



The Redwood Empire Therapist

OUR DECEMBER MEETING

LGBT+: Thinking Beyond the Binary with Gender and Expression **Patrick Armstrong, LMFT**



Using the context of both; World Professional Association for Transgender Health, Standards of Care AND Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling, Standards of Care, this presentation will explore issues unique to diagnosing and treating LGBTQ+ individuals. We will cover topics such as correct LGBTQ+ terminology, unique risks and challenges for LGBT individuals, basic competencies in the treatment of LGBTQ+ persons using DSM, and the nuances of gender, identity, and attraction, as well as how they interact.

Patrick Armstrong is a Licensed Marriage and Family Therapist in private practice in Santa Rosa. He completed his training at West County Community Services and Community and Family Service Agency. He has extensive experience and training working with the LGBTQ+ population.

Patrick Armstrong can be reached at 707 562 0556 x5

December 1st - RECAMFT Meeting
10:30 – 11:00 social & sign in
11:00 – 1:00 meeting

LGBTQ+: Thinking Beyond the Binary with Gender and Expression
Patrick Armstrong, LMFT

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.

January 5, 2018
9:30-11:00 Celebrate! RECAMFT Annual Members Meeting: Breakfast, fun, surprises and live music! FREE event!!
11:00-1:00 Uncovering Hidden Brain Injury in Our Patients
Laura Strom, LMFT

January 26, 2018
LAW & ETHICS WORKSHOP with DAVID JENSEN, J.D.

February 2, 2018
Life after Fifty With or Without Children
Sara Zeff Gaber, PhD

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

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

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President's Message

L. Reyna Seminara, LMFT



***The Party is Yet
to Come!***

As my year as RECAMFT President comes to a close, I think mostly about all the wonderful people I have worked and played with this year. It has been a very busy and fulfilling and complex year working with the Board of Directors, committee Chairs and members, members at large and the Sonoma county community.

I feel I have grown in my position as your President. Being in front of a large group of people and facilitating, especially with the script provided for me, has mostly been easy for me. I've loved giving away RECAMFT mugs and things to our members in our RECHARGE RAFFLE. Chairing the board meetings has been rewarding, even when we have had too much to discuss in the time allotted. I've enjoyed writing these messages for the newsletter, even though that has been the hardest part of the job for me. It has been rewarding to take on this new role in my life as a therapist as my career winds down. It has been good for my brain cells and my heart to work with such talented and dedicated people.

I am so used to sitting with clients or interns, mostly one on one, that I wasn't sure how it would be for me to be a part of so many subsystems within RECAMFT. It has been

wonderful! I only wish I could have sat with and talked some with every RECAMFT committee member, and every person who comes to the member meetings.

I feel completely confident as I transition to the role of Past President next year that you will be in great hands as Erica Thomas moves into the role of your president. We will be celebrating this change at the annual meeting on January 5, 2018 at a breakfast meeting beginning at 9:30AM at our usual location.

Have a safe and happy holiday season.

Thank you for your trust in me.

Reyna

**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



CULTIVATING RESILIENCE AFTER TRAUMA

Upgrade Your Trauma Competence

CONTINUING EDUCATION

Trauma Informed Care 101 (4 hours)	Hanna Institute is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, and/or LPCCs. Hanna Institute maintains responsibility for this program/course and its content. Courses range from 4 to 12 hours. See our website for schedule and course details.
Trauma Informed Care 102 (4 hours)	
Intro to Psychological First Aid (6 hours)	
Trauma-Sensitive Mind-Body Based Practices (6 hours)	
Skills For Psychological Recovery (12 hours)	

TRAUMA-INFORMED CARE CERTIFICATE

Courses are available individually, and those who complete this 5-course Series earn a Certificate in Trauma-informed Care.

CUSTOM PROGRAMS

We design and deliver customized TIC training tailored for your staff, site and client population, based on your staff's needs and current expertise. Programs range from single on-site workshops to facilitating an institutional transformation over months or years. Special course pricing is available for groups and agencies.

INSPIRING EVENTS

NETWORKING BREAKFASTS

The Hanna Institute Breakfast series highlights issues facing Sonoma County youth, families, and communities, and provides a forum to discuss and collaborate on practical solutions.

December 14, 2017
Villay Wang, BAYCAT Founder, President & CEO
Diversity in Technology & Digital Media Storytelling [for resilience & social change]

March 8, 2018 @ 7:30 am - 9:00 am
Nadine Burke Harris, M.D., MPH, FAAP / Physician & Author of "The Deepest Well"
Healing the Long-Term Effects of Childhood Adversity

SCHOLAR IN RESIDENCE

February 26- 27, 2018
Laura Porter, Co-Founder of ACE Interface & SAMHSA Associate
Resilience Science and Self-healing Communities

HANNA INSTITUTE at Hanna Boys Center
17000 Arnold Drive, Sonoma, CA 95476

Questions? Contact Nick Dalton at 707.933.2563 or ndalton@hannacenter.org

INFO & REGISTRATION: hannainstitute.org

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.

RECAMFT TEAM CIRCLE

BOARD OF DIRECTORS

President: L. Reyna Seminara 523-9192

President Elect: Erica Thomas 206-8698

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Secretary: Laura Strom 889-9168

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Director-at-Large: Adam Smith 888-1900

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STAFF

Video Production & Administrative

Consultant: Joe Ward 707-575-0596



RECAMFT "TECH TEAM" GETTING SET UP

WHAT YOU MISSED

By Michael Krikorian

Today we heard a very timely presentation on "Self-Care and Community Care in the Aftermath of the NorCal Firestorm" by Doreen Van Leeuwen, LMFT. Doreen is the head of RECAMFT's Disaster Response Committee and is trained in Critical Incident Debriefing besides running her practice in individual and couple therapy in Santa Rosa. Doreen was kind enough during her presentation to make available a massage therapist and a harp player to soothe us and help with our own self-care.

After sharing about her personal experience of the fires of last month, Doreen took the group through a series of exercises to help us identify and process our own feelings and experiences of the fire. The processes she took us through could easily be used with our clients, too.

She gave us a checklist of common symptoms and reactions to a disaster that ranged from fatigue to survivor guilt. She had each of us identify what we related to and then get together in small groups to share what we have checked. That opened lots of sharing in the groups as everyone was touched in one way or another by the fire. She then had us finish the following prompts on paper: 1) I grieve: , 2) I have lost: , 3) What I imagine I have lost: , 4) What I think about my losses: , 5) What I feel about my losses. We again met in our small groups to go over our responses.

Doreen talked about the importance of honoring the grief that is within us by sitting with it, feeling it, writing about it and sharing it. She said that it helps to recognize that we will have waves of emotion that will build and crash and then dissipate as the energy recedes back into

ourselves. She talked about the importance of taking care of our nutritional and rest needs and visiting soothing places in nature to help us heal. Seeking spiritual renewal as well as finding ways to serve others can help us move beyond our own personal grief.

On the practical side, she said it is time to develop a personal and family disaster plan which includes a "go bag" of essentials as well as planning for how to reach loved ones should you get separated.



Doreen talked about ongoing community needs around food, shelter, mental health as well as the needs of pets and wildlife. She talked of the need to be aware of "fragile communities" of low income or marginalized people who will have a harder time handling the impacts of the disaster. She warned that as time goes on, some people will move on and forget about the fact that many still suffer or they grow weary of the issue.

Doreen told of how we can be involved in helping either through RECAMFT's program of offering 3-5 sessions pro bono to those impacted by the fire or by going through such agencies as Red Cross. She told of current discussions about how RECAMFT might send volunteer therapists to do groups in neighborhoods throughout the county.



Thank you, Doreen, for both helping us process our feelings about what we have been through, supporting us with music and massage, and inspiring us to do more to use our skills to help those around us. Doreen can be reached at imagodoreen@gmail.com and her website is www.abetterwaycenter.com.

Michael Krikorian, MFT has offered individual and couples therapy to adult and teens from his Santa Rosa office for over 35 years. His website is www.mkrikorian-therapist.com.

The Magic of a Commitment to Compassion

Bob Dalzell



Here's a question for you (WARNING: PHILOSOPHICAL WANDERINGS WITH BOB MAY BE DANGEROUS TO YOUR HEALTH). Albert Einstein called it 'the great question'.

Is the universe in all the sum of its forces, ultimately malevolent or benevolent? Each individual's answer to that question is their own choice to make, has to be their own answer, no one can make the choice for you or for me, and upon that choice hangs everything—since all of our experiences are mediated through the answer we come up with—that is to say, that our answer to the “great question”, at the moment of each of our experiences, as well as when we reflect upon our past and our future, thoroughly gives shape and forms that very experience, and each and every subsequent experience.

During, and in the aftermath of the crises created by the wildfires most of us have, to one extent or another, experienced two clusters of feelings; 1) pain, grief, anxiety, trauma, or Trauma; 2) relief, wonder, gratitude, joy, hope, and profound appreciation for the connections we have with our families, acquaintances or even strangers. Both clusters are experiences common, I think, to all humans, and probably to all sentient beings.

After sitting with folks who, due to the fire, lost their multigenerational family home with all its contents, reminders of generations of family life, Mary Richey, in the November RECAMFT Newsletter, says “...sitting with these people, holding the space while they talked, first with agitation and emotion, gradually giving way to more calmness, some laughter, and expressions of heartfelt gratitude. It was an experience of open-heartedness in which we all merged for a few moments during this time of loss, change, and uncertainty...We (therapists) are going to have much more of this (sitting open-heartedly with those who grieve their losses) to do in the coming times.”

One of the most interesting and hopeful parts of the aftermath of the fires for me was seeing our RECAMFT community's response. We had so many members of our healing community come out to offer their heartfelt listening, caring selves to those who's ravaging losses

and anxiety made them raw. I see and interpret that response of our LMFT community here as a mandate to RECAMFT to create a vehicle, a structure to hold this rawness in our wider community. At our November board meeting a task force was assigned to create a yearlong series of groups (in addition to the free individual sessions advertised on our website) for holding grieving people where they are. The task force meeting produced a design for groups that is simple, elegant, and very portable—that is, different therapists can step in and convene the groups with very little additional preparation. That ‘designing’ was itself a microcosm of what the wider community has done with the pain and anxiety the fires brought up in us. In the first days after the fires I observed such compassion, generosity, willingness to stand with those who are hurting, and I saw all that human compassion unfold in organic ways—the group think is smarter than any planned linear approach. At the evacuation center I worked at I saw such an outpouring of giving, service, caring—AND it was chaos. No one person knew, let alone directed, the anthill of activity, and lots got done—Lots of good loving response because the fires “merged us,” as Mary Richey has so beautifully stated.

The RECAMFT task force created a partnership with Catholic Charities, who has offered a convenient venue in Santa Rosa, and Catholic Charities has an extensive list of those affected by the fires (they had a presence at the LAC, and people signed up for help). Additionally, Catholic Charities has the ability to communicate with all those people, to let them know of the time, location, and nature of these grief holding groups. Much like the anthill of activity at the evacuation center, the making of the group design was itself, an unstructured organic unfolding. I'm humbled by such events, and I am very hopeful about the powerful compassionate holding our community of therapists will engage in through this process.

Thank you for your willingness to share your compassion by showing up for the training on October 19, and the drop in counseling on October 21. Please look at your email and the RECAMFT Newsletter to be aware of opportunities to take your turn to help convene some of these groups. Two or three LMFTs will be there for each group meeting, and over the year we'll all get a chance to witness the power of compassion at work during this important time.

Bob Dalzell, RECAMFT Past President

RECAMFT MONTHLY MEETINGS



SOCIAL TIME FROM 10:30 TO 11:00 IS A GREAT TIME TO CONNECT WITH FRIENDS AND COLLEAGUES BEFORE THE MEETING STARTS.



MEMBERS MOVE AROUND THE ROOM TO GRAB A SNACK OR SOME COFFEE OR TEA OR JUST TO STAND A WHILE – THERE IS ALSO A TABLE TO LEAVE FLYERS FOR PICK UP WHICH YOU CAN MENTION WHILE YOU ARE INTRODUCING YOURSELF AT THE START OF THE MEETING.



LAST MONTH KATE WILLENS PLAYED LOVELY HARP MUSIC AS ATTENDEES MADE THEIR WAY TO SEATS.



FOR THE PAST SEVERAL YEARS OUR JANUARY PARTY HAS INCLUDED BREAKFAST FOODS AND MUSIC BY MEMBERS OF OUR CHAPTER SO BE SURE TO COME EARLY ON JANUARY 5, 2018 TO ENJOY BOTH AND THE INSTALLATION OF OUR NEW BOARD MEMBERS. IT IS A GOOD TIME TO CELEBRATE ALL RECAMFT HAS ACCOMPLISHED IN 2017!



SEATING IS NOW EITHER THEATER STYLE OR YOU CAN GRAB A SEAT AT THE TABLE



Empowering relationships...

Redwood Empire Chapter

of California Association of Marriage and Family Therapists



Legal and Ethical Issues Workshop: What Does the Phrase “Standard of Care” Mean to You?

David Jensen, JD - CAMFT Staff Attorney

Friday - January 26, 2018 – 8:30am to 4:00pm (6 CEUs)

Agatha Furth Center, [8400 Old Redwood Hwy., Windsor, CA](#)

Lunch is included!

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.

Course Description:

David Jensen, J.D., will review the four fundamentals of the psychotherapy profession. He will also address the laws pertaining to the standard of care, especially with regards to suicidal patients, including reviewing actual legal cases involving these issues; obtaining continuing education units, and the fundamentals of reporting elder and dependent adult abuse.

Learning Objectives:

1. Identify the four fundamentals of practicing legally, ethically, safely and confidently.
2. Develop a working knowledge of the standard of care and how it relates to psychotherapists.
3. Understand what does and does not count as continuing education credit.
4. Explain the fundamentals of reporting elder and dependent adult abuse.

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.

Information and Registration at www.recamft.org: [Legal and Ethical Issues Workshop: What Does the Phrase “Standard of Care” Mean to You? by David Jensen, JD](#)

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

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

6 CEUs for LMFTs, LCSWs, LPCCs, LEPs - RECAMFT CEU Provider #57173CEU

Certificate: You must stay for the entire meeting, sign in and out and complete an evaluation to receive your CEU credit certificate. At the conclusion of this educational event, an email with a link to the evaluation form will be sent to all attendees who signed in AND out of the event. Once you complete and submit your evaluation, you will have immediate access and be able to print out your CEU Certificate.

Empowering relationships...



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RETURN SERVICE REQUESTED

DECEMBER ISSUE

NEWSLETTER COSTS & DEADLINES

Line ads and announcements:

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

Display ads: Full page - 9.75" x 7.5" = \$200
Half page - 3.5" x 9.5" = \$110
Quarter page - 4.5" x 3.5" = \$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:

707 575-0596 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.

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Kate Maxwell	2008
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Rhaea Maurel	1997
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