

Empowering relationships...

NOVEMBER 2018



The Redwood Empire Therapist

OUR NOVEMBER MEETING

Solution Focused Brief Therapy **Fran Wickner, Ph.D, LMFT**



SFBT is imperative to learn for therapists who want diversity in their practice. Culturally, it is not unusual for clients from some cultures to feel uncomfortable talking to someone outside of their family about personal matters. SFBT is not long term and doesn't require the therapist to "dig deep". It's based on where the client is, not what the therapist thinks

needs to happen. So it's very appealing to clients who have the belief that it is not right to share their lives with strangers (i.e. the therapist).

In regard to economic diversity, knowing how to do SFBT is a necessity. Most low income clients can not afford long term treatment and many low income clients have other factors that keep them from being able to commit to therapy long term. They may have jobs that don't let them take off for "doctor's appointments", or they are working too long hours, or taking care of family members, or may not even have the money to get to your office. Having the skills to help clients make changes in even a few sessions is important if you want to see clients across the socioeconomic spectrum. Helping them focus on goals and succeeding in these goals can help them make lasting changes.

Fran Wickner, Ph.D. Clinical Psychology, MA Counseling Psychology, has been in private practice since 1984 and specializes

in doing Solution Focused Brief Therapy with individuals, couples, families and adolescents. Dr. Wickner's teaching

November 2, 2018 - RECAMFT Meeting

10:30 – 11:00 social & sign in
11:00 – 1:00 meeting

Solution Focused Brief Therapy **Fran Wickner, Ph.D, LMFT**

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

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December 7, 2018

My Client is Dying – What Do I Say and Do
Jill A. Johnson-Young, LCSW

January 4, 2019

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January 25, 2019

2019 Law & Ethics Workshop with David Jensen
The Psychotherapist as a Creator of Outcomes

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credentials include presenting at conferences, clinics and universities such as AAMFT's annual conference, San Francisco Psychological Association, JFK University, California Graduate School (now Argosy University), CAMFT and many others. She has been an Adjunct Faculty at the graduate level (Masters and Doctoral students) for 20 years. For clinicians in private practice, Dr. Wickner also conducts workshops, individual consultations and has downloadable packets on her website http://franwickner.com/?page_id=67 on running the various aspects of the business side of a practice.

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President's Message

Erica Thomas, LMFT



A Year of Sadness, Strength, and Hope

I grieve for ALL the loss, all that others have lost, all that was ever lost, and all that I have ever lost. Then the guilt comes, what I have lost is so small in comparison to what others have lost. Comparison; such a stingy word, so calculating and quantitative. I get to be this much, feel this much, and you get to Be/feel this much. As if there's only so much and there isn't space enough for ALL that we Are and Feel. At a time like this it can seem so enormous that there could never be enough space for it all. If the ocean could not hold this grief then how could my heart? Maybe it's best to just forget some of it, leave it out. After all, does it really matter if I don't know that person? Never looked them in the eyes? Never smiled at them? Somehow it does matter, they matter. If I matter then they MUST matter and my heart grieves for all of us. So no matter how I look at it I come back to sadness so big the ocean could not hold it. Maybe if I give it to the ocean, maybe the ocean can carry it to a place where it can be. I remember the beach, the sand pushing up through my toes, the waves pressing in. The grief had not arrived yet; it was

waiting in the wings for my return. But the ocean was bringing me the strength, the peace I would need. How life prepares us, even when we don't realize it. The ocean says, I have a place, don't worry I have a place where it can be. Oh to be one with the ocean, to have a place where it can be.

I wrote this at the Francis Weller conference last October. With the anniversary of the fires approaching I was inspired to revisit this writing and I have been thinking about all of you and all you have been through in the past year. I know there has been sadness, joy, triumph, defeat, and the whole spectrum of emotion and experience since the fires. I am incredibly proud of RECAMFT for how we have supported our community through this difficult year, and all we continue to do. I wonder if others would like to share stories or reflections from their experience. If so please feel free to send them to the newsletter for publication in future issues. Or you can just keep them in your journal. Whatever this anniversary means to you, I hope RECAMFT can be your ocean, a place to replenish your strength and bring the peace you will need as you venture out to do your work.

Our Francis Weller Conference in 2017 was a resounding success! As always we value your input, so what does our community need in the

coming year? It's time to start planning for our 2019 Fall Conference, if you have ideas for a topic please email them to Therapy@recamft.org

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

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.

PAST PRESIDENT, REYNA SEMINARA AND PRESIDENT, ERICA THOMAS CHATTING BEFORE OCTOBER'S MEETING.



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What You Missed By Doug Silberstein

At the October 2018 RECAMFT meeting, Talal H. Alsaleem, LMFT, gave a detailed, engaging and responsive presentation on how to conceptualize and treat infidelity. Talal emphasized the importance of seeing betrayal through a trauma lens and highlighted the value of having a fairly codified approach for helping partners therapeutically address infidelity and move forward in their lives, and possibly their partnership.

Talal gave a history of infidelity up to present day, inclusive of a survey of how infidelity has been dealt with in different cultures. He also emphasized the great variation that exists between researchers, clinicians and laypeople in both conceptualizing and defining infidelity. Research indicates salient differences with respect to



sex, socioeconomic status, education, occupation, location of residence, religiosity, relationship status and race and ethnicity. He lamented the lack of research regarding understanding infidelity through the lenses of sexual orientation and gender identity.

He also detailed causes of infidelity, breaking them down into two overarching categories: those that are seen as biologically or sociologically normal and those that are seen as abnormal. Evolutionarily-based reproductive pressure and sociologically sanctioned power imbalance are two explanations for infidelity that could be seen as normal. Relational dysfunction and compromised mental health functioning (manic episodes, addiction, etc.) fall under the “abnormal” category.

Talal believes in order to effectively treat infidelity the practitioner needs to have a clear, operational definition of it. He defines infidelity as a conscious, non-consensual breach of a contract of exclusivity between partners, wherein that breach is based upon engaging in need- or desire-fulfilling behaviors outside of the relationship – the nature of which are supposed to be fulfilled exclusively within the relationship. His experience tells him that the main reasons partners break that contract is because either, a) they never had a clear enough contract to begin with, b) one or both partners is not

fulfilling his/her part of the contract, or, c) the agreed-upon contract is not meeting the needs and/or abilities of one or both of the partners.

Talal breaks down the treatment process into seven milestones, the first of which is “Setting the Stage for Healing”, mainly by seeking professional help. In his presentation, Talal focused mainly on the second milestone of “Getting the Story”, which largely involves creating a safe space for the story to be developed in a contained and helpful way, and the third milestone of “Acknowledging the Impact”, which focuses on assessing the damage, helping each partner understand the wide-ranging effect infidelity has had on the other and being accountable and responsible for one’s part. The other milestones are, “Choosing a Path”, “Creating a Plan of Action”, “Implementation and Healing Pains” and “Sustainability”.



CHARLES ASHER AND TALAL CONVERSING BEFORE THE PRESENTATION.

Talal H. Alsaleem, LMFT, is founder of the Infidelity Counseling Center and an infidelity recovery specialist, working exclusively with couples who are dealing with the impact of physical and emotional affairs. He is the author of the acclaimed book *Infidelity: The Best Worst Thing that Could Happen to Your Marriage*, and the author of the relationship column *Heart Matters*. Talal is an active member of the Continuing Education Provider Approval Committee and the President of the Sacramento Valley Chapter of CAMFT. He can be reached at 916-779-9939.

Doug Silberstein, MFT is in private practice in Santa Rosa and San Rafael. He focuses on working with couples, parents and individuals struggling with depression and anxiety. He primarily employs existential-humanistic, experiential and attachment-based approaches in working with his clients and can be reached at 707-583-2353 and at doug Silbersteinmft.com.

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A picture of the community altar commemorating the 2017 Northern California Wildfires, coordinated by the Membership Committee. The altar will be available again at the November general meeting.



Members are encouraged to bring items of personal significance to be held together in this space for releasing our collective grief, honoring our transformation, and setting our intentions as a community in recovery. Personal items should be taken home at the end of the meeting.



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**ADAM SMITH AND PRESIDENT ELECT, DOREEN VAN LEEUWEN
MAKING ANNOUNCEMENTS DURING THE MEETING**



**BOB DALZELL, HAVING SET UP THE SOUND SYSTEM, STOPS FOR A
COFFEE AND A VISIT WITH OUTREACH CHAIR, BOB ENGEL**

As a Treatment Specialist®, I work alongside behavioral healthcare professionals and collaborate with them to guide their clients to the most appropriate residential or stepdown treatment program.

As behavioral healthcare professionals, we all have a desire to help create an environment of wellbeing in our communities. Therefore, it is my honor to align with like-minded, local practitioners who work with families and individuals experiencing any number of issues that can be captured under the umbrella of behavioral health – trauma, substance abuse, anxiety, depression, eating disorders, chronic pain, process addictions – and who are in need of higher level of care.

Individuals who may need inpatient or residential treatment may not know where to look or even know what is available to them. The search for appropriate residential behavioral health treatment is often confusing and frustrating. I am available to help guide, assist and support individuals, families and professionals through this process. I work as an advisor to ensure that each individual finds the right program that will meet his or her needs; programs that accommodate clinical, financial and insurance requirements.

As a TPS, my services include:

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- Vetting Programs, Nationally & Locally
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- Continuing Care Planning

If I can ever be of any assistance or answer any questions, please feel free to reach out or share my contact information.

Ashly Thompson
415.688.0240

Ashly.Thompson@acadiahealthcare.com
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Empowering relationships...



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NOVEMBER ISSUE

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