

Empowering relationships...

NOVEMBER 2016



The Redwood Empire Therapist

OUR NOVEMBER MEETING

Relational Approaches to Individual and Group Therapy Haim Weinberg, Ph.D.

What really works in therapy? Both our experience and research tell us that more than the technique that the therapist uses, the relationship they create with the patient has a huge impact on the therapeutic results. But how real can this relationship be? How much self-disclosure should it involve? And what does it mean to become relational?



This presentation will address these questions through discussing the relational approaches in individual and group therapy. These approaches stress the idea that in every meeting there are two or more subjective experiences that meet, each with a need for recognition of their subjectivities. The therapist has an unconscious too, and they better not ignore its impact on the therapeutic relationship. Being imperfect is inherent to human beings in life and in therapy. The question is not whether the therapist makes mistakes but whether they correct them and how?

In the presentation we will learn to apply the relational approaches to

November 4th - RECAMFT Meeting

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

Relational Approaches to Individual and Group Therapy Haim Weinberg, Ph.D.

ODDFELLOWS TEMPLE/MERCER HALL, 545 PACIFIC AVENUE, SANTA ROSA

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December 2, 2016

**Working with Life-Threatening Illness in Psychotherapy:
Using Spiritual and Psychological Tools
Dale Borglum, Ph.D.**

January 6, 2017

**Using Stories for Healing in Therapy:
Exploring clients' personal narratives, appropriate use of self-
disclosure and creating transformations through stories
Jan Ogren, LMFT**

**1.5 CEUs AVAILABLE - RECAMFT CEU PROVIDER IMIS 57173
MEETINGS ARE OPEN TO ALL ~ NON-MEMBERS FREE (\$15 FOR CEUS)**

therapy, emphasizing enactment instead of interpretation. We will explore the difficulty acknowledging different experiences of the other in individual and group therapy. We will discuss the therapist limitations and their impact on the patients and group members, and address rupture and reparation in therapy.

Dr. Haim Weinberg Ph.D, is a licensed psychologist, group analyst and Certified Group Psychotherapist in private practice in Sacramento, California. He is the past President of the Israeli Association of Group Psychotherapy and of the Northern California Group Psychotherapy Society (NCGPS). Dr. Weinberg is the list-owner of the group psychotherapy professional online discussion forum. Academic Vice-President of the Professional School of psychology in which he created and coordinates an online doctoral program in group psychotherapy. He wrote a book on Internet groups and co-edits a series of books about the social unconscious.

Dr. Weinberg can be reached at 916-212-6424 or by email: haimw@group-psychotherapy.com his website is: www.group-psychotherapy.com

What Else Is In Here This Month? Check It Out!

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An Editorial of Sorts **Gail Van Buuren, LMFT**



*“Do I not destroy my enemies
when I make them my friends?”*
Abraham Lincoln

Our President, Bob Dalzell, is in North Dakota to be with his mother as she passed away a few days ago, so he was not available to write the President’s message. Our President Elect is dealing with knee surgery and our Past President is working on chairing the Board Meeting on this coming Friday. Since it is up to me to get the newsletter out, I am also volunteering to write an Editorial piece to take the place of the President’s message. I believe this is unprecedented. (I think this may be a pun if a “play on words” is what defines such. I just could not resist.

This time last week I was flying across the Atlantic returning from two weeks in Ireland circumnavigating the island on a Mercedes coach with 23 other Americans (well, two Canadians in

there) on tour, seeing the sights and learning the history and culture of several of my ancestors. Who were these folks I spent those two weeks with? Two

of them were my older sister – I like to rub that in – and her husband who was a friend of mine before they started dating fifty years ago, so we get along just fine. Just fine as long as we stay away from the subject of politics. In fact, this was true of the whole collection of fellow travelers on that royal coach. I was pretty anxious and a little defensive as I imagined what situations I might encounter with people from all over the states packed together in the bus, in the hotels, in the dining rooms, in the group.

The subject of American politics was all over the news and conversations in Ireland, yet, we were pretty careful to step around it, even in the face of the taped Trump conversation and the hostile debate. We found other

things to talk about, other stories to share. I slowly realized how prejudiced I have become, literally how I prejudice others because of politics. Even on the one occasion when a man yelled at me about what a murderer Hillary is (in a Fox News type rant,) I peacefully sat there across from him, not taking it personally. Later, we were able to pick up where we had been before that happened. With my sister and brother-in-law, we agreed to disagree and not get in each others' faces. We found a way to let it slip by. Truly, it was like being in a state of political grace, if there can be such a thing. We learned to tolerate our differences and continue loving each other for who we are. It was a huge relief to have a time out from attacks of fear and anger, both internally and externally. The good part is that it has stayed with me since I returned. Feels nice.

Gail Van Buuren has a private practice in Sebastopol. 707-494-4198



RECAMFT Mentorship

A no-cost benefit for RECAMFT interns

Volunteer licensed therapists are available to interns for up to two hours a month to discuss a variety of things. This is not a supervisory relationship. Interns are encouraged to contact different mentors.

Learn more about the RECAMFT Mentorship program on our website at www.recamft.org under Intern Support.

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What You Missed

By Doug Silberstein



October was Domestic Violence Awareness Month and at the October, 2016 RECAMFT meeting, Bea Nesbit, the Therapy Program Manager at the Sonoma County YMCA gave a very helpful overview of DV services in the county. The YWCA, in partnership with other agencies, plays an essential role in helping individuals and families address the realities and impacts of DV. Programs and services offered include a safe house, a therapeutic preschool, counseling and support groups, legal assistance and professional training.

Melissa Jones, ASW, Muncie Harper, MFT, and Maggie Caffery, MFT, joined Bea in presenting important information about DV and how to support and work with survivors of DV. Melissa gave an illuminating talk on the prevalence and impact of



Intimate Partner Violence, detailing research findings that show a clear picture of who is vulnerable to IPV and how it affects them. In treating survivors of DV, clinicians need to be aware of the main effects: complex trauma, substance

abuse and mental health issues like depression, anxiety and PTSD.

Muncie focused on assessment, highlighting standard tools for assessing whether or not an individual is in an abusive relationship and the level of danger the individual is in. She also emphasized the importance of psycho-education particularly related to the features of an abusive relationship (the Power and Control Wheel), a healthy relationship (The Equality Wheel) and the cycle of abuse.



Muncie discussed important considerations in working with couples in which there is DV. Part of the therapist's assessment should include level of risk that couples therapy might exacerbate DV. She outlined both potential benefits and drawbacks of working with the couple and included ways of helping the perpetrator track and manage anger, improve communication skills and become more aware of power differentials and how to work toward greater equality.

Maggie focused on effective interventions, emphasizing that approaches that help stabilize the client are usually a necessary first step in treatment. The treatment phase



includes psycho-education about the neurobiological effects of trauma. Key goals in the treatment plan include reducing shame, increasing awareness of triggers that lead to self-destructive behavior, helping clients manage triggered states so they can more effectively stay within the window of tolerance, and developing adaptive coping strategies.

The therapist must “model safety” and help the client differentiate between being triggered and truly being unsafe. Interventions include teaching skills for grounding, centering and de-escalating. Supporting the client in making contracts with herself to stay safe (and “no violence/no threats” contracts with the perpetrator in couples therapy) is an important part of treatment. And, of course, helping the victim to put together a comprehensive Safety Plan is often essential.

For more information about the YWCA's programs please go to <http://www.kintera.org/site/c.7pLNLVPpEbLWH/b.7965763/k.BE50/Home.htm>.

Or call 707-546-9922. The number for the hotline is 707-546-1234.

Doug Silberstein, MFT is in private practice in Santa Rosa and San Rafael. He focuses on working with couples, parents and individuals struggling with depression and anxiety. He primarily employs existential-humanistic, experiential and attachment-based approaches in working with his clients and can be reached at 707-583-2353 and at dougsilbersteinmft.com.

Considering a residential treatment or outdoor program?



Collaborating with referring professionals, Bob Casanova, Psy.D. is a nationally respected educational consultant who specializes in providing recommendations for students with special needs of an emotional, behavioral or psychological nature. Bob travels extensively throughout the year and has personally toured over two hundred schools and programs. As a Licensed Marriage and Family Therapist, Bob credits his clinical training and experience in deepening his understanding of a student's needs. Bob helps students and families dealing with issues such as:

- Depression
- Anxiety
- Drug or alcohol abuse
- Social concerns
- School failure or refusal
- Self-harm
- Oppositional and defiant
- PTSD / trauma
- Autistic spectrum / NLD
- Low self esteem
- Adoption / attachment issues
- Family conflict
- Loss and grief
- Divorce
- Learning differences



Bob Casanova, Psy.D.
Educational Consultant
Licensed Marriage & Family
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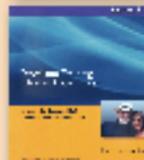
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DIRT

Hey Jude: “Remember to let her into your heart, then you can start, to make it better.”

~The Beatles

Calling all Disaster Response Team (DIRT) applicants!

Want some DIRT under your nails? Or, would you prefer to let it into your heart?



As your fearless Redwood Empire Chapter, CAMFT Disaster Response Team leader, I am getting more deeply involved in the American Red Cross (ARC) in order to understand the how and why of things in that organization. Although I’m repeating myself, in order for us to create a deployable team of disaster responders, we need to create a working relationship with ARC, and be familiar with how they run their operations, so that we can work together as seamlessly as possible when disaster strikes.

I’m delighted with what I am discovering as I “on-board” with Volunteer Services! Both Patty Hinli (who conducted my Initial Volunteer Interview) and Tanya Sullivan (who provided me with a Disaster Services Cycle Orientation) have been nothing short of thrilled, excited and eager to welcome me on board. This week I attended my first Disaster Action Team meeting at the Santa Rosa ARC office. There, I met a talented, devoted, well-trained group of volunteers who perform a *multitude* of tasks to PREPARE our community, RESPOND to local and national events, ASSIST WITH short- and long-term RECOVERY for those impacted.

- A. If YOU are still “feeling the call”, have you completed the self-assessment questionnaires that were sent out last month? It’s what I think of as “due diligence”: making sure you have the time, energy, support, and persona to do this type of work. If not, do it today.
- B. Having done that, if you are still “In!”, then here’s a step by step of what YOU do next:

- 1. Enter this url into your browser: www.redcross.org/SonomaCounty
 - 2. Click on “Volunteers”
 - 3. Click on “Adult Volunteers”
 - 4. Complete the application
 - 5. Sign and complete “Intellectual Properties”
 - 6. Initiate Background Check
 - 7. Complete Code of Conduct
- C. Once you have completed the Application above, you must attend an Orientation on line or at Chapter Headquarters (dates TBA). *I did mine online and it took about 45 minutes or less.*
 - D. Once you have submitted your application you will be contacted by e-mail to set up a New Volunteer Interview, which is supposed to last about 30 minutes. Patty Hlinka, Volunteer Services, was my initial contact with ARC, and we had such a good time our meeting lasted...um, well, let’s say we certainly exceeded 30 minutes. But, Patty is a joy, it was fun, and we had so much to talk about!
 - E. Since you are interested in becoming a Disaster Mental/Behavioral Health Services Provider, you will likely meet with Tanya Sullivan for the Disaster Services Cycle Overview for 90 minutes. Although Tanya is “new” to ARC, she’s quick, bright and exceptionally knowledgeable about ARC. A delightful woman who likes to get things done, and is very responsive.

Do. It. Now. Get on board, so we can make our team a reality!

If you have questions, or difficulty with the “on-boarding” process, call me at 951-347-1837 or email me at doreen@imago-love.com.

Doreen Van Leeuwen



SCV-CAMFT's Workshop on Brain Trauma Delivered a Wealth of Great Information

By Laura Strom
August 18, 2016

Fellow clinicians - did you know?

- Mindfulness meditation is the only treatment we know for sure re-myelinates axons. When it is done for ten minutes twice daily the axons in the sub-cortical juncture of the frontal lobes begin to re-myelinate. Whiplash injury can cause significant axon damage.
- If you terminate an SSRI antidepressant six (6) months after the depression lifts, you have a 50% chance of depression recurrence. If you wait a full year after the depression lifts, and then terminate, your chance of recurrence drops to 10%.
- Concussions can look like rapid-cycling bipolar disorder and can lead to sleep disorders.
- Norepinephrine and adrenaline are the same. The USA uses the first term, while the rest of the world uses the second.

These are a few of the great tidbits Dr. Richard Olcese, PsyD, neuropsychologist specializing in brain injury rehabilitation, dropped in his July 29th, 2016 fascinating presentation, "Neurobiology and Neuropsychological Aspects of Trauma". This workshop covered healing brain trauma with multiple methods, including neuroendocrine considerations.

I was fortunate to be among a large group of clinicians, some coming from quite a distance, to enjoy SCV-CAMFT's six (6) hour workshop. This workshop was in addition to our annual six (6) hour Law and Ethics day-long conference.



One of Dr. Olcese's main points was the symptom overlap between post-concussion syndrome (PCS), posttraumatic stress disorder (PTSD), depression, and frontal lobe injury. All of these cause inflammation in the brain, and he stressed with any of these brain insults how important it is to immediately cease eating pro-inflammatory foods, and switch to anti-inflammatory foods.

Based on a person's symptoms, we learned to identify which area of the brain may have been affected, what neurotransmitter system was likely involved, and the supplements and foods needed to support increasing particular neurotransmitters.

For example, moderate brain injury to the Basal Ganglia causes many of the symptoms clinicians see in PTSD, such as anxiety, panic, hypervigilance, catastrophic thinking, conflict avoidance, and excessive motivation (e.g. working too much). Therefore, GABA must be addressed, as the neurotransmitter for stress management. Foods rich in Glutamine or Glutamic Acid are needed to produce GABA. Those include citrus, green tea, beef liver, broccoli, lentils, halibut and nuts to name a few.

Dr. Olcese's analogy of neurotransmitters as parts of a car engine was particularly helpful.

- Dopamine + Norepinephrine = the "gas" that runs our engine.
- Serotonin – is the "cruise control" for the engine.
- Melatonin – is a cousin to serotonin, and also part of the "cruise control" system.
- GABA – is an inhibitory neurotransmitter. It is our "brakes".
- Acetylcholine – is an excitement neurotransmitter. It is the "accelerator".

We learned the importance of meditation through small guided meditations Dr. Olcese led after breaks throughout the day. Brain injuries are incredibly fatiguing. He tells patients, "A brain injury is a sprain to your brain. When your ankle is sprained, you wrap it up, and don't exercise it, and use it very sparingly until it has healed. This is exactly what your brain needs now, too." I particularly appreciated hearing his discussion of pacing activities after trauma. He said the Americans with Disabilities Act (ADA) suggests time plus ½ time is a reasonable generic accommodation for many disabilities. Thinking of our day as thirds, we basically spend 2/3s of the day engaged in activities, and 1/3 resting and recuperating. When recovering from a trauma to the brain, we need to rest and recuperate throughout the day, not simply at the end. He suggests, for example, for each 40 minutes of paced activity, spend 20 minutes eating a small, protein rich snack, and then meditating. Or for two hours of work, spend the third hour recuperating. It was pointed out labor studies show if two people work an eight (8) hour day, the one that takes a fifteen (15) minute break every two (2) hours will

be more productive than the person who works without breaks.

Our workshop was in the beautiful Michael's at Shoreline in Mountain View. Continental breakfast was available in the morning. We were served a delicious, nutritious meal with vegetarian options at lunch. A rich dessert and cookies were provided as well. The facility has a spacious, outdoor patio with tables and chairs, and allows participants the opportunity to enjoy the lush landscape while visiting with colleagues and enjoying some good food.

I want to particularly acknowledge the work of Kim Panelo, our SCV-CAMFT Director of Special Events, and her committee for providing such an excellent, high-quality, specialized speaker and workshop. I know all of us who attended appreciated the thoughtfulness and hard work that went into such a great production.

In closing, here are some words of wisdom Dr. Olcese shared we can all heed – slow down, it's a marathon, not a sprint.

Dr. Richard Olcese, PsyD, is a neuropsychologist specializing in rehabilitation of central nervous system injuries. He practices in Santa Rosa, and can be reached at (707) 570-0803, or DrRickO@yahoo.com.

Laura Strom, LMFT is a member of SCV-CAMFT, and currently serving as state CAMFT's Board of Directors Past President. She has a private practice in Santa Rosa. Her website is <http://LauraCStrom.com>.

Ads and Announcements

OFFICE SPACE

Anne T Del Monte LMFT #25427 is seeking an office one day a week in Santa Rosa. I would like to sublease a full day in a furnished office with a waiting area and bathroom accessible, either Monday, Tuesday or Wednesday beginning January 1, 2017. Please contact me at anne.delmonte@gmail.com or [707 527-6417](tel:7075276417).

PROFESSIONAL ANNOUNCEMENT

Lisa Lund has moved her private practice and Gottman Workshops to Marin County. Thank you RECAMFT for all of your support over the last 13 years! See www.acouplesplace.com for updated information.

RECAMFT Meetings 2016-2017

December 2, 2016

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Dale Borglum, Ph.D.

January 6, 2017

Using Stories for Healing in Therapy: exploring clients' personal narratives, appropriate use of self-disclosure and creating transformations through stories

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February 3, 2017

Relational Approaches to Individual and Group Therapy

Haim Weinberg, Ph.D.

March 3, 2017

Collaborative Couple Therapy: Turning Fights into Conversations and Problems into Opportunities for Intimacy

Dan Wile, Ph.D.

April 7, 2017

Healing Shame in Couples

Bret Lyon, PhD and Sheila Rubin, LMFT, RDT/BCT

May 5, 2017

Flashes, Gut Feelings and Hunches: Listening to the Healer Within

Julie Stass PhD, LCSW

June 2, 2017

When Eros Enters the Room: Erotic Transference and its Healing Nature

Felicia Matto-Shepard, MFT, Jungian Analyst



REDWOOD EMPIRE CAMFT PRESENTS ITS ANNUAL
LEGAL & ETHICAL ISSUES WORKSHOP

**Shh, It's Confidential: Confidentiality of
Mental Health Information Under California
And HIPAA Laws**

David Jensen, JD, CAMFT Staff Attorney

Those who have attended David Jensen's workshops in past years have been unanimous in praise of his thoroughness in exploring our complex legal and ethical considerations, while entertaining us with his humor and anecdotal material.

**January 13, 2017
9 am – 4 pm
Lunch Included!**

**Mary Agatha Furth Center
8400 Old Redwood Highway
Windsor, CA 95492**

Course Description:

If confidentiality is the cornerstone of the therapist-patient relationship, it behooves therapists to have an accurate understanding of the laws that affect the confidentiality of patient information. What information must be kept confidential? What information could be shared without an authorization? How can we limit third-party access to outpatient information? What "things" does a practitioner have to do to secure patient information to keep it confidential? In this six-hour presentation, Dave Jensen, JD will review California and HIPAA laws regarding the confidentiality of patient information.

There will be time for networking during the sign-in and the lunch break. Feel free to bring business cards and information about your therapy practice.

Learning Objectives:

This workshop is designed to help you:

1. Compare the "building blocks" of patient information and confidentiality under California law and HIPAA.
2. Describe the structure of California Civil Code § 56.10 and the importance of written authorizations.
3. Explain the relationship between California Civil Code §§ 56.10 and 56.104 and why this relationship is so important for outpatient psychotherapists.
4. Apply the categories of "T-P-O" to patient information under HIPAA.
5. Assess how HIPAA handles the technical aspects of confidentiality differently than California law does.

REGISTRATION begins 10/24/16 at www.recamft.org

Early (before 12/30)	RECAMFT members	\$89
	RECAMFT pre-licensed	\$26
	Non-members	\$139
Regular (after 12/31)		\$149

This workshop satisfies the Law and Ethics course requirement of six (6) continuing education units mandated by the BBS for LMFTs, LPCCs, LCSWs and LEPs for each license renewal cycle. Participants will be updated on changes in the law that affect professional practice. RECAMFT CEU Provider #57173

Disability Accommodation: To request an accommodation for a disability, please email therav@recamft.org.

CEU Certificate: You must stay for the entire meeting to receive your certificate. Course certificates will be awarded at the end of the workshop, upon receipt of the completed course evaluation. Course meets the qualifications for 6 hrs of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences.

Grievances: direct grievances to therav@recamft.org, and/or the chapter president at recamftresident@gmail.com.

Empowering relationships...



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NOVEMBER ISSUE

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