

Empowering relationships...



NOVEMBER 2021

The Redwood Empire Therapist

NOVEMBER ONLINE MEETING



Trauma and the Neuroendocrine Cascade with Dr. Rick Olcese, PsyD, Neuropsychologist

Friday, November 5th, 2021
10:00 – 1:15pm

Zoom Webinar
3 CEUs

Brain injuries including concussions are common in America. Particularly unfortunate are the vast numbers of children who endure head injuries. It is now understood that a secondary problem arising from a brain injury is neuroendocrine dysfunction. The injury leads to the body's normal stress response (pituitary and adrenal glands, and cortisol). This sequence is a cascade, or "neuroendocrine rush" and is associated with endocrine deficiencies that can impact cognition, behavior, emotional and physical health. This neurometabolic cascade causes the lesser-known secondary injury from a brain injury.

Individuals who experience this neurometabolic cascade are more likely to develop a cluster of symptoms including headaches, emotional problems including depression and anxiety, cognitive problems often involving memory, attention, concentration, and executive functioning (decision making, processing speed, cognitive organization and flexibility). The pituitary gland itself can also be damaged.

November 5, 2021 – 10:00-11:15 Zoom

**Trauma & the Neuroendocrine Cascade
Dr. Rick Olcese, PsyD, Neuropsychologist**

December 3rd, 2021 – 10:30-12:30 Zoom

**Cultural Competency: Working with First Responders
Joel Fay, PsyD**

January 7, 2022 -- 10:00-12:00 Zoom

**Al-Anon Family Groups
Bob Dalzell, LMFT & Panel**

February 4, 2022 – 10:00-11:30 Zoom

**Using the Body to Regulate Emotion: Perspectives
from Dialectical Behavioral Therapy
Susette Bray, LMFT**

Register for all these and other offerings you will find inside this newsletter and also on our website at www.recamft.org

RECAMFT CEU PROVIDER IMIS 57173

Helping clients who suffer concussion or other types of brain injuries understand this secondary injury, and some of the best self-care practices to mitigate its effects is essential. This includes advocating for appropriate medical care including brain scans, and neuropsychological testing when needed. Teaching injured clients the increased importance of regular sleep, proper nutrition, supplements including health fats to rebuild damaged neurons, meditation (to begin the healing process to the axonal myelin sheath, along with understanding the need for increased rest periods can help empower clients in their own healing processes.

Please Note: Zoom Webinar – Register at recamft.org. Once you have RSVP'd you will receive a link to register for the webinar. You must complete this second step to gain access to the event link.



2021 Acting President's Message

Helpers

By Laura Strom

When Mr. Rogers was a boy, and scary things happened, he said his mother told him, "Look for the helpers. You will always find people who are helping." When helpers show up in a time of need this is nothing short of miraculous in my book.

Our community has a huge appreciation for helpers. The first responders who appear when there is a calamity always seem to be knowledgeable about what needs to be done. They appear calm and do their jobs with impeccable grace and self-assuredness.

In his own way, Joe Ward was such a helper to RECAMFT. He was always calm, kind, and knew exactly what to do. He was a rock – steady and patient. Joe took over as RECAMFT's Administrative Consultant in 2016 when his wife, Pam Ward, the previous person holding the position, passed away from a stroke. He had been helping her behind the scenes. He began filming our speaker presentations starting in September 2013.

Joe was able to do anything the RECAMFT Board requested of him, accurately and well. He answered questions, kept on top of email, registered people for events, created systems for how to make our Zoom webinars available for CEs, and so much more. At our conferences, he always arrived with all the supplies needed in hand the morning of the conference. As you can imagine, Joe's unexpected death on October 10, 2021 was heart breaking for many reasons. We cared about him as individuals. Collectively, we knew his loss would create a problem for RECAMFT, as we depended on him to do so many things, which he did efficiently and well.

Both Past President Tara D'Orazio and myself have a great deal of technical knowledge about how to run our website software which is a product of Wild Apricot, a Canadian company which produced this membership platform. Neither of us have all the knowledge Joe did. On October 14th, a few days after his death, Tara and I met on Zoom for two hours to create a list of tasks that needed to be done. One potential problem was logging into the ClassMarker account which hosts our post-tests for speakers. Lo and behold, I discovered Joe had emailed me the login and password from the hospital, and I had missed it! It was like a little gift from him.

One of my jobs was to figure out how to provide our Newsletter Editor mailing labels for active members. I have never before produced mailing labels, but decided I could figure it out, if I watched enough YouTube videos. Suddenly, my unread email jumped up by one digit. Curious, I clicked on it. The email was from a new RECAMFT member, an associate, named Lisa Wenninger. Lisa expressed sorrow over Joe's death, and offered her capabilities to help RECAMFT. She has extensive experience with Wild Apricot, Zoom webinars, and knows how to turn Zoom recordings into videos. Lisa is a member of both our chapter and Marin CAMFT, where she has completely revitalized Marin CAMFT's website. She has worked for many years in the computer industry doing a myriad of things from building websites to much more. She volunteered to help us through the end of 2021 which will give the Board a chance to develop a new job description for Joe's job, and, hopefully, hire someone with Lisa, Tara and me available for training.

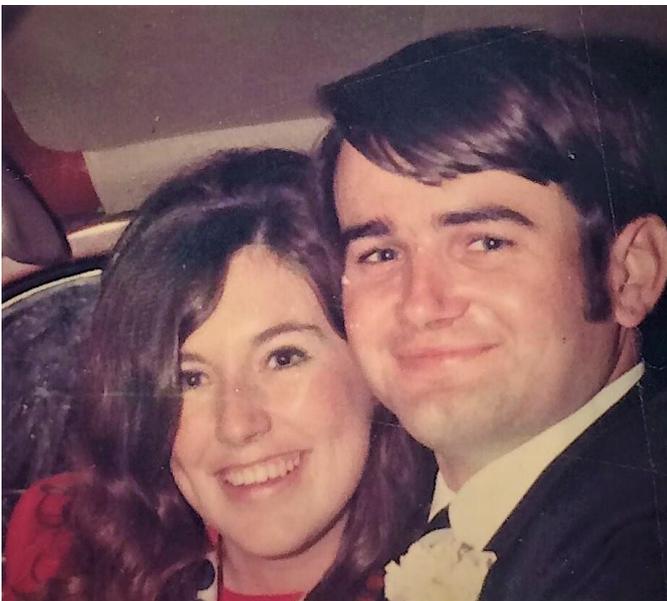
It is a miracle when the helpers show up. Lisa Wenninger's offer of help when I was beginning the frustrating task of creating the mailing labels for our newsletter was nothing short of divine intervention in my book. She did them for me that evening. When a miracle occurs that benefits RECAMFT, it tells me our mission is a vitally important one in our little corner of the universe.

We will all miss Joe Ward. He and Pam transformed our organization into something even more extraordinary. I am sure we will continue to grow and change in wonderful ways, especially with the Ward's help from above. Thank you, Joe and Pam, for all you did for RECAMFT. And especially thanks for sending Lisa.

With a mixture of grief and gratitude,



Laura C. Strom, PsyD, LMFT
Acting President, RECAMFT.org



Above:
Pam & Joe's wedding
Picture

Right:
The picture Jean Hayes took
of Joe when she interviewed
him for last month's article.



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

*Once your RECAMFT membership is
confirmed address emails to the group to
recamft@groups.io*

RECAMFT's Resiliency Program

RECAMFT has put together a resiliency program to help us all get through this year's fire season. Through November we have monthly **Trauma-Informed Yoga classes** led by Hannah Caratti, LMFT, which are 60 minute drop-in classes with no prior experience necessary. We also are beginning a 4 part series of **Fire Season Support Groups** led by Doreen Van Leeuwen, LMFT and experienced crisis responder, these groups are 90 minutes and a place for members to gather for community support around fire season reactions and climate grief. Each of these sessions has its own registration page, so I wanted to put all these events in one place for easy access. You need to be logged into your account to register. We also are resuming our groups for the rest of 2021 including the **Member's Crafting Group** which meets at 11:30 AM after every board meeting (2nd Friday of each month); the **Pre-Licensed Collaborative** led by Ally Shamseldin, AMFT will resume meeting monthly on Saturdays; and there is one more session of the **Ethics Roundtable**, a tri-annual consultation group focused on ethical concerns, led by Reyna Seminara, LMFT. There is also a **Newly Licensed Support Group** for members of RECAMFT, SFCAMFT, and EBCAMFT led by Lois Friedlander, LMFT email for more information about this group at lois@loismft.com.

Considering a residential treatment or outdoor program?

Collaborating with referring professionals, we are nationally respected educational consultants who specialize in providing recommendations for students with special needs of an emotional, behavioral or psychological nature. We travel extensively throughout the year and have personally toured over two hundred schools and programs. As Licensed Marriage and Family Therapists, we credit our clinical training and experience in deepening our understanding of a student's needs.



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Fire Season Support Groups:

11/19/2021 7:00-8:30pm <https://www.recamft.org/event-4478258>

Trauma-Informed Yoga:

11/06/2021 10:00-11:30am <https://www.recamft.org/event-4438096>

Ethics Roundtable (all 12-1:30PM)

11/19/2021 <https://www.recamft.org/event-4072422>

Pre-Licensed Collaborative (all 10am-12pm):

11/20/2021 <https://www.recamft.org/event-4303197>

12/18/2021 <https://www.recamft.org/event-4303202>

Crafting Groups (all 11:30am-12:30pm)

11/12/2021 <https://www.recamft.org/event-4478194>

12/10/2021 <https://www.recamft.org/event-4478197>



In Case You Missed It:

Merle Yost ~ Energetic Boundaries

By Gina Culver, LMFT

For October, we had another great speaker: Merle Yost on the topic of Energetic Boundaries. He showed us how to draw in positive energy to connect with others and how to push away negative energy with toxic people. He led us through some guided imagery to show us how to use a figure eight pattern. I thought Merle's walking us through how to do it was very interesting and I really liked his explanation of how to draw in and push away these energies.

A take away I had was that borderline personality disorder was about attachment, "parents abandoning them over and over." Also, Merle referenced the book "Cutting the Ties That Bind" and how he has evolved his trainings from some of those teachings.

Regardless of why we do the figure eights, we ALWAYS think several of us got a little lost in the imagery for connecting and Merle was gracious enough to repeat both the disconnecting and connecting figure eights so we all understood. These steps help us maintain our boundaries and reduce burnout.

Merle shared that these two types of figure eights help us hold boundaries with others. Mainly we focused on our clients. However, it can be used with anyone, so that negative/toxic energy is disconnected from us and we maintain positive connections. Personally, as one who believes in the energies that others put off, this was very helpful for me in conceptualizing boundaries I want to strengthen and in discarding more negative energies.

Many shared through the Q & A how it felt to do both figure eights. Some commented that they felt "lighter," some commented that they felt a difference in their bodies. Others commented that they saw how this could be helpful and even identified family members they could use the disconnecting figure eight with.

Merle invited us to check out and join his upcoming workshops. These are limited to eight attendees and he works with groups with international members via Zoom. He invited all attendees to check out his website at unspokenboundaries.com to learn more – there are several levels of workshops to check out.

Thank you for everyone who attended and those that will watch the replay if you missed the live webinar.

Respectfully,
Gina Culver, LMFT
On behalf of the Programs Committee



Gina Culver, LMFT #126029 is a newly licensed MFT that works at Lifeworks of Sonoma County as a Program Director of the Counseling Center and School-Based Programs. She also provides individual and group therapy to a small caseload of clients. She graduated in 2014 with her MS in Counseling Psychology and previously worked for over 20 years in the medical field before entering the field of psychotherapy. Gina is a member of the Redwood Empire CAMFT chapter, is the chair of the Programs Committee, a newly elected Director-at-Large for 2021, a member of the Racial and Social Justice committee, and a member of the Prelicensed Committee. She is an ongoing contributor to the RECAMFT newsletter. Gina.culverms@yahoo.com

From the Therapist's Chair: A Look at the Cycle of Life and Honoring the Dead During the Holidays

By Gina Culver

Halloween or All Hallow's Eve is one of those holidays that is ripe with lore that goes back hundreds, if not thousands, of years. It is believed in many cultures that the "veil" between the living and the spirit world is at its thinnest, allowing spirits to make contact. Also, a reason why we wear masks – to scare all those things that go bump in the night.

Tied to this is honoring the ancestors. Every culture has a way of remembering their dead. Some cultures have ancestor shrines. El Dia de los Muertos. Disney's movie "Coco" does a good job of explaining the traditions around Dia de los Muertos. Thanksgiving. Christmas. New Year's. All are days where we also remember those not still with us.

With the cooler air and entering into autumn, this time of year specifically brings this to mind for me. In Pagan, neopagan and wiccan traditions, the four seasons correlate with the life cycle: spring = birth/youth; summer = adulthood; autumn = old age; winter = death.

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NOVEMBER ISSUE

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Quarter page - 3.5" x 4.5" = \$60
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