

Empowering relationships...



SEPTEMBER 2021

The Redwood Empire Therapist

SEPTEMBER ONLINE MEETING

The Intersection of Diversity Issues, Mindful Facilitation & Group Process Presented by Lee Mun Wah



Friday, September 3rd, 2021

10:30 AM – 1:45 PM

Zoom Webinar

3 CEUs

So many times, much of our education as therapists has lacked adequate training from a diversity perspective and lens, partly because therapists have received ‘awareness training’ but almost no ‘practical skills training’ in dealing with diversity-related issues or confrontations when working with groups from diverse populations. In this training we will demonstrate the myriad of ways that facilitation, when practiced using Mindful Techniques, developed by Lee Mun Wah, can become a useful tool in helping counseling clients to become culturally competent and skilled in facilitating and processing individual and group issues from a diversity and therapeutic lens.

Attendees will have an opportunity to discover the roots of our disconnections and how to reconnect, and learn how to mindfully listen and respond to culturally diverse groups. He will teach us key mindful inquiries that promote curiosity and empathy as well as mindful techniques on how to work with diversity issues and culturally diverse groups. We should come away with knowledge of how to de-escalate a conflict within seconds and how to create a sense of community, connection & belonging amongst diverse groups.

Lee Mun Wah is an internationally renowned Chinese American documentary filmmaker, author, poet, Asian folk teller, educator, community therapist, and master diversity trainer. He is the Executive Director of StirFry Seminars & Consulting, a diversity training company that provides educational tools and workshops on cross-cultural communication and awareness, mindful facilitation, and conflict mediation techniques.

His first documentary film, *Stolen Ground*, about the experience of Asian Americans, won honorable mention at the San Francisco International Film Festival. His most famous film about racism, *The Color of Fear*, won the Gold Medal for Best Social Studies Documentary and in 1995, Oprah Winfrey did a one-hour special on Lee Mun Wah’s life and work that was

seen by many. His latest film, *If These Halls Could Talk*, was just released in 2013. The film's focus is on college students and their experience with racism and other diversity issues in higher education. Thousands of people from government and social service agencies, corporations and educational institutions have taken Lee Mun Wah's workshops and partnered with Stirfry Seminars & Consulting on their diversity initiative.

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



2021 Acting President's Message

“An Invitation to Our Table”

By Laura Strom

At San Francisco State University, where I got my master's degree in counseling, Lee Mun Wah was a superstar. I watched his film, “The Color of Fear” in a class just before I was accepted into my program. It was awe-inspiring, and the best part was he was a graduate of the master's program I would be attending! Lee Mun Wah has the kind, soft voice of a counselor. I am in awe of anyone who can do a Ted Talk, and loved watching his, “The Secret to Changing the World”. It's sixteen minutes very well spent.

On September 3, 2021 RECAMFT is offering a 3 CE course presented by Lee Mun Wah entitled, “The Intersection of Diversity Issues, Mindful Facilitation & Group Process” on Zoom from 10:30 am to 1:45 pm. As counselors we can start to flounder when issues of diversity, race, and ethnicity crop up. Courses like this one make us question our own presumptions which can be uncomfortable, but in a soul-growing, heart-expanding way.

RECAMFT has been putting an emphasis on Racial and Social Justice by creating a new committee with this name. It's difficult, but essential to acknowledge the ways we have disappointed or hurt both our fellow colleagues and clients in our speech and assumptions. But we must evaluate the environment of caring we create with the goal of all having an equal seat at the table. Lee Mun Wah is the perfect person to help us gently, and creatively do this, while we learn to facilitate deep, meaningful communication with those we touch. My niece, Diana, turned 4 this month. She lives in San Francisco with her Chinese mother, and Minnesotan dad. While I held her in my lap at her birthday party earlier this month, stroking her beautiful long hair, I recalled

only a few blocks from their home, some of the worst hate-crime attacks on Asian people have occurred.

Please, please join us for this exceptional look at diversity and how we as counselors can be instruments of compassionate change. I'll be there for Diana. Who will you attend for?



Kindest regards,

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

GOT A STICKY CASE? COME DISCUSS IT WITH COLLEAGUES - CONFIDENTIALLY - AT THE ETHICS ROUNDTABLE, FREE CASE CONSULTATION EVENT!

9/17/2021 - ZOOM MEETING
12:00 PM - 1:30 PM

Registration REQUIRED at website: RECAMFT.org

You will receive a zoom link by email
RECAMFT members only

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2021 Schedule At-A-Glance

Subject to change: details will appear on our events page as they are finalized

Sept 4-zoom 10:00 Free Tauma Informed Yoga & iRest Mediitation – Hannah Caratti

Sept 18-zoom 10:00 RECAMFT Prelicensed Collaborative

FREE TO RECAMFT MEMBERS ON ZOOM
REGISTRATION REQUIRED – WWW.RECAMFT.ORG

RECAMFT has lots more events coming up but for the sake of space, please check out the website.

Considering a residential treatment or outdoor program?



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A Call to Education: Supporting Trans and Non-Binary Clients and their Loved Ones

By Emily Larkin, LMFT

The past several decades have brought an increased focus on social justice issues to the forefront of the worldwide consciousness. Our fight for equity ranges across the span of many different groups and identities. This includes the Transgender (Trans) and Non-binary communities who continue to experience prejudice and discrimination throughout their daily lives in a society faced with dismantling preconceptions about gender.

As clinicians, there is a need to improve how we approach supporting our Trans and Non-binary clients, as well as family and friends of the Trans and Non-binary communities. As a straight, white, cisgender female, I want to acknowledge that I am in no way an expert, but I find myself compelled to 'call in' my fellow therapists to educate themselves and learn to be better allies; both within and outside of the therapeutic frame.

As mental health clinicians our clients come to us for unconditional positive regard, for a space to safely explore themselves, and to find healing both in their internal and external relationships. Our ethical duties guide our actions to remain trustworthy, just, proactive in our care, supportive of our client's independence, and most significantly, 'to do no harm.' Many Non-binary and Trans clients struggling to find acceptance, often navigating criticism and rejection from individual persons as well as facets of society. We could be doing a disservice to these clients if we remain complacent and ill-informed, potentially keeping their authentic selves from being seen and preventing their ability to heal.

Even as we learn how to stand in allyship with our Trans and Non-binary clients, what about their loved ones? Many of those we serve do or will have family and friends who identify as Non-binary or Trans. Family members, especially parents of youth, are often confused and unsure how to navigate and address their child's changes and newly-vocalized identities. While we need to hold space for these clients to process their own emotions, in these moments we cannot do as many of us were taught and simply mirror back gently. We must lean forward and guide our clients towards understanding and knowledge as to why supporting these individuals wholeheartedly is so imperative.

Studies have shown that Trans and Non-binary youth are at an increased risk of depression and suicidality. According to The Trevor Project, when family and friends show support of a person's identity through use of chosen pronouns and gendering, suicidal ideation in Trans and Non-binary persons decreases by 29% and suicidal behavior by 56%.* To be advocates for Trans and Non-binary individuals is part of our standard of care and as mental health providers we have a responsibility to educate ourselves and our clients.

In closing, I urge my fellow colleagues to pursue ongoing education regarding best practices in working with Trans and Non-binary individuals. To be true allies we must have humility and grace in knowing we are learning. Growth is not linear. While missteps will undoubtedly happen, we must keep moving forward for ourselves, our communities, and those we serve.

To learn more:

Guidelines for Psychological Practice with Transgender and Gender Nonconforming People, American Psychological Association, 2015.

www.apa.org/practice/guidelines/transgender.pdf

*The Trevor Project - thetrevorproject.org

TransLife - translifeconference.org

World Professional Association for Transgender Health (WPATH) - wpath.org

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
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www.sonomacountymen.org



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PCIT is an evidence based, short-term, specialized behavior management program designed for children ages 3-8 years experiencing behavioral and/or emotional difficulties and their families. PCIT is a 12-20 week therapy program that involves the entire family. Sonoma County Counseling is happy to offer PCIT to families using Medi-Cal insurance (Partnership Health Plan).

PCIT is available in person at our Windsor, CA location
or via telehealth video anywhere in CA.

Contact us to refer a family!

Marie Nersesian LMFT, PCIT clinician: (707) 595-8161

Email: marie@sonomacountycounseling.com

Website: sonomacountycounseling.com

Sonoma County Counseling in Windsor and Santa Rosa

Empowering relationships...



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