

Empowering relationships...

SEPTEMBER 2016



The Redwood Empire Therapist

OUR SEPTEMBER MEETING

Attachment Trauma and Neural-Development: Supporting and Healing Primary Relationships **Jennifer Silverstein, LCSW, IFMHS**

Neuroscience is providing increasing evidence of the importance of primary relationships in shaping the developing brain. We now have irrefutable proof that the quality of our early attachments, and the presence of early childhood trauma, directly impacts the structure of the brain, profoundly influencing lifelong functioning. Yet, because these memories are implicit and unconscious, our culture continues to diminish the importance of our earliest experiences. Many clinicians remain unaware of the value of dyadic therapy for pre-verbal children, to provide healing from toxic stress



and promote optimal caregiving relationships. Work with young children and their caregivers in primary preventative care, influencing the lifelong functioning of the child and all future generations. Come learn about the latest research in developmental neuropsychology, and develop tools to promote optimal attachment and resilience in the face of toxic stress. Whether you are working with the child-parent dyad, or the parent alone, learn mindfulness practices that can mitigate the intergenerational transmission of trauma and support the development of healthy, positive primary relationships.

Jennifer Silverstein is an LCSW and Infant-Family Mental Health Specialist with over 16 years experience in supporting families during the transition into parenthood, and fostering early childhood mental

September 2nd - RECAMFT Meeting

10:30 - 11:00 social & sign in
11:00 - 1:00 meeting

Attachment Trauma and Neural Development **Jennifer Silverstein, LCSW, IFMHS**

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.

October 7, 2016

Domestic Violence in Our Community **Bea Esbit, Melissa Jones, Maggie Caffery and Muncie Harper**

October 14, 2016

M.E.N. (with RECAMFT) presents Dr. David Wexler **Men, Relationships & Conflict: Men in Therapy in the 21st Century**

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

health. Jenni is a Napa Infant-Parent Mental Health Fellow, with advanced knowledge of infant neural-development in the context of primary relationships. She currently works in private practice Santa Rosa, and as a Clinical Supervisor at the Child Parent Institute.

Jenni can be reached at (707)267-5267 or by email:

jennisilverstein@yahoo.com

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

Page 2 President's Message

Page 4 RECAMFT Team Circle info

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

Page 4What You Missed

Page 6End of Summer Hiatus

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



Annual RECAMFT Board Retreat

"Things happen for a reason. You are sure of it. You are sure of it because in your soul you know that we are all connected. Yes, we are individuals, responsible for our own judgments and in possession of our own free will, but nonetheless we are part of something larger. Some may call it the collective unconscious. Others may label it spirit or life force. But whatever your word of choice, you gain confidence from knowing that we are not isolated from one another or from the earth and the life on it. This feeling of Connectedness implies certain responsibilities. If we are all part of a larger picture, then we must not harm others because we will be harming ourselves. We must not exploit because we will be exploiting ourselves. Your awareness of these responsibilities creates your value system. You are considerate, caring, and accepting. Certain of the unity of humankind, you are a bridge builder for people of different cultures. Sensitive to the invisible hand, you can give others comfort that there is a purpose beyond our humdrum lives. The exact articles of your faith will depend on your upbringing and your culture, but your faith is strong. It sustains you and your close friends in the face of life's mysteries." (Clifton Strengths, GALLUP).



KRISTIN MILLS, REYNA SEMINARA, BOB DALZALL, PAT HROMALIK & DAVID BENOIT

The leadership circle gathered for this year's annual RECAMFT board retreat, having recently completed a questionnaire of self-reported preferences, called Clifton Strengths. We each had in hand computer generated reports of our 5 Signature Themes-- our top 5 strengths and behaviors. We took ample time at the beginning of our day for personal check in, not a cursory brush across the surface, but we uncharacteristically lingered, honestly sharing, something that our usual busy agendas and commitments do not allow. After the check-in we were much more deeply connected. We then went on to share the parts of the Gallup Strengths Signature Themes we most identified with. We gained insight into the strengths each person brings to our shared work as members of the leadership circle, and we will use that insight to make our good work together even better.

I chose to begin September's President's Message with a direct quote from my Gallup Strengths Signature Themes

in part, because I was so struck by how accurately it describes how I see myself, but also because I think it speaks to something important we LMFT's have in common. It seems to me we are folks who connect, and who express our passion for connection by our chosen professional work. We have studied and prepared, and we continue to gather with other practitioners of the healing arts for enrichment of our knowledge about our work, and also for the enrichment of our souls that happens because we take time to connect with each other.



ANNETTE SEIBEL AND KRISTIN MILLS, CONFERENCES

I also want to highlight how the Gallup quote speaks about the responsibilities that our sense/belief in/experience of connectedness implies, and how it creates a value system. Though we are all individuals, and freely choose how to practice our healing art, we have shared responsibilities and values. RECAMFT is an embodied expression of our shared responsibilities and values. RECAMFT, "by providing opportunities for networking, education and community outreach", assists mental health professionals to attain and maintain "professional competence and integrity with knowledge, innovation, compassion, and humor and respect for human dignity and diversity." (RECAMFT's Mission Statement in quotes). Being a member of RECAMFT helps us be responsible and expresses our values. Thank you for joining and vitalizing our community by your membership and participation.

SUSAN HARTZ, KRIS SPANGLER, & ERICA THOMAS



I'm fluent in Spanish and have for 25+ years provided therapy for Spanish speakers. Now I see mostly similarities in each member of our diverse human community. I don't deny there are cultural differences, but I always count on our commonality to connect us. After all these years being with Hispanics, and having the discipline to listen carefully, I've developed an affinity for browner faces. I'm sad when I meet browner faces on the street and my smile and greeting isn't reciprocated. I understand that many of those people have been hurt by dominant culture, (that's what I look like) so I'm seen as perpetrator. So, sometimes, my greeting is not seen, or not trusted. I still seek the experience of human connection. My experience with RECAMFT's leadership circle has, like being closer with browner faces, demanded I develop a discipline of looking past differences to experience connection. Before I became more closely associated with RECAMFT's leadership circle, I saw, from afar, differences. I looked out and saw professionals stepping up to leadership (they must know more, be more accomplished, have more to offer, blah, blah, blah...) and I felt different, kept isolated. By becoming more responsible, I've been educated about who they are, and I see and appreciate who we are more clearly. I'm so grateful for the enriching experience of participating in RECAMFT's leadership, and I wish the same for you. Thanks for reading. See 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 under Intern Support.

RECAMFT TEAM CIRCLE

BOARD OF DIRECTORS

President: Bob Dalzell 765-1009
President Elect: L. Reyna Seminara 523-9192
Past President: Kris Spangler 829-8293
Secretary: David Benoit 480-8842
CFO: Pat Hromalik 849-6204

DIRECTORS-AT-LARGE

Programs: Erica Thomas, Chair 206-8698
Michael Krikorian 579-0838
Doug Silberstein 583-2353
Membership: Kris Spangler 829-8293
Pre-licensed: Adam Smith 888-1900
& Jackie Mullis 818-300-4217
Crisis Response Team: Doreen Van Leeuwen
951-347-1837
Newsletter Editor: Gail Van Buuren 494-4198

COMMITTEE CHAIRS

CEUs: Alanna Taormina
Community Outreach: Kim-Lien Chavez 324-9699
Conferences: Cynthia Halliday 544-1513,
Annette Seibel 573-3090 & Kristin Mills 527-6168
Ethics: Kris Hall 544-4726
Hospitality: Susan Hartz & Judith Peletz
Recharge Raffle: Jan Ogren 544-7756
Website: Laura Strom 889-9168
Emeritus: F. Michael Montgomery 578-9385

STAFF

Administrative Consultant: Pam Ward 575-0596

Gottman Couples Workshop

The Art & SCIENCE of Love

Two California Locations!

SF Bay Area ~ Mill Valley, CA

September 24th -25th, 2016

LA ~ Orange County, CA

October 15th - 16th, 2016 ~ Newport Beach

2 days filled with practical research-based tools
to confirm & strengthen your relationship!

Therapist Discounts
13.5 CE Credits Available



See Website for Registration
and Additional Information!

www.aCouplesWorkshop.com

Presented by Senior Gottman Certified Therapists
Lisa Lund, CRC, MFT (33393) & Bob Navarra, PsyD, MFT (15997)

What You Missed by Doug Silberstein

At the June, 2016 RECAMFT meeting, Gary Gross, LMFT, gave an entertaining and informative presentation on working with men in therapy. Gary clarified the main issues men deal with along with the main challenges they present, and gave ideas for best approaches in working with them.

JOIN RECAMFT'S LISTSERV

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

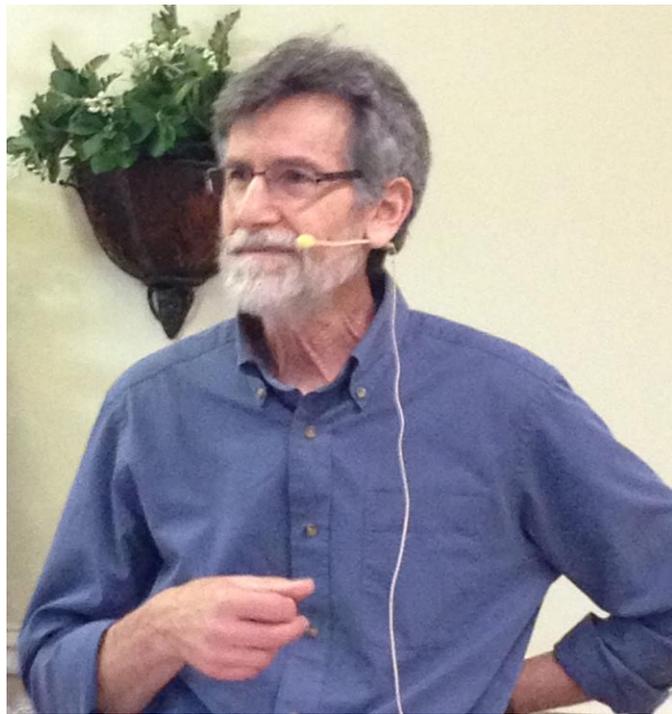
recamft-subscribe@yahoogroups.com

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



SIGNING IN WITH PAM WARD, ADMIN CONSULTANT
AND ALANNA TAORMINA, CEU CHAIR

Because many men seek therapy in the context of crisis and/or pressure from loved ones rather than as a choice to improve mental health or nurture personal growth, they often enter into the process with biases that can be challenging for therapists. These biases are in addition or related to socio-cultural factors that can make men difficult to reach. Because of how men are socialized, they often hold maladaptive beliefs about what being a man means, including an avoidance of perceived femininity. Manhood is precarious in that “it must be earned, can be lost and requires public demonstrations of proof.”



GARY GROSS

Exploring internal process might be perceived as too feminine and Gary emphasized the adverse role that shame plays in men allowing themselves to be vulnerable and receptive to help. It's, therefore, essential to work slowly to build safety, reframe seeking support as a courageous act and communicate a non-judgmental attitude toward the man and his struggles.

Many of these struggles are related to coping mechanisms that can be self-destructive and/or generate interpersonal friction. These coping mechanisms are often based on challenges men face in dealing with difficult emotions. Fears of failure, lack of power, vulnerability and rejection – and the difficulty in dealing with these fears - lie at the root of many of the struggles men face.

Because of men's concerns about power, status and being criticized, Gary emphasized that it's important to level the playing field when working with men. Judicious self-disclosure, humility, humor and respectfully employed challenge can all “reduce distance and competition.”



ATTENDEE WHOSE NAME I LOST AND ADAM SMITH, INTERN CO-CHAIR

Gary went over some of the differences between the male and female brain and how those differences affect male psycho-sexual development. Understanding how the male brain works can help to normalize and de-pathologize some of the ways men think and behave, as well as help men understand themselves better. With clearer understandings of evolutionarily-based neurological development, socio-cultural forces and personal developmental factors, men can make more informed choices about how they want to live their lives.



INTRODUCTIONS

Gary Gross, LMFT, specializes in working with boys, men and couples in private practice, and provides consultation to professionals working with these populations. Among other professional achievements and contributions, he taught coursework on *Men and Masculinity* at City College of San Francisco, 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 can be reached at ggrossmft@yahoo.com or at his website, garylgross.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 dougsilbersteinmft.com.

Gottman Professional Training
 Save up to \$250! See website for details...
 CE's available thru PESI (#1062)

Gottman Level 1:
 Friday & Saturday,
 Sept. 30th & Oct. 1st, 2016

Gottman Level 2:
 Thursday - Saturday
 October 6th - 8th, 2016

Gottman Level 3:
 Practicum Workshop -
 Co-Led with Dr. Bob Navarra
 July 20th-22nd, 2017

TrainingForCouplesTherapy.com
 Presented by Master Certified Gottman Therapists
 in a Retreat Setting located in Mill Valley, California
 Lisa Lund, CRC, MFT #33393 • (628) 227-5933

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
- Drug or alcohol abuse
- Social concerns
- School failure or refusal
- Self-harm
- Oppositional and defiant
- PTSD / trauma
- Autistic spectrum / NLD
- Low self esteem
- Adoption / attachment issues
- Family conflict
- Loss and grief
- Divorce
- Learning differences

Bob Casanova, Psy.D.
 Educational Consultant
 Licensed Marriage & Family Therapist
 License Number: LMFT 37137
 707-544-7000

1260 North Dutton Ave.
 Suite 175
 Santa Rosa, CA 95401
drbob@bobcasanova.com
www.bobcasanova.com

End of Summer Hiatus! Doreen Van Leeuwen, Crisis Response

Woot Woot! Summer in Santa Rosa is the BEST! Mine included tubing on the Russian River, wine-tasting (duh), a tour of Fort Ross (a Russian outpost on the Central Coast? Who knew?), hiking in Annadell, a visit to Quarryhill Botanical Garden, and most recently, Zydeco Dancing at the Cotati Accordion Festival! What a hoot! The most notable improvement over summering in Riverside, CA (my prior home) is the average daily temperature here: high 70s during the day, mid 50s at night! It's **SO** easy for me to give up 100 degrees (in the shade)!



Now, it is time to re-focus on the next steps in creating the **Redwood Empire Disaster Response Team (RE-DIRT)**. Don't you just love acronyms?#!* Just kidding! But for reals, Gail Van Buuren and I took advantage of a CPR/AED class offered by the American Heart Association this month. For comic relief, G and I really hammed up the hands on CPR/AED practice! Then, Gail nearly

became a live casualty when she tripped and fell over one of the dummy-dolls we were practicing on!

We learned that the chest compression to rescue breathe rate is 30 to 2, at a rate of 100 chest compressions a minute. So, we discovered that's serious effort, and that it's important to switch off with a buddy. I'd heard of AEDs (automated external defibrillators), but had no clue how they worked, so I greatly value the training.

Last night I took the plunge into creating an online volunteer presence with the American Red Cross. Some of you will remember that, at our meeting in April we talked about our relationship to the ARC: This organization has a long and respected history of responding to all types of disasters, and the vast majority of all volunteer disaster response takes place in collaboration with them. For those of you still interested in joining the team, go to www.volunteerconnection.redcross.org, and take a look around. This portal beckons you forward on your journey into "rubber-hits-the-road" locally-coordinated volunteer disaster response. (Just a reminder: in order to be **deployed** with our team during a disaster, you **must** have an active volunteer profile with ARC.)

As you begin completing your profile, and review the newcomer's orientation, you will come across a form similar to the one you received from me a few months' ago. It's a questionnaire designed to help you assess your level of readiness to become a deployable disaster response volunteer. Please print it out, and complete it. *Discerning your level of readiness is an essential component, so you can determine what and how much you can give to this.*

Gail and I are coordinating events for your ongoing training, so look for an update soon.

Doreen has a private practice in Santa Rosa and can be reached at 951-347-1837

Ethics Group Testimony

Imagine you had been seeing a fifty year old woman for several months. Imagine that, some months later, you are contacted by and began therapy with a thirty year old woman with whom you had worked fifteen years before. Now, imagine that, after a few weeks working with the younger woman, during the creation of a

genogram, you realize that the two clients are the estranged aunt and niece whom each had discussed during therapy.

I've just returned from the spring meeting of the RECAMT Ethics Roundtable discussion group where I was able to present this dilemma. Even though I had contacted CAMFT, the supportive consultation I received today from the seasoned therapists in the group was invaluable. I will be also be able to document this consultation in my notes should a problem arise.

I consider myself fortunate that I've been a participant in these ethics discussions for over two decades. I'm able to brain storm and receive kind support for difficult situations as well as be able to document that I have consulted about them. I've also had the honor to support other therapists with some of their struggles. This can be an isolating profession. Consider bringing your ethical questions, your wise counsel and/or your open-minded curiosity to the fall meeting, September 23, 2016.

Kitty Wells, MFT

Kitty Wells has a private practice in Healdsburg and can be reached at 707-433-3351

SAVE THE DATE!

Key Legal and Ethical Issues

Presenter

David Jensen, JD
CAMFT Staff Attorney

January 13, 2017
9 am - 4pm

Mary Agatha Furth Center, Windsor
Registration beginning in mid-October

6 CEUS REDWOOD EMPIRE CAMFT CEU PROVIDER IMIS 57173

RECAMFT Therapists at the Wednesday Night Farmer's Market Kim-Lien Chavez

RECAMFT hosted an informational booth at the WNFM this summer. A hearty *Thank You* to those who came out and helped pull this off. It was a beautiful effort to be face-to-face with the people and help increase awareness of the wonders of therapy.



Delightfully informational Doreen Van Leeuwen talking with mother and child.



The therapists are in! Jennifer Ballard (with huggy-punchy), Silvia Costales and Kim-Lien Chavez are pictured here.

Kim-Lien Chavez has a private practice in Windsor and can be reached at 324-9699

SANDPLAY CONSULTATION GROUP

- 2 openings - DISCUSS SANDPLAY CASES FROM BOTH A DEVELOPMENTAL AND ARCHETYPAL PERSPECTIVE. A MEMBER PRESENTS EACH MONTH. BEGINS FRIDAY, SEPTEMBER 9, 9:00-11:00, \$75 per MEETING, MEETS 1X PER MONTH IN PETALUMA. LIMIT 8. If interested contact Liza Ravitz- Dr.ravitz@gmail.com , [707-772-9802](tel:707-772-9802).

Liza Ravitz, Ph.D is a Child and Adult Jungian Psychoanalyst, Clinical Psychologist and a Senior Teaching Member of the International Society of Sandplay Therapy. Liza has over 30 years of experience with children and adults.

CASE CONSULTATION GROUP

- 2 openings - PSYCHODYNAMIC, DEPTH ORIENTED- BOTH CHILD AND ADULT CASES , A MEMBER PRESENTS EACH MEETING, BEGINS WEDNESDAY, SEPTEMBER 7, 11:15-12:30, \$60 PER MEETING, MEETS 3XS PER MONTH IN PETALUMA. LIMIT 6. If interested contact Liza Ravitz- Dr.ravitz@gmail.com, [707-772-9802](tel:707-772-9802).



ALWAYS A CHANCE TO SHARE WHO YOU ARE AND WHAT YOU ARE OFFERING OR LOOKING FOR. GREAT CONNECTIONS HAPPEN WITH YOUR COLLEAGUES EVERY MONTH.

Ads and Announcements

OFFICE SPACE

OFFICE FOR RENT: Beautiful private garden view office available now. \$435/mo includes internet access. FYI: 544-8879 or TotalBeingPsychotherapy.com

EMPLOYMENT

HUMANIDAD THERAPY & EDUCATION SERVICES is looking for paid part-time (10 – 15 hrs.) LMFT who has interest, or experience in working with court affiliated services; Therapeutic Supervised Monitoring, Co-parent Counseling, Reunification Counseling. Bilingual candidate, a real plus. Contact [707 824-9902](tel:7078249902) or mariahess@sbcglobal.net

PART-TIME DIRECTOR SENIOR PEER COUNSELING

Non-profit org. seeks LCSW or LMFT, 10-15 hours per week. Experienced in psychotherapy, group training and community outreach. Recruit, appoint and train volunteers to provide peer counseling to seniors. E-mail, fax or send resume to Konocti Senior Support, P.O. Box 6668, Clearlake, CA 95422. Fax [707 995-1411](tel:7079951411), or lcspsc@att.net www.konociseniorsupport.com EOE



PRESIDENT BOB DALZELL, SERIOUS. REALLY?

RECAMFT Meetings 2016-2017

November 4, 2016

Relational Approaches to Individual and Group Therapy

Haim Weinberg, Ph.D.

December 2, 2016

Working with Life-threatening Illness in Psychotherapy: Using Spiritual and Psychological Tools

Dale Borglum, Ph.D.

January 6, 2017

Using Stories for Healing in Therapy: exploring clients' personal narratives, appropriate use of self-disclosure and creating transformations through stories

Jan Ogren, MFT

February 3, 2017

Relational Approaches to Individual and Group Therapy

Haim Weinberg, Ph.D.

March 3, 2017

Collaborative Couple Therapy: Turning Fights into Conversations and Problems into Opportunities for Intimacy

Dan Wile, Ph.D.

April 7, 2017

Healing Shame in Couples

Bret Lyon, PhD and Sheila Rubin, LMFT, RDT/BCT

May 5, 2017

Flashes, Gut Feelings and Hunches: Listening to the Healer Within

Julie Stass PhD, LCSW

June 2, 2017

When Eros Enters the Room: Erotic Transference and its Healing Nature

Felicia Matto-Shepard, MFT, Jungian Analyst

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 2443 - Sebastopol, CA 95473
E-mail: therapy@recamft.org Web: www.recamft.org

RETURN SERVICE REQUESTED

SEPTEMBER 2016 ISSUE

NEWSLETTER COSTS & DEADLINES

Line ads and announcements:

Members - \$5 per line
Non-members - \$12 per line

Display ads:

Full page - 9.75" x 7.5" = \$200
Half page - 4.5" x 7.5" = \$110
Quarter page - 4.5" x 3.5" = \$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

NEWSLETTER DISCLAIMERS

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

Kris Spangler	2015
Laura Strom	2014
Lani Lee	2013
Hal Forman	2012
Elaine Sohler 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