

Empowering relationships...

OCTOBER 2019



# The Redwood Empire Therapist

## OUR OCTOBER MEETING

### **Divorce Options: Helping your Client Navigate the Emotional Impact of Divorce**

**Randy Cheek, LMFT, Collaborative Divorce Coaching, Co-Parent Counselor**

How would you work with a client who thinks they have a better relationship with the children than the other parent and should have a greater portion of timeshare?

Your client says "I am the parent who makes certain the children do their homework and extracurricular activities therefore the children should be with me". How might you respond?

Your client is struggling with choosing an attorney after hearing from friends. They are also afraid to initiate divorce proceedings because they are not sure what approach might work for them. How could you assist them?



Divorce Options is a program offered to the public throughout California. It is offered in Santa Rosa on the second Saturday of the month for people considering divorce. Randy Cheek, LMFT, has taught the Divorce Options program at state, national and international conferences, and will help us understand how to better serve our clients facing divorce.

This workshop will give attendees a better understanding of the process options available to clients going through divorce and have more ways of supporting clients as they go through their divorce, as well as give us at least three new strategies to offer to parents for assisting their children during the divorce.

### **October 4, 2019 – RECAMFT Meeting**

**10:30 – 11:00 social & sign in**

**11:30 – 1:00 meeting**

### **Divorce Options: Helping your Client Navigate the Emotional Impact of Divorce**

**Randy Cheek, 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.***

**November 1st, 2019**

**A Primer on Imago Couples Relationship Therapy  
Doreen Van Leeuwen, LMFT**

**December 6th, 2019**

**Compassion and Burnout  
Andy Wallace, PhD**

**1.5 CEUs AVAILABLE – RECAMFT CEU PROVIDER IMIS 57173  
Save Time – Pre-Register at [www.recamft.org](http://www.recamft.org)**

[Randy Cheek, LMFT](#) has a private practice in Santa Rosa. He offers collaborative coaching through divorce, an alternative dispute resolution approach, and co-parent counseling.

*What Else is in Here This Month?  
Check It Out*

**Page 2 ..... President's Message**

**Page 5-9 ..... Support Our Advertisers**

**Page 4 ..... RECAMFT Team Circle Info**

**Page 4 ..... What You Missed**

**President's Message**

**Doreen Van Leeuwen, LMFT**



*These Are A Few Of My  
Favorite Things...*

In the spirit of contributing to you living wholesome and well-balanced lives, I'm sharing four apps that work well for me. Let me know what you think, or ask me if you want to know more.

1. **SIMPLE PRACTICE!** This is a comprehensive electronic medical system(EMS) that becomes the "file cabinet" for your practice! I no longer store any paper documents for clients(cl), excepting the very odd old-fashioned EAP Billing Statement that needs to be scanned in from time to time as therapy proceeds (even that gets scanned in at close of treatment – tada! Paperless!). While I still have two HUGE file cabinets of records from the many years of practice before SP, at least I'm not adding to them!!!

Upon initial contact, I create a "new client", schedule the session on the calendar and indicate which office. For a little extra charge, I've added the "Virtual Visit" feature, so I can meet cl via my laptop (Yes, I just climb into my

laptop, transmogrify into an an electrical current, and pop out on their side, hahaha!). I love the flexibility this offers both me and my cl, as I can meet them anywhere that I can ensure confidentiality (and good quality sight and sound.)

Intake forms are sent electronically, which the cl completes electronically. That populates various forms in their file, which are now securely stored in the "cloud" in HIPPA-compliant ways. You can create your own forms(YCCYO) or use templates from their steadily growing library. There are a variety of questionnaires and YCCYO. Intake and progress notes are available or YCCYO. Of course, you can bill cls, seamlessly prepare their bills or superbills & email them, create receipts, etc. You can personalize any and all of your messages.

You can modify cl profile so as to send out text, voice or e-mail reminders, once you have made an appointment with them. My cls count on these reminders to confirm we are meeting, and if they don't get one, they call or text me to ask what's up! That has rescued me from missing a session several times, as it is usually this user's error!

Another bit of magic I **love** about SP? Set up cl insurance information when treatment commences: after your first session, you'll tap "Billing" in cl's profile; tap "Create", choose

CMS1500, and voila, a sparkly claim form (with fuzzy rabbit ears!) appears; click submit. This is where it gets really good...with a number of the carriers, once you are paid, the insurer communicates that information to SP, and the software automatically computes and completes the transaction into the cl ledger!

The team behind SP aggressively pursues newer or better ways to get things done, so new features roll out every few months. A hefty library of recorded training videos complements their live webinars to help you get started, and I have found their team helpful and responsive, though not always speedy. This would be one of the few complaints I have about the product. However, I have been able to resolve any and all issues related to SP, even though insurances are at times more sticky and time-consuming to deal with.

Should you wish to give up the way you handle your record-keeping now (I know, it's hard!) **please contact me so I can get you a juicy discount with SP, and I get one too!**

1. **LAST PASS** In my humble opinion(IMHO), THIS is a must have! Have you ever spent even a minute looking at a "sign-in" or "log-in" screen, wringing your sweaty hands in agony because you can't remember your username(UN) or password(PW)? If you are spending any time on your computer, you soon discover that you will need usernames and passwords to get to things you want and need. We are all pirates and we have to bury our treasure so others won't find and take it, right? (I'm hanging around my grandkids too much.) What a TIME-SAVER this is. In addition, once you master a few skills, you can have different usernames and different strong, secure passwords for each site, that are "remembered" and then filled in when you go to that site with just a few simple clicks. For us older folks...you can create a connection with a trusted other (TO) who has access to this site, in the event of your incapacitation or death. This allows your TO to handle affairs seamlessly on your behalf.

2. **KEEP** This is an app on your phone. When I hear a piece of music I like, or when I want to take pictures of dishwashers I'm shopping for at Home Depot, or when I need to add to my

grocery list, or when someone gives me a name and phone number I don't want to set up in my contact list, when I hear the name of a movie to add to my Watch list...I tap the Keep Icon on my android mobile device and quickly drop it in. This way I always have "pencil and paper" ready at hand, and I don't (well, okay, I try not to) have the clutter of endless scraps of paper lying about. Another helpful feature is that I can easily share an entry with someone else, e.g. a "to do" list with a board member, and we can both add or modify. Every now and then, you have to "un-keep", something I do when I'm waiting at the dentist office (Yuck!) Oh, but then I start taking pictures of recipes from the Good Housekeeping in the reception area...

3. **HEADSPACE** Now, when all of this gets overwhelming, and my brain is threatening to spiral into complete meltdown, I need quiet. In fact, I am using this app frequently to guide my meditation practice. I decided to splurge on the premium version (\$4.95 a month) when a 40% annual discount was recently offered. I love the soothing lilt of the male and female guides (not computer-generated voices, thank goodness!) as well as the playful animation throughout the app. I checked "yes" to daily mindful moment reminders – ticklers to keep me grounded.

Until next time,  
Doreen Van Leeuwen, LMFT

*Doreen Van Leeuwen, LMFT, RECAMFT President, specializes in Imago Relationship Therapy for couples, critical incident debriefing and disaster mental health, and mind-body medicine. She offers virtual visits at doxy.me or in office at 1330 N Dutton AV, Santa Rosa.*

**JOIN US FOR LUNCH AT OUR MEETINGS!!**



## **RECAMFT TEAM CIRCLE**

### **BOARD OF DIRECTORS**

**President:** Doreen Van Leeuwen 951-347-1837

**President Elect:** Tara D’Orazio 707-992-5008

**Past President:** Erica Thomas 206-8698

**Secretary:** Laura Strom 889-9168

**CFO:** Kira Kayler 415-497-8780

### **DIRECTORS-AT-LARGE**

**Director-at-Large:** Annette Seibel 537-3090

**Director-at-Large:** Reyna Seminara 523-9192

**Director-at-Large:**

### **COMMITTEE CHAIRS AND MEMBERS**

**CEU Co-Chairs:** JoAnn Consiglieri

Deborah Haarstad

**Community Outreach:** Debra Melmon

**Conference Co-Chairs & D.A.L.s:** Annette Seibel 537-3090 & Kristin Mills 527-6168

**Crisis Response & D.A.L.:** Gail Van Buuren 494-4198

**Ethics:** L. Reyna Seminara 523-9192

**Hospitality Chair:** Linda Collette

Susan Hartz, Judith Peletz

**Membership:** Tara D’Orazio 707-992-5008

**Newsletter Editor:** Gail Van Buuren 494-4198

**Pre-licensed Chair:** Ally Shamseldin

**Programs:** Patrick Armstrong, Chair 707-483-9061

Michael Krikorian 707- 579-0838

Angela Agenlian-Neuert 707-206-6422

**Therapy Group Inserts:** Renee Owen 415-453-8117

**Website and Technology:** Laura Strom 707-889-9168

## **RECAMFT POSITIONS OPEN AND WAITING FOR YOU**

**President Elect**

**CFO/Treasurer**

**Director At Large (to replace Elaine Gayler)**

**Director At Large (to replace Annette Seibel)**

**Conference Chair and committee members**

**Membership Chair and committee members**

**Hospitality Chair and another member or two**

**Newsletter Editor ?**

**Two members for the Programs Committee**

**Sponsorship Chair**

## *What You Missed* *By Michael Krikorian*

Today we had an interesting presentation by Dan Neuharth, Ph.D., on “Working Effectively with Adults Raised in Narcissistic Families.” Dan told of how dealing with growing up in a family with a narcissistic father led him to dive deeply into identifying and understanding the struggles of those who grow up in narcissistic families. Dan has written 2 books related to the subject including If You Had Controlling Parents: How to Make Peace with Your Past and Take Your Place in the World.



Dan shared how people growing up with a narcissistic parent can feel like they were a “prisoner” or an “alien” in their families, or just “wrong.” The love they got was conditional, came and went and had to be “earned.” They can have internalized the critical parent and now have a very active critical voice in themselves and feel little compassion for themselves. They can fear that they will be used by others or sold out for the other person’s self-interest. They can feel “small” in the world and underestimate their own power.

Dan explained how the narcissistic parent has a constantly deflating sense of self-worth that needs refilling all the time by being seen as right, superior, most important and most loved (or, conversely, most martyred). When those around the narcissist don’t act in ways that support that view (or, as children, they reflect poorly on them), the narcissist lashes out to demean the other or withdraws all of the love. Because of the weak self-worth, deep down the narcissist feels he/she cannot afford to admit they did anything wrong or ever apologize. Instead, they blame or withdraw.

Dan identified 7 key tasks of therapy with the child of a narcissist: 1) Name the problem and validate their experience (“My parents raised me with narcissism. It

wasn't normal or healthy."), 2) Make sense of the parental behavior ("They didn't do it because I was bad or deserved it."), 3) Make connections between the client's past situation and present behavior, 4) Identify internalized parent/inner critic and externalize it so client can recognize it for what it is, 5) Help client integrate split-offs and redefine self ("I can now use my voice and speak my truth."), 6) Help client emotionally leave home ("I can do and be now what I couldn't do or be then."), 7) Attend to issues in current relationships with parents ("They are responsible for their actions; I am not. I am responsible for my life now; they are not.")

Dan talked about helping clients go through the grief of realizing their needs were not met in growing up. He tries to help them realize that they are no longer "small" like they were as a child in the presence of an overpowering parent, and that they now do have power as a person.



When the client has parents still in their life, Dan informs the client that they still will get triggered back into childhood roles when interacting with the parent, but that they can grow in awareness of how that happens and see how they play that role out in the world. He asks them to weigh the price they pay to still interact with their parents in order to decide how much contact they want to have.

Thank you, Dan, for an interesting and enlightening presentation. During your talk, many attendees shared their own stories of growing up with a narcissistic parent, so you certainly touched on a relevant topic. Dan can be reached at his practice in Greenbrae, CA. His website in [www.DrDanMFTCounseling.com](http://www.DrDanMFTCounseling.com) and his telephone number is 415-925-9110.

*Michael Krikorian, MFT brings over 40 years experience to his practice in Santa Rosa, He sees individual adults and couples. For more information, go to [www.krikorianmft.com](http://www.krikorianmft.com)*

## Considering a residential treatment or outdoor program?

**C**ollaborating 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](http://www.casanovatoral.com)






Collaborative Council  
of the Redwood Empire

DIVORCE: A Problem to Solve

Not a War to Win



COLLABORATIVE PRACTICE --  
Resolving Disputes Respectfully



An informational workshop for those  
facing divorce or separation.

Pre-register to receive a \$10 discount:  
[www.DivorceOptions.EventBrite.com](http://www.DivorceOptions.EventBrite.com)

QUESTIONS?  
(707) 523-0570  
[DivorceOptions@hotmail.com](mailto:DivorceOptions@hotmail.com)

Contact a Professional at: [www.CollaborativeCouncil.org](http://www.CollaborativeCouncil.org)

## JOIN RECAMFTS 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.*

## 2020 LAW & ETHICS

Presented by:

**David Jensen, JD**

**Friday, Jan. 31, 2020, 8:30 am - 4:30 pm**  
**Furth Center, Windsor, CA - [map](#)**  
**6 CEs for LMFTs, LPCCs, LCSWs & LEPs**  
**Lunch/snacks included!**

*Those who have attended **David Jensen's**  
workshops in past years have been unanimous in  
praise of his thoroughness in exploring our complex  
legal and ethical considerations, while entertaining us  
with his humor and anecdotal material.*

# paradigm TREATMENT CENTERS



Providing Innovative, Evidence Based Residential  
Treatment for Adolescents and their Families.

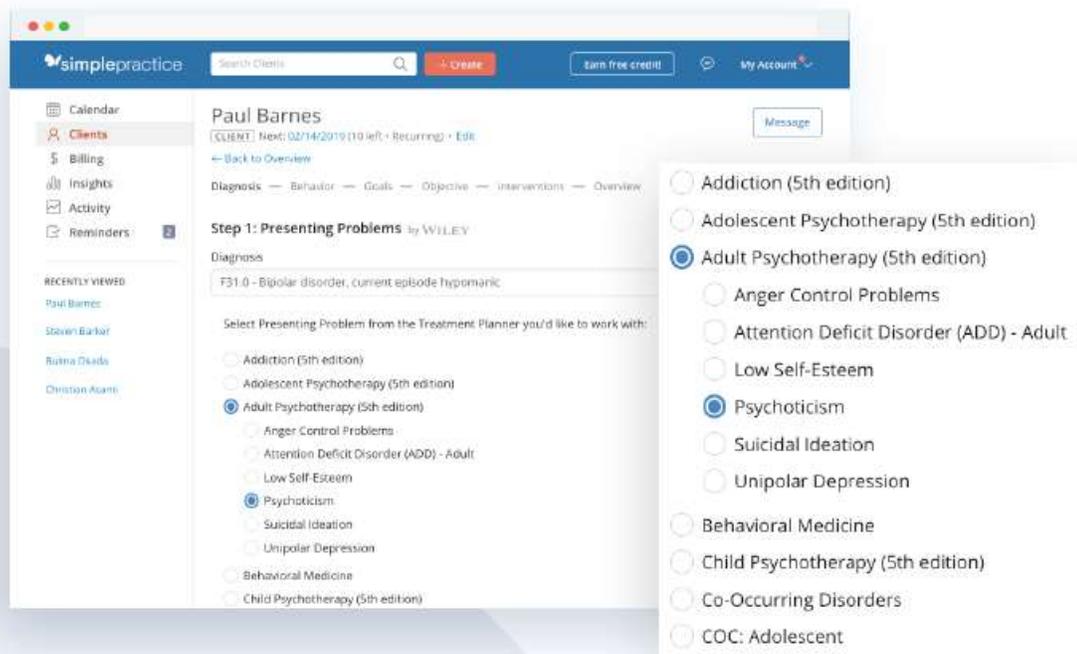
855.780.8336

[WWW.PARADIGMTREATMENTCENTERS.ORG](http://WWW.PARADIGMTREATMENTCENTERS.ORG)

WILEY FREE TILL 2020!

# simplepractice + WILEY

Quickly and easily build **evidence-based treatment plans** with Wiley\*, straight from your SimplePractice account.



**3 months for the price of 1!\*\***

\*Wiley is free until January 1, 2020, then it's \$15 per clinician per month.  
\*\*Offer for new customers only. Sign up for a free 30-day trial, upgrade to a paid account, and get the third month of SimplePractice free.

Get started at:

<http://ter.li/recamft>



## CAMFT Exclusively Endorsed Malpractice Insurance Provider



### Why CPH & Associates?

- Online application with discounts available
- Customer portal with 24/7 access to your policy documents
- \$35,000 State Licensing Board defense coverage included (options to increase)
- Avoiding Liability Resources: 2 free hours of legal consultation (per policy year) for situations that may result in a malpractice claim
- Exceptional Customer Service: Live representative answers the phone within 2 rings
- Optional Coverages: Cyber Liability, General Liability and Business Personal Property Coverage

Get an Instant Quote & Apply Online at  
[www.cphins.com](http://www.cphins.com)

711 S. Dearborn St., Suite 205  
Chicago, IL 60605  
[info@cphins.com](mailto:info@cphins.com) | 800-675-1911

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](mailto:therapy@recamft.org) Web: [www.recamft.org](http://www.recamft.org)

RETURN SERVICE  
REQUESTED

OCTOBER 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) - 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)

**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**

Erica Thomas	2018
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