

Empowering relationships...

JUNE 2019



The Redwood Empire Therapist

OUR JUNE MEETING

Accessing Resources, Integrating Role Play into Your Work Sylvia Israel, LMFT



Incorporating experiential methods drawn from Psychodrama into individual or group psychotherapy can enliven and inspire both client and therapist. After a brief talk on the history and theory of Psychodrama, we will move into experiential warm-ups that can be adapted to your work. We will then practice how to safely help clients access resources (interpersonal, intra-psychic and spiritual) through the embodiment of a role. The session will include a short Psychodrama.

What is Psychodrama? Psychodrama is a holistic experiential method of exploring a person's internal and external worlds. The goal of psychodrama is to release the creativity and spontaneity of each individual, allowing them to clarify and gain new perspectives in relationships and problems. As clients move from "talking about" into action, opportunities arise to develop inner resources, heal the past, clarify the present and have hopes and dreams for the future.

Psychodrama is used all over the world in clinics, substance abuse and trauma recovery programs, hospitals, schools, legal offices, community agencies, police departments and industry. It can be used with groups, individuals and couples and provides a creative approach to human growth.

Sylvia Israel, LMFT (MFC #31245), TEP, RDT/BCT, Board Certified Trainer, Educator and Practitioner of Psychodrama and

Registered Drama Therapist/Board Certified Trainer, teaches at CA Institute of Integral Studies (CIIS) and Kansas State University. Sylvia is co-founder of [Bay Area Moreno Institute](#), [IMAGINE! Center for Creativity & Healing](#) and Bay Area Playback Theatre. She is also a Certified Trainer in the Therapeutic Spiral Model of working with trauma and a national (including Spirit Rock Meditation Center) and international presenter. Sylvia enjoys supporting clients in awakening to

June 7, 2019 - RECAMFT Meeting

10:30 – 11:00 social & sign in

11:30 – 1:00 meeting

Please join us during the social portion of the meeting to thank Bob Casanova for his service to CAMFT and RECAMFT.

Accessing Resources, Integrating Role Play into Your Work Sylvia Israel, 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.

2019-2020 Presenters will be announced on the Website when the Programs Committee completes reviews

**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)

their spontaneity and creativity and living more fully in the present moment. Her work blends verbal and somatic therapy with drama, sandtray and other expressive arts.

What Else is in Here This Month? Check It Out

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President's Message

Doreen Van Leeuwen, LMFT



Who are you remembering this Memorial Day*?

I wanted to know a bit more about the history of Memorial Day in the United States, and learned that its evolution is so controversial that it constitutes an area of research. Who knew?

While the practice of decorating soldiers' graves with flowers is an ancient custom, here are a few tidbits from Wikipedia about the evolution of our holiday in particular:

In the South:

1. On June 3, 1861, Warrenton, Virginia was the location of the first Civil War soldier's grave ever to be decorated, according to a Richmond *Times-Dispatch* newspaper article in 1906.
2. In 1862, women in Savannah, Georgia decorated Confederate soldiers' graves according to the Savannah Republican.
3. In 1863 a cemetery dedication at Gettysburg, Pennsylvania included a ceremony of commemoration at the graves of fallen troops.
4. On May 1, 1965, in Charleston, South Carolina, recently freed African-Americans held a parade of 10,000 people to honor 257 dead Union Soldiers, whose remains they had reburied from a mass grave in a Confederate prison camp.

In the North:

1. On May 5, 1868, Decoration Day was established by General J. A. Logan of the Grand Army of the Republic to honor fallen Union soldiers, when he issued a proclamation to be observed annually and statewide. As commander-in-chief, he thus adopted the Memorial Day practice begun three years earlier in the Southern states.

All of us in RECAMFT are personally impacted in one way or another by the mere presence of the Armed Forces in our lives, whether in the USA or in another country. My dad served as a lieutenant in the Royal Dutch Air Force after WWII, before his marriage to mom in 1951. I'd venture a guess that most all of us have family who have served. Some of you currently serve in some branch of the US National Guard or US Reserve. Quite a number of you are veterans. I think it safe to say that each of us personally knows someone who died in service to their country.

In 2019, Memorial Day falls on May 27, 2019. More than just another day off, it's a day we are called to remember and honor soldiers everywhere, *especially those who died on our behalf.*

Secondly, we get a close brush with the traumatic realities of war and combat in our work with veterans and their families, so **the majority of us in RECAMFT** are impacted as professionals. This population can prove difficult and dangerous to work with, because many of our nation's veterans and military service members are susceptible to suicide and substance abuse, according to an article dated **September 8, 2016 on the CAMFT**

website, where it's reported that 18-22 veterans die by suicide each day.

I challenge you to think about one thing you can do differently this coming year to become even more mindful about all those who put their lives on the line for us. I believe that part of our "remembering" is to help restore those brothers and sisters scarred by their time in the armed forces.

A tremendous resource to assist your work with military personnel is available at <https://psycharmor.org/>. PsychArmor Institute is a national nonprofit that provides Online Education and support to all Americans who work with, Live with or care for Military Service Members, Veterans and their families. Sonya Norman, Ph.D, Director, is a leading expert in the treatment of posttraumatic stress disorder (PTSD) and related problems among Veterans. (She earned her doctoral in Counseling Psychology at Stanford University.)

Finally, as Memorial Day creeps closer, re-evaluate your priorities, honor the dead, and take a little time to wander over to the PsychArmor to fine tune your abilities to serve this important, yet underserved community.

* **Memorial Day** (or **Decoration Day**) is a federal holiday in the United States for remembering and honoring persons who have died while serving in the United States Armed Forces.

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.



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SAVE THE DATE! 9/27

**Mandated Suicide Prevention
Workshop**

With respected author and presenter

Benjamin Caldwell, PsyD, LMFT

Friday, Sept 27th

Lunch/snacks included

Furth Center, Windsor

6 newly required CEs

What You Missed *By Barbara Young*

This month, Wally Phillips presented an introduction to the Hakomi Method. Hakomi is a Hopi word for where I stand in relation to all these realms, internal and external. It was developed by Ron Kurtz, in the Bay Area, and there is an Hakomi Institute in San Francisco. The presenter, Wally, formerly an engineer and now an MFT, received his license in 2008. Prior to entering grad school, he immersed himself into the Hakomi world in 1998, after seeing and experiencing the power of body-oriented therapy.



WALLY VISITING WITH FRIEND, BARBARA NUCKOLS

Wally began the presentation with a meditation, because this method is based in mindfulness. He explained that Hakomi trusts the wisdom of the body, and is about open awareness. As the room came back to present awareness after the meditation, Wally encouraged people to allow the world come to them rather than reaching immediately back out to sensory awareness.

Wally shared his own background and connection with Hakomi. Studying this work allowed him to rediscover his own connection with his body and the wisdom that resides there. He explained that therapeutically with Hakomi, resistance tracked in the body and when it is supported, it doesn't have to protect anymore, so clinicians can help clients access their unconscious material.

The principles of Hakomi are:

- organicity--the body knows how to move toward wholeness;
- unity--we effect each other, and we are both in this together;

- mind-body holism--thoughts effect feelings and feelings effect thoughts;
- mindfulness--staying present with what is happening within ourselves as well as our clients; and
- non-violence--when we have an agenda it is violent, the only agenda is to go where the client is going and support.

After the principle discussion, Wally moved participants back into experiential work. He led a five minute meditation with two phrases, "Your hard work is done now you can relax," and "All of you is welcome here." Participants then paired and processed what they noticed happened when these two phrases happened. During the feedback, people noticed how acutely they could hear and how integration happened. In Hakomi, the practitioner works with the material that shows up through meditation as the access point to deeper/unconscious material.

Next, Wally briefly touched on some of the neuroscience behind Hakomi. This method seeks to integrate the nervous system with the brain structures. The so-called Hakomi Bubble is about establishing a safety and trust with the presence of the therapist. The therapist then speaks emotional language rather than trying to apply the logic brain to the right brain. Furthermore, when the therapist is assisting in processing of the past, it's as it relates to the emotional reaction in the present moment. The therapist is encouraged to pay attention to the activation rather the specifics of the story. With trust established, deeper material emerges. The Hakomi method asserts that one cannot override the emotional brain with the thinking brain very successfully, but the body brain can sync will with emotional brain.

How is this done? Basic skills include tracking the client, contacting the client, guiding into general mindfulness, immersing the client into experience, and exploring the client's experience. First there is tracking--looking for small body movements, where the eyes are looking, when and how people are breathing and holding their breath, and any repetitive motions. Also, the therapist should note any changes in voice. For example, a soft voice may indicate a child state or shame. Practitioners are also looking for and tracking inner resources that are showing up and/or awakening in the processing of the client's story. Once a therapist has tracked movements, then Hakomi encourages the use of contact statements with very few and very short words. Adding "huh" at the



end of contact statements offers space for the client to disagree with the assessment. An example is “Sad, huh?” There are several stages, states and flow within a Hakomi session. Stages include ordinary consciousness, accessing, processing--this is where the deeper immersion happens, then there is transformation and integration, and enhanced consciousness at the end of session.

At the end of the presentation, Wally touched on a few advanced skills:

- accessing--access routes to deeper material;
- somatic resourcing--name what feels good, updated, new on a neurological level;
- statements in mindfulness--have a client get quiet and say or have clients say certain statements to allow clients to work on material around the statements;
- taking over--notice when the client is doing something repetitive and take the voice over in an experiments to see what happens;
- working with the child state--take on the role of a magical stranger or the attachment figure that the child never had,
- riding the rapids--helping with the turbulence when the clients are working deeply; and jumping out of the system--getting out of stuck systems.

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When Client's Know More About You Than They "Should."

-Working with Highly Intuitive Clients -

I could see the tears welling up in my client's eyes. "I'm afraid you're going to leave and I won't be able to work with you anymore. I don't know what I'll do without you," he choked out the words slowly, not usually a client who lets himself show emotion.

"We talked about it last week. I am here to help you through this transformation," I said as empathically as possible, while inside I was puzzled. We had talked about extending our original brief contract so that he would have time to make the changes we were working on. He'd seemed trusting and calm. Now he appeared anxious and fearful.



"I know you said you'd be here, and I was believing you, but this weekend, I just started getting scared. It felt like when I was a little boy and my dad left without telling me."

Ah ha!! The realization hit me and I knew what had happened. "I think you picked up on my summer vacation plans. I booked my flight this weekend. I am going to be gone, but only for a few weeks."

I could see the relief wash over his body. "That's it! That feels right." He started smiling and talking about his own wishes for a vacation. Then he paused and asked, "Where are you going?"

I checked in with myself, and telling him about traveling to Uppsala felt right, even though it wasn't that well known a town.

"I was just talking to my brother about that place! He was telling me all about it. You'll have a wonderful time there." Now I could see the little boy in him really smiling and feeling at ease.

"How do you feel now about trusting that I'll be here to help you?" I asked.

"I'm fine. That was it. I'd just picked up on you getting your airline ticket. Thanks for validating that for me. I used to feel so crazy growing up when I'd know things I wasn't supposed to or that other people didn't know. I definitely still need your help in working with what to do with the information I get."

It can be surprising, disconcerting and amazing to witness client's knowing, through non-traditional means, things about us or others. The **first step** in facilitating this type of interaction with a client is believing it. The Institute of Noetic Sciences (www.Noetic.org) has been scientifically studying consciousness and psychic phenomenon for over 40 years. They have thoroughly documented that psychic abilities are real. The **second step** is becoming comfortable with the existence of extrasensory information for yourself. How does it fit with your world view? Your religious/spiritual view? Have you experienced it yourself?

Once you have a sense for yourself about intuitive/psychic information the **third step** is checking with your client. How do they feel about it? What affect has it had in their lives? Did they see or hear things growing up? How did others react and treat them? The **fourth step** is communicating and working with it within the context of the therapeutic relationship.

Sometimes the psychic-knowing can feel like an attack. I tried to set a boundary with a client, who had complex PTSD from severe childhood abuse, who yelled at me, "You don't care about me! You care more for your cat!" My cat was ill that day, but I hadn't said anything to my client about it. In this case validating her psychic awareness did not fit and I focused on helping her see the boundary was actually an office policy not a personal criticism.

The main issue is being aware that this happens and staying centered as a therapist to help our clients explore their own reactions and experiences with being highly intuitive and psychic.

Jan Ögren, MA, LMFT is an international author, workshop leader and licensed psychotherapist. She is blending her thirty-year apprenticeship with Native American teachers with her psychotherapeutic training to develop the field of Psychological Shamanism. Go to www.JanOgren.net for more information on books and workshops.

Beware of Phone Scams

Recently, one of our members fell victim to a phone scam and nearly lost \$3500 to it. The way the scam insisted on payment was to force the purchase of prepaid gift cards and then tell the scammers the serial numbers of the debit cards. In this case the victim was instructed to put \$500 on each of 5 cards. Fortunately, the store where the cards were purchased recognizes that this scam happens and held the card payments for some few days, so when our member reported the scam, the store stopped payment and will reimburse the \$3500. What a relief!

A week passed and I got an AARP publication in the mail with an article about this very type of scam inside titled The Social Security Phone Scam. The scam varies but some things are typical and should trigger your alarms. The first thing you hear is that some law enforcement, Officer So & So, is calling to tell you that you are in violation of something and that there is a warrant against you and asks personal information like your name, address, Social Security number, etc. If you answer any of those questions, he says that he has a file open in front of him and you have been charged with a crime and officers are coming to get you. All this is to get your limbic system into such an uproar that you cannot access your prefrontal cortex, leaving you vulnerable.

He is also likely to bring in another authority figure to validate their claim. They may convince you they are tracking the GPS of your phone, are tracking you that way, and will arrest and book you if you do not carefully follow their instructions to go to the bank and withdraw money and then go to a store, purchase the gift cards and tell them the serial numbers of the cards.

You need to know that **no government agency will ever use the phone to inform you of an issue and would never ask you to withdraw money.** When you get this type of call, **you can be sure you are being scammed. Hang up.** The article ended by saying if you have any questions about a possible scam, you can call the AARP Fraud Watch Network helpline at 877-908-3360.

Be aware that if you even started to fall for a scam like this, your name and number may be passed along to other scammers so be especially on alert.

Gail Van Buuren, Editor

Gail has a private practice in Sebastopol and can be reached at 707-494-4198 gailvbtherapy.com

**Diane Gleim, MFT, CST
Presents**

Female Desire: A Fresh Perspective on an Age Old Question

**DATE: Saturday, August 17, 2019
TIME: 9:30am – 12:30pm PLACE: Santa Rosa**

**For details and how to register:
<https://www.dianegleimmft.com/for-therapists.html>**

Course meets the qualifications for 3 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and LEPs as required by the California Board of Behavioral Sciences.

**Diane Gleim, MFT, CST, License #44429
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ETHICS ROUNDTABLE

The Ethics Roundtable will be meeting on every other month if enough members are interested for each scheduled meeting. Topics come from our clinical practices or are generated by other ethical concerns brought in by one of us. The meetings are informative, stimulating and enjoyable. No ongoing commitment is required.

**Next meeting – Friday, June 21st
10:00am to 11:30 Call Reyna
Seminara to sign up at 523-9192**

ANNUAL RECAMFT FAMILY PICNIC WILL BE IN AUGUST

Our annual picnic will happen again this year at Gail Van Buuren's family compound in Sebastopol around the swimming pool. We have not determined the date yet but plan on it. Details will be emailed to you. We hope you and your families will come.

Below are some pictures from previous picnics. This is a really relaxed and informal RECAMFT event. It is fun to play in the pool and just sit around. It is my plan to get RECAMFT to cater it this year so you won't even have to think about bringing a pot luck dish. Hope to see lots of you there.

Gail





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