

Empowering relationships...



JANUARY 2020

The Redwood Empire Therapist

OUR JANUARY MEETING

**Beginning at 9:30 - Annual Meeting
Fun, food, surprises and live music
Then at 11:30**

**Identifying the Effects of Hormones and Metabolism
on Psychological States throughout the Life Cycle
Jane Kennedy, CFNP, MN, MPH**



Integrative and Functional Medicine has for decades used the principle of finding the underlying cause of imbalance in the whole person system and treating with modalities that cause the least side effects to return the patient to optimal balance. By using this approach, we can successfully evaluate changes in psychological

health through the life cycle and determine if underlying hormonal imbalances of various types or dysfunctional states of metabolism, can be the cause.

These include sex hormones, thyroid and adrenal hormones, insulin and glucose control, and neurotransmitters along with other hormones, for women and men at any age. By promoting optimal life style choices, supplementation and bio-identical hormone replenishment when appropriate, we can offer approaches which have low risks of side effects.

The journey with patients to regain lost balance can be one filled with deep satisfaction as they reclaim their lives with a new sense of optimal health and well-being physiologically and psychologically.

January 3rd, 2020 – RECAMFT Meeting

9:30 – 11:30 Annual Meeting

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

11:30 – 1:00 meeting

**Identifying the Effects of Hormones and Metabolism
on Psychological States throughout the Life Cycle
Jane Kennedy, CFNP, MN, MPH**

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 31, 2020 8:30 – 4:00

**Staying on the Good Side of the BBS
David Jensen, JD**

**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)

This presentation will help us learn how to identify points of physiologic hormonal changes in the life cycle when psychological changes are likely to occur for women and men, identify the three major hormonal systems causing psychological symptoms, and recognize the features of hormonal or metabolic imbalance in our patients.

[Jane Kennedy](#), CFNP, MN, MPH has concentrated her Santa Rosa clinical practice over the past 18 years on helping women and men regain their health and vitality after experiencing hormonal imbalance and decline. Her extensive training and experience with experts in the field of Integrative and Functional Medicine have made her into a leading hormonal health practitioner. Trained as a Nurse Practitioner at UCLA, Jane has been in clinical practice for over 40 years in Family Practice, Women's Health, and Dermatology. With an additional Master's Degree in Public Health, she has always focused on disease prevention and embraces a mind-body-spirit model of health.

What Else is in Here This Month?

Check It Out

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REMEMBER TO VOTE IN OUR CHAPTER ELECTION!

President's Message

Tara D'Orazio , LMFT



A Bright New Year

When I joined this community in 2015 I didn't expect that I would be stepping into a leadership role of this significance just five years later. I am thankful this group has given me so much support, from being a freshly licensed clinician in a new town just trying to re-establish my community, to convincing me I could lead it. Thank you to all the people who have approached me at meetings and given me words of encouragement and inspiration. What a wonder it is to be ringing in a new decade as President of RECAMFT.

So here's my New Years Resolution List for RECAMFT:

- ☑ Enhance your experience and ensure you feel welcomed, appreciated, and supported
- ☑ Rock the newsletter with stellar content
- ☑ Expand our scholarship programs
- ☑ Meet more of you and encourage participation

I am excited to **enhance the member experience and improve the accessibility** of our community. Over the past several months we have been exploring options to improve the audibility of monthly meetings. We've discussed improvements to make the visual components accessible to everyone in the room. Together we can build an inclusive and welcoming space for anyone to participate. Please let us know if you see an accessibility improvement using the monthly meeting evaluation forms.

Every month our **stellar newsletter** editor, Gail van Buuren, puts together and ships out this wonderful resource of information to each of us. It's a great place to find out about the upcoming and most recent speaker meeting, and learn about therapy groups on offer. Please consider what you have to share with the RECAMFT community. Articles, case studies, book reviews, poetry, photography, we want it all. Submissions can be emailed to Gail at RECAMFTnewsletter@gmail.com.

As neighborhoods evacuated from fires and people lost their homes, our community offered free counseling

sessions and trained hundreds of clinicians in Skills for Psychological Recovery (SPR). When our offices were shut down in evacuation zones, people offered each other office spaces to meet their clients. Our organization was able to cover the cost of membership for fire and flood survivors financially impacted by the events striking at our community. When we looked for the helpers we found ourselves. Sometimes hardships don't come from big natural disasters, they come from getting sick or injured, from caring for aging loved ones, from losing a job. I'd like to build a **sustainable scholarship program** to help those members who are temporarily in need.

I'd like to thank Doreen for her service. She steered us through a difficult year of natural disasters and personal losses. I appreciate Erica Thomas and Reyna Seminara for their guidance as past presidents and preparing me for this role. I am grateful to the Board for their continued support and confidence in me and their commitment to and love of RECAMFT. I am beholden to all our volunteers, giving of their time and their hearts; without whom RECAMFT would not be possible. And I am thankful for each of you who participates in making RECAMFT the community it is, through your presence at the speaker meetings, postings on the listserv, service to our communities, and the many ways you **get involved with our organization**. There are many of you who I should like to know better.

Be good to yourself, be kind to others. Let's make 2020 a great year!

Tara D'Orazio has a private practice in Santa Rosa and can be reached at 707-992-5008 or Tara@AthenaCounseling.com

PLEASE VISIT RECAMFT'S WEBSITE
www.recamft.org

FOR INFORMATION ABOUT UPCOMING PRESENTATIONS/MEETINGS AND REGISTER FOR THEM AHEAD OF TIME

THERE IS LOTS OF HELPFUL INFORMATION AND ALSO VIDEOS OF OUR PRESENTERS YOU CAN WATCH AS A MEMBER. THERE ARE DOWNLOADS FOR MAKING A PROFESSIONAL WILL AND MORE.

RECAMFT TEAM CIRCLE

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President Elect: To be announced
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STAFF

Video Production & Administrative Consultant:
 Joe Ward 707-575-0596



OUR SUPER VIDEO PRODUCER AND ADMINISTRATIVE CONSULTANT, JOE WARD SETTING UP FOR THE DECEMBER MEETING. SO LUCKY TO HAVE HIS EXPERTISE ON HAND AT MEETINGS!

What You Missed

By Patrick Armstrong

At our December 6, 2019 meeting, we had Dr. Andy Wallace, PhD, present on “Compassion and Burnout.” Andy is professor and chair of the Philosophy Department at SSU, where he has been since 1998, after completing a postdoctoral fellowship at the University of Chicago. Andy has also taught at the University of Frankfurt, Frankfurt Germany, Boston College and the University of Chicago. Andy periodically does an 8-week workshop on Compassion Cultivation Training. Andy’s workshop is worth 14 CE Credits, through the Compassion Institute.



Andy taught us that the term “compassion fatigue” is a misnomer because the fix for compassion fatigue is more compassion. Andy said the correct term is “empathic distress.” We were taught the symptoms of empathic distress and compassion fatigue. Andy taught us the definition of compassion and three modalities for compassion. He also talked about the origins of identity and development of compassion.

Andy talked about compassion being an antidote to fear. We learned that as you cultivate your compassion, you increase your capacity to cope with pain. We learned that compassionate people are courageous and patient. Cultivation of compassion creates a sense of common humanity which triggers a compassion response. Andy made reference to Joan Halifax’s “Soft Belly, Strong Back” as a great concept of compassion, “tremendous power coupled with vulnerability and humility.”

Andy talked about four neurological systems, from the book, *The Upside of Stress*, that affect compassion, 1) social care giving, 2) reward system, 3) attunement system, and 4) planning system. Andy talked about how the affect is two-way, neurological systems affecting compassion and compassion affecting neurological systems.

We learned that our intuition is linked to our compassion and if we cultivate our compassion, we increase our intuitive accuracy. We were reminded that with compassion that sometimes the best thing to do is nothing; to let things happen naturally, without intervention from us. We learned that cultivating our compassion is the most important thing in our lives. We

can never care too much. We learned about the mindset of personal growth and how to cultivate compassion. We learned that our capacity for compassion can improve over time.

Andy gave examples of studies demonstrating physiological changes in people showing compassion for others and how physiological changes improve when our compassion grows. Andy stated mindfulness or self-awareness is the most important thing to cultivate and that we need to be gentle and kind to ourselves.

We were reminded that compassion gives us the ability to be empathetic and Andy described active empathy, cognitive empathy, and empathic concern and then described how they interact with each other.

Andy finished his main presentation with a poem, “Love after Love,” by Derek Wilcott. Andy described a couple of examples of how to do meditation to help cultivate compassion. We did a short mindfulness meditation. Andy opened up to Q&A.

I recommend everyone interested in the topic look at Andy’s presentation videos when they post. Andy’s Compassion Cultivation Training class link is www.sonoma.edu/exed/compassion. Andy’s PowerPoint (when posted on RECAMFT’s website) will give references to links and books on the topic of compassion and empathy.

Gottman Couples Workshop
The Art & SCIENCE of Love

A Special Valentine's Weekend!

February 8th & 9th, 2020
(Also May 2nd & 3rd - See website for additional dates...)

New Level 2 ASL!
February 22nd & 23rd, 2020
(Couples must have attended Level 1)

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Why You Should Join Both CAMFT and RECAMFT (Especially For Non-MFTs)

By Laura Strom
2015-2016 CAMFT President

Here are some of the best reasons to join CAMFT.

- CAMFT supports legislation which benefits not only LMFTs, but also other professional licenses such as LPCC and LCSW. One of CAMFT's biggest legislative efforts is to get both LMFTs and LPCCs added to Medicare as providers, so we don't have to give up our clients when they turn 65, providing continuity of care. Go to the CAMFT website, and download the latest legislative report. You will see the scores of bills CAMFT is tracking for all of us. In addition to CAMFT's professional lobbying firms, Cathy Atkins, JD, CAMFT Deputy Executive Director is absolutely stellar at staying on top of all this.
- CAMFT provides access to an attorney for questions and consultation for free to its members. Perhaps you have not needed this service for a while; however, if you have even one case which requires legal consultation, your CAMFT membership will have more than paid for itself. Attorneys may charge fees between \$350-500/hr. A one-year CAMFT clinical membership is \$175. A couple of years ago I needed consult on Christmas Eve, and I got it from CAMFT. I spoke with Dave Jensen several times that day, and had him edit a response I needed to send. CAMFT was a lifesaver.
- As a member of CAMFT you are eligible to have a free directory profile in CounselingCalifornia.com. CAMFT is using monies to buy social media ads for CounselingCalifornia.com to help direct potential clients to CAMFT members. In my opinion this website competes with Psychology Today, and remember, CAMFT provides this benefit free for its members.
- Every year CAMFT presents an Annual Conference, alternating between NorCal and SoCal, featuring cutting edge minds in our industry.
- CAMFT presents an annual Chapter Leadership Conference each spring, alternating between NorCal and SoCal, at no charge for those who attend. CAMFT covers room fees for one chapter attendee, and RECAMFT will cover lodging for an additional four attendees.

- CAMFT supports our chapter by providing a staff attorney to teach law and ethics as a fundraiser for the chapter.

Here are some of the best reasons to join RECAMFT.

- RECAMFT has made a big effort to provide local medical practitioners and clinics in the area with informative handouts about why therapy helps which includes RECAMFT's members directory (many thanks to Bob Engel for developing these!). Accordingly, this is an indirect way all mental health professionals are benefiting from both agencies. See the About Us >Community Outreach tab on RECAMFT's website to learn more.
- RECAMFT has been a big part of the wildfire recovery, and this led to exposure on many types of media including newspaper, magazines, advertisements on the sides of buses, video and radio ads/interviews to name a few. All of this indirectly benefits members of RECAMFT, as it raises the awareness of mental health providers in our area, and works to overcome stigma needed for treatment especially given the wildfire disaster.
- RECAMFT is required, as a chapter of CAMFT to have all members who qualify maintain a membership in both organizations. As an LMFT, LPCC, LCSW, LEP or Licensed Psychologist you qualify as able to have an Associate Membership in CAMFT. Therefore, all licensed mental health professionals do have to join CAMFT in order to maintain your RECAMFT membership.
- Part of being a member of both agencies means you will practice according to the CAMFT Code of Ethics, which we state on our RECAMFT website. People who search the RECAMFT directories assume they are finding practitioners who practice according to CAMFT's Code of Ethics.

I hope all clinicians will consider joining CAMFT, and continue maintaining your membership in RECAMFT, which raises your credibility and standing as a practicing professional. If you have questions about CAMFT, please direct them to Dr. Holly Daniels, PhD, LMFT, CAMFT's new Managing Director of Clinical Affairs. Dr. Daniels' email is: hdaniels@camft.org.

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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JANUARY Upcoming Presentation Puzzle

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 H O E J K A I B A I J I B H N C Y L W A
 R B W T L N A U X R T J Z V B E Y Y X J
 H D E T T L U G B A V Z F L W T L J B I
 G H H N A I K K R A K T Q I B K Q P L R
 L Z M N I O M G B U Z O E F G J J E G P
 U I C E M C E S V N U T S E N O M R O H
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 O K T N N A J D T A M K G Y F D T D N A
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 L Q H J Z T L B L B I W O E T N A E P O
 J J B C A V P I D I O R D R B E T W F R
 S U P P L E M E N T S I N G U K I S F F
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 O L F M D Y Y H T H F K Z A V J I E O B
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- ADRENAL
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2020 Law & Ethics

**"Staying on the Good Side of the
BBS"**

David Jensen, JD

Register at www.recamft.org

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!

Empowering relationships...



Redwood Empire Chapter of California Association of Marriage and Family Therapists
is a California BBS CEU provider: License #2322
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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
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Deadlines:

Articles (500 words max) - 15th of the month
Advertisements - 15th of the month

For more information call or email:
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Or submit ad to website at
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.

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