



## 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*

Hello everyone! I must confess my reluctance to write these articles, eloquence is not a word used to describe me. I've been described as, "transparent" which means I say it, look it, and can be blunt at times. Now I find myself in a position, one that I have a great deal of respect for and want to do right by. So what's my message? My point this month?

Let's be kind to one another, respectful and give each other the benefit of the doubt when giving and/or receiving feedback and get involved, it's your chapter!

We are a large chapter that covers a large geographic area – San Mateo and Santa Clara counties. It can be a real challenge to meet the needs of all our members. On behalf of the SCV-CAMFT Board, I can tell you that we really try to meet the needs of our members. We aren't always successful and honestly, there is no way for us to be 100% successful, 100% of the time yet we will continue to strive toward that goal.

What I would love to see is more member involvement, either as a volunteer or as a board member, or simply coming to our luncheons where topics are discussed.

I think everyone knows that board members are volunteers and sometimes we learn as we go. I would ask for our members to be kind, compassionate, and considerate with their feedback or remarks to our volunteers and board members.

I welcome your ideas and the opportunity to brainstorm about other offerings our chapter can provide you.



*President Eleanor Scott, LMFT and Past-President Debra D. Rojas, LMFT hosting the chapter's welcome table at the May 2017 CAMFT Conference at the Hyatt Regency in Santa Clara*

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## 2017 Law and Ethics Workshop - Getting Clear on HIPAA Compliance

by Nancy Andersen, LMFT, Director of Ethics

*The 2017 Annual Law and Ethics Workshop will be Friday, September 15, in Mountain View from 9am - 4pm. Once again, Dave Jensen, CAMFT's entertaining staff attorney, will be presenting. Registration will open soon on our website.*

"Shh, it's Confidential" is Dave Jensen's newest presentation examining the legal requirements relating to patient information and confidentiality during the annual legal workshop Friday, September 15 at Michael's at Shoreline in Mountain View.

When it comes to bringing clarity to legal issues facing clinicians, CAMFT staff attorney Jensen delivers. Despite the inherently dry nature of legal regulations, our chapter members give Jensen consistently high marks on workshop evaluation forms, citing his humor, use of case studies, personal stories and music. Even better, he brings clarity to obscure requirements that shape the way we practice.

This year Jensen focuses on the dual demands of California and the Health Insurance Portability and Accountability Act (HIPAA) statutes. What patient information needs to be kept private and what may be shared? Is there any information that can be shared without an authorization? How do practitioners keep confidential information secure? How can therapists limit third-party access to outpatient information?

In addition to learning the answers to these questions and others that impact our practice practices, the workshop package includes a hot breakfast, buffet lunch, and hot chocolate chip cookies for a mid-day treat. Michael's food and service earn positive reviews as does the networking opportunities and the peaceful greens and marshes steps away from the venue's patio. Parking is free.

Registration information will be announced later. Please note the

event is in September, not the usual October timeframe. We shifted the workshop date to spread chapter events more evenly thru the fall season.

The presentation meets the Board of Behavioral Science requirement of at least 6 hours of continuing education in law and ethics as a condition of each license renewal for marriage and family therapists.



**WHAT:** Annual Law and Ethics Workshop

**WHEN:** Friday, Sept. 15  
9:00 AM - 4:00 PM

**WHERE:** Michael's at Shoreline, Mountain View



## Tech Talk

by Jacqui Gerritsen, LMFT, Director Communications and Technology

The board has heard your issues about the Chapter Exchange on the new website and we agree! We have been searching for a better alternative and recently we think we found the answer, but we want your input. A brief survey will be sent to all of you

asking a few questions and space will be available for you to add comments and ideas.

We are also working on other features to add value to your membership. Stay tuned for more to come later this summer.





## CAMFT Chapter Leadership Conference

This year the Chapter Leadership Conference was held in Orange County and President Eleanor Scott, Past-President Debra D. Rojas and Communications and Technology Director Jacqui Gerritsen attended.

The annual Chapter Leadership Conference is an opportunity to hear from other chapters about what works, what doesn't, and learn about any unique ideas they have implemented. Its a great opportunity to meet with our counterparts in other chapters.

Our takeaway this year is that all chapters are struggling with lack of volunteers, and committee structure, which impacts offerings each board can extend to their members.

There was time for networking and here are a few photos of our board members learning a little about Snapchat.



*Networking during the CAMFT Leadership Conference*



*Board members Jacqui Gerritsen, Debra Rojas, and Eleanor Scott at the CAMFT Leadership Conference.*



*Debra and Eleanor heading home after the Chapter Leadership Conference..*



*Networking during the CAMFT Leadership Conference*



*Having fun with SnapChat at the CAMFT Leadership Conference.*





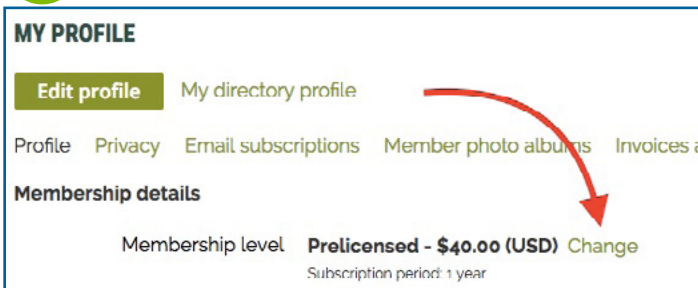
# Have Your Membership Renew Automatically!

Have you ever wished you didn't have to go through the process of paying your SCV-CAMFT dues each year? Well, you now have the option to have your membership dues renew each year automatically. From your profile page, you can change your current membership level to a new level that offers recurring payments. The steps for setting this up are listed below, and on the website. FYI, this option requires that you have a PayPal account.

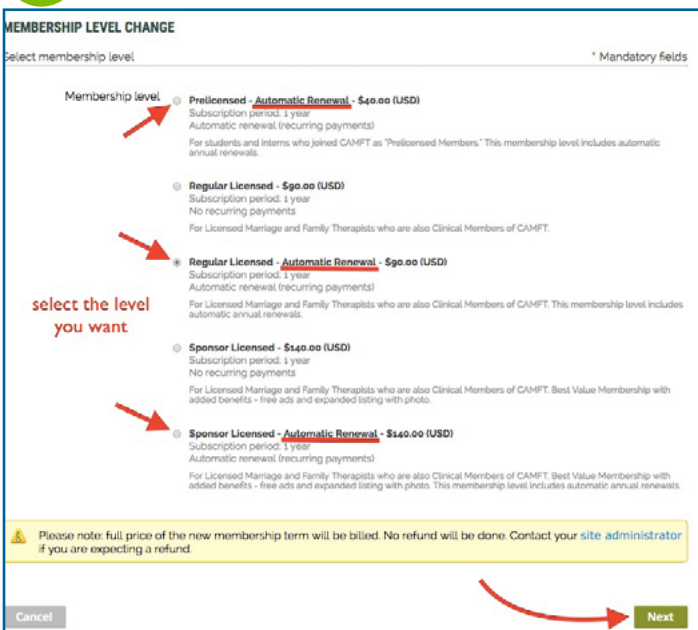
- 1 Login and click your name at the top of the page to go to your profile page.



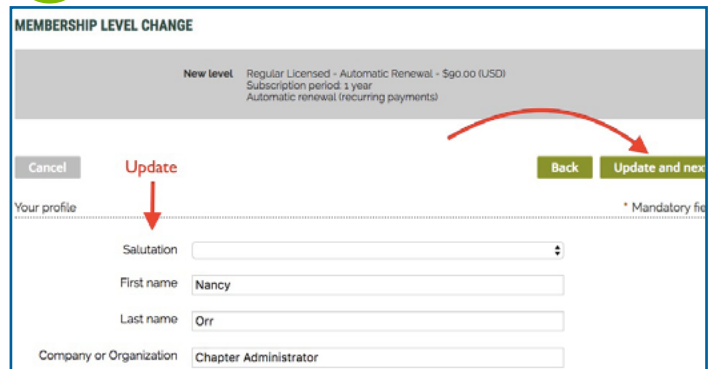
- 2 Click "Change" to select your new membership level to enable recurring payments.



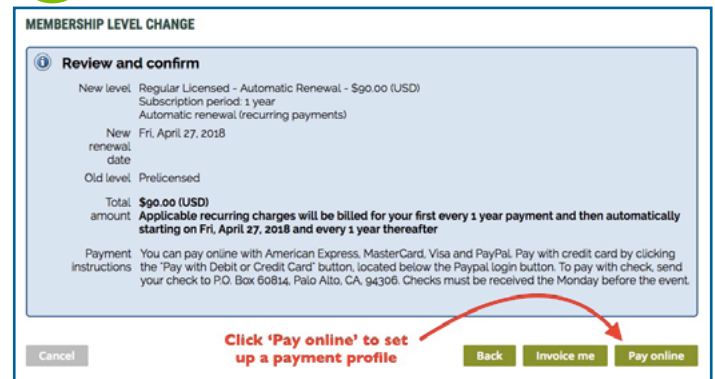
- 3 Select the membership level you want and click "Next" at the bottom of the page.



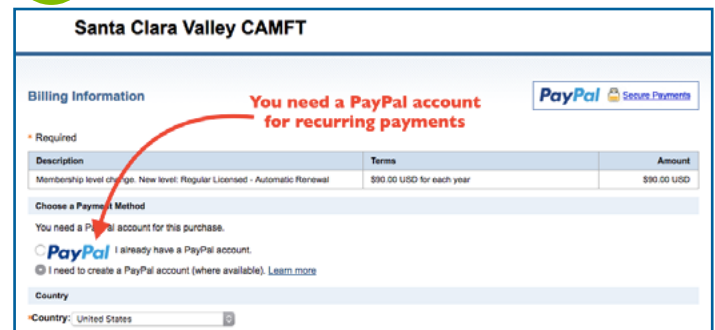
- 4 Update your profile and click "Update and next"



- 5 Select "Pay online"



- 6 Choose to sign-in or create a PayPal account and follow the payment prompts.



# Congratulations to Our Newly Licensed Members!

*Scott Spivack, LMFT*

*Jessica Peters, LMFT*



*Alex Tsai, LMFT*

*Tracy Greene, LMFT*

received her license in September 2016 and recently moved her private practice to Los Altos. Using a blend of psychodynamic and object relations approaches Tracy looks forward to continuing to serve couples, individuals, teens, and families. "Being an intern was hard and it taught me how to ask for and appreciate help and support; exactly what we ask our clients to take from us. I am grateful to many amazing therapists and teachers that supported and still support my journey."



*Christine Grimsby, LMFT*

"As I look ahead at finding my next position as a bilingual Spanish, licensed MFT, I would like to express my love and gratitude to family and friends who have supported me for so many years. My hope is to work as a therapist in a community based organization, and eventually start my own practice down the road."



*Kera Burdick, LMFT*

After becoming licensed in March, I am so happy to be in private practice in San Mateo! I am passionate about working with children and adults with anxiety, depression, and trauma, and also with couples. I would like to thank my private practice supervisor Kirsten Kell, LMFT, who taught me so much about couples, and Merle Saber, LMFT, my supervisor at Starvista, who nurtured my love for therapy with children and teens!



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](mailto:mail@scv-camft.org).

*Thank you!*

1.5 CEUs Available  
CEP 052466

## SOUTH REGION LUNCHEON



### **Change the Music, Change the Dance: How Emotionally Focused Couple Therapy Can Transform the Way You Work with Couples**

Presented by Sharon Mead, LMFT

Tired of feeling helpless when your couples erupt into open warfare during a session? Looking for a way to understand the anger or indifference that makes a pair look more like mortal enemies than loving partners?

Emotionally Focused Therapy (EFT) is an attachment-based approach to couple therapy grounded in 25 years of research. EFT can transform the way you work with couples, demystifying the conflict that erupts when couples feel unwanted or rejected.

Sue Johnson co-created this systemic, humanistic, and experiential model that can lead to deep, lasting and loving connections. Rather than teaching skills, EFT therapists work like empathic detectives to help couples discover the rigid and repetitive patterns that leave them feeling stuck and frustrated.

Looking thru an attachment lens, the moves each partner makes can be seen as a need for safety and a longing for connection. Johnson describes a couple's interactions as a dance and the emotions are the music. She says, "If you change the music, you change the dance."

*Presenter Sharon Mead will show:*

- How the attachment frame helps couples see their partner in a new light. "Of course, you are screaming at him; you want to know that you matter to him." Or, "Of course you spend all of your time in the garage; you are so afraid that you'll do something to alienate her and she is so important to you."
- How understanding the triggers that lead into a negative dance or cycle can lead to de-escalation and interrupts the "trying to find the bad guy dance."
- Research proves that secure attachment changes the way the brain works.
- The empirical validation for the effectiveness and long-lasting effects of EFT.

Mead will provide practical concepts and at least two interventions that can be used right away. If you've been reluctant to work with couples or feel the need for more tools, this presentation will provide an overview of how to move couples from painful disconnection to a more secure, loving and lasting bond.

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

- Describe the EFT model of couple distress based on attachment theory
- List the 3 important change events in EFT
- Implement at least two new interventions that will help with couple de-escalation

#### About the Presenter

Sharon Mead, LMFT has a private practice in San Jose where she specializes in working with couples using Emotionally Focused Therapy (EFT). She is a member of the Northern California Community for Emotion Focused Therapy and the International Center for Excellence in Emotion Focused Therapy. She has completed the core training for EFT (Externship and Core Skills) as well as has many specialized trainings such as EFT with families, EFT with trauma, EFT and Self of Therapist. She is currently working with an EFT supervisor toward certification in EFT.

## Friday, June 23, 2017

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

**Place:** Los Gatos Lodge, 50 Los Gatos/  
Saratoga Rd, Los Gatos, CA

**Menu:** Buffet Lunch

### LUNCHEON FEES

#### PRE-REGISTRATION

(ends June 19)

Members - \$27

Non-members - \$33

1.5 CEUs - \$7

#### LATE REGISTRATION/ WALK-IN

Members - \$33

Non-members - \$40

1.5 CEUs - \$7

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](http://www.scv-camft.org) for registration details, CEU information, auditing information, cancellation policy, grievance policy, accommodation for disabilities, and additional information.

6 CEUs Included  
CEP 052466

## 2017 ANNUAL WORKSHOP



### ***Mindfulness in the Trenches - Exploring Core Material***

Presented by Rob Fisher, LMFT

Mindfulness may seem complicated or mysterious, but workshop presenter Rob Fisher says this ancient practice is like a golden retriever who greets you at the door with warmth and anticipation, joy and curiosity.

Mill Valley-based Fisher teaches internationally in China, Japan, Russia, Ireland, Canada, Israel and Bali and brings his expertise to our annual workshop July XX in Mountain View.

From assessment to intervention, the licensed marriage and family therapist will explore how to integrate the power of present moment experience into your sessions in practical ways that help clients explore and unwind the core models of themselves and of life that predict and influence every aspect of their lives.

Working with mindfulness adds significant depth, impact and aliveness for therapist and client alike. In this workshop you will learn the principles and practical interventions that use present moment experience to gently access unconscious characterological organization and to explore and change core inter-actional patterns in couples relationships.

Fisher has been writing about mindfulness since the 1990s and taught at Santa Clara University, John F. Kennedy and the California Institute of Integral Studies. He is a director of the Hakomi Institute of California and author of *Experiential Psychotherapy With Couples, A Guide for the Creative Pragmatist* and of a number of chapters and articles published internationally on couples therapy and the psychodynamic use of mindfulness for publications such as the *Psychotherapy Networker*, *The Therapist*, *The Journal Of Couples Therapy*, *The USA Body Psychotherapy Journal*, *Psychotherapy in Australia* and others.

#### *Topics covered include:*

- Tracking the many languages of the unconscious
- Deepening the therapeutic alliance by connecting to present experience beneath the words
- Allowing the organic impulse towards health to unfold
- Simple couple's assessment • how to access unconscious material through the body • working with present time experience with individuals and with couples • how to explore defenses by supporting them • working with gestures, posture and tensions, • couples sculptures

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

#### **About the Presenter**

Rob Fisher, MFT is a licensed psychotherapist, professor and international presenter in the use of mindfulness in couples therapy. He is the author of *Experiential Psychotherapy with Couples – A Guide for the Creative Pragmatist* (Zeig/Tucker, 2002) and numerous articles and book chapters on the use of mindfulness in psychodynamic psychotherapy. He is a certified Hakomi Trainer and Co-Developer of the Certificate Program in Mindfulness and Compassion in Psychotherapy at CIIS. He teaches mindfulness in psychotherapy internationally. <http://www.robfishermft.com/>

### **Friday, July 21, 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:** Hot Breakfast Buffet, Lunch Buffet, Drinks, Snacks

### **REGISTRATION FEES**

#### **EARLY BIRD REG. (ends June 19):**

Members - \$120

Non-members - \$140

Students - \$60 - \$70

#### **REGULAR REG.:**

Members - \$140

Non-members - \$160

Students - \$60 - \$70

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](http://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](mailto: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 11.





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[www.scv-camft.org](http://www.scv-camft.org)



## Gay and Bi Men's Interpersonal Process Groups



Mon Evening  
(gay/bi)  
Menlo Park

Tues/Wed  
Evening (gay)  
San Francisco

Safe yet challenging environment to explore  
relationship concerns, family dynamics,  
social issues, sexuality and other feelings  
with a seasoned facilitator.

**Jamie Moran, LCSW, CGP**  
[www.jamiemoran.com](http://www.jamiemoran.com)

## Adult and Young Adult Psychotherapy Groups

- ♦ Safe Peer Environments
- ♦ Interpersonal Feedback
- ♦ New Perspectives
- ♦ Trust and Understanding
- ♦ Social Skills

Many people feel relieved after joining a Psychotherapy Group. Meeting others who have overcome similar problems offers hope and new determination. For more information, contact:

**Alice J. Sklar, MFT, CGP**  
**(650) 961-3482**

Marriage and Family Therapist  
Certified Group Psychotherapist

Lic. # 20662  
Lic. # 179092



### Palo Alto Therapy

Cognitive Behavioral Therapy for Proven Results  
**PALO ALTO & SAN JOSE**

#### Do You Have Clients Who Could Benefit From Our Anxiety Classes?



#### WHAT CLIENTS WILL GAIN FROM PARTICIPATING:

- A solid understanding of anxiety and how to live more relaxed
- Cutting edge and powerful tools to lessen worry and feel better
- Support and encouragement from group members to beat anxiety & feel less shame!
- A copy of Tackling Anxiety, How to Regain Your Peace of Mind
- Class binder filled with self-help exercises & reading to strengthen concepts

#### PAST MEMBERS REALLY FOUND IT USEFUL...

"It's an incredible experience. Just the different perspectives from the other group members are helpful. If you participate though, it makes the experience amazing."  
"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

#### GENERAL INFORMATION

8-week Cognitive Behavioral Therapy class  
Teen Tackling Anxiety Class: Ages 13-18, Tuesdays 5:30-7:00pm  
Adult Tackling Anxiety Class: Wednesdays 5:30-7:00pm

**Contact Us! 650-461-9026**

or email [info@paloaltotherapy.com](mailto:info@paloaltotherapy.com) to learn more.

We will only be accepting 7 clients per class



## CHAPTER EVENTS

For more information and to register for events, please visit our website at [www.scv-camft.org](http://www.scv-camft.org).

### JUNE

- 2 South Region Newly Licensed Support Group
- 9 South Region Pre-Licensed Support Group
- 10 North Region Newly Licensed Support Group
- 24 **SOUTH REGION LUNCHEON:** *Change the Music, Change the Dance: How Emotionally Focused Couple Therapy can Transform the Way You Work with Couples*, Los Gatos, CA
- 25 North Region Pre-Licensed Support Group

### JULY

- 7 South Region Newly Licensed Support Group
- 8 North Region Newly Licensed Support Group
- 14 South Region Pre-Licensed Support Group
- 21 **ANNUAL WORKSHOP:** *Mindfulness in the Trenches - Exploring Core Material*, Mountain View, CA

### 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: June 10, July 8

Facilitator: Jamie Moran, LCSW

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

RSVP and contact: [Jammoran@aol.com](mailto: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: June 2, July 7

Facilitators: Michelle Farris, LMFT

Location: San Jose, CA

RSVP and contact: [mft@counselingrecovery.com](mailto: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: June 25, no meeting in July

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

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

RSVP and contact: [bridgetbertrand.com](http://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: June 9, July 14

Facilitator: Tomilu Stuart, LMFT

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

RSVP and contact: [www.tomilustuart.com](http://www.tomilustuart.com) or 408-832-6172

# SCV-CAMFT BOARD OF DIRECTORS

## OFFICERS



**Eleanor Scott, LMFT**  
President  
408-659-6887  
[president@scv-camft.org](mailto:president@scv-camft.org)



**Debra D. Rojas, LMFT**  
Past-President  
650-485-3624  
[past-president@scv-camft.org](mailto:past-president@scv-camft.org)



**Ernie Chu, LMFT**  
Chief Financial Officer  
650-898-7820  
[cfo@scv-camft.org](mailto:cfo@scv-camft.org)

Secretary  
VACANT

## DIRECTORS



**Nancy Andersen, LMFT**  
Director of Law and Ethics  
650-833-9574  
[ethics@scv-camft.org](mailto:ethics@scv-camft.org)



**Elizabeth Basile, LMFT**  
Director of Luncheons and Innovative Programs  
831-594-3085  
[programs@scv-camft.org](mailto:programs@scv-camft.org)



**Jacqui Gerritsen, LMFT**  
Director of Communications and Technology  
650-315-7207  
[communications@scv-camft.org](mailto:communications@scv-camft.org)



**Barbara Pannoni, LMFT**  
Director of Special Events  
408-373-8611  
[events@scv-camft.org](mailto:events@scv-camft.org)

Director of Membership  
VACANT

Director of Continuing Education Operations  
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## Editorial Committee

Editor

Debra D. Rojas, LMFT  
[editor@scv-camft.org](mailto:editor@scv-camft.org)

## Chapter Coordinator

Nancy Orr  
[mail@scv-camft.org](mailto:mail@scv-camft.org)

## Committee Chairpersons

### Mid-Region Luncheons:

Soad Tabrizi, LMFT  
650-396-7116  
[soad@soadtabrizi.com](mailto:soad@soadtabrizi.com)

### South Region Luncheons Co-chairs:

Verna L. Nelson, LMFT  
408-379-7747  
Carol Marks, LMFT  
408 736-5093

### Innovative Programs Chair:

Vacant

## Useful Contact Information

### CAMFT

7901 Raytheon Rd, San Diego, CA, 92111  
Phone: 858-292-2638  
Email: [InfoCenter@camft.org](mailto:InfoCenter@camft.org)  
Website: [www.camft.org](http://www.camft.org)

### Board of Behavioral Sciences

1625 N. Market Blvd. S, #200, Sacramento, CA, 95834, Phone: 916-574-7830  
Email: [bbswebmaster@bbs.ca.gov](mailto:bbswebmaster@bbs.ca.gov)  
Website: [www.bbs.ca.gov](http://www.bbs.ca.gov)

### American Red Cross Silicon Valley

2731 N. 1st St., San Jose, CA, 95134  
Phone: 877-727-6771,  
Website: [www.redcross.org](http://www.redcross.org)

SCV-CAMFT News (USPS#10092) is published bi-monthly in January, March, May, July, September and November for \$10 per year by the Santa Clara Valley Chapter of the California Association of Marriage and Family Therapists, 2875 Middlefield Road, Suite 8, Palo Alto, CA 94306. Periodicals postage paid at Palo Alto, CA. POSTMASTER: Send address changes to SCV-CAMFT News, PO Box 60814, Palo Alto, CA 94306. All articles and advertisements must be submitted either via e-mail to [mail@scv-camft.org](mailto:mail@scv-camft.org) or via the chapter's website at [www.scv-camft.org](http://www.scv-camft.org). Articles and announcements must be submitted typed and double-spaced. We reserve the right to edit all articles. Opinions expressed are those of the authors and do not necessarily represent views of SCV-CAMFT. Article guidelines are available online. Advertising guidelines are available online.



### **SCV-CAMFT News**

Attention: Editor

P.O. Box 60814

Palo Alto, CA 94306

[www.scv-camft.org](http://www.scv-camft.org)

**Serving San Mateo and Santa Clara Counties  
Creating a Community and Culture of Connection**

**South Region Luncheon  
Friday, June 23  
11:15AM – 1:30PM**

***Change the Music, Change  
the Dance: How Emotional-  
ly Focused Couple Therapy  
Can Transform the Way  
You Work with Couples***

(1.5 CEUs, CEP 0524)

Presented by  
Sharon Mead, LMFT

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

## **Chapter Events**



**2017 Annual Workshop  
Friday, July 21  
9AM – 4PM**

***Mindfulness in the  
Trenches - Exploring Core  
Material***

(6 CEUs, CEP 0524)

Presented by  
Rob Fisher, LMFT

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

**RESERVATIONS:** Go to our website, [www.scv-camft.org](http://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](http://www.scv-camft.org) for registration details, CEU information, auditing information, cancellation policy, grievance policy, accomodation for disabilities, and additional information.