



Santa Clara Valley Chapter  
California Association of Marriage  
and Family Therapists

# SCV-CAMFT NEWS

Serving San Mateo and Santa Clara Counties

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## PRESIDENT'S MESSAGE

*By Jacqui Gerritsen, Licensed Marriage and Family Therapist  
President of The Santa Clara Valley Chapter of The California  
Association of Marriage and Family Therapists (SCV-CAMFT)*

I bet you've heard this before, but it's worth saying it again. Our chapter wouldn't exist without lots of willing volunteers! This issue of our newsletter seemed to fall into the theme of volunteerism. Volunteering, as most of us know from experience, is something that connects us to others, counteracting stress, anger, and anxiety. As therapists, we often work alone, and getting out with a purpose by volunteering can help connect us to the larger world, make new friends, and work on our social skills and relationship building. It can help our careers, by connecting us to professional people who we might not have met otherwise. And if you find the right volunteer position, it will bring fun and fulfillment to your life. So if you've been thinking about ways to help our chapter, maybe now is the time to put those thoughts into actions. The more connections we make with each other, the more this chapter benefits us all.

Speaking of connecting to each other, I'm happy to report that

the new chapter exchange seems to be a success. The board wanted to find a better forum, and I think we did. I hope you all agree. We launched the new chapter exchange in November, and so far so good. This membership feature is a great resource and benefit to everyone who joins. If you still have not joined, please send an email to our chapter coordinator at [mail@scv-camft.org](mailto:mail@scv-camft.org) and we'll send you an invitation. A great feature of the new forum is a member calendar, where we can add our own workshops, events, and groups, and easily see what's coming

in the weeks and months ahead, for ourselves, and for our clients.

As most of our members know, chapter members must be members of CAMFT in good standing. All chapters are affiliated with the state organization, and it is in our chapter agreement that all members of chapters must be members of CAMFT. If you get a notice from us asking you to renew your CAMFT membership, please take this notice seriously. We have to be in com-



*SCV-CAMFT volunteers Rossana Rivellini, Debra Rojas, Jacqui Gerritsen, Verna Nelson, and Eleanor Scott at the 2018 Annual Celebration*

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pliance with this policy. Of course, sometimes mistakes are made, or there is a miscommunication, but we will resolve any issues that arise.

If you have any questions or concerns, you can contact me at [president@scv-camft.org](mailto:president@scv-camft.org). I look forward to seeing you at an upcoming chapter event!



With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering are enormous to you, your family, and your community. The right match can help you reduce stress, find friends, connect with the community, learn new skills, and even advance your career. Giving to others can also help protect your mental and physical health.

## Why volunteer?

Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. Volunteering and helping others can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness.

### Benefits of volunteering: 4 ways to feel healthier and happier

1. Volunteering connects you to others
2. Volunteering is good for your mind and body
3. Volunteering can advance your career
4. Volunteering brings fun and fulfillment to your life

## Volunteering and its Surprising Benefits: *How Giving to Others Makes You Healthier and Happier*

### Volunteering connects you to others

One of the more well-known benefits of volunteering is the impact on the community. Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference. And volunteering is a two-way street: It can benefit you and your family as much as the cause you choose to help. Dedication your time as a volunteer helps you make new friends, expand your network, and boost your social skills.



### Make new friends and contacts

Volunteering is a great way to meet new people, especially if you are new to an area. It strengthens your ties to the community and broadens your support network, exposing you to people with common interests, neighborhood resources, and fun and fulfilling activities.

### Increase your social and relationship skills

While some people are naturally outgoing, others are shy and have a hard time meeting new people. Vol-

unteering gives you the opportunity to practice and develop your social skills, since you are meeting with a group of people with common interests. Once you have momentum, it's easier to branch out and make more friends and contacts.

### Volunteering is good for your mind and body

Volunteering helps counteract the effects of stress, anger, and anxiety. The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person.

Volunteering combats depression. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against depression.

Volunteering makes you happy. By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel.

Volunteering increases self-confidence. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.

Volunteering provides a sense of purpose. Whatever your age or life situation, volunteering can help take

*[continued on p. 3](#)*

*Volunteering cont. from pg. 2*

your mind off your own worries, keep you mentally stimulated, and add more zest to your life. Older adults, especially those who have retired or lost a spouse, can find new meaning and direction in their lives by helping others.

Volunteering helps you stay physically healthy. Studies have found that those who volunteer have a lower mortality rate than those who do not. Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better thinking skills. Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease.

Many people choose to volunteer their time via phone or computer. Many organizations need help with writing, graphic design, email, and other web-based tasks. In any volunteer situation, make sure that you are getting enough social contact, and that the organization is available to support you should you have questions.

## Volunteering can advance your career

Volunteering can help you get experience in your area of interest, meet people in the field, and gives you the opportunity to practice important skills such as teamwork, communication, problem solving, project planning, task management, and organizing.

### Teaching you valuable job skills

Just because volunteer work is unpaid does not mean the skills you learn are basic. Many volunteering opportunities can provide you with new skills. Joining a board of directors, helping with events, or com-

munication can add to one's skill set. Volunteering can also help you build upon skills you already have and use them to benefit the greater community. Your volunteer work might also expose you to professional organizations or internships that could benefit your career.

When it comes to volunteering, passion and positivity are the only requirements.

While learning new skills can be beneficial to many, it's not a require-



ment for a fulfilling volunteer experience. Bear in mind that the most valuable assets you can bring to any volunteer effort are compassion, an open mind, a willingness to pitch in wherever needed, and a positive attitude.

## Volunteering brings fun and fulfillment to your life

Volunteering is a fun and easy way to explore your interests and passions. Doing volunteer work you find meaningful and interesting can be a relaxing, energizing escape from your day-to-day routine of work, school, or family commitments. Volunteering also provides you with renewed creativity, motivation, and vision that can carry over into your personal and professional life.

### Consider your goals and interests

You will have a richer and more enjoyable volunteering experience if you first take some time to identify your goals and interests. Think about why you want to volunteer. What would you enjoy doing? The opportunities that match both your goals and your interests are most likely to be fun and fulfilling.

### How much time should you volunteer?

Volunteering doesn't have to take over your life to be beneficial. In fact, research shows that just two to three hours per week, or about 100 hours a year, can confer the most benefits—to both you and your chosen cause. The important thing is to volunteer only the amount of time that feels comfortable to you. Volunteering should feel like a fun and rewarding hobby, not another chore on your to-do list.

Don't be afraid to make a change. Don't force yourself into a bad fit or feel compelled

to stick with a volunteer role you dislike. Talk to the organization about changing your focus or look for a different organization that's a better fit.

### Enjoy yourself

The best volunteer experiences benefit both the volunteer and the organization. If you're not enjoying yourself, ask yourself why. Is it the tasks you're performing? The people you're working with? Or are you uncomfortable simply because the situation is new and unfamiliar? Pinpointing what's bothering you can help you decide how to proceed.

*Article reprinted with permission from HelpGuide.org.*



## The Essentials for Starting a Successful Psychotherapy Group

by Nancy Wesson, PhD, Licensed Psychologist, CGP

*Nancy Wesson, PhD, is a Licensed Psychologist psy9621, Certified Group Psychotherapist and founder of the Center for the Study of Group Psychotherapy (CSGP), a nonprofit group therapy training organization.*

In my 30 years leading psychotherapy groups, I find that group psychotherapy is a very effective treatment modality. In this brief article I offer some pointers for starting a group and for keeping it going successfully.

"The joy of group therapy for me is watching group member connections, relationship building, and identification, that is, when members no longer feel alone with their psychological issues. This is one of the most important healing factors for group therapy. When describing the group, members will easily tell others that the group is not 'the group' but 'my group'." (Yalom & Leszcz, 2005).

### Before starting the group

- Receive training in group psychotherapy to be able to effectively handle leadership challenges such as monopolizing, absenteeism, conflict, etc.
- Choose the type of group you would like to lead: process, psycho-educational, psychoanalytic, or a combination, and if you want a short-

term or long-term group.

- Develop a written group agreement for the clients which includes confidentiality, time commitment expectations, absences, fees, acceptable group behavior (norms), and termination issues.
- Develop a marketing plan for attracting new group clients. For example, connect with individual therapists who are likely to refer their clients to your group.



### Organizing the group

Once you have chosen the type of group you would like to lead, you need to find the right clients. Decide what criteria you are looking for in clients and interview them to make sure they will fit. It is important to consider if a client is appropriate for your group. Conduct a phone interview initially, and if they seem appropriate, conduct an in-person interview (if possible). It is also important to prepare the client for how the group

will work and how it will feel to be a group member. This preparation will help your client feel more comfortable and committed to the group.

### Starting the group

Begin your group when you have at least 4, preferably 5 clients who are ready to join the group. To create cohesion and connection, start the first session by encouraging members to connect with each other and to take time to discuss their lives and personal goals.

Most clients join groups not just for information but also for connection. You can encourage connection between group members by including time for group members to interact. The relationships between group members and the sharing of similar issues will bring your group members back to group each week.

It is helpful to see the "group as a whole," (Bion, 1962) and not only as a collection of individual clients. Each group is an entity in and of itself, comprised of relationships as well as individual clients and help the group maintain its own identity.

### Maintaining the group

Keep the group stable, safe, and dynamic by addressing any issues in your agreement that come up in the group. If a member is not partic-

*continued on p. 6*



## Who's Behind Our Support Groups?

### Meet Our Amazing Volunteer Facilitators

SCV-CAMFT offers monthly support groups for pre-licensed and newly licensed members. Volunteer facilitators lead these groups, and we'd like to introduce our current team. Please visit the website to learn more and to see the [upcoming schedule](#).

#### Tomilu Stuart, LMFT



Graduate school taught me how to be a therapist. Or better said, it gave me the skills to become a therapist. But for me becoming a therapist is a calling of the heart and I think it's that way for most of the therapists I meet. They really love the work they do. Because private practice can be fairly isolating, I appreciate the therapists I've met by being involved in SCV-CAMFT. Most of them have been working longer than I have and I learn from them and benefit from their experience and knowledge.

After passing my boards, I felt at a loss as to how to start a private practice. I had a small business before, but starting a business as a therapist was quite different. I found it helpful to be in the newly licensed support group. I attended the group that was run by Verna Nelson, LMFT and met other therapists going through the same process. We all shared ideas and got support from each other.

The newly licensed support group is a safe place to meet, interact and network with other colleagues. There is no charge for the newly licensed support group and it is open to anyone who is a member of SCV-CAMFT

who has been licensed for less than three years. I hope to see you there. (Non-members can attend 2 groups before becoming members.)

#### Jim Arjani, LMFT



I am a huge fan of SCV-CAMFT! Referrals, friendships, learning opportunities, paid positions, have all come my way since I joined the chapter in 2002.

Barbara Griswold, LMFT, was a wonderful mentor who helped me get started in private practice. After responding to an ad for office space in the chapter newsletter, I met Alice Sklar, LMFT, who gave me the opportunity to sublet her beautiful office in Los Altos. At one of the luncheons, I met Anne Montagana, LMFT, who was starting a peer consultation group that I have been part of for many years now.

Thanks in large part to this kind of support, I have been able to grow from a solo private practice into a group practice. I am excited to lead the pre-licensed support group in the north region and hope to return some of the tremendous value and support I have received from others as a member. We discuss topics including private practice, internships, networking, exams, training, and others related to the transition towards licensure. Also, I will do my best to help you learn about the great opportunities our chapter has to offer. I look forward to being able to help you reach your professional goals!

#### Junko Yamauchi, LMFT



I am originally from Japan, and lived in Indiana for 6 years before moving to the Bay Area 12 years ago. I got licensed in December of 2017. I'm excited

to have an opportunity to facilitate the pre-licensed support group because it goes back to my first support group experience back in Indiana. I ran a group for international people to help them settle into their new life in the U.S.

I later had another group for international moms who were struggling with the different parenting styles in the U.S. from their countries of origin. Pre-licensed therapists are in transition like those people I served in Indiana. I still remember my positive experience as a participant in the pre-licensed group. I hope people coming to my group to get useful information and warm support from each other that will help them move into the next chapter of their lives.

#### Della Fernandes, LMFT



I enjoy the work I do as a therapist, and remember the comfort and warmth of my colleague's generosity as a newly licensed clinician.

So it was easy to decide to give back and begin facilitating the north region newly licensed group.

[continued on p. 6](#)

## CONGRATULATIONS TO OUR NEWLY LICENSED MEMBERS!



### Dana Hartman, LMFT

I am so excited to be a part of the SCV CAMFT community and am grateful to have earned licensure. After working for over 7 years in community counseling settings with the SMI population I am excited to be expanding my services to a private practice in Palo Alto. I will continue to utilize the Neurosequential Model of Therapeutics, Motivational Interviewing, and Trauma Informed-Care in my client-centered practice. Please consider referring teenage and adult clients who may need specialized trauma related treatment or a wide variety of other types of support. Thank you for your support and please check out my website [www.learningtolovechange.com](http://www.learningtolovechange.com)

### Stephanie Webb, LMFT

I received my Master's degree in Counseling Psychology from Santa Clara University in 2016 and became licensed this past summer (yay!). My path has been somewhat unique as I have had a very successful 20+ year career coaching individuals and leaders as an employee at tech giants such as Google, Yahoo! and Visa, and am now thrilled to follow my calling to provide hope and healing to individuals at my private practice in downtown San Carlos. I specialize in working with adult women and teen girls who are overwhelmed with anxiety, life transitions, relationship conflict, work stress, low self esteem, grief and depression. I am extremely fortunate to be affiliated with One Life Counseling Services, (<http://onelifecounselingcenter.com>) which offers a wide range of mental health services to San Carlos and its surrounding communities.



#### Group Therapy cont. from pg. 4

icipating in the group, explore this gently in the group. (They may not think their contribution is important).

The group agreement is central to keeping the group safe and members committed. If a member is often late or absent, bring this to the group for exploration. If a member is very frequently absent and does not respond to group feedback, then meet with that member privately. Frequent absences by one member can easily lead to more member absences. The same is true for lateness and impulsive angry outbursts.

Encourage empathy, positive feedback, support, and the expression of feelings in the group. This will help group members feel connected to

others in the group. Group members need to feel they are each an important part of the group.

If you wish to learn more, CSGP is offering a 5 CE credit workshop on this topic on Saturday Feb. 23, 2019. For more details visit the website at [CSGP.org](http://CSGP.org).

*Nancy Wesson, PhD, Licensed Psychologist, psy9621, CGP, has been trained by Irvin Yalom, M.D. and the American Group Psychotherapy Association. She is the founder of the Center for the Study of Group Psychotherapy, a non-profit training organization (CSGP). She has led two psychotherapy groups for 28 years. For more information contact [DrNWesson@CSGP.org](mailto:DrNWesson@CSGP.org), or visit the CSGP website at [www.CSGP.org](http://www.CSGP.org).*

#### Facilitators cont. from pg. 5

It is an honor and a privilege to run this group, and I look forward to sharing the lessons I learned and continue to learn from my colleagues along the way. My background is in business management as well as psychology and both areas have given me experiences that shape my work today. I also love the theater and singing. I was thrilled to bits when I got to perform at the Orpheum with the choir I sing with on a regular basis.

My uncle would often say to me as I was growing up, to instill the value of community and sharing - "Little drops of water and little grains of sand, make a mighty ocean and a pleasant land." I look forward to community and sharing with you at group and other social events organized by SCV-CAMFT!



Jamie Moran, LCSW, CGP

The chapter honored Jamie Moran, LCSW, CGP, at the 2018 annual celebration for his many years of dedicated service to our members. He has been facilitating the newly licensed support group in the north region for over 11 years. In response to this retirement, we wanted to give his many attendees an opportunity to share their experiences with him. We asked them to write a note and send it to us. We gathered these notes and presented them to him.

We printed a few of them here for everyone to see the impact Jamie had on the attendees, as well as the impact volunteering in general can have on others. Thank you so very much, Jamie!

*I wanted to express my deepest gratitude to Jamie and his facilitation of the support group. When I first came into private practice, I was frankly terrified that I would fail. Jamie was so incredibly warm and supportive, he helped me to 1) chill out my anxious self, 2) helped me to see the strengths that I had that lend themselves to successful private practice, 3) created a network support group which allowed me to meet other local clinicians and get*

## Thank You, Jamie Moran, LCSW, CGP!

### Support Group Volunteer Retires After 11 Years of Service!

*off the ground. The support I got from him was instrumental to the success I enjoy now in my practice. Thank you so much, Jamie!*

-Albert Pignataro

*Thank you, Jamie, for your generosity in giving of your time and energy to the newly licensed support group. Your warmth, wisdom, and skill in facilitating created a welcoming, safe, and supportive environment to learn and grow in. I'm grateful for the practical guidance, resources and information, inspiring ideas, encouragement and reassurance I gained. It was very helpful in taking the leap from a large hospital clinic into my current position in a private group practice, which has been tremendously rewarding. Thanks again, and best wishes!*

-Julie Schirm

*I so appreciated being in Jamie's group as a newly licensed MFT warrior who seemed to have braved the long journey to licensure but was helplessly flopping side to side in not knowing what to do next to make a successful living. Being a part of Jamie's group was like finding an oasis in the desert - his ability to be compassionate, insightful, protective and respectful in group settings made the remainder of the journey to this career a much more healthy and pleasant experience. Jamie's groups was a conduit for networking, resources, hope and a camaraderie with fellow*

*newly licensed sojourners on the step up towards building a career in the field.*

*Jamie you've been such a wonderful guiding light and help through my initial years. Thank you for being you!*

Thank You, Della Fernandes

*Dear Jamie, Three years ago, As a newly licensed therapist, I attended one of your support groups. Although I only attended once, I was inspired by*

*your commitment to helping us on a beautiful Saturday morning when you could be doing many other things. Your spirit of generosity shone through. I now have a thriving private practice in Campbell, special-*

*izing in couples, trauma, and adults with ADHD.*

*Thanks for the wonderful support and best of luck in your future endeavors.*

-Carmen Enciso-Steinberg

*Jamie is the best mentor. He always made us feel welcome to his group, even if we were going to be late. He helped us to try to get through this obscure process of starting a private practice. He encouraged us and helped us to understand the uncomfortable feelings that impeded our progress. He helped to build community among private practice therapists, so we could support each other. I felt very supported by Jamie Moran and truly appreciate him.*

-Mary Van Riper





## THE NEW CHAPTER EXCHANGE UPDATE AND FEATURES

by Nancy Orr, Chapter Coordinator

### The Old and The New

SCV-CAMFT has offered the chapter exchange for members for many years. Members have enjoyed communicating with each other online and sharing information and resources.

When we moved to our new website in the summer of 2016, we switched to a new chapter exchange format. Although most members adapted well, some members mentioned it wasn't as user friendly as the old one. The board went on a quest to look for something better. After testing a number of different formats the new chapter exchange was launched at the end of November 2018.

It has been active for less than two months, and we have more users than before. It seems to be used more, and members seem to like it better. I asked for some feedback and here are some anonymous comments from members:

*I like the new format very much. It allows me to easily read the posts and if I want to go further with any of them, I can open up the email. So much better! Kudos to those who worked on the new exchange.*

*I really like this new format. It's easier for me to read posts and to reply. Thank you!*

*My biggest complaint about the previous format was having to go online to read the contents of each*

*email. The fact that that is no longer necessary is a breath of fresh air. Thank you for making this change.*

I hope most of you agree and find the new chapter exchange helpful.

### New Chapter Exchange



### Features

Aside from the format being more user friendly, you can add a photo to your profile, add a tagline that will show up with all your posts, add your website and write a bio for other members to see. You can also add videos and photos to your posts.

#### Add a Photo

You can add a profile picture by clicking your name located on the right end of the menu bar. Scroll to "view profile," then click the big photo icon on the right.

#### Add a Tagline

Click your name again and scroll to the "edit profile" link. Under your name you will see the tagline entry box. Type in your title or something else to identify you.

#### Add a Bio

From the "edit profile" link you will see the "about me" box and the "website" box. Add these items so other members can learn more about you when they visit your profile page.

#### Email Notifications

There are five options for email delivery; each post as it happens, every one hour, every four hours, one daily email digest, or a weekly digest. To view your settings or to change them, click your name and scroll to "email notifications."

### More Features

Another benefit of this new format is that it can change over time. There are options to add specific categories (insurance/billing, pre-licensure, technology, clinical, building a practice...). We can add a knowledgebase and article section or a Q&A section. So if we wanted to take this to another level it's available.

### How to Join

If you have not joined yet, check your inbox for the invitation that was sent to everyone. I have sent several, but if you can't find it, let me know and I'll send another one. From that email, click the link and register. It's that easy.

The more members that participate in the chapter exchange the more useful it will be, so check it out and see what you think.

# Sharon Madhvani, MFT

## 1942-2018



Sharon Madhvani, a chapter member in the 80s and 90s, who practiced in Morgan Hill and Gilroy, died on September 5 after a brief illness. She was 75.

Sharon spent the majority of her counseling career at Gavilan College where she worked with re-entry students, providing both personal and academic counseling. She also taught a popular class in career assessment.

Before joining the Gavilan faculty, she worked at a community mental health agency, The Bridge, and at Monta Villa, a psychiatric hospital in Morgan Hill. Sharon received her master's in counseling psychology from Santa Clara University in 1984 and was licensed as an MFT in 1986. Prior to her midlife career change, Sharon taught elementary school and was a 4-H leader. She lived on several acres in rural Morgan Hill, where she and her family raised goats.

In her retirement, Sharon again took up her passion for animals, serving as a docent at the Monterey Bay Aquarium and helping create the Morgan Hill dog park. She is survived by her two children, four grandchildren, and her brother. Anyone interested in further information can contact her longtime friend, Louise Burton, MFT, at 650-279-3571.

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

## Volunteers Keep SCV-CAMFT Running!

**Help lead us into the future!**



Volunteering with SCV-CAMFT doesn't take a lot of time or commitment, and it's a great way to help out, meet like minded people, further your professional career, have fun and feel good about yourself!

**Event planning**  
**Event registration table**  
**Board positions**  
**Newsletter committee**

**If you have a skill you would like to bring to our chapter, let us know, and we'll find the right place for you!**

**For inquiries, email us at [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 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](#).



1.5 CEUs Available  
CEP 052466

## MID-REGION LUNCHEON



### ***Somatic Experiencing®: A Body-Mind Approach to Healing Trauma and Increasing Resiliency***

**Presented by Brandy Vanderheiden, LMFT, SEP**

Somatic Experiencing® (SE) is a potent psychobiological method for resolving trauma symptoms and relieving chronic stress. SE is designed to resolve traumatic stress and increase the capacity to negotiate stress and trauma. Developed by Dr. Peter A. Levine, author of *In an Unspoken Voice*, SE integrates a deep understanding of how the nervous system functions under stress and how to move it back toward health. Before we can safely access trauma, it is important to understand how our

work will impact a client's physiology and avoid overwhelm.

Learn some of the basic principles of SE and discover how it can be used in every session alongside your current modalities. The presentation will include a video of Peter Levine working with a veteran as well as experiential learning. [www.traumahealing.org](http://www.traumahealing.org)

#### **Learning Objectives:**

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

- Articulate at least 2 ways somatic therapies broaden traditional approaches to trauma treatment.
- Identify signs of fight, flight and freeze in their clients.

#### **About the Presenter:**

Brandy Vanderheiden, LMFT, SEP is a graduate of JFK's Holistic Counseling Psychology program and has been immersed Somatic Experiencing® since 2008. In her Mountain View, CA private practice, Brandy works with adults, children and teens to increase regulation after early developmental trauma. Passionate about teaching, she provides free videos about regulation and a course on The Ethics of Touch in Psychotherapy. [www.brandy-vanderheiden.com](http://www.brandy-vanderheiden.com)

### **Friday, February 22, 2019**

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 Feb. 18)

Members - \$27

Non-members - \$33

1.5 CEUs - \$7

#### **LATE REGISTRATION/ WALK-IN**

Members - \$33

Non-members - \$40

1.5 CEUs - \$7

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. Please visit our website at [www.scv-camft.org](http://www.scv-camft.org) for CEU information, our cancellation policy, accommodations for disability, and our grievance policy.

## Gottman Professional Trainings Save up to \$250!

### Next Training:

Level 1 - Bridging the Couple Chasm  
March 16th - 17th, 2019

### Additional Workshops:

Level 1 - October 12th - 13th, 2019

Level 2 - May 17th - 19th, 2019

Level 3 - July 19th - 21st, 2019

SF Theological Seminary • San Anselmo, CA  
CE's provided by R. Cassidy



**L1** LEVEL 1  
GOTTMAN



**L2** LEVEL 2  
GOTTMAN



**L3** LEVEL 3  
GOTTMAN

**TrainingForCouplesTherapy.com**

Presented by a Master Certified Gottman Therapist  
Lisa Lund, CRC, MFT #33393 • (415) 721-4310

## Gay and Bi Men's Interpersonal Process Groups



Mon Evening  
(gay/bi)  
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## CHAPTER EVENTS

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

### FEB

- 1 Pre-Licensed Support Group - South Region
- 2 Pre-Licensed Support Group - North Region
- 16 Newly Licensed Support Group - North Region
- 22 **Mid-Region Luncheon, Somatic Experiencing®: A Body-Mind Approach to Healing Trauma and Increasing Resiliency**, Mountain View

### MAR

- 1 Pre-Licensed Support Group - South Region
- 8 Newly Licensed Support Group - South Region
- 9 Pre-Licensed Support Group - North Region
- 16 Newly Licensed Support Group - North Region

### APR

- 26 **South Region Luncheon**, 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

### Newly Licensed Support Group - North Region

This group typically meets the third Saturday of the month from 1PM - 3PM  
Upcoming dates: Feb. 16, March 16

Facilitator: Della Fernandes, LCSW

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

RSVP and contact: [dellamft@gmail.com](mailto:dellamft@gmail.com)

### Newly Licensed Support Group - South Region

This group meets the second Friday of the month from 10AM - 12PM  
Upcoming dates: March 8

Facilitator: Tomilu Stuart, LMFT

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

RSVP and contact: [tomilu@sbcglobal.net](mailto: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: Feb. 2, March 9

Facilitator: Jim Arjani, LMFT

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

RSVP and contact: [jimarjani@yahoo.com](mailto: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: Feb. 1, March 1

Facilitator: Junko Yamauchi, LMFT

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

RSVP and contact: [junkoyamauchilmft@gmail.com](mailto:junkoyamauchilmft@gmail.com), voice mail 408-647-6814

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## **Chapter Events**

### **Mid-Region Luncheon**

**Friday, February 22**

**11:15AM - 1:30PM**

***Somatic Experiencing®: A Body-Mind Approach  
to Healing Trauma and Increasing Resiliency!***

Presented by

Brandy Vanderheiden, LMFT, SEP

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