



# The Redwood Empire Therapist

## OUR SEPTEMBER MEETING

### **Working Effectively with Clients Raised in Narcissistic Families**

**Dan Neuharth, PhD, LMFT**



Narcissism can be among the most malignant of personality disorders. Parents with narcissism can warp their children’s experience of healthy boundaries, communication, sense of self, and self-care. An estimated 15 million adults in the United States come from narcissistic family systems. Because of the powerful and destructive dynamics of narcissistic family systems, clients from these families tend to seek psychotherapy in high numbers. In addition, among psychotherapists, a disproportionately high number have themselves been raised in narcissistic families.

In this workshop, clinicians will learn various approaches to helping clients raised by narcissistic parents move beyond unhealthy aspects of their family-of-origin legacy. Clinicians will learn tools for helping clients individuate and cope with parents, as well as others who intrude narcissistically. In Braised in narcissistic family systems will gain material and exercises that can aid personal growth as well as professional development.

#### **Learning Objectives - At the presentation the attendees will:**

1. Learn several approaches for helping clients cope with the negative effects of a legacy of having been raised in a narcissistic family system.
2. Learn tools and perspectives to help clients individuate, grieve as needed, move on, and cope with aging parents and others who intrude narcissistically.
3. Learn how to help clients raised by narcissistic parents identify the unhealthy distortions inherent in many narcissists' worldviews and behaviors.

### **September 6, 2019 – RECAMFT Meeting**

**10:30 – 11:00 social & sign in  
11:30 – 1:00 meeting**

#### **Working Effectively with Clients Raised in Narcissistic Families Dan Neuharth, PhD, 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.***

**September 20<sup>th</sup>, 2019**

**Ethics Roundtable – Free case consultation  
Oddfellows Hall Boardroom – 12:00 – 1:30**

**September 27<sup>th</sup>, 2019**

**Suicide Prevention, Assessment, and Intervention  
New Research, New Approaches  
Dr. Benjamin Caldwell, PsyD, LMFT**

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

4. Gain material and exercises to aid both personal growth and professional development for therapists who themselves were raised in narcissistic family systems.



[Dan Neuharth](#), PhD, LMFT is a best-selling author based in Marin County. He specializes in helping people cope with unhealthy narcissism in those close to them. He writes a regular blog on narcissism and has given numerous presentations on the topic to both clinical and consumer audiences. He is the author of [If You Had Controlling Parents: How to Make Peace with Your Past and Take Your Place in the World](#) (HarperCollins Publishers) and [Secrets You Keep From Yourself: How to Stop Sabotaging Your Happiness](#) (St. Martin's Press). He has been featured extensively on national media including Oprah, Good Morning America, and CNN. He has more than 25 years' experience providing individual, couples, and family therapy. He holds a doctorate in clinical psychology and is licensed as a marriage and family therapist in California, Florida, Texas and Virginia. He is the current president of the Marin County chapter of CAMFT.

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

<b>Page 2</b> .....	<b>President's Message</b>	<b>Page 4</b> .....	<b>What You Missed</b>
<b>Page 3</b> .....	<b>RECAMFT Team Circle Info</b>	<b>Page 6</b> .....	<b>Ethics Roundtable Meets</b>
<b>Page 3</b> .....	<b>Register/Suicide Workshop</b>	<b>Page 7</b> .....	<b>Pictures from Pool Party</b>

**President's Message**  
Doreen Van Leeuwen, LMFT



**Are You Ready For The Best  
RECAMFT Year Ever?!?**

We didn't know exactly what to expect. I'd purchased a pair of Broadway Under the Stars tickets for "Chorus Line", and I sure was feeling excited! We were off to a good start with the picnic dinner Laura (Strom) and I chose from the Tri-tip vending Gourmet truck that ushered up a smoky, savory concoction as tasty as it was unique. Then, as performance time neared, we strolled up to the unusual theatre setting. Sunset's pastel palette provided a stunning backdrop for the magnificent oak trees and the winery ruins. Soon, Amy Miller, Artistic Director/CEO strode confidently center stage, and with a million-watt smile challenged the audience, "Are You Ready for The Best Night Ever?"

Soon, we will launch the 2019-2020 season of RECAMFT offerings. Months of planning and prep precede the stellar line-up of events on the calendar. (HUGE Shout Out to Barb Young and the Programs Committee!) Let me

remind you that a small army of RECAMFT volunteers works quietly in the background to deliver this wide assortment of speakers and topics for your educational benefit. Click [www.recamft.org/events](http://www.recamft.org/events) to learn more AND to register! BTW, did you know that if you attended every monthly workshop, the law and ethics conferences, and the suicide prevention conference, you will have all the CEUs you need for your BBS renewal? Have you checked out our extensive video library of past presentations yet?

Unquestionably, those CEUs wouldn't be half as appealing without all the tasty brunches, lunches and afternoon cookies that are thoughtfully prepared by Linda Collett and the Hospitality Crew\*, as well as Annette Seibel and Kristin Mills on Conferences.

And you'd be sorely disappointed if hard-working folks like Deborah Haarstad and JoAnne Consiglieri didn't complete the chore (believe me, it is a chore cross-checking all those registrations and names) so you get your CEUs.

Certainly, without our Audio Committee, Bob Dalzell and various occasional helpers (enabled by Joe Ward our

faithful Administrator) you'd be straining to hear every word that was spoken.

You wouldn't be "in the know" without the painstaking efforts of Gail Van Buuren, who has curated our RECAMFT newsletter for TEN YEARS+, or Laura Strom, Secretary and Technology Chair who spends copious amounts of time keeping our website up-to-date.

How could I NOT be enthusiastic working among such committed and dynamic leaders??? Our chapter is recognized as one of the most desirable, one to emulate.

Want to notch up **YOUR** RECAMFT experience to the Best Ever? Then, consider **my** challenge: **Join** our "chorus line" at the start of this year. Take your place on stage alongside our talented cast of performers. **Discover** what you can't in any other way: that the JOYFUL BENEFITS you reap will far outweigh the cost of the time, talent and treasure you put in! To keep thriving, we need you. The bonus? It's good for you too!

Many volunteers who are contributing to our successful operation are not included in this message. No slight is intended. I am thankful for every single act of volunteerism keeping RECAMFT vital!

\*Susan Hartz, Judith Peltzer, Anita La Follette

*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.*

## **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:** Elaine Sohler Gayler 486-2947

### **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

Doug Silberstein 707-583-2353

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

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

### **STAFF**

**Video Production & Administrative Consultant:**

Joe Ward 707-575-0596

## **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**

## **REGISTER NOW WWW.RECAMFT.ORG**

### **Mandated Suicide Prevention Workshop**

**With respected author and presenter**

**Benjamin Caldwell, PsyD, LMFT**

**Friday, Sept 27<sup>th</sup>**

**Furth Center, Windsor**

**Lunch/snacks included**

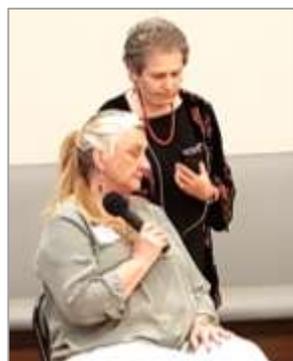
**6 newly required CEs**

# *What You Missed*

## *By Erica Thomas*

At the June 2019 RECAMFT meeting Sylvia Israel, MFT presented on Integrating Role Play into your work. Sylvia describes psychodrama as a way of helping clients to access their resources through creativity. This technique is experiential so it can really help clients move from talking about something on a cognitive level to a fuller experience of the issue. Role play gives the client the opportunity to be the creator in their own scenario which allows for greater perspective and clarity about the situation. Sylvia taught us about Role Theory to help us understand the mechanics of the process.

Sylvia described 3 stages or categories of role development, Role taking, Role Playing, and Role Creating. This is my understanding of those three categories based on Sylvia's descriptions. Role taking is more passive, it's being in a prescribed role in life. Role taking can be imitative and it is often bound by the expectations and rules of the role you take on. Next is Role Playing, which involves a greater degree of choice. We might play a role to try on something new or learn a specific skill. We are aware we are playing a role and there is greater spontaneity and less attachment. Finally, we have Role Creating which involves innovation and the greatest degree of spontaneity and freedom.



Sylvia explained the psychodrama as processing through these three categories in 3 scenes. Role Taking in scene 1, Role Playing in scene 2, and Role Creating in scene 3. Sylvia also described these 3 phases of the psychodrama as the warm up, action, and sharing. Sylvia said that she often uses this technique in groups and our first exercise was done all together so we got to have this group experience. She guided us through a grounding exercise and we made space for an issue to come that wanted to be worked. Once we each had identified what we would work with we were instructed to identify a support figure who could help us with this issue. It could be someone real, imaginary, alive, or dead. Identifying this support person is part of the warm up phase. The Client will then describe the support person who has come to help them.

Then the client/protagonist will choose a scarf or a certain object to represent this support person and the client is going to take on the role of the support person.

Once we had experienced this as a group Sylvia demonstrated for us so we could better understand the therapist role. She demonstrated using reflective listening and helping the client clarify and name whatever comes. She showed how she helps the client identify a support person if they have trouble with this part.

The action phase of the psychodrama is an interview between the therapist and the support person about the client/protagonist and the protagonist's issue. Sylvia provided us with a handout with the questions the therapist would ask during this phase. First Sylvia demonstrated this in front of the room and then we practiced again in pairs.

The third and final stage of the psychodrama is sharing. This is a time when the therapist shares their experience of the role play. Sylvia said this stage is especially important in group work because in a group role play the facilitator is another group member. The sharing phase involves self-disclosure on the part of the therapist. In an individual therapy setting, Sylvia said, you might not share or share less. However, if the psychodrama work involved shame then sharing could be very helpful to the client.

Participants had an opportunity to share with the group their experience of the psychodrama. Some of the comments were that it was more emotional than expected, it took things out of the cognitive and to a whole other emotional level. People noticed how powerful the psychodrama was, and Sylvia agreed. When using this technique, it seems essential that the therapist hold the space in a very conscious way, and be sure to let the role emerge from the client/protagonist.

Sylvia Israel, MFT, RDT/BCT, TEP is a Board Certified Trainer, Educator and Practitioner of Psychodrama and a Registered Drama Therapist/Board Certified Trainer. She teaches at The California Institute of Integral Studies (CIIS) and Kansas State University. Sylvia is the co-founder of Bay Area Moreno Institute, IMAGINE! Center for Creativity & Healing and Bay Area Playback Theatre. She is a national and international presenter and enjoys supporting clients in awakening to their spontaneity and creativity and living more fully in the present moment. For more information about Sylvia's work you can go to either of her websites [www.bayareamorenoinstitute.com](http://www.bayareamorenoinstitute.com) or

[www.imaginecenter.net](http://www.imaginecenter.net) . Sylvia can be reached by email [sylvia@imaginecenter.net](mailto:sylvia@imaginecenter.net)

If you would like to see Sylvia's full presentation you can watch the video on the RECAMFT website and download the handouts.

*Erica Thomas, LMFT is in Private Practice in Rohnert Park and Lafayette. She focuses on working with teenagers and families. She especially enjoys helping teens manage anxiety and learning how to thrive during the often, stressful High School years. She uses a family approach and integrates parent coaching as needed.*

## 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!**

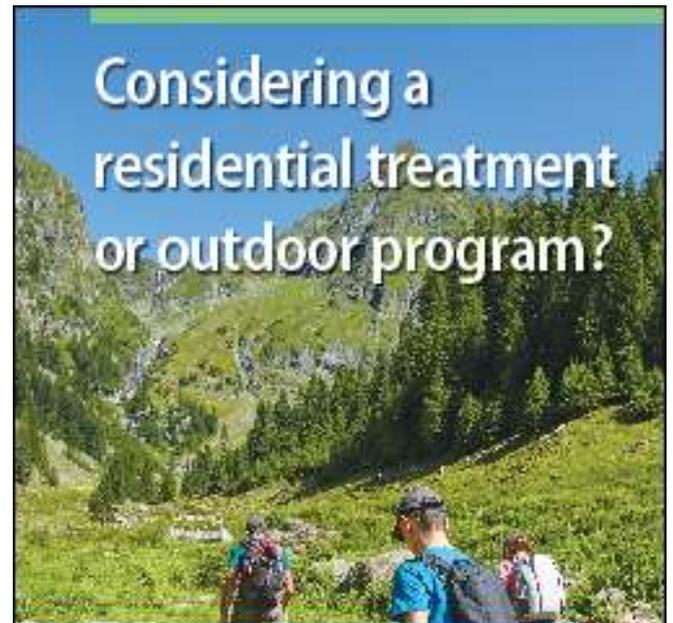
*Those who have attended David Jensen's workshops in past years have been unanimous in praise of his thoroughness in exploring our complex legal and ethical considerations, while entertaining us with his humor and anecdotal material.*

## 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.*



## 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)



★ **Congratulations to Laura Strom!!** ★  
 She graduated from California Southern University with  
 a Doctor of Psychology (PsyD) on August 9, 2019.



**BOARD SUMMER RETREAT**

(Clockwise from left) Patrick Armstrong, new Programs Chair; Reyna Seminara, Ethics Chair; Erica Thomas, Past President; Kira Kayler, CFO; Doreen Van Leeuwen, President; Tara D’Orazio, President Elect. Gail Van Buuren, Newsletter Editor, not shown.

**GOT A STICKY CASE? COME DISCUSS IT WITH COLLEAGUES - CONFIDENTIALLY - AT THE ETHICS ROUNDTABLE, FREE CASE CONSULTATION EVENT!**

**09/20/2019**  
 12:00 PM - 1:30 PM

Odd Fellows Hall, 545 Pacific Ave., Santa Rosa  
*Registration REQUIRED at website: [RECAMFT.org](http://RECAMFT.org)*



At our June meeting we celebrated Bob Casanova’s service as President of CAMFT with a power point presentation and a delicious cake. Here is Bob with Laura Strom who put the presentation together and below with Tara D’Orazio and the cake.



**GAIL, ERICA, DOREEN AND PATRICK AT LUNCH BREAK AT VIEWPOINT**



The summer retreat was at Blue Sky Retreat in Sebastopol. As you can see in the picture below, it was a lovely place to hang out, spend some relaxed time getting to know each other better, and talk about what we can do for our members and how best to do it.

This is one of the treats the Board gets for its service, along with our annual holiday dinner to which we invite our partners as well.

**SUMMER PICNIC AND POOL PARTY**  
**AT GAIL'S FAMILY POOL**



**CYNTHIA HALLIDAY WITH FRIEND, LARRY AND DOREEN'S GUEST, MAURICE**



**JOHN AMADEO AND FRIEND, MONICA**



**ILENE ENGLISH, GAIL VAN BUUREN, SUSAN HARTZ AND HO'CHIMA TREPPA  
HANNAH CAROTT'S BACK IS TO US**



**POT LUCK FOOD CONTRIBUTIONS IN SCREENED TENT  
AND RECAMFT'S CONTRIBUTION OF BBQ BRISKET OF BEEF AND CHICKEN**



**ELLEN CASE, SHER WINSTON AND ATHENA KAI**



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

**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) - 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

