

## OUR DECEMBER MEETING

### **Collaborative Couple Therapy: Turning Fights into Conversations with Daniel Wile, Ph.D.**

In Dan Wile's Collaborative Couple Therapy, the therapist reveals the conversation concealed by the flames of the couple's fight or buried in the ashes of their withdrawal. The central therapeutic task is to move couples out of their spiral of alienation and into a cycle of connection. The therapist creates an intimate conversation by bringing out the haunting feelings that each partner struggles with alone.

At his presentation on December 10<sup>th</sup>, Dan Wile will demonstrate how to use fights as entry points into conversation that can expand the relationship and how to help clients turn problems into moments of intimacy. Attendees will also learn to find ways to empathize with the less likeable partners. Dan will give us a role-play demonstration of his work and leave time for questions and answers.

Daniel B. Wile is a clinical psychologist with thirty years experience as a couples therapist. He received his B.A. from University of Chicago and his Ph.D. from the University of California at Berkeley, where he is an

#### **December 10<sup>th</sup> RECAMFT Meeting**

10:30 - 11:00 social & sign in

11:00 - 1:00 meeting

### **Collaborative Couple Therapy: Turning Fights into Conversations**

Dan Wile, PhD

**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 14, 2011

#### **Medication Review for Mood Disorders and Anxiety Disorders**

Ari Harrison, MD

February 11, 2011

#### **Growing a Garden of the Self, Using Sandtray to Move from Insecure to Secure Attachment**

Liza Jill Ravitz, PhD.

March 11, 2011

#### **Eating Disorders, Dislodging Body Hatred through the Practice of Self Love**

Michelle Elena Minero, MFT

OUR ENTIRE YEAR'S CALENDAR IS ON THE BACK PAGE

Assistant Clinical Professor. He is a Diplomate in Clinical Psychology of the American Board of Professional Psychology. He has published on psychotherapeutic theory as well as couples therapy, teaches at several graduate programs in the San Francisco Bay Area, gives professional workshops on couples therapy throughout the United States, and is author of *Couples Therapy: A Nontraditional Approach*, *After the Honeymoon, How Conflict Can Improve Your Relationship*, and *After the Fight: Using Your Disagreements to Build a Stronger Relationship*.

In his book, *The Seven Principles for Making Marriage Work*, John Gottman, Ph.D., a leading researcher in marital therapy, writes about Daniel Wile: "I love Wile's writing and thinking. They are entirely consistent with many of my research findings. I think that Wile is a genius and the greatest living marital therapist. I am blessed to have been able to exchange ideas with him."

Plan to join us for our December meeting. We are very pleased to present Dan Wile for our members and hope you will take advantage of the opportunity to see and hear such a sought after speaker right here in our community. We will be starting his talk on time at 11:30 after our introductions.

## President's Message

Cynthia Halliday, MFT



It is a tremendous honor to have served this year as your RECAMFT President. My experience on the board reflects back to me both my strengths and weaknesses in a way that continues to bring richness and value to my professional and personal life. The dedication, devotion, strengths, and talents of all with whom I served make up a powerful RECAMFT TEAM. I am compelled to take this final opportunity to acknowledge the individual volunteer contributions that energized the leadership of RECAMFT this year.

**Susan Hartz**, as our Past President, consistently and contentiously attended to her role in supporting me as your current president. Email and phone call responses to my inquires bolstered my efforts and confidence. Susan set the example for me to support our incoming president in my upcoming role as past president.

***Thank you, Susan, for doing such a fine job.***

**Elaine Sohler Gayler's** demonstrated in her role as President Elect her dedication to preparation and excellence. She actively supported me as president with an attitude of learning and positive expectation. You are truly an asset to all of our membership. The RECAMFT community is in good hands, as we enter into 2011.

***Thank you, Lainey.***

**Margaret Newport** is our outgoing Secretary. She faithfully documented the activity of the REAMFT Board and provided insightful input into our decision processes. I deeply appreciate Margaret's candor, graciousness, and dedication.

Margaret will continue to lead our Trauma Response Team.

***Thank you, Margaret.***

**Kim Gagnon** continues as our Treasurer for one more year. She remains consistently diligent, attentive to details, and to accuracy. Her dedication to getting the details correct enables our leadership to make reasoned and sound investments in the future of our chapter and increase benefits to our membership. I have great respect and appreciation for the work of our Treasurer. It with great pleasure that I acknowledge the fine work that Kim has done this year.

***Thank you, Kim.***

**Judith Peletz** continues to serve as RECAMFT's Programs chair. Judith also serves another unofficial role that has been both a delight and a comfort in my duties as president. She hosts the board meeting of the RECAMFT team. She graciously opens her home each month and prepares some homemade delectable for all to share. She remains consistently generous in all ways.

***Thank you, Judith, for your ongoing dedication and generosity!***

**Gail Van Buuren's** tireless efforts to bring our membership the RECAMFT monthly newsletter and meaningful conferences strengthen the community of membership and connection between us as professionals. Her input into the leadership discussions and decisions remains a vital force. I deeply appreciate Gail's ability to speak her views and dedication to active participation in strengthening our RECAMFT community.

***Bravo, Gail!***

**Michael Krikorian** quietly and consistently participates in bringing our RECAMFT community meaningful programs and ongoing communication through participation on the Mailing Team and on the Programs Team. Michael's ongoing contribution is felt by our membership every month. His faithful and regular participation benefits all of the RECAMFT community.

***With deep appreciation for a continued job well done, Michael.***

**Romy Brock** is another hero in our professional community. Her consistent dedication to the service of RECAMFT membership brings us our monthly newsletter. The Mailing Team, which also includes **Jackie Good** and **Laney Abrams** is a powerful and essential force in the backbone and strength of RECAMFT community and communication.

***Thank you, Romy, Jackie, and Laney, for making a positive difference.***

**Brenda Brazil** is our outgoing Hospitality Chair. Her efforts impact all who attend general meetings, speakers, and conference. Brenda has made sure that all who participate are warmly welcomed with gracious generosity and great tea, coffee, and snacks! She will continue as our Hospitality co-chair.

***With great appreciation, Brenda.***

**F. Michael Montgomery** continues as our Website Committee chair. Michael continues to meet the challenges of keeping our RECAMFT professional organization not only up to date for our membership and community, but also, strives to lead us toward the future benefits available through the rapidly developing technology of the internet.

***A huge dose of gratitude to you, Michael.***

**Kate Maxwell's** leadership as our Community Outreach chair brings potent energy, focus and determination to strengthen the profession of Marriage and Family Therapy in our community. Kate inspires professionalism and connection to the community at large. I look forward to the ongoing development of the efforts of the Community Outreach committee and know that RECAMFT professionals and the community will continue to benefit from the contributions of Kate Maxwell well into the future.

***Thank you for your dedication, Kate.***

**Junelle Porter** invigorates the ongoing efforts of the Community Outreach committee. This year's involvement in community outreach contributed energy, focus, and vitality. Junelle's dedication to making a difference for the profession and for the community continues to strengthen into our future.

***Thank you, Junelle.***

**Debbie Oliver** remains an active force in the life of RECAMFT. She offers both powerful and professional input in her roles on the Outreach Committee and Program Team. Debbie continues to contribute to our profession and to the community at large. It is with deep gratitude that I acknowledge Debbie's efforts.

***Thank you, Debbie.***

**Catherine Capitani** remains faithful to the duties of the Membership chair. She is our professional “Welcome Wagon” and a vital link for all who join RECAMFT. Her optimism and commitment continue to strengthen our professional community.

**Thank you, Catherine.**

**Lynn Bergman** recently took on the important role of documenting and distributing the professional CEU's earned at RECAMFT events. Her enthusiasm and participation strengthen our professional community.

It is a pleasure to have her on our leadership team.

**Thank you, Lynn.**

**Karen Nemrow's** contribution to the Interns of RECAMFT brings power to the future strength of RECAMFT. She remained consistently dedicated to nurturing and serving the needs of the developing professionals of the RECAMFT Intern community. It has been a pleasure to work with such a dedicated young professional with a bright and vital future. **Thank you for taking on the vital role of Intern Chair, Karen!**

**Coralia Serafim** faithfully hosts the Ethics Roundtable discussion for our RECAMFT community. Thank you Coralia for leading the important discussions this year that furthered important professional statements about the treatment of sexual minorities and for strengthening the arena for all of the RECAMFT community to actively participate in ongoing ethical issue discussion.

**With deep appreciation, Coralia.**

**Jan Lowry-Cole** continues to revitalize our membership through her ongoing efforts in organizing and offering our 5150 Raffle at our general meetings. Her continued involvement brings strength to our community.

**Thank you, Jan.**

I look forward to 2011, as your past president with optimism and enthusiasm. I have tasted the joy and rewards of volunteer service with RECAMFT and invite others to join in the benefits of participating on a great team!

***“It is one of the most beautiful compensations in life that no man can truly help another without helping himself.”***

Ralph Waldo Emerson.

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

## **December 5150**

The December 5150 prize is being offered by Sarah Liz, wellness coach and MFT Intern. She is donating one free session of guided Tapas Accupressure Technique. TAT is an energy psychology technique that facilitates a shift in mental, emotional and physical patterns and has been used successfully with a wide range of conditions. (The efficacy of TAT in relation to weight loss was studied by Kaiser in conjunction with the National Institute of Health.) Sarah is experienced with the treatment of addictions and practices out of the SOS Counseling Center in Santa Rosa under the supervision of Mark

Doolittle. She can be reached at 479-3208 or at [sarah@sarahliz.com](mailto:sarah@sarahliz.com) <<mailto:sarah@sarahliz.com>>.

*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 542-7987. Enjoy! (For winners of the raffle, please give Jan feedback about the service you receive 707 542-7987)*

*Jan Lowry-Cole has a private practice in Santa Rosa. Her website address is [www.rememberingthebody.com](http://www.rememberingthebody.com)*

## **RECAMFT TEAM**

### **BOARD OF DIRECTORS**

**PRESIDENT:** Cynthia Halliday 578-1064  
**PRESIDENT ELECT:** Elaine Sohler-Gayler 707 486-2947  
**PAST PRESIDENT:** Susan Hartz 538-2011  
**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 522-0475  
**Membership:** Catherine Capitani 522-0488  
**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:** Lynn Bergman 570-7269  
**Trauma Response Team:** Margaret Newport  
**Ethics:** Coralia Serafim 781-0133  
**Hospitality:** Brenda Brazil  
**Website:** F. Michael Montgomery 578-9385  
**Community Outreach:** Kate Maxwell 237-8900  
**Conferences:** Gail Van Buuren 494-4198

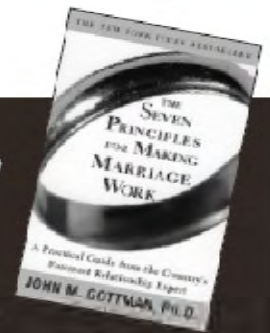
### **STAFF**

**Administrative Consultant:** Clare Moore 575-0596

## **A Couples Workshop The Art & SCIENCE of Love**



- ▶ Share the Research-based Tools of Successful Relationships by Referring Your Clients
- ▶ CEU's Available for Professionals



**2011 DATES**  
**February 26-27 June 18-19**  
**September 25-26**  
**Acqua Hotel, Mill Valley**  
Workshop designed by  
Dr. John & Julie Gottman

**[www.ACouplesWorkshop.com](http://www.ACouplesWorkshop.com)**

## **Calling All Chapter Members**

We thrilled as the San Francisco Giants advanced to their historic win of the World Series. Throughout this process one word kept coming up: *teamwork*. No one of the players, no matter how good, could have done it alone – each understood that only working together could make it a possibility to reach this goal.

Each one of us, as a member of our chapter, is a part of the team that makes our chapter work, no matter how small a contribution: with financial support through the dues we pay, attendance and enthusiasm at meetings, volunteering to help at workshops, giving feedback, and so on. A few people have taken on more, helping the chapter run smoothly – the members of the leadership team. Some have been dedicated volunteers for several years. Now it's time for others to take their turn.

Your chapter needs you. Whether you are a long-term member feeling like you would like to contribute more and feel less isolated in private practice, or a new member wanting to quickly get acquainted with your colleagues and known in the community, consider this an opportunity to take a more active part in the success of your chapter, and join your leadership team. For this coming year, we

## **Trauma Response: Foundations of Disaster Mental Health Course - Ventura County** *from Margaret Newport*

There will be a Foundations of Disaster Mental Health course offered in Ventura County on December 4, 2010 from 9 a.m. 5 p.m. at the Camarillo Red Cross Center. Those interested should call (805) 987-1514 x 320 to register and get directions. Please leave a message and you will receive a return call. Six CE's will be offered for \$30. The Psychological First Aid (PFA) course will also be offered. Please call for dates and time.

*Margaret Newport, MFT, is our Trauma Response Team chair and can be reached at 707 322-4548.*

have openings for President-elect, Secretary, Intern Chair, and Hospitality Chair. All are vital parts of helping the chapter continue.

Why not stretch a little and take on a new role for the New Year? Right now while you are feeling that tiny nudge of interest, call either Susan Hartz, at 538-2011 or Cynthia Halliday at 578-1064. We would love to talk with you, answer questions, give you ideas of what's involved and explore your possibilities. Could be it's your turn to step up to the plate.

**men** .....  
*Men Evolving Non-Violently*

24-hour hotline  
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100% confidentiality

*Changing men's lives  
for 30 years!*

*"My therapist recommended that I attend M.E.N. Their behavioral, skills-building program gave me the tools I was lacking, and helped me change the way I dealt with my feelings. It was very powerful to be sitting with a group of men who had similar issues with their anger, and working on ourselves together. Meeting men who had 'been there', and were demonstrating that they could be vulnerable and strong at the same time blew my mind. I stopped feeling emotionally isolated for the first time in my life."*

*- M.E.N. past client and current peer-facilitator*

707-528-2MEN  
.....  
[sonomacountymen.org](http://sonomacountymen.org)

## *What You Missed* *by Debbie Oliver*

Thank you to Mervin Maier for an interesting and informative presentation on Dyadic Developmental Psychology (DDP.) The subject matter, Mervin's knowledgeable and easy to follow style, and his use of video showing Dan Hughes in session made for an engaging presentation that left me wishing we had more time.

DDP is based on attachment theory and research and incorporates aspects of the treatment principals of PTSD as well. We all need attachment with others for our neurological, physical, emotional, behavioral, cognitive, and social development. When the caregiver responds to the child's needs and requests with delay, attack, interference, or neglect, the child feels insecure in his/her ability to elicit comfort, protection, and delight. The child develops a working model of self as "bad;" this working model creates chronic vigilance and lack of trust in future relationships.

DDP was developed for use with foster and adoptive families; however, it is useful with any family that has experienced attachment disturbance or insecurity. The DDP approach is experiential, present-centered, and emotionally based. DDP therapy helps activate those parts of the brain (the mid-brain and limbic system) that stimulate attachment. This activation is necessary if attachment is to occur.

The vital part of DDP is the intersubjective experience: the here-and-now, you-and-me experience in which there is a joining of attention, as well as similar affect, intention, and meaning. In therapy, the intersubjective experience is created through use of empathy, attunement, co-regulation of affect, and co-creation of new meaning.

Using empathy, the therapist stands with the client in experiencing events that the client has previously experienced without the therapist. The therapist weaves the client's personal history into present experience. ("Of course you feel that way; it makes so much sense. For the first 9 years of your life you had a really hard start and you learned to take care of yourself. It makes sense that now you wouldn't want to ask for help.")

Attunement refers to matching the child's vitality affect (verbal and non-verbal) as a means of connecting.

The therapist co-regulates affect in order to foster a safe environment for exploration of stressful themes. If the parent arrives for session in an angry, upset mood, the therapist may not bring the parent into session ("This won't be beneficial for your child...") In session the therapist helps the parent remain focused ("I'm so glad you're listening, even though this must be so painful for you to hear. Let's stay with what she's saying for awhile longer...")



Co-creation of new meanings happens as the therapist helps the family search under presenting problems to find new meanings for these problems.

PACE (playfulness, acceptance, curiosity, and empathy) is the stance that activates the intersubjective process. Use of these helps the therapist create a “safe harbor” where family members can have a transformative impact on one another, building friendship and connection, calming fears of rejection, and fostering exploration of painful topics.

Mervin Maier has been a licensed Marriage and Family Therapist for over 34 years. He has been training with Dan Hughes since 2004 and is a “Certified Dyadic Developmental Psychotherapy Therapist.” He sees children, teens, adults, couples, and families as well as providing consultation to therapists. He may be reached at (707) 670-3964 ext 2.

*Debbie Oliver, MFT, helps clients deal with issues of anger, anxiety, and trauma, using CBT, EMDR, and attachment theory; she can be reached at 522-0475.*

## TO RECAMFT MEMBERS

*Below is the statement the RECAMFT Board voted to print in the December newsletter for RECAMFT members to review before we submit it as our chapter’s official statement on the treatment of sexual minorities in January 2011. We are indebted to the efforts of the East Bay CAMFT Board of Directors for this entire statement except for the last paragraph. Other chapters have produced similar statements and have asked us to take a stand. After much consideration, we are submitting this statement to our members for review. Other sources are referenced in this statement so you can review those as well. Please direct feedback by email to [therapy@recamft.org](mailto:therapy@recamft.org) before December 31<sup>st</sup>.*

### The Treatment of Sexual Minorities

Recent concerns have been raised regarding treatment in areas where the personal, cultural or religious beliefs of the clinician conflict with evidence-based practices and the standards of care accepted by our profession. Nowhere has this conflict been more profound than in matters concerning the treatment of sexual minorities (i.e., LGBT clients) and people with non-conforming gender identifications. In response to these concerns the Redwood Empire Chapter of CAMFT Board of Directors has adopted the following statement on the treatment of sexual minorities.

Same-sex sexual behaviors, attractions and orientations per se are normal and positive variants of human sexuality. These behaviors, attractions and orientations in and of themselves do not indicate developmental or mental disorders.

A review of research shows there is no scientifically based support for claims that sexual orientation change efforts (SOCE) are effective. There is no methodologically sound research showing that enduring change to an individual’s sexual orientation is common. There is no credible scientific evidence that change efforts called conversion therapy or reparative therapy have enduring benefit. In fact, there is evidence that individuals can experience harm from such efforts (Report of the American Psychological Association Task Force on Appropriate Therapeutic Responses to Sexual Orientation, 2009; Serovich, et. al., Journal of Marital and Family Therapy, 2009).

**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**

Likewise, gender questioning and non-conforming modes of gender expression are a normal variant of human development and do not in and of themselves indicate developmental or mental disorders. Therapeutic approaches that force a person to conform to culturally expected modes of gender expression based on biological sexual identification can result in harm to the person's identity formation (APA Policy Statement: Transgender, Gender Identity, and Gender Expression Non-Discrimination, 2008).

We believe that treatment should be aimed at self-determination. "Self-determination is the process by which a person controls or determines the course of her or his own life. Licensed Mental Health Professionals maximize self-determination by (a) providing effective psychotherapy that explores the client's assumptions and goals, without preconditions on the outcome; (b) providing resources to manage and reduce distress; and (c) permitting the client herself or himself to decide the ultimate goal of how to self-identify and live out her or his sexual orientation. Therapy that increases the client's ability to cope, understand, acknowledge, and integrate sexual orientation concerns into a self-chosen life is the measured approach." (*Report of the American Psychological Association Task Force on Appropriate Therapeutic Responses to Sexual Orientation, 2009; Serovich, et. al., Journal of Marital and Family Therapy, 2009, p.88*).

**Redwood Empire Chapter of CAMFT**

**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, January 21, 2011  
1:30 - 3:00 pm**

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

**IF YOU HAVE NOT  
DONE SO YET, RENEW  
YOUR MEMBERSHIP  
FOR 2011 WITH THE  
ENCLOSED FORM!**

*(Check to be sure you did not  
already renew. That happens every  
year and do fill in your CAMFT #.)*

**RECAMFT MONTHLY  
MEETINGS FOR 2011**

**April 8, 2011**

***Engaging Parents***

Grace Harris, MFT

**May 13, 2011**

***Assessment and Treatment of Sex  
Addiction, Part 2***

Timothy Stein, MFT

**June 10, 2011**

***Obsessive-Compulsive Disorder  
(OCD) using Cognitive-Behavioral  
Therapy (CBT) including Exposure  
and Responsive Prevention Therapy  
(ERP)***

Litsa R. Tanner, MFT



## *Ads and Announcements*

### *Office Space*

**Lovely office.** Downtwn SR. Share wtng room. \$425/mth +util . Call Moss 525-8968

**Tranquil office** in great downtown location. Free parking, DSL, fax, shared waiting room, kitchenette. \$465. 707-579-9457.

### *Bulletin Board*

**Therapy for Therapists Group.** An on-going open group focused on those issues specific to practicing psychotherapists with a goal of improved self-care and wellness. MFTIs welcome for BBS hours. Contact Richard Baudrand for more information: (707) 486-4728

**"WORKING IT OUT, A GROUP FOR LESBIAN COUPLES"** will provide a 'synergistic boost' to your work with lesbian clients. Sponsored by Chrysalis, this psycho-education & skill building group addresses communication, empathy building, conflict mgmt. & attachment. 8 Tues, starts 1/18/11, \$65 pr cpl/pr wk. D. Kelly, MFT & F. Fuchs, PhD. Call Kelly at 569-0459 for interview. Closes 1/11/11.

**Chrysalis Community Counseling Services is seeking a Group Supervisor** for our Intern Group. This Supervisor meets weekly for 2 hours with up to 8 interns, for clinical discussions, case presentations and professional growth. A stipend of \$30/hour is offered for this time. In addition, there is a monthly Clinical Supervisors meeting for 3 hours which is unpaid. This position begins in mid-January 2011. Please contact Lisa Mathiesen, Executive Director, 545-9549 ext. 208 for further information. For further information about Chrysalis, please visit our website.

### **WELCOME NEW MEMBERS**

**Myron Walters, MFT**

### *About Introductions at Meetings*

Attending members of the RECAMFT Team were distressed at our November meeting as the member introduction period cut deeper and deeper into Mervin Maier's presentation time. Our speakers are counting on that hour and a half to share their expertise with RECAMFT members. We will be addressing the problem (again) at the next meeting and at following meetings will be reminding attendees of the limitations we need to set.

It is necessary to keep our introductions to under 30 seconds per person. Last meeting we had 50 people so that would have taken 25 minutes. When we have that many, we really need to keep it brief so that everyone will have a chance to speak. Half a minute is plenty of time to make your "elevator speech," letting folks know what you do that is memorable, where you do it, and pointing out any flyers, cards, or information you have placed on the tables by the doors for them to pick up or look at.

We plan to institute the use of the chime at 20 seconds to give each of us a reminder to wrap up so others will be able to introduce themselves and the speaker will still have the time promised. We sincerely hope this will work and that we will not have to cut off the introductions to get the presentation portion of the meeting started. Perhaps we can take turns being the timer so no one has to feel like they are playing the role of cop. We sincerely hope this will solve the problem in the best way possible.

If you have suggestions, feel free to bring them up to a Team member before our next meeting. Our phone numbers are listed in the box on page 5 in this issue.

Walking in balance (or at least trying to),

Your RECAMFT Team.

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](mailto:therapy@recamft.org)  
Website: [www.recamft.org](http://www.recamft.org)

RETURN SERVICE REQUESTED

**December 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) - 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