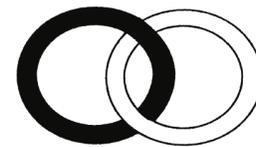


The
Redwood
Empire

Therapist

APRIL 2010



REDWOOD EMPIRE CHAPTER CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS

OUR APRIL MEETING

SEXUAL ADDICTION, ASSESSMENT AND TREATMENT

Sexual addiction destroys lives, relationships, and an individual's basic sense of themselves. Hopelessness, despair, and shame combine with an inability to stop or change behaviors associated with addiction.

This presentation will give therapists an understanding of what sex addiction is, how sex addiction develops, tools available to assess sex addiction, as well as an introduction to the treatment of sex addiction.

Timothy Stein, MFT, has a BA in Psychology (1991), and a MA in Mental Health Counseling (1995). In 1999, he obtained his MFT license. Presently, he has a Private Practice in Santa Rosa. Other than sex addiction and co-sex addiction (working with the partner of an addict), he specializes in treating depression and anxiety. He works with teenagers, individuals, couples, and deaf and hard of hearing clients.

April 9th RECAMFT Meeting

10:30 - 11:00 social & sign in

11:00 - 1:00 meeting

Sexual Addiction, Assessment and Treatment **Timothy Stein, 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.

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 the landscape of Spring, there is neither better or worse. The flowering branches grow naturally, some long, some short." - Alan Watts, *Beat Zen, Square Zen*, quoting a Chan Master



Like the growing branches on the trees of Spring, with perennial flower buds beginning to burst, **opportunities for you to bloom** through RECAMFT emerge.

Writing for the RECAMFT Newsletter is a pleasure and a challenge. The membership's varying interests, viewpoints, desires, motivations, strengths, and needs become central in my mind and heart as I write. As I think about the diversity of practitioners in our membership, I wonder, "How can this abundance of spirit, passion, knowledge, expertise, and talent become more visible amongst the membership?"

Every month we receive the RECAMFT newsletter with various articles and ads. Every month each of us has an opportunity to become more visible amongst our peers.

"What force of nature provides inspiration, motivation, and desire within your heart to make yourself more visible through our newsletter? " What passion burns deep within you that longs to emerge more fully? What professional knowledge and expertise have you acquired that has quietly served your clients and now wants to thrive in the light of your peers? What talents do you possess that need to be seen?"

The flowering branches of RECAMFT do grow naturally. I invite you to offer up your gifts, talents, experiences, and give of yourself to the RECAMFT community through submissions to our newsletter. We welcome a wide variety of submissions, including but not limited to, articles, poetry, artwork, and ...

Allow your passionflowers to emerge... naturally. Feel free to contact Gail Van Buuren or Cynthia Halliday with any questions.

"Everything holds its breath except spring. She bursts through as strong as ever." - Emily Carr

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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STAFF

Administrative Consultant: Clare Moore 575-0596

Honoring Our Outstanding Chapter Leader for 2010: Judith Peletz

Our board selected Judith Peletz as our Outstanding Chapter Leader for 2010, to acknowledge the many contributions Judith has made. She has been a cornerstone of our chapter, reliable, hard-working, readily volunteering where needed.

Judith was Secretary for 2006, 2007, and 2008. During that time she was also part of the Programs Committee, and helped select our excellent programs for our monthly meetings. In January 2009 she agreed to be Chair of this committee and has been innovative in creating a format for potential speakers to present their proposals. She completed research to find a long-desired sound system, and did the shopping when we made our choice.

She has also provided her home as a meeting place for our monthly board meetings, and always has something she's baked plus tea and coffee to offer us, which creates an atmosphere for teamwork. In addition, she has baked cookies for participants in our workshops as an afternoon pick-me-up and people appreciate this very much. (That's a lot of cookies!)

Whenever there's a job to be done for a meeting or a workshop, Judith volunteers her services, shopping for snacks, helping set up, helping clean up or whatever else needs doing. She creates a warm, congenial atmosphere for our board and for our members. We really appreciate all she is to us. Thank you, Judith!

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 23rd, 2010
1:30 - 3:00 pm**

For more information call Coralia Serafim at 781-0133



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**



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

GROUP PSYCHOTHERAPY ANNUAL CONFERENCE AT ASILOMAR CONFERENCE GROUNDS

By Kitty Chelton

NCGPS, Northern California Group Psychotherapy Society is a wonderful community of therapists who specialize in and promote group psychotherapy. They meet for their annual conference on the first weekend in June at Asilomar Conference Grounds in Pacific Grove. If you have not heard of them or attended their conference you are in for a treat. Asilomar is a beautiful place to spend the weekend and there are many interesting presenters to pick from ranging from traditional group therapy to somatics and psychodrama group therapy.

We have had the pleasure of presenting at this conference for the past two years and will be presenting again this June. The following is a description of our contribution to the conference. We teach a form of group therapy in which we explore somatic techniques to deepen and bond the group. We hope to see you at the conference this year. For more details about the conference please go to www.ncgps.org/pages/news.html and read about the other presentations. We hope to see you there. Kitty Chelton 823-8203 and Theresa Beldon 823-5216

Healing In Community

**Kitty Chelton, MFT 30322 and Theresa Beldon, MFT
48103**

DESCRIPTION:

Somatic psychotherapy places a unique emphasis on the importance of body awareness and the healing aspects of touch. We encourage therapist and client to reference and trust the wisdom within their own bodies to guide the therapeutic process. This wisdom is accessed through helping clients become aware of their sensations, feelings, impulses and instincts. In this course, we want to expose therapists to the depth and authenticity that can be achieved when body-sourced information and experience are integrated into the therapeutic process. Participants in this course will learn somatic techniques to develop body-centered awareness that focus on moment-to-moment tracking of the processes within, and between, the therapist and

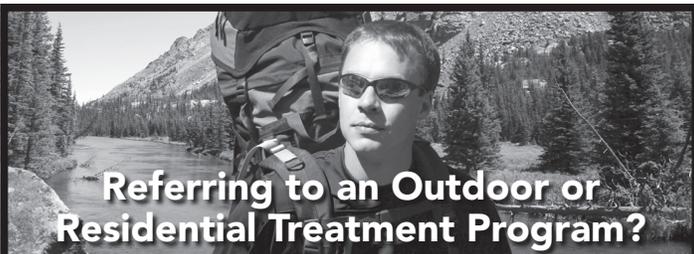
group participants. This kind of tracking fosters intimacy, safety, and a sense of belonging within the group. With these qualities the group can provide external holding for an emotional experience, resulting in an increased sense of validation.

Family is our first group experience and is at best complicated, full of both loving and injurious emotional experiences. This marks the beginning of the patterns we develop in relating to others and ourselves. In our work as Somatic/Experiential therapists we have found that we can maximize the depth of corrective emotional experience by exploring all aspects of relating: verbal, non-verbal,, and physical touch. Since the family group is often where the initial wounding occurred, it is in a group setting where the healing of those wounds can most effectively take place.

When clients respond to the group from their past injuries or their story, they move into a transference reaction. They are no longer in relationship to what is actually occurring right now in present time. They become essentially split between memories of the past and fear of a similar future, all of which live in the mind as thoughts. We find that by bringing awareness to the client's moment-to-moment body-felt sensations, we can bring that client back into present time relationship with his or her self and the group. The awareness of this body/mind split provides an opportunity to choose a corrective experience that opens up possibilities for change and healing.

While the use of touch is included in this course, we are aware that if used unskillfully or in the wrong instances, touch can be inappropriate. We will encourage each participant to explore his or her own limits regarding touch, based on one's own personal history. This will be accompanied by a thorough discussion of the ethics of touch and how to determine when its use is appropriate to the healing process. We will use a variety of somatic techniques that don't use touch so that participants of all levels of comfort can learn and participate in the workshop. Full permission from all participants will be clearly established with each exercise.

Kitty Chelton has a private practice in Sebastopol and can be reached at 823-8203.



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

Price:Members:\$200.00

Non-members: \$225.00

For reservation information, call (408) 235-0210 or email mail@scv-camft.org. For information on the workshop, call Mary Kay Bigelow, (650) 948-3400

MORE NEWS:

RECAMFT has another Trauma Network certified member. Jeanne Vattuone. There are now 56 persons in California prepared to respond, five of whom are RECAMFT members!

April 5150

HAVE YOU HAD A GREAT BODYWORK SESSION LATELY OR SOME OTHER SERVICE THAT FELT PARTICULARLY NURTURING AND/OR REPLENISHING TO YOU?

Jan Lowry-Cole, MFT, the 5150 Chair, is looking for practitioners to donate their services for the monthly 5150 drawing. The benefit to us is that one of our therapists gets the gift of a nurturing service, and the benefit to the practitioner is advertising. Our newsletter goes out to about 260 therapists and agencies. Therapists often like to know of people in the community offering other services for the purpose of referrals. What it entails for the practitioner is doing a short write-up (a paragraph long) for our newsletter describing her/his services and what kind of session would be offered as the prize. If you know someone you think might be interested in donating, either have the person call Jan or let her know the person's name and number and she can call her/him. Jan can be reached at 707 542-7987.

PS: Sorry, there will be no 5150 drawing this month

*Trauma Response Team News
 From Margaret Newport*

**In the Eye of the Storm...
 Essentials for Disaster Mental
 Health**

Presented by Diane Myers, RN, MSN, CTS

is being offered by the Santa Clara Valley Chapter of CAMFT. This is one of three courses required for anyone who wishes to be a member of the CAMFT Trauma Response Network. (The other two are: one from the Red Cross and the CISM Critical Incident Stress Debriefing.) This workshop will provide participants with essential knowledge and skills for intervening effectively with mental health needs in the complex and intensive aftermath of a disaster. The presenter is an excellent teacher and we urge anyone who thinks he or she may want to do this work should a crisis occur locally to take advantage of this opportunity.

When: Friday, April 9 and Saturday, April 10, 2010

Where: City of Mountain View Fire Department Auditorium, 1000 Villa Street, Mountain View

What You Missed By *Debbie Oliver*

Ads and Announcements

Phyllis Haig, MFT was our guest speaker at the March RECAMFT meeting. She has over 30 years of experience in the field of chemical dependency and she spoke to us on assessing and treating codependency. Phyllis told us that codependency fits under the addiction disorders, that codependency is a habit or addiction to someone else's drama, problems, or addictions. This focusing on others and neglecting the self produces the same symptoms of progressive life deterioration that other addictions do, including stress disorders, depression, self-injury, addiction to illness, eating disorders, and anxiety disorders. Because the codependent person lives outside their body, putting their focus on others, the therapist's task is to help the client identify just how out of their body they are, and to help the client begin to name their feelings. Since these clients have a tendency to blame, Phyllis suggests asking, "What do you think you're feeling?" as soon as the client begins to finger point by talking about someone else. Through focus on feelings, the client is able to begin to discover their own truth and their own needs. Practicing healthy selfishness, being self-centered in a healthy way, the client begins the process of internalizing a different view of life.

Codependency is a loss of self that begins early in life, probably between the ages of 3 and 5 as a result of interpersonal trauma. Phyllis has found that the only thing that overcomes the resulting gaps in the matrix of self is a spiritual foundation. She helps her clients find something that transcends their own ego; a belief in prayer or positive self-talk is one possibility.

Phyllis uses experiential techniques to help clients build and strengthen a sense of self. She led us through several exercises practicing staying in one's body while focusing on others and paying attention to boundary infractions.

Thank you, Phyllis, for an enjoyable blend of the practical and experiential. Phyllis may be reached at 707-303-3255.

Debbie Oliver works with adults and teens with an emphasis on treating trauma and anxiety disorders. For more info please go to www.debbieolivermft.com.

Office Space

One office available F-T in 5-office suite, shared with other therapists. Suitable for psychotherapy, bodywork, other professionals. Furnished waiting room, small kitchenette, close to bus stop, plenty of parking, wheelchair access. Parks, restaurants nearby. Also, larger office for sublet several days/week. Contact Susan @538-2011.

Office available Santa Rosa: Newly renovated office building near downtown. Large waiting rooms, wheelchair accessible, break room. 200 sq. ft. plus patio. Great for individuals, couples, children and groups. Available Fridays and weekends. \$125 per month per day. Call Mervin at 707 570 3940 x2

Cherry Street Therapy Office Space for Sub Lease. Off street Parking, Kitchen, Extensive Sand Tray collection, play therapy collection. Available all day Monday, Tuesday, Wednesday and Friday. Call Thomas Cooper at 707 338-3791 for more information.

Office space desired. I am looking for office space 1½ to 2 days per week in the SRHS/SRJC or north Santa Rosa areas, preferably not on Monday and Friday. Contact Dino at 707 522-8725

Bulletin Board

Consultation/Supervision Group for Therapists Who Work with Children - starting in Petaluma with a practical, structured format. \$40 for 1.5 hours for licensed therapists and sliding scale for interns. Led by BJ Brown, MFT 765-4885 or bjbrownmft@yahoo.com. CEUs included

2009 Directory Corrections

**Catherine Capitani's MFT phone numbers are:
707 522-0488 or 529-5520**

YOUR AD THIS

SIZE IN THIS

SPACE COSTS ONLY

\$60 PER MONTH!

YOUR AD THIS

SIZE IN THIS

SPACE REACHES

OVER 240 LOCAL

THERAPISTS

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
OF MARRIAGE & FAMILY THERAPISTS
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The
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April Issue

INSIDE THIS ISSUE

- Schedule of upcoming speakers at meetings page 1
- Group Psychotherapy Annual Conference page 4
- President's message page 2
- Timothy Stein on Sexual Addiction, Assessment
and Treatment on April 9th page 1
- Did you miss Phyllis Haig in March? page 6