

SCV-CAMFT NEWS

Serving San Mateo and Santa Clara Counties

VOLUME 38, NO.2

MAY-JUNE 2019



BRINGING YOUR DOG TO THE OFFICE WITHOUT LOSING YOUR LICENSE: BECOMING A PET-ASSISTED THERAPIST

by Elizabeth Basile, LMFT

Please note that I refer to dogs in this article, but any animal can be a therapy animal. I also refer to pet owners, rather than guardians, pet parents, etc., because that is still the legal term used (with a few exceptions).

Emotional Support Animal? Therapy Dog? Animal Assisted Activities Therapy Dog? Service Dog? Animal Assisted Psychotherapist? You've probably heard a few of these terms and wondered what they mean. It can be confusing, but there are differences between these roles. This article addresses the additional training and experience a therapist who wants to bring their dog into the therapy office needs in order to comply with certain laws. But first, let's describe the roles dogs serve in the field of mental and/or physical health that you're likely to encounter, as they are not interchangeable.

Emotional Support Animal

An emotional support animal (ESA) is a pet who provides a high level of support to its owner. Most of us love our pet and consider them a part of our family, yet an ESA takes on an even bigger role in their owner's

life, such as helping to decrease loneliness or isolation, severe depression, high anxiety, or other mental health issues. The client most likely has a small and/or weak support system, and their pet provides that additional support.

I've had so much fun over the years seeing the joyful effect they have on the people we visit.

The law specifies only two rights that owners with an ESA are entitled to: they are allowed to travel on an airplane with their pet and allowed in homes that otherwise don't allow pets. They are not allowed in any other place that a dog/pet is not allowed.

The ESA pet does not have specialized training, but does need basic obedience training. Landlords and airlines are legally permitted to remove a pet that misbehaves or causes a disturbance or nuisance to other people. While there's no

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certification process for the animal, the owner must provide a letter from a physician, psychologist, or psychotherapist stating that the pet is needed for a client's emotional support.

Be very cautious about providing these letters, and know your client's needs well. It's against the law to provide a letter to a client who doesn't really need their pet for this level of emotional support and who you haven't already established a strong therapeutic relationship with.

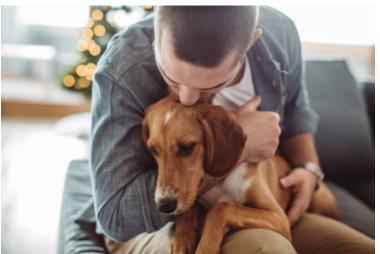
Service Dogs

A service dog is a dog that is trained to perform a specific task for a person who has a verified disability, either physical or mental health related, as specified under the American Disabilities Act (see www.ada.org for more information). Guide dogs for the blind, diabetes or epilepsy alert and response dogs would be included here, as well as people dealing with panic attacks or PTSD.

These dogs are extensively trained, sometimes up to 12-18 months depending on the disability. I heard of someone with PTSD and was triggered in crowds. The dog was trained to detect when she was about to have a panic attack and bark so that she could leave the situation quickly - she just told people she had to tend to her barking dog. As a side note, many people don't realize that it's illegal for the public to try to pet or try to socialize with a service dog who's in public, as the dog is working.

Therapy Dogs

Therapy dogs fall into two categories: certified therapy dog or pet-assisted therapy dog. My dog is a certified therapy dog who provides Animal Assisted Activities (AAA). We are contracted with one of the



local therapy dog agencies, and join other volunteers on planned visits to schools, libraries, retirement homes, hospitals, and other places that would benefit from therapy dog visits. We are volunteers for the agency we've joined as part of a therapy dog team, and never make visits on our own.

Just because your dog is friendly doesn't mean they are suited to be a therapy dog.

There are several local organizations that provide pet-assisted therapy services, and the specific policies/requirements are different at each one. In general, your dog must be well trained in obedience and under your control at all times. Many organizations require your dog to have earned their Canine

Good Citizen certification, a special obedience test given by certified examiners from the American Kennel Club. Your dog must be unflappable, even tempered, and predictable in any type of situation.

In addition to the obedience

requirements, an animal behaviorist from the agency you'll be working with will do a thorough assessment to make sure your dog has the right temperament. Just because your dog is friendly, doesn't mean they are suited to be a therapy dog. My Newfoundland has had a curious toddler stick her finger up his nose, his tail has been run over by someone's walker

numerous times, 15 or more people often crowd around him all at once to pet him, yet he remains quite calm through it all. And he thrives on all of the attention, another essential component.

By contrast, my other
Newfoundland is very friendly, loves
people, but after a minute she's ready
to leave the people behind and is
distracted by everything else going
on - she reminds me of someone
with ADHD! Although not essential,
it's a great idea to have this type of
experience with your dog before
deciding to bring them to work with
you.

Getting Your Pet Certified

So you've read this far, and have decided that you want to take the next step to become a pet-assisted therapist, bringing your own dog to

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Therapy Dog cont. from pg. 2

work with you to help some of your clients. This is considered a specialty of psychotherapy, so what extra training do you need?

It's of vital importance to remember that one of the laws we as psychotherapists must follow is Scope of Competence. Have you taken the steps to be in compliance with this law? Have you received additional training, education, experience, and supervision? Why are you using the dog as a part of the treatment plan? What is the purpose and goal for the session? There must be a therapeutic reason. It could simply mean providing the calming and peaceful presence of your dog for your client. It could mean helping a child learn how to deal with frustration by learning how to be calm while interacting with your dog. Maybe it's helping someone learn how to be more assertive, build confidence, or reduce fear. The list and the interventions are endless.

What additional training do you actually need and where can you get that training? There are several organizations and associations that can provide you with the additional education, training, and experience you will need to embark on this work. A few universities offer postgraduate programs for graduate level therapists. But before you pay thousands of dollars for the training, check their references and the training and education they actually offer. As with anything else online, there are some scams out there.

I'm currently pursuing my certification at Animal Assisted

Therapy Programs of Colorado, <u>www.</u> <u>animalassistedtherapyprograms.</u> <u>org.</u> It consists of 6 semester-length classes and when done I'll earn my Certificate of Education in Animal Assisted Psychotherapy. I'm learning about the <u>Human Animal Bond</u>, the <u>Legal and Ethical Issues in AAP</u>, <u>Animal Behavior and Training</u>, <u>AAP</u>



Elizabeth with her two dogs Mac (on the left) and Maisie.

and Theory, as well as Treatment Planning/Interventions. These are all requirements to earn this specialization. At the end of it all, I'll write a publishable paper showing my original work using the concepts learned with one of my own clients.

You don't have to go to this extreme, though. At this same website there are training videos that therapists can study to document that they've taken the time to get the additional training required to pursue this specialty.

Although it may be time-consuming and expensive, our very own Ann Tran-Lien, JD, at CAMFT wrote an article in the September/ October 2017 issue of The Therapist about a California LCSW who had strong disciplinary action taken against her for incompetence and gross negligence when her dog bit a child client at the end of a therapy session. This article should motivate therapists who want to use their dogs in therapy sessions to get that extra training.

I've had so much fun over the years taking my dogs to obedience classes, seeing the joyful effect they have on the people we visit, and someday using my own dog to help clients. One last reminder - be safe, make sure you've got the extra training and experience, and make sure your dog is properly assessed by someone other than yourself. Even though I've taken many workshops and training classes over the years with my dogs, I like knowing that they've been assessed by a certified animal behaviorist who has put them through the ropes to make sure they're as suitable for this work as I think they are.

Elizabeth Basile, LMFT, practices in Mountain View. She works with pre-teens, teens, adults, individuals, couples, and families, addressing domestic violence, sexual assault, trauma and PTSD, illness, and eating disorders. She also has a certification in eating disorders. She's looking forward to integrating her dogs into her practice with some of her clients. Her website is www.elizabethbasilemft.com



REFLECTIONS ON SCV SUPPORT GROUP LEADERSHIP: WHAT TWO HOURS OF VOLUNTEERING A MONTH CAN DO FOR YOU AND OTHERS

by Jamie Moran, LCSW, CGIP

For eleven years until this past December, I led one of the two newly licensed support groups sponsored by SCV-CAMFT (the first year was an enjoyable co-led experience).

As one might imagine, over eleven years I met many newly licensed therapists. Quite a few of those are now therapists you recognize today in many facets of our professional life, including those in leadership, excelling in professional specialities, providing workshops, and other excellent contributions to our profession.

As a certified group therapist, I was moved by witnessing the transition of the therapists in my group, and how they would join the group and quickly feel connected with the other therapists, the topics, and struggles in a very affirming manner. Facets of a therapist's professional identity can feel isolating at times; notably levels of anxiety and fear about being newly licensed and creating a practice from scratch. Invariably, there was agreement that the business model of starting a practice was neglected in graduate school and in other settings in which these therapists found themselves. This group seemed to fill that gap in a connecting and affirming way. I think most newly licensed therapists would benefit from joining a support group like this, to help them get their grounding after the long

process of getting their required hours and taking the exams.

I was pleased to witness and be a part of a their growing sense of competence and comfort level, chipping away at the list of tasks to



create a professional identity. They were encouraged to reflect often on their original motivation, goals, and dreams that brought them to graduate school in the first place.

I was honored and enjoyed providing the space for this budding transition. The attendees provided most everything else: energy, empathy, encouragement, resources, resourcefulness, ideas, care, compassion, and continuity. I know long-term friendships grew between the attendees through meeting in this group, as well as many other professional connections.

The benefit for myself, contributing two hours a month, was to witness and be a part of a significant experience at the core of our profession: growth, support, and

service. It was a great experience to be part of this group; one that helped solidify for me what groups are about and specifically, support groups focused on a very timely and important topic.

It was with mixed feelings that I gave up my role and passed the baton on to another capable leader. I feel strongly that this part of what SCV-CAMFT offers is quite vital and noteworthy, and hope it continues for many years to come. I also hope that those of you reading this article will consider recommending this group to those who may be looking for this validation and

mirroring. From my experience, it is very helpful for those who attend.

The lesson for me is that by contributing a small amount of time and effort, the rewards can be immeasurable. The experience of leading this group for so many years has proven this to be true.

Jamie Moran, LCSW, CGP, is a long time member of SCV-CAMFT. He specializes in long term psychodynamic group therapy, consults with therapists about groups and teaches aspects of groups in communities at large as well as being on the faculty of The Psychotherapy Institute's Group Therapy Training Program in Berkeley. Jamie has a private practice in Menlo Park. His website is jamiemoran.com.

Congratulations to Our Newly Licensed Members!



Have you been recently licensed? We'd love to give you some recognition. Send an email to mail@scv-camft.org.

Thank you!





Min Kuang, LMFT

I have success in helping couples improve communications and increase intimacy through integrating the Gottman Couples Therapy and Dan Wile's Collaborative Couple Therapy. Couples reported finding immediate relief from their previous maladaptive communication patterns after attending my couples therapy. I am familiar with issues interracial couples experience, and I have the privilege to work with quite a few of them. I worked in the finance

industry for more than 10 years before becoming a therapist; hence, I have a deep understanding of the business culture in the bay area and the challenges career professionals face today. In my spare time, I enjoy reading, practicing yoga, and playing the piano. I speak fluent Mandarin and Cantonese. My website is http://nugenttherapy.com/team/min-kuang/.



Mark Mouro, LMFT

Mark is a licensed Marriage and Family Therapist who focuses most of his practice on working with couples. He has had training in EFT, Gottman, RLT and The Developmental Model. Before becoming a therapist, Mark worked for almost 20 years in the film and television business. He is a strong advocate for the community and has lobbied local representatives in Sacramento with CAMFT. He lives in San Jose with his wife where he chases around his toddler and

keeps trying to return to Burning Man. His website is markmouro.com.

SAVE THE DATE! Friday, Sept. 6 9AM - 4PM

Venue: Michael's at Shoreline

Presenter Benjamin Caldwell, PsyD

SCV-CAMFT Law and Ethics Workshop

Ethics 2019: Tough Calls

Breakfast and lunch buffet will be served



LUNCHEON REVIEW:CONJOINT COUNSELING WITH HIGH CONFLICT COUPLES

by Steve Darrow, LCSW

At the SCV-CAMFT South Region Luncheon at the Los Gatos Lodge on April 19, Steve Darrow, LCSW and Mary Cook, LMFT, CADCII, LPCC, LAADC, presented on Conjoint Couples Counseling. They have been offering Conjoint Couples Counseling for "high risk" couples for over 15 years as an adjunct to their regular private practices.

Conjoint Couples Counseling occurs when there are two therapists working with one couple. In this model, all four meet together at some sessions, and each partner meets with one of the therapists separately as needed.

There are a number of therapeutic advantages to this approach:

- 1. Both members of the couple have an advocate.
- 2. Individual issues can be dealt with within the safety of the existing therapeutic relationship.
- 3. Individual counseling sessions maximize the couples counseling time together.
- 4. One therapist can be "process observing" for additional insight.
- 5. Couples benefit from the richness of having access to the experiences of two different counselors.

Concerns about this method include cost, claims that clarity regarding transference can be confused, destructive competitiveness between the therapists, or that cotherapists may become too close, shut out others and destroy healthy interchange.

At this presentation Steve and Mary introduced the conjoint model of working specifically with high risk couples and presented the model they work with themselves.

Initially Steve and Mary meet with the couple for an intake appointment to explore the presenting problem. It is then determined which therapist should work individually with which partner of the relationship. For a period of several months, Steve and Mary engage in individual therapy with their respective individual clients to establish a solid alliance, clarify individual goals and prepare for the couples therapy. The conjoint model they use explicitly refers to the following structure:

- 1. Each person in the couple meets with either Mary or Steve every two weeks.
- 2. The couple meets with both Steve and Mary every two weeks.
- 3. The division into therapeutic dyads is not necessarily gender specific, but is based on a clinical assessment of client compatibility needs both in style and issue focus.

Throughout the program, Steve and Mary discussed the challenges to establishing a good working relationship with a co-therapist and outlined the nine phases of co-therapy team development by Dugo and Beck (1991).

These phases are:

- 1. Creating a contract
- 2. Forming an identity
- 3. Building a team

- 4. Developing closeness
- 5. Defining strengths and limitations
 - 6. Exploring possibilities
 - 7. Supporting self-confrontation
- 8. Implementing and integrating changes
 - 9. Closing

Crucial factors in developing a successful cotherapy team include respect, openness, trust, support, and complementary personalities and therapy styles. The success of the relationship depends on the openness and willingness of the therapists to communicate about differences that arise.

Steve and Mary presented a past case, outlining how they applied the model and the challenges with their own countertransference. Steve pointed out that working with high conflict couples can be quite difficult but that he and Mary infuse humor into their work which has benefited their couples.

They were encouraging other therapists to partner up and attempt to use it as well, and both reported to enjoy working together in this intense style as couples work becomes accelerated.

Steve Darrow can be contacted at 408-985-1217 and Mary Cook can be contacted at 408-449-0333.

1.5 CEUs Available **CEP 052466**

MID-REGION LUNCHEON



Treating Older Adults with Depression and Anxiety: A Compassionate and Effective Approach

Presented by Edna Wallace, LMFT

There is a lot of talk of baby boomers and how older adults will be the largest sector of the population. However, the older adult population remains for a large part still fairly invisible and misunderstood. They struggle with complex issues such as diminishing physical and mental capacities and a plethora of losses or changes—in independence (driving capability), partner, family members, friends, identity and purpose, and sometimes their homes.

Depression and anxiety often go unnoticed, with the older adult (or a close family member) not recognizing the dropping of activities or over-sleeping as symptoms of any disorder. There is still more resistance and internalized stigma toward mental health and accompanying treatment in older adults as opposed to their younger counterparts.

To that end, El Camino Hospital in Mountain View offers OATS (Older Adult Transitions Services), an outpatient clinic covered by Medicare that treats depression, anxiety, or bipolar disorder specifically in older adults. Patients can refer themselves or have a family member or doctor refer them. This clinic helps the depressed person manifest a life worth living—with purpose and connection. OATS offers two weekly groups—a support group and a skills group—along with monthly case management and psychiatrist visits.

At this presentation, Edna will use OATS case studies to illustrate the complex interplay of the clinical, existential, medical, and connection aspects of working with this population. Edna's presentation will be partly experiential, giving the audience a chance to try some of the exercises and techniques that have worked well with older adults.

About the Presenter:

Edna Wallace has been providing psychotherapy for over 15 years. She has worked with the older adult community for the majority of that time, since 2007, when she first started working at OATS. For the last ten years, she has also been involved in the local (and national) group therapy communities; given talks at various senior centers in the community; led a Caregivers Support Group for many years; and is part of Geri-Team—a consortium of geriatric providers in the South Bay. Edna also has a small private practice in Los Altos and co-leads a weekly interpersonal process group with Dr. Benjamin Page. Edna can be reached at www.ednawallace.com.

Friday, May 31, 2019 11:15AM - 1:30PM

(presentation begins at noon)

Venue: Michael's at Shoreline, Mountain View

REGISTRATION FEES

MEMBER - \$27 NON-MEMBER - \$33 Auditing available, 1.5 CEUs \$7

Menu: Luncheon buffet

Meals are not guaranteed for walk-ins, but is available on a first-come, first-served basis. 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. *Event polices* are available at our website.

6 CEUs included **CEP 052466**

SUMMER WORKSHOP



Using Technology Confidently and Ethically

Presented by Roy Huggins, LPC, NCC

Digital technology has never before held such incredible promise for running a mental health practice and serving our clients. At the same time, however, it has never carried such a myriad of difficult-to-perceive risks around our clients' privacy, our clinical boundaries, and potential liability for our practices.

Myths abound about legally and ethically appropriate ways to meet client desires for email, texting, and online video. We hear about the growing pressure to switch to

electronic records and many of us already see value in paperless practices.

This training will explore our relationships with technology and digital confidentiality, how to appropriately use that technology, and demonstrate how to be in compliance with the HIPAA Security Rule. Go beyond just the HIPAA checklists and join a technologist/professional counselor to learn realistic, non-fear based rules of HIPAA compliance, ethics codes on technology, and how we use technology to help clients and ourselves.

About the Presenter:

Roy Huggins, LPC NCC is the Director of Person-Centered Tech, a firm dedicated to helping mental health professionals get up to speed on technology in clinical practice. He also acts as Technology Committee Chair for the Oregon Counseling Association as well as being a member of the Ethics Committee. He is an advisory board member for the Zur Institute, where he is the resident expert on security and privacy. He is also an adjunct instructor at the Portland State University

Department of Counselor Education, where he teaches Legal & Ethical Issues among other courses.

Roy worked as a professional web developer for 7 years before changing paths, and makes it his mission to grow clinician's understanding of the internet and other electronic communications mediums for the future of our practices and our professions. He routinely consults with mental health colleagues on ethical and practical issues surrounding

tech in clinical practice.

Saturday, June 22, 2019 8:30AM - 3:30PM (breakfast at 8:00AM)

Venue: Michael's at Shoreline, Mountain View

REGISTRATION FEESMEMBER - \$140 NON-MEMBER - \$165

Menu: Breakfast and luncheon buffet

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. <u>Event polices</u> are available at our website.

The event includes a light breakfast, buffet luncheon, drinks, dessert, and 6 CEUs. Our venue, Michael's at Shoreline offers a spacious meeting room and outdoor patio for

Please join us!

breaks and meals.

6 CEUs included **CEP 052466**

LAW AND ETHICS WORKSHOP



Law and Ethics 2019: Tough Calls

Presented by Benjamin E. Caldwell, Psy.D.

In this law & ethics update, we will review recent changes to state law, discuss the role of technology in modern practice, and engage in a deep discussion of the morals and values that underlie individual ethical decision-making processes. Difficult decisions without clear or easy answers will be the focus of the day. Through the use of case examples, this workshop will show how our individual morals and values influence therapy work even when we seek to appear neutral; how to identify your own morals and values relevant to your practice; and why owning those values matters.

Educational Goals

- Assisting therapists in understanding the role that their own morals and values play in clinical and ethical decision-making.
- Encouraging therapists to think critically about that role and its implications for therapy.
- Informing therapists about recent developments in court cases and ethical standards related to the personal values of the therapist.
- Encouraging therapists toward transparency with clients about the therapist's values, in accordance with ethical standards and the therapist's theoretical orientation.

About the Presenter:

Benjamin Caldwell is the author of five books, including Basics of California Law for LMFTs, LPCCs, and LCSWs, and Saving Psychotherapy. He serves as adjunct

faculty for California State University Northridge. In his role as chair of the Legislative and Advocacy Committee for the California Division of AAMFT, he was directly involved in California's first-in-the-nation ban on reparative therapy for minors, and drove the change in title from "intern" to "associate" for pre-licensed MFTs and PCCs. For his advocacy work, he was awarded the AAMFT Division Contribution Award in 2013. He maintains a private practice in Los Angeles, specializing in working with couples.

Friday, Sept. 6, 2019 8:30AM - 3:30PM

(breakfast at 8:00AM)

Venue: Michael's at Shoreline, Mountain View

REGISTRATION FEES

MEMBER - \$140 NON-MEMBER - \$165 Early registration discounts available

The event includes a

light breakfast,

buffet luncheon, drinks,

dessert, and 6 CEUs.

Our venue, Michael's at

Shoreline offers a

spacious meeting room

and outdoor patio for

breaks and meals.

Please join us!

Menu: Breakfast and luncheon buffet

SCV-CAMFT is a CAMFT-approved Continuing Education Provider (052466). This course meets the qualifications for 6 hours of law and ethics continuing education credit for LMFTs, LPCCs, LEPs and/or LCSWs. Event polices are available at our website.

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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



Advertising Opportunties 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 at 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 an article, a movie or book review, 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 14.



CHAPTER EVENTS

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

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- 22 **Annual Summer Workshop**, How to Use Technology Confidently and Ethically, Michael's at Shoreline, Mountain View

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

Newly Licensed Support Group - North Region

This group typically meets the third Saturday of the month from 1PM - 3PM

Upcoming dates: May 18, June 15 Facilitator: Della Fernandes, LCSW

Location: 1204 Burlingame Ave., Ste.#5, Burlingame, CA 94010

RSVP and contact: <u>dellamft@gmail.com</u>

Newly Licensed Support Group - South Region

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

Upcoming dates: May 10, June14 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

Pre-Licensed Support Group - North Region

This group typically meets the first Saturday of the month from 11AM - 1PM

Upcoming Dates: May 3, June 1 Facilitator: Jim Arjani, LMFT

Location: 2680 Bayshore Parkway, Suite 106, Mountain View, CA 94043

RSVP and contact: jimarjani@yahoo.com, 650-540-0102

Pre-Licensed Support Group - South Region

This group typically meets the first Friday of the month from 11AM - 1PM

Upcoming dates: May 3, June 7 Facilitator: Junko Yamauchi, LMFT

Location: 1588 Homestead Rd, Suite I, Santa Clara CA 95050

RSVP and contact: junkoyamauchilmft@gmail.com, voice mail 408-647-6814

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Website: <u>www.bbs.ca.gov</u>

American Red Cross Silicon Valley

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

Phone: 877-727-6771

Website: www.redcross.org

SCV-CAMFT News (USPS#10092) is published occasionally 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 via e-mail to mail@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

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

Mid-Region Luncheon

Friday, May 31 11:15AM - 1:30PM

Treating Older Adults with Depression and Anxiety:
An Effective and Compassionate Approach

Presented by **Edna Wallace, LMFT**

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

Chapter Events

Summer Workshop

Saturday, June 22 8:30AM - 3:30PM

How to Use Technology Confidently and Ethically

Presented by **Roy Huggins, LPC**

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

Law and Ethics Workshop

Friday, Sept. 6 9:00AM - 4:00PM

Law and Ethics 2019: Tough Calls

Presented by **Benjamin E. Caldwell, PsyD**

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