



The Redwood Empire Therapist

OUR APRIL MEETING

Working the Body Knot: A Somatic Communications Model Kitty Chelton, LMFT & Theresa Beldon, LMFT



One of the biggest problems in relationships is the human tendency to read other people's words and behaviors through your own lens. The Body Knot attempts to clarify this misunderstanding by identifying triggers from the past which interfere in the present moment when dealing with relationship issues. This technique was developed by Bodydynamic Analysis.

This somatic model helps us identify perceptions from the past, which arise in the present when we find ourselves in conflict with one or more people. These assumptions lead to emotions and sensations that arise from wounding and triggers from previous injury, which confuse what is actually happening in the moment.



April 1st RECAMFT Meeting
10:30 - 11:00 social & sign in
11:00 - 1:00 meeting

**Working the Body Knot:
A Somatic Communications Model**
Kitty Chelton, LMFT & Theresa Beldon, LMFT

ODDFELLOWS TEMPLE/MERCER HALL, 545 PACIFIC AVENUE, SANTA ROSA
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May 6, 2016
The Narcissistic Enchantment
Meagan Pugh, LPCC, D. Min., ATR-BC, SEP

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

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

Kitty has a private practice in Somatic Psychology in Sebastopol and is a somatics trainer at Lomi Psychotherapy Clinic. She has trained and supervised therapists in body-oriented therapies for 20+ years. She leads counter-

transference consultation groups for interns, licensed therapists and body-workers. She supports practitioners in expanding beyond their perceived limitations, empowering them to be more creative and authentic.

Theresa is a certified Bodydynamic Analyst teacher and trainer. Originally a Reichian bodyworker, teacher, and masseuse, Theresa worked for Creighton Cancer Center and the STEPS Center, which specializes in working with those with HIV and AIDS. Presently she divides her time between private practices in Berkeley and Sebastopol. Theresa has taught Bodydynamic psychotherapy in California and Canada and has specialized in working somatically, with individuals and groups, for 20+ years.

Kitty Chelton can be reached at (707) 823-8203 or by email: KCChelton@comcast.net

Theresa Beldon can be reached at (707) 823-5216 or by email: TBodydynamicusa@Yahoo.com

*What Else Is In Here This Month?
Check It Out!*

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All the Pages Pictures, Ads, Notices of Meetings and Other Opportunities

**President's Message
Bob Dalzell, LMFT**



***Our Collaborative
Spirit/Commitment Phobia
Dilemma***

Several of the recent presenters at RECAMFT's monthly speaker meeting have remarked about the warm and friendly atmosphere they feel and very much appreciate when they come to present to us. Likewise, newcomers and visitors from other chapters tell me they feel welcomed, that the group seems engaging and inviting. At the same time, when asked to take on a leadership role, one of our members, I think somewhat jokingly, said, "I really want to do it, but I'm commitment phobic" (she did commit, and will never be sorry!!).

Thus, our dilemma. We want to engage, that's a deep part of who we are, and we do so all day long with our clients. We wouldn't do the work we do if we didn't have that desire, and at the same time, many of us, being introverts, have what seems to be a limited daily supply of the energy to commit to the engagement. I recently called my brother in Minnesota and when he answered he said, "Do you have the wrong number?" We get along

well and he was giving me a hard time about the too infrequent contact. Later in the conversation he said, "But I understand, because you talk to people all day long, and sometimes, the last thing you want to do is have another conversation with someone."

Last summer the RECAMFT leadership team met for our annual retreat day. Lovely day at Ratna Ling, high in the hills outside of Cazadero. Our theme for the day was 'How do we engage our membership so as to make sure everyone is welcomed into our activities, and how to further engage those who may be interested in joining our leadership circle?' Fortunately, we have talented art therapists in our leadership circle who helped us create a weaving, each person choosing what they wanted to add to the whole, how they felt, with the fabrics, yarns, colors and textures, and where they wanted to place their contribution. It has been a lasting image for me. Much like the process of meeting someone in therapy, each person sinks into themselves, expresses, and the meeting that happens is something new, and beautiful, and healing. That is what we all want. That is what our leadership circle wants each experience of RECAMFT to be (Empowering Relationships). I know we are succeeding in that goal when I hear comments like

those the presenters and newcomers make. I get to hear them, maybe more than others, because I have the president's role, and I want to make sure I pass along to you, the membership, those comments about who we are. I also want to express appreciation for each and every one of you. Each person, bringing their own self to our gatherings creates the new weaving at each RECAMFT event, and that makes us ever new and beautiful, a stronger whole.

Ok, I'll confess, I love sports! Watching March Madness (if you don't know what it is--poor you--call me) I see that each team has a warm up shirt that says, "ALWAYS REPPIN" in large letters at the top, along with their particular team's logo lower down on the shirt. Now I like that. Each team member representing, not only their college or university, but also the whole of their sport at its national tournament. We LMFT's need to embrace our role of representing our unique healing art/profession. At CAMFT's Chapter Leadership Conference in February, the San Diego chapter presented on collaboration. After several years of building relationships with other professional and educational groups, they have woven a very strong connection between the LMFT's and the wider community (they got a \$10K grant last year, and are getting \$70K next year for collaborative projects). The presentation began with, "But I'm not married, why do I need an MFT...?"

The point made was that we are often asked what we do, and haven't you noticed more than once, the look of confusion, when you explain that, yes, you do see individuals for psychotherapy? We all have opportunities to represent our art/profession, not only in the therapeutic encounter, but 'on the street where you live'. I would like to invite and challenge us to create stronger bonds, a more informed connection, to the wider community. Along this note, I'm grateful for the work Cynthia Halliday, Annette Siebert and Pat Hromalik have done with the Dan Hughes Consortium. I'm also grateful to Doreen VanLeeuwen and Gail VanBuuren for their work in establishing a Crisis Response team, which is another wonderful opportunity for collaboration because it will involve working other agencies. RECAMFT is a service organization. We exist to help LMFT's be professionals providing service to the community. As an organization we have many more opportunities to create collaborative connections to our community. I know that, as a whole, working together, we can be even more effective--even if you don't watch sports, call me. And I

want to end with gratitude to each of you for the work, and the 'Reppin' you do every day.

Bob Dalzell has a private practice in Petaluma - 765-1009

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What You Missed by Tara D'Orazio

The March 2016 meeting brought to us Lois Friedlander, MFT, of the Marin Chapter, to speak on facilitating group discussion. Her introductory presentation was not only informative, but brought the experience to life by drawing the audience's attention to our own group dynamics. Attendees were engaged in exploring the various facets of our group that help it function, decides the tone of the atmosphere, and determines interactive style between members. Through pointed questions we were guided to explicitly define the cogs in our great group machine, such as identifying our subgroups (e.g. committees, men, pre-licensed), formal and informal agreements, feelings toward the group, and group goals. Once we understood how our own group was organized the conversation shifted to the essential components of planning, designing, and implementing a therapeutic group.



Friedlander emphasized how important boundaries are to the success of any group meeting. She recommended making boundaries explicit, collaborative, and to enforce them with gentle firmness. On the other hand, she lets her groups know she's not policing them and they are free to act as independent adults - getting up to stretch or leave the room without asking permission - which lends a relaxed permissiveness within a supportive and sturdy scaffold of interpersonal boundaries.

She brought attention to two major subconscious processes that impact interactions within a group. First, that when one member shares something about the group itself, they tend to speak for some part of the group. Meaning, when an individual voices something like a feeling of warmth toward others, or worries that others are judging them, there are usually others in the room aware of the same feeling, and the individual

member is pointing toward the collective unconscious, which a skilled facilitator can gather and put into words for examination by the group. The second unconscious process she highlighted was that group members recreate their family of origin dynamics and interpret group interaction through the lense of that experience. This makes the group atmosphere both triggering of problematic interpersonal dynamics and a great place for working through those issues toward different outcomes. Group members will try using familiar roles to "survive" the group and gain tribal membership. Friedlander says that every member and their role brings a gift to the group and it is the facilitator's job to figure out the gifts and use them to the group's advantage.



JOE WARD & HAL FORMAN SETTING UP FOR VIDEO AND AUDIO – OUR WONDERFUL TECHIES WORKING THEIR MAGIC FOR OUR MEMBERS

Conversation shifted to the facilitator's tasks and the audience was very curious about Friedlander's own experiences with managing difficult group members or situations. She shared that one of the very first groups

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recamft-subscribe@yahoogleroups.com

Myron Walters will confirm your RECAMFT membership and admit you. We are now 137 strong.

she led as an intern had a catastrophic outcome that resulted in her being sucker punched by a group member! After that experience she shifted gears and sought employment elsewhere, but it didn't dissuade her interest in therapy group dynamics, it only made her stare harder at what was going on and how she could learn from it. Audience members shared some difficult group situations they'd encountered and sought validation or guidance on how to handle it. Friedlander said that just as people have developmental stages, groups, too, have developmental stages. They are dynamic interpersonal creatures and awareness of where your group is at in its development is key to knowing how to introduce new members, new topics, and manage conflicts and change. A facilitator must learn to be as free flowing and interactive as the group itself.

Lois Friedlander is an integrative psychotherapist in private practice and a faculty member at University of California San Francisco School of Medicine. Her beginnings stem from expressive arts and music therapy which she incorporates into her modern practice serving children and adults, individuals, couples, and groups, with offices in Mill Valley and San Francisco. She offers expertise as a Certified Group Psychotherapist (CGP) with groups currently running for Women, Intern Group Supervision, and How to Facilitate Therapy Groups. She can be reached at [415-383-3337](tel:415-383-3337) or at lois@loismft.com.

Tara D'Orazio, LMFT owns Athena Counseling in Santa Rosa, a private practice focused on individual Cognitive Behavioral Therapy for teens (14+) and adults with anxiety disorders and sexual trauma. She is a Beacon provider and works with Victims of Crime Compensation Program recipients. You can reach her at [707-992-5008](tel:707-992-5008) and at www.AthenaCounseling.com

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JUDITH PELETZ, HOSPITALITY CO-CHAIR – ALWAYS NURTURING US

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

Considering a residential treatment or outdoor program?

Collaborating with referring professionals, Bob Casanova, Psy.D. is a nationally respected educational consultant who specializes in providing recommendations for students with special needs of an emotional, behavioral or psychological nature. Bob travels extensively throughout the year and has personally toured over two hundred schools and programs. As a Licensed Marriage and Family Therapist, Bob credits his clinical training and experience in deepening his understanding of a student's needs. Bob helps students and families dealing with issues such as:

- Depression
- Anxiety
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- Family conflict
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- Divorce
- Learning differences

Bob Casanova, Psy.D.
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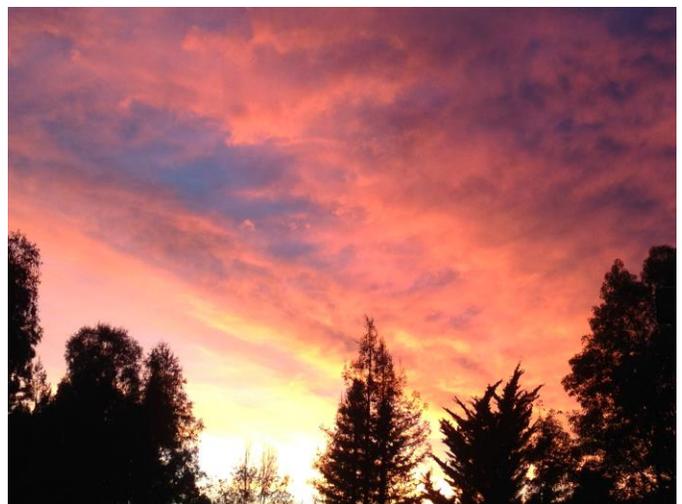
A SOMEWHAT BLURRY PICTURE OF SECRETARY, DAVID BENOIT AND ADMINISTRATIVE CONSULTANT, PAM WARD AT THE SIGN IN TABLE

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.



THE SUN SETS ON ANOTHER NEWSLETTER!

Crisis Response Team Meeting

Are You Curious?

By Gail Van Buuren



Are you curious about becoming trained in and responding to a crisis or disaster with knowledge and informed assistance for those impacted by it? Would you like to know what to do, how to help, make a real difference during truly trying times? Do you wonder just exactly what it would entail in training and commitment? Come find out!

Doreen Van Leeuwen and I have committed to putting together a team of licensed therapists that will work with the Red Cross and/or Sonoma County Health when the need for trained responders arises. We are talking and meeting with contacts that will help us put the training together and coordinate the team when needed.

In January, Doreen met with Jacque Ladrech, co-chair of Marin CAMFT's Crisis Response Team since its inception in 1990. I spoke with Dana Nussbaum, the American Red Cross mental health lead for Sonoma and Marin counties, who has some plans for an upcoming day-long training for mental health workers. We need to get an idea of how many of you are interested. And I am sure that some of you need to get an idea of just what is involved in this work and how such a commitment would play out in your everyday life.



There is always a strong need for trained responders, both locally and nationally for everything from house fires and shootings to natural disasters and national crises such as 9/11.

Doreen stated in her February article in this newsletter: As people who are devoted to caring for others, reducing suffering, and increasing health and wholeness, you will discover this kind of work is rewarding and satisfying. Those you attend, coping with or recovering from a crisis or disaster, are grateful for your presence and support. Even while you may not always know that you are

making a difference, frequently those you assist will let you know that your listening has helped, that your normalizing their thoughts and feelings allows them to not feel crazy, and that your understanding helps them feel they matter.

Another reason to get involved is that, when something bad happens, we all want to go, but if we're not trained, we get in the way! Can you imagine how good you'll feel knowing that you are part of properly prepared team that is organized and ready to respond?

Those of you who are already on our mailing list for the crisis response team will be receiving an email announcing our informational meeting on April 8th or right around that date. If you are interested and want to contact us directly or just have some questions, here is our contact information.

Doreen Van Leeuwen, 915-347-1837;
doreen@abetterwaycenter.com or
Gail Van Buuren, 707-494-4198;
gailvb13@gmail.com.

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Looking for private practice office space in Santa Rosa. I am currently in the St Rose Building, and would like a smaller office. My current space is 15' x 20' Please email or call with any leads.

Denise Wagner, PsyD, LCSW
[\(707\) 495-5105](tel:707-495-5105)
drdenisew@gmail.com

Empowering relationships...



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APRIL 2016 ISSUE

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