



# The Redwood Empire Therapist

## OUR OCTOBER MEETING

# Assessment and Treatment of Domestic Violence Survivors

**Bea Esbit, YWCA Program Manager, Maggie Caffery, LMFT, Muncie Harper, LMFT, and Melissa Jones, ASW**

This presentation will provide an overview of the domestic violence services in Sonoma County. The YWCA works in partnership with many private and public agencies that serve individuals and families impacted by domestic violence. We will explore how the family system is affected by domestic violence and address key dynamics in relationships that can cause or sustain violent practices.

A critical element in beginning treatment is the assessment phase. We will present an approach that enables the therapist to assess readiness and capacity for group and individual work. You will receive suggestions for the work of stabilization and trauma treatment; we will discuss interventions you can use with trauma survivors.

Bea Esbit earned her bachelor's degree in Social and Behavioral Sciences in 2005 and began working in the HIV field providing HIV testing, education/outreach and counseling with the homeless population of Sacramento. Ms. Esbit has worked with the YWCA of Sonoma County for over seven years. Since becoming the Therapy Program Manager, Ms. Esbit has worked in close partnership with a team of



## October 7th - RECAMFT Meeting

10:30 - 11:00 social & sign in

11:00 - 1:00 meeting

## Assessment and Treatment of Domestic Violence Survivors

**Bea Esbit, Melissa Jones, Maggie Caffery and Muncie Harper**

**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 14, 2016

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

November 4, 2016

**Relational Approaches to Individual and Group Therapy  
Haim Weinberg, Ph.D.**

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

clinical supervisors and has been expanding the therapy services the YWCA offers. In her previous role as an Advocate stationed at the Sonoma County Sheriff's Office, Ms. Esbit provided domestic violence advocacy and support group facilitation for victims of domestic violence. As an advocate Ms. Esbit helped clients connect with community resources, accompanied clients to restraining order court and went into classrooms across the county to educate students on teen dating violence and healthy dating. **Bea can be reached at the YWCA by email [besbit@ywcasc.org](mailto:besbit@ywcasc.org) or by phone 707-303-8410**

**Maggie Caffery** is a licensed Marriage Focused Cognitive Behavioral Therapy Neurobiological Legacy of Trauma” by Herman, Daniel Siegel, Pat Ogden, and YWCA. These therapists and teachers successes and accomplishments of creative methods of survival.



and Family Therapist. She has completed training in Trauma- and recently a 10 month workshop called, “Working with the Janina Fisher. The work of Janina Fisher, Bessel Van der Kolk, Judy others have informed her work with trauma survivors at the have imparted the importance of vigorously attending to the these women and the power of reframing their symptoms as

**Muncie Harper** has been in private practice as a psychotherapist for 6 years. She also had a prior career as a Registered Nurse. Muncie has with abuse. For five years she was a co-facilitator of a 52-week at Family Service Agency. This allowed her to understand Domestic the victim and the perpetrator. Muncie also taught Anger Management continues to assist clients with anger issues, depression, anxiety, and practice. Muncie is currently a supervisor at the YWCA. **Muncie’s Private Practice is on College Ave in Santa Rosa and she can be reached at 707-332-2758**



years, and a licensed MFT for 4 over 10 years experience working Batterer’s Intervention Program Violence from the perspective of at Family Service Agency and she age related issues in her private



**Melissa Jones** is an associate clinical social worker (ASW) earning hours for LCSW licensure. At the YWCA she provides crisis intervention services to individuals and families in emergency shelter. She also supports individuals and groups referred for counseling from Sonoma County Family, Youth and Children’s Services. Melissa’s primary interest is complex trauma and family systems therapy.

*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 6 .....Upcoming Meetings**

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

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



Sorry I missed September’s general meeting. I went to North Dakota to visit my Mom. She’s dying, and I’m so grateful she had many moments of lucidity (I was occasionally lucid myself) and that we had a very loving visit. While there, visiting with siblings, I fielded several questions like, “So when are you going to retire, Bob?” They’ve all retired;

they aren’t throwing it in my face, more sharing their contentment. But, I have a kid in college (I started late), and I like being an older therapist. I can see working happily and fruitfully for another ten years. I may cut back bit by bit, but I’m grateful to be able to sit with people who are growing and changing, using their pain as catalyst.

When I was a younger therapist I had a more difficult time being truly open, meeting people where they really are. Now I join better. I'm more compassionate. I listen better. I'm more forgiving. And for me, the more open, compassionate and forgiving has had to start with me. I see and accept my mistakes. As I was saying goodbye to Mom last week, she said "You were hiding from me for a while". Smart lady. I replied, "Yes I was, and I'm sorry. I was running so fast from myself, that I didn't know how to share me with others. But I'm not hiding now. I love you so much." In the language of my faith, I've learned to have mercy; first accept mercy, then give that to others.

I recently lost a client to suicide. It shook me. I looked critically at my presence with this client. Of course, I saw imperfection. I forgive, and learn. ("As long as you live, keep learning how to live." Seneca) I also saw the love, joy, hope, the miracle of human connection that we shared.

Once again, I close with gratitude to RECAMFT for the opportunity to connect, and to connect through service.

"As I walk, as I walk,  
The universe is walking with me."  
--from the Navajo rain dance ceremony

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

## 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 537-3090 & 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

## 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.**

## 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 Michael Krikorian

On September 2nd we were treated to a very informative presentation on “Attachment Trauma and Neural-Development: Supporting and Healing Primary Relationships” by Jennifer Silverstein, LCSW. Jennifer is an Infant-Family Mental Health Specialist who has over



16 years experience in supporting families during the transition into parenthood and in fostering early childhood mental health. Jennifer started her career as a mid-wife but became passionate about improving the

parent-child bond when she learned of a prisoner about to be executed who had terrible early childhood conditions. She realized that the babies she helps bring into the world could end up on death row, too, if they do not get what they need to be safe and nurtured as they start out in life. Jennifer went on to get advanced training in infant neural development in the context of primary relationships.

Jennifer shared with us some amazing and useful information about infant brain development. She told us that by 1 year old we have a brain that is 70% of its adult size. Humans are born with a great readiness to adapt to the environment they are exposed to and are forming neural connections at the incredible rate of 700 per second by age 3. A baby’s brain is primed to find and respond to the parental figures around him/her as it is the parental figure that actually regulates the infant’s biology. It is when the “4 S’s of Attachment” occur that optimal development occurs. The 4 S’s are Safe, Seen, Soothed and Secure. The fact that the baby’s connections with humans creates neuronal connections in the baby’s brain is so clear that David Seigal states that there is no such thing as a non-biological parent since whoever parents that baby permanently inputs and shapes that baby’s brain.

Jennifer did a great job of weaving together her knowledge of brain development with attachment theory. She explained how the brain develops from the “bottom up” meaning it starts with the brain stem which

is focused on body regulation/arousal/drives (this is a simplified explanation). On top of that is the limbic area which is where emotions are formed that compel us to act in response to how we feel and where we give meaning to our sensory inputs. It is also where our amygdala lies which is scanning for signs of danger and the seat of the hippocampus which deals with memory. Finally, overlying that in our brain development is our cortex which allows us to have and work with ideas, concepts, self-awareness and creativity.



Jennifer explained how secure attachment allows optimal development of the brain starting from the bottom up and how maltreatment has a greater impact the earlier it starts. For instance, when neglect or excessive misattunement occurs in early childhood, lower parts of the brain do not get as organized as they should and they have trouble accessing and using upper parts of the brain. For someone with this profile, they may get aroused to a higher state and take longer to calm. Jennifer explained that attunement by parent figures (and therapists) does not have to be perfect as small levels of frustration can help build reliance on inner resources but what helps is that repair occurs by the caretaker when the misattunement is recognized.

Jennifer talked about how she works with parents to understand what the infant is communicating, how to respond in a developmentally appropriate way to enhance security and attachment, how to recognize rupture of attunement and repair it. Jennifer said that, as therapists, we do similar things with our clients and can help them make gains in their development because of the “plasticity” or ability of the brain to continue to change and adapt in adulthood.



Thank you, Jennifer, for sharing your unique insights into how our first years of life shape our brain development and our personalities as a human being. Jennifer has a private practice in Santa Rosa as well as working as a Clinical Supervisor at the Child Parent Institute. She can be reached at (707) 267-5267 or via her website at [www.jennisilverstein@yahoo.com](http://www.jennisilverstein@yahoo.com).

Michael Krikorian, MFT, sees adults and teens, couples and individuals at his Santa Rosa private practice. For more information, see [www.mkrikorian-therapist.com](http://www.mkrikorian-therapist.com).



DAVID BENOIT, ANITA LAFOLLETTE, AND DOREEN VAN LEEUWEN

**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](mailto:drbob@bobcasanova.com)  
[www.bobcasanova.com](http://www.bobcasanova.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

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 begins on October 24th**

6 CEUS REDWOOD EMPIRE CAMFT CEU PROVIDER IMIS 57173

## *Ads and Announcements*

### **OFFICE SPACE**

**Spacious, large, sunny office** & closet. Very convenient location, Santa Rosa. Waiting room, kitchen, garden off-street lighted parking, free wi-fi, \$500/mo. Call (707) 953-7575, [gary@gsoden.com](mailto:gary@gsoden.com)

**Office for rent:** Lovely, quiet office near down town Santa Rosa, \$550. includes utilities, cleaning & parking. Please call Mary Reiter 573-3016 or Jeanie Wedekind 579-8029.

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

**Fully furnished psychotherapy office** is available for rent- good group room and reasonably priced. Call [707-799-8874](tel:707-799-8874) or email [karenkenordeen@gmail.com](mailto:karenkenordeen@gmail.com)

### **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, September 23<sup>rd</sup>, 2016  
10 AM to 11:30 AM  
Want more information?  
Call Kris Hall at 544-4726  
For location**

### **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

# **Men, Relationships and Conflict**

## **Men in Therapy in the 21st Century**



a **FREE** workshop with **David Wexler**, Ph.D.  
During Domestic Violence Awareness Month  
sponsored by M.E.N. and **RECAMFT**

\$60 for 6 CE hours

**October 14, 2016    8:30 am - 4 pm**

**Mary Agatha Furth Center in Windsor, CA**

email: **[register@sonomacountymen.org](mailto:register@sonomacountymen.org)**

phone: **707-481-3568**

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](mailto:therapy@recamft.org) Web: [www.recamft.org](http://www.recamft.org)

RETURN SERVICE REQUESTED

**OCTOBER 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) - 15<sup>th</sup> of the month
- Advertisements - 15<sup>th</sup> of the month
- For more information call or email:  
707 575-0596 or [therapy@recamft.org](mailto:therapy@recamft.org)
- Or submit ad to website at [www.recamft.org](http://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