

Empowering relationships...

OCTOBER 2017



The Redwood Empire Therapist

OUR OCTOBER MEETING

Working with Clients in Open Relationships Dr. Karin Wandrei, LCSW



Within the past few years we have seen more visibility of open relationships. Within our profession monogamy has been the norm. Open relationships can be a viable option for some people. Using lecture, video and musical selections, this workshop will provide an overview of open relationships, including common myths, research, what it takes to be successful in an open relationship, and common issues that people in open relationships may bring to therapy including jealousy, children, and sex.

Karin Wandrei received her MSW and PhD from the University of California, Berkeley. She has been licensed as a clinical social worker (L10609) since 1983. Dr. Wandrei has taught at the undergraduate and graduate level in social work, women's studies, and psychology at National University, Western New Mexico University, the University of California, Berkeley, San Francisco and Humboldt State universities, California State University, East Bay, and Mendocino College.

She was in private practice from 1983 to 1996 in Oakland and in Rohnert Park since 2013. Dr. Wandrei currently works with a variety of adult clients, individually and in relationships. Her specialty areas include depression, anxiety, PTSD, open relationships, alternative sexualities, and LGBTQI issues.

You can learn more about Karin at her website, www.karinwandrei.com and you can email her at karin@karinwandrei.com

October 6th - RECAMFT Meeting

10:30 – 11:00 social & sign in

11:00 – 1:00 meeting

October 6, 2017

Working with Clients in Open Relationships Dr. Karin Wandrei, LCSW

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.

November 3, 2017

**When the Therapist is ALSO an Empath:
A SURVIVE & THRIVE Approach to Living!
Doreen Van Leeuwen, LMFT**

REGISTER!! October 20, 2017

**The Wild Edge of Sorrow: Working with Grief and Loss in
Our Everyday Lives with Francis Weller, LMFT**

1.5 CEUs AVAILABLE – RECAMFT CEU PROVIDER IMIS 57173

What Else Is In Here This Month? Check It Out

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President's Message

L. Reyna Seminara, LMFT



The First Annual Summer Picnic was a Resounding Success!

The membership committee, with co-chairs Gayle Whitlock and Tara D'Orazio and committee member, past RECAMFT president, Kris Spangler, organized the pot luck in just a few weeks. It was a boiling hot day at Finley Park. Fortunately, the large oak trees shaded most of our picnic area. Everyone pitched in to help, especially Don Ross, who grilled all the delicious chicken and the yummy veggie burgers. Other folks helped as well to create a truly group effort.



Members arrived with arms full of side dishes, salads, fruits and desserts. People played games like guessing what famous or infamous person's name was stuck to their back with a name tag. Even with the heat, people participated in an egg race across the grass. There was lots of laughter and lively conversation. How wonderful it would be if the Membership Committee does make this an annual event!

In the days following the gathering, emails came in to RECAMFT praising the day and some requested recipes, especially Susan Hartz's potato salad and my macaroni salad. I am so happy to pass on the recipe because it was my mother's recipe that I have enjoyed my whole life. I was hoping to pass it on to my daughter, but she doesn't like vinegar or mayonnaise. It is my hope that it will be enjoyed by anyone who makes it.



I asked Susan for her recipe and what follows is her reply to me: I hope, as well, that you prepare and enjoy her potato salad.

Susan's Almost Original Potato and Egg Salad

"Here's the "original" potato salad recipe: I should lie and say I developed it after many pains-taking trials, but actually it came from a Best Foods Mayonnaise jar, many years ago.

I use about 5-6 potatoes, and as many eggs as potatoes. Boil both and cool before dressing. I try to not get the potatoes too done, just keep checking till they get soft. I boil them whole, then cut up after cooling; it seems be easier to cut this way. I also add 1 cup of celery and ½ onion, both chopped, of course. Sometimes I add a touch of relish.

Dressing:

1 cup mayo (I still use Best Foods original)
2 Tablespoons apple cider vinegar
1 ½ teaspoons salt
1 teaspoon sugar
¼ teaspoon pepper

I use a whisk to blend these together until really creamy and the sugar is completely dissolved. The recipe calls for shaking in a jar, but a whisk is easier to clean.
Pour over the chopped vegetables and stir well.

I like to make it the night before so that everything blends, but it's not necessary. I sprinkle the top with paprika to make it look festive.

This makes a LOT of salad. If I don't have a lot of people, I cut down, usually using ½ to 1 or less potatoes per person. Since you like the egg, as I do, I use about the same number of eggs as potatoes.

Enjoy!"
Susan Hartz

Susan, of course, puts her own spin on the recipe, so I think of it as her almost original recipe.

Nunzie's Macaroni Salad

(My mom's given name was Annuzziata therefore her nickname was Nunzie.)

1 lb box of Barilla elbows cooked in salted water al dente

Dress the cooked pasta with a whisked mixture of

3 TBS apple cider vinegar
3 TBS extra virgin olive oil
1 ½ tsp. kosher salt
Some fresh ground black pepper
1 clove of garlic (pressed)

Stir the dressing covered pasta occasionally while it cools.

When pasta is completely cooled add

1 can black olives (cut each olive into 4 pieces)
A grated carrot or two for color
Two cups chopped celery
1 to 1 ½ cups best foods mayo

Refrigerate until cold. The macaroni salad keeps for about one week.

Please let us know if you make either salad and what your taste buds think.

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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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 Matt Thomas, a friend of a woman with multiple black belt levels of expertise in Karate who, nevertheless, was overpowered and raped. He realized women 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 "mugger" 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.

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, including 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. There will be some scholarships about which you should contact me. If we fill the class, we can bring them back to do more. It is two full days on October 28th and 29th 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.

Gail Van Buuren
494-4198 or gailvb13@gmail.com



Five Principles of Women's Self-Defense ©

There are five principles or rules for women's self-defense training and [crime prevention](#). The five self-defense principles comprises guidelines that when properly integrated construct the most comprehensive and effective method of self-protection. The Five Principles fit together like a puzzle. A single puzzle piece is disconnected, but when properly placed within the framework of a completed puzzle the combined pieces create a vibrant clearer picture. Likewise, these self-defense principles when joined form a fundamental framework and guiding doctrine that joins with multiple disciplines for decisive protection against crime.

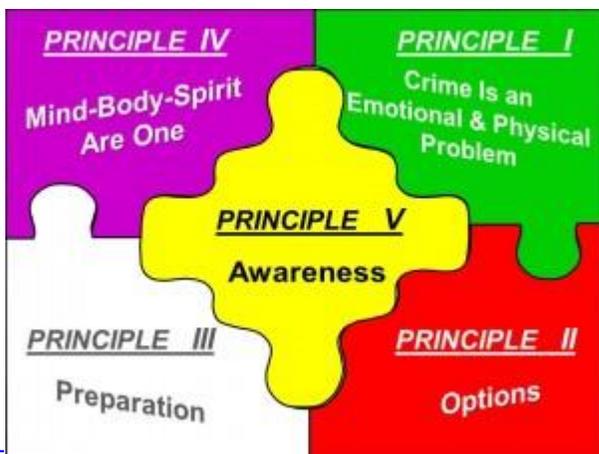
After examining crime from the perspective of the perpetrator in what, how, and why he offends (Principle I), then the most viable options can be developing (Principle II). Time is saved learning how to realistically practice those options applying martial science (Principle III). The mind-body-spirit relationship is injected into effective fighting strategies and tactics practiced in realistic training (Principle IV). Awareness is last step combined with the overall awareness of one's self, situational environment, and potential criminal suspects (Principle V) to avoid danger all together.

When the components of each principle are properly interlocked, the most comprehensive and effective

means are achieved for crime prevention, personal safety, adrenaline state fighting, and general wellness for women.

A full circle must be traveled putting the System's puzzle pieces together giving the bigger picture more clarity along with and knowledge about how all components interlock with one another. [Self-defense for women](#) is best achieved following these five principles:

- I. [Crime Is an Emotional and Physical Problem](#)
- ii. [Options](#)
- lii. [Preparation](#)
- Iv. [Mind-Body-Spirit Are One](#)
- V. [Awareness](#)



Self Defense Training Principles ©
(Reprinted with permission from Model Mugging-San Francisco)

What You Missed By Michael Krikorian

At our September meeting we heard an interesting and informative presentation on an "Introduction to Neurofeedback for Therapists" by Silvia Costales, MFT. Silvia told us that since her own introduction to neurofeedback in 2010, she has sought out advanced training, worked with many clients and now sits on the Board of Directors for the International Society for Neurofeedback and Research.

Silvia explained that neurofeedback is a particular type of biofeedback. Neurofeedback records the EEG or



electrical activity in different parts of the brain to detect patterns of overarousal or underarousal. This information is fed back to the client in real time so the client can learn to modulate this activity in the direction of a more

balanced, normalized pattern of brain waves. When a more balanced state occurs, emotional regulation as well as other functions can become easier for the client. Silvia states that neurofeedback and psychotherapy work best together as a normalized brain can make psychotherapeutic change more easily. Silvia drew a parallel between the way an attuned caregiver mirrors and calms an infant with how neurofeedback works.

The treatment begins with a thorough assessment of current functioning and concerns, then sensors are placed on the client's scalp so EEG readings can be taken to get a baseline scan of brainwave activity. After examining this data, Sylvia generally recommends twice weekly sessions of 45-60 minutes during which the client gets feedback of the electrical activity in the targeted parts of the brain. The client can learn to increase or decrease activity in that part of the brain by seeing changes in brightness or sound from the screen. Sylvia states that the process is essentially passive, not requiring concerted effort on the client's part. She states that as goals are met, the sessions taper to weekly, then monthly. A course of treatment can be 20 or more sessions.

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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.



INTRODUCTIONS = TIME WELL SPENT, CONNECTING

Sylvia gave case examples of how neurofeedback has helped her clients get better sleep, increased sense of relaxation and being less emotionally reactive to external stimuli. Other clients have stopped having panic attacks, and some have reduced feelings of depression. All of this was done without the use of medications (although neurofeedback can be used in conjunction with medication). Possible side effects include headaches although, in Sylvia's experience, they are typically "minimal and fleeting." Sylvia told of neurofeedback being gentler than some other forms of biofeedback that involve stimulating the brain with electrical or magnetic forces. She recommends that providers be certified by the Biofeedback Certification International Alliance to insure quality training.

Thank you, Silvia, for introducing us to this unique form of helping our clients. Information about Sylvia's practice can be found on her website at silviacostalesmft.com. You can email her at silviacostales@yahoo.com.

Michael Krikorian, MFT, sees individuals and couples, adults and teens at his practice in Santa Rosa. He brings over 35 years of experience to his work. More information can be found at mkrikorian-therapist.com

SAVE THE DATE

FOR YOUR LAW & ETHICS CEUS

David Jensen, JD

Will be back with RECAMFT

On January 26, 2018

Outreach Reaches Out!!!

The Outreach Committee is distributing these cards to social service agencies, schools, etc. We've had very positive feedback from Santa Rosa Community Health (that's Brookwood, Vista, and eight other sites). They were pleased that RECAMFT's online Find-a-Therapist



search function would allow them to direct clients to therapists with the appropriate location, area of specialization, insurance taken, etc. If you are looking for referrals make sure that your profile is up to date. If you get a referral that references this card, or mentions having used the online search function, please take a moment to let us know - recamftoutreach@yahoo.com. Thanks.

Bob Engel, Outreach Committee Chair.

Gayle Whitlock having a great time at the RECAMFT Picnic!



The Wild Edge of Sorrow: Working with Grief and Loss in Our Everyday Lives with Author Francis Weller, LMFT

- Mary Agatha Furth Center
- 8400 Old Redwood Highway
- Windsor, CA 95492
- Friday, October 20, 2017
- 8:30 AM. to 4:00 PM
- Six (6) CEs for BBS licensees
- Lunch included



“Where there is sorrow, there is holy ground.”

-- Oscar Wilde

“Grief has always been communal in our long story as a species. Too often in modern times, however, our grief is carried privately, forcing sorrow underground. It is our unexpressed sorrows, the congested stories of loss, that, when left unattended, block our access to soul. We then are pulled by the gravity of loss below the surface of life and into the terrain of death. We must restore the practices and customs of grief in our lives. Each of us must undertake an apprenticeship with sorrow and learn the skill of grieving for our sakes and the welfare of all beings.” Francis Weller

Francis Weller, LMFT: A psychotherapist, writer and soul activist, Francis Weller is a master of synthesizing diverse streams of thought from psychology, anthropology, mythology, alchemy, indigenous cultures and poetic traditions. Author of *The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief*, he has introduced the healing work of ritual to thousands of people.

Course Description: This day-long experiential seminar is an invitation to enter the sacred ground of grief and encounter the multiple ways it arrives in our lives. “Sorrow shakes us and breaks us open to depths of soul we could not imagine. In a very real way grief ripens us, pulls up from the depths of our souls what is most authentic in us. In truth, without some familiarity with sorrow, we do not mature as human beings. It is the broken heart, the heart that knows sorrow, that is capable of genuine love.” Francis Weller

REGISTER NOW AT www.recamft.org

Empowering relationships...



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OCTOBER ISSUE

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Non-members - \$12 per line

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Half page - 4.5" x 7.5" = \$110
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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:
707 575-0596 or therapy@recamft.org

Or submit ad to website at www.recamft.org

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