



# The Redwood Empire Therapist

## OUR JUNE MEETING

# Behind the Mask: Working with Men In Psychotherapy Gary Gross, LMFT



Working with boys and men in psychotherapy can be both frustrating and rewarding. They have likely been struggling with unresolved issues for many years, and sometimes have made a bad situation worse in an effort to ease (or numb) their pain. Instead of seeing therapy as a proactive and courageous step toward better mental health, entering treatment is more often a reaction to internal or external pressures and symbolically represents failure, weakness, or both. This means that we typically begin this work with a built in handicap.

Because of a variety of factors, how men cope with common life stressors creates significant problems that impact their ability to be vulnerable and intimate. This presentation will address the life issues that create problems for men, and the many ways they respond, often with self-destructive and shame-inducing behaviors. Treatment is enhanced if we know how to help men navigate through their lives and we can create a working relationship that does not further contribute to their shame.

Gary Gross, LMFT, Has been involved professionally with the concerns of boys and men since the late 1970's when he helped organize the first California Men's Gathering and taught coursework on Men and Masculinity at City College of San Francisco. He obtained an M.A. in Sociology in 1976, an M.A. in Clinical Psychology in 1984, and has been in private practice since 1987. He has worked at several Marin non-profit agencies, including Big Brothers/Big Sisters. He developed the first and only treatment program in Marin for juvenile sex offenders at Family Service Agency, and ran groups for abused boys through the Child Sexual Abuse Treatment Program. He

**June 3rd RECAMFT Meeting**  
**10:30 - 11:00 social & sign in**  
**11:00 - 1:00 meeting**

**Behind the Mask:**  
**Working with Men in Psychotherapy**  
**Gary Gross, LMFT**

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

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**October 14, 2016 - M.E.N. (with RECAMFT) presents Dr. David Wexler**  
**Men, Relationships & Conflict: Men in Therapy in the 21<sup>st</sup> Century**

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

specializes in working with boys, men, and couples and provides consultation to groups and other professionals regarding best practices with this population. Gary can be reached at [ggrossmft@yahoo.com](mailto:ggrossmft@yahoo.com) and his website is [garylgross.com](http://garylgross.com).

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

**Page 2 ..... President's Message**

**Page 4 .....What You Missed**

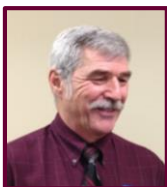
**Page 3 ..... RECAMFT Team Circle info**

**Page 5 .....Marketing Strategies**

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

**President's Message**

**Bob Dalzell, LMFT**



***Profession or  
Vocation***

Our mission statement says "The purpose of RECAMFT is to promote and maintain professional competence and integrity with knowledge, innovation, compassion, humor and respect for human dignity and diversity. We do this by providing opportunities for networking, education and community outreach."

The more I am with RECAMFT members, and reflect on my experiences with you all, I'm beginning to understand more clearly that, '**our mission has us, rather than we have our mission.**' What I mean is that we express this mission of mutual service, one to another, as members of RECAMFT, because it is in us to do so, and it must come out. My daughter, Laura, is an artist. For years, throughout her childhood, adolescence, and now in her young adulthood, when Laura would be painting/drawing, you would hear somebody in the family say, "Gotta art, huh Laura?"

Just like that, our work with clients seems to need to come out of the deep middle of us. This healing art seems to be within us, and 'comes out' through our profession. Have you ever sat with a therapist who didn't seem to really want to connect with you, who didn't seem to be convinced that the connection would significantly change and enliven both of you? Unfortunately, I have. Not often, not for long, and I sat and did some work, but because I didn't perceive the therapist was open to deep engagement, I wasn't drawn

to open up deeper parts of me. I know therapists can experience burn out, and I want to be compassionate for anyone in that situation. My point is not to criticize, but to emphasize just how deeply embedded in us is the desire to facilitate healing relationship.

Similarly, just as *we are* healers, because of what's inside us, our monthly gathering together as therapists to connect and learn and nurture and support and challenge each other as practitioners of healing arts, *needs* to be done. Our monthly "**MEETING**", is not just a being together in the same place, but an encounter, one with another, joining together to create a more enriched whole. At our meetings I feel the connecting, the joining, the emergence of some known, but now new capacity. (I have been accused of having an imagination, so I won't be insulted if you respond that I am making that up. Actually, what better use for my imagination? I could imagine that you are all there to belittle each other and make off with each other's clients, but it sure doesn't feel like that to me).

We all have many opportunities to work, read and study, recreate and rest with family and friends, and yet we gather once a month for our lively meeting. We just can't seem to help it, its part of who we are. AND, I don't think many people leave disappointed. Similarly, those who involve themselves in one or another aspect of RECAMFT's service to the servants (RECAMFT's leadership circle works together to provide the meeting, publications, conferences, collaboration with and outreach to the community) seem to be drawn to offer that service, and I see them even more enlivened by stepping forward in service roles. It really is true, "You

get more than you give". Please, if you have had any inner inkling to take on some service role, trust yourself! You will be further enriched! GUARANTEED! Looking forward to seeing you at the meetings.

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

## 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](http://www.recamft.org) under Intern Support.

## Gottman Professional Training

### Next Training:

Level 3 - Practicum Workshop in Gottman Couples Therapy ~ July 7th-9th, 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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## JOIN RECAMFT'S LISTSERV

It's easy. Just send your email request to join the RECAMFT listserv to:

[recamft-subscribe@yahoogroups.com](mailto:recamft-subscribe@yahoogroups.com)

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

## *What You Missed* by Tara D'Orazio

This month's meeting was packed with members and visitors excited to listen to Dr. Meagan Pugh, LPCC share her expertise on the Narcissistic Enchantment. Her moving and personal presentation gave an overview of the insidious dynamics of this particular type of developmental trauma, and a look at the integrative and art therapy techniques she uses to help people overcome their traumatic attachments.



The Narcissistic Enchantment is a trance state which ensures children serve the emotional needs of their narcissistic caregiver. Pugh explains that with developmental trauma, the caregivers are not always aware or behaving maliciously, but that seemingly ordinary and subtle relational patterns of prolonged disconnection between child and parents results in disorganized attachment and sometimes abuse. The child caught in the Narcissistic Enchantment (dubbed the Narci Object) learns to survive by subverting their own needs and disconnecting, or dissociating, from their personal experiences. The Narci Object, now fully trained to foreclose his own self-awareness and expression of personal needs, develops into an adult with intra- and inter-personal regulation difficulties. Pathways for the Narci Object to develop are either survival through compliance or through rebellion. Compliant individuals are marked by their tendency toward caretaking and feelings of inadequacy while rebellious individuals tend to be avoidant and fight to stay separate when overwhelmed by others' demands.

Pugh calls on Stephen Porges' Polyvagal theory to explain how the result of this developmental trauma is trapped in the nervous system. The Ventral Vagal which attunes us to social relationships and connections, and helps us feel safe while being vulnerable, can be overextended during prolonged periods of disconnection between parent and child. If the disconnection occurs too frequently or for too long, as occurs in a Narcissistic Enchantment, the nervous system overrides the fight or flight response and allows the Narci Object to dissociate. According to the theory, the solution to combating the narcissistic enchantment is in helping someone move from protective detachment toward connectivity with self and others. Through the lens of Internal Family Systems (IFS), clients are guided through the process of differentiating the core self from parts of the psyche that came into being as protective strategic reactions needed to survive. With IFS clients learn to identify and approach their 'parts' with curiosity and compassion, care for the wounded parts and reintegrate the protective parts into the core self.

Pugh helps her clients expel traumatic energy from the nervous system by creating multimedia works of art that create a hard copy of their experience, providing a safe distance from which to process and reconnect with their own unique experiences. Through a slide show of photographs, Dr. Pugh showed us some of the transformative works of art her clients and workshop attendees have created as part of their healing process. The audience cooed as ragged, lonely, infant-sized sculptures representing the creators' exiled parts, were swaddled, cradled, and given resources for soothing and healing. Pugh says that it often takes a long time for people to get to this point where they can care for an injured part of their emotional self and reintegrate it into their life with self-compassion and care.

For more information on Dr. Pugh's integrative work with the Narcissistic Enchantment and Somatic Art Therapy training opportunities, visit her website at [www.art-2-heart.com](http://www.art-2-heart.com). Dr. Meagan Pugh is a Licensed Clinical Counselor and Certified Somatic Experiencing Practitioner specializing in Internal Family Systems Therapy and Art Therapy, and helping people heal from all forms of trauma. You can read more about her somatic and expressive work in her book *The Spiral of Healing: A Journey Through the Chakras to Awaken Creativity and Body Wisdom*.

*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 STProgram recipients. You can reach her at [\(707\) 992-5008](tel:7079925008) and at [www.AthenaCounseling.com](http://www.AthenaCounseling.com)



COMING TOGETHER TO BETTER KNOW EACH OTHER



CLARE BROWN AND MARIAN ROSS OF AZURE ACRES FLANK OUR OWN MEMBER AND PRESIDENT OF CAMFT, LAURA STROM AT THE RECENT CAMFT CONFERENCE

## STRATEGIES TO MARKET YOUR PRACTICE: FOCUS ON NETWORKING

By Fran Wickner, Ph.D., MFT

When therapists attend one of my workshops or call me for an individual private practice building consultation, I often hear comments like:

"I don't see clients in the morning".

"I never see insurance clients in my evening slots".

"I only work with private pay clients".



In the past, I would help therapists get a full practice based on their "rules", such as the examples above. But due to changing economics, all rules are off. The meltdown of our economy has impacted our profession. And, unfortunately, the rules of how you

want to run your practice right now have to change, or you won't be able to keep a full practice.

I am not suggesting that you need to change your practice rules forever, however now is the time to have a paradigm shift to look at new possibilities. The economy will improve. But for now, changes in how you view and run your practice must be different.

There are many ways to promote your practice without spending a lot of money. In my practice building work (individual consultations and in the on-line packets you can download) I tend to emphasize practice building ideas that are free or low-cost. And one of the most effective and economical strategies to build and expand your practice is to focus on networking.

Here are some ways to network and get new clients.

**1. Go to clinical workshops and network with other therapists.** I've found that by going to smaller trainings (like the ones offered by local CAMFT chapters) there are more opportunities to connect with therapists than going to the large convention-like workshops. You might even run into an old colleague or someone you went to graduate school with. Arrive at the training early and talk to the other participants. Stay afterwards and have informal discussions about the presentation, trade

business cards and/or make a coffee date. When you get home check out the websites of the colleagues you met.

2. **Join professional associations.** Go to the meetings and better still, get on the board, it will get your name out. Most professional associations have networking lunches. As with the workshops, arrive early and stay afterwards.

3. **Always carry business cards.** You never know who might be a good referral source. It could be the other carpool mom or the friend you run into at the grocery store or the person in line for the baseball game. I've found that many people are really interested in our work and happy to take a business card. Having business cards are useless unless you actually use them.

4. **Do "coffee" once a week.** Invite another therapist, health practitioner, teacher or business person with whom you might be able to cross refer.

5. **Follow-up.** Follow-up is as important as the initial contact so make sure it is an integral part of your marketing plan.

I know that many of us find the prospect of networking to be intimidating but if you network and market in a way that fits your values and personality you will get results. Having a steady stream of referrals will motivate you to keep working on the business side of your practice.

*Fran Wickner, Ph.D., MFT has been a Licensed Marriage and Family Therapist since 1983. In addition to seeing clients in her Albany, CA office, Dr. Wickner is a practice building consultant (in-person or by phone) and offers individual consultations and workshops regularly scheduled as well as availability to speak to your consult group or professional association on all aspects of building and expanding your private practice.*

*You can also download practice building packets at [http://franwickner.com/?page\\_id=67](http://franwickner.com/?page_id=67) or download the COMPLETE FEE-FOR-SERVICE PRACTICE BUILDING PACKET here: [http://franwickner.com/?page\\_id=594](http://franwickner.com/?page_id=594) and the COMPLETE MANAGED CARE PACKET at this link: [http://franwickner.com/?page\\_id=540](http://franwickner.com/?page_id=540).*

*For more information: [www.franwickner.com](http://www.franwickner.com) , [franwickner@hotmail.com](mailto:franwickner@hotmail.com) , 510-527- 4011.*

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- Low self esteem
- Adoption / attachment issues
- Family conflict
- Loss and grief
- Divorce
- Learning differences

**Bob Casanova, Psy.D.**  
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Licensed Marriage & Family Therapist  
License Number: LMFT 37137  
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LAURA STROM SPEAKING AT THE CAMFT CONFERENCE

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*I Cannot Do Therapy*

When I am outside in nature  
 The breeze carries my attention this way and that,  
 Songs of birds fill my chest with answering tweets and whistles,  
 My blood tumbles, twists and turns with a running creek.  
 I feel the flower heads calling to the sun and  
 My spirit flits from plant to plant with insects, birds and butterflies.  
 Sunlight floods my head and heart,  
 Light rain plants tiny kisses on my face.  
 In my belly I feel the growing, drinking, making food  
 In all the life around me.  
 And I have felt the thirst, the waiting, the dryness of drought.

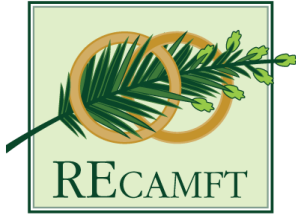
I cannot do therapy outside in nature.  
 I need containment every bit as much as my clients do.

Yet, there have been exceptions.  
 This one had cleared her past, put aside her insecurities  
 And was on the brink of flight.  
 But she was having trouble getting out of bed on her day off.  
 Afraid to fly?  
 So those mornings we met and walked the trail an hour.  
 In a few months she took flight and soared into her future  
 On strong and certain wings.  
 Maybe it works sometimes.

*Gail Van Buuren*



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**JUNE 2016 ISSUE**

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