

Empowering relationships...

JANUARY 2021



The Redwood Empire Therapist

JANUARY ONLINE MEETING

Brainspotting: Trauma Therapy that Works **Presenter: Lisa Larson, LMFT**

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

- **Friday, January 8, 2021**
- **10:30 am - 1:45 pm**
- **Zoom Webinar**
- **3 CEU Event**
- **Register at www.recamft.org**



"Brainspotting" is a powerful, brain-based trauma therapy that accesses the deepest regions of the brain where clients store their traumatic experiences and survival terror. This access to the limbic system and brainstem allows deep transformation to occur. It works by identifying, processing and releasing core neurophysiological sources of emotional and body pain, trauma, dissociation, terror, flashbacks, panic, and other challenging symptoms. Symptoms of unprocessed trauma, which include chronic anxiety, insomnia, and numbing, are notoriously difficult to eliminate through talk therapy. This is because the brain becomes overwhelmed and is unable to process verbal information about the traumatic events.

"Brainspotting" was voted the most effective trauma treatment by the parents and survivors of the Sandy Hook massacre after a five-year study by the Sandy Hook Foundation comparing over 25 therapeutic modalities. The parents rated it first in its effectiveness in treating the traumatic loss of their young children.

This presentation teaches participants to metrically measure the efficacy of each session with their clients so it is very clear if the client is benefiting from the treatment. It also will help the attendees stay abreast of the most recent brain-based breakthroughs in treating clients with PTSD. This presentation underscores principles of complete non-judgment and compassion for each and every client. It also encourages the therapist to follow the client, rather than lead.

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.



2021 Acting President's Message: Encore!

We made through 2020! RECAMFT could not have done it without the unwavering leadership of our fearless President, Tara D'Orazio. She was calm, clear-eyed, and steady at a time when we were floundering as an organization, as mental health providers, and as people coping with an unseen enemy, and a new way (for most of us) of interacting with our clients. I feel extremely grateful to Tara who developed new protocols for paying bills using the bank's bill pay, backed up by email approvals which kept Board members safe from needing to get together to sign checks, and mail bills. She helped get training to the Board for the technical aspects of Zoom, which she and Patrick Armstrong, our Programs Chair, and Director at Large, needed to create online events for our members. She rose to the occasion and saw us through one of the most difficult years of our lives. Three cheers for Tara!

Back in March 2020 we were all so scared, wondering what was to come. As a Board, we realized our promise to our members was to provide 15 CEs a year, and at that point we had completed 4.5 CEs with our first three meetings. Patrick Armstrong, assisted by the Programs Committee, Michael Krikorian, and Gina Culver (who volunteered to become the Programs Committee Co-Chair), arranged for some terrific speakers in the fall. In October we had internationally renowned sex therapist Marty Klein for 6 CEs at no charge to our members. Marty gave a fascinating presentation on the challenges of working with couples in 2020. In November we had a dynamite 3 hour presentation by Barbara Griswold, bringing us up to date on telehealth and insurance billing during a pandemic. December provided RECAMFT members with a fascinating 3 hour presentation by Suzanne Alfandari on motivational interviewing. We finished 2020 with 14.5 hours of training offered to our members. We were 0.5 hours short of our usual offering. Not bad considering we were coping with Covid-19, a new way of doing business and interacting with our clients and each other, and multiple wildfires terrorizing Sonoma County.

In 2021 Patrick and Gina plan to make up that extra half-hour and then some! We have 2 and 3 hour presentations planned this spring, and we will be ahead of our usual CE schedule by the time June rolls around. We plan to offer 6 hours of Law & Ethics in 2021 when we can square the dates away with CAMFT staff attorneys.

Unfortunately, our 2020 President Elect, Kira Kayler, needed to resign in December. This left the Board with some difficult considerations for who would run for President Elect, knowing this person would immediately become Acting President in 2021. I decided it was time to call in the big guns. I phoned Bob Casanova, the former "King of CAMFT" (as he was affectionately referred to by me) and told him I needed him to join the Board, if I was to undertake the job at hand. Luckily, he said yes. He brought in Victoria Rohrer, who volunteered to take over my previous role as Secretary (yay Vicky!). RECAMFT's CFO, Erica Thomas, moved out of the area in December, so the Board's first task will be to appoint a CFO to a one-year position for 2021. We have a paid bookkeeper, and a tax accountant, so check writing, and supervising are the main responsibilities of our CFO. We need you right away. Please step forward and introduce yourself ASAP! In 2014 I was the President of RECAMFT. It was an exciting time, as I ran with Bob Casanova, and several other folks from the Save CAMFT group, in a fully contested election after being petitioned onto the ballot by our colleagues, to become the President Elect of CAMFT. I served as the 2015-2016 President of CAMFT. Bob Casanova was the 2017-2018 CAMFT President. I have seen CAMFT chapters all over the state, and one thing I know is this RECAMFT chapter is unique in that it attracts unusually marvelous people. A great example is Gail Van Buuren who was RECAMFT's President in 2007 and has continued on as our Newsletter Editor and unofficial historian for 14 years. During the Board's holiday Zoom party, new Director at Large Jean Hayes shared her history including training with Virginia Satir, and Carl Whitaker, even accompanying Carl to the Soviet Union to train family therapists. I love thinking about how Virginia and Carl will bless our work through Jean's fortunate synthesis with the spirit of the RECAMFT Board.

Relying on our savvy Past President Tara D'Orazio, and the strength of this incoming Board, I hope to be a capable Acting President in 2021, and President in 2022. If ever there was a time we needed each other, last year has brought home that lesson. I hope 2021 will see us

eventually able to come together once again in celebration as a community by the year's end. The RECAMFT membership has been a shining beacon in the state CAMFT chapter community, and we are leaders who rose to the challenges of the wildfires in our county to shine that light on trauma survivors, and the need for crisis mental health counseling. It is my deepest honor to give an encore performance at the helm of our ship as we sail with our most treasured cargo – a preeminent group of world-class healers – all of you, our RECAMFT members! Bon voyage!!

FOR SALE

Sandtray objects, box and shelves for sale at low prices. Please call Ange Stephens at 707 328 5139 Thanks. angestephensmft@gmail.com

2021 Schedule At-A-Glance

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

- January 15 9-11 RECAMFT Board Meeting
- January 15 11:30 Members Crafting Group
- February 6 Daine Gleim 3 CEUs
Porn & Relationships: Taking a Sex Positive Approach
- March 5 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

**FREE TO RECAMFT MEMBERS
REGISTRATION REQUIRED – WWW.RECAMFT.ORG**

RECAMFT TEAM CIRCLE

BOARD OF DIRECTORS

- President:** Laura Strom 889-9168
- President Elect** Laura Strom 889-9168
- Past President:** Tara D’Orazio 707-992-5008
- Secretary:** Victoria Rohrer
- CFO:** Vacant

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:** 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.:** Vacant
- 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, Co-Chair 707-483-9061
Regina (Gina) Culver, Co-Chair
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

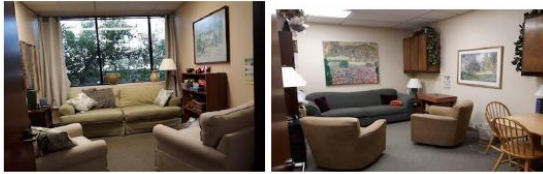
JOIN RECAMFTS LISTSERV

*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*

Professional Counseling Office Space for Lease!



Located in Petaluma, comes furnished.
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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

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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This was taken at Jenner Headlands Regional Park showing the view down the coast which includes the Russian River. Lovely loop for a day hike.

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>

Miss Representation full documentary on YouTube:
<https://youtu.be/3syOGI2nbbs>

Racial & Social Justice Committee Appreciates Your Participation

Thank you from the Racial & Social Justice Committee to all the RECAMFT members that provided their responses to our survey. The survey is now closed. We had 23% (88 members) of our membership participate. We are currently analyzing the data and will keep you posted in the upcoming months.

The committee also recommends viewing **Miss Representation**, a full documentary on YouTube:



<https://youtu.be/3syOGI2nbbs>

This documentary was released in 2012 and discusses how the media and US society at large misrepresent and/or underrepresent women. It also helps to explain how women are held to unrealistic ideals that contribute to their oversexualization and continued marginalization. This is a good video to share with your female clients, both teens and adults, in order to understand and work through this gender-related issue. I have shown this documentary to not only female clients, but also to fathers and other caregivers of daughters and have received positive responses from my clients.

Stay tuned for updates. We wish everyone a peaceful and prosperous new year.

~ From the co-chairs and members of the Racial & Social Justice Committee: Erin, Wowlvonn, Gail, Reyna, JoAnn, Jessica, Emily, and Gina.

RECAMFT's Virtual Crafting Circle!

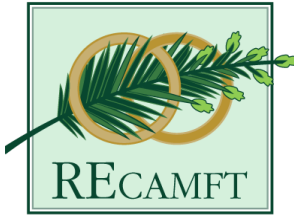
Calling all fiber artists, painters, crafters, quilters, woodworkers, come all! Bring your work in progress to RECAMFT's virtual crafting circle!

January 15 11:30-12:30
Register www.recamft.org



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

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 Web: www.recamft.org

RETURN SERVICE
REQUESTED

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
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
www.recamft.org

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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

Tara D;Orazio	2020
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