

Empowering relationships...

JANUARY 2019



The Redwood Empire Therapist

OUR JANUARY MEETING

Cultivating Empowerment: Preventing Suicide in the LGBTQ+ Communities Using LGBTQ Affirmative Therapy **Rick Grant-Coons, PsyD**

With a suicide death every 12.8 minutes and over a million attempts in the United States every year, suicide impacts every community. This is especially true for the Lesbian, Gay, Bisexual, Transgender, Queer and Questioning communities. Today, more research has shown elevated risk factors specific to these communities due to heterosexist and transphobic abuse that exists in society.

LGBTQ Affirmative Therapy is an approach to psychotherapy that is based on the understanding that LGBTQ people are not just tolerated or accepted but instead celebrated for their value in any culture.



This perspective is essential for effective therapy since it challenges many years of hostility inflicted by the dominate culture. Mental health clinicians trained in LGBTQ Affirmative Therapy and Suicide Prevention can improve their effectiveness for helping LGBTQ clients increase protective factors and resilience while decreasing risk of suicide attempts and death.

Dr. Grant-Coons first received his master's in clinical psychology (MA) from Antioch University in Los Angeles and specialized in LGBTQ Affirmative Therapy. He then went on to complete his doctorate in clinical psychology (PsyD) from the

January 4, 2019 - RECAMFT Meeting

9:30 – 11:30 Annual Meeting

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

11:30 – 1:00 Presenter

Cultivating Empowerment: Preventing
Suicide in the LGBTQ+ Communities Using
LGBTQ Affirmative Therapy
Rick Grant-Coons, PsyD

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 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

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

California School of Professional Psychology in Los Angeles with an emphasis in multi-cultural and community psychology.

Dr. Grant-Coons has been a psychotherapist since 2006 working mostly with marginalized communities. He trained at several community agencies including AIDS Project Los Angeles, Los Angeles LGBT Center, South Central Training Consortium, and the Los Angeles Children’s Hospital-High Risk Youth Program. He has also been in private practice since 2009 providing individual, couple’s, family and group psychotherapy.

Before relocating to Sacramento, Dr. Grant-Coons was the Lead Clinical Supervisor at Didi Hirsch Mental Health Services-Suicide Prevention Center in Los Angeles developing and facilitating support groups for Suicide Attempt Survivors and providing suicide prevention trainings all across the United States and Canada. Currently, Dr. Grant-Coons has his psychotherapy private practice, Empowered Living Therapy, in Midtown Sacramento and is on the board of the Sacramento Valley Psychological Association as the Diversity Chair.

What Else is in Here This Month? Check It Out

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RECAMFT is now accepting applications for our monthly trainings for 2019-2020. You can complete an application by visiting our website and clicking the news and events tab on the top of the page.

President’s Message

Doreen Van Leeuwen, LMFT



What an honor to be elected your president for 2019! Thank you.

RECAMFT has a *wonderful* reputation for many reasons, but at the core of it, it’s **YOU!** Each of you is **precious**, essential and indispensable in making up this magnificent Chapter.

With 350 active members, we have combined totals of

- 6,300 years of education, if all of us scooted through to a Master’s in a mere 18 years!
- 1,225,000 hours of experience prior to licensure
- Approximately 3,500 **YEARS** of experience as licensed clinicians!

This Chapter is a Fort Knox treasure-filled vault brimming over with talents & gifts, experience, diversity, training and mastery, to value and care for. Therefore, it is my mission is to help “promote and maintain professional competence and integrity with knowledge, innovation, compassion, humor and respect for human dignity and diversity” in every way I can.

I need your support for this task, just as much as you need mine. Let’s put our brilliant heads together to protect and grow our reputations as ever-evolving and ever-developing clinicians who comprise RECAMFT! Thank you.

Doreen Van Leeuwen, President

Gottman Couples Workshop

The Art & SCIENCE of Love

A Special Valentine's Weekend!

SF Bay Area ~ Mill Valley, CA
February 9th & 10th, 2019

Add'l 2019 Dates:

May 4th & 5th and Sept. 21st & 22nd, 2019

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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. The more people, the quicker the work goes. 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

What You Missed

Jill Johnson-Young, LCSW presented My Client is Dying – What Do I Say or Do? at our December members meeting. Jill was very knowledgeable and direct in her



presentation, reminding us to avoid common platitudes and get down to the work of grief, which is intense. She has good advice about the cognitive, physical and emotional impacts and told us how we can support our clients in this process.

Because no one was able to write the What You Missed column this month, I strongly advise you to view the video of Jill's presentation through our website. There were lots of questions and exchanges with the members. The power point handout is available there as well.



ATTENDEES ARRIVING, CHATTING AND SNACKING



STILL DOING INTRODUCTIONS BUT WE ARE OPEN TO CHANGING THAT SO YOUR SUGGESTIONS ARE WELCOME

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.



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Next Training:

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January 25th-27th, 2019

Additional Workshops:

Level 1 - March 16th-17th, 2019

Level 2 - May 17th-19th, 2019

Level 3 - July 19th-21st, 2019

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Why I'm voting for Kira Kayler, LMFT, for CAMFT Director at Large

By Laura Strom, LMFT

Kira Kayler, LMFT, is Redwood Empire CAMFT's Chief Financial Officer (CFO). She has done a spectacular job, capitalizing on the work of our previous CFOs, and building an air-tight system which ensures RECAMFT's expenses are well-documented, with checks and balances in place for tight security. For example, two people must sign every check, and she specifically is not one of them. Kira came to RECAMFT with a corporate background that made her beautifully suited to serve as our CFO. We are lucky to have her on RECAMFT's Board of Directors.

Her experience with non-profits, includes serving as the administrator, supervisor, and clinical director. Kira impressed me when she opened a private practice in instantly took off. she told me she bigger space so employees. Just mentioned she hired two licensed clinicians and two associates to work in her new private practice suite. It seems whatever she undertakes, she first thoroughly researches, and then gets down to work. Kira has the kind of drive I recognize, and respect.



Putting Kira on the CAMFT Board will be a great move for all of us. First, it will be nice to have a member of RECAMFT on the CAMFT Board, as Bob Casanova finishes up his 3-year presidential term on May 31, 2019 (we are grateful, Bob!). Our chapter has shown itself to be a major mover and shaker when it comes to many issues facing our profession. Perhaps one of the most important ones we faced were the October 2017 fires. This chapter has been a leader within the community, and our experience can help inform the CAMFT Board via Kira's successful election. Her corporate experience and business savvy make her an ideal person to help evaluate how our state association is running. Kira's no-nonsense, get-it-done attitude is a mix of business know-how, and the clinical expertise we need guiding our professional association.

The voter ballots will arrive in your postal mail in early February. Please make sure you vote for Kira Kayler when you mark and sign your ballot and return it in the U.S.

mail. Let's allow Kira's drive, energy, and smarts to work on behalf of all of us! Thank you, Kira, for stepping up to this challenge. We've got your back!

Happy Solstice



Take Heart and a deep breath. We have passed the longest night of the year and the days will now start getting longer as we circle back through the Universe once again.

As a Treatment Specialist®, I work alongside behavioral healthcare professionals and collaborate with them to guide their clients to the most appropriate residential or stepdown treatment program.

As behavioral healthcare professionals, we all have a desire to help create an environment of wellbeing in our communities. Therefore, it is my honor to align with like-minded, local practitioners who work with families and individuals experiencing any number of issues that can be captured under the umbrella of behavioral health – trauma, substance abuse, anxiety, depression, eating disorders, chronic pain, process addictions – and who are in need of higher level of care.

Individuals who may need inpatient or residential treatment may not know where to look or even know what is available to them. The search for appropriate residential behavioral health treatment is often confusing and frustrating. I am available to help guide, assist and support individuals, families and professionals through this process. I work as an advisor to ensure that each individual finds the right program that will meet his or her needs: programs that accommodate clinical, financial and insurance requirements.



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- Admissions Streamlined
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Ashly Thompson
415.688.0240

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JANUARY 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

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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.

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