

Empowering relationships...

FEBRUARY 2018



# The Redwood Empire Therapist

## OUR FEBRUARY MEETING

### Life after Fifty with or without Children Sara Zeff Gaber, PhD.

Baby boomers are the first generation in history to realistically expect to live into their 80s, 90s, and even 100s. A longer life can mean more opportunities for experiences, for seeing more of the world, for deepening our relationships, and



enjoying more family time, but it can also mean longer end-of-life care, more vulnerability to elder fraud, and a greater chance of outliving our money. Plus, when there are no adult children to provide the physical and emotional support so necessary during that time period, the vulnerability of older adults is magnified. According to the census bureau's 2006 population survey the percentage of women age 44 who had never had children doubled between 1980 and 2006, from ~10% to almost 20%.

Dr. Geber's presentation will include data gathered from professionals in the fields of psychology, geriatric care, elder law, and financial planning on how to help your clients (and yourself!) prepare for the future, with or without adult children to help. She will review current care systems, new concepts in housing and how to plan ahead for community development, advocacy and care. Be prepared for some lively discussions and a great deal of interaction with other participants during this program.

#### **February 2nd - RECAMFT Meeting**

**10:30 – 11:00 social & sign in**

**11:00 – 1:00 meeting**

#### **Life after Fifty with or without Children Sara Zeff Gaber, PhD**

**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.*

**March 2, 2018**

**Flashes, Gut Feelings and Hunches:**

**Listening to the Healer Within**

**Dr. Julie Stass, LCSW**

**April 6, 2018**

**Surrogate Partner Therapy Demystified**

**Annie Chen, LMFT Barbara Ochsner-Walsh, LMFT &**

**Cheryl Cohen Green, DHS**

**May 4, 2018**

**The Effect of Gender on Male Depression and Suicide:  
Diagnostic Issues and Integrative Therapeutic Approaches**

**Dr. Bruce Feingold, PhD,**

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

Prior to starting LifeEncore, Dr. Geber was an HR and organization development consultant. She has worked with dozens of Fortune 500 companies, both in the U.S. and abroad, helping leaders be more effective in their jobs and run more successful organizations.

Sara has a Ph.D. in Counseling and Organizational Behavior, a M.A. in Guidance and Counseling, and a B.A in Psychology.

A native of the San Francisco Bay Area, Sara is an active member in the Life Planning Network, and is on the leadership team for the NorCal Chapter. She is also active in The Transition Network and the Sonoma Forum. In her scarce spare time Sara sings soprano in Schola Cantorum, a premier Silicon Valley choir, skis in the winter and grows vegetables in her garden in the summer. She lives with her husband and their elderly canine companion in Santa Rosa, CA

Sara is the Owner and Founder of Life Encore, where she provides coaching in retirement and later life planning. She can be reached at 408-355-0101 Or through her website [www.LifeEncore.com](http://www.LifeEncore.com)

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

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### **President's Message** Erica Thomas, LMFT



### ***It's About Love***

I knew that for February I wanted to write about Love. With February being the month we celebrate Love it seems like a good time to celebrate the curative power of Love in the therapy room. I recently came across an article from Psychology Today about the role of Love in Psychotherapy and this excerpt resonated with me,

*Psychotherapists, especially [psychodynamically-oriented therapists](#), are trained to make deliberate but limited and proscribed use of love's potent power to help patients heal. ...Almost always,*

*patients suffer, fundamentally, from having been insufficiently or inappropriately loved... They suffer from what we can correctly call a "love wound"... And it is only love--the right love at the right time--that can cure or heal this festering "love wound."*

Diamond, Stephan A. "Essential Secrets of Psychotherapy: What's Love Got to Do With It? Part Two How the 'Love Cure' Can Help Heal Your 'Love Wound'." Psychology Today, Sussex Publishers, 21 Oct. 2011, [www.psychologytoday.com](http://www.psychologytoday.com)

The article goes on to explain the intricacies of applying this "right love" but that is not what I want to address today. This contemplation of the "Love cure" we provide to our clients has led me to reflect on the growth and healing I have experienced as a result of my involvement with RECAMFT, and that is what I wanted to share with all of you this month.

*Kris Spangler, President's Message February 2015.*

I couldn't agree more Kris. I know those of us in the leadership circle feel this way but I wonder what has RECAMFT offered each of you? What more would you like to receive? What more would you like to offer? I would love to hear your responses, email me or come up to me at the meeting and let me know. I feel humbled by the experience of being your President and the responsibility of making sure that this organization serves all of you and continues to thrive as it has under past leadership. Thank you for the faith you have put in me. I love you all!

*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.*

When I started my traineeship at Family Service Agency I was not as nervous about seeing clients as I was about interacting with my colleagues. I had previously worked as a drug and alcohol counselor and I knew that my clients would naturally see me as having some knowledge and authority. However with my colleagues my clinical skills would not be assumed, I felt pressure to prove myself, and did not yet have any sense of myself as a therapist. As we all know, part of our training is learning to embody our role as a Professional, with a specific set of skills and knowledge. As a trainee, not even having my degree yet, I had to find that bridge between being the student and becoming the master of my craft. It's the path each of us has traveled in one way or another.

Being involved in RECAMFT has been a significant part of that journey for me. I remember one of my first RECAMFT meetings, when I was newly licensed. We had just started passing the microphone for introductions. When I stood up in the room full of my colleagues to introduce myself I was shaking so much that it felt like I could barely get the words out. My hands were trembling and my heart continued to race for several minutes after I sat down. Honestly after that experience I never wanted to attend RECAMFT again, it was just too uncomfortable. That first year I did not attend many meetings. However when I went full time into private practice it seemed important for me to return to RECAMFT, and the anxiety lessened over time. As the Programs Chair I became more and more comfortable speaking in front of the group.

Being part of the RECAMFT board has been a significant part of my growth in the organization and as a clinician. I would say this same Love Cure we bring to our clients we also bring to our colleagues. I have often heard one of our former Presidents Bob Dalzell talk about the Love he experiences in RECAMFT I have experienced that too. In preparing to write this I have been reading messages from Past Presidents and I wanted to share one quote that expresses my sentiments as well.

Some members of our RECAMFT Leadership Circle have said that what makes our chapter special is love. I think they are all right, don't you? The special something we have to offer each other, the wider public and each of our clients first and foremost is unrestrained and unconditional love.

## JOIN RECAMFT'S LISTSERV

*It's easy. Just send your email request to join the RECAMFT listserv to:*

[recamft-subscribe@yahoogroups.com](mailto:recamft-subscribe@yahoogroups.com)

*Myron Walters will confirm your RECAMFT membership and admit you. We are now ~150 strong.*

## 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](http://www.recamft.org) under Intern Support.**

## **RECAMFT TEAM CIRCLE**

### **BOARD OF DIRECTORS**

**President:** Erica Thomas 206-8698  
**President Elect:** Doreen Van Leeuwen 951-347-1837  
**Past President:** L. Reyna Seminara 523-9192  
**Secretary:** Laura Strom 889-9168  
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**Crisis Response:** Doreen Van Leeuwen 951-347-1837  
**Director-at-Large:** Adam Smith 888-1900  
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**Newsletter:** Gail Van Buuren 494-4198  
**Pre-licensed Chair & D.A.L.:** Jenna Griffith 477-1797

### **COMMITTEE CHAIRS AND MEMBERS**

**CEU Co-Chairs:** JoAnn Consiglieri  
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**Community Outreach & D.A.L.:** Bob Engel 861-0441  
**Conference Co-Chairs & D.A.L.s:** Annette Seibel 537-3090 & Kristin Mills 527-6168  
**Ethics:** L. Reyna Seminara 523-9192  
**Hospitality Chair:** Linda Collette  
Susan Hartz, Judith Peletz  
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Gayle Whitlock 707-387-4146  
**Newsletter Editor & D.A.L.:** Gail Van Buuren 494-4198  
**Programs:** Erica Thomas, Chair 707-206-8698  
Michael Krikorian 707-579-0838  
Doug Silberstein 707-583-2353  
Tara D’Orazio 707-992-5008  
**Website:** Laura Strom 707-889-9168  
**Emeritus:** F. Michael Montgomery 707-578-9385

### **STAFF**

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

## **Jenna Griffith, M.A., Associate Professional Clinical Counselor Pre-licensed Chair, Director-at-Large**

Hello!

I am thrilled and honored to be serving on the board as the new Pre-licensed chair and Director-At-Large. I recently moved to Sonoma County from Colorado, and I couldn’t imagine a better way to get involved with the professional community here. I am currently an Associate Professional Clinical Counselor in private practice, under the supervision of Emily Morrison, LMFT. I specialize in working with adults, adolescents, and kids through yoga and mindfulness.



It is also a very exciting time to be a pre-licensed therapist in CA, as our titles have officially changed from Interns to Associates.

As of January 1, 2018, the titles for marriage and family therapist interns and professional clinical counselor interns have changed, as follows:

- Marriage and family therapist registrants must use the title “Associate Marriage and Family Therapist” or “Registered Associate Marriage and Family Therapist.”
- Professional clinical counselor registrants must use the title “Associate Professional Clinical Counselor” or “Registered Associate Professional Clinical Counselor.”

As a member of the board, I hope to continue the work of past pre-licensed chairs in connecting Associate members with helpful resources along the path to licensure. We’re always exploring opportunities for expanding on the in-person and online platforms currently available to pre-licensed members. Please check out the “RECAMFT Pre-licensees” Group on Facebook if you haven’t already. I look forward to seeing our community grow!

### **MORE INTRODUCTIONS**



**STEVE WOOLMER, A NEW BOARD MEMBER, INTRODUCING HIMSELF**



**GROUPWORKS**  
www.therapygroups.com

Women's Group

Wednesdays 6:20-8:30 pm

**Embracing Life (At All Ages)**

Loss is inevitable but being alone with your feelings is not.

In a circle of love and support we will look back through our lives...celebrate our resilience, our successes, and make room for grieving that which we've lost or never had.

We will laugh together.  
We will cry together.

We will call on our innate wisdom to help us move through this life with grace and gratitude.

Groups are small. Please call Ilene to express interest.  
707.634.4824

130 Petaluma Avenue, 2C, Sebastopol CA 95472 707.634.4824

Positive Change through Individual & Group Support

**POSITIONS AVAILABLE for MFT, PCC and CSW Associates** (trainees with experience also welcome to apply) at Chrysalis Community Counseling Services, a dynamic feminist counseling agency providing sliding scale counseling for individuals, couples and families. Part time, \$11.00/ client hour to start. Weekly group and individual supervision, great support and community. To apply submit resume and cover letter to Chrysalis, 1821 4<sup>th</sup> Street, Santa Rosa, 95404 FMI call [\(707\) 545-1670 x208](tel:7075451670)

**FREE depression and bipolar peer support group** 1<sup>st</sup> and 3<sup>rd</sup> Thursday evenings from 6:30 – 8:15pm at the Unitarian Universalist Congregation, 547 Mendocino Ave., Santa Rosa. Contact Vivian Sedney at 707-331-2374 or [Vq5sedney@gmail.com](mailto:Vq5sedney@gmail.com)

**MEETINGS ARE FUN AND INFORMATIVE –  
COME HANG OUT WITH US FOR A FEW HOURS**



***ADS & ANNOUNCEMENTS***

**From Jennifer Shannon – RECAMFT Member**

**Toastmasters Open House February 21 8AM**

Curious about how Toastmasters could be a benefit to you and/or your clients?

I joined last year and it has helped me tremendously with public speaking, writing, and in everyday conversations with people. It is also an invaluable resource for people with anxiety.

Please email me with any questions you may have at [Jennifer@jennifershannon.com](mailto:Jennifer@jennifershannon.com)

Here is a [link](#) to the open house.

## WHAT YOU MISSED

By Michael Krikorian

Today we heard a very informative presentation on an important topic about which many of us are not well informed. Laura Strom talked on “Uncovering Hidden Brain Injury in Our Clients.” Besides being an MFT, Laura is a Certified Rehabilitation Therapist. She told the story of how her own personal struggle with her health showed her how getting a correct diagnosis led to more effective treatments and a gradual return to good health. She then sought education and training in the treatment of trauma and of such disabilities as brain injury, hearing loss and autoimmune disease.

Laura focused her training today on traumatic brain injury, and in particular, mild traumatic brain injury (mTBI). She shared that many symptoms we may see just as symptoms of a psychological disorder could be symptoms of a brain injury that occurred long ago. Mild TBI is defined by a traumatically induced physiological disruption of brain function manifested by at least one of the following: 1) any period of loss of consciousness of 30 minutes or less, 2) any loss of memory for events immediately before or after the accident, 3) any alteration in mental state at the time of the accident (e.g. feeling dazed, disoriented or confused), and 4) focal neurological deficits that may or may not be transient. A cause of mTBI can range from shaken baby syndrome to falls to blows to car accidents. Post-concussion symptoms can show up as blurry vision, sensitivity to light or sound, headache, balance problems, nausea, fatigue, sleep disturbance, seizures, hearing problems, difficulty planning actions and carrying them out. Cognitive symptoms include problems with attention, concentration, memory processing, judgement and executive control. Behavioral symptoms can include depression, anxiety, agitation, irritability, impulsivity, aggression problems with flexibility. It is easy to see how clients can be diagnosed and ineffectively treated for psychological problems without realizing that an underlying issue is a brain injury. Laura gave examples of clients who come to therapy appearing to have rapid-cycling bipolar disorder or depression who turned out to have brain injury.



Laura said the key to not misdiagnosing your clients is to do a more thorough screening at the beginning of therapy. She suggested that we include in our questionnaires and clinical interviews such questions as 1) have you ever had a brain injury? Lost consciousness? For how long? 2) how many jobs have you held? (brain injury can make adapting to job duties problematic leading to many lost jobs), 3) have you ever been homeless? (also a high correlation with brain injury). She also suggests going over a life events checklist with your clients.

Laura talked about how, if she identifies mTBI, she works with the client's physician to address the issue medically. She helps the client understand what they are dealing with and, if appropriate, file for Social Security Disability or seek other resources. She gives them knowledge of the protocol developed by Michael Lewis, MD, who uses large doses of Omega-3 fatty acids to help in the healing of an injured brain. She also talked about the work of Dale Bredesen, MD, who developed a protocol for brain health that has been shown to reverse Alzheimers in a small sample of patients.

Thank you, Laura, for educating us on this very important area of knowledge that we need to have to do a better job in correctly assessing and treating our clients. Laura can be reached at her private practice in Santa Rosa by calling 707-889-9168 or through her website at <http://LauraCStrom.com>

*Michael Krikorian, MFT, sees adults and teens both as individuals and as couples through his private practice in Santa Rosa. More information is available at his website, [www.mkrikorian-therapist.com](http://www.mkrikorian-therapist.com)*



MICHAEL KRIKORIAN INTRODUCING LAURA STROM

are making the world not only interconnected and hyperconnected but interdependent--everyone everywhere is now more vulnerable to the actions of anyone anywhere.” (pg. 28)

The third acceleration he calls Mother Nature, “shorthand for climate change, population growth, and biodiversity loss.” (pg. 28) The book examines these changes that are occurring so rapidly that our world is being “dramatically reshaped. “And this reshaping is happening faster than we have yet been able to reshape ourselves, our leadership, our institutions, our societies, and or ethical choices.” (pg.29)

This is pretty scary for me but Friedman is an optimist as he points out that “this is not your grandparent’s America, but it is also not trump’s America—that land of vast carnage and industrial wastelands. It is actually Bill Clinton’s America [who said] ‘There is nothing wrong with America that cannot be cured by what is right in America’.”(pg. 511)

He points out that successful communities “are all organized around small, local action groups, typically ten to fifteen people, who work together to achieve impact in very different contexts.” (pg. 511) Top down irrelevant (health but we are the make our for everyone and examples around the world that are doing that with great success. Isolation is our greatest threat to healthy, thriving communities today. Connecting is what works.

It struck me that connecting is what we do. I am greatly heartened to see how our whole community is working to recover and how our therapeutic community is reaching out and doing what we do best—holding the broken parts while those we treat figure out how to get them back in working order or find a new working order. Ours is not only vital work. It is also sacred work and I am very proud to be a part of such an inclusive whole. Thank you all for the community you provide for all of us.

*Gail Van Buuren, LMFT has a private practice in Sebastopol and can be reached at 707-494-4198 MediCal Provider [gailvbtherapy@gmail.com](mailto:gailvbtherapy@gmail.com)*

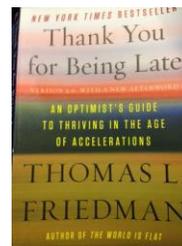
## We Are a Vital Part of the Solution Gail Van Buuren



I read a book recently titled “Thank You for Being Late” by the journalist Thomas L. Friedman, subtitled An Optimist’s Guide to Thriving in the Age of Accelerations. I really had to wade through it because I am truly an emigrant in this digital age, but it is a fascinating book despite my handicap in understanding the details.

Friedman is looking at what he calls the three great accelerations that are taking place in the world today. The first one he looks at is the “exponential growth in computing power as represented by Moore’s law: the theory first postulated by Intel cofounder Gordon Moore in 1965 that the speed and power of microchips—that is, computational processing power—would double roughly...every two years, for only slightly more money with each new generation.” (pg. 27) This is what he calls the Machine Acceleration.

The Market Acceleration refers to globalization. “That is, global flows of commerce, finance, credit, social networks, and connectivity generally are weaving markets, media, central banks, companies, schools, communities, and individuals more tightly together than ever. The resulting flows of information and knowledge



Empowering relationships...



**Redwood Empire Chapter of California Association  
of Marriage and Family Therapists**  
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RECAMFT.org - PO Box 2732 – Santa Rosa, CA 95405  
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**FEBRUARY 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) - 15<sup>th</sup> of the month  
Advertisements - 15<sup>th</sup> of the month

For more information call or email:

707 575-0596 or [therapy@recamft.org](mailto:therapy@recamft.org)

Or submit ad to website at [www.recamft.org](http://www.recamft.org)

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### **RECAMFT HONORS PAST PRESIDENTS**

Reyna Seminara	2017
Bob Dalzell	2016
Kris Spangler	2015
Laura Strom	2014
Lani Lee	2013
Hal Forman	2012
Elaine Sohier Gayler	2011
Cynthia Halliday	2010
Susan Hartz	2009
Kate Maxwell	2008
Gail Van Buuren	2007
Diana Poulson	2005-2006
Joan Logan	2004
Judith Goleman	2003
Ange Stephens	2002
Christopher Doyle	2001
F. Michael Montgomery	2000
Julie Green	1999
Jan Lowry-Cole	1998
Rhaea Maurel	1997
Paula Hall	1996
Kitty Chelton	1994-1995
Don Scully & Randi Farkas	1993-1994
Hari Meyers	1992-1993
Grace Harris	1991-1992
Richard Alongi	1990-1991
Diana Young	1989
Andrew Leeds	1988
Carleita Schwartz	1987
Christine Bucholz	1986
Thomas Hedlund	1982-1985
Rick Mawson	1980-1982