

Empowering relationships...



SEPTEMBER 2020

The Redwood Empire Therapist



"Couples Therapy in the Age of COVID"

Presented by:

Dr. Marty Klein, PhD

*Two Days: Must attend both days to receive CEs
Friday and Saturday, Oct 2 & 3rd, 2020*

10:00 am - 1:15 pm

Zoom Webinar 6 CEs for LMFTs, LPCs, LCSWs & LEPs

Course Description

In this fast-paced program presented on two half-days, Dr. Klein will discuss some of the most common and tenacious challenges in couples therapy: partners who don't cooperate; who rigidly label each other ("passive-aggressive," "emotionally abusive"); who nag or withhold; who can't agree on basic facts ("you said we'd buy a new car if you got that job"; "no I didn't"); and who claim they want more intimacy, but refuse to do much to create it—while regularly doing things that prevent it.

Marty will show how to reframe these frustrating situations; how to take control of sessions that keep sliding into pointless blaming and rants of disappointment; how to show couples what their communication really looks like; how to dismantle the advantages of someone having a "bad temper;" and how to change the powerlessness in the "I get triggered" model into a skills deficit model that encourages growth.

Given our current reliance on remote sessions, Marty will also talk about recognizing and addressing the special challenges today's video sessions present.

Learning Objectives

1. Name three unrealistic ideas clients have about intimacy.
2. List three reasons that cases involving infidelity require self-discipline from each partner.
3. Name two ways that narratives of powerless can undermine a long-term relationship.
4. Identify the elements of the "policy discussion vs. feelings discussion" model, and how it can quickly reduce couples' conflict.
5. Describe a way to get couples to engage in conflict as partners rather than adversaries.
6. Name two ways to help couples change the negative impacts of smartphones and mobile devices on their closeness.

Cost

In an effort to make up for CE credit opportunities RECAMFT was unable to provide our members earlier in the year, this presentation is being provided free of charge to RECAMFT members.

Early registration:

- Free - All RECAMFT Members
 - \$19 Pre-Licensed CAMFT members (Non-RECAMFT)
 - \$39 All Others
- Standard registration:
- Free - All RECAMFT Members
 - \$39 Pre-Licensed CAMFT members (Non-RECAMFT)
 - \$59 All Others

About Marty Klein

Dr. Marty Klein has been an MFT and Certified Sex Therapist in Palo Alto, CA for 35 years. The award-winning author of 7 books, he has trained therapists, physicians, and policymakers in 35 countries, and has been an invited Master Presenter at ten state CAMFT conferences. Audiences across the U.S., Europe, and Asia call his talks practical, thought-provoking, and entertaining. Marty appears frequently in the national media, including The New York Times, National Public Radio, and The Daily Show. He is a qualified forensic expert providing testimony in sexuality in state, federal, and international courts. Marty recently gave two Congressional briefings on evidence-based sex education. Marty's popular blog is www.SexEd.org.

Location

Zoom Webinar



Redwood Empire Chapter CAMFT is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs. Redwood Empire Chapter CAMFT maintains responsibility for this program/course and its content.

- **Disability Accommodation:** To request an accommodation for a disability, please email therapy@recamft.org.
- **Refunds:** \$10 cancellation fee for refunds requested up to 30 days before the event. No refunds are given beginning 29 days prior to the event.
- **CE Certificate:** You must attend both days, stay for the entire workshop each day, complete a test at the end of each day and an evaluation to receive your CE credit certificate. At the conclusion of this educational event, an email with a link to the test and evaluation form will be sent to all attendees who attended the online event. Once you complete and submit your evaluation, you will have immediate access and be able to print or save your CE Certificate. Course meets the qualifications for 6.0 hrs of continuing education (CE) credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences.
- **Grievances:** direct grievances to therapy@recamft.org, and/or the chapter president at recamftpresident@gmail.com.

September 4th 11am – 1pm

Monthly meeting – Town Hall; Reconnecting Our Community

YOU WILL BE NOTIFIED! SEE MORE ON PAGE 4!

**Announcement: Our annual Law & Ethics Conference will be held virtually in early 2021.
Date to be announced**

President's Message
Tara D'Orazio, LMFT



Hello Hello Again

Hello again, it's been a while and boy have we missed you! As I sit down to write this message my brain

does a sort of short-circuit. Absolutely so much has changed and been attempted since we last saw each other in March that I'm not even sure where to begin. While everything has changed, progress has felt slow, like walking through chest-deep water trying to make it back to shore. Behind the scenes our Board has tried so many news things. Not all of them successfully came to surface.

We first had to **navigate the changes** in our personal lives. Covid-19 disrupted many plans and accelerated others. It

shook commitments and readjusted priorities. Everything became harder to do and more tiring. By now, we are a little more adept with our online platforms, a smidgeon less fatigued by an hour of virtual conversation, and a bit more settled into our new boundaries and self-care routines. I know you had to make the same adjustments and I hope that the transition feels like it's resolving into something workable.

Next, we had to navigate the changes required of RECAMFT. The blessing of Covid-19 is that it propelled us into changes that have been a long time coming. Moving to a virtual format where we have a solid web presence and live-streaming capabilities for our monthly meetings has been a dream for years. Many of our members can't be as active as they would like to because of scheduling conflicts or traveling distance. With what we are learning about how to make high-quality virtual presentations we believe we'll be ready to continue hosting web-based programming after Covid, thus welcoming new participants who were previously unable to attend. This is our dream and it's a work in progress. For now though, our top priority is **restoring membership benefits** – 15 CEs offered per year, and we owe you 10.5 more since cancelling our programming in the Spring. Please read the article in this newsletter on **changes coming to programming** for more information on how we will be keeping that promise.

The other big change we needed to make came to a point when George Floyd was murdered and the country responded. Accessibility has been the driving vision behind my term as President. As I see it, accessibility includes making sure that RECAMFT is a safe place for everyone to participate. If it's not safe it's not accessible. At our June board meeting the Board established a **new committee** focused on cultivating a space that welcomes diversity. The inaugural meeting of this committee occurred on August 7th, 2020 and the new co-chairs are **Erin Wiper and Wowlvenn Seward-Katzmiller**. This new resource is in its infancy and still developing what it will eventually become.

For the past three months I have spent a lot of time reflecting on this concept from Francis Weller's book, *The Wild Edge of Sorrow*, "The generation of healthy and contented people was a necessity for the sustainability of the village; everyone was needed; therefore their well-being was essential. A healthy village requires healthy individuals. And to become a healthy individual, you need a healthy village. They are mirrors of one another, the one supporting the other."

I care a lot about the health of our village and hold each member's safety, accessibility, and well-being as a vital part of our whole well-being. I have a thousand ideas and two hands to put toward being part of the solution. Two hands and one open-heart.

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

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

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

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Changes Coming to Programming Patrick Armstrong and Tara D'Orazio

For the safety of our members and staff, the RECAMFT Board of Directors has had to make the very difficult decision to switch everything possible to online meetings and cancel all of our in-person meetings through June 2021. We hope to see you online. Please follow our events calendar for details and continue reading for more information on our schedule for Fall 2020.

After lots of trial and error, brainstorming sessions, and re-written plans, we believe we have created the best option for meeting our CE commitment to members while adapting to the unique challenges of hosting virtual presentations.



Under normal circumstances, the Programming Committee vets and schedules presentations for an entire year ahead of time. In attempting to rapidly move our presentations online, we learned how challenging it is for presenters to speak to a camera without a physical audience in front of them. Thus, the presentations we had scheduled for a live-audience have needed to be postponed and we have been finding new presentations with seasoned webinar instructors who are familiar and comfortable with the online format. Our programming schedule for the rest of 2020 will look a little bit different and we hope that the presentations we have chosen will meet your interests.

We know that many of you have been wondering how we are going to provide the remaining 10.5 CE units that are promised with your membership dues. We are happy to announce that on October 2nd and 3rd, there will be a two-part presentation by Dr. Marty Klein, PhD, CST, on Couples Therapy in the Age of Covid. This presentation provides 6 CEs and is free to all RECAMFT members. Details and registration are at RECAMFT.org. We will be announcing more CE presentations soon but scheduling details are still being finalized.

In addition to the CE opportunities, the Board discussed getting "back to basics" and committed to resuming our monthly meetings on the first Friday of each month. Monthly meetings may focus on networking and socializing and offer non-CE presentations or group dialogue. In November we will have a general meeting on Friday, November 06th and then on Saturday November 7th we will be hosting a presentation by the long-awaited insurance expert Barbara Griswold! This will be a non-CE presentation.

We know that this schedule is a little confusing because it is less predictable than we're used to. We will be doing our best to advertise our events clearly so that you will know when each presentation is offered, whether it is for CE credit or not, and how to sign up. Moving presentations to other days and times may also broaden the scope of people available to attend to were previously unable due to scheduling restrictions. If you typically can't make our Friday meetings, please check our Events page and watch the ListServ to see if we are offering anything at a new time that works for you! Thinking long term, when we are able to return to monthly meetings at Odd Fellows Hall, we intend to continue live-streaming our presentations for those who cannot attend in person.

Office for Rent

Chinn Street, Santa Rosa



- Ground floor in building of psychotherapists & health professionals. H.C. Accessible, 625/mo util. incl.
- Operable Windows; Air Purification; A/C; Wifi; Shared Waiting, Kitchen, Bathrooms, and Rear Parking

Richard (707) 494-6629 rburton@sonic.net

Join the Diversity Committee

The Diversity Committee is seeking members! This new committee is currently in the process of defining our intention, goals, and next steps toward making RECAMFT increasingly culturally humble, competent, and responsive; inclusive and safe for all current and potential members; and better able to meet the needs of all our members. If you would like to join this committee, or have any questions, please contact co-chairs Erin Wiper (erinwiper@gmail.com) or Wowlvenn Seward-Katzmiller (wskmft@gmail.com)

MESSAGE FROM YOUR EDITOR

Apologies for the need to use smaller text than usual. There was more content than we have room for using the usual size font. Part of that is our commitment to bring you the Groups Insert this month. It limits the size of the newsletter. The rest of the content we could not include this month will be in the next issue.

It is my sincere hope that all of you are staying safe and finding ways to learn and grow during this difficult time. We are all doing the best we can to muddle through. Some of us may have trouble maintaining regular routines. For me, missing time at the gym is tough but I am making do. For one of our colleagues, getting to her hair stylist has been impossible. I asked her to send a picture and we laughed so hard that I talked her into letting me publish it, so you, too, can have a laugh. Being a great sport, she said to go ahead. Usually, her hair is short, styled and dark. Thanks, Lainey Sohler Gayler, "Wolf Woman". Woof it up!



Fall Schedule At-A-Glance

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

September 4th 11am – 1pm Monthly meeting – Town Hall; Reconnecting Our Community

September 18th 12:00 – 1:30pm Ethics Consult

October 2nd 10am – 1:15pm Couples Therapy in the Age of Covid with Marty Klein Part 1

October 3rd 10am – 1:15pm Couples Therapy in the Age of Covid with Marty Klein Part 2
6CEs

November 6th 11am – 1pm Monthly meeting – topic TBA

November 7th 10am – 1:15pm Insurance Expert Barbara Griswold – non CE

December 4th 11am – 1pm Monthly meeting – topic TBA

Empowering relationships...



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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) - 15th of the month
Advertisements - 15th of the month

For more information call or email:
707 575-0596 or therapy@recamft.org

Or submit ad to website at
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