th meeting. Hope to see you then. Blessings to you,

Cynthia Halliday has an Art Therapy and Marriage and Family Therapy practice in Santa Rosa. She can be reached at (707) 578-1064

RECAMFT TEAM

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Lisa Lund,
MFT

THE ART AND SCIENCE OF LOVE



Tim West,
PhD, MFT

**The Gottman
Weekend Workshop for Couples**
Designed by Doctors John & Julie Gottman

April 24 & 25

8:30 am - 5:00 pm

Acqua Hotel, Mill Valley

- ▶ Early Registration:
\$600/couple (by 3/27)
- ▶ CAMFT Members
Early Registration:
\$550/couple
- ▶ Standard Registration:
\$650/couple

Register at: www.acouplesworkshop.com
Info: 415-892-7330 or 415-460-9500



Judy Weston-Thompson, MFT, CEIP-MH

Announces Two UNIQUE Groups!



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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

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.

What You Missed By Michael Krikorian

On January 8 we were honored with a fascinating presentation by Dr. Brigitte Essl on Systemic Family Constellation Work. Brigitte has practiced as an MD in Europe and has a Doctor of Chiropractic as well as MA in Counseling. Brigitte was first exposed to Family Constellation Work (FCW) while in Europe, learned the process and has made it part of her practice in Mill Valley for the past 8 years.

FCW is an intriguing mix of family systems theory along with an indigenous/shamanic perspective on the influence of our ancestors in our present lives. In particular, FCW is used to identify and heal us from entanglement with traumas experienced by members of our family going back several generations. The founder of FCW, Bert Hellinger, is a German psychoanalyst who had lived for some years in Africa where he studied native cultures. Hellinger believes that trauma from past generations can get transmitted to us in early childhood during the preverbal phase. Imprints can be transmitted to us from traumas such as exclusion of family members (from adoption, "illegitimate" birth, and unjust institutionalization), loss of family members (early death of parents, siblings, children), loss of homeland, or family member victimization/aggressor (Holocaust or other war related atrocity, violent crimes, exploitation of others or of the earth).

Dr. Essl explained that a person can bond to these internalized trauma-fragments and, as a result, have problems in their own emotional and physical health without knowing why. She believes that through a process of identification, a person can follow the same pattern of living as the original trauma victim ancestor. Dr. Essl gives the example in her literature of a boy with chronic eczema that was resistant to standard medical treatments. The boy seemed burdened, under stress, and easily felt he had done something wrong. When Dr. Essl did a family history with the parents, she learned that the boy's grandfather had served in Vietnam and had used explosives to perform atrocities. The boy had no knowledge of this. Dr. Essl performed a constellation (the therapeutic group procedure used in FCW to uncover and make conscious the ancestral identifications) with the father. After the constellation, the boy became very ill with a high fever and acute bronchitis. Over the course of a week, the eczema vanished and did not return. Dr. Essl believes that the boy's illness was an unconscious identification with

both the grandfather (guilt) and the victims (the "burning" eczema).

The constellation process has some elements of psychodrama in that the client picks people from the group to represent family members. The difference is that these representatives are not given any information about the family members they represent. Dr. Essl then picks other group members to play ancestral relatives that she believes are involved in the trauma bonding. Through both gathered data and intuition, she directs interactions in the group play. She believes that this group process makes the ancestral identifications visible and conscious which can result in a shift in the psyches of the family members both present and not present, often freeing them of chronic symptoms.

Dr. Essl gives a monthly presentation on this fascinating technique and offers regular constellation sessions as well as trainings at her office in Marin County. For information, go to www.essl.pro.

Michael Krikorian has over 30 years experience as an MFT. He works with individuals and couples, adults and teens. For information, go to www.mkrikorian-therapist.com.

Bridging the Couple's Chasm Gottman Level 1 Training

A Workshop for Clinicians

**A NEW
Research-based Approach
(12 CE's)**

presented by

**Lisa Lund, CRC, MFT
Marcia Gomez, LCSW**

Santa Rosa ~ May 7th - 8th, 2010

acouplesplace.com

February 5150

The February 5150 prize is a one-hour Therapeutic Bodywork session with Lani Lee, CMT! Lani Lee is a second generation Massage Therapist specializing in stress relief, chronic pain management and injury recovery. Her hands follow your body's wisdom to gently ease your pain and coax you back into your skin. In each session, Lani integrates many modalities such as Myofascial Release, Cranial-Sacral Therapy, Somatic Neuromuscular Release, Integrative Swedish Massage, Prenatal and Postpartum Massage, Reflexology, Spiritual Massage, Therapeutic Touch and Reiki. Furthermore, Lani's touch has been informed and refined by her Somatics training through her MA in Somatic Psychology from CIIS and her current MFT internship at the Lomi Psychotherapy Clinic. Call Lani to schedule your bodywork appointment today: 707-331-5246, you deserve it!

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 5150 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.



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

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and Licensed Marriage & Family Therapist

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319 South E Street, Suite A | Santa Rosa, CA 95404

707.526.5800

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.

Intern Greetings

It's 2010 and with the new year come some BBS changes to the way we count our 3,000 hours. If you are an intern in private practice please be aware that we can no longer pay for our supervision out of any personal funds. All supervision hours now have to be paid through our private practice incomes. If there is any confusion please check with CAMFT or the BBS.

The second change is that we can no longer average our client hours. The new rules state that we need 1 hour of supervision each week for the first 10 client hours and 1 additional hour each week as soon as we see 11 clients or more.

On a brighter note we may also count hours spent in client centered advocacy and we can double count the first 150 hours spent working with couples or families. Feel free to contact me for more information.

See you all at the next members meeting.

And remember the intern bulletin board if you have any information you would like to post. It's free!

Karen Nemrow is in private practice in Petaluma and can be reached at: karenbnem@comcast.net or 707-765-4999

BUILD YOUR PRACTICE THROUGH RECAMFT

The function of the Community Outreach Committee is to educate the community about the benefits of consulting an MFT for relationship issues. The Committee can present specific topics to inform and promote the various specialties we make available to the public.

The Community Outreach Committee offers a forum which can put your face and talents before a needy audience. But are you ready? Are you comfortable and are you organized enough to make a great impression? As most of you are aware, MFTs tend to be introverted and not naturally inclined to speak in large groups to promote themselves. If you're like me, you need a place to learn and practice with a supportive group, a place where you can improve the content of your presentation, your delivery, and ultimately, your self-confidence.

You've undoubtedly heard of Toastmasters. It is the forum in which to learn public speaking. The Council On Aging (near Costco) is hosting a new Toastmasters group beginning February 3rd. It will meet every Wednesday from 8am to 9am. It may seem like a big commitment, but in these difficult economic times building and maintaining a private practice requires "drastic measures".

So imagine pushing your own "envelope", developing easy and confident speaking abilities along with making new friends and great business contacts. Yes, it would be a challenge! Are you ready to expand your self-identity, your confidence, and your own business?

The Outreach Committee should be comprised of the best of us. These members will undoubtedly personally benefit from stepping up to this challenge, but will also shed a positive light on even the most stubbornly introverted among us. However, in the interest of promoting MFTs and enhancing their professional capabilities, members of the Committee must have past or present membership in Toastmasters or provide references as to their excellent speaking capabilities. In this way we can put our best representatives in front of the public.

Personally, this can be the chance to challenge yourself to grow outside your previous self-definition. Isn't this the type of change we ask of our clients? So whether you're an introvert or an extrovert, hone your skills, take the challenge and begin by coming to the first meeting of the Community Outreach Committee on Friday, February 12th at 10:15 prior to our RECAMFT Membership Meeting. Please join us!

Kate Maxwell, MFT
Chair, Community Outreach Committee

Ads and Announcements

Office Space

Charming downtown Santa Rosa Therapy office for sublet. Ground level, therapist parking, waiting room, w/c, sandtray. Wed or Thurs (\$110.00/month); Sat or Sun (\$80/month) Contact Katherine at 522-0485 vm 569-4812 cell.

Office for rent in suite with other therapists. Easy to find, good parking, wheelchair access, amiable people. Small kitchenette, furnished waiting room. Call Susan (707) 538-2011.

Office sublet 2-3 days/wk at Chinn Street Counseling Center in S. Rosa. Call Shonnie Brown at 526-4353.

Sebastopol: Colonial Office Bldg. sublet, Tues and Wed, 1st Fl., Handicap Access, easy parking, reasonable rent. Nice room, good neighbors. Call Joyce @ 522-0402.

Bulletin Board

Please welcome new RECAMFT Members:

**Josie Bohling, MFT; Susan Shaddick, MFT;
S. Fenella Das Gupta, MFT; and Shelli Piva, MFT.**

2009 Directory Corrections

Cynthia Bohnker's correct phone number is: **707 364-7744**

Catherine Capitani's correct phone number is:
707 522-0488 or 529-5520

Carol Harvey

204 G Street, Suite 205

Petaluma, CA 94952

e-mail : carolharvey.nft@sbcglobal.net

website: www.carolharveymft.com

Adolescents, Brief/solution focused, Families, Relationship issues, Narrative

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AND AGENCIES

EACH MONTH

**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

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 may be edited and are published at our discretion depending on space and relevance to our readers' professional interests.

REDWOOD EMPIRE CHAPTER, CALIFORNIA ASSOCIATION
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Telephone/Fax: 707 575-0596
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RETURN SERVICE REQUESTED

February Issue

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