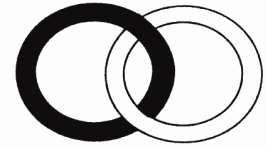


The  
Redwood  
Empire

# Therapist

APRIL 2011



REDWOOD EMPIRE CHAPTER CALIFORNIA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS

## OUR APRIL MEETING

## Engaging Parents

Presented by Grace Harris, MFT

Parenting issues often pervade psychotherapy in individual, couple, or family therapy. In individual therapy, we may have an adult client with a traumatic childhood who is now looking for ways to become a more effective, nurturing parent. In couples' therapy, disagreements over parenting styles usually have serious impact on the couple relationship. In family therapy, a child may become the identified patient because of inadequate parenting in a dysfunctional family. There are literally thousands of books offering parenting advice, but there is evidence that a core group of strategies are the most effective in providing support to families. This presentation will cover the most current research on the effects of poor parenting as well as strategies you can use to engage parents and help resolve difficult child behaviors.

Grace Harris has been licensed since 1988. With her MFT license and Master's in Public Administration, she combines her skills to advocate for programs that reduce the risk of child abuse. As the Director of Programs at California

### What Does the Law Expect of Me – Part I

**Friday, April 1<sup>st</sup> – 9:00-4:00**

**At Odd Fellows Temple**

**545 Pacific Ave., Santa Rosa**

**Walk in admission \$99**

### **April 8<sup>th</sup> RECAMFT Meeting**

10:30 - 11:00 social & sign in

11:00 – 1:00 meeting

### **Engaging Parents**

**Grace Harris, 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 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**

Parenting Institute, she supervises a multi-cultural staff that provides parenting support for families experiencing many challenges including mental illness, substance abuse, homelessness and language barriers. She also oversees the Children's Counseling Program which provides therapy to children who have experienced trauma, abuse and neglect. In addition, she serves as the mental health representative on the Sonoma County Maternal Child Adolescent Health Committee. She has training in Triple P, an evidenced-based international parenting program, Touchpoints, and Parenting with a Plan. She has been on committees for the Mental Health Service Act and has given presentations and provided consultation in the US and Ukraine.

Please join us for what promises to be a very interesting and practical presentation.

## President's Message

Elaine Sohler Gayler, MFT



I am delighted to be this Chapter's president. One of the things that I enjoy most is working with such wonderful people! I have the privilege and the joy of being surrounded by bright, creative, dedicated, energetic, openhearted colleagues, and there is a true sense of community. As president, in my relationship with Board members, I get to experience first-hand what it means to lead with ongoing support and collaboration. I get to work as part of a team, and so my responsibilities feel easy and fun. It is the creativity of many people, each offering a spirit of generosity and a desire to be of service that creates the soul of RECAMFT. In my opinion, if only more groups and organizations related to each other like this, the world would be a much healthier and happier place.

In our profession, especially while working in private practice, we often find ourselves isolated. RECAMFT offers a continuing opportunity for connection and learning amongst colleagues.

Just as Board members are supportive of each other, we also want to provide the best for you. As important members of this Chapter, how can we best serve you? I am available by phone or email, so please feel free to contact me. You may also choose to speak with me or other members of the Board at our general meetings. We welcome your ideas for our Fall conferences. Also, you have the option to "go green" and receive the newsletter online. If you are interested, you can email Clare Moore at: [therapy@recamft.org](mailto:therapy@recamft.org), or call her at: (707) 575-0596.

To keep you informed regarding another important matter: As many of you may know from reading previous newsletters, CAMFT notified us that it is not appropriate for individual Chapters to make ethical statements regarding the treatment of sexual minorities, or anything else. To quote the letter that I received: "Chapters do not have the authority to craft or enact ethical standards that are distinct and different from the CAMFT code of ethics." "Chapters that unilaterally declare certain actions unethical and then attempt to take action may be creating significant liability for themselves and their leadership. Because Chapters are chartered by CAMFT, and appear to have a close connection with CAMFT, declaring actions unethical may even unwittingly create liability for CAMFT." Therefore, we were asked to withdraw any statements we made regarding what constitutes ethical conduct in the treatment of sexual minorities. Despite what some of us may feel, in order to protect our Chapter from any potential liability, and out of respect for CAMFT, I have written 2 letters to Mary Riemersma (the executive director) deferentially retracting any and all ethical statements that we made and letting her know that as a Chapter, we stand behind CAMFT's policy regarding this matter. I also told her that we would inform our general membership about this issue through our newsletter.

*Elaine Sohler 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 also supports interns in preparing for, and passing their licensing exams. She can be reached at: (707) 486-2947.*

## **RECAMFT TEAM**

### **BOARD OF DIRECTORS**

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Michael Krikorian 579-0838  
Debbie Oliver 522-0475

**Membership:** Catherine Capitani 522-0488

**Interns:** vacant

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**Editor/Formatting:** Gail Van Buuren 494-4198  
**Mailing:** Romy Brock, Jackie Good,  
Michael Krikorian

### **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:** Patricia Ross  
**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

## **WELCOME NEW MEMBERS**

**Susan Green, Pre-licensed**

**Ashley Praplan, Pre-licensed**

## **Gottman Professional Training**

Presented by Certified Gottman Therapists  
Lisa Lund, CRC, MFT #33353 & Marcia Gomez, LCSW #18514

Research-based  
Training  
Created by  
Drs. John and  
Julie Gottman

**LEVEL I:  
Bridging  
the  
Couple  
Chasm**

Gottman Couples Therapy—A New Research-Based Approach!

**May 20 & 21, 2011**

**Angela Center, Santa Rosa | 8-5pm & 9-4pm**

This 2-day workshop will prepare you to begin using  
the Gottman Method in your practice immediately.

12 CE Hours for MFT's and LCSW's

REGISTER AT: [www.GottmanProfessionalTraining.com](http://www.GottmanProfessionalTraining.com)

## *April 5150*

The April 5150 prize is a 90 minute Rolwing SI session with Carole LaRochelle, Certified Advanced Rolfer and Rolf Movement Practitioner. This is a fabulous opportunity to try Rolwing SI for the first time. Receive a structural evaluation and experience, first-hand, how Rolwing SI addresses problems such as carpal tunnel syndrome, back pain and limited neck mobility. In private practice for 15 years now Carole has also studied pilates, craniosacral therapy, and somatic approaches to healing trauma.

Please refer to the following websites for more information about Rolwing SI and Carole's private practice. [www.RedwoodEmpireRolfing.com](http://www.RedwoodEmpireRolfing.com) and her blog [www.RolfingJourney.com](http://www.RolfingJourney.com). Carole can be reached by phone at 707-542-2001 or email: [carole@redwoodempirerolfing.com](mailto:carole@redwoodempirerolfing.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)*

## WHAT YOU MISSED by Michael Krikorian

We had a very interesting and informative presentation at our March general meeting when Michelle Minero, MFT, presented on "Dislodging Body Hatred Through the Practice of Self Love." Michelle has worked for many years developing an approach to people struggling with eating disorders. She has found that true healing and stable recovery occurs when a person has learned to love rather than hate themselves and their body.



Michelle highlighted for us a multi-faceted approach to helping clients heal their shame and build self acceptance and "body love." She feels that therapists need to work on this issue within themselves so they can model self love as well as transmit love and acceptance to their clients.

Michelle likes the model of an attachment oriented therapist: emotionally engaged, competent, confident, self disclosing in service of the client, affirming, present, able to repair breaks in empathy when they occur. She talked about the importance of using our eyes to fully see into the client's eyes and transmit love and acceptance.

Michelle talked about research showing how disturbing it is to us to have our need to belong thwarted. People with eating disorders do not feel acceptable to themselves or others which is a form of not belonging. Michelle works to connect clients with groups where they can feel a sense of belonging. She has a website, [www.theseiflovediet.com](http://www.theseiflovediet.com), where clients (and others) can connect with a cyber community of others

practicing learning to love themselves as they are without pretense or shaming.

Michelle also teaches clients mindfulness techniques during therapy sessions to help them actually experience body sensations without labeling or reacting to them. She finds this helps clients learn to self soothe rather than turn to something outside themselves for that function. She also teaches them how to "contain" disturbing thoughts and sensations rather than be overwhelmed. Michelle clarified that early on in treatment with a client she assesses them on a number of measures for appropriateness for outpatient treatment.

Finally, Michelle took the group through a guided visualization designed to increase the feeling of self love. We were left both relaxed and stimulated by Michelle's presentation on how she helps those with eating disorders. Michelle can be reached at (707) 762-4016 or through her website at [www.theseiflovediet.com](http://www.theseiflovediet.com).

*Michael Krikorian, MFT sees adult and teens, individuals and couples in his practice in Santa Rosa. He can be reached at (707)579-0838 or his website: [www.mkrikorian-therapist.com](http://www.mkrikorian-therapist.com).*

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

**24-hour hotline**  
**Supervised peer-led groups**  
**Sliding scale group fees**  
**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**

**Historic Cherry Street Professional Building.** Beautiful, private, spacious offices and suites within a



distinctive turn-of-the-century Victorian in central Santa Rosa.

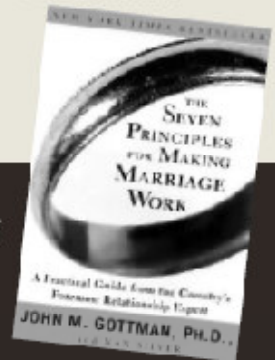
Located on a quiet park-like setting at the corner of Cherry & Humboldt, in the heart of the Cherry Street Historic District, this accessible and modernized classic office building is just blocks from Mendocino Avenue, College Avenue, downtown Santa Rosa, and Highway 101. Perfect for therapists and other professionals. New carpet and paint. Handicapped accessible. Quality Amenities. Rents start at \$500 and vary by size and location in the building.

**Information: (707) 544-2864.**

## A Couples Weekend 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

June 25-26 & Sept. 24-25

Acqua Hotel, Mill Valley

Workshop designed by  
Drs. John & Julie Gottman

presented by Certified Gottman Therapists  
TIM WEST, MFT, PhD (27639) & LISA LUND, MFT (33393)

**www.ACouplesWorkshop.com**

## *Ads and Announcements*

### *Office Space*

**Office Space for two days per week.** Nice office with waiting room in Colonial Manor Bldg on Healdsburg Ave. in Sebastopol. Call Irene at 707 292-6017.

### *Bulletin Board*

Photography/ Personal Growth- Photography is a mirror, showing us who we are and what we are trying to understand. Expand creativity, learn more self. <http://photo-explorers.com/Workshops.html>

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](mailto:bjbrownmft@yahoo.com). CEUs included.

### 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**

REDWOOD EMPIRE CHAPTER, CALIFORNIA ASSOCIATION  
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PO BOX 2443, SEBASTOPOL, CA 95473

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Empire

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Email: [therapy@recamft.org](mailto:therapy@recamft.org)

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

RETURN SERVICE REQUESTED

**April 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

Cynthia Halliday	2010
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