

Empowering relationships...

SEPTEMBER 2018



The Redwood Empire Therapist

OUR SEPTEMBER MEETING

Ten Building Blocks to Creating the Private Practice of Your Dream Sherry Shockey-Pope, LMFT

Sherry Shockey-Pope, LMFT #37209 created Therapist Practice in a Box because she wanted to fill a need in helping graduate students to set their foundation and guide new therapists in business building. She believes all therapists can create a successful, profitable, and flourishing practice.



Sherry is co-owner of Central Counseling Services, a successful and vibrant group practice in Riverside, CA. Her practice serves over 625 clients a month, and she supervises a staff of 15 associates and licensed clinicians.

Sherry says, "We spend a great amount of time, energy and money learning how to become excellent therapists. We develop our skill sets to deliver high-quality services to those we serve. However, in most of our graduate school programs, we do not have any information on how to develop or manage a business.

We lack resources and know-how to step out and create a business or marketing plan. Many therapists have encumbered large student loan debt, and then go further into debt to build a private practice.

We begin to doubt ourselves and our abilities, and we do not know how to price

Sept. 7, 2018 - RECAMFT Meeting
10:30 – 11:00 social & sign in
11:00 – 1:00 meeting

**10 Building Blocks to Creating the
Private Practice of Your Dream**
Sherry Shockey-Pope, 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.

October 5, 2018
The Silver Lining of Infidelity
Talal H. Alsaleem, LMFT

November 2, 2018
Solution Focused Brief Therapy
Fran Wickner, Ph.D, LMFT

December 7, 2018
My Client is Dying – What Do I Say and Do
Jill A. Johnson-Young, LCSW

1.5 CEUs AVAILABLE - RECAMFT CEU PROVIDER IMIS 57173

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

our services. We often settle for the safest route of agency of government work. After a few years, we become dissatisfied and burned out. We may even fear that we made the wrong career choice.

This program will save therapist time, money and stress as this will provide hope and inspiration. *It will provide practical tips for building a profitable and successful private practice.*

What Else Is In Here This Month? Check It Out

Page 2 President's Message

Page 3 What You Missed

Page 3 RECAMFT Team Circle Info

Page 4 New Mental Health Resources

President's Message Erica Thomas, LMFT



Time to Reflect and Getting Back to Business

It's hard to believe that summer is ending. Kids start back to school in the next few weeks and its already time for the September newsletter! The RECAMFT Leadership team has been using the lazy days of summer to take time for connection and rejuvenation and to plan for the coming year.

In July we had a wonderful retreat surrounded by the Redwoods in Occidental. This retreat always serves as a time for the leadership of RECAMFT to reflect on the previous year and plan for the coming year. The canopy of redwoods provided the perfect environment for our work. The retreat is one of the highlights of being part of the RECAMFT Board because we become more than colleagues, we get to know each other on a personal level. So this year we began our work before the retreat by writing personal Bios and sharing them. On retreat day we started with meditation and check-ins to help us get grounded and settle into the day. Once we finished with our Board business we focused on some reflection questions, reflecting on our personal experience of being on the Board and then reflecting on RECAMFT as an organization. We then discussed some goals to guide our work in the coming year, and wrapped up the themes of

the day with collage making. Our President-Elect Doreen Van Leeuwen brought the fun by providing plenty of laugh breaks throughout the day.

As we were brainstorming we found our goals focused in three main areas:

1. Improving the Monthly Meeting Experience
2. Engagement of Volunteers
3. Improving the Experience of Board Members

Maybe some of you would like to share *your* evaluations of RECAMFT. At the retreat we discussed these two questions:

1. What do you think is working well with RECAMFT?
2. What are 3 things RECAMFT should focus on over the next 12-18 months?

If you would like to share your thoughts on these questions PLEASE DO! You can send an email to therapy@recamft.org or just talk to one of us at the next **Speaker Meeting on Friday, September 7**. Another opportunity would be the September Board Meeting, which is **Bring a Friend to the Board Meeting Month**. So if you are like me, and keep meaning to send that email but never get around to it, come to the **Board Meeting on Friday, September 14**. We always make space in the agenda for Members to share their reflections and ideas.

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.

Considering a residential treatment or outdoor program?



Collaborating with referring professionals, we are nationally respected educational consultants who specialize in providing recommendations for students with special needs of an emotional, behavioral or psychological nature. We travel extensively throughout the year and have personally toured over two hundred schools and programs. As Licensed Marriage and Family Therapists, we credit our clinical training and experience in deepening our understanding of a student's needs.



CASANOVA & TORAL

Therapeutic Placement and Educational Consulting

Bob Casanova, PsyD, LMFT
License: LMFT 37137

Rosa Toral, LMFT
License: LMFT 47169

1260 North Dutton Ave., Suite 185
Santa Rosa, CA 95401

707-544-7000

www.casanovatoral.com



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
CFO: Kira Kayler 415-497-8780

DIRECTORS-AT-LARGE

Crisis Response: Doreen Van Leeuwen 951-347-1837
Director-at-Large: vacant
Director-at-Large: Steve Woolmer 338-6064
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
Deborah Haarstad
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
Membership & D.A.L.: Tara D'Orazio 707-992-5008
Gayle Whitlock 707-387-4146
Newsletter Editor & D.A.L.: Gail Van Buuren 494-4198
Therapy Group Inserts: Renee Owen 415-453-8117
Programs: Barbara Young, Chair 318-3839
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

What You Missed By Doug Silberstein

At the June 2018 RECAMFT meeting, Leslie Davenport, LMFT, gave a very important and informative presentation on Climate Psychology and the role of the psychotherapist in relationship to climate change. Using lecture, slides, experiential exercises and dyad/small group discussions, Leslie encouraged participants to explore their relationships to nature, life and the current sociopolitical situation. In doing so, Leslie nurtured

inquiry into and dialogue about the potential opportunities and responsibilities of therapists in the context of climate change and its physical and psychological effects.

Discussion about the therapist's role and function revealed that our clinical education and training prepare us to offer a valuable contribution to interdisciplinary



conversations that can help slow or even reverse the destructive trajectory from climate chaos. Some examples include our skill set in working through denial, facilitating difficult conversations, and understanding motivation for change. Though questions might arise about the relationship between psychotherapy and activism

and advocacy, it is clear that climate change exists as a source of great anxiety, rage, powerlessness, hopelessness and meaningfulness for many people. Helping clients explore their feelings and develop adaptive coping strategies for working with these feelings, as well as the issue itself, is no different than the general and foundational psychotherapeutic function of helping clients develop healthy ways of relating to the stressors in their lives.

For those who feel distressed about climate change, Leslie detailed what fight-flight-freeze reactions might look like in relationship to climate change: "fight" might be expressed by constantly hitting others over the head with information about the devastating current and impending effects of climate change, or in shaming others to take more action; "flight" might be expressed in being unrealistically optimistic about efforts to curb climate change or in amplifying the value of token efforts being made; freeze can be expressed in ambivalence about the issue in general, and/or about one's capacity to make a difference.

In working with the anxiety, depression and trauma some might experience due to the facts and effects of climate change (and the sociopolitical resistance to taking more ardent action to deal with it), Leslie discussed the important role of grief in healing: it can lead to an acceptance that increases the chance of healthy mobilization. Healthy mobilization typically

includes and is based upon greater presence, deeper listening and compassion, accessing creativity and resourcefulness and fostering networks.

Ultimately, in facing the overwhelming truth and manifestations of climate change, individuals can come to align more deeply with their resilience, commitment, sense of purpose and connections to others and all of life. Psychotherapists are in a privileged and powerful position to support clients in feeling empowered to take care of themselves, others and the environment within which we all live.

Leslie Davenport, LMFT, teaches climate psychology at CIIS, JFK University, Hollyhock Retreat Center and Spiru Haret University in Romania. She is a founding member of the Institute for Health and Healing at California Pacific Medical Center, has served on Red Cross Disaster Mental Health teams, and is the author of three books, including *Emotional Resiliency in the Era of Climate Change*. For more information, go to www.lesliedavenport.com

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.

NEW Mental Health Resources Available for Sonoma County Residents Impacted by Wildfires!

In response to the devastating Firestorm of 2017, early in January of 2018 the RECAMFT Disaster Response Committee jumped quickly into action to begin equipping healthcare providers with needed skills to assist all those traumatized by the disaster. Two members of that committee, Laura Strom and Doreen Van Leeuwen had some ideas about what could be done to help the community. As part of her research, Laura got in touch with Debbie Mason CEO of the Healthcare Foundation of Northern Sonoma County* (HF), who gave us the green light submit our ideas.

No sooner did Mason receive our recommendations, but she channeled her fundraising skills into high gear, and

has secured \$930,000 of \$1.2 million estimated needed of year one.



Debbie was recently featured in the Northbay Business Journal for her successful efforts raising money for fire survivors. She has a broad

background spanning public relations and strategic planning for several national corporations in addition to her roles as CEO for several nonprofit organizations.

Our original suggestions eventually transformed, under the skillful guidance of a marvelous brain trust of people from various organizations, who pulled together as the Steering Committee of the Wildfire Collaborative (WC). Comprising this committee are: Debbie Mason CEO, Adrienne Heinz PhD, Alisa Ligouri PhD, Christine Nabor PhD, Alex Reed, Laura Strom LMFT, Doreen Van Leeuwen LMFT, Mary-Frances Walsh, MHS, Executive Director of NAMI Sonoma County, and Wendy Wheelwright LMFT Coordinator of Project Hope Sonoma County. Others who contributed are Nick Dalton Assistance Director of Hannah Institute and Kai Harris Program Director California Human Development.

To date, this committee, working closely under supervision of Debbie Mason with project management by Reed and Rudy Campos, is on track with the following:

1. A **local website, www.mysonomastrong.com**, that can be easily accessed to learn about & manage symptoms of acute stress disorder and PTSD.
2. *Coming in September 2018: An app* that can be easily accessed to learn about & manage symptoms of acute stress disorder and PTSD.
3. Somatic techniques to cope with trauma and loss: **trauma-informed yoga along with iRest meditation classes** are available in various locations, always free to fire survivors.
4. A second somatic and mindfulness technique, available now, is *shinrin yoku*, the Japanese ritual which translates to **“forest bathing”**. These guided walks are led by Susan Karle, LMFT, a Certified Forest Therapy Guide, at no charge to fire survivors, or by donation.

5. Free individual and family therapy sessions for those who are under-insured.
6. Free drop-in groups in a variety of locations around the county.
7. Free 1 to 2-hour psycho-educational talks on the Skills for Psychological Recovery (SPR) for any business, house of faith, or other organization.
8. Free 6-week groups focused on deepening the SPR skills.
9. Nationally recognized 2-Day SPR training and certification for those interested for the price of 2 lunches (\$40). The next scheduled training is Thursday & Friday, October 4-5, 2018. You will be able to register for this training at www.recamft.org/events.

Monies to fund a study to be conducted by Stanford University are still needed. Our aim is to gather pre- & post- levels of distress from every person participating. Our hope is that this data would contribute to the global knowledge base of about the effectiveness of communal interventions after large-scale disaster. If you would like to donate to the Wildfire Collaborative, please contact HF at 707-480-8898 or mentalhealth@healthcarefoundation.net.

If you have completed the SPR training and would like to assist survivors, please contact mentalhealth@healthcarefoundation.net or info@namisoco.org.

Please encourage your clients to use the tools at www.mysonomastrong.com for understanding & managing symptoms of trauma.

To access the above services, please direct people impacted by the fires to call or text **NAMI’s warmline at 866-960-6264** or email warmline@namisoco.org, Online Chat <https://namisonomacounty.org> (click “Chat Now” in upper right corner.)

*The nonprofit foundation raises money in support of better health care through Northern Sonoma County with investments in health care access, mental health and early childhood development.

Doreen Van Leeuwen
RECAMFT President Elect

Doreen Van Leeuwen has a private practice in Santa Rosa and can be reached at 951-347-1837

Empowering relationships...



Redwood Empire Chapter of California Association of Marriage and Family Therapists is a California BBS CEU provider: License #2322 RECAMFT.org - PO Box 2732 – Santa Rosa, CA 95405 E-mail: therapy@recamft.org Web: www.recamft.org

RETURN SERVICE REQUESTED

SEPTEMBER ISSUE

NEWSLETTER COSTS & DEADLINES

Line ads and announcements:

Members - \$5 per line
Non-members - \$12 per line

Display ads: Full page - 7.5" x 9.75" = \$200
(Wide x Long) Half page - 3.5" x 9.5" = \$110
Quarter page - 3.5" x 4.5"=\$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) - 15th of the month
Advertisements - 15th of the month

For more information call or email:

707 575-0596 or therapy@recamft.org

Or submit ad to website at www.recamft.org

NEWSLETTER DISCLAIMERS

The opinions and points of view in the articles contained herein do not necessarily reflect that of the Board of Directors of RECAMFT or of CAMFT. Authors' contact information is included. Submitted articles may be edited and are published at our discretion depending on space and relevance to our readers' professional interests.

RECAMFT HONORS PAST PRESIDENTS

Reyna Seminara	2017
Bob Dalzell	2016
Kris Spangler	2015
Laura Strom	2014
Lani Lee	2013
Hal Forman	2012
Elaine Sohler 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

