



Santa Clara Valley Chapter
California Association of Marriage
and Family Therapists

SCV-CAMFT NEWS

Serving San Mateo and Santa Clara Counties

VOLUME 37, NO.1

JAN-MAR 2018



PRESIDENT'S MESSAGE

*By Jacqui Gerritsen, Licensed Marriage and Family Therapist and
President, Santa Clara Valley Chapter of California Association of
Marriage and Family Therapists*

As I write this message to you I've just left the annual CAMFT Chapter Leadership Conference. Each year CAMFT hosts this conference for all chapter boards. It is a great opportunity to meet with our counterparts in other chapters throughout the state, and exchange information and ideas.

There were so many take-aways, but most important this year is CAMFT's participation in a review of statutes and regulations relating to the practices of marriage and family therapy. CAMFT is reviewing the language in the current MFT Scope of Practice as defined in California Business and Professions Code Section 4980.02.

Participants broke into groups where there were lively discussions throughout the room. We were asked to focus on the following questions:

- What are the breadth of job titles?
- What practices or activities need to be reflected in the definition?
- What aspects of the current scope must be retained and what should be removed?
- What needs to be incorporated?

We were guided to the various definitions for MFTs, LPCCs, and LCSWs from other states. CAMFT

asked that we provide our input as they begin their review.

Below is the current MFT Scope of Practice for your review. I'm sure you will agree that the language is very general and vague and does not really define our work as Marriage and Family Therapists.

§4980.02. MFT Scope of Practice Defined

"For the purposes of this chapter, the practice of marriage and family therapy shall mean that service performed with individuals, couples, or groups wherein interpersonal relationships are examined for the purpose of achieving more adequate, satisfying, and productive marriage and family adjustments. This practice includes relationship and pre-marriage counseling.

The application of marriage and family therapy principles and methods includes, but is not limited to, the use of applied psychotherapeutic techniques, to enable individuals to mature and grow within marriage and the family, the provision of explanations and interpretations of the psychosexual and psychosocial aspects of relationships, and the use, application, and integration of the coursework and training required by Sections 4980.36, 4980.37, and 4980.41, as applicable."

"The MFT Scope of Practice in the 21st Century...Language for the Future" is available for your review and comparison through this link: https://scv-camft.org:443/resources/Documents/articles/MFT_Scope_of_Practice.pdf. As compared with the definition for Licensed Professional Clinical Counselor, it is clear that the MFT Scope of Practice must be redefined. If you have any new ideas please email me and I can share them with CAMFT.

Legislative changes take time, and CAMFT is just beginning this process. We will continue to monitor their progress.

The Board of Behavioral Sciences (BBS) recently announced that effective January 1, 2018, Marriage and Family Therapist Registered Interns will be referred to as "Associate Marriage and Family Therapists" or "Registered Associate Marriage and Family Therapists," and Professional Clinical Counselor Interns will be referred to as "Associate Professional Clinical Counselors" or "Registered Associate Professional Clinical Counselors." See [pages 7-8](#) for the details and FAQs.



Annual Celebration Highlights

by Debra D. Rojas, LMFT

Last November the chapter held an annual celebration and volunteer recognition at Michael's at Shoreline. The program was a little different this year, based on member feedback from last year. There was no speaker to allow more time to network, brief comments from our outgoing

we had a camera with props along with a printer for those who wanted to print their own photos. We also invited spouses and significant others to join. Interspersed with the activities were drawings for door prizes. Unfortunately, the attendance

was extremely low. Most of the volunteers being recognized did not attend.

A survey was sent to attendees and most did not answer it. From those who did answer, here are their remarks:



Board members; Debra Rojas, Jacqui Gerritsen, Eleanor Scott, Rossana Rivellini

and incoming Presidents, and recognition of our volunteers.

This year we celebrated two Volunteers of the Decade, Carol Marks and Verna Nelson. These tireless volunteers chaired the south region luncheons for years, served on the board of directors, facilitated groups and worked at the chapter host table at the CAMFT conferences held in the north region, and more.

As usual we had hors d'oeuvres, no-host bar, live music, and this year

Positive comments:

- The venue
- The food and drink
- Live music
- Opportunity to bring a guest
- Ample time to network and catch up with friends
- Door prizes

Negative comments:

- Traffic on Fridays
- No speaker and free CEU

The board of directors wants to continue celebrating our volunteers

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at the annual meeting. We're considering new ideas instead of a Friday evening. We are sending out a survey requesting your feedback about future programs. We hope you will all take the time to provide us with your ideas.

This is Your Chapter and the board wants your input to provide the programs you're interested in.

Here are some of the photos taken at the annual celebration on the following pages and a few comments from the survey.

Annual Celebration Highlights



"I so appreciate all the work that goes into preparing these events. Thank you."



"Enjoyed the most. Interaction with peers."



"Loved the idea of having the props for the 'fun pictures' which added to the feeling of ease and fun"

"I had a lovely time from beginning to end."



Annual Celebration Survey Highlights



"I particularly liked having live music which made it more relaxing and festive."



"Thank you for providing this event for our members"



"I think this is such a special time to be with my colleagues, supporting each other and our chapter, so I was sad at the poor turnout."



Congratulations to Our Newly Licensed Members!



Do you know of a member who has been recently licensed? We'd love to give them some recognition.

Please send an email to

mail@scv-camft.org.

Thank you!



Felicia Nibungco, LMFT

I am a bilingual therapist (English-Spanish) passionate about providing culturally competent therapy to adults, adolescents, and families. I enjoyed finishing my hours at YWCA of Silicon Valley's Healing Center under Denise Henderson, LMFT and also had positive experiences at Santa Clara Unified School District and Rebekah Children's

Services. I'm drawn to serving urban areas in Silicon Valley, establishing my private practice in San Jose and downtown San Mateo. My focus will continue to be on working with trauma. I am grateful and humbled to join the ranks of licensed MFTs.



Teresa Scott, LMFT

My goal is to provide the highest quality psychotherapy to my clients emphasizing adherence to established legal and ethical standards, creating an atmosphere of safety and comfort and developing a strong therapeutic alliance.

My specialty is short term therapy for adults utilizing Intensive Short-Term Dynamic Psychotherapy (ISTDP). This is an active form of therapy where the therapist assists the client in uncovering the blocks to their full potential by focusing on feeling, anxiety and defenses and healing blocks to relationships and intimacy. My approach is clinically grounded, and client centered; my work focuses on helping clients heal personal struggles to improve their sense of inner strength and find meaning in their lives.



Angela Topcu, LMFT

I opened my private practice in November 2017 and have been doing very well, thanks to the support of the community of therapists I make sure to stay connected to. I specialize in helping people through grief and loss, as well as helping people with self-esteem issues. I enjoy teaching clients about mindfulness and meditation practice to reduce anxiety and depression and have seen really positive results! I feel honored to be helping people on their journey to more happiness and fulfillment in their lives.

Carol Marks and Verna Nelson: Volunteers of the Decade!



At the 2017 annual celebration the chapter honors its volunteers and recognizes one volunteer of the year. This year, however, the chapter honored two Volunteers of the Decade. Most of you probably know Carol Marks and Verna Nelson from their many years organizing our south region luncheons. They have been doing this since 2009!

Thank you Carol Marks and Verna Nelson for your leadership, service and dedication to SCV-CAMFT and to our profession.



Verna Nelson and Carol Marks



*Verna Nelson, LMFT
Co-Chair South Region
Luncheon Committee*



*Carol Marks, LMFT
Co-Chair South Region
Luncheon Committee*

SAVE THE DATE!

Friday, June 15

SCV-CAMFT Summer Workshop

(6 CEUs, CEP052466)

Presenter David Burns, MD

*How to Develop Stronger, Deeper Relationships
with Clients, Colleagues, and Loved Ones*

Warm breakfast bar and lunch buffet will be served

Location: Michael's at Shoreline, 2960 N. Shoreline Blvd,
Mountain View, CA

Implementation of Registrant Title Change (“Intern” to “Associate”) Marriage and Family Therapist Interns and Professional Clinical Counselor Interns

Effective January 1, 2018, the titles for Marriage and Family Therapist Interns and Professional Clinical Counselor Interns changed, as follows:



- Marriage and family therapist registrants must use the title “Associate Marriage and Family Therapist” or “Registered Associate Marriage and Family Therapist.”
- Professional clinical counselor registrants must use the title “Associate Professional Clinical Counselor” or “Registered Associate Professional Clinical Counselor.”

The Board has also revised its advertising regulations, which permit certain abbreviations to be used in a registrant’s advertising.

The acceptable abbreviations are as follows:

For Marriage and Family Therapist Registrants:

- Registered Associate Marriage and Family Therapist
- Registered Associate MFT
- AMFT (may only be used if the term “registered associate marriage and family therapist” also appears in the advertisement)

For Professional Clinical Counselor Registrants:

- Registered Associate Professional Clinical Counselor
- Registered Associate PCC
- APCC (may only be used if the term “registered associate professional clinical counselor” also appears in the advertisement)

Frequently Asked Questions Registrant Title Change

1. Why did the Board of Behavioral Sciences (Board) Change the “Intern” Titles for MFT and PCC Registrants?



- Stakeholders and registrants voiced concerns that the “intern” title for MFT and PCC registrants may not be an accurate representation of their post-master’s degree status. After discussing the issue, the Board decided that the “intern” title may be more socially understood as referring to someone who is in school, causing consumers to discount the credibility of MFT and PCC interns based on their title. In addition, the Board found evidence that some other states and professions are moving away from the use of the “intern” title for post-graduates. Therefore, it sponsored legislation to make this change (SB 1478, Chapter 489, Statutes of 2016).
- Use of the “associate” title also brings MFT and PCC registrants in line with social work registrants, who already use the “associate” title.

2. May I use the Title “Marriage and Family Therapist Associate,” “MFTA,” or “Professional Clinical Counselor Associate,” or “PCCA” Instead?

- No. The law does not recognize these titles. Acceptable titles are specified on page 1.

3. Are the Titles for MFT Trainees and PCC Trainees Changing as Well?

- No. The titles for trainees are not changing at this time.

4. I am an Associate Clinical Social Worker. Do These Changes Affect Me?

- Social work registrants are keeping the “associate” title and are not affected.

5. What information must I include in an advertisement?

- For information on advertising requirements, select “Laws and Guidelines” under the General Resources section of the Board’s website.

1.5 CEUs Available
CEP 052466

SOUTH REGION LUNCHEON



Understanding the Dynamics of the Divorcing Couple

Presented by Larry Stone, LMFT

This program discusses the typical dynamics of the divorcing couple in high conflict. It looks at the development of the often mutual sense of being the "victim," how the conflict affects the entire family, how well-intentioned attempts to help and support may be counter-productive, and ways that professionals can help to reduce rather than exacerbate the conflict.

Program Goals:

- To help create understanding of what has likely been going on with the high conflict couple that has created the intensity of conflict.
- To develop an appreciation for how therapists and other professionals can best help to reduce this conflict to the benefit of the entire family.

Learning Objectives:

- Describe the cycle involved in the deepening conflict between the divorcing couple.
- Understand how the sense of being "the victim" in the relationship is often mutual.
- Identify the potentially harmful effects of well-intentioned support that ignores the cycle of mutual escalation.

About the Presenter

Larry Stone, MFT has been licensed since 1996, and in full time private practice since 2003. He has had extensive training in Relational Gestalt Therapy, including training with Erv and Miriam Polster (2 years) and with the Gestalt Therapy Institute of Los Angeles and the Pacific Gestalt Institute (3 years each). He more recently trained with Sue Johnson in Emotionally Focused Therapy for couples, completing their externship, which has strongly informed his work with couples in conflict. In 2003, Larry trained in mediation with the Northern California Mediation Center, and also trained in Child Custody Evaluation; he has been working in both of those areas ever since. He is currently on the Court forensic lists in several counties, including Alameda, Santa Clara, San Mateo and Contra Costa, and much of his practice involves high conflict couples ordered by the Courts to do co-parenting counseling during or after a divorce. He wrote the book "Divorcing Peacefully: Why It's Essential and How To Do It".

Friday, April 27, 2018

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 April 23)

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 for registration details, CEU information, auditing information, cancellation policy, grievance policy, accommodation for disabilities, and additional information.

1.5 CEUs Available
CEP 052466

MID-REGION LUNCHEON



What Every Therapist Should Know About Polyamory

Presented by Melissa Risso, LMFT

In American culture, people tend to assume that individuals are monogamous. Yet recent studies show more than one in five Americans report engaging in consensual non-monogamy (CNM) at some point in their lifetime (Haupt et al, 2017). CNM can include a number of configurations, including and not limited to polyamory. Polyamory (often referred to as poly by clients) can be defined as a form of non-monogamy where people maintain multiple, simultaneous sexual and emotional relationships and where all parties are aware and consenting (Sheff, 2005; Haritaworn, Lin & Kleese, 2006).

Failure to explore polyamory could ultimately affect the way therapists understand and implement therapy practices between individuals in Western culture today. By increasing our understanding of polyamory, clinicians and counseling professionals will be better prepared to navigate the changing environment of sexual and relational structures in the 21st-century.

In this presentation, Melissa will cover the following concepts:

1. Historical, sociological and political history of relationships within the United States
2. Defining and identifying the types of polyamory
3. Reasons why people choose polyamory
4. Considerations and common concerns of opening one's relationship
5. What every psychology professional should know about polyamory
6. Resources on polyamory

Learning Objectives:

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

- Identify the most common relationship structures within consensual non-monogamies (CNM)
- Understand of the historical, sociological, and political history of relationship structures in the United States
- Define, explore, and consider cultural humility, ethics, and the 'therapist self' when working with polyamorous clients
- Locate polyamory resources for clients

About the Presenter:

A prominent voice in the effort to reverse the stigma of how we learn about mental & sexual health, Melissa Risso has worked extensively as a therapist, tending to the needs of a wide demographic range, working with organizations focusing on Alzheimer's, domestic violence, women's shelters, crisis lines, and teen rehabilitation centers.

She has a private practice located in San Mateo, and her most recent work is surrounding sex therapy. She has worked with children on the spectrum, is certified in Gottman Therapy Levels 1 & 2, UCLA Leadership Award Winner, and a California Domestic Violence training counselor. She has a podcast "Let's Do It with Melissa Risso" which promotes positive conversations around both mental and sexual health.

Friday, May 18, 2018

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

Place: Michael's at Shoreline, 2960 North Shoreline Blvd., Mountain View, CA 94043

Menu: Buffet Lunch

LUNCHEON FEES

PRE-REGISTRATION

(ends May 14)

Members - \$27

Non-members - \$33

1.5 CEUs - \$7

LATE REGISTRATION/ WALK-IN

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 to review the CEU information and our 24 hour cancellation policy.

6 CEUs
CEP 052466

SUMMER WORKSHOP



Workshop with David Burns, MD

How to Develop Stronger, Deeper Relationships with Clients, Colleagues, and Loved Ones

In this workshop, you will learn advanced empathy techniques that can enhance your clinical work as well as your relationships with friends, colleagues and loved ones. Teaching methods will include live demonstrations followed by small group practice with hands-on feedback.

In this workshop you will learn how to:

- Use the Five Secrets of Effective Communication
- Enhance your communication skills with the Intimacy Exercise
- Transform hostile relationships into trusting, loving ones
- Resolve therapeutic logjams and boost your therapeutic effectiveness
- Communicate with individuals who refuse to talk or open up
- Track therapeutic progress and assess the quality of the therapeutic alliance
- Fail joyfully
- Transform therapeutic failure into success

You will also learn how to deal with clients and others who are:

- Complaining but ignore your efforts to help
- Challenging or provocative
- Unfairly critical of you
- Narcissistic, controlling, or self-centered
- Angry, threatening or violent
- Resistant and oppositional
- Overwhelmingly depressed, panicky, or hopeless

About the Presenter

David Burns, MD is an Adjunct Clinical Professor Emeritus at the Stanford University Department of Psychiatry and Behavioral Sciences. Although he is best known for his pioneering work in the development of cognitive behavioral therapy (CBT), he has recently developed a more powerful approach called TEAM-CBT. His best-selling book, *Feeling Good: The New Mood Therapy*, has sold more than five million copies worldwide and is the book most frequently recommended for depressed individuals by American and Canadian health professionals. His book, *Feeling Good Together*, describes many of the techniques that will be illustrated in this workshop.

The event includes a hot breakfast buffet, a buffet luncheon, afternoon warm cookies, drinks, and 6 CEUs. Our venue, Michael's at Shoreline offers a spacious meeting room and outdoor patio for breaks and meals. Please join us!

Friday, June 15, 2018

9:00 AM – 4:00 PM (Check-in 8:30 AM)

Place: Michael's at Shoreline, 2960 North Shoreline Blvd., Mountain View, CA 94043

Menu: Buffet Breakfast and Lunch Buffet

**MEMBER
REGISTRATION**
Early Bird - \$130
Regular - \$140
Late - \$170

**NON-MEMBER
REGISTRATION**
Early Bird - \$150
Regular - \$165
Late - \$195

SCV-CAMFT is a CAMFT-approved Continuing Education Provider (052466). This course meets the qualifications for 6 hours of continuing education credit for LMFTs, LPCCs, LEPs and/or LCSWs. Please visit our website at www.scv-camft.org to review the CEU information and our 72 hour cancellation policy for workshops.

Advertising Opportunities and Rates



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.

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| | |
|---|---|
| Teens + Adults Class: January / April / September <small>Enroll Now: Triannual 8-Week Course</small> | Teens Group: 14-18 Tuesdays 4pm-6pm <small>Enroll now: Ongoing Support Group</small> |
|---|---|

Contact Us: 650 - 461 - 9026

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SPACE LIMITED TO 7 PARTICIPANTS!

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Process Therapy Institute

October 20, 11: A.M. – Noon

South Bay Mental Health Networking Group Meeting

October 20, Noon – 1:30 P.M.

Rapid Resolution Therapy for Addiction Recovery

Julie Davis from Los Gatos Recovery Center

November 17, Noon – 1:30 P.M.

Psychological Testing in Diagnosis and Treatment Planning

Dr. Nicole Hess, Foundations Psychological Services

December 9, 2:00 – 5:00 P.M.

Practicum & Internship Discovery Session

Interactive demonstrations of basic process concepts. Experiential training behind one-way mirrors with live guidance.

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Advancing the practice of psychotherapy by:

- Preparing those seeking to enter the field to do so as competent and caring practitioners;
- Providing opportunities for established practitioners to enhance their knowledge and skills;
- Providing opportunities for licensed therapists, supervisors, and educators to learn and practice their teaching skills; and
- Being a "third place," where members of the psychotherapist community can come together and participate in an on-going discussion on the nature and meaning of their practices.



CHAPTER EVENTS

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

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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 the first Saturday of the month from 10AM - 12PM
Upcoming dates: April 7, May 19
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 second Friday of the month from 10AM - 12PM
Upcoming dates: April 13, May 11
Facilitator: Tomilu Stuart, LMFT

Location: 6489 Camden Ave., Suite #103, San Jose, CA 95120
RSVP and contact: tomilu@sbcglobal.net or 408-832-6172

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: April 8, May 13

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 first Friday of the month from 11AM - 1PM
Upcoming dates: April 6, May 4

Facilitators: Renee Cordobes, LMFT
Location: 1930 Camden Avenue, Suite 2C, San Jose, CA 95124
RSVP and contact: reneeclmft@gmail.com or 408-412-3901

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American Red Cross Silicon Valley

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

Palo Alto, CA 94306

www.scv-camft.org

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

South Region Luncheon

Friday, April 27
11:15AM – 1:30PM

Understanding the Dynamics of the Divorcing Couple

(1.5 CEUs, CEP 052466)

Presented by
Larry Stone, LMFT

Los Gatos Lodge
50 Los Gatos/Saratoga Blvd
Los Gatos, CA

Chapter Events

Friday, June 15
9:00AM - 4:00PM

How to Develop Stronger, Deeper Relationships with Clients, Colleagues, and Loved Ones

presented by
David Burns, MD

Michael's at Shoreline
Mountain View, CA

Mid-Region Luncheon

Friday, May 18
11:15AM – 1:30PM

What Every Therapist Should Know About Polyamory

(1.5 CEUs, CEP 052466)

Presented by
Melissa Risso, 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. Luncheon 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, accommodation for disabilities, and additional information.