

Empowering relationships...

DECEMBER 2018



# The Redwood Empire Therapist

## OUR DECEMBER MEETING

### **My Client is Dying – What Do I Say or Do? Jill Johnson-Young, LCSW**

No matter your career track as a clinician, you will face difficult moments and conversations that aren't covered in grad school, and that are influenced by your own experiences. Participants will learn what happens when death occurs, how to prepare a client and their family, the multiple facets of grief, and practice words and techniques to use (and not to) when facing a dying client and their family. You will leave with knowledge about creating a practical treatment plan, and an approach to grief that is about recover and making grief a learning and growth opportunity.



Jill Johnson-Young, LCSW, is the CEO and Clinical Director of Central Counseling Services in Riverside. She is a certified Grief Recovery Facilitator, and specializes in grief and loss, dementia, trauma, and adoption issues. She has more than a decade of experience with hospice and trains therapists and social workers in areas that include correctly treating childhood trauma, grief and loss, and dementia care. She holds a BA from UC Riverside, and her MSW from the University of South Florida. Jill is the creator of *Your Path Through Grief*, which is a year-long, comprehensive grief support program, and the author of the soon to be published books “Don’t

### **December 7, 2018 - RECAMFT Meeting**

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

### **My Client is Dying – What Do I Say or Do? Jill Johnson-Young, 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.

**January 4, 2019**

**Celebrate RECAMFT! Annual Meeting  
Fun, food, surprises and live music**

**January 25, 2019**

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

**February 1, 2019**

**Working with the Highly Sensitive Person in Therapy  
Ivy Griffin, LMFT**

**1.5 CEUs AVAILABLE - RECAMFT CEU PROVIDER IMIS 57173  
Save Time - Pre-Register at [www.recamft.org](http://www.recamft.org)**

**MEETINGS ARE OPEN TO ALL ~ NON-MEMBERS FREE (\$15 FOR CEUS)**

Grieve like that! How to grieve your way from a rebellious widow” and the children’s book “[Someone is sick- how do I say goodbye?](#)” She is a member of the Purple Cities coalition in Riverside and facilitates a dementia support group monthly.

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### *Check It Out*

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## President’s Message

Erica Thomas, LMFT



### *The Gift of Community*

It has been my deepest honor and pleasure to serve as your RECAMFT President this past year. I started the year with all the usual nervousness about becoming President. The title carries with it so much, meaning, it can feel daunting to imagine oneself embodying all that we make it mean. However, it didn’t take long for me to be reminded that at RECAMFT we truly work as a team and it’s the efforts of everyone that makes RECAMFT so great! While I have held the title so many others have shone in their dedication and service. Some have been often in the spotlight such as Laura Strom and Doreen Van Leeuwen with their disaster response work and being quoted in the Press Democrat. However many work more behind the scenes like Committee Members Doug Silberstein and Michael Krikorian who help arrange excellent speakers for our monthly meetings. RECAMFT has many such volunteers that keep our organization going, too many to properly thank in one short message. Which is why I would like to see all of you at our Annual meeting where we will appreciate ALL of our members and thank the volunteers who have helped during the

year. It’s the Biggest Party of the Year! We have good food, live music, gifts for everyone, and a slide show of highlights from the year. Our usual speaker meeting follows all of this, so you even get CEUs for coming to This party! Please save the date, January 4<sup>th</sup> and join us for this celebration, to bring in the New Year at RECAMFT.

In closing I just want to say thank you for letting me serve as your President. I leave you in very capable hands with Doreen Van Leeuwen as your incoming President. Many Blessings and Happy Holidays!

*Erica Thomas, LMFT has a Private Practice in Rohnert Park, she can be reached through her website, [www.growingpositivefamilies.com](http://www.growingpositivefamilies.com) or by phone 707-206-8698.*



MEMBER MEETINGS ARE NOW BEING HELD IN THE VERY SPACIOUS MIDDLE ROOM AT ODDFELLOWS. LESS WORK FOR THOSE SETTING UP.

## **RECAMFT TEAM CIRCLE**

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**Director-at-Large:** vacant  
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### **HELP WITH NEWSLETTER FOLDING**

One day a month the newsletters need to be folded, taped in two places and have mailing labels and stamps affixed to them. If you would be willing to be a part of the team, please contact Gail Van Buuren at 707-494-4198 or gailvb13@gmail.com



## **2019 LEGAL & ETHICAL ISSUES WORKSHOP**

THE  
PSYCHOTHERAPIST AS A  
CREATOR OF OUTCOMES WITH  
DAVID JENSEN,  
JD, CAMFT Staff Attorney

Friday, Jan. 25, 2019, 8:30  
am - 4:30 pm

Furth Center, Windsor, CA

6 CEs for LMFTs, LPCCs,  
LCSWs & LEPs

Lunch/snacks included!

*Register Now!*

[www.recamft.org](http://www.recamft.org)

## *What You Missed* *By Michael Krikorian*

Today we had an interesting and informative presentation by Fran Wickner, Ph.D. on Solution-Focused Brief Therapy, or SFBT. Fran is an experienced MFT from the East Bay who also teaches at JFK and Argosy University. She explained that while many therapists want to do long-term weekly therapy, a lot of people cannot afford the money nor the time to attend. SFBT is an effective alternative.

Fran explained that SFBT is not about how many sessions but about the approach in each session. SFBT is non-pathological and focuses on “solutions, positives and possibilities.” Rather than a focus on gaining insight and exploring the past, SFBT therapists help the clients change their behavior with the understanding that once someone changes their



behavior, their feelings about themselves often improves. SFBT therapists target what is working rather than what is wrong. They shift the focus quickly to solution-talk rather than problem-talk. They believe that small changes lead to larger changes. For example, a SFBT therapist will help a client reframe the statement that “I am depressed” to “I have depression.” The therapist will then find the exception to the feeling of depression – when and under what circumstances does the client not feel depressed? Once this is identified, the therapist helps the client see how to expand on these times. SFBT therapists engage in “goaling” with clients where they ask what the client would like to be doing instead of the problem they came in with. Sometimes they use the “Miracle Question” approach. That is, they ask the client “if a miracle happened tonight while you were sleeping and you woke up tomorrow and the problems were totally solved, what would be the signs to you that this miracle had occurred? What might you be doing differently? What might you be thinking differently?” They then ask the clients to notice any ways these desired behaviors and thoughts are happening in a small way now in some part of your life. They look at how they are accomplishing this already and how they might expand or apply that to another part of

their life. With particularly hopeless or negative clients the therapist may ask “well, how did you manage to get to the appt. today?” or “what have you been doing to keep things from getting worse?” or “how did you learn to cope with such a horrible situation at such a young age?” The focus is to change the client’s belief from what is wrong to how change is possible and, in fact, is already happening. The therapist uses compliments to highlight successes or strengths the client has and suggests tasks that expand on the moments of non-problem behavior.



Thank you, Fran, for an interesting and informative training. Further information about Fran and her work can be found on her website at [www.franwickner.com](http://www.franwickner.com). She can be reached by phone at (510) 527-4011.

*Michael Krikorian, MFT sees couples and individuals, adults and teens from his Santa Rosa office. More information on him can be found at [www.mkrikorian-therapist.com](http://www.mkrikorian-therapist.com).*

**OUR GUEST SPEAKER SAID SHE HAD NEVER SEEN SUCH A BEAUTIFUL SPREAD FOR MEMBERS ANYWHERE ELSE**



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More information: Contact Jeanne Vattuone at [Jeanne@WillowTreeSantaRosa.com](mailto:Jeanne@WillowTreeSantaRosa.com).

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**DECEMBER ISSUE**

**NEWSLETTER COSTS & DEADLINES**

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Articles (500 words max) - 15<sup>th</sup> of the month  
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