

Empowering relationships...

JANUARY 2018



The Redwood Empire Therapist

OUR JANUARY MEETING

Clinicians as Sleuths: Uncovering Hidden Brain Injury (BI) in Our Patients/Clients, and the Latest Research Findings on How to Help **Laura Strom, LMFT**

Brain injury (BI) represents a hidden, silent epidemic in America. Sometimes these injuries have been undetected for decades, and creating problems in a person's interpersonal relationships, school and employment. As clinicians, we have a unique opportunity to be sleuths, uncovering brain injury. We can help unravel the mystery of these unique, troublesome problems, which can cause a great deal of suffering.



This lively, fun, interactive presentation will include the latest research on how to heal an old brain injury, and improve working memory (even if you don't have a BI). Ways to screen for BI will be covered, along with how to document to increase your client's chances of getting the help they need. The format will use a discussion group, sitting at tables. We will periodically answer questions with group discussion, designed to enrich this learning experience. Attendees will walk away with an enriching, thoughtful program, which will immediately improve clinical skills, along with a great handout, and tools to immediately enhance your practice. Please join us on January 5th for another great RECAMFT event!

January 5th - RECAMFT Meeting

9:30 – 11:00 social & sign in

11:00 – 1:00 meeting

Celebrate! 9:30-11:00 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

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 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)**

Laura Strom, LMFT, LPCC, CRC is a trauma and disabilities specialist. A former therapist in a multi-year Stanford research trial, she offers Stanford Cue-Centered Treatment for trauma in her private practice. As a Certified Rehabilitation Counselor (CRC), Laura specializes in brain injury (BI), hearing loss, autoimmune disorders, and other hidden disabilities. She is currently pursuing her doctorate in Clinical Psychology at CalSouthern University.

Laura has a private Practice in Santa Rosa and she can be reached at 707-889-9168 Or through her website <http://LauraCStrom.com>

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

Page 2 President's Message

Page 4 Hanna Institute Invitation

Page 4 RECAMFT Team Circle info

Page 5 Fire Storm Task Force Update

Page 6 What You Missed

President's Message

Erica Thomas, LMFT



Hello RECAMFT! It is with excitement and some nervousness that I greet you for the first time as your President. With the end of the year being a time for reflection I have been especially reflecting on the concepts of Leadership and Service. In graduate school we read "The Tao of Leadership: Lao Tzu's Tao Te Ching Adapted for a New Age" by John Heider. I recently found myself picking up this book again and I found the following quote.

"Knowing how polarities work, the wise leader does not push to make things happen, but allows process to unfold on it's own. The leader teaches by example rather than lecturing others on how they ought to be. The leader knows that constant interventions will block the group's process. The leader does not insist that things come out a certain way."

P. 3 "Polarities"

By this definition it seems that therapists would naturally make wise leaders. While some of our colleagues seem

to more readily embrace leadership roles, I don't think that therapists on the whole tend to see themselves as natural leaders. In our culture the more quiet, introspective personality of many therapists is not often valued as a leadership skill. I know for me it was not until I read this book that I began to understand how my particular strengths did and do translate into leadership skills. At the same time I see that as President of RECAMFT I am pushing myself to my growing edge, as I have not lead an organization of this size before. However, once again, as a therapist, I know that the growing edge is where I am most alive.

I began my time on the Board as the chair of the Programs Committee. I had only been licensed for a year and I was attending my first monthly meeting in a long time. There was an announcement that the Board was looking for a new Programs Chair. My agency job had just ended, my practice was still very small and I took this as a sign that I should step into this role. I had never done anything like this before and I had a great deal to learn. I am the kind of person to jump in even if the task seems big, but being of service can take on so many forms and I want to acknowledge all those who give service to our

organization and to our community. As therapists we are used to giving to our clients on a daily basis, and I know for me sometimes it can feel as if there is not enough psychic space or energy left to give more. What I have discovered is that even when what I have to offer feels so imperfect, or insufficient, it is usually received with great gratitude and I receive more than I could have imagined in return. Again, John Heider has this to say about service,

“Enlightened leadership is service, not selfishness. The leader grows more and lasts longer by placing the well-being of all above the well-being of self alone.”

“The Tao of Leadership: Lao Tzu’s Tao Te Ching Adapted for a New Age” P13 “Selflessness”

Again I see my fellow therapists as perfectly suited to this type of enlightened leadership. In 2017 I have been impressed and humbled by the service that our members have given and the accomplishments of our organization. When you attend the annual meeting on January 5th you will have a chance to hear about our many accomplishments this past year, the wonderful and timely conferences we offered, our increased outreach efforts and more. For now I want to say a few words about the biggest challenge we all faced in 2017 and RECAMFT’s amazing response.

The wildfires affected us all deeply and at the same time highlighted our incredible strength as a community. As the fires blazed, RECAMFT sprang into action to help our members and the community at large and we continue to provide support to those most affected. Doreen Van Leeuwen, LMFT shared her expertise on Disaster Mental Health, giving us all some guidance in helping our clients through this incident. Then we created a free drop-in clinic for those affected by the fires and over 50 therapists volunteered their time on a Saturday to be present for the community. RECAMFT continues to offer grief support groups every Saturday for those who experienced losses due to the fires, and over 100 therapists from Marin, Sonoma, Lake, and Mendocino counties have offered groups or free sessions for those affected. These services have been provided free of charge by our therapeutic community out of a desire to be of service. I also want to acknowledge that some of our members have provided these services to the larger community while dealing with their own losses, whether it was losing a home, losing their office space, or having to evacuate during the fires. Therapists have an incredible capacity for selflessness. This outpouring of

caring and generosity touches me deeply and I am proud to be your leader in 2018.

This organization would not be what it is without each one of you. The coming year will inevitably bring new challenges, may it also bring much growth and success. I look forward to seeing you at the Annual Meeting and working with you in the coming year.

Erica Thomas, LMFT has a Private Practice in Rohnert Park, she can be reached through her website, www.growingpositivefamilies.com or by phone 707-206-8698.



2018 PRESIDENT, ERICA THOMAS SPEAKING WITH SPEAKER AND MEMBER, PATRICK ARMSTRONG AFTER HIS PRESENTATION



CFO, PAT HRMALIK TAKING HER TURN AT INTRODUCTIONS

RECAMFT TEAM CIRCLE

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STAFF

Video Production & Administrative Consultant:
Joe Ward 707-575-0596

JOIN RECAMFT'S LISTSERV

*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.*

UPGRADE YOUR TRAUMA COMPETENCE

Gain Skills for Fostering Resilience

CONTINUING EDUCATION

Trauma Informed Care 101
(Jan 16, Feb 6)

Trauma Informed Care 102
(Mar 13, Apr 13)

**Intro to Psychological
First Aid** (Jan 18, Feb 8)

**Trauma-Sensitive Mind-
Body Based Practices**
(Mar 15)

**Skills For Psychological
Recovery** (April 17/19)

Hanna Institute is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, and/or LPCs. 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.

CERTIFICATE PROGRAM

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

SCHOLAR IN RESIDENCE

February 26- 27, 2018

Laura Porter, Co-Founder of ACE Interface & SAMHSA Associate / *Resilience Science and Self-healing Communities*

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.

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*

June 14, 2018 @ 7:30 am - 9:00 am

Jessica Jackson, #cut50 National Director, The Dream Corps / Using Legislation and Humanization to End Mass Incarceration

HANNA INSTITUTE

17000 Arnold Drive, Sonoma, CA 95476

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

INFO & REGISTRATION: hannaInstitute.org

Fire Storm Response Task Force Updates -December 2017

In the aftermath of the recent northern CA wildfire disaster, a group of dedicated volunteers who are all members of RE-CAMFT gathered together to share wisdom and expertise in putting together ways to respond.

Our first effort is to provide support groups focusing on coping with grief, stress and trauma. We have started one group which is limited to those who are directly impacted by having lost a loved one, a home and/or a business. It has become quite clear that these survivors want to meet and share with others who are experiencing as close to the same as their own loss and grief.

We are partnering with Catholic Charities, as they are able to provide ample meeting space, as well as a large database of names of survivors. Task Force members Doreen Van Leeuwen, LMFT Gail Van Buuren LMFT and Kate Maxwell LMFT facilitated the first and second groups. We had an additional therapist join our second group: Our first two groups were well received, and we are ironing out a few of the inevitable "kinks" that occur when we start something new.

These groups will continue meeting every Saturday through January, from 3:00 PM -4:00 PM, EXCEPT for December 30th. The Fire Response Task Force will meet again in early January to continue planning.

We are fielding requests to add additional groups, one in Oakmont to start in January, in particular. If you are interested in volunteering to co-facilitate a group, please contact me at 951-347-1837 or imagodoreen@gmail.com. It is imperative that you watch the 2-hour video on RECAMFT's home page regarding Disaster Mental Health, if you want to participate. This will orient you to some of the unique characteristics of this kind of work.

**Doreen Van Leeuwen, LMFT
Disaster Mental Health & Critical Incident Response Specialist**

Gottman Couples Workshop
The Art & SCIENCE of Love

A Special Valentine's Weekend!

SF Bay Area ~ Mill Valley, CA
February 10th & 11th, 2018

Add'l 2018 Dates:
May 5th & 6th and Sept. 22nd & 23rd, 2018

*2 days filled with practical research-based tools
to confirm & strengthen your relationship!*

Therapist Discounts Available
Appropriate for All Couples



See Website for Registration
and Additional Information!

www.aCouplesWorkshop.com

Presented by Senior Gottman Certified Therapists
Lisa Lund, CRC, MFT (33393) & Bob Navarra, PsyD, MFT (15997)

Gottman Professional Training
Acqua Hotel · Mill Valley

Next Training:
Level 1 - Bridging the Couple Chasm
February 23rd-24th, 2018

Upcoming Workshops:
Level 1 - February 23rd-24th, 2018
Level 2 - June 21st-23rd, 2018
Level 3 - July 12th-14th, 2018
Co-Presented with Dr. Bob Navarra



**Intimate Retreats on the
San Francisco - Richardson Bay**

TrainingForCouplesTherapy.com

Presented by a Master Certified Gottman Therapist
Lisa Lund, CRC, MFT #33393 - (415) 721-4310 - CE's Available

WHAT YOU MISSED

By Tara D'Orazio

Today's presentation, **LGBT+: Thinking Beyond the Binary with Gender and Expression**, started with a pop quiz. From what version of the DSM was homosexuality completely removed as a disorder? Can you openly hug your partner in public without risk of harassment? How many people do you know who identify as lesbian, gay, or bisexual? How many identify as Transgender? Do you know the significance of this day, December 1st? Can you honestly say you are knowledgeable enough to work with people who identify as LGBTQ+?

The presenter, Patrick Armstrong, LMFT invited us to a moment of silence in remembrance of all the lives lost during and after the height of the 1970s AIDS crisis. Names of prominent members of the gay community -



Sylvester, Harvey Milk, Ryan White - displayed on the projector, not big enough to capture the scope of the tragedy. December 1st is World AIDS Day, dedicated to raising awareness and mourning those who

have died of the disease. The personal impact on the San Francisco Gay community sat present with attendees who had lost friends and loved ones.

We learned about new legal developments that impact our Transgender and non-binary clients, friends, colleagues, and loves. On December 15th of this year California passed the Gender Recognition Act, officially recognizing a third gender option, non-binary. There is no longer a minimum age requirement and changing your gender in the courts now only requires the approval of one parent or guardian rather than the consensus of both. If one parent objects to the change they must appear in court and argue their position with an indisputable persuasive argument for why the child should not have their gender changed. Another legal change coming in September of 2018 is removal of the requirement for therapist input to receive hormone therapy, and removal of the requirement to first have gender affirming surgery or hormone treatment before being allowed to change their legal gender.

The audience was very curious about how to responsibly record notes for Transgender and non-binary clients. Patrick taught that the client's pronouns should always be recorded in the session notes and noted when/if they change. The client's legal name must be recorded in the case file but their chosen name should be used in session and in notes. Not only is this good practice, it also helps your clients feel seen and acknowledged. There was a lively conversation as grammar fans faced off against the singular pronoun "they," a pronoun sometimes used to escape the binary of him and hers. 'They'

is by no means the only non-binary pronoun choice, there are over a dozen!

We were introduced to correct LGBTQ+ vocabulary including: **Assigned Sex At Birth (ASAB)** - the gender one is assigned at the moment of birth by a doctor observing a newborn's external genitalia; **Gender Identity** - a person's innermost concept of their personal self as man, woman, a blend of both or neither; **Gender Expression** - the aspects of a person's behavior, mannerisms, interests, and appearance that typically associate with the gender concepts of "masculine" and "feminine"; **Gender Roles** - a set of societal norms dictating the types of behaviors and expressions that are generally considered appropriate for one's gender, and **Romantic and Sexual Attraction** as distinctly separate - who one is emotionally attracted to versus who one is physically attracted to.

Patrick then had us reflect on our intake process and forms asking, how inclusive are they? Do they invite gender into the conversation or shut it out? He asks, "when in your intake do you ask about gender dysphoria?" Inviting the conversation is important because 34% of all LGBTQ+ clients will hide their gender identity or sexual orientation from their therapist. That number jumps to almost 50% when you just consider people age 16 to 24. Clients may hold back this information for a variety of reasons including concerns of safety and comfort. Patrick shares that transgender people are 10 times more likely to be murdered than the average population, and 4 times more likely to be involved in sex work. In many places it's not safe to come out and sharing that information can make someone vulnerable. Your intake is a great place to signal inclusion as well as listing LGBTQ+ resources on your website such as GLAAD and the Human Rights Campaign.

The video of Patrick's presentation can be found on the RECAMFT website along with a .zip file of the power point and reference documents for you to browse.

Patrick Armstrong, LMFT is in private practice in Santa Rosa. He completed his training at West County Community Service and Community and Family Service Agency, with extensive experience and training working with the LGBTQ+ population. He can be reached at (707) 562-0556 x5.

Tara D'Orazio, LMFT has a private practice in Santa Rosa. Athena Counseling helps adults and teens (14+) heal from sexual trauma and manage anxiety through Cognitive Behavioral Therapy. She is a Beacon-Medical provider and works with Victims of Crime (CaIVCP). For more information visit www.AthenaCounseling.com or call (707) 992-5008



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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](#)

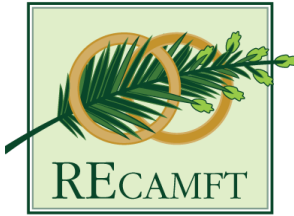
Disability Accommodation: To request an accommodation for a disability, please email therapy@recamft.org

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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JANUARY 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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