

Empowering relationships...

APRIL 2019



The Redwood Empire Therapist

OUR APRIL MEETING

Effective Treatment for Sex Addicts and Their Partners

Tim Stein, LMFT & Jeanne Vattuone, LCSW

What is the difference between fun, adventurous sex and compulsive, addictive sex? Current research is giving us more information to answer this question. Tim Stein and Jeanne Vattuone, both Certified Sex Addiction Therapists and Certified Clinical Partner Specialists, will discuss what current research suggests regarding sex addiction and behavioral patterns,



neurological changes, and the potential traumatic impact on partners.

Timothy D. Stein, MFT, CSAT-S, CCPS: Licensed as a Marriage and Family Therapist since 1999, Tim Stein has worked in a variety of clinical settings. Having found his professional passion, treating sex addiction, he became a Certified Sex Addiction Therapist Supervisor (CSAT-S) and a Certified Partner Specialist. Tim is also trained in Post Induction Therapy, Trauma Resource Modeling and EMDR.



Tim is dedicated to helping people recover from sex addiction and provides information via presentations, interviews, and blogs. When not providing hope, healing, and guidance around sex addiction, Tim can be found playing the bass in a local rock and blues band. While he is a key member of The And's musical backbone, by popular demand, Tim is not given a microphone.

April 5, 2019 - RECAMFT Meeting

10:30 – 11:00 social & sign in

11:30 – 1:00 meeting

Effective Treatment for Sex Addicts and Their Partners

Tim Stein, LMFT & Jeanne Vattuone, LCSW

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May 3, 2019

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Wally Phillips, LMFT**

June 7, 2019

**Accessing Resources, Integrating Role Play into Your Work
Silvia Israel, LMFT**

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Jeanne Vattuone, LCSW, CSAT-S, CCPS-S: Jeanne Vattuone, a LCSW since 1998, has helped those affected by traumatic experiences for twenty-plus years. She has worked in school systems, child protective services, private foster care, crisis response to natural disasters, and private practice focusing on trauma and addiction. Jeanne is certified as a Certified Sex Addiction Therapist Supervisor (CSAT-S), a Certified Clinical Partner Specialist Supervisor (CCPS-S). Jeanne is also trained in EMDR. Jeanne embraces the trauma model for her work with partners as well as addicts, and often speaks in the community about sex addiction and the trauma model.



Jeanne is passionate about her work as well as her own family. In addition, she enjoys organic gardening, fostering animals with the Humane Society of Sonoma County, and hiking through the beautiful hills of Sonoma County.



In 2012, Tim and Jeanne founded [Willow Tree Counseling](#), an out-patient treatment program for sex addicts, their partners, and families in Santa Rosa, California. Willow Tree Counseling provides treatment through individual, group, family, and couples therapy, as well as educational seminars and therapeutic workshops.

*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. Deadline 4/28

President’s Message
Doreen Van Leeuwen, LMFT



“...the most important variable in an emergency is your own behavior.”

-New York Times

Although I am not by nature a prophet, my belief system assures me that from time to time it’s not only appropriate, but mandatory to take on the stance of The Oracle. Here’s my warning: “There’s more where that came from!”

I’m talking “disaster”, either natural or man-made. We may feel tired, overwhelmed, frustrated, angry, or *all of*

the above by the relentless CHAOS inserted into our lives or those we love.

But I know for sure that we are in for more. The barely receding flood waters prove that it is *already* here again. In her prescient book **THE UNTHINKABLE: Who Survives When Disaster Strikes-And Why**, Amanda Ripley drives home this point (in my words), **you and the people immediately surrounding you are your best first responders!**

NPR’s Book Tour calls her book, “The thinking person’s manual for getting out alive” for good reason: from interviews with scores of disaster survivors, Ripley distills out the lessons these people are eager to pass on to the

rest of us, if we are only willing to listen, and more importantly, act now.

How about this attention getting headline: **“Your hero come the next disaster? Most likely, it’s you.”** Chris Smith, columnist for the Press Democrat, in his January 13, 2019 article (The North Coast, pg A3) summarizes the key take-aways from a recent panel discussion on how we can better prepared:

1. Know what the alert systems are and sign up for them: Nixle and SoCoAlert.
2. Keep your cell phone on and nearby at night.
3. Alert others as quickly as possible about an impending disruption.
4. Think ahead about who is most in need of alerts and assistance.
5. Take the alerts seriously: if you get an evacuation order, get out.
6. Pack your go-bag or box (remember food/water/leash for pets). Put it near the door you are most likely to exit.
7. Upload important documents onto a flash drive. Consider storing irreplaceable ones in a safe deposit box. Same with photos.
8. Prepare your personal estate plan and AVE
9. Have a plan with family members about where to meet, and an out of state phone contact you all know about.

Smith closes his article with these words: “Although our state and local government agencies are working to better protect [us] during the next disaster, the overall message couldn’t be clearer...

“Please, please, prepare to protect yourself.”

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.



DOREEN REETING NEW MEMBER, BARRY BASTIAN

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A Letter from Charles Asher, LMFT, Jungian Analyst

Dear colleagues,

I'm perhaps too sensitive to ideas, perhaps highly sensitive, to sharing my ideas in public. So, I thought I'd write you a few lines about our fine February presentation by Ivy Griffin, LMFT "Working with the Highly Sensitive Person in Psychotherapy."

How might a depth approach, particularly a Jungian approach, understand the experience of a person identifying as having this personality trait? There's no questioning or dismissing of this experience for many. Our experience is beyond questioning and yet the interpretation of experience may raise questions.



I might, first of all, explore what it means to be "sensitive." Etymology is the unconscious side of language. I'd discover the word "sensitive" is related to sensation, to sensuous, to the sensate, to the senses. This, of course, introduces the bias of the culture's extraverted valuing of the external sensate experience.

Our senses are one way we perceive the world, one perceptual function in Jung's typology. I'd be cautious about overvaluing this function since what is most obvious to us, our five senses, is not necessarily what's most important.

Another perceptual function is intuition. Jung defines this as perception by way of the unconscious. This way of grasping both the inner and outer world seems to have the particular characteristic of being right on or way off. Nevertheless, many people seem open to the influence of the unconscious defined as the unknown as it immediately affects us. We grasp the unknown through images in dreams, strong emotional reactions, day dreams, and various inner and outer disturbances.

We are affected constantly by these unknown factors that lie on the margins of our awareness and may be more important than what lies obviously before us. We are sensitive to these influences. That is, we are affected by the relatively unknown at times on a continuum of "for better and for worse." To be "sensitive" is to be affected in varying degrees.

What determines how much we are affected, how "sensitive" we are? Putting aside the innate versus developmental argument, I would say that the answer is found in valuing the highly individualized person, the HIP.

Each person mediates the influence of both inner and outer reality in different ways. Jung identified the basic pattern of the persona as being the "social archetype", how we relate to the outer world. Persona, from the masks work in earlier Greek dramas, is the role we assume with others. We say, "I'm an LMFT, or social worker, or analyst." I assume these roles in various settings and protect my personal subjective self in doing so since I chose to save my personal life for other situations.

Approaching each person as highly individualized through a depth understanding, reveals that some people have not developed a sufficient persona to appropriately protect themselves. This is revealed in dreams where they are naked in public places, or their skin is too thin, wearing their heart on their sleeve, where clothing is not appropriate for an occasion. In short, they are "sun burned." These dreams suggest their ego is too porous to the unconscious. Therapy involves helping that person develop a persona that protects their inner, subjective experiences from intrusive outside expectations.

Others may identify so much with their personas that there is a certain rigidity and brittleness to the ego that allows the unconscious to easily erupt quite unexpectedly. In therapy, the work will involve helping them dis-identity from their various public roles in order to become more resilient and adaptable to varying social situations, putting on psychological sun screen!

As the persona is developed, beginning with each person's individual situation, how much a person is affected by both inner and outer reality may be moderated by the ego that allows itself to be creatively influenced yet not overwhelmed, related to others and yet not emotionally intruded upon by social expectations.

HIP, the highly individualized person's, work starts with their particular capacity to mediate inner and outer reality with firm and yet fluid boundaries between the conscious and unconscious enabling them to better regulate their sensitivity, their degree of being affected.


Being HIP, a highly individualized person, who is attentive to one's own and other's unconscious imagery

around persona issues enables us to approach the HSP, the highly sensitive person, with understanding for the particularity of how and why they are being affected by inner and outer influences.

Kind regards,

Charles

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What You Missed *By Doug Silberstein*

At the March 2019 RECAMFT meeting, Joe Petzel, LMFT, gave a moving and helpful presentation on understanding and working with men. Joe's main messages were that men have difficulty moving inward and this difficulty results in many serious problems for men and for society in general. Joe articulated how we as therapists can help men better connect with and adaptively express their emotions.

Joe emphasized that males are born with their emotional life intact, with their emotions intrinsically "pre-packaged" (with the exceptions of guilt and shame, which are taught). It is through the combination of genetics and environmental influence that males develop what Joe refers to as an "outward focus". This outward focus keeps men predisposed to being

aggressive, competitive, avoidant of vulnerability necessary for direct intimacy and focused on hierarchy and status. Joe detailed factors from the perspective of evolutionary biology that help explain why men tend to focus outward. He also discussed cultural forces - including gender rules - that reinforce and perpetuate this outward focus. Perhaps most significantly, this outward focus means a dampening of and disconnection from emotions.

Disconnection from feelings leaves men at great risk for depression, anxiety, rage and interpersonal distress. And it makes the world a violent, volatile place. Joe believes that helping men turn inward will help transform the world.

Clinically, this means helping men in what Joe calls, "Emotional Reclamation". Joe detailed concrete ways

to help men increase "emotional access", including educating men about the components of healthy emotional and relational life, increasing understanding about conditioning and belief systems that interfere with healthy social-emotional functioning and increasing capacities for identifying feelings in the body. Joe also emphasized the importance of increasing emotional vocabulary, helping men get clear on their most and least preferred emotions and cultivating healthy expression of emotions.

Joe believes that with increased emotional access, men will be more loving, empathetic, sensitive and cooperative. And they will be more connected to their own truths, rather than being so susceptible to following the dictates of others and so imprisoned by the myths of masculinity. Fears of feeling and appearing scared and vulnerable can be overcome with peer and therapeutic support. In fact, Joe's experience is that men are longing to reclaim their emotional life and are inspired by the courage of men who do just that.

As therapists, we can help men balance outward focus with emotional access, thereby playing a role in healing the individual men we work with and transforming the world.



Joe Petzel, is a retired LMFT, having spent 32 years in private practice. He was Clinical Director of Family Service Agency, founded a DV treatment program, created and taught a CE class on DV treatment and taught at Sonoma State University and JFK University in the Masters of Psychology program. He is currently enjoying his retirement in Sebastopol.



MICHAEL KRİKORIAN IN DISCUSSION WITH JOE AFTER THE MEETING

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 dougsilbersteinmft.com.

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Moment of Healing

By Joyce Higgins

I want to share with you a personal experience which proves to me that deep healing can take place long after a spontaneous moment of shared truth. In fact, this event happened eleven years later and was triggered by another person's moment of honesty shared.

This original event took place at a conference in 2008 put on for LMFTs by the young clients of Positive Images with the assistance of Leslie Hansen, LMFT, Delynn Rogers of Parents and Friends of Lesbians and Gays (PFLAG) and Colin Clois, Activist. On the second day of that conference held here in Sonoma County, a film was shown that reinforced a main teaching point. That is, in regard to sexual orientation, we are all on a broad and varied continuum from heterosexual to LGBTQ and beyond and that where we identify ourselves on that continuum is an important part of who we are, coming from our personal experience of ourselves. Because, as they said, our sexual identity comes from "not between our legs, but between our ears." It's how we feel and know ourselves to be.

At the end of this film, a therapist stood up and, in tears, said she is a lesbian woman, and she feels so badly now because of how she treated other women who may have identified themselves as bisexual or other because she did not understand until now. I was surprised and in awe of her honest, personal sharing to a group, many of whom she did not know personally. I respected her greatly.

Very recently, I laid down at home to rest. I suddenly remembered that scene eleven years ago. And, all at once tears began rolling down my cheeks, and I sobbed deeply as I now pictured myself at that moment of her sharing, rising out of my chair and walking toward her with my arms outstretched, saying "I am bisexual, and it has often been easier sharing my sexual orientation with heterosexual women. Thank you so much for saying this!"

And, as I imagined myself hugging her closely, I cried so deeply, this recent day, expressing the aloneness I felt in those moments of being regarded as a "fence-sitter," because I supposedly couldn't be honest and say who I really was.* But, in this moment, I realized I was actually expressing from my gut my deeper hurt not being

respected for who I was, generally as a person, by my parents.

This was a further healing moment, eleven years after a few seconds of honest, spontaneous sharing by this unknown therapist. I wish I could thank her now.

As we know, we each have prejudices, no matter how we identify sexually, precisely because we are all human. The important thing is to bring them up into the light, so that we can further grow in wholeness. And, that's what this conference was about—helping us as LMFTs to do that and also to let us know of the great need for LGBTQ+ people to have safe and informed professionals to go to for medical help, counseling and therapy when needed.

I thank the young people of Positive Images for providing this valuable learning opportunity and for helping me to see where my own prejudices lie. I understand from speaking with Leslie Hansen recently that the majority of youth at Positive Images now identify as "Gender Non-Conforming" and are still doing educational panels in the community.

My main message to you is that healing can happen years later from an honest sharing. May we all strive for more courage and honesty in our lives.

Joyce-Higgins@comcast .net
RECAMFT Member Emeritus

*Note: I believe the LGBTQ+ community is more united now than in earlier times.

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RECAMFT President, Doreen Van Leeuwen to Accept Top CAMFT Member Award

It was just announced that CAMFT has given the 2019 Mary Riemersma Distinguished Clinical Member Award to our President, Doreen Van Leeuwen. This award is given to one CAMFT member who has given outstanding service to enhance marriage and family therapists and the California Association of Marriage and Family Therapists. Laura Strom nominated her with the following description:

As the Chair of RECAMFT's Disaster Response Committee, when the Tubbs Fire hit Santa Rosa in October 2017, Doreen Van Leeuwen stepped up quickly. On October 19, 2017, RECAMFT offered a free training for the community led by Doreen entitled "Brief disaster response training for helping professionals." RECAMFT filmed her presentation and uploaded it onto their website for anyone to view. The training was given a second time. Between both events, over 150 therapists and other professionals received Doreen's training.

Doreen ran for RECAMFT President Elect position which began on 1/1/2018. In 2019 she will be RECAMFT's President. We feel very fortunate to have her, as she was a former President of Inland Empire CAMFT. Her interest in disaster and critical incidents has served us well, as she has been interviewed by the local newspaper on numerous occasions as an expert. Our newspaper, The Press Democrat, wound up receiving a Pulitzer Prize for its reporting on the NorCal fires. They have done many articles on the mental health effects of wildfire disasters, and Doreen is quoted heavily as an MFT expert, making all of us look good. She also spoke at a local radio station on the topic of recovery from wildfire disaster.

Starting in December 2017, Doreen spear-headed weekly grief groups for the public to attend. She and Laura Strom, together, represented RECAMFT at a fund-raising effort started by RECAMFT. Eventually, many other groups joined, along with a professional fund-raiser, Healthcare Foundation. Doreen and Laura helped shape the response by the mental health community to the disaster of the October 2017 fires. This included training over 300 mental health workers in Skills for Psychological Recovery. LMFTs who attended have been given the opportunity to both speak to groups, treat fire survivors, and be paid, thanks to fund raising efforts which have

thus far raised over \$1.3 million dollars to provide services for our hurting community. Furthermore, the Wildfire Mental Health Collaborative (WMHC), as our group came to be known, has created a website called MySonomaStrong.com and public service announcements to encourage people to check it out. The website helps people assess their symptoms to see if they might benefit from professional help, and is available in English and Spanish. It sends those who need services to the NAMI Warmline (another agency which is part of WMHC.)



Both Stanford and the Palo Alto VA are collaborating with WMHC to provide research about our response to this disaster which might hopefully help other communities in the future. WMHC has paid for over 57 yoga instructors to be trained in trauma-informed yoga by another RECAMFT member, Hannah Caratti, an idea which Doreen and Laura helped birth. One other offering was Japanese Shinrin Yoku, or forest-bathing, also led by a RECAMFT member. Doreen has played a vital and critical role in Sonoma County's fire recovery efforts and made LMFTs look fantastic while doing it. Her deep caring and interest in disaster and critical incident response, along with being an active RECAMFT member came at just the right time for the Santa Rosa community. She is a generous, loving person, who has given her all in the horrific disaster I am proud of her efforts and she IS a distinguished clinical CAMFT member.

The award will be presented to Doreen on April 27 at the CAMFT Annual Meeting in Burlingame

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