



The Redwood Empire Therapist

OUR JUNE MEETING

When Eros Enters the Room: Erotic Transference and its Healing Nature Felicia Matto-Shepard, MFT, Jungian Analyst



We all understand that “Therapy Never Includes Sex.” But we don’t often understand how to respond to a client’s sexual attraction to us, the therapist. What happens when a client falls in love with you? How do you understand the clinical significance of a client’s sexual desire for you? How do you hold the powerful and potentially volatile dynamics of Eros, the God of Love, in the therapy room?

Erotic transference often creates chaos and confusion, excitement and fear, for therapist and client alike. We will explore this topic through the lens of the archetypal, making way for a deeper understanding of this very human impulse to connect. We will consider the healing possibility of love and sexual desire in the clinical relationship as we attempt to increase our comfort with this topic.

Felicia Matto-Shepard is an MFT and Certified Jungian Analyst at the CG Jung Institute of San Francisco. Since 1994, she has maintained a private practice in Petaluma. She facilitates groups and workshops for couples and women exploring sexuality, creativity and desire. As a psychoanalyst, she works closely within the transference/countertransference field with a special interest in erotic transference.

June 2nd - RECAMFT Meeting

10:30 – 11:00 social & sign in

11:00 – 1:00 meeting

**When Eros Enters the Room:
Erotic Transference and its Healing Nature**
Felicia Matto-Shepard, MFT, Jungian Analyst

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

IF THE PARKING LOT IS FULL, YOU WILL FIND LOCAL LONG TERM PARKING ON THE STREETS ON THE SOUTH SIDE OF PACIFIC AVENUE.

September 1, 2017

Introduction to Neurofeedback for Therapists
Silvia Costales, LMFT

SAVE THE DATE!! October 20, 2017
The Deep Work of Grief with Francis Weller, LMFT

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

You can learn more about Felicia’s work by going to her website, FeliciaMattoShepard.com and AfterTheHoneymoon.org

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

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& October Grief Workshop Article

President's Message

L. Reyna Seminara, LMFT



***A Moment of
Silence***

In the past couple of years, we have lost so many of our RECAMFT members to accidents, sudden unexpected deaths and suicide.

Many of you have shared your grief and sadness with me. I grieve as well.

We are spiritual, physical, emotional, mental and relational beings who, as therapists, tend to our clients on these levels. We have to take care of ourselves on all these levels as well.

Please, let's take care of ourselves.

Please join me in a moment of silence.



L. Reyna Seminara, LMFT
RECAMFT 2017 President

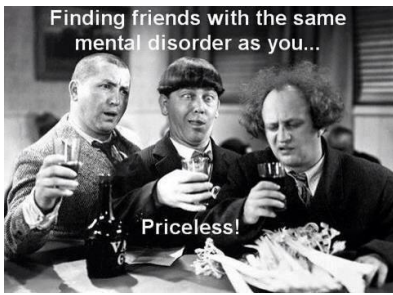
Reyna has a private practice in Santa Rosa. It is best to reach her by email. LRS-MFT@att.net

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

recamft-subscribe@yahoogroups.com

Myron Walters will confirm your RECAMFT membership and admit you. We are now 137 strong.



**ANOTHER GREAT
REASON TO ATTEND
RECAMFT MEETINGS!**

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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.

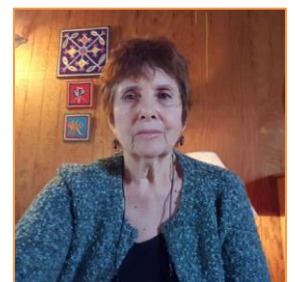
Educational Consultant
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What You Missed By Michael Krikorian

Today we were treated to a very enjoyable presentation titled "Aging Happens: Dealing with it Wholesomely in Ourselves and in our Clients" by Judith Goleman, MFT. Her presentation was a wonderful mixture of facts about aging, possibilities of how it can be, and a wonderful story of her own blossoming as an elder. She took us through an exercise of identifying our fears of what our own aging could be as well as our ideas on how we would like it to be. Judith then talked about some of the developmental tasks we



face in mid-life. These include 1) recovering our true self that may have gotten sidetracked by earlier life tasks such as raising a family and developing a career; 2) dealing with the inevitable changes and losses that come with aging; and 3) countering our culture's negative views of aging that do not exist in some other cultures that revere their elders for their wisdom and guidance.

Judith told of an "impelling force" that arises in mid-life that leads us to want to fulfill ourselves. She said this isn't a "crisis" but a search for what is true and meaningful to us. We want to free ourselves from the limitations that we have previously experienced.

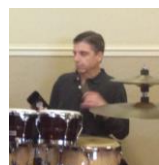
She told of brain research that shows that in later life our thinking slows down, short term memory is not stored as efficiently and complicated calculations take longer. Despite these rather negative sounding changes to the brain, research also shows that our brains are more dense with neurons than in younger years, our two brain hemispheres are used in a more balanced way and we are able to more easily access creative solutions to problems. We are also able to pay less attention to negative emotions/stimuli and our limbic system is less likely to take over the cortex.

Judith told of research that shows we can build stronger muscles into our 90's and that physical activity is good for the body and the mind. To keep us vital, researchers suggest we study a new language, keep an active social life, take on new mental challenges and new physical activities.

Judith also suggested that we all fill out an advanced (medical) directive, a professional will and an "ethical" will which includes what we have learned in our lives and want to pass on to loved ones.

Judith left us with a positive sense that with aging, we can become more comfortable with ourselves, give back to family and society, feel whole and remain hopeful despite adversity.

Thank you for this encouraging message, Judith. Judith Goleman, MFT practices in Sebastopol and can be reached at (707) 506-6967 or through her listing at therapists.psychologytoday.com.

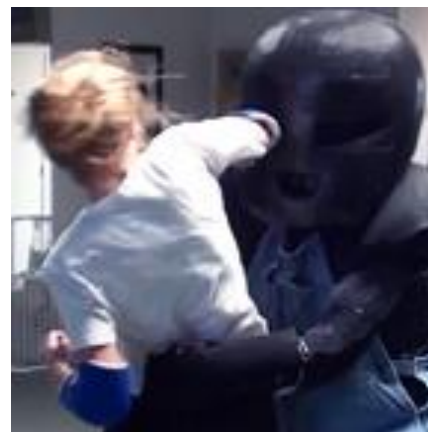


Michael Krikorian, MFT brings 40 years experience to his work with individuals and couples. He can be reached at (707) 579-0838 or mkrikorian-therapist.com.



Model Mugging Class in Sebastopol

Almost forty years ago I signed up for a Model Mugging class in Monterey, where I lived at that time. It was a new approach to women's self-defense developed by a woman with multiple black belt levels of expertise in Karate who, nevertheless, was overpowered and raped. She realized we need a different approach to protecting ourselves.



Some of the women in the class with me had been raped or assaulted, while others, like myself, were there to learn how best to avoid that. Part of the class was sharing and the male black belt martial artist

sat in for that without his protective gear on so we could trust him to be on the inside of the training experience with us. We learned skills for being aware and vigilant, skills for deterring an approaching threat, skills for escaping a grab, skills for ignoring intimidating threats so we could watch for our opening, and skills for fighting and for delivering surprise knock-out blows.

Notes from the Disaster Response Committee

In my body I still feel like that warrior who is wired to be aware and ready. I am sad that women have to live like this so much of the time, but we all know the facts regarding sexual assault. We just have to train for that possibility so we can protect ourselves and teach other women, especially young girls, how to be on guard. Don't we all have too many clients that have been hurt and traumatized?

For years I have wanted to bring a class to this area, both for some of my clients who have been hurt and for anyone else who wants to be armed and ready to protect themselves or someone else. In the class, after training with defensive moves and practice blows, the martial artist gets dressed in thick padding and plays the attacker, sometimes reenacting previous attacks for the students. The rest of us are enthusiastically cheering on each "victim" as she fights back and delivers kicks and blows to the attacker until he determines she has "knocked him out" and falls down.

There is space for 16-20 students. Take yourself, send your daughter, your clients, or your friends. It is pricey but there will be some scholarships. If we fill the class, we can bring them back to do more. It is two full days on July 29th and 30th at Sun Ridge School in Sebastopol. Will you help us succeed?

Check out their website at modelmugging.org for more information and to register for the class. You can find information about scholarships as you register.



Self-defense student kicks padded attacker in fight during a Model Mugging class.

Gail Van Buuren – call 707-494-4198 for more information

The DRC met this past Tuesday evening at my home, to continue the process of educating committee participants about what it entails to respond to a disaster, as well as some details of the journey to, and purpose of, connection with the American Red Cross. Two ARC volunteers, Patty Hlinka and Maryellen Taylor, who have worked with the local chapter for several years or more, came to present. Patty spoke about the various tasks and roles that are most needed in the county of Sonoma, and how she assists new volunteers in finding the niches most appropriate to their personalities and life circumstances. Maryellen provided more specifics about becoming trained as a Disaster Mental Health volunteer. Her stories helped put that role in context as she described several of her deployments.



We also started Redwood Empire Disaster Response Team binders for each participant interested in continuing. During the summer I, Doreen, will contact each person on our list of interested participants and gauge their interest in continuing. Then I hope to find out where they might be stalled out in the process, or what support is needed to keep moving forward in efforts to get aligned with the Red Cross. This will also help Gail and me get a better handle on what stage people are at in the onboarding process with Red Cross, etc.

Gail and I will also put our heads together to calendar future meetings along with topics of discussion, to be resumed in the fall.

I look forward to seeing you at the June Speaker & Board meetings, and then the Board Retreat in July. I also plan to attend at least two days of a 4-day Red Cross conference in June which sounds interesting, and will help step up completion of classes toward my GAPS.

Doreen Van Leeuwen, Co-Chair

Doreen is in Private Practice in Santa Rosa at 951-347-1837

What White Therapists Need to Know and Are Afraid to Ask

On May 12, 2017 I was pleased to attend the half-day workshop **What White Therapists Need to Know and Are Afraid to Ask** that RECAMFT's Kris Spangler organized for our members at Odd Fellows Hall. The presenter, Dr. Liz Abrams and her assistant, Shanna Butler, MSW and Psych Associate gave attendees both an experiential and didactic understanding of how to be aware of and how to broach cultural factors, cultural identities, and the lived experiences of racism and oppression with our clients. Broaching includes not only being aware of the above factors, but inquiring about them as well as discussing cultural differences that could have an impact on the present therapeutic relationship.



DR. LIZ ABRAMS WITH ATTENDEES

We learned that broaching is more than just a clinical technique to facilitate our client's willingness to bring up these experiences and to look at how racism shows up in sessions. It also enables both therapist and client to enhance their way of being in the world.



What I learned, even after having helped to raise a bi-racial child, is that I still have a lot more to learn and that I am going to have to do it in the trenches, so to speak, with my clients who have different cultural, social, and economic backgrounds. It never ends. That much is clear.

Gail Van Buuren

*Gail Van Buuren has a private practice in Sebastopol
707-494-4198 or gailvbtherapy.com*

TRAUMA, SHAME, AND GRIEF, TOO?

by Gail Van Buuren



Most of our clients have experienced some trauma in their lives whether it is physical, emotional, mental, relational, or spiritual. In the course of therapy it usually comes up, sometimes surprising even the clients themselves. Many come in with trauma as the reason for seeking treatment.

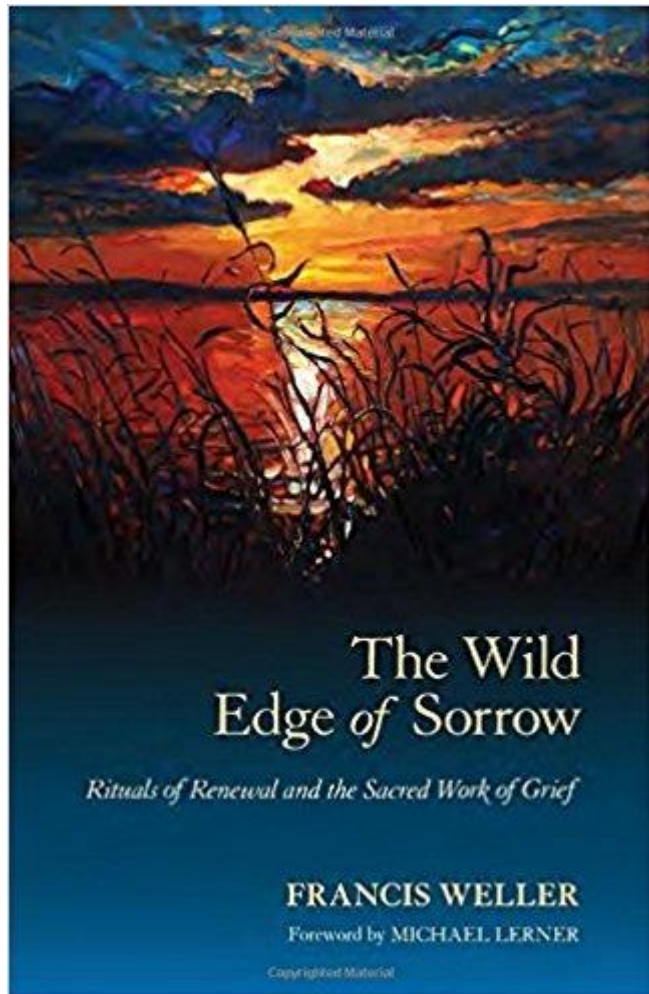
I really like helping people work with traumatic experiences even though it is are hard to hear many of their stories. Managing those feelings in myself is part of the work. And, having taken extensive training in working with shame, I am aware that a certain amount of shame usually is present with trauma. Many of us with traumatic pasts keep getting that awful feeling that somehow it was partly our own fault. "If only I hadn't ..." or, "I should never have" Sometimes we are blamed subtly or outright by the perpetrator or our caregivers, spouses, or authorities for what happened. I have learned that it is important to ask gently about self-blame and have been surprised sometimes to hear, "YES!" and realize that it may not have come up if I had not asked. Then we work with the shame along with the trauma.

And then there is the grief and that is critical to address as fully as possible. Grief has been a visitor to my life these past ten years. Like a tenderizer, it has made my veneer far more penetrable than it used to be. It has been teaching me about my vulnerability and helping me leave that door unlocked, even hanging out a welcome sign. So, I am now more than willing to invite in the grief that accompanies trauma. As Francis Weller writes in his wonderful book *The Wild Edge of Sorrow*:

"It feels somewhat daunting to step off into the depths of grief and suffering, yet I don't know of any more appropriate way to undertake the journey of reclaiming soul than by spending time at the grief shrine. Without some measure of intimacy with grief, our capacity to be with any other emotion of experience in our life is greatly compromised."

I am very much looking forward to the October 20th all day workshop with Francis Weller that RECAMFT is

hosting. When I first read an interview with Francis in *The Sun* (October 2015) I was deeply touched by how he spoke about grief and sorrow, and then I discovered that he lives right here! I read the book I just quote from and attended a talk he gave at Copperfield Books. I knew I would want to hear him speak more so asked if he would give us a workshop. I love what he has written, but the best part is the passionate and lyrical way he expresses himself. He is putting together a workshop that is both training, for our work, and experiential, for our hearts. I sincerely hope you will join me there. It will be at Agatha Furth in Windsor. Register at recamft.org.



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IN CASE YOU FORGOT THESE GOOD IDEAS...

THE FOUR AGREEMENTS
Don Miguel Ruiz

Be Impeccable With Your Word
Speak with integrity. Say only what you mean.
Avoid using the word to speak against yourself
or to gossip about others.
Use the power of your word in the direction of truth and love.

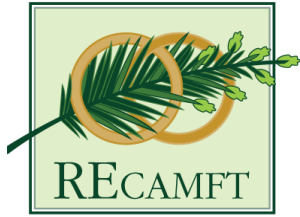
Don't Take Anything Personally
Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

Don't Make Assumptions
Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.

Always Do Your Best
Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse and regret.

JMK

Empowering relationships...



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JUNE ISSUE

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