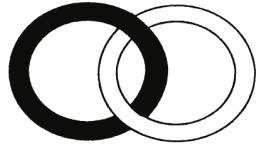

*The
Redwood
Empire*

Therapist



JANUARY 2011

REDWOOD EMPIRE CHAPTER CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS

OUR JANUARY MEETING

Medication Review for Mood and Anxiety Disorders with Dr. Ari Harrison

Our first RECAMFT speaker of the New Year will be local psychiatrist, Dr. Ari Harrison. Dr Harrison spoke to us over 3 years ago on psychopharmacology. After his presentation we had many requests to have him return because he had a wealth of information to share with us, but not enough time. On January 14, Dr Harrison will focus on medication prescribed for mood disorders and for anxiety disorders. He will explain how psychiatrists evaluate patients, select medications, and then follow up with them. He will include both common side effects and serious side effects associated with different medications.

Dr Harrison finished his undergraduate medical studies at UC Berkeley, received his Doctor of Medicine at UC Irvine, and completed his general internship and psychiatric residency at Stanford University Medical Center. He is has been a staff psychiatrist at Sonoma County Mental Health, Adult Recovery Team since 2007. He also serves as a consulting psychiatrist at Anka Behavioral Health, Casa Rohnert Park Crisis

January 14th RECAMFT Meeting

10:30 - 11:00 social & sign in
11:00 – 1:00 meeting

Medication Review for Mood and Anxiety Disorders with Dr. Ari Harrison

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.

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

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

Residential Program and also at Pacifica Pain Management Services in St. Helena. In addition, Dr. Harrison teaches at the UCSF Department of Family Medicine and is a member of the Bioethics Committee at Sutter Hospital. He maintains a private practice in Santa Rosa.

Please join us for a very informative presentation and be sure and bring your questions!

President's Message

Elaine Sohier Gayler, MFT



First of all, I applaud and thank Cynthia for being an outstanding president this past year! We have so appreciated her insightful, graceful leadership and all her warmth and delightful enthusiasm.

She has been an inspiration to us all! I am also very thankful for the great support that she has provided to me, as I step into my new position as president.

A big thank you also to Michael Montgomery for his ongoing hard work and dedication to get our website user-friendly.

I am excited and honored to enter into my new relationship with RECAMFT, and I am looking forward to continuing to work with the Board to support the ongoing mission of this wonderful organization. I feel blessed to be surrounded by such bright, fun people!

This is the time of year when we reflect on our hopes and dreams. What do you enjoy the most in your life? What do you need in order to make your dreams for this year come true? What excites you in your work with clients?

Mind-Body tools move and inspire me the most in my work right now. I have come to the realization that working directly with the body, exponentially accelerates and deepens the therapeutic process. I have found in my experience with myself and with clients that discovering and developing a relationship with the innate wisdom of our own body profoundly transforms our life.

An important goal of RECAMFT is to provide ongoing professional support to our members. What do you most want from your membership, and what do you envision for your ongoing relationship with this chapter?

As you heard at our recent general meeting, we are hoping to fill openings on the Board. I so enjoyed my time as president-elect! Amongst my favorite things were getting to know and spending time with the wonderful people on the Board. We shared warmth, laughter, and great ideas. This position requires attendance at both the general membership and monthly Board meetings. It involves providing back up, filling in for the president, as the need arises, and learning and preparing to take over that job. There is enormous ongoing support and collaboration among Board members, and we have fun. The following year is the presidency. Gail Van Buuren, Susan Hartz, and Cynthia Halliday, told me that being president was a fun, rewarding, positive "stretch" that also proved beneficial to their careers. It is my sincere hope that one of you will step forward soon to take over the role of president-elect, or perhaps, you know someone who might be interested.

I am looking forward to the adventure of this year, as my new role with RECAMFT takes shape. What a great opportunity to get to know you all better and to share the heart of what attracts us to this work!

I wish you all a happy, healthy, and prosperous 2011!

Elaine Sohier Gayler MFT is in private practice in Sebastopol. Her specialties include: trauma resolution and anxiety-reduction through mind-body, somatic experiencing techniques, couples therapy, and transpersonal hypnotherapy. She can be reached at: (707) 486-2947.

CORRECTION

In the December 2010 issue we listed an incorrect phone number for Mervin Maier, MFT. The correct number to contact him is (707) 570-3940.

RECAMFT TEAM

BOARD OF DIRECTORS

PRESIDENT: Elaine Sohier Gayler 486-2947

PRESIDENT ELECT: vacant

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SECRETARY: Marie Piazza 570-3940

TREASURER: Kim Gagnon 782-9685

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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 & Tom Newell

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

Cynthia Halliday 578-1064

STAFF

Administrative Consultant: Clare Moore 575-0596

December 5150

The January 5150 prize is a private yoga session with Indira Kuckreja, RYT. Indira offers a therapeutic yoga style that focuses on creating more awareness in the body by releasing pain and tension, stimulating the body's own healing potential through a sequence of customized asanas. By blending her study of different types of yoga, Indira meets each client where they are with compassionate observation and understanding. Included in this 60 minute session is a thorough health intake and a written sequence of asanas for practice at home. Sessions are held at Thrive Yoga Studio in Sebastopol or in the client's home. Please contact Indira at (707) 228-9767.

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

Licensed Professional Clinical Counselors

By Catherine Capitani

If you are currently licensed as a MFT and would like to add LPCC to your existing license, this will be available to you this next year. This new title for Licensed Professional Clinical Counselor, will allow MFTs to be grandfathered in as LPCC. There are a few steps to be taken, however, and in checking with CAMFT, here is what you need to know should you want to pursue this addition.

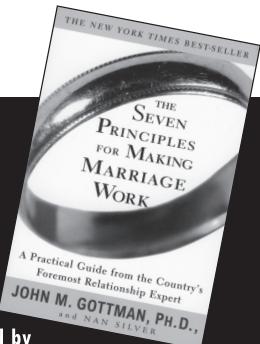
1. You will need your official transcript of courses from the college(s) where you took your MFT courses.
2. Applications through CAMFT will be available in January/February.
3. Send in application along with official transcripts, and it will be determined if you have fulfilled all the coursework for the LPCC (more than likely there will be 1 or 2 to complete).
4. CAMFT will notify you as to what course(s) you will need to take and once you are notified you will have 1 year to complete it/them.
5. CAMFT is working on a list of universities and online courses that will fulfill coursework and will make that list available to you.

NOTE: CAMFT is currently working on any other issues involved. Check their website for further updates. Catherine Capitani, MFT, Membership Director \$30. The Psychological First Aid (PFA) course will also be offered. Please call for dates and time.

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



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- CEU's Available for Professionals



2011 DATES

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"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

What You Missed by Michael Krikorian, M.A.

We were honored with an excellent presentation on Collaborative Couple Therapy by well-known therapist/author Dan Wile, Ph.D., at our December general meeting. Dan believes that disharmony in our relationships comes from our inability to express what is rising in our experience in that moment due to shame or fear or unfamiliarity with that feeling. Instead of confiding what we are feeling in that moment (and experiencing relief and possible empathy from our partner), we use a "fallback measure" such as criticize/blame our partner or avoid/downplay our feeling and thereby distance from our partner. Dan believes that these fallback measures tend to evoke similar responses in the partner (i.e. blame evokes counterattack or defensiveness, avoidance evokes politeness/restraint from the other), thereby decreasing intimacy.

Dan helps clients shift from their fallback measures to voicing their deeper underlying feeling or wish or fear. Dan believes that when we are able to confide to our partners our actual feelings/dilemmas, we feel an immediate sense of relief and our partners shift from being an enemy or stranger into becoming our collaborative partner.

A primary technique that Dan uses is to speak for the client, that is, put into words what he believes is the underlying deeper feeling(s) that the client is experiencing at that moment. Dan gave the example of a man reacting to quietness in his partner by saying "why are you always so angry?" Dan would move next to that man and say to his partner "when we are quiet like that, I get an uneasy feeling that you are angry with me." The therapist, too, can get caught in the same process when he is reacting to the client and finds himself judging them or thinking of their diagnosis instead of identifying their deeper yearning or fear that underlies how they are expressing themselves. Dan has a list of questions that he asks himself to get back into a collaborative position with the client for which he has trouble feeling empathy.

Dan has written several books on his theory and technique of couples therapy. Besides trainings in the Bay Area, Dan runs a consultation group here in Sonoma County. For more information, go to his website www.danwile.com or telephone him at (510) 654-7390.

Thank you, Dan, for sharing your valuable knowledge and delightful sense of humor with us.

Michael Krikorian, MFT, works with adults and teens, individuals and couples at his Santa Rosa office. For more information, go to mkrikorian-therapist.com.

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

RECAMFT STATEMENT

The Redwood Empire chapter of the California Association of Marriage and Family Therapists has adopted the following statement on the treatment of sexual minorities as of 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. For that we are indebted to the American Psychological Association.

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).

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



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

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707.526.5800

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

Judy Weston-Thompson, MFT, CEIP-MH Announces Her Winter 2011 EFP Groups!

PSYCHOTHERAPISTS WEEKLY EFP GROUP

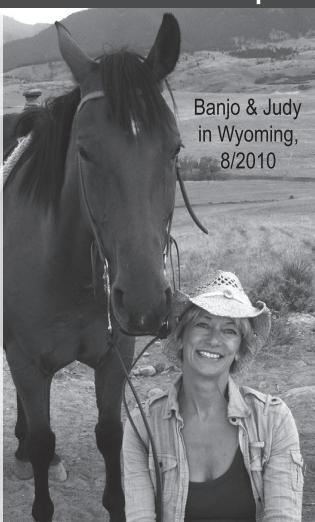
Choose either Monday
or Wednesday Session

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Includes Horse
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8-12 years with
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AUTISM / ANXIETY

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6 Weeks ~ Novato

\$425 6 wks. ~ Most
Insurance Accepted

"Heal Your Spirit Through The Soul of A Horse"

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Children & Stress

By Margaret Newport

"Stress has a cumulative effect. A number of low-level number events close together can be as stressful as one of the high level events such as a relative death." (David Elkind, PhD in *The Hurried Child*, Addison-Wesley Publishing Co., 1981 Menlo Park, CA and *Self Magazine*, 1984)

Many caring, well-meaning, parents believe children do not suffer from stress. However, because children do not have the length of life experience as adults do, they are not shielded from stress. They have not developed coping skills and need help from parents to achieve balance between challenge and overload. Few children verbalize their feelings of distress directly. Thus, it falls to family to observe and be alert for changes in behavior. Wise parents tread gently and supportively, respecting the child's privacy, but at the same time refusing denial. "Oh, I'm fine," or the well known, "Nothing" cannot stand in the face of obvious distress.

Some ways to deal with children and stress:

- Model effective stress management in your own life.
- Make clear communication a priority in the family.
- Listen, listen, listen.
- Provide clear expectations and limits.
- Have a plan to re-create energy.
- Utilize stress reduction methods and offer these tools to children, such as deep breathing, exercise, meditation or prayer.

Be alert for changes needing attention:

- ✓ In young children: return to thumb sucking, bed-wetting, nightmares, tantrums.
- ✓ In older children: hair pulling, school refusal, stomach-aches.
- ✓ In adolescents: Eating disorders, drop in grades, excessive TV, chemical abuse.

TOP 25 STRESS MAKERS

POINTS STRESSOR

100 parent dies

73 parents divorce

65 parents separate

63 parent travels as part of job

63 close family member dies

53 personal illness or injury

50 parent remarries

47 parent fired from job
 45 parents reconcile
 45 mother goes to work
 44 change in health of family member
 40 mother becomes pregnant
 39 school difficulties
 39 birth of sibling
 38 school readjustment/new teacher/new class
 38 change in family's financial condition
 37 injury or illness of close friend
 36 start new (or change) extracurricular activity
 (music lessons, sports, scouts, etc.)
 35 change in number of fights with siblings
 31 threat of violence at school
 30 theft of personal possessions
 29 change in responsibilities at home
 29 older brother or sister leaves home
 29 trouble with grandparents
 28 outstanding personal achievement

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

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. MFTs welcome for BBS hours. Contact Richard Baudrand for more information: (707) 486-4728

ANGER MANAGEMENT PARENT GROUP. For parents who have been verbally and/or emotionally abusive to their children, their partners, or both. Tuesday nights, 7:00 – 8:30 p.m. 111 Liberty Street, Petaluma. Director is a nationally recognized, published expert on family violence with 20+ years clinical experience. Call John Hamel, LCSW (415) 472-3275.

Consultation /Supervision Group for Therapists Who Work with Children - Practical, structured format. One intern group meets Wed. am in SR. Starting late afternoon/evening group in Petaluma. \$40 for 1.5 hours - sliding scale for interns. Led by BJ Brown, MFT 765-4885 or bjbrownmft@yahoo.com. CEUs included.

Dialectical Behavioral Therapy (DBT) Skills Training Group. A 16-week closed group for those challenged by features associated with Borderline Personality Disorder and other emotion dysregulation issues. Skills training in 4 modules of DBT. Contact Don Talley for more information:
(707)477-7826 or dtalleymft@gmail.com

Family Service Agency of Santa Rosa is seeking a Spanish speaking MFT supervisor to supervise Spanish speaking interns in our bilingual therapy program. This would be individual supervision and the pay is \$30 per hour. It would be 2 to 3 hours per week and begin March 1, 2011. We are also looking for Spanish speaking interns. This is a great opportunity to receive training in a supportive, comprehensive, and well established training facility. Bilingual interns receive \$10 /clinical hour. Contact Joe Petzel at 545-4551 x215 if interested.



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January Issue

NEWSLETTER COSTS & DEADLINES

Line ads and announcements:

Members - \$5 per line

Non-members - \$12 per line

Flyers inserted in newsletter - \$100

Mailing labels - Members - \$65

Non-members - \$125

Display ads:

Full page - 9.75" x 7.5" = \$200

Half page - 4.75" x 7.5" = \$110

Quarter page - 4.5" x 3.5" = \$60

Eighth page - 2" x 3.5" = \$35

10% discount for 5 month ad commitment

20% discount for 10 month ad commitment

Deadlines:

Articles (500 words max) - 15th of the month

Advertisements - 15th of the month

For more information call, fax, or email the office at:

707 575-0596 or therapy@recamft.org

NEWSLETTER DISCLAIMERS

The opinions and points of view in the articles contained herein do not necessarily reflect that of the Board of Directors of RECAMFT or of CAMFT. Authors' contact information is included. Submitted articles 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