



PRESIDENT'S MESSAGE

*By Eleanor Scott, M.A. | Licensed Marriage and Family Therapist
and President, Santa Clara Valley Chapter of California Association
of Marriage and Family Therapists*

Happy New Year to all our wonderful Chapter members! I am proud to present myself as your new president for 2017. This is a new role for me and I am excited to get right to work. I also look forward to becoming more acquainted with all of you.

Each New Year brings changes whether we welcome them or not. It is an important time to evaluate our own lives, careers, and relationships, and decide whether we need to make changes or rejoice in our contentment. I look forward to seeing what 2017 has in store for our professional community and each of us as individuals.

In November we had another successful Annual Meeting (party) and we are always open to any feedback that will help improve these events. So please feel free to email me directly with your ideas. I really enjoy these events because it gives me a chance to talk with others that I haven't seen in a long time and also meet new people in an easy, relaxed

setting. I really hope you will be able to come this year!

The board of directors will be attending CAMFT's Chapter Leadership Conference in February. This is an opportunity for board members to interact with their counterparts in other chapters and share ideas. Each year we return infused with many new ideas and we wonder what you, our members really want from our chapter. So



please, if you have new ideas, email me at president@scv-camft.org. In the coming months the board will discuss your ideas along with ideas from other chapters and hopefully we can make SCV-CAMFT better than ever.

I leave you with this quote,
"When one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one that has opened for us." -- Alexander Graham Bell.

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Why is this therapist smiling?



We had a large crowd at the Law and Ethics Workshop Oct. 21 in Mountain View



Four Estate Planning Documents You Need The Foundational Estate Plan

by Gadi Zohar, Esq., LMFT

Clients seek therapy for a variety of reasons including crisis issues relating to their aging parents who are not prepared for this major life transition. Therapists in private practice need to ensure their own financial future is secure. SCV-CAMFT NEWS asked Gadi permission to reprint one of his informational articles explaining and defining the four estate planning documents everyone needs. He calls it The Foundational Estate Plan.

If you do not create your own estate plan, the law will create one for you at death, deciding which relatives get what portion of your property based on the relationship to you of the family members who survive you (known as "intestate succession").

But that plan may not comport to your priorities. And if you become incapacitated without an estate plan, the law has a process for appointing a person (known as a "conservator") to make financial and personal care decisions on your behalf. Again, these decisions and the people in charge of this care may not be in line with your wishes.

Creating a foundational estate plan ensures that your goals are achieved and that your family is taken care of after you're gone.

Having a plan can also protect you if you should become disabled or incapacitated. Below are the four estate planning documents that make up the foundational estate plan:

Living Trust

A Living Trust allows you to determine how your estate will be distributed and in the vast majority of cases this can be done efficiently without court involvement. If you have a Will, but not a Living Trust, then decisions about who gets your property can still be taken care of by

the Will, but the process for executing your wishes must be supervised by the courts.

You also want to prevent disputes among your family members. Your Living Trust can provide your loved ones guidance and clarification regarding your wishes and if you are concerned about particular disputes, an estate planning attorney can help you create incentives in your plan aimed at preventing strife and litigation. You can also appoint the person you trust the most to administer your estate.

Creating a foundational estate plan ensures that your goals are achieved and that your family is taken care of

Durable Power of Attorney

The Living Trust is also useful in that it allows a person you trust to manage your property for your benefit (e.g., paying for your care and comfort) if you become incapacitated. However, in order to have authority to do this, your property must be titled as trust property.

A durable power of attorney gives your chosen agent the power to take control of your property that is not titled in the Living Trust. For example, IRAs cannot be owned by a Living Trust, so it is the agent under the durable power of attorney who might take distributions or make investment decisions in your IRA if you become incapacitated. This person can make financial and legal decisions for you, so it is imperative that you appoint somebody you trust implicitly.

If you have a Living Trust, generally it is a good idea to name your successor trustee(s) as the agent under your durable power of attorney.

Will / Nomination of Guardian

If you have a Living Trust, you will need a document known as a pourover will. This document is essentially a backup document in case you pass away with assets that are not titled in your Living Trust. It instructs the executor of your Will to transfer any such property to your Living Trust.

Parents with minor children can also nominate a guardian for their children through the Will. In some cases, a Living Trust may not be necessary and a Will may be sufficient

[continued on p. 11](#)



Law and Ethics Workshop Review

by Debra D. Rojas, LMFT

Dave Jensen was back in town to present the annual Law & Ethics workshop. This year he titled his presentation “‘Salt and Peppering’ Treatment Records with the Language of the Law”.

Our annual Law & Ethics Workshop usually attracts a large number of attendees and this year we numbered 99. Historically we served a continental breakfast, full buffet luncheon with dessert and cookies later in the afternoon. This year we replaced the continental breakfast with a full breakfast buffet and received rave reviews. Moving forward it is our intention to provide full breakfast buffets at all workshops in addition to the lunch and afternoon snacks.

Feedback at all our workshops has always been “more chocolate chip cookies” so this year we ordered more than previous years and ran out immediately! We had to request several more dozen to satisfy the crowd.

It is always great to get together and have time to socialize. There was lively conversation at the tables during breaks and at lunch and Dave was always gracious and happy to answer all our questions.

This year he provided a lot of information about treatment records and below is a snapshot of some of the important items therapists need to be aware of:

Dave first discussed the “visionary” aspects to recordkeeping, stating that the law is broad and notes should reflect sound clinical judgments, the standards of the profession and the nature of the services rendered.

He then outlined the differences in CAMFT’s role and that of the BBS.

CAMFT’s ethical standards are broad and notes should reflect “significant decisions”. However, significant decisions may not always appear at first, but upon reflecting at a later time after other subsequent events occur.



Members spend time networking during the luncheon buffet at the Law and Ethics Workshop Oct. 21

The approach by the BBS is that “If it wasn’t written down, it wasn’t done or didn’t occur, or didn’t happen”. Should a consumer file a complaint against a therapist, the BBS will want to review the patient file. Poor records can result in a citation and fine. and fine.

Dave has been tracking the



Dave Jensen, JD, presenter at the Law and Ethics Workshop Oct. 21

type of citations the BBS has levied on therapists relating to failure to document therapy records. Here are some examples:

- The sessions themselves (this is the law).
- Screenings, treatment goals and plans (an area of possible misconduct). Notes should reflect screening for risk factors such as for suicide, homicide, domestic violence, etc. If there are no risk factors notes should reflect that. If there are risk factors, notes should include your actions such as referrals for more screening, etc.
- Patient progress and whether or not the patient is progressing in therapy. Use examples of patient progress within notes and use patient’s own words when appropriate.

[continued on p. 5](#)

Ethics Review, continued from p. 4

Members enjoying time on the beautiful patio at Michael's at Shoreline at the Law and Ethics Workshop Oct. 21

- Relevant history, gather information, evaluate it, and include in your notes.

- Patient complaints, use the patient's own words.

- Fee agreement must be clearly stated in your notes.

When the BBS opens a file based on a complaint, they expect to see a treatment plan with goals. Minimize the chance of being cited by including a treatment plan with goals for the patient within your records.

Other areas therapists run into



Members enjoying time at Michael's at Shoreline at the Law and Ethics Workshop Oct. 21

trouble include:

Falsifying billing or treatment records (this can jeopardize your license).

Failing to "back-up" electronic

records. If you use electronic records you must have a back-up.

Documenting text messages and emails. According to Dave, there is an element of judgment of when to include texts and emails. If the content is relevant to the work on a patient's case, then it should be documented in

the file. Same with emails, If the content is germane to the patient's case, it should be referenced in the record. The clinician has the discretion in these matters.

How long to maintain records:

For adults, therapists are required to maintain records 7 years from date of termination of therapy.

For children, records must be

maintained for 7 years from the date the child turns 18 years of age.

Since the BBS has 10 years to investigate all possible complaints against a clinician, its best to maintain records for 10 years from the date of termination of therapy.

Dave said the building blocks of good documentation should include the following four elements:

- Facts (factual material, what the patient reports, etc.)

- Observations (what are you seeing, hearing, learning about the patient)

- Evaluations / Judgments (based on your education, practice and experience, do the symptoms match)

- Actions (screening, assessing, referring, consulting, educating, advising, etc.)

Be sure to include back-up information when documenting patient records. Dave recommends using rating scales and documenting the results because "the numbers



Dave Jensen, JD was the presenter at the Law and Ethics Workshop Oct. 21 at Michael's at Shoreline

tell the story". Example, if you're documenting a patient's depression, include data based on rating scales, or SUDS, because doing so demonstrates the therapist's competency based on education, training and experience.

Next he shared the "D-A-V-E" principles to better notes.

D = Details (what the patient reports)

A = Authority (your knowledge in notes, cite screenings, etc.)

V = Veracious, (your words are truthful and also reflect your education, training and experience)

E = Evaluative, (refer to the

Continued on p. 6



Tech Talk

by Jacqui Gerritsen, LMFT, Director Communications and Technology

Technology is part of our lives now. How to digitally communicate with our clients and remain HIPAA-compliant can cause fear and anxiety. Using the right apps and platforms can help ease your anxiety and preserve the confidentiality of our clients.

I just recently learned about a-HIPAA secure texting app. Called Signal, its a free and open-source texting app that works on Apple iOS and Android phones. It is intended to be private enough to prevent anyone

not involved in a conversation from being able to read any messages in that conversation. For the full review go to:

<https://personcenteredtech.com/vendorreview/signal/>

Jacqui Gerritsen, M.A., LMFT, is in private practice in Palo Alto. She works with individuals, couples and families on a wide range of emotional and behavioral issues. Jacqui uses a personalized approach tailored to each of her clients' individual needs.



Ethics Review, continued from p. 5

treatment plan and indicate progress)

Of course Dave is famous for his interactive exercises with music, listening to country music songs and identifying symptoms we hear, and conceptualizing a case.

Throughout the remainder of the workshop Dave reinforced the four elements of good documentation and the D-A-V-E principles for better notes as they relate to the Standard of Care and Assessment of a case, Management of a case, the Suicidal Patient, Creating, Enforcing and Maintaining Appropriate Professional Boundaries, Duty to Protect and Duty to Report.

It was a very comprehensive workshop and evaluations were positive. Attendees appreciated the

handouts, case studies and interactive activities.

And finally, answers to the question "What could have been improved?"

More chocolate chip cookies

More tea

More chocolate chip cookies

Valet parking

Milk with the cookies

More chocolate chip cookies

OK, we get it, we need more chocolate chip cookies!



Members enjoying time at Michael's at Shoreline at the Law and Ethics Workshop Oct. 21

Debra D. Rojas, M.A., LMFT is editor of SCV-CAMFT News and past-president of the chapter. She has a private practice in Palo Alto. Debra is also co-founder of PsychScribe, a new mobile app for therapy notes. For more info check out www.psychscribeapp.com or call her at (650) 995-6940.



Annual Meeting and Celebration Review

by Debra D. Rojas, LMFT

If you missed our 2016 annual meeting you missed out on a great opportunity to receive a free door prize. Once again we gathered at Michael's at Shoreline on Friday, November 4, 2016. The evening began with an extended networking period.

Members noshed on a vast array of heavy appetizers while guitarist Bob Holland, strummed soft jazz in the background.

Presenter Arianna Candell, LMFT, R-DMT, lead small group ecotherapy experientials outside during the social hour in preparation for her presentation.

A wheel of fortune offered members a chance to spin-to-win various different prizes, (the essential oils were the favorite). Outside on the patio members milled around socializing, eating and waiting their turn for the ecotherapy experiential before the warm November sun set for the evening.

Food and drink were abundant, and as we have in the past several years, chapter gifts were given to all attendees. New this year was a drawing for a grand prize for one lucky member. See [page 11](#) to see who the lucky winner was.

The meeting was called to order and members were updated on the 2016 board activities and chapter offerings. The important part of the annual membership meeting is recognizing

our volunteers and thanking them for their self-less gift of time they provide to the chapter. Sadly, many of our wonderful volunteers were not in attendance this year.

Debra introduced and thanked



Incoming president, Eleanor Scott, LMFT, presents flowers to our outgoing president, Debra Rojas, LMFT.

the 2016 Board of Directors and then introduced the new 2017 Board of Directors. Next she introduced 2017 President Eleanor Scott who addressed the membership and shared her vision and ideas for 2017.

Communications and Technology Director, Jacqui Gerritsen unveiled the new SCV-CAMFT Facebook Page. The page is open to members only and not the general public and we hope you will begin posting your achievements, events, and more. For more information contact Jacqui at communications@scv-camft.org.

Our guest speaker for the evening, Arianna Candell, LMFT, R-DMT presented Ecotherapy

Arianna Candell, LMFT, R-DMT, was the presenter at the SCV-CAMFT Annual Meeting and Celebration Nov. 4.



Practices to bring the Healing Powers of Nature to your Clients. Arianna defined ecotherapy as horticulture therapy, animal-assisted therapy, wilderness experiences, social activism, and nature reconnection. Her presentation focused on the evidence-based concepts of ecotherapy, how therapists can incorporate ecotherapy techniques into their current practices and perform ecotherapy self-care practices.

Arianna read some beautiful quotes from those who have experienced ecotherapy. Here's a favorite, "I discovered I can locate myself in my body while I am connecting to something much larger than myself." How beautiful is that?

If you're interested in booking Bob Holland for your event you can contact him at rhollandmusic@gmail.com.

To learn more about Ecotherapy contact Arianna Candell, LMFT, R-DMT, Ecotherapist at arianaca@sbcglobal.net.

Debra D. Rojas, M.A., LMFT is editor of SCV-CAMFT News and past-president of the chapter. She has a private practice in Palo Alto. Debra is also co-founder of PsychScribe, a new mobile app for therapy notes. For more info check out www.psychscribeapp.com or call her at (650) 995-6940.



Arianna Candell leads an ecotherapy group on the beautiful grounds of Michael's at Shoreline during our Annual Meeting

2016 in Review

- SCV-CAMFT signed Chapter Affiliation Agreement with CAMFT
- SCV-CAMFT became a CAMFT-approved continuing education provider
- President Debra D. Rojas was chosen by CAMFT to join their annual lobbying trip to Washington DC
- Membership Director, Chandra Rai, hosted quarterly luncheons for new members
- Volunteers hosted a table at the Menlo Park block party to get out the word about the services provided by LMFTs
- Our new website was launched on the Wild Apricot Platform
- Within days after migrating information from our old site to the new site our old website crashed.
- Disappointment set in as we realized the Chapter Exchange failed the “thumb test” and members expressed their disappointment and dislike of this portion of the website.
- Members now utilize a variety of different list serves and the board is still looking for ways to remedy this situation. If any of you are members of different groups, list serves, or other exchanges, please share your information by sending it to Jacqui Gerritsen and she will share it with the membership.



SCV-CAMFT Annual Meeting and Celebration at Michael's at Shoreline on Nov. 4.

2016 Offerings

- Innovative program: Working with Millennials, Exploring Connection & Intimacy
- Wholehearted Living, Developing Shame Resiliency
- Emotional Leadership, How Therapeutic Work with Horses Helps Us Discover Our Inner Leader
- What You Need to Know About Eating Disorders in General Practice
- Betrayal, Secrets and Lies, Rebuilding Trust and Healing Sex Addiction Induced Trauma
- Special Needs: Special Families
- July Workshop: Neurobiology and Neuropsychological Aspect of Trauma; Understanding Trauma and Treatment
- What's the Big Deal with Bathrooms? Providing Gender Affirmative Therapy to Trans Clients
- EMDR Trauma Processing
- Law & Ethics Workshop: Using the Language of the Law to “Salt & Pepper” Your Treatment Records
- Ecotherapy Practices to Bring the Healing Power of Nature to Your Clients



Christina Villareal, PhD presents "Cognitive Behavioral Therapy in the Treatment of Millennials" at the SCV-CAMFT Innovative Program in Menlo Park on January 23

Thank you to our 2016 Volunteers!

Who are our Volunteers?

Board of Directors
Committee Chairs
Editorial Committee
Innovative Program
Luncheon Committees
Mentors
Support Group Facilitators
Workshop & Special Events Volunteers



SCV-CAMFT members enjoy the evening sun and buffet at the Annual Meeting and Celebration on Nov. 4, where we honored our volunteers and the chapter's accomplishments.

Jim Arjani

Dana Backstrom

Elizabeth Basile

Bridget Bertrand

Ari-Asha Castalia

Alice Locke-Chezar

Ernie Chu

Angie Dahl

Mary Deger-Seevers

Nasrin Farr

Michelle Farris

Elaine Gee-Wong

Jacqui Gerritsen

Matt Kelley

Hadi Koesnodihardjo

Donna Marie Lera

Carol Marks

Beatriz Mileham

David Mineau

Jamie Moran

Verna Nelson

Barbara Pannoni

Kim Panelo

Chandra Rai

Ildiko Ran

Melissa Risso

Rosanna Rivellini

Debra D. Rojas

Michal Ruth Sadoff

Eleanor Scott

Janice Shapiro

Tomilu Stuart

Soad Tabrizi

Grace Tang

Jessica Treat

Edna Wallace

Christina Zubach



SCV-CAMFT members gathered at the Annual Meeting and Celebration as president Debra Rojas, LMFT reviews the chapter's accomplishments and recognized our many volunteers.

2016 Volunteer of the Year



Soad Tabrizi, LMFT
Mid-Region Luncheon Chair

2016 Board of Directors

Executive Committee:

Debra D. Rojas, President
Eleanor Scott, President-Elect
Ernest Chu, Chief Financial Officer
Michal Ruth Sadoff, Secretary

Directors:

Nancy Andersen, Law & Ethics
Elizabeth Basile, Luncheons & Innovative Programs
Jacqui Gerritsen, Communications & Technology
Kim Panelo, Special Events (January-July)
Barbara Pannoni, Special Events (July-December)
Janice Shapiro, Continuing Education Operations
Melissa Risso, Support Groups (January - August)



Do you know of a member who has been recently licensed? We'd love to give them a shout out of recognition. Please send an email to mail@scv-camft.org if you or someone you know has recently passed their exams.

Thank you!



SCV-CAMFT volunteers Jim Arjani, LMFT and Michelle Farris, LMFT at Michael's at Shoreline during our Annual Meeting on Nov. 4.

Meet Jessica Hernandez, LMFT



Member Jessica Hernandez, LMFT won a free i-pad at the SCV-CAMFT Annual Meeting and Celebration Nov. 4, 2016.

At the 2016 annual meeting the board of directors provided an iPad as a door prize. At the end of

the evening, our speaker, Arianna Candell, LMFT, drew a ticket and the winning number belonged to Jessica Hernandez, LMFT. Congratulations Jessica.

We caught up with Jessica to learn more about her: "This was my 1st annual meeting to attend, and wow, I still can't believe I won the iPad doorprize!! Thank you, thank you, thank you! What a meaningful gift. Not only that, but I found the group warm and welcoming, and I'm really happy that I decided to join SCV-CAMFT."

"I am a bilingual LMFT practicing in Palo Alto & San Jose, and my focus is on using mindfulness practices to help people with PTSD, people who identify as HSP/Introvert/



Empath, and now I am beginning to incorporate Ecotherapy into my practice as well. I love working with teens and adults, as well as helping other therapists prevent burnout or vicarious traumatization. You can visit my website at: www.HolisticTherapyLMFT.com."

Estate Planning, continued from p. 3

for the at-death transfer of your property.

As a very generic rule, if you have no minor children, no real property, and the net worth of your assets is below \$150,000, a Will may be sufficient for your estate planning needs. You should consult with a lawyer before deciding whether a Will is sufficient for your goals.

Advance Health Care Directive

Your Advance Health Care Directive (AHCD) provides another person with the authority to make medical decisions for you if you're unable to do so. Again, it is vital that

you appoint an individual that you trust to act in your best interests.

Your AHCD also outlines what you want to happen with your end-of-life care. You can specify whether you want to receive artificial life support, donate organs, and how your remains are handled (i.e., burial, cremation, etc.).

It is imperative that you have open discussions with your loved ones about your wishes. This will make facing the difficult situation easier and lift the burden of making end of life decisions from your loved ones.

Estate planning is emotional, but it is one of the best gifts you can give yourself and your loved ones.

Gadi Zohar, Esq., practices as a trusts and estates lawyer in Palo Alto, California. He is also an LMFT and CEO of TherapistWill.com, an online professional will solution. Gadi no longer provides professional psychotherapy or psychological counseling.

This article is for information purposes only, and is not intended to be legal advice. The opinions of the author are not a guarantee of any particular outcome. For advice regarding your individual situation you should consult an attorney. Gadi welcomes your calls and emails and states that contacting him does not create an attorney-client relationship.

1.5 CEUs Available
CEP 052466

MID-REGION LUNCHEON



Mindfulness and Therapy: A Path of Healing

Presented by Mark Abramson, DDS

Mindfulness is a core skill for self-understanding, introspection, and cultivating the space between stimulus and reaction that allows us to choose kind, wise, and skillful actions in our lives. As one begins to practice nonjudgmental awareness and living in the present moment one is healthier and happier. Mindfulness is important for both the mental health practitioner and the client, leading to the path of healing.

Program Goals:

The goal of this presentation is to give therapists an understanding of the practice of mindfulness, in particular Mindfulness Based Stress Reduction, developed by Jon Kabat-Zinn, and how this practice can help in the healing of their clients and themselves. Participants will learn about mindfulness skills to assist with nonjudgmental awareness, self understanding, introspection, and to create space between a stimulus and a reaction which can allow one to choose kind, wise, and skillful actions.

Measurable Learning Objectives

At the end of this presentation, participants will be able to:

- Summarize the history of mindfulness based stress reduction in the United States
- Identify the benefits of mindfulness practice to the therapist and the client
- Practice basic formal and informal mindfulness
- Incorporate mindfulness into a therapeutic practice

About the Presenter:

Mark Abramson, DDS, is the founder and facilitator of Mindfulness Meditation Based Stress Reduction (MBSR) programs at Stanford Health Care and Stanford University School of Medicine. He has conducted these classes several times a year since he founded the program in 1995. Mark trained with John Kabat-Zinn, who developed MSBR 20 years ago at the University of Massachusetts. He is part of Stanford's Center for Integrative Medicine, a teacher at Stanford's School of Medicine, and is on staff at Stanford Hospital.

Friday, February 24, 2017

11:15 AM – 1:30 PM (talk begins at 12 PM)

Place: Michael's at Shoreline, 2969 Shoreline Blvd, Mountain View, CA

Menu: Buffet Lunch

LUNCHEON FEES

PRE-REGISTERED BY FEB. 20:

Members - \$27
Non-members - \$33
1.5 CEUs - \$7

WALK-IN FEES:

Members - \$33
Non-members - \$40
1.5 CEUs - \$7

Lunch is not guaranteed for walk-ins, but is available on a first-come, first-served basis. Auditing the event without lunch is available. SCV-CAMFT is a CAMFT-approved Continuing Education Provider (052466). This course meets the qualifications for 1.5 hours of continuing education credit for LMFTs, LPCCs, LEPs and/or LCSWs. Please visit our website at www.scv-camft.org for registration details, CEU information, auditing information, cancellation policy, grievance policy, accomodation for disabilities, and additional information.

6 CEUs Available
CEP 052466

SPRING WORKSHOP



Gender Through a Developmental Lens: A Gender Affirmative Approach to Life's Ages and Stages

Presented by Maureen Johnston, LMFT

The lack of understanding and misinformation about gender identity is fueling a great deal of controversy in our society. As more of our clients of all ages either know someone who is trans or are defining themselves (as transgender, gender-queer, gender fluid, "off the binary", questioning or something entirely different) or (in gender non-traditional ways), therapists need to know how to provide sensitive, appropriate treatment. Gender Affirmative Therapy provides therapists and counselors with the tools to provide (offer?) appropriate care to these adults, teens, kids, and their families. Join us for:

- A developmental approach to gender identity to illuminate how gender identity influences and is influenced by aspects of our growth and development.
- Case studies which illustrate the complex interplay of the clinical, medical, educational, and legal aspects of working with the trans community.
- Language discussion exploring important language considerations, resources and concrete suggestions for appropriate language to use with clients of all ages.
- Gender Journeys exercise placing special attention on how our own Gender Journeys impact our work, and the need for heightened sensitivity to the layers of transference and countertransference that frequently arise when working with the trans community.
- A live panel of trans-identified panelists will share their experiences and answer questions from attendees

The event includes a full breakfast buffet, a buffet luncheon, afternoon snack (warm cookies) and 6 CEUs.

Measurable Learning Objectives

At the end of this presentation, participants will be able to:

- Give two examples of how gender identity influences, and is impacted by, aspects of our growth and development.
- Summarize the complex interplay of factors involved in working with the trans community.
- List three examples of common language mistakes and give appropriate language alternatives.
- Write about your own gender development journey, considering any potential impact on your work.

About the Presenter

Maureen Johnston, LMFT has been providing psychotherapy for over 20 years. She has worked with the trans and gender expansive community for over 12 years, and has received training and consultation in the Gender Affirmative Model of therapy. She is a member of Diane Ehrensaft's Mind the Gap monthly consultation group. For the last two years, she has participated in the annual Gender Spectrum's Professional Symposium on clinical issues with gender non-conforming children and teens. She hosts a monthly consultation group for therapists and other professionals interested in providing Gender Affirmative services in Santa Clara County. www.maureenjohnston.com

Friday, March 3, 2017

9:00 AM – 4:00 PM (check-in/breakfast 8:30 AM)

Place: Michael's at Shoreline, 2969 Shoreline Blvd, Mountain View, CA

Menu: Full Breakfast Buffet, Lunch Buffet, Drinks, Snacks

REGISTRATION FEES

PRE-REGISTERED BY FEB. 27:

Members - \$150
Non-members - \$170
Students - \$70 - \$90

WALK-IN FEES:

Members - \$180
Non-members - \$200
Students - \$90 - \$110

SCV-CAMFT is a CAMFT-approved Continuing Education Provider (052466). This course meets the qualifications for 6.0 hours of continuing education credit for LMFTs, LPCs, LEPs and/or LCSWs. Please visit our website at www.scv-camft.org for registration details, CEU information, auditing information, cancellation policy, grievance policy, accommodation for disabilities, and additional information.



NEW Advertising Opportunities and Rates

We have simplified our advertising prices and options.

ALL MEMBERS: FREE online classified ads!

SPONSOR MEMBERS: FREE web ad and 1/4 page newsletter ads.

Details, advertising policies, and non-member pricing are found at our website.
Member advertising pricing is listed below:

Web Ad
2 Month Ad - \$150

Newsletter Ad
Quarter Page - \$150
Half Page - \$250
Full Page - \$400

Email Blast
One Email - \$150

If you have questions you can contact the chapter coordinator, Nancy Orr at 408-235-0210 or mail@scv-camft.org.

Get Published!

Now is your chance to get published and share your thoughts with your fellow therapists. You all have a unique experience that could become a movie or book review, an article, or a review of an SCV-CAMFT event.

Editorial committee members are available to discuss ideas with you and answer questions. Their contact information is listed on [page 19](#).





CENTER FOR THE STUDY OF GROUP PSYCHOTHERAPY

A nonprofit group psychotherapy training organization (CSGP)

**CSGP's Mission is to promote group therapy
and to offer group therapy training.**



- Training for students/interns as well as for advanced group leaders.
- CE Credits for MFTs, LPCCs, LCSWs, and Psychologists.

New CSGP course: **Successful Therapy Groups: The Ins and Outs**

Saturday February 25, 2017: 6 CE Credits

Would you like to: build your confidence as a group leader, learn about forming a group, and effectively intervene when most needed? **Sign up for this didactic and experiential course!**

Go to **CSGP.org** to register.

- Learn the essentials as well as insider tips for forming a new group.
- Handle clinical challenges in group such as monopolizing, absenteeism, and conflict.
- Review different types of groups: process, psychoed, support, blended.
- Deepen and enrich therapy groups.

Workshop Date: Saturday, February 25, 2017: 9:30am -5:00pm. **Six CE Credits:** PSY, MFT, LPCC, LCSW.

Course fee: \$80 for licensed clinicians, \$55 students/interns or nonprofit employees. After Feb. 10: \$10 late fee.

Location: Bayside Business Plaza, 2665 Marine Way, Mountain View.

Course Presenter: Nancy Wesson, PhD., CGP, (Certified Group Psychotherapist), Licensed Psychologist (psy9621) and MFT (13013), is the founder of the Center for the Study of Group Psychotherapy. She has studied group therapy for over 25 years and has been trained by Dr. Irvin Yalom and the American Group Psychotherapy Association. She has 17 years of teaching group therapy courses, and has led two weekly psychotherapy groups for 25 years.

Registration and Course Syllabus: CSGP.org. For further information: DrNWesson@CSGP.org.

CSGP is approved by the California Psychological Association to provide continuing professional education for psychologists and BBS licensed professionals. CSGP maintains responsibility for this program and its contents. Provider No. PCE5391.

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Hope you had a wonderful holiday and wishing you a very Happy 2017!

Wishing you and yours all the very best!
Always grateful for so many wonderful and caring people that are dedicated to this important work of providing therapy.

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"Loved the understanding within the environment & learning about how others struggle with similar problems."
"The class gives both knowledge & support in relation to anxiety and you should definitely take the class."
-Past Anxiety Group Member

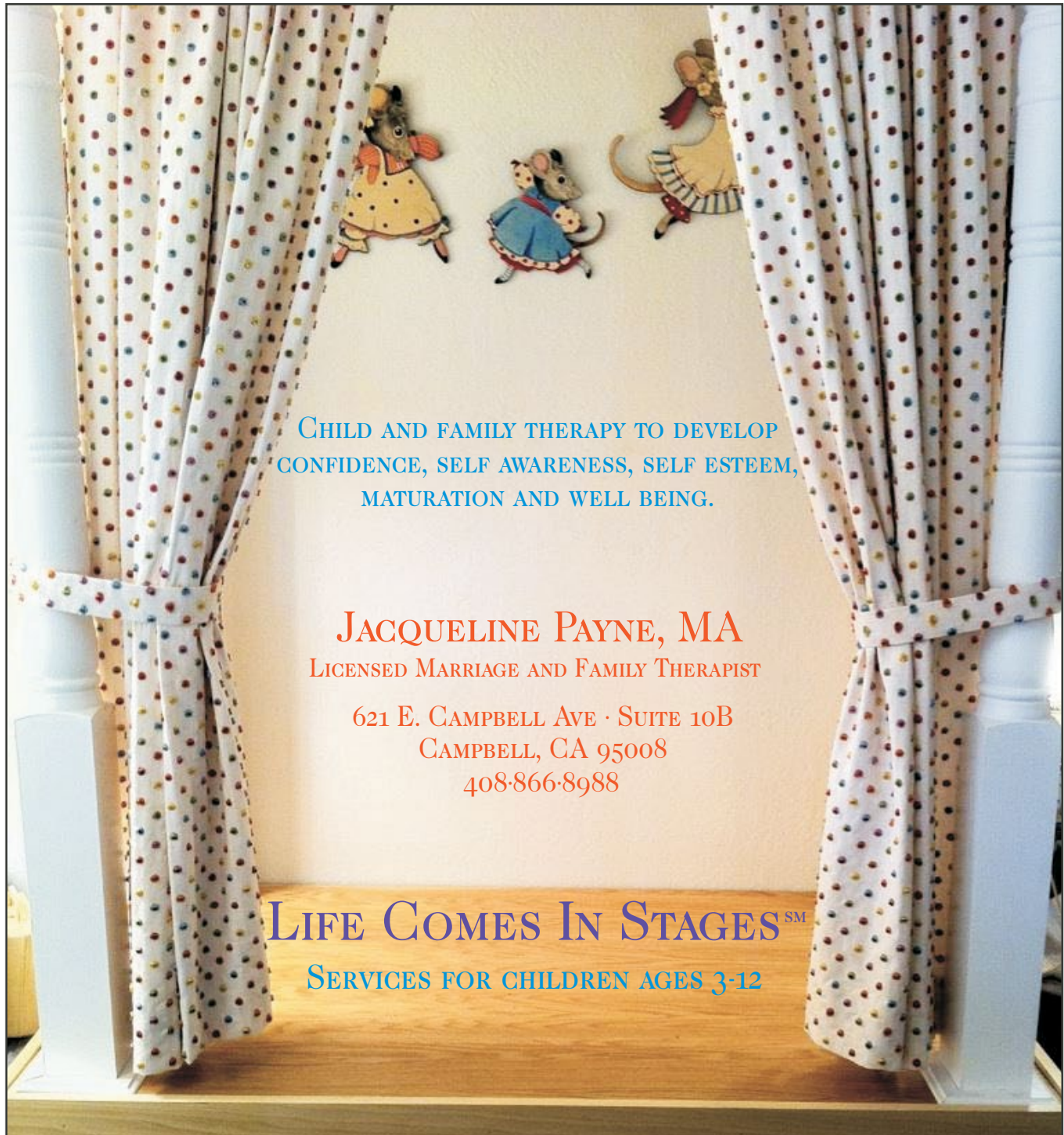
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CHAPTER EVENTS

For more information and to register for events, please visit our website at www.scv-camft.org.

FEBRUARY

- 3 South Region Newly Licensed Support Group
- 10 South Region Pre-Licensed Support Group
- 11 North Region Newly Licensed Support Group
- 12 North Region Pre-Licensed Support Group
- 24 **MID-REGION LUNCHEON:** *Mindfulness in Therapy: A Path of Healing*, Mountain View

MARCH

- 3 **SPRING WORKSHOP:** *Gender Affirmative Therapy*, Mountain View

APRIL

- 28 **SOUTH REGION LUNCHEON:** *Working with Clients on the Three Therapeutic Realms of Therapy*, Los Gatos

Newly Licensed Support Groups

are designed to meet the needs of those just licensed, and up to three years after licensure. You will find support and great ideas, and develop relationships with your peers. Be sure to take advantage of this valuable group and resource as you begin your journey as a licensed therapist.

FREE NEWLY LICENSED SUPPORT GROUPS

North Region Newly Licensed Support Group

This group typically meets on the first Saturday of the month from 10AM - 12PM

Upcoming dates: February 11, March 18

Facilitator: Jamie Moran, LCSW

Location: 661 Live Oak Avenue, Suite One, Menlo Park, CA 94025

RSVP and contact: jammoran@aol.com or 415-552-9408 .

South Region Newly Licensed Support Group

This group meets the first Friday of the month from 10AM - 12PM

Upcoming dates: February 3, March 3

Facilitators: Michelle Farris, LMFT

Location: San Jose, CA

RSVP and contact: mft@counselingrecovery.com or 408-800-5736.

Pre-Licensed Support Groups

are designed to support interns. These groups will help you find encouragement and advice from those who have already walked in your shoes on the road to licensure. Be sure to take advantage of this valuable group and resource as you begin your journey towards becoming a licensed therapist.

FREE PRE-LICENSED SUPPORT GROUPS

North Region Pre-Licensed Support Group

This group meets the second Sunday of the month from 5PM - 7PM.

Upcoming Dates: February 12, March 12

Facilitators: Bridget Bertrand, LMFT and Ari-Asha Castalia, LMFT

Location: 112 West 25th Avenue, #1, San Mateo, CA 94403

RSVP and contact: bridgetbertrand.com or 650-539-HEAL (4325)

South Region Pre-Licensed Support Group

This group meets the second Friday of the month from 10AM - 12PM

Upcoming dates: February 10, March 10

Facilitator: Tomilu Stuart, LMFT

Location: 6489 Camden Ave., Suite #103, San Jose, CA 95120

RSVP and contact: www.tomilustuart.com or 408-832-6172

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South Region Luncheons Co-chairs:

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408 736-5093

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Vacant

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Website: www.camft.org

Board of Behavioral Sciences

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Email: bbswebmaster@bbs.ca.gov

Website: www.bbs.ca.gov

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2731 N. 1st St., San Jose, CA, 95134

Phone: 877-727-6771,

Website: www.redcross.org

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SCV-CAMFT News

Attention: Editor

P.O. Box 60814

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**Serving San Mateo and Santa Clara Counties
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Chapter Events

**Mid-Region Luncheon
Friday, February 24
11:15 AM – 1:30 PM**

***Mindfulness in Therapy:
A Path of Healing***

(1.5 CEUs, CEP 0524)

Presented by
Mark Abramson, DDS

Michael's at Shoreline
2969 N. Shoreline Blvd.
Mountain View, CA

**South Region Luncheon
Friday, April 28
11:15 AM – 1:30 PM**

***Working with Clients on
the Three Therapeutic
Realms of Therapy***

(1.5 CEUs, CEP 0524)

Presented by
Don Hadlock, LMFT

Los Gatos Lodge
50 Los Gatos/Saratoga Rd.
Los Gatos, CA

**Spring Workshop
Friday, March 3
9AM – 4PM**

***Gender Through a Devel-
opmental Lens: A Gender
Affirmative Approach to
Life's Ages and Stages***

(6 CEUs, CEP 0524)

Presented by
Maureen Johnston, LMFT

Michael's at Shoreline
2969 N. Shoreline Blvd.
Mountain View, CA

RESERVATIONS: Go to our website, www.scv-camft.org, and visit our Events page. You can pay with credit card, paypal, or check. Send your check, payable to SCV-CAMFT, to SCV-CAMFT, P.O. Box 60814, Palo Alto, CA 94306. Payment must be received by the Monday before the event. Reservations will be held until noon. "Walk-in" registration is available if there is seating, but a meal is not guaranteed without a reservation. Telephone reservations cannot be accepted. Please visit our website at www.scv-camft.org for registration details, CEU information, auditing information, cancellation policy, grievance policy, accomodation for disabilities, and additional information.