

Empowering relationships...



DECEMBER 2020

The Redwood Empire Therapist

DECEMBER MEETING

Motivational Interviewing: A Brief and Interactive Introduction

Presenter: Suzanne D. Alfandari, LMFT

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

- *Friday, December 4, 2020*
- *10:30 am - 1:15 pm*
- *Zoom Webinar*
- *3 CEU Event*
- *Register at www.recamft.org*



Course Description

Motivational Interviewing (MI) is a profoundly remarkable tool that appears deceptively simple to learn. Like learning a musical instrument, sport or any hobby, it requires practice and support to develop this skill. As Charlie Parker said, “if you don’t live it, it won’t come out your horn”!

Motivational Interviewing is a guided client-centered therapeutic method of communicating and engaging that works collaboratively, facilitating and engaging intrinsic motivation within the client. The purpose is to work through ambivalence in order to make behavioral changes.

Studies show even a ten-minute MI interview at the beginning of treatment increases the likelihood for both commitment to and maintaining change. Additionally, MI helps reduce clinician burnout by shifting the burden of change off the clinician and back to the client, where it rightfully belongs.

Suzanne D. Alfandari, M.S, LMFT, is an experienced and passionate Motivational Interviewing (MI) MINT Certified trainer and member of MINT, the International Motivational Interviewing Network of Trainers. Suzanne is the MI trainer at UC Davis Extension and California University of Fresno-Bay Area Academy. She trains organizations in MI including all levels of staff, from those who work with low income and challenged families to providers who support first responders with PTSD. On staff for over 15 years at Marin Community Mental Health, she taught MI to psychology interns and helped implement an MI-informed consultation style for staff.

In private practice since 1997, Suzanne specializes in treatment of people of all ages who are ready to change, using Emotional Freedom Techniques (EFT/Tapping), and Motivational Interviewing (MI). She provides EFT/Tapping coaching and consulting to professionals and also MI coaching and consulting for people applying for MINT membership.

Zoom Webinar - *Please note that once you have RSVP'd for this event you will receive a link to register for the Zoom Webinar. You must complete this second step to gain access to the event link.

President's Message

Tara D'Orazio , LMFT



The Tidying Up of Life - Changing Magic

As I look around my home, I am filled with the impulse to change everything. My patience for cluttered surfaces is as threadbare as the pair of socks sitting in the corner. I wonder how I could know it was time for them to go and yet keep them. And then suddenly a lot of life feels like that... holding on to old things because they are “perfectly good” or “I’ll need it someday” or “Uncle Carl gave us that.” I realize I keep way too many things I have outgrown because holding on to them keeps me comfortable and I am so used to being comfortable. I binge watch Marie Kondo for the next five hours, meticulously refolding every item in my closet.

It’s surprising how hard letting go can be; especially when we’re talking about old t-shirts. But as each memory passes through my hands there comes grief right along with it. If you follow the Kondo method then you know the response for grief is gratitude. So, I say thank you to the dress for making me look so beautiful at graduation and I let it move on. The memory isn’t inside the dress.

This year has been a tumbling, messy, unrelentless process of grieving and letting go. I’ve spent every day of the last 9 months in this small space, surrounded with boundless opportunity to enjoy every last possession, and still so much has gone untouched. What a lesson in the folly of abundance. I wonder if others are feeling the impulse, too. The wrapping up of the old to make way for the joy of something new. A readiness to put joylessness behind, live in gratitude, and move forward.

As senseless as it may sound, I’m not sure I’d be sitting in this place if it weren’t for a pandemic and serving as the President of RECAMFT. The pandemic forced a movement to let go of old ways of doing things and hurled us from our comfort zone. There were growing pains but ultimately, I am so grateful that I could be at the helm of this ship when the tidal waves hit and to have been caught in the storm with such a kind and flexible crew.

I owe special thanks to **Patrick Armstrong**, with his team of **Gina Culver** and **Michael Krikorian**, for keeping pace with the changes and getting all our programming transitioned to virtual webinars; and for keeping me laughing when I was frustrated. To **Reyna Seminara**, for being so available with support and guidance and the honest desire to nurture me as a young leader. To **Laura Strom**, for her enduring dedication to our excellence and the stellar example of leadership. I need to thank **Kira Kayler** for her inspiring ideas and willingness to step in when I was unable and the confidence that I felt knowing she was beside me. Gratitude goes to **Gail Van Buuren** for not missing a beat with the newsletter and for her patience with me as I waited to be “inspired” to write and inevitably turned everything in at the eleventh hour. To **Erica Thomas**, for keeping our accounts in order and holding us accountable to our vision of being a humane and supportive organization. Thanks to **Doreen Van Leeuwen** for bringing light into the darkness and reminding us that the power of play is a healing art.

We all owe thanks to **Doug Silberstein** for moderating the ListServ which became a vital source of information and expression in the absence of personal meetings. Infinite thanks and appreciation to **Joe Ward**, our Administrative Assistant, who held the back end together while everything changed and was responsive to every request for help. To our Directors-At-Large and

Committee Members: **Ally Shamseldin, Annette Seibel, Debra Melmon, Kristin Mills, JoAnn Consiglieri, Louisa Gluck** and **Renee Owen** for lending their voices, their time, and their hearts. To **Erin Wiper, Wowlvenn Seward-Katzmiller**, and every new member of the Racial & Social Justice Committee, for your ongoing efforts to humble RECAMFT and mold us into an inclusive and accessible space for all. I am truly looking forward to the future. And to the past, with honor and immense gratitude to our outgoing committee members: **Deborah Haarstad** and **Kristin Mills**.

In final, thank you to all our volunteers and our members. If you ever attended a town hall, a webinar, emailed or called me, posted to the list serv, wrote for the newsletter, volunteered for an odd-job, responded to a colleague seeking help, you are what makes RECAMFT thrive. Thank you for your continued support, participation, good will and flexibility. I believe that through these experiences I have grown more in the past year than in the previous five and have learned so much about leaving behind comfort and tripping headlong toward a brighter vision.

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

Tara@AthenaCounseling.com 707-992-5008

Fall Schedule At-A-Glance

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

- | | |
|---|-----------------------------|
| January 8, 2021 | Lisa Larson 2 CEUs |
| Brainspotting: Trauma Therapy that Works | |
| February 6, 2021 | Daine Gleim 3 CEUs |
| Porn & Relationships: Taking a Sex Positive Approach | |
| March 5, 2021 | Haleigh Scott 2 CEUs |
| Providing Effective Therapy to Clients with Autism | |
| April 2, 2021 | Orit Weksler 2 CEUs |
| Winnocott Goes Viral: A Look at Early Relationships through Viral Videos | |

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 join the RECAMFT listserv to:*

therapy@recamft.org

*Once your RECAMFT membership is
 confirmed address emails to the group to
recamft@groups.io*

Pre-Licensed Collaborative

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

12/19/2020 Zoom meeting 10:00 AM - 12:00 PM
Register on 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, December 11, 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

**RECAMFT's virtual crafting
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****Sliding Scale Options Available****
Contact: Charles Wattenberg, MFT, Director
The Petaluma Learning & Guidance Center
(707) 762-2998 ext. #1
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The Psychiatric Inpatient Hospitalization Process

Gina Culver, AMFT

Tales from the AMFT therapist's chair: (This is a recurring series)

**** NOTE: this is for informational purposes only and based on the writer's experience. For more information, contact your local county about 5150 trainings or a 5150 assessor to answer further questions.**

Some of you may be aware of the process of how your clients are admitted to a psychiatric hospital, and some of you may not. The hope is that this article will shed some light on the process. In my October 2020 article, I discussed what it was like to work on an inpatient unit and worked for a psychiatric hospital in the Bay Area for just shy of 2 years. Clients don't just "magically" get admitted, they have certain criteria to meet in order to be hospitalized. I have county certification to assess and write 5150 holds though I have not had to do so in the course of my career thus far. However, I do find this information helpful in understanding the process for myself and to have those discussions with my clients. A 5150 hold is based on a law, Welfare and Institutions Code (WIC) 5150, that outlines what to do. One of the scariest things we face, in my opinion, as clinicians are suicidal or homicidal clients. As clinicians, we are mandated reporters: we must report by law when someone wants to hurt themselves, someone else or when reasonable suspicion or actual abuse is disclosed. I don't know about you, but abuse was talked about way more than if someone is suicidal or homicidal.



So . . . your client tells you during session that they want to hurt themselves or have a plan to commit suicide. They go to their local emergency room or crisis stabilization unit to be assessed for a hold. This is not the only option for admission. A patient, parent or other legal guardian, or a conservator can consent to a voluntary admission. With a voluntary admission, the psychiatrist and other members of the treatment team along with the patient and legally responsible person determine length of treatment. This could be a few hours up to several weeks. The patient must meet medical necessity at all times to remain hospitalized.

More likely than not, your client will be placed on an involuntary hold of which there are several: WIC 5150

(adult) or WIC 5585 (minor) are the 72-hour holds; WIC 5250 is up to 14 days; WIC 5260 is up to an additional 14 days (total of 30 days). The 5150 or 5585 is supposed to be written or rewritten at the time the patient leaves the ER or CSU and is on their way to a psychiatric hospital. Any travel time is deducted from the 72 hours so a patient may be hospitalized **UP TO** 72 hours. 5150/5585 holds can be completed by any trained mental health professionals including LMFTs and AMFTs in the course of their position. Sonoma County offers a free training that is valid for up to 5 years. These holds can be for suicidality, homicidality, or inability to care for self.

During the 72-hour period, the psychiatrist evaluates the patient and can write a 5250 hold. This includes the 72 hours and is **UP TO** a total of 14 days. A lot of the time, patients need additional medicinal and/or therapeutic stabilization and end up staying longer than 72 hours. After the 5150/5585 expires, the patient (if of age of consent e.g. over the age of 18 and is not conserved) or the legal guardian/parent/conservator can either agree to a voluntary hold or, if there is extreme risk present for suicidality, homicidality or inability to care for self, the psychiatrist can write the 5250 hold.

When the 5250 is about to expire, the patient is assessed for a 5260. In my experience, these were mostly for patients that were unable to care for themselves, this can be severe suicidality or a true inability to care for self. This hold is **UP TO another** 14 days, for a total between all three holds of 30 days. After that time, if a patient meets medical necessity/criteria, they could stay longer (rare) though they are usually transferred to a lower level of care for a short-term or long-term basis such as residential treatment, residential substance abuse treatment, partial hospitalization, intensive outpatient program, or start/resume individual, group, family or couples therapy.

I hope this clears up some of the uncertainty involving holds and hospitalizations and helps alleviate some of the fear you may have around working with suicidal clients. If a client is in session with you, have them sign an ROI for the ED or CSU and encourage them to have them, as well as the hospital they are admitted to, reach out to you to provide collateral information and schedule aftercare appointments.

For more information on these legal holds, research: the **Lanterman-Petris-Short Act**.

Gina Culver, AMFT #99539 is a registered associate MFT that works at Lifeworks of Sonoma County in the behavioral services department's

child abuse prevention and therapeutic behavioral services programs. She graduated in 2014 with her MS in Counseling Psychology and previously worked for over 20 years in the medical field before entering a graduate program. Gina is a member of the Redwood Empire CAMFT chapter, is the co-chair of the Programs committee, and a member of the Racial and Social Justice committee. She is an ongoing contributor to the RECAMFT newsletter. Gina.culverms@yahoo.com

DECEMBER PUZZLE

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

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 CHANGETALK
 COMMUNICATION

DISCREPANCY
 INTERVIEWING
 MOTIVATION
 NONJUDGMENTAL
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 REFLECTIONS
 RELECTIVE
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WE WILL MISS CELEBRATING THE HOLIDAYS TOGETHER THIS YEAR, BUT I AM HOPING THAT WE CAN BE TOGETHER NEXT YEAR. Gail



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Such a Long, Terrible History



I have been following Thomas Hubl's work on Collective Trauma and attended some parts of the Collective Trauma Healing Summit 2020 which lasted 10 days and included presenters from all over the world. The grounding consciousness of this organization is that (as we therapists already know) trauma is passed down from generation to generation and that we need to look more deeply into our psyches to bring that information into conscious awareness in our own healing work. Collective Trauma work is touching me very deeply at this time and applying it in my practice is astounding at times.

One of the presenters at the Summit was Dr. Angel Acosta who is a man with a deep, inspirational presence. You can find him on YouTube presenting this information; *Angel Acosta: Contemplating 400 Years of Inequality*. He contemplated the timeline that had been created of the African Americans' 400 years in America and he talked about how doing that for a long time had affected him. YouTube on this, there is a mountain of information on the timeline which includes events and laws, etc., but in his talk he just laid out the basic variations on the theme of keeping the knee on the neck, which we all so horrifyingly witnessed in the cold-blooded murder of George Floyd.



Here is how he laid the 400-year timeline out. Chattel Slavery → Segregation Laws → Share-Cropping → Indentured Servitude → Prison Industrial Complex → Modern Day Policing. It just hurts beyond words even to think about all those hundreds of years of intentional heart-breaking cruelty. The timeline brings it crashing into my consciousness all together in one huge chunk. As a European American I am sad and furious and ashamed all at once. We are all impacted by this shameful history.



And I miss my step-son, Taj, whom I raised since he was 3 and who has chosen to take his brown-skinned self to live and teach in a place where the majority of folks look like him, but I understand why he stays. Still, texting and email just aren't enough.

I also spent years in ceremony with my late husband and other Native American friends on and off reservations. That is yet another shameful American timeline.



Late husband, Crow, (on right) with our friends post-Sundance Ceremony on the Wind River Reservation in Wyoming

These are some of the reasons I am part of the Racial & Social Justice Committee in RECAMFT. We need and welcome your input. Thank you to those who answered our survey.

Gail Van Buuren, LMFT
Newsletter Editor
Racial & Social Justice Committee member

Gail has a Private Practice in Sebastopol and can be reached at 707-494-4198 www.gailvbtherapy.com

RSJC EDUCATIONAL RESOURCE RECOMMENDATIONS

13th, 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

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>

Uncomfortable Conversations with a Black Man

<https://www.youtube.com/watch?v=pM-HpZQWKT4>

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