



## OUR JUNE MEETING

# FOCUSING: A SOMATIC APPROACH TO PSYCHOTHERAPY

Focusing was developed by Eugene Gendlin, Ph.D. at the University of Chicago. He found that whatever the self-described approach of the psychotherapist, therapeutic progress was measured by the client's ability to connect with their bodily-felt experience in the moment. These clients were rather inarticulate. They groped for words and explored freshly in the moment what they were actually experiencing. Such exploration often leads to a "felt-shift" in how clients were experiencing difficult life issues.

This presentation will enable you to understand the basics of Focusing and learn simple concrete interventions that can help your clients slow down their speech and be with themselves in a gentle, caring way. Connecting with sensations and feelings that live in the body provides a rich foundation not only for being more intimate with oneself, but also for deepening intimacy with others. According to Dr. Amodeo, focusing is very compatible with Susan Johnson's EFT (Emotionally Focused Therapy) for couples.

## June 11th RECAMFT Meeting

10:30 - 11:00 social & sign in

11:00 - 1:00 meeting

## Focusing: A Somatic Approach to Psychotherapy

John Amodeo, Ph.D., 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.*

September 10th, 2010

## Managing Conflict with Couples Using the Gottman Method

Lisa Lund, MFT and Marcia Gomez, LCSW

October 2, 2010

## Day Long Workshop with Two Terrific Presenters

Barbara Griswold, MFT on Navigating the Insurance Maze  
Larry Waldman, Ph.D. on The Graduate Course You Never Had

Dr. John Amodeo is the author of The Authentic Heart: An Eightfold Path to Midlife Love, Love & Betrayal and is coauthor of Being Intimate which applies Focusing to establishing intimacy. He has been an MFT for nearly thirty years. He is an adjunct faculty member of Meridian University and has spoken internationally on Focusing, love,

and intimacy. He has been interviewed or written articles for publications that include The Chicago Tribune, The Dallas Morning News, The Rocky Mountain News, and The San Jose Mercury News, and has appeared as a featured media guest on programs that include CNN, CNBC and Donahue.

Please join us on June 11 for what promises to be an interesting, informative, and practical presentation.

## President's Message

Cynthia Halliday, MFT



### ***Volunteers are love in motion!***

*~Author Unknown*

So much activity in nature this spring reminds me of the energy that the volunteers of RECAMFT put into making our chapter vibrant and vital. Over 20 volunteers each month combine their efforts to put together, layout, publish, and mail our monthly newsletter to each of you. Over 10 volunteers work cooperatively to put together our monthly general meetings. RECAMFT committees of volunteers work throughout the year to bring us interesting speakers, relevant workshops, and professional development opportunities.

It is a great privilege to work closely with such a group of dedicated and energetic individuals. The chair of our newsletter committee, Gail Van Buuren, recently commented that an organization like ours "creates community". It is the involvement of many people, each bringing a spirit of generosity and desire to be of service, that is the life source of RECAMFT. A big "Thank You" goes to all who actively participate in RECAMFT.

We invite you to be a part of this active community of volunteers that make RECAMFT a rewarding and beneficial "community" for all members. Please feel free to contact me if you have any questions about becoming an active volunteer with RECAMFT.

***Act as if what you do makes a difference. It does.***  
*~William James*

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

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## *What You Missed* by Michael Krikorian

**Worried that your child or client is spending too much time texting or playing games on the Internet and not enough time socializing in the “real world?” Worry that modern youth are addicted to technology and wasting their lives away?**

“Relax” says Ofer Zur, Ph.D., because you are reacting out of the mind-set of a “digital immigrant” (Baby Boomer or older) and not understanding the world of the “digital native” (someone under 40 years who has grown up using this technology during their development).

This very interesting and provocative message came to us at our May monthly meeting from Dr. Zur. He helped us see how digital natives who grow up with this technology are expressing their human needs for mastery and connection through the technology which gives them an experience that is hard to grasp by a digital immigrant. He urged us to take the position of an anthropologist entering another culture to see what is going on. We need to drop our pre-conceived notions about texting and internet gaming (game playing) not being “real world,” a waste of time or isolating. Young people do these activities because they are fun, put them in touch and allow them to collaborate with others of like mind, and create feelings of mastery.

Dr. Zur feels we jump to the conclusion of “addiction” way too often when actually we just don’t understand or relate to the activity someone is engaged in. He does see that there is a “dark side” to the digital world that can create problems such as sexting, porn, bullying, suicide sites, terrorism instructions, fake reviews and slander. He also cites the new Facebook phenomenon of people contacting old flames and ending up having affairs or getting divorced.

Dr. Zur believes that a better assessment than “addiction” to digital activities is the question of “balance.” Does this activity enhance or deplete aspects of your life? What is the balance between online and offline living?

Dr. Zur gave us digital immigrant therapists a few tips to help us not get harmed by what we don’t know. For instance, he said we should be aware that people can be saying things about us and our work on sites such as YELP. If we don’t stay on top of this, our reputation can

be hurt. He suggested we Google ourselves regularly to see what is connected with our name. He also clarified that Skype and e-mail are not protected forms of communication in terms of confidentiality when communicating with clients, but that landlines and cell phones are considered protected in terms of the professional standard of care. He stated that special services can be obtained for a fee that does allow users protected internet communication.

Thank you, Dr. Zur, for this very informative presentation. For more information on the many classes and services Dr. Zur offers, go to [www.ZurInstitute.com](http://www.ZurInstitute.com) or call at (707) 935-0655.

*Michael Krikorian has practiced as an MFT for over 30 years. He sees adults and teens, individuals and couples. For more information, go to [www.mkrikorian-therapist.com](http://www.mkrikorian-therapist.com) or (707)579-0838*



▶ Learn How to Make Love Last!  
▶ Discover the Research-based Tools of Successful Marriages

**THE ART & SCIENCE OF LOVE**  
**The Gottman Weekend Workshop for Couples**  
Designed by Doctors John & Julie Gottman  
**SEPTEMBER 25 & 26, 2010**  
Acqua Hotel, Mill Valley  
Register ▶ [www.ACouplesWorkshop.com](http://www.ACouplesWorkshop.com) ▶ CEU's AVAILABLE!  
For more information 415-892-7330 or 415-460-9500

In this workshop couples learn how to:

- ▶ Foster respect, affection, and closeness
- ▶ Build and share deeper connection with each other's inner world
- ▶ Keep conflict discussions calm
- ▶ Break through and resolve conflict gridlock
- ▶ Strengthen and maintain successes in your relationship

presented by  
Lisa Lund, MFT & Tim West, PhD, MFT



# *RECAMFT'S New Website*

## *By Michael Montgomery*

*June 5150*

RECAMFT's website has a totally new look! After extensive work with a website design team through the SRJC, our website has a much improved design and layout as well as a new logo! Our aim was to provide a site with a professional look that was also both warm and inviting for members as well as for the public. New features include being able to apply for or renew your membership application online. We are now also able to pay for membership as well as conferences through PayPal using credit and debit cards.

The referral service has a vastly improved page where you or the public can search for therapists' information by name, city, specialty, population served or clinical orientation! The amount of information a referral service member can list about their practice is greatly expanded. A further note. I was recently looking for office information for a local therapist using Google and was taken to RECAMFT's referral page to obtain it! This web presence and linkage with all the major search engines is an important resource for those in private practice.

RECAMFT will continue to keep an archive of our past speakers and newsletters. The newsletter section will not be fully operational for about another week or so. This will allow us to have an online history of our chapter for the past several years and going forward.

For the future, RECAMFT is planning to have a sign in for members where they will be able to create their own user name and password. Referral service members will be able to make changes to their own practice information online themselves and have their picture included if they wish. And the referral search page will be fully integrated with RECAMFT's database. Our new website reflects the spirit and warmth that is a hallmark of RECAMFT. Enjoy!

P.S. Kathy Samoun, who designed our new website (so you can see the kind of work she does), is offering to design websites for therapists at a discount. You can reach her at: [katsrjc@gmail.com](mailto:katsrjc@gmail.com) and see her website at <http://www.daedaldesigns.com>.

*F. Michael Montgomery, LCSW, MFT has a private practice in Santa Rosa and can be reached at 578-9385 or at [www.inner-healing.com](http://www.inner-healing.com).*

The 5150 Raffle for our June RECAMFT General Meeting is a one-hour full body massage donated by Brad Halliday. Brad is a certified massage therapist, a graduate of the Holistic School of Massage and Wellness Center in Santa Rosa, with additional training at The San Francisco School of Massage. He is certified in Swedish-Esalen and Deep Tissue modalities and trained in Reflexology, "Polarity" and "Touch For Health" energy work. Brad travels to a client's home where he provides a customized therapeutic and comfortable massage service. Brad customizes each massage to the clients' specific needs or medical conditions. Call him to set up an appointment at (707) 321-6767. Many thanks to Brad for his generosity, and to his wife Cynthia (yes, our RECAMFT Pres) for volunteering him! Jan

*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. PLEASE 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-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

**BOB CASANOVA Educational Consultant**  
and Licensed Marriage & Family Therapist  
Affiliated with McClure Mallory & Baron  
1160 North Dutton Avenue, Suite 250 | Santa Rosa, CA 95404  
**707.526.5800**

## *Haiti: The Need is still There* *By Margaret Newport*

The news from Haiti is not new. The need remains great. The earthquake caused enormous damage. In some areas 80% of the buildings collapsed. Refugee camps contain 40,000 to 75,000 people. Food supplies are short. Medical supplies are short. Even before the quake many suffered from poverty and malnutrition. (Eight out of 100 children died before the age of five). Conditions have only become worse. The infrastructure is poor, roads are damaged, water and electricity services are unreliable. There have been outbreaks of tuberculosis and typhoid fever. Sanitation is an ongoing difficulty and threatens more disease.

It was not widely known that, prior to the quake, a large portion of the population suffered from low hemoglobin levels and anemia. This was only discovered when people who survived the quake without injury were tested. Those, who were injured, were noted to be at increased risk for hemorrhage and possible fatal result.

Among the groups responding is an International Volunteer Group known as "Youth with a Mission " or WYAM led by Lori Matthias, RN from Santa Rosa. Lori went to Haiti immediately following the quake and worked there for a month. She plans to return in October taking donations and supplies.

I am sure many of us would like to go to Haiti and help but are unable to. I have been thinking of a small way that might make a big difference. That is to send Vitamins and iron capsules with Lori and WYAM.

Some medical offices have samples and may want to donate. Ask your doctor. Health Food Stores are another option to request donations. There is time before October. I spoke with Lori and she will be happy to take them.

Margaret Newport, MFT  
Trauma Chair, RECAMFT

### **ETHICS ROUNDTABLE**

The Ethics Roundtable 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 – Friday, September 24th, 2010**

**1:30 - 3:00 pm**

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

### **OUR OCTOBER WORKSHOP** **Gail Van Buuren**

On October 2<sup>nd</sup>, 2010 RECAMFT will be hosting a one-day workshop with two fascinating speakers, one in the morning and one in the afternoon. The focus of the workshop is on managing and improving your private practice. We think you will come away with some really helpful information and ideas.

Our morning speaker is **Barbara Griswold, MFT** of San Jose whose subject is **Sustaining Your Practice in a Recession: How Accepting Insurance Can Keep Your Practice Full.** We are planning to have an informal conversational lunch with a choice of bringing your own "brown bag" lunch or purchasing a box lunch through RECAMFT. We think it would be fun to sit around and chat about what is going on in our practices see what we can learn from each other. Of course, going out to lunch or simply getting outside into the fresh air for a picnic lunch are options as well. The Veteran's Hall in Sebastopol is situated in Ives Park where there are nice green areas, swings and play areas, too! In the afternoon **Dr. Larry Waldman, Ph.D., ABPP** of Scottsdale, Arizona will be presenting **The Graduate Course You Never Had: How to Develop, Manage and Market a Flourishing Mental Health Practice –With or Without Managed Care.**

Barbara Griswold describes her presentation in this way. "In this economy, clients need therapists who accept their insurance. But must this mean fee discounts for

therapists, limited sessions, mountainous paperwork, and compromising confidentiality? This entertaining presentation addresses what EVERY therapist should know about insurance. Even if you never sign a plan contract, what you don't know can hurt you and your clients, so we'll challenge common misconceptions, and discuss costly mistakes therapists make. You'll learn to turn first-time callers into new clients – even if you aren't on their health plan. We'll identify 12 Crucial Questions when checking coverage. Get insider tips for speedy reimbursement, and complete claim instructions."

Larry Waldman points out that in graduate school we never learned how to get patients in the first place. He will give a primer on marketing your mental health practice so you can help more people, free yourself from dependence on insurance, provide the treatment that's

best for your patients, increase your income and enjoy a secure future. He plans to teach how to market your practice with total integrity, why your success increases the good you can do for patients, how to place an appropriate value on your skills, a sure-fire method to create a flourishing cash-pay practice, build relationships that build your practice, and how to get "out of the box" and create additional income streams.

Watch for your mailed invitation to this workshop in August and keep the day free in your calendars. This is a workshop you won't want to pass up.

*Gail Van Buuren has a private practice in Sebastopol and can be reached at 494-4198 or at [www.gailvbtherapy.net](http://www.gailvbtherapy.net)*

## *Ads and Announcements*

### *Office Space*

**THERAPY OFFICE**, \$500/Mo.f/t, ucan sublet, includes cleaning, PG&E. Dntwn SR, pub. trans. Handicap access, back exit, some furn or unfurn, avail.asap. Call Barbara 532-9920, cell 953-2082

**One office available** in 5-office suite with other therapists. Suitable for psychotherapy, bodywork, other professionals. Good parking, shared waiting room, kitchenette, close to restaurants and parks. Reasonable rent includes utilities and expenses. Also sublet of **another office** in same suite offered several days/week. Call Susan @ 538-2011.

**Beautiful Office** overlooking garden \$450 or \$100 per day/per mo. 3 other therapy offices. Plenty of parking. Call Clearheart 568-6095

### *Bulletin Board*

**Office space desired.** I am looking for office space on Tuesday and Thursday preferably, or Monday and Wednesday second option, in the SRHS/SRJC or north Santa Rosa areas. Please contact Dino at [dandruffoni@comcast.net](mailto:dandruffoni@comcast.net) or 522-8725

### **DIRECTORY CORRECTION**

**Lynn Bergman's MFC is #45216**

### **WELCOME NEW MEMBERS**

**Jennifer Westcott**

**A VERY WARM THANKS  
TO OUR CONTRIBUTORS  
THIS MONTH.**

### **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 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

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**June Issue**

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