

Empowering relationships...



NOVEMBER 2020

# The Redwood Empire Therapist

## What EVERY Therapist Should Know About Insurance, Including a Telehealth Billing Update Presented by [Barbara Griswold](#), LMFT

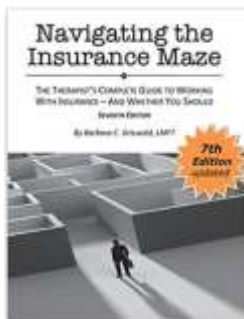
Free to RECAMFT MEMBERS - \$30 for Non-CAMFT Members

- *Saturday, November 7, 2020*
- *10:00 am - 1:15 pm*
- *Zoom Webinar*
- *Non-CE Event*



### Course Description

This essential (and entertaining) webinar will teach you what you need to know about working with insurance, even if you never join an insurance plan. First, you'll get the latest information on telehealth billing and coverage. Then, all your questions about working with insurance will be answered, including the pros and cons of joining plans, how to get in the door at "full" plans, what out-of-network providers should know, (hint: did you know that even giving a client an invoice opens up your treatment for review?), and ways to keep new clients when you aren't on their plan. You'll also learn the costly mistakes therapists make, the critical questions to ask when checking coverage, tips for avoiding denials, the secret to getting more treatment approved, and how to survive treatment reviews.



Barbara is a private practice consultant and the author of [Navigating the Insurance Maze: The Therapist's Complete Guide to Working with Insurance -- And Whether You Should](#), now out in its 8th edition. In private practice in San Jose, she has been interviewed on NPR's "Morning Edition," and her articles have appeared in Psychotherapy Networker and The Therapist magazines. She is a past member of CAMFT's State Ethics Committee and Board of Directors, and former Oral Examiner for the BBS. Her passion is helping therapists nationwide to master the business side of their practices. She invites members to contact her at her website, [NavigatingtheInsuranceMaze.com](#).

## President's Message

Tara D'Orazio, LMFT



### *Things Fall Apart*

*"The most fundamental aggression to ourselves, the most fundamental harm we can do to ourselves, is to remain ignorant by not having the courage and the respect to look at ourselves honestly and gently." – Pema Chodron*

To be honest, I am having a difficult time finding a focus for my letter this month as most of my heart and body are consumed with processing various griefs and terrors, collective and personal. I have been needing to spend a lot more time by myself, lately. That might seem odd in a time when isolation is nationally prescribed, and loneliness has become a widely familiar emotion. But the pandemic has provided a perfect environment for facing our shadows in private contemplation. Sometimes things fall apart and you have to lean into the mess of the whole thing, take up its energy and transform it into something meaningful or let it consume all your energy trying to resist.

This has been an incredible year, but not for the reasons we expected. Some days it is harder to keep optimistic, but if there were ever a time to put all our chips on positivity, now would be that time. Not the toxic "it's all okay" positivity, but the empowered, "we will be okay, even if things aren't okay." I know we will be okay because before RECAMFT was founded in 1974, the world had already faced many great crises that I'm sure seemed, at times, impossible to endure and insurmountable to the people who lived through them. I know we will be okay because RECAMFT is not just an organization you join for referrals and CEUs. It is an invitation to join the collective healers of the world attempting to make it a healthier, more loving place.

I know we will be okay because this is an amazing thing to be a part of, with so many people dedicated to making it work through every falling apart and coming together again. We are in the metamorphosis of adapting to a new world and practicing courage to look at ourselves

honestly and gently. By expanding opportunities to bring our acts of service to the communities we love, we assist the healing of humankind. **Thank you for being a member.**

*"Things falling apart is a kind of testing and also a kind of healing. We think that the point is to pass the test or to overcome the problem, but the truth is that things don't really get solved. They come together and they fall apart. Then they come together again and fall apart again. It's just like that. The healing comes from letting there be room for all of this to happen: room for grief, for relief, for misery, for joy." – Pema Chodron*

Be good to yourself. Be Kind to others.  
Tara D'Orazio

[Tara@AthenaCounseling.com](mailto:Tara@AthenaCounseling.com) 707-992-5008

### JOIN RECAMFTS LISTSERV

*It's easy. Just send your email request to  
join the RECAMFT listserv to:*

*[therapy@recamft.org](mailto:therapy@recamft.org)*

*Once your RECAMFT membership is  
confirmed address emails to the group to  
[recamft@groups.io](mailto:recamft@groups.io)*

### GOT A CASE THAT'S BOTHERING YOU? HAVE YOU FOUND YOURSELF PONDERING AN ETHICAL DILEMMA? JOIN US FOR THE FALL ETHICS ROUNDTABLE!

11/20/2020  
12:00 PM - 1:30 PM

WebX Event hosted by Reyna Seminara, LMFT  
Registration **REQUIRED** at website: [RECAMFT.org](http://RECAMFT.org)  
RECAMFT members only

## **RECAMFT TEAM CIRCLE**

### **BOARD OF DIRECTORS**

**President:** Tara D'Orazio 707-992-5008

**President Elect:** Kira Kayler 415-854-9408

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

**Secretary:** Laura Strom 889-9168

**CFO:** Erica Thomas 707-206-8698

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

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

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

**Director-at-Large:** Louisa Gluck 707-368-5573

### **COMMITTEE CHAIRS AND MEMBERS**

**CEU Co-Chairs:** JoAnn Consiglieri, Deborah Haarstad

**Community Outreach:** Debra Melmon

**Conference Co-Chairs & D.A.L.:** Kristin Mills 527-6168

Barbara Young 318-3839

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

**Racial & Social Justice Committee Co-Chairs:** Erin Wiper  
707-889-0267 Wowlvenn Seward-Katzmiller 707-787-0402

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

**Hospitality Chair:** Vacant

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

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

**Pre-licensed Chair:** Ally Shamseldin allyshamseldin@hotmail.com

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

Regina (Gina) Culver

Michael Krikorian 707- 579-0838

**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

## **Pre-Licensed Collaborative**

**Do you want to network? The Prelicensed Collaboration is the virtual version of our "Prelicensed Walk and Talk"**

**11/14/2020 Zoom meeting 10:00 AM - 12:00 PM**

Register on [www.recamft.org](http://www.recamft.org)

Pre-Licensed "Walk and Talk" has gone virtual! This networking group is an informal opportunity for Associates to gather and receive the guidance and support of an LMFT, RE-CAMFT mentor. Each session honors a mentor whom the Associates question

about their orientation, background, skills and wisdom. It's the perfect place to bring up challenging cases, collaborate with your peers, network and learn. Registration is required and the dates for 2020 are Oct. 17, Nov. 14, and Dec. 19.

Prelicensed Director at Large, Ally Shamseldin, AMFT, APCC and RECAMFT Outreach Chair, Debbie Melmon, LMFT



**Calling all fiber artists, painters, crafters, quilters, woodworkers, come all! Bring your work in progress to RECAMFT's virtual crafting circle!**

- **Friday, November 13, 2020**
- **11:30 am - 12:30 pm**
- **Zoom Meeting**

Please join us for this opportunity to socially connect with other RECAMFT members in this virtual crafting circle. Bring any project that you're currently working on to this relaxed atmosphere. We can't wait to meet your creative side!

You should receive a confirmation e-mail after registration that contains the Zoom link to join the day of the event. If you do not receive a Zoom link, please e-mail [recamftmembership@gmail.com](mailto:recamftmembership@gmail.com)

**RECAMFT's virtual crafting circle!**

**Professional Counseling Office Space for Lease!**



Located in Petaluma, comes furnished.  
Includes: waiting room, restroom, wifi, utilities, PG&E.

<u>Counseling</u>	&	<u>Tutoring</u>
Individual		K-12
Interpersonal		Special needs
Educational issues		ADHD/Spectrum
Parenting		Social thinking
Families		Study skills
Couples		Executive skills
Children		Organizational

\*\*\*\*Sliding Scale Options Available\*\*\*\*

Contact: Charles Wattenberg, MFT, Director  
**The Petaluma Learning & Guidance Center**  
(707) 762-2998 ext. #1  
Counsel@PLGC.com

**NOVEMBER PUZZLE**

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

ADVOCACY  
AUDIT  
BARBARAGRISWOLD  
BILLING  
CLAIMS  
COVERAGE  
DENIALS  
INSURANCE

MEDICALNECESSITY  
OUTOFNETWORK  
PANELS  
REIMBURSEMENT  
REVIEW  
TELEHEALTH  
TREATMENT

# RECAMFT's Racial & Social Justice Committee

Erin Wiper, Co-Chair  
Wowlvenn Katzman-Sewad, Co-Chair

*We stand for racial and social justice in RECAMFT and seek to discover and remedy injustices that arise within our events, programs, and practices. We are committed to doing this through engaging in ongoing education and self-inquiry, and integration of member feedback. We hold ourselves accountable to RECAMFT and our community.*



Many of you may have seen an email about the very important RECAMFT Racial & Social Justice Committee Survey that is currently open for responses. As of right now, in regards to the number of members who have completed the survey, **about 8% of RECAMFT members' voices are representing the whole 100% of RECAMFT members.**

Thank you so much to those who responded! Your input is incredibly valuable. For those who have not yet had a chance to respond, please consider setting **5-20 minutes** aside to let your voice be heard. The amount of time the survey takes depends upon how detailed you would like your answers to be. Your voices are important to us and to the RECAMFT community!

**SURVEY**

LINK: <https://www.surveymonkey.com/r/ZM2WG3Z>

A copy of the 10 survey questions are provided below, to allow you to preview the survey before responding. If you have any trouble accessing it, or if you cannot find the link in your email inbox, please don't hesitate to email Erin Wiper, MFT at [erinwiper@gmail.com](mailto:erinwiper@gmail.com), and a copy of the survey link will be sent to you directly! We want to make this survey as easy and accessible as possible...



## RECAMFT RACIAL & SOCIAL JUSTICE SURVEY QUESTIONS

1. If you feel comfortable disclosing, please tell us how you identify (ex: culture, ethnicity, race, religion, gender, sexual orientation, age/generation, etc...whatever is important to you).
2. How well do you feel RECAMFT supports, includes, and/or strives to understand your identity?
3. How well do you feel RECAMFT supports and includes diversity, overall?
4. Please rate how much you agree or disagree with the following statement: "I feel safe in the RECAMFT community."
5. In your experience, how competent is RECAMFT in addressing cultural awareness, racial trauma, micro-aggressions, and barriers to social justice and inclusion within our organization and activities?
6. How can RECAMFT improve in order to become more inclusive, safe for all members, and to demonstrate awareness of the mental health consequences of pervasive trauma?
7. In your opinion, which aspects of RECAMFT require more focus on diversity and social justice awareness? Check all that apply.
8. What barriers, if any, do you feel are currently interfering with RECAMFT being more culturally diverse?
9. Based on your answer to Question 8, in what ways do you envision RECAMFT addressing these barriers?
10. Do you have any other comments, ideas, questions or concerns?

As a reminder, the **purpose** of this survey is to **better understand and meet the needs of ALL RECAMFT members—particularly those whose needs have historically been underserved.**

Questions, feedback and requests are welcome at [erinwiper@gmail.com](mailto:erinwiper@gmail.com) or [wskmft@gmail.com](mailto:wskmft@gmail.com).

Erin Wiper, RSJC Co-Chair



### 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.



**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)



**RSJC EDUCATIONAL RESOURCE  
RECOMMENDATIONS**

13<sup>th</sup>, free on YouTube courtesy of Netflix. A must see to grasp how slavery exists today.

“Systemic Racism Explained” a four minute video by Act.Tv on [https://www.youtube.com/watch?v=YrHIQIO\\_bdQ](https://www.youtube.com/watch?v=YrHIQIO_bdQ)

*Raising White Kids: Bringing up children in a racially unjust America* by Jennifer Harvey

*My Grandmother’s Hands* by Resmaa Menakem

*White Fragility* by Robin DiAngelo

*How to Be an Anti-Racist* by Ibram X. Kendi

*White Supremacy & Me* by Layla Saad

“Racism is Real”

<https://www.youtube.com/watch?v=fTcSVQJ2h8g>



**Autumn of the Kitten**

In May of this year, we had to say good-bye to our beloved 12-year-old Geronimo Cat, who had become severely ill with cancer. He was the third heartbeat in our home, the light of our lives - we jokingly called him "our firstborn" - and his loss was devastating. As you do, we processed our grief through talk and tears and, last month I submitted an application to a local shelter. We were ready to invite another little being into our household.

Enter Avi Cat. So named because I'm told that Avi means "wind" in Sanskrit - and he was a complete whirlwind when we first met him, bouncing around the room like a pinball caught between various bumpers. We brought him home on October 10th and, truly, we could have named him "Remedy." A remedy for our residual grief, a remedy for the isolation of Covid, a remedy for the harsh political climate. "Good for what ails you," as my Grandma would say.

Little Avi is by turns acrobat and cuddle-master, one moment leaping off the couch while tossing his toy mouse aloft, the next minute sound asleep on my chest.



**Fall Schedule At-A-Glance**

\*Subject to change: details will appears on our events page as they are finalized\*

**November 6<sup>th</sup>** 11am – 1pm Community Chat  
Monthly meeting

**November 7<sup>th</sup>** 10am – 1:15pm Insurance Expert  
Barbara Griswold – non-CE

**FREE TO RECAMFT MEMBERS**

**December 4<sup>th</sup>** 10am – 1pm Suzanne Alfandari  
3 CEUs

**January 8, 2021** Lisa Larson 2 CEUs

**February 6, 2021** Daine Gleim 3 CEUs

**March 5, 2021** Haleigh Scott 2 CEUs

Writer Cynthia E. Varnado observed, "It is impossible to keep a straight face in the presence of one or more kittens." That is, in fact, true. I've laughed more and longer since Avi moved in than in the entire eight months that preceded him.

And what a joy it is to have a third heartbeat in the apartment once more.

Ann Clark, MA, LMFT  
Sonoma

## UNLEARNING RACISM

Racism is learned unconsciously beginning at an early age. The “doll test” (see on line) developed by Kenneth and Mamie Clark in the 1940s showed that most children, including colored, from three through seven would pick out the white doll as “good, nice, and pretty,” while pointing to the colored doll as “bad, ugly, and not nice.” It can take a lifetime of consciousness raising to undo these early racial images from family and social interaction. The sadness of racism is that people of color often internally believe they are inferior because of their color.

Racism is not a spectator sport. It is played on the field of life with consequences. We must make difficult, conscious choices. These decisions are frightening. Not making them means we let the rigged system play out. We cannot claim to be non-racist if we sit. Edmond Burke said, “The only thing necessary for the triumph of evil is for good men to do nothing.”

What have we done? What have I done? We cannot sit this game out. It has consequences. The “feeding trough” is where in life we all get our needs met. The white team gets first and best choice. The Black team often gets what is left. This leads to significant problems. The referees and justice system rig the game in favor of the white team.

How can we unlearn racism? Recognize the white team is privileged. I had well connected relatives whose goodwill fell on me. But I must use my privilege to boost the efforts of those against whom the game is rigged, not use it for self-indulgence.

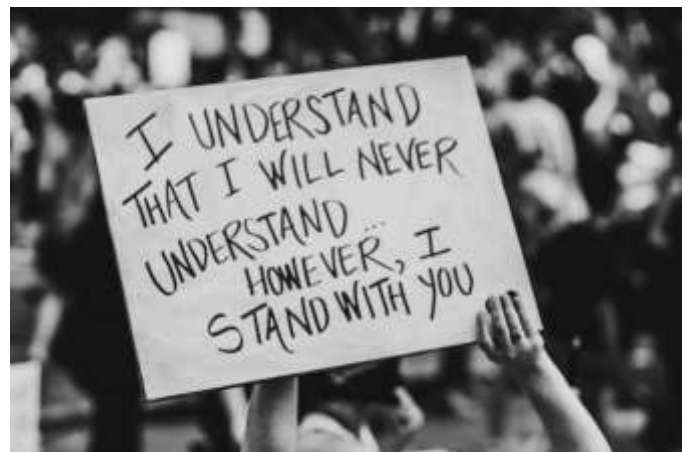
From the bleachers, the unfairness is clear; the oppressed are bludgeoned, shot, wounded, and incarcerated. Many have poor health and lack good nutrition. The players return to homes often in environmentally toxic areas where housing for them is more affordable, a financial system rigged for the white team, suffering school systems, limited job opportunities, and an unbalanced justice system.

We can begin with small steps. We can stand up, get off the bleachers, walk down the stairs, and get to the field where the game is really played. We can walk onto the playing field and ask, “May I play on your team?” We can ask the Black teams to teach us how they see the

game. Some of us whites are learning from the 100 Black Men of Sonoma County. Our theme is *Here to Hear*. They are teaching us what racism is like to live with. We are listening. We are learning to play with a team that embraces people who have sat too long in the bleachers. As James Baldwin said, speaking to whites, “I know more about you than you know about me. Not everything that is faced can be changed but nothing can be changed unless it is faced.” This is how we unlearn racism.

Don Scully is a retired psychotherapist who writes and resides in Sonoma County.

707-823-6068



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

NOVEMBER 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

Doreen Van Leeuwen	2019
Erica Thomas	2018
Reyna Seminara	2017
Bob Dalzell	2016
Kris Spangler	2015
Laura Strom	2014
Lani Lee	2013
Hal Forman	2012
Elaine Sohier 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