



The Redwood Empire Therapist

OUR MARCH MEETING

Group 101 – The Basics: What We Need to Know to Facilitate Any Group **Lois Friedlander, LMFT, Certified Group Psychotherapist**



Have you ever been asked to facilitate a therapeutic group? Does the idea seem daunting or do you worry about your lack of experience? Well, we have more experience than we might think, because we all participate in groups every day, at work, with family, and with members of our community. Humans are herd animals and thus seek group affiliation. Our clients may express difficulty in social situations and shy away from group settings, but generally there is a longing to be part of some type of group. The social anxiety that causes many of our clients to avoid groups can paradoxically be addressed within the structure of group therapy.

In this month's presentation, we will explore the many facets of group therapy, the different types of groups we can offer our clients, the role careful selection plays in beginning a group, the importance of a group

Have you ever been asked to facilitate a therapeutic group? Does the idea seem daunting or do you worry about your lack of experience? Well, we have more experience than we might think, because we all

March 4th RECAMFT Meeting

10:30 - 11:00 social & sign in

11:00 - 1:00 meeting

Group 101 – The Basics **Lois Friedlander, LMFT**

ODDFELLOWS TEMPLE/MERCER HALL, 545 PACIFIC AVENUE, SANTA ROSA

IF THE PARKING LOT IS FULL, PARK AT THE J.C. GARAGE ACROSS MENDOCINO AVE. FOR \$4 OR ASK PERMISSION TO PARK AT THE EGGAN AND LANCE MORTUARY. IF YOU DO NOT ASK THE TOWING COST IS \$225.

March 12, 2016

Treatment and Care of Traumatized Children

Hilton, Santa Rosa (see website)

Dr. Daniel Hughes – 9am-4 pm

April 1, 2016

Working the Body Knot – A Somatic Communications Model

Kitty Chelton, LMFT & Theresa Beldon, LMFT

SEE PAGE 5 FOR THE REST OF THE SCHEDULE

1.5 CEUs AVAILABLE – RECAMFT CEU PROVIDER IMIS 57173
MEETINGS ARE OPEN TO ALL ~ NON-MEMBERS FREE (\$15 FOR CEUS)

contract, how to manage countertransference reactions, and how to end the group well. Join us for our large community group that is the Redwood Empire when we meet for our Continuing Education Seminar.

Lois Friedlander, MFT is a Certified Group Psychotherapist (CGP). She has specialized in facilitating a wide variety of groups in diverse settings including, schools, hospitals, research settings, and private practice. She is on the Clinical Faculty at UCSF, Department of Psychiatry/School of Medicine. She has a private practice in San Francisco and Marin with individuals, couples, and Groups. She offers workshops, trainings, consultation, and supervision in psychotherapy and group dynamics. She supervises at the Community Institute for Psychotherapy, Eating Disorders Program in San Raphael. She is a faculty member of the Northern California Group Psychotherapy Society (NCGPS), and provides Core Course Training Certification as a Group Psychotherapist. Dr. Irvin Yalom has been her supervisor and consultant.

Lois can be reached at (415) 383-3337 or by email: lois@loismft.com. Her website is www.loismft.com

President's Message

Bob Dalzell, LMFT



Therapy as Spiritual Practice

"My practice as a psychotherapist is a spiritual practice... One of the most wonderful things about being a therapist is the opportunity I have, time after time, to practice being wholly present, aware and in charge of my thoughts... (I'm) willing to drop negative thinking and open my heart to love this person (client). I aspire to become, full time, the person my clients experience... If this isn't spiritual practice, I don't know what is." [Kris Spangler, The Redwood Empire Therapist, March 2015]

Very clear, strong language that I think bears repeating. Our daily task requires heart and mind continuously opening to possibility, to Mystery. I like to say, "there is only one healer, and it's not me. I just practice a healing art."

For an hour before our Feb 5th RECAMFT monthly speaker meeting, a circle of 12-15 of us formed at Oddfellows Hall around a candle and an urn containing Myra Polikoff's ashes. Myra's husband, Lyle Keller, wanted to tell us some of Myra's story to honor her life. Lyle said, "like the candle flame Myra was very light, and like the urn Myra was very dark... When something like Myra's suicide happens, we ask: Why? We struggle to understand. Ultimately we cannot come to any complete understanding. Like many things in life, we have to admit we are confronting mystery. Its times like this we have to realize Mystery/God has ways we just have to accept and go on living."

Lyle generously and full heartedly shared about his wife, the mother of their 17- and 20-year-old sons. Before coming to be with us, he had asked that we gather to honor Myra like this: Tell the truth; reach out for help when needed; stand firmly in the light. Lyle did that with us. What a gift to us. My insides reverberate still with power, the vibrancy of the sharing during that hour. Thank you, Lyle.

He also shared a poem Myra wrote. He gave permission to include it here.

A Psychotherapist's Notes

*Notice if she uses the coat rack--
or clutches coat and purse like a life raft
or does she almost disappear altogether
so I must lean in to see her at all?*

*Watch her eyes--
quick, sharp,
the eyes of birds,
or sad and deep,
like those of wolves--
or have they turned away already,
like candles dropped in the dark?*

*Follow her hands--
leaves dancing in a storm,
or flotsam adrift at sea--
or do they grasp each other
with the grief of old friends
alone in the world?*

Listen to her words
and to what she doesn't say;
rooms where people are missing,
corners where story confuses
or departs,
and destinations are abandoned.

Be present:
a guide along the road
if she is walking;
a sufferer in those trenches
where she is always alone;
a steadfast holder of the thread
as she wanders in the labyrinth;
a seer
with knapsack of wisdom
willing to break bread
with the knife of evil,
to bathe in the tumbling waterfall
of loss,
to taste the kiss of beauty ;
willing to gaze through
the kaleidoscope of madness,
willing to push
the heavy plow
of getting by.

Bob Dalzell has a private practice in Petaluma and can be reached at 765-1009

ETHICS ROUNDTABLE

The Ethics Roundtable meets once each in the Fall, Winter, and Spring. Topics may come from our clinical practices, or be generated by other ethical concerns brought in by one of us. The meetings are informative, stimulating and enjoyable. RECAMFT members are invited to attend. No ongoing commitment is required.

Next Meeting – Friday, April 22nd, 2016
10 AM to 11:30 AM
Want more information?
Call Kris Hall at 544-4726
For location

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to join the RECAMFT listserv to:

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What You Missed by Doug Silberstein

At the February, 2016 RECAMFT meeting, Laury Rappaport, Ph.D., gave an engaging and informative presentation on the therapeutic value of integrating Focusing with the expressive arts. Through didactic lecture, case study examples, experiential exercises and group discussion, Laury gave audience members a strong sense of the benefits of using her *Focusing-Oriented Art Therapy* approach with clients. The presentation emphasized how combining artistic expression with Focusing provides a powerful approach for increasing self-compassion and self-regulation.



ATTENDEES PARTICIPATING IN FOCUSING EXERCISE

Laury highlighted the approach's effectiveness in increasing mindfulness and "harnessing the body's wisdom" in catalyzing healing and growth. She gave a brief history of Eugene Gendlin's discovery of Focusing, along with its foundational concepts and development, and described Focusing as a process that brings mindful awareness and a friendly, welcoming attitude to one's inner experience in order to contact one's inner knowing. In utilizing Focusing, the therapist prioritizes presence, safety, empathic reflection, clinical sensitivity and a welcoming, non-judgmental, curious attitude.

In guiding the client's focus into their inner experience, the Focusing practitioner helps the client land into a "felt sense" of their authentic experience. The "felt sense" is a somatic experience – an embodied, organic, holistic understanding of how one feels "beneath" cognitive biases and busy-ness. The practitioner can then help the client pair the "felt sense" with an image, word/phrase, gesture/movement or sound, which can strengthen the client's understanding of his/her experience. In this way, it is easy to see how Focusing can lead to opportunities for artistic expression; the "felt sense" can be artistically

expressed in ways that help the client know and make sense of their experience on an even deeper level.

After experiencing the felt sense, the client might feel a change or "felt shift". This shift is felt in the body and can be symbolized through the expressive arts. Therapists can work with both the client's internal experience and the artistic externalization of that experience in ways that can help the client gain an optimal distance from emotional experience – one that is close enough to access a deep knowing while not so close that he or she is overwhelmed by the internal experience. And providing opportunities for the artistic expression of the "felt sense" and/or "felt shift" can enhance the client's experience of truly being seen and heard by therapist, which strengthens the client's attachment to the therapist.



Laury Rappaport, is currently an integrative Psychotherapist and a Guided Imagery Therapist at Sutter Health Institute for Health & Healing. She is founder and Director of the Focusing and Expressive Arts Institute in Santa Rosa and has extensive expertise working with individuals, couples, families, and groups with a broad range of clinical issues in a wide variety of settings. She trains others in Focusing, Mindfulness, and the Expressive Arts Therapies and is also the author/editor of *Mindfulness and the Arts Therapies: Theory and Practice*; author of *Focusing-Oriented Art Therapy: Accessing the Body's Wisdom and Creative Intelligence*; and numerous book chapters and articles. She can be reached at (707) 569-6264 or laury@focusingarts.com

Doug Silberstein, MFT is in private practice in Santa Rosa and San Rafael. He focuses on working with couples, parents and individuals struggling with depression and anxiety. He primarily employs existential-humanistic, experiential and attachment-based approaches in working with his clients and can be reached at 707-583-2353 and at doug Silbersteinmft.com.

Gottman Professional Training

Next Training:

Level 2 - Assessment, Intervention, and
Co-Morbidities ~ March 3rd-5th, 2016

Upcoming Workshops:

Level 1 - July 22nd-23rd, 2016

Level 2 - October 6th-8th, 2016

Level 3 - July 7th-9th, 2016

Co-Presented with Dr. Bob Navarra

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TrainingForCouplesTherapy.com

Presented by a Master Certified Gottman Therapist
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Referring to an Outdoor or Residential Treatment Program?

Educational consultants, in collaboration with referring mental health professionals, work with families to identify appropriate therapeutic treatment options for struggling students. Bob Casanova is an experienced, licensed marriage and family therapist (MFT) who provides realistic, comprehensive recommendations to Therapeutic Schools, Residential Treatment Centers and Outdoor Therapeutic Treatment Programs for teens and young adults who need help coping with such challenges as:

- Drug or alcohol abuse/dependence
- Learning differences
- Social, emotional or psychiatric concerns
- Self harm
- Eating disorders
- School failure or refusal
- Adoption/attachment issues
- Asperger's/PDD/NLD
- Family conflict
- Loss and grief
- Divorce

BOB CASANOVA Educational Consultant
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RECAMFT Mentorship

A no-cost benefit for RECAMFT interns

Volunteer licensed therapists are available to interns for up to two hours a month to discuss a variety of things. This is not a supervisory relationship. Interns are encouraged to contact different mentors.

Learn more about the RECAMFT Mentorship program on our website at www.recamft.org under Intern Support.

Valentine's Day Toolbox for Couples + Singles by Ondina Hatvany, MFT

"Why celebrate yet another Hallmark card holiday that is just a ploy to get us to consume more? And why make single people miserable by having a holiday like this?" wailed my client Sue. She was right, of course, and fed up. "What if you turned Valentine's Day into an excuse to celebrate LOVE? And why limit love to couples?" I suggested. "Aren't there infinite ways to love? Whether it's with your partner, your dog or yourself, you can make this day about celebrating love and connection...."

This conversation with my client spawned the birth of this article, where I would like to suggest some Valentine "tools" from my toolbox that don't have to cost a penny and that can be applied to people who are single or in relationship.

For Couples:

This is a day to put your partner first and let them know they are your #1 priority. In fact, this is something that renowned couples therapist Dr. Stan Tatkin says is an essential ingredient in creating a strong and secure "couple bubble." Secure couples know how to create a strong and happy couple bubble by giving each other the message that the other person is a priority and comes before anything else. That's right—before work, family, pets, you name it! There are 101 ways to let your



partner know they come first, but a Hallmark card is not one of them. You do it by your actions and what you prioritize. This is a day to prioritize your partner and put them right up there on the front burner. In fact it's probably a good idea to do this on more days than just Valentine's Day... :)

Do something different and unusual together. This is especially important for long term couples where it's all too easy to get into a rut. When you do something new or different together, it provides the opportunity to look at each other in new and different ways, and this creates bonding moments. Think about early on in your relationship when you were just getting to know your partner. This happened all the time! When was the last time you really looked at your partner and were curious about them? It's important to keep this early bonding element alive in your relationship, and doing new and different things together can facilitate this.

Celebrate or gift your partner in a way that speaks to them. Here it helps to consult the idea of Gary Chapman's "The 5 Love Languages," which is basically the theory that we all have different ways of feeling loved. It's important to learn your partner's primary love language and speak to it as often as possible—and definitely on Valentine's Day!

So here are the 5 Love Languages:

- | | |
|----------------------|-----------------|
| Physical touch | Quality time |
| Receiving gifts | Acts of service |
| Words of affirmation | |

For more details about each of the love languages go to this link:

<http://www.focusonthefamily.com/marriage/communication-and-conflict/learn-to-speak-your-spouses-love-language/understanding-the-five-love-languages>

For Singles:

This is a day to put yourself first and let yourself feel fully loved by you. After all if you can't give this to yourself who can? In a sense, you could see doing this as a way of creating a landing pad for that love you want to attract in your life, or you could view it as a way of magnetizing "that special someone" to yourself. Do something today that is just for you and will make you feel loved. Try that new recipe and light a candle and play your favorite music when you sit down to enjoy it. Pour a bath with your favorite scents and put on some music to pamper yourself. The ways are infinite but try and bring in as many of the five senses as you can so you see, taste, touch, smell and hear the love!

Do something new and different for yourself. Why not try that yoga class you've been putting off for months, or check out that dance class you've been curious about? Try a Meet-Up activity or that cooking class that you've been eyeing for a while but couldn't attend because of your schedule. Don't want to go out? Invite all your single friends over for an "Anti V-Day" party. My client Sue gave me this idea. She got to feel loved and connected this way and that's what mattered.

Spread the Love. Sometimes the best way to feel love is to give it. So call that friend who's been going through Hell or volunteer at your local shelter or spend some time with your elderly aunt whom you know would appreciate your visit. Being around animals can show you so much about love, too—no questions asked! If you don't have a pet, then offer to walk your neighbor's dog. The possibilities are endless, but do what speaks to you.

It's true that Valentine's Day is yet another consumer or Hallmark card holiday, but it's also about love and celebrating love. Why limit this to one day of the year? Perhaps Valentine's Day can be a reminder that love and celebrating love need to be on the front burner more often!

In closing, I have to quote one of my favorite poets, Rumi, who wrote numerous poems about love. Here is one of my favorites:

Lovers don't finally
meet somewhere.
They're in each
other all along.
—Rumi

Ondina Hatvany can be reached at www.OndinaWellness.com or, 415-381-1065

Ads and Announcements

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Director, Senior Peer Counseling

Non-profit org. seeks LCSW or LMFT, 15-30 hours per week. Experienced in psychotherapy, group training and community outreach. Recruit, appoint and train volunteers to provide peer counseling to seniors. Email, fax or send resume to Konocti Senior Support, P.O. Box 6668, Clearlake, CA 95422. www.konoctiseniorsupport.com EOE

RECAMFT Programs for 2016

April 1, 2016 - Kitty Chelton, LMFT, Theresa Beldon, LMFT
Working the Body Knot – A Somatic Communications Model

May 6, 2016 - Meagan Pugh, LPCC, D. Min., ATR-BC, SEP
The Narcissistic Enchantment

June 3, 2016 - Gary Gross, LMFT
Behind the Mask: Working With Men in Psychotherapy

Reserve your Spot- Space Limited to 36 Attendees

Dyadic Developmental Psychotherapy (DDP)

With

Dan Hughes, PhD

Clinical Treatment of Children & Youth with Attachment & Trauma Issues



March 8-11, 2016 (Tues-Fri)

1202 Apollo Way Santa Rosa CA

8:30am-4:30pm

Dan's treatment model, Dyadic Developmental Psychotherapy, is family-based and focused on facilitating the child's ability to establish a secure attachment with his/her caregivers. Developmental attachment theory and research is the primary model used for relationship development and trauma resolution. Dan blends various approaches into his treatment modality. These include family therapy, Ericksonian hypnotherapy, psychodynamic principles, psychodrama, and interventions congruent with Theraplay and narrative work. He actively communicates PACE in order to co-regulate the affect associate with past experiences and to co-construct new meanings of these experiences.

Beginning Level 1 4-day workshop open to clinicians who are providing services to children and youth with attachment and trauma issues. Training includes live cases, role playing in small groups, videotapes, discussions and handouts.

Cost: \$475.00 for Early Registration, November 1, 2015-Feb19, 2016

\$525.00 for Registration after February 19, 2016

28 CEUs available for MFTs, LCSWs

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RECAMFT is the CEU Provider Provider for this event IMIS 57173

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AZURE ACRES
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MARCH 2016 ISSUE

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