

Empowering relationships...

JUNE 2018



The Redwood Empire Therapist

OUR JUNE MEETING

Psychotherapy for a Changing Planet Leslie Davenport, LMFT



Do climate change conversations belong in the therapy room? Psychiatrist Lise Van Susteren puts it this way: "Mental health professionals vigorously endorse requirements to

report cases of child abuse. It is a legal obligation, but it is also a moral one. Is it any less compelling a moral obligation, in the name of all children now and in the future, to report that we are on track to hand over a planet that may be destroyed for generations to come? I respectfully request that we, as mental health professionals, make a unified stand in support of actions to reduce the threat of catastrophic climate change."

June 1st, 2018 - RECAMFT Meeting

10:30 – 11:00 social & sign in

11:00 – 1:00 meeting

Psychotherapy for a Changing Planet Leslie Davenport, 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.

The fall presenters are not all confirmed yet. Watch this space and our emails in August. Have a great summer!!!

1.5 CEUs AVAILABLE – RECAMFT CEU PROVIDER IMIS 57173

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

Climate scientists estimate that 200 million Americans will be touched by significant psychological distress from climate-related events in the upcoming years, and yet little attention is given to how to treat profound mental health suffering that results from climate change. But we can do more than treat the trauma that results from client chaos. The mental health field is powerful in addressing the emotional underpinnings of climate denial, understanding motivators, and identifying the most effective communication strategies. Our profession is poised to cultivate a pragmatic form of hope by helping develop empowering actions, a clear direction, ways to connect with collective and systemic support, practices for effective self-care, and the tools and methods necessary for change.

Leslie Davenport is a Marriage and Family Therapist who brings innovative climate solutions to the halls of academia, clinical settings, and to the streets. She is the author of three books, including *Emotional Resiliency in the Era of Climate*

Change. Leslie is a founding member of the Institute for Health & Healing at California Pacific Medical Center, and her 25 years of developing an integrative, collaborative healing model has informed her approach to climate justice. Her former profession as a dancer keeps creativity alive in all she does. She has served on Red Cross Disaster Mental Health teams, and the 350.org Marin Clean Energy Campaign. This year she is teaching climate psychology on faculty at the California Institute of Integral Studies, JFK University, a webinar with Kosmos Journal, Hollyhock Retreat Center, and at Spiru Haret University in Romania. More information can be found at www.lesliedavenport.com.

What Else Is In Here This Month? Check It Out

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President's Message Erica Thomas, LMFT

New Faces and New Traditions



This month I am struck with gratitude for all of you and the contributions you all make to RECAMFT. At the meetings and in the newsletter you often have opportunities to see the Board Members and last month I thanked some of our more visible members. However, this month I want to thank some of our less visible members and committees.

When I had an opportunity to talk with leaders of other local chapters I was proud of how vital our RECAMFT Community is and how much participation we have from our members. When I was chair of the Programs Committee I had the Programs Chair from another chapter call me to ask about how we put on such great As I mentioned last month it takes many hands to produce our monthly speaker meetings. Last month I highlighted the great work of the Hospitality Committee and this month I must shine the spotlight on the Programs Committee. As many of you know, before becoming President I was Chair of the Programs Committee and it was no small job to produce a full

roster of speakers each season. The Programs Committee is a very important and highly visible Committee in RECAMFT and as I have stepped into being President it has been challenging to find a new chair. I would like to express deep gratitude for Committee members Doug Silverstein and Michael Krikorian for stepping up to keep the committee moving as I have turned my attention to other tasks. They have taken on additional tasks like introducing the speakers at the meetings and reviewing all the proposals for next year's speakers. Our Past President Reyna Seminara was also a great help in reviewing speaker proposals and we have an excellent lineup for 2018-2019.

In addition to having chosen our speakers I am even happier to share that Barb Young has agreed to over the position of Programs Chair. Welcome Barb! I know that you will be great in this position, and Thank You for being willing to take on this important and rewarding job. Being a part of the RECAMFT leadership team IS very rewarding, and of course there is also a great deal of work that goes into leading this organization. That is why I feel so grateful for those who give their time. For me, and I am sure for others as well, it is truly a labor of love.

While our monthly speaker meetings have been a longstanding RECAMFT staple last year the Membership Committee created a new tradition of a summer picnic.

The event was so well received that this summer we will have our second annual potluck picnic. I hope to see all of you there to share some relaxing summer fun!

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.

JOIN RECAMFT'S LISTSERV

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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 under Intern Support.

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Attendees at the Skills for Psychological Recovery workshop on April 21 and 22. It was a very good training with lots in attendance.

What You Missed

By Michael Krikorian

Excellent presentation today by Bruce Feingold, Ph.D., on understanding and treating male depression and suicidality. Bruce is a clinical psychologist from the Walnut Creek area who has worked with many client populations but has kept a specialty of working with men throughout his 35 years of experience. Bruce pointed out how women are diagnosed with depression at a higher rate than men yet men die of suicide at a much higher rate than women. Bruce believes this is because the DSM criteria for depression tends to capture the symptomology of depressed women but not as accurately for men, therefore, men are underrepresented in the statistics of depression. Men tend to externalize their depression rather than internalize it. They refuse to give in to emotional pain, they just cope. "I'm fine, I'm just tired" or "I'm not depressed, I've got too much to do" or "I'm just stressed."



Bruce identified 4 categories of male depression. One is what he calls Atypical Male Depression. This can occur in a man who identifies with the Traditional Male character, i.e., emotionally controlled, risk-taking, self-reliant, primacy of work, power/dominance over women, "playboyism," violent, disdain for homosexuality. When this person feels a blow to their internalized view of masculinity, they are likely to get mad, not sad. They deal with their distress through avoidance and externalizing behaviors such as escape into work, numbing out with affairs/pornography/substance use. They may try to counteract powerlessness with violent outbursts.

A second category is the Selfless Depressed Male. Bruce described this as a man who suffers silently, is a provider or caretaker, toughs it out, remains loyal. He tends to have flat affect.

A third category is the Sensitive Man. He has a non-traditional expression of masculinity, tends to suppress anger, has an anxious attachment style and feels guilt. He tends to exhibit depression symptoms more as described in the DSM.

The fourth category is the Analytic Man. He is work and achievement oriented, perfectionistic and critical of self

and others, uses intellectualization rather than feeling. Bruce stated that these men are subject to severe depression in middle age as achievement doesn't add up or satisfy.

Bruce talked about how failure at achievement and lowered status/self-worth can be the trigger for depression in men. For women, it is more often interpersonal problems and loss.

Bruce explained that Thomas Joiner's model for understanding suicide is helpful in assessment. Suicidality is highest when there is a combination of "Thwarted Belongingness," "Perceived Burdensomeness" and "Capability for Suicide (desensitization to the fear of dying)". He recommends asking a depressed man 1) do you feel alone?, 2) do you feel like you are a burden?, and 3) are you afraid to die? Bruce listens for and reflects the man's pain and his wish to escape the pain. He identifies the feelings of helplessness and hopelessness and then tries to show the man the cognitive distortions in his thinking and how the depressed brain does a poor job at accurate self-assessment.

In working with depressed men, Bruce starts by open, non-judgemental listening to gradually develop a strong therapeutic alliance. He states that since, in general, men don't like to be told what to do, he seeks to include them in agreeing on goals they will work towards. He is careful not to lead with technique, although, he finds men do like advice on how to turn insights into behavior in the world.

Without any judgement, Bruce helps men become aware of what they learned it is to be a man. Also, how to identify the feelings fueling their behaviors and "how the opposite of depression is not happiness, it is vitality." He helps them counterbalance their overly critical inner voice and how to release the anger at their critical parent and get to the understanding and forgiveness of that parent and, ultimately, of themselves. He also helps them find new sources of self-worth besides work.

Thank you, Bruce Feingold, for a compassionate and informative look at the psychology of men. Bruce can be reached via email at bhFein@aol.com or by telephone at (925) 945-1315.

Michael Krikorian is an MFT practicing in Santa Rosa. He brings over 40 years experience to his work with adults and teens, individuals and couples. For more information, go to www.mkrikorian-therapist.com

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JUNE ISSUE

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