

Empowering relationships...



OCTOBER 2021

The Redwood Empire Therapist

OCTOBER ONLINE MEETING



A Conversation about Energetic Boundaries with Merle Yost, LMFT

Friday, October 1st, 2021

Zoom Webinar

10:00 AM – 11:30 AM

1.5 CEUs

What's the maximum number of sessions you can do in a day or week? When sitting with clients how do you know if you're merged with them or not? How do you know what are your feelings and what are your client's feelings? How do you leave your clients at work, energetically, to separate your work from the rest of your life?

Merle Yost will give us an introductory level workshop for learning the basic concepts of Unspoken Boundaries®, and some energy first aid tools. He will help us become aware of the energetic boundaries that we encounter every day and every interaction with every person, and how the way we make contact with others determines our emotional health.

Learning how these boundaries work by understanding how much more powerful we are staying inside ourselves and just tuning in to the other, can make every interaction a healthy one for both parties.

As parents we are required to merge with our babies in order to know what they need before they can tell us. And if we don't withdraw at an appropriate time, then this becomes the default setting for what love is or how it's expressed. There's

October 1st, 2021 – RECAMFT Meeting
10:00 - 11:30 online meeting
Unspoken Boundaries – Merle Yost, LMFT

October 2, 2021 - 10:00 – 11:30 Zoom

CAMFT Presentation – Road to Licensure
Luke Martin, Esq.

RECAMFT recording of CAMFT Road to Licensure will be shown on October 4 at 10:00 am on zoom

November 5, 2021 – 10:00-11:15 Zoom

Trauma & the Neuroendocrine Cascade
Dr. Rick Olcese, PsyD, Neuropsychologist

December 3rd, 2021 – 10:30-12:30 Zoom

Cultural Competency: Working with First Responders
Joel Fay, PsyD

Register for all these and other offerings you will find inside this newsletter and also on our website at www.recamft.org

RECAMFT CEU PROVIDER IMIS 57173

a healthier way for everyone to interact. Yost says, “The act of merging is rude, intrusive, and it requires that you abandon yourself to do that.”

There are tools for unexpected intrusion, that with practice, allow for clean contact with clients, family, and friends so that each interaction is empowering and healthy for all involved. These tools are from quantum physics, Gestalt therapy, and other energy psychologies. They give a roadmap to cleaner and healthier interactions with your clients.

Please Note: Zoom Webinar – Register at recamft.org. Once you have RSVP'd you will receive a link to register for the webinar. You must complete this second step to gain access to the event link.



2021 Acting President’s Message

“RECAMFT is a Horizontal Hierarchy”

By Laura Strom

Gail Van Buuren is the first person who said to me, “RECAMFT is a Horizontal Hierarchy”. I had no idea what she meant. She proceeded to explain the RECAMFT Board of Directors operates horizontally, with all board members’ opinions being equally important, and the Board reaches consensus. If we don’t have consensus, we keep talking until we do. You can read the Minutes from our board meetings under the Members Only section of the website. If you do, you’ll see that nearly every motion is approved by unanimous consent. In the time I have been on this board, I can only think of a small handful of times over the last 8 years when there was not a unanimous vote.

I came to my first RECAMFT meeting in September 2012. The first person I met was Pam Ward, RECAMFT’s newly hired administrative consultant and it was her first meeting, too. The second person was Cynthia Halliday. I shook her hand, and said I was new in town and looking for an office to sublet with sandplay. She smiled at me and said she had an office with sandplay, and she could consider subletting it. I’ve been subletting from her ever since.

In December 2012 the Hospitality person said she was resigning, and a new person would be needed for 2013. After the meeting, I shyly (ha!) asked a couple of people if anyone had volunteered to bring the snacks, and when no one had, I said I could do it. So, in January 2013 I brought a huge array of foods, and felt gratified when people enjoyed them. Gail promptly invited me to the Board meeting, saying, I was one of the team now, so I went. New to the area, I needed friends and a

community, and I found both in RECAMFT and its Board. I think our members, in particular, and LMFTs/AMFTs in general, are some of the best people on the planet. Please humor my bias. 😊

The President was Lani Lee, and she was pregnant with a baby due in late spring. There was no President Elect, and Lani kept announcing at the meetings we needed one before her baby was born. Finally, after the April 2013 meeting, having attended a few board meetings, and seeing how this horizontal hierarchy worked, I said to Lani and the Board, I thought I could be President Elect if everyone would agree to help me. They all agreed, and at the May meeting of the members, I was “elected” by a show of hands.

Within the month, I was writing to the members about a controversial move by the CAMFT Board, and joining a Yahoo group called “Save CAMFT”. I organized a petition calling for a Special Meeting at which some or all of the CAMFT Board could be removed in protest for what they had done. Nearly 3000 members signed it, and when I attended the September 2013 CAMFT Board meeting, that Board rescinded their newly adopted bylaws which substituted “mental health professional” for “Marriage and Family Therapist” throughout the document, effectively changing CAMFT overnight into a generic mental health organization.

Along with three other people, Bob Casanova and I ran a campaign to have ourselves petitioned onto the CAMFT Ballot, making the first fully contested vote in years. Patricia Ravitz (2016-2017 CAMFT President) helped us

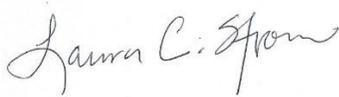
organize a brilliant campaign, and in spring 2014 I became the most popularly elected President Elect in CAMFT's 50 year history. People were motivated.

The following year we helped elect another slate of candidates, totally changing the culture of the CAMFT Board. Every year since then, someone from RECAMFT has been sitting on the CAMFT Board keeping watch on behalf of all of us. Please be sure to thank Bob Casanova, Kira Kayler, and Barbara Young for their CAMFT Board service the next time you see them.

October is the month when CAMFT accepts applications for Board service which will start the following June. We need a member or two from RECAMFT to apply to serve on the CAMFT Board. I would be very happy to discuss the process with you in minute detail if you are interested, and help you be successful in this quest.

Here at RECAMFT, we solicit new blood for our Board in October, too. We hold our elections in late November or early December for the coming year's Board whose term starts January 1st. We need a President Elect, CFO, and a few Directors at Large. Serving on the RECAMFT Board completely changed my life. It could change yours, too. Please let me know you're interested.

In service of our hardworking, grace-filled members,



Laura Strom, PsyD, LMFT
2021 Acting President, RECAMFT
2022 President, RECAMFT



Missing the good old days...



RECAMFT TEAM CIRCLE

BOARD OF DIRECTORS

President: Laura Strom 889-9168
President Elect Laura Strom 889-9168
Past President: Tara D'Orazio 707-992-5008
Secretary: Victoria Rohrer 707-509-8031
CFO: Acting CFO: Kira Kayler 415-854-9408

DIRECTORS-AT-LARGE

Director-at-Large: Annette Seibel 537-3090
Director-at-Large: Reyna Seminara 523-9192
Director-at-Large: Louisa Gluck 707-368-5573
Director-at-Large: Bob Casanova 707-544-7000
Director-at-Large: Jean Hayes 415-897-1648
Director-at-Large: Gina Culver 707-331-7130

COMMITTEE CHAIRS AND MEMBERS

CEU Chair: Joanne Consigliari
Community Outreach: Debra Melmon
Conference Co-Chairs & D.A.L.: Kristin Mills 527-6168
Barbara Young 318-3839
Crisis Response & D.A.L.: Vacant
Racial & Social Justice Committee Co-Chairs: Katharina Kienboeck 707-347-6546, Linda Block 310-871-8795
Ethics: L. Reyna Seminara 523-9192
Hospitality Chair: Vacant
Membership: Tara D'Orazio 707-992-5008
Newsletter Editor: Gail Van Buuren 494-4198
Pre-licensed Chair: Ally Shamseldin allyshamseldin@hotmail.com
Programs: Gina Culver, Chair 707-331-7130
Michael Krikorian 707- 579-0838
Therapy Group Inserts: Renee Owen 415-453-8117
Website and Technology: Laura Strom 707-889-9168

STAFF

Video Production & Administrative Consultant:
Joe Ward 707-583-1607

JOIN RECAMFTS LISTSERV

*It's easy. Just send your email request to
join the RECAMFT listserv to:*

therapy@recamft.org

*Once your RECAMFT membership is
confirmed address emails to the group to
recamft@groups.io*

RECAMFT's Resiliency Program

Considering a residential treatment or outdoor program?



Collaborating with referring professionals, we are nationally respected educational consultants who specialize in providing recommendations for students with special needs of an emotional, behavioral or psychological nature. We travel extensively throughout the year and have personally toured over two hundred schools and programs. As Licensed Marriage and Family Therapists, we credit our clinical training and experience in deepening our understanding of a student's needs.



CASANOVA & TORAL

Therapeutic Placement and Educational Consulting

Bob Casanova, PsyD, LMFT
License: LMFT 37137

Rosa Toral, LMFT
License: LMFT 47169

1260 North Dutton Ave., Suite 185
Santa Rosa, CA 95401

707-544-7000

www.casanovatoral.com



RECAMFT has put together a resiliency program to help us all get through this year's fire season. Through November we have monthly **Trauma-Informed Yoga classes** led by Hannah Caratti, LMFT, which are 60 minute drop-in classes with no prior experience necessary. We also are beginning a 4 part series of **Fire Season Support Groups** led by Doreen Van Leeuwen, LMFT and experienced crisis responder, these groups are 90 minutes and a place for members to gather for community support around fire season reactions and climate grief. Each of these sessions has its own registration page, so I wanted to put all these events in one place for easy access. You need to be logged into your account to register. We also are resuming our groups for the rest of 2021 including the **Member's Crafting Group** which meets at 11:30 AM after every board meeting (2nd Friday of each month); the **Pre-Licensed Collaborative** led by Ally Shamseldin, AMFT will resume meeting monthly on Saturdays; and there is one more session of the **Ethics Roundtable**, a tri-annual consultation group focused on ethical concerns, led by Reyna Seminara, LMFT. There is also a **Newly Licensed Support Group** for members of RECAMFT, SFCAMFT, and EBCAMFT led by Lois Friedlander, LMFT email for more information about this group at lois@loismft.com.

Fire Season Support Groups:

10/05/2021 6:30-8:00pm <https://www.recamft.org/event-4478243>

10/23/2021 10:00am-11:30am <https://www.recamft.org/event-4478253>

11/19/2021 7:00-8:30pm <https://www.recamft.org/event-4478258>

Trauma-Informed Yoga:

10/15/2021 11:00am - 12:00pm <https://www.recamft.org/event-4438090>

11/06/2021 10:00-11:30am <https://www.recamft.org/event-4438096>

Ethics Roundtable (all 12-1:30PM)

11/19/2021 <https://www.recamft.org/event-4072422>

Pre-Licensed Collaborative (all 10am-12pm):

10/16/2021 <https://www.recamft.org/event-4303189>

11/20/2021 <https://www.recamft.org/event-4303197>

12/18/2021 <https://www.recamft.org/event-4303202>

Crafting Groups (all 11:30am-12:30pm)

10/08/2021 <https://www.recamft.org/event-4478192>

11/12/2021 <https://www.recamft.org/event-4478194>

12/10/2021 <https://www.recamft.org/event-4478197>

Men Evolving Non-Violently (M.E.N.) - WHO WE SERVE

by Ken Winett, MEN Collective Member

October is Domestic Violence Awareness Month. M.E.N. continues its mission to end violence to women and children in our community.

For this first article concerning Sonoma County MEN (Men Evolving Non-Violently) it's probably best to give a brief description of the types of men who seek our services.

For the most part, people don't seek our help because they wake up one morning and have an epiphany that they have been using physical violence, verbal violence, or controlling behaviors and they want to change. They don't come to see us because they have this divine revelation as a gift from God saying, "Change thy ways or thou shalt spend all eternity having the evil burnt out of you in Hell "

The guys who come to see us mostly are trying to save their relationships with a spouse, a significant other, their children, the rest of their family, their jobs or their friends. And you know what? They're scared. That's what gets them in the door. They've never been in a situation where they might lose everything important to them, and not only are they scared, to use a vulgarity, they are even scared shitless. They become aware of their newly unearthed value system and there is a chance that everything important to them may soon become gone!

Not only are they scared, they feel powerless. They have no idea what to do to make anything better for themselves. They have no control now. They feel that their feelings (Yes, I'm acknowledging that men DO have feelings) reactions and behaviors are on autopilot. They feel so disempowered that they don't realize they have CHOICES concerning their behaviors, they don't recognize the stories in their heads which detonate the anger charges which control them. And perhaps for the first time in their lives, they may realize that instead of blaming others and justifying their actions, they may have to put into action the "C" word. Yes, they may have to actually (Oh my God. I'm going to say it out loud) CHANGE...EEK!

They may have to CHANGE! Don't underestimate how difficult it is to CHANGE. Men have had behaviors for 20, 30, 40 or 50 years or more and to readjust their frameworks and in order to see life with different eyes is not an easy task. Their half century of doing things one way doesn't just change in a few weeks. We are not called MEN Changing Really Quickly Non-Violently. We are called Men EVOLVING Non-Violently. Not the Darwinian Evolving where eventually we will lose our little toes because they functionally are of no use to us anymore, but just the acknowledgement that it's gonna take some time.

So here is the attitude we maintain concerning how we approach newcomers to our program. First of all, we don't have bad people in our groups. We have a lot of good people

with really crappy behaviors. So how do we approach these scared, powerless guys with really crappy behaviors that don't realize they're going to have to change? Here's the first baby step, which in reality is about three meters long. Guys who come in don't want to be judged. They don't want to hear something they did is bad. They don't want to be told they are or are not justified in their actions. They plain old just want to be UNDERSTOOD.

Men in our groups want acknowledgment for why they felt a particular way. They want to be understood why they felt like exhibiting a violent behavior. Once they feel understood why they might have felt a certain way or why they acted in a certain manner, then the process of changing can start. Understanding why one would be angry is not condoning their abusive actions. We understand the "why". Once they feel understood, they are more open to new concepts, taking accountability for their feelings and actions, and realize they do have the power to make good choices. If a sense of understanding is created, as the cliché goes, they will follow you anywhere.

M.E.N. is continuing to offer physically distanced programs on Zoom. There are two **Stop the Violence** groups that meet on either Monday or Wednesday at 7 PM – 9 PM. Space is available in both these groups. If you have a client you believe can benefit by working in M.E.N.'s peer group program, have them call the hotline at 528-2MEN (528-2636).

men
Men Evolving Non-Violently

Helping Men Have Healthy Relationships

- * Motivated men working together to learn new skills and change their behavior
- * Weekly low-cost groups meet on Monday or Wednesday eve on Zoom, then in Petaluma or Sebastopol when we can safely meet in person
- * Helpline support

HelpLine & Info - 707-528-2636
www.sonomacountymen.org

JOE WARD, RECAMFT TECHNICAL CONSULTANT and "THERAPIST"

Interview with Our Technical Administrative Consultant Extraordinaire

When I joined RECAMFT, I was dumbfounded at the help I received from "behind the scenes!" List Serve ? What ? How do I get on THAT ? Technical difficulties ? FIXED ! How is this happening, I said, that I am receiving such exceptional service ? I have come to realize after only a few months as a member that much of RECAMFT'S successful reputation comes from that "behind the scenes" masterful technical support delivered by Joe Ward.

I set out to interview Joe for an article in our newsletter because I just had to find out who Joe Ward is and how he has developed the extraordinary expertise he brings to making RECAMFT "the well-oiled machine" that it is. I said to myself, "there must be more to this talent than meets the eye."

When I asked Joe if I could interview him, he sent me an article that was written about him in 1985. It was entitled, "The Librarian as Entrepreneur: Joe Ward and Microcomputer Index." As I read the article, I was immediately reminded of a book I read about the fascinating founder of APPLE Computers, Steve Jobs, a biography written by Walter Isaacson. While hearing Joe Ward talk about his life, I was drawn back in my mind to reading about Steve Jobs. I imagined that Jobs would have picked out Joe to have been a member of his Team. Jobs, as it was described, had the mind and the vision to hand select the very best. Joe could have been one of Job's top picks !

Joe Ward, as I listened and learned, had a background beginning as a High School teacher ("I LOVED teaching") and then as a Librarian. He stated in that role, he missed the interaction and communication with his students. It is no surprise to me to have learned that in his retirement now, Joe has turned his part-time job driving for Enterprise Rent-A-Car into a social "support group" of fellow retirees that move cars all over the North Bay for Enterprise. Of course, they meet weekly to have a "chat!"

There is an internal depth of strength and spirituality underneath Joe's well-honed technical competence. In his mid-30's, he did meditation that he related "quieted my mind and gave me an awareness of power and

strength in my own psyche that comes out at night when I dream." Joe states, "There is a power inside all of us that is more mysterious than allowed to come out." This is the Joe Ward, Technical Administrative Consultant for RECAMFT, that gives so freely of his skills, his heart, and his ability to hear each member's need. Joe relates in our interview that his mission is to "make it better for everyone and I will get it done."

I learned from Joe that it was his wife, Pam, who introduced him to RECAMFT and was a well-respected RECAMFT Administrative Consultant who made a significant contribution to the organization until her death in 2016. Joe reflects back on his marriage with Pam, telling me, "She was my Soul Mate for 50 years and I am thankful every day that she changed my life. I found that missing piece of emotion from Pam and I learned, "Better to deal with it, than to bury it."

In the early days of their marriage in the 60's and 70's, Joe and Pam were involved with The Creative Initiative Foundation in the future territory of Silicon Valley. The



group's Mission was "to change the world." Joe muses, "we looked at this back then in depth, the inner and spiritual world." Now, Joe is a grandfather who lives without his Soul Mate, Pam, who "died too soon" to continue their travels together on that Yellow Brick Road.

As a member of RECAMFT, I am honored and relieved (!) to be one of the fortunate recipients of Joe Ward's extraordinary technical expertise and gigantic heart. Joe ends our meeting saying, "RECAMFT is a good group to be with. I want to be remembered for helping people. I will make it better and I will get it done. This is success for me. It is the smile and the thank you at the end that makes it all worthwhile."

Jean, Dr Jean Hayes, MFT, is a new RECAMFT Board Member. "Dr Jean" works as a Family and Couples Therapist, specializing in Substance Abuse, Eating Disorders, and Couples who want to improve their relationships instead of seeing divorce as their only option.

In Case You Missed It

The Intersection of Diversity Issues, Mindful Facilitation and Group Process with Dr Lee Mun Wah

Welcome to the 2021-2022 RECAMFT Speaker Season! Thank you for choosing RECAMFT as a way to earn your CE's for your license renewal or earn pre-licensed training hours. A couple of notations about the Programs Committee:

- Patrick Armstrong resigned over the summer ~ a big thank you to Patrick for all of his hard work and dedication as the Programs Committee Chair.
- Gina Culver is now the sole Program Committee Chair having served as Co-Chair since October 2020.
- We are in need of volunteers to write the In Case You Missed It articles. How to write them will be provided and they are typically super quick to put together ~ please email me to say what months you are available to help: RECAMFTprograms@gmail.com
- We are also in need of committee members to help review applications and help plan presentations. We typically meet once a month as a committee and help run the presentations monthly. Please reach out to learn more: RECAMFTprograms@gmail.com
- Thank you to Michael Krikorian for your enduring dedication and assistance as a committee member. Michael has been a longtime helpful, invaluable, and irreplaceable member of the Programs Committee.
- We accept presentation applications throughout the year ~ if you have a speaker in mind, please email us! RECAMFTprograms@gmail.com

What a great way to kick off the new speaker presentation year! I hope that you were either able to attend the live presentation on September 3rd or will watch the recording soon ~ such great information to help us address microaggressions and other related issues. My biggest takeaway, personally, was walking through the different steps in the breakout room and practicing them live. Being vulnerable and sharing

something, especially negative, that has affected you, BIPOC or not, is extremely hard. Being able to do so one on one and in a small group of four both presented challenges, but also felt safe.

Dr Lee's encouragement of mindfulness when addressing issues that can cause us emotional harm or bring up familiar feelings from what we have experienced in the past was so helpful and reassuring to me as both a BIPOC (indigenous heritage) and as a professional working with conflict with both clients and staff.

In this 3-hour presentation a lot was covered and yet it seemed like we did not have enough time. Dr Lee brought 30-plus years of knowledge and experience to this event and ensured that those who spoke, felt heard. Thank you to all who attended the live presentation and for your questions and participation. We look forward to seeing you at our upcoming events!

Respectfully,
Gina Culver, LMFT
On behalf of the Programs Committee



Gina Culver, LMFT #126029 is a newly licensed MFT that works at Lifeworks of Sonoma County as a Program Director of the Counseling Center and School-Based Programs. She also provides individual and group therapy to a small caseload of clients. She graduated in 2014 with her MS in Counseling Psychology and previously worked for over 20 years in the medical field before entering the field of psychotherapy. Gina is a member of the Redwood Empire CAMFT chapter, is the chair of the Programs Committee, a newly elected Director-at-Large for 2021, a member of the Racial and Social Justice committee, and a member of the Prelicensed Committee. She is an ongoing contributor to the RECAMFT newsletter. Gina.culverms@yahoo.com



RECAMFT's Excellent Board Is On the Job!

In June we launched a **new way to earn CEUs** with our video library. Now in addition to reviewing or catching up with our excellent programming, you'll also be able to reclaim those CEUs from presentations you missed! RECAMFT members now have the option to watch recordings of our webinars which aired from January to June 2021 and pass a post-test for CE credit. Note that some of the recorded videos are worth fewer CEUs than the live presentation when they contain only the lecture portion of a presentation because they had a significant experiential (break out group) component that could not be translated to the on-demand format.



You will find the videos and post-tests at <https://www.recamft.org/CE-Video-Library> **after logging into your account** so you can access Members Only features. You will be able to watch the recordings and collect the number of CEUs indicated by completing a test and then downloading the automatically generated CE certificate. **The password required** to view each video is displayed right next to the video player with any handouts that are available for the presentation. Each video contains **four attendance codes** that you will need to submit to access the post-test so write these down as you see them throughout the recording. When you successfully submit the attendance codes you will be taken to the post-test, speaker evaluation survey, and the downloadable/printable CE certificate.

This pilot program will run through December 2021. While access to this library is currently for members only, efforts to make CEs available to non-members is under development as well as expanding the library if the program is well received.

We are supremely excited to introduce this new benefit to our members near and far and hope that you will find it a valuable addition!

Please submit Questions, Technical Support Requests, and Feedback to therapy@recamft.org

Warm Regards,
Tara D'Orazio, LMFT
Past President of RECAMFT

Our Acting President, Laura Strom, made this heart out of the words the Board chose to identify our values when we were working on the RECAMFT Strategic Plan with Mariama Boney. Great job, Laura!



RECAMFT's Board adopted a new Strategic Plan at the board retreat on 8/20/21. The plan can be seen here: <https://www.recamft.org/Strategic-Plan/> Part of the strategic plan included identifying our values. The Board identified the following words as RECAMFT's values.

- respect
- compassion
- inclusivity
- collaboration
- adaptability
- transparency

Developing our Strategic Plan is part of the ongoing work the Board is doing with Consultant Mariama Boney, LMSW, CAE who advises groups how to develop a culture which celebrates and includes diversity, equity and inclusion as a path towards making all our members feel welcome and included. Laura Strom created this word cloud to honor our new value words.

Groups for Men

By Gail Van Buuren, LMFT

Coincidentally, this is ending up being an issue especially focused on help for men. Right here in Santa Rosa we have M.E.N. to which I have referred several men since I have lived here. It has been very impactful and I highly recommend it. I see from the article on page 5 that they continue to grow.

I lived on the Monterey Peninsula from 1969 to 2005 which is where I became a therapist and got licensed in 2003. I had an acquaintance named Fred Jealous whom I ran into frequently (it is a small town, Pacific Grove) and I had male friends who went to him. In the early 80s, Fred started doing men's groups that my running buddies talked about on our runs. The groups grew and developed and I kept hearing more and more good things about them. Finally, he organized into what is now Breakthrough for Men.

This is a whole group of men who collectively provide great group treatment for men over a stretch of about 30 weeks. When I became a therapist, I sent almost all my male clients to them because it is trained men working closely with other men in large and small groups, teaching skills and helping them clear the old wounds that drive dysfunctional behaviors. Then, those men sometimes turn around and help with others.

Fred is older than I and he retired long ago but a close friend of mine, Jennifer, who is an MFT and Registered Art Therapist as well and now a Psychedelic Psychotherapist and her husband, John, who is one of the leaders of Breakthrough for Men stopped by on their way to Jenner from their home in Big Sur. So great to see them after all this time not being able to visit them in Big Sur (one of very favorite places in the world) and as usual it took hours to catch up since I am equally interested in what both are doing.

To my delight John told me that Breakthrough for Men has had to go online and he said the groups are being better than ever and very full. They usually register about 20 men per group and have about 14 facilitators so they can do the breakouts with small groups. So, I am here recommending that you check out Breakthrough for Men at <https://breakthroughformen.org/>

Because of the shame with which most men are pushed into manhood, it is healthy men who are best able to help

them heal and learn how to connect again. We are so fortunate to have M.E.N. here and access to Breakthrough for Men online. Send them. It helps tremendously.



Looking north in Big Sur from my friends' house.



This is a picture of the picture of the Big Sur coast at the entrance to Palo Colorado Canyon. It hangs in my bedroom. That is Bixby Bridge in the background.

Empowering relationships...



Redwood Empire Chapter of California Association of Marriage and Family Therapists
is a California BBS CEU provider: License #57173
RECAMFT.org - PO Box 2732 – Santa Rosa, CA 95405
E-mail: therapy@recamft.org Web: www.recamft.org

**RETURN SERVICE
REQUESTED**

OCTOBER ISSUE

NEWSLETTER COSTS & DEADLINES

Line ads and announcements:

Members - \$5 per line
Non-members - \$12 per line

Display ads: Full page - 7.5" x 9.75" = \$200
(Wide x Long) Half page - 3.5" x 9.5" = \$110
Quarter page - 3.5" x 4.5" = \$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 or email:
707 583-1607 or therapy@recamft.org

Or submit ad to website at
www.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 PAST PRESIDENTS

Tara D;Orazio	2020
Doreen Van Leeuwen	2019
Erica Thomas	2018
Reyna Seminara	2017
Bob Dalzell	2016
Kris Spangler	2015
Laura Strom	2014
Lani Lee	2013
Hal Forman	2012
Elaine Sohler Gayler	2011
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