

Empowering relationships...

APRIL 2018



# The Redwood Empire Therapist

## OUR APRIL MEETING

### **Surrogate Partner Therapy Demystified** **Annie Chen, LMFT; Barbara Ochsner-Walsh, LMFT; &** **Cheryl Cohen Green, DHS**

As therapists we know that our clients struggle with sexual disorders and social concerns relating to difficulty with sexual stigmas in the world. We want to help them overcome these challenges but are often limited with the tools to help them. Surrogate partner therapy is an effective resource that has been used for over 50 years starting with Masters and Johnsons in their clinic.

With combined 79 years of experience, the presenters will ensure that you will leave with additional tools and confidence on how to integrate surrogate partner therapy with individuals struggling with sexual issues.



Barbara Ochsner-Walsh, M.A., LMFT, has worked for 35 years as a Life Coach, Social Coach, and Surrogate

Partner. She recently received licensure for Marriage & Family Therapy. Her internship work resulted in certification in Gerontological

Wellness. She currently volunteers at the Institute on Aging in San Francisco and offers mental health counseling with individuals and families as well as continuing her work as a Life and Social Coach.

#### **April 6th, 2018 - RECAMFT Meeting**

**10:30 – 11:00 social & sign in**

**11:00 – 1:00 meeting**

#### **Surrogate Partner Therapy Demystified** **Annie Chen, LMFT Barbara Ochsner-Walsh,** **LMFT & Cheryl Cohen Green, DHS**

**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.*

**May 4, 2018**

**The Effect of Gender on Male Depression and Suicide:  
Diagnostic Issues and Integrative Therapeutic Approaches**  
**Dr. Bruce Feingold, PhD,**

**June 1, 2018**

**Psychotherapy for a Changing Planet**  
**Leslie Davenport, LMFT**

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

Annie Chen, LMFT, has worked with individuals, couples, and organizations around sexuality for 10+ years. She has been a supporter and advocate of using surrogate partner therapy to address sexual issues in various settings, including long-term care facilities and private practice. She primarily works with couples in her private practice and her research focuses around using neuroscience to help people have better relationships. Visit <http://www.changeinsight.net> to learn more.



Cheryl Cohen Greene, DHS, Lecturer and Author has been in private clinical practice as a Surrogate Partner since 1973, and is the Vice President of The International Professional Surrogates Association (IPSA). Cohen Greene is a frequent media guest, and lecturer. Her work with poet/journalist Mark O’Brian inspired the award winning 2012 independent film The Sessions. Her book, An Intimate Life ~ Sex, Love and My Journey as a Surrogate Partner (a Memoir) was published in January 2013.

**RECAMFT is now accepting proposals for the 2018-2019 season. The proposal form can be found on our website under events. Please email completed proposals to [therapy@recamft.org](mailto:therapy@recamft.org).**

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

**Page 2 ..... President’s Message**

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**President’s Message**  
Erica Thomas, LMFT



***Making a  
Difference***

Last month I mentioned that I was on my way to the Chapter Leadership Conference, and that our chapter was nominated for a Chapter Excellence Award. Well guess what? We won! The Chapter Excellence Awards are divided into 5 categories, and we won the category of Best Community involvement for our response to the Santa Rosa Wildfires. As I was preparing the award application I had an opportunity to review all that we have done and continue to do in response to this tragedy.

I remember the first drop in clinic we did immediately after the fires. There were over 50 therapists available on a Saturday afternoon for those who needed support. The range of skills was impressive, we had art therapist Iris Herrero, Connie Beale came and provided Soul Collage, we had several Spanish speaking therapists including, Alicia Nourse and Maggie Self. We had so many people wanting to help that we had to turn people away. ALL of these people offered their skills on a volunteer basis. Only a few community members stopped by that day to benefit from all of these resources. I know that the low attendance by community members was not due to a lack of need. With my fellow Board Members we discussed ways to more effectively reach the community. There was and is a clear dedication to meeting people where they are so that they can access the help we have to offer. Since then RECAMFT has paired with several community organizations to continue providing support

including Catholic Charities and the Wildfire Mental Health Collaborative.

Of course I cannot share our successes without mentioning Laura Strom and her amazing dedication to helping the community. In the first days of the fires Laura immediately sprang into action. Generating ideas about what we could do to help and many times doing much of the legwork to bring those ideas into fruition. Her heart is big and her energy is tireless. Thank you Laura for all you do for RECAMFT and Mental Health community of Sonoma County.

I saved the best for last, because I have to say that accepting the Chapter Excellence Award for our Chapter was not the best part of the Leadership Conference. For me the best part of the day was when Doreen Van Leeuwen was awarded The Outstanding Chapter Leader Award. When her name was called the look of surprise and delight on her face was a gift to witness. Here are just a few sentences from the award application:

Doreen has selflessly and tirelessly offered her expertise [in Disaster Mental Health] to our chapter as well as all therapists and other helping professionals in our community to help us heal from the devastation of the Northern California wildfires. Her skill and compassion have truly had a wide impact on Northern California this year.

We each give so much to our clients within the quiet and confidential container of the therapy room. Sometimes what we offer is received gratefully, sometimes with ambivalence. Sometimes we see the difference we make and just as often the biggest changes happen after the client has left therapy. I want to take this opportunity to say that each and every one of you makes more of a difference that you realize. RECAMFT will continue to support your work and the difference you make.

*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.*

*Chapter members being awarded the Chapter Excellence Award from CAMFT E.D., Nabil El-Ghoroury (left) at the Chapter Leadership Conference are Doreen Van Leeuwen, Erica Thomas, Jenna Griffith, Laura Strom, and Bob Casanova as shown in the picture at the top of the right-hand column.*



## RECAMFT TEAM CIRCLE

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## Gottman Professional Training Acqua Hotel - Mill Valley

### Next Training:

Level 1 - Bridging the Couple Chasm  
May 18th-19th, 2018

### Upcoming Workshops:

Level 1 - May 18th-19th, 2018

Level 2 - June 21st-23rd, 2018

Level 3 - July 12th-14th, 2018

Co-Presented with Dr. Bob Navarra



## TrainingForCouplesTherapy.com

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

## Free Yoga and iRest Meditation Classes for Fire Survivors

**Taught by Hannah Caratti, LMFT**

**Location:** YogaOne, 416 B St Suite D, Santa Rosa

**Offered:** April, May and June

**Days:** Tuesdays 3:30-5:15pm and Saturdays 12:30-2pm

**Starting:** April 3rd & April 7th

**Registration:** <http://recamft.camp9.org/Current-Events>

Thanks to a grant from Healthcare Foundation of Northern Sonoma County, and the efforts of Redwood Empire CAMFT to create and support this program, a 3-month series of Trauma-Informed Yoga and iRest Meditation classes will be offered to help fire survivors recover, both physically and emotionally, from the recent wildfires.

Trauma-Informed Yoga focuses on reregulating the sympathetic nervous system (which can become dysregulated after extended traumatic events), strengthening the body and soothing the soul. In

addition to the normal yogic practices of breathing, relaxation, stretching and strengthening, these classes can include acupuncture, vagus nerve release (to help move from sympathetic to parasympathetic response) and Emotional Freedom Technique (EFT/Tapping). Tapping comes from an ancient Chinese practice. It involves stimulating the body's meridian points, similar to acupuncture. Research has shown it to be effective in treating chronic conditions, including posttraumatic stress disorder (PTSD). Bilateral stimulation is a well-known trauma treatment, and the cornerstone of Eye Movement Desensitization and Reprocessing (EMDR) therapy. Using her background as a therapist, Hannah developed a version of Trauma Informed Yoga which includes body movements of bilateral stimulation. She also includes other healing modalities for body and mind.



please stay home and rest if you have cold or flu symptoms, and join us when you are feeling better!

Hannah Caratti, LMFT, is a Licensed Marriage and Family Therapist (LMFT 50289) and an Experienced Registered Yoga Teacher (E-RYT). To learn more about the benefits of Trauma-informed Yoga and iRest Yoga Nidra, please watch Hannah Caratti, LMFT's presentation to the local psychotherapy association entitled "Somatic Practices for Anxiety, PTSD and Stress Reduction". This can be seen by visiting <https://youtu.be/91Z2cAzzn78>. Hannah's website is <http://counselingyogameditation.com>.

Integrative Restoration (iRest) Meditation, is a research-based effective method for trauma release, as developed by psychologist Richard Miller, Ph.D. His recent book is entitled *The iRest Program for Healing PTSD: A Proven Effective Approach to Using Yoga Nidra Meditation & Deep Relaxation Techniques to Overcome Trauma*. It is a guided meditation protocol and participants lie down and rest during the session. Research has shown iRest to improve sleep, and decrease chronic pain, anxiety, depression, stress and posttraumatic symptoms.

To register for these free classes for fire survivors (those who lost a home, business, car, pet or loved one), visit <http://recamft.camp9.org/Current-Events> and scroll down to where it says "Free Trauma-Informed Yoga and iRest."

For more information or to put your name on a wait-list (even non-fire survivors can be on the wait-list), see <http://counselingyogameditation.com/yoga-for-fire-survivors/>. We hope to offer a Sunday 11am-12 noon class for therapists starting in May. Please use the contact form on Hannah's website if you would like to be on the list!

No previous experience is needed, but ability to stand, sit on the floor, and lie down on a yoga blanket are required. Those with major health issues or brain injury history should contact Hannah to discuss their situation before attending. Please wear comfortable clothing for stretching. Participants are asked to refrain from scented products. To keep the class safe and healing for all,



TIME TO CHAT AND SNACK BEFORE MEETING

## WHAT YOU MISSED

*By Michael Krikorian*

Today we had a very illuminating and important presentation titled "The Deepest Well: Reducing the Impact of Adverse Childhood Experiences in Sonoma County." Our presenter was Mary Kelly Persyn, Ph.D. Mary Kelly is the Director of the Hanna Institute, a newer organization in Sonoma County dedicated to providing trauma-based care training to the N. California area.



Mary Kelly came to the job of director after a career as a teacher and as a civil rights and social justice lawyer. In defending criminal cases, Mary Kelly saw how the childhood backgrounds of many of her client's directly impacted how they ended up in the criminal justice system. That added to her passion to be a children's advocate and to "embrace human suffering with understanding and transform it through hope and joy."



Mary Kelly explained how the famous Adverse Childhood Experiences (ACE) Study of more than 17,000 Kaiser HMO members in 1995-96 revealed a startling and profound association between childhood maltreatment and later life health and well-being problems. The study used a questionnaire to inquire from each sampled member whether or not before age 18 they experienced any of the following “adverse experiences:”

1. Physical, sexual or emotional abuse
2. Physical or emotional neglect
3. Household challenges including mother treated violently, household member with substance abuse, mental illness or incarceration
4. Parental separation or divorce

They then compared the amount of ACEs with the current health profile of each member as an adult.

The results showed that when unbuffered and untreated, exposure to ACEs has both short and long term negative effects on physical and mental health. For example, the study found a significant correlation between ACEs and asthma, alcoholism, drug abuse, depression, smoking, suicidality and premature death. Samples of this correlation included the fact that exposure to 4 or more ACEs correlate with a 12.2 times likelihood of attempted suicide, 7.4 times likelihood of developing alcoholism, 1.9 times the likelihood of developing cancer. All told, 7 of the 10 leading causes of death in the U.S. are positively correlated with ACE exposure.

Later researchers added additional categories of experiences that can be considered ACEs such as exposure to community violence, bullying, homelessness, discrimination, economic hardship and parental stress.

Researchers theorize that exposure to ACEs in childhood can lead to disrupted neurodevelopment (brain architecture), leading to disruptions in social/emotional/cognitive development, leading to adoption of health risk behaviors, leading to disease/disability/social problems leading to early death.

Mary Kelly emphasized that people exposed to ACEs can be helped by trauma treatment and that resilience science is improving. For instance, “a caring adult – an attachment relationship with a caring adult – buffers the effects of stress (from an ACE) and helps the child regain homeostasis.”



**DON SCULLY POSES A QUESTION TO MARY KELLY**

She talked about how untreated trauma in a parent can be transmitted to the child through problems with attachment and messaging about the world as well as an inability to protect the child. By helping the parent become aware of their triggers and stress responses, they can learn to control and buffer these reactions. By helping the parent address and heal their childhood traumas, the child will benefit “immensely.”

Mary Kelly shared how the Hanna Institute trains people



in TIC – trauma informed care. This is what is now used at Hanna Boys Center. She described TIC as “a strength-based approach that recognizes and responds to the impact of trauma while emphasizing psychological, physical and emotional safety. We ask not what is wrong with you, but what happened to you.”

Mary Kelly Persyn can be reached at [mkpersyn@hannacenter.org](mailto:mkpersyn@hannacenter.org). Information about trainings and events of the Hanna Institute can be found at [www.hannainstitute.org](http://www.hannainstitute.org).

Michael Krikorian has practiced as an MFT for over 40 years. He works with adults and teens, individuals and couples. For more information, visit [www.mkrikorian-therapist.com](http://www.mkrikorian-therapist.com)

## Why I Choose to be a RECAMFT Board Member in my Semi-Retirement

About ten years ago, while I was supervising a group of interns at a local non-profit, every week one of my interns had an ethical question or dilemma. I had heard about the RECAMFT Ethics Roundtable and when I joined I found I had a place to discuss ethical issues with other seasoned therapists. Joining this group filled more needs than I realized I had. Even though I have a very full personal life, I have remained in the profession (35+ years) long after most of my colleagues have left. The RECAMFT Ethics Roundtable re-established professional contact and support for me around an important focus I have had my entire career, the ethical delivery of clinical services. Some RECAMFT Board Members joined our committee meeting with some ethical questions that sparked a robust discussion and together we came to a solution of the ethical issue. It was after this meeting that I was asked to join the Board as a director at large. Initially, I felt like board issues and decisions were flying wildly around me. I did not know how to fit in, but then someone suggested a few short term projects for me to get my feet wet. Then I guess I submerged fully in the RECAMFT stream and accepted the invitation to be board president.



Now that I am past president, I stay involved because this is a great, dedicated community of people. We laugh during board meetings while we work in a friendly atmosphere. Each board member seems to take on tasks suited to them and everything somehow gets done. Of course, some folks take on more than others. But we try to help each other not take on too much to the point of burn-out.

In some ways from my own small need, RECAMFT chose me and I am happy to have an opportunity to serve my profession and my community with such a supportive group. I have found the willingness of the group to make room for new members refreshing. Our group norms are respectful, friendly, humor-filled and inclusive. There is still room for more volunteers for projects great or small.

L. Reyna Seminara,  
2017 RECAMFT President [LRS-MFT@att.net](mailto:LRS-MFT@att.net)

### JOIN RECAMFT'S LISTSERV

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

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

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We are a national team of business development professionals who work for Acadia Healthcare, partnering with professionals to place patients in the most appropriate facility, regardless of whether or not that facility is part of the Acadia Healthcare family.

We work closely with our professional clients in order to ensure that we understand the needs of their patients so that we can find them the care that will be of most benefit to them.

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As Acadia Healthcare's national team of Treatment Placement Specialists (TPS), we are steadfast in our mission to help those in need get the best possible treatment experience that will address their concerns. We do this by asking the right questions so that we can obtain the most appropriate information necessary for finding the most beneficial care for those in need.

As Treatment Placement Specialists, our philosophy begins with an appreciation for the people with whom we work, and our authentic wish to help them heal. We know that people who are seeking treatment undoubtedly feel lost in one way or another, uncertain about what the future holds and confused about where they should be looking for answers. Without having words to accurately describe what is wrong, many individuals feel hopeless in their search for solutions. We are dedicated to taking away this sense of hopelessness and, instead, instilling a sense of confidence in knowing that the care they need is available to them.

When working with professionals, we recognize that they have the knowledge and wherewithal to find appropriate treatment interventions for their clients outside of the care that they offer. However, we also recognize that they have many patients to treat, so we strive to help them easily find access to various care options through a collaborative process. We work closely with our professional clients in order to ensure that we understand the needs of their patients so that we can find them the care that will be of most benefit to them.

Our compassion and diverse collection of healthcare experience allow us to serve as an asset to both our professional clients and those who are in need of care, and we remain dedicated to our mission.

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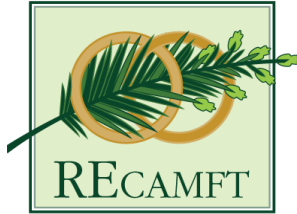
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