



Santa Clara Valley Chapter
California Association of Marriage
and Family Therapists

SCV-CAMFT NEWS

Serving San Mateo and Santa Clara Counties

VOLUME 36, NO.3

FALL 2017



You are invited!

Member Celebration and Volunteer Recognition Party!

Friday, November 3

4:00pm - 7:00pm

Michael's at Shoreline

2960 North Shoreline Blvd., Mountain View, CA 94040

Please join us for an evening of fun, food, and frivolity!

Each year SCV-CAMFT wants to thank our members and volunteers.
Please join us for a fun evening with your fellow SCV-CAMFT members.

The event includes food, drinks, and live music.
Bring your business cards and marketing materials.

Don't miss this wonderful opportunity to socialize, connect, and celebrate!
So here's to YOU! We hope you will join us!

This event is FREE to members and A GUEST.



South Region Pre-licensed Support Group

by Tomilu Stuart, LMFT



Hey Interns! Do you know that effective January 2018 you will be called Associates? Are you looking for information about internship opportunities, or a meeting place to discuss and share your experiences with those on the same journey?

Life doesn't stop when you're collecting your 3,000 hours toward licensure. SCV-CAMFT's Pre-Licensed Support Group is a drop-in support group for Interns (Associates). Support groups are free to members. Attendance is voluntary and group conversations are always confidential.

It's a safe place where you can share information and get support for difficult situations that may arise while gathering your hours. For those who are studying for the licensing exams, the group provides

encouragement throughout the process.

My experiences as an intern were very positive and one of my goals in facilitating this group is to be an encourager for struggling interns, to provide a safe place for them to share their struggles and triumphs. Another goal is to promote the exchange of information and ideas. Preparing for licensure can be a very trying time in a person's life and I want to be able to support them in whatever way I can.

The south region pre-licensed support group meets the second Friday of each month. For more information you can contact me at (408) 832-6172 or tomilu@sbcglobal.net.

Tomilu Stuart, LMFT has a private practice working with individuals and couples in San Jose. She is a certified EMDR therapist, and uses EMDR to change her client's core negative beliefs about themselves as a result of negative past experiences. Tomilu has helped clients pass licensing exams they previously failed, and states her results have been 100%. "What I love about EMDR is that it does not teach you to live with the pain, it takes the pain away."

TABLE of CONTENTS

Annual Member Celebration	1
Pre-licensed Support Groups	2
Welcome Rosanna Rivellini!	3
Our Newly Licensed Members	3
Fairy Tales for Children	4-5
Tech Talk	5
Luncheon Review	6-8
South Region Luncheon	9
Advertising and Prices	10
Display Ads	10-12
Chapter Events	13
Support Groups	13
Contact Information	14



Welcome to the Board, Rossana Rivellini!

New Director, Pre- and Newly-licensed Support Groups

The SCV-CAMFT Board of Directors is happy to introduce Rossana Rivellini, M.A., LMFT, our newest board member. As part of the interview process we asked Rossana why she wanted to volunteer. She said, "I became a board member because I want to serve and have influence in my local chapter. When I met and got to know the rest of the board members at different events, it became clear to me that this is where I want to give back to my profession. As the Director of Pre- and Newly

licensed Support Groups, I want to help new members and existing members feel welcomed and be a part of an active organization that will help guide them through their early experience in this amazing field."

Rossana is in private practice in Los Gatos. Her focus is on individual psychotherapy and relationship issues of heterosexual and LGBTQ adults. She specializes in Affirmative Psychotherapy for Transgender clients. Her theoretical approach is based on SFBT (Solution Focused Brief Therapy), which is goal-directed, and client centered.

Rossana says, "I approach all my clients with respect and celebration of each individual's gender identity, sexuality, religion, race, culture, and age. I became certified by the AAMFT-CA as an LGBT-Affirmative Psychotherapy provider so that I can work in support of this community in a more specialized professional capacity. My primary work is with adult individuals and with couples."

For more information about Rossana visit her [website](#) and her profile on our Santa Clara Valley Chapter website.

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!

Lucy Moore, MA, LMFT

Licensed in August 2016, Laura "Lucy" Moore, MA, LMFT has a private practice in downtown Palo Alto serving adult clients struggling with grief, addiction, depression, anxiety, relational discord, and trauma. Her therapeutic orientation includes EMDR, psychodynamic, humanistic, and existential therapies. Lucy is also a Veriditas trained labyrinth event facilitator. Learn more at her website <http://www.supportonyourjourney.com>.



Lisa Barrera, MA, LMFT

I received my MA in Counseling Psychology from Santa Clara University in 2013 and my MFT license on November 30, 2016. I am currently in private practice in Campbell and Los Gatos and specialize in supporting people who struggle with anxiety, depression, grief, loss, and trauma. I'd like to give thanks to my wonderful family, friends, colleagues, professors, and supervisors who have supported me along the way. I am excited to finally be a licensed member of the CAMFT community! I can be reached at (408) 905-7649 or lisabarreracounseling@gmail.com.





Fairy Tales Enable Children to Thrive

by Bette U. Kiernan, LMFT

Fairy tales are important in our children's lives. The classic stories heard frequently throughout childhood at bedtime, in Disney movies, in school and later into adulthood in ballets and operas contain special guides to behavior. According to psychoanalyst Carl Jung, we have a favorite fairy tale that goes with us throughout life that forms the pattern for our most significant development.

Fairy tale heroes and heroines all take the same journey. Most begin with an abusive home, but some start out on a quest. *Cinderella* is tormented by cruel stepsisters and Snow White's step mother tries to kill her. Without parental protections, the main character is soon lost in a threatening dark forest. Although extreme challenges beset them in the woods, invariably helpers appear in the form of godmothers, helpful animals, or dwarfs. Strong inner resourcefulness is discovered as they master tasks of strategy and use empathic ways with others. Ultimately, the standard path leads to a high exalted place in society. The stories teach that quick wittedness and kindness leads one to a good end despite the necessary struggles along the way.

Some parents are concerned

about the violent themes. Fairy tales often revolve around child neglect and abuse, such as in *Hansel and Gretel*, wherein the parents abandon the children to the forest, or *The*

The stories teach that quick wittedness and kindness leads one to a good end despite the necessary struggles along the way.

Girl without Hands, where the story centers on the father's pact with the devil that ultimately leads him to chop off his daughter's hands.



More than ever before, modern times are filled with the threat of violence and discord in the forms of terrorism, global warming, school shootings and myriad other representations. Because of rapid advances in communication

technology such as the internet, it is impossible to hide these core realities. Children need models and guides for mastering threatening situations.

The fairy tale hero or heroine invariably finds the means to master disturbing events. Thus they teach that it is within one's own power to thrive through creative and strategic action despite what appear to be overwhelming odds.

For example, In the Grimm's tale, *The Three Little Gnomes in the Forest*, one learns that through a willing attitude to try difficult tasks, success follows. As the heroine successfully faces impossible challenges, such as gathering strawberries in bitter cold of winter, she gains strength.

"A man with a daughter loses his wife and marries a woman who has lost her husband and also has a daughter. The stepmother favors her own daughter and makes her stepdaughter do the nasty work. One winter day she tells the maiden to gather strawberries in the woods. The girl objects but is forced to the task. In the woods she comes upon a little house with three little men living in it. They pity her being in the snow and ask her why she is there. She tells of her task and shares her

continued on p. 5



Tech Talk: Exciting New Benefits for Members!

by Jacqui Gerritsen, LMFT, Director Communications and Technology

Your never know what great things can happen when you attend the CAMFT annual conference. This year I met Jas Pujari, the founder and CEO of Therasoft, located right here in the heart of Silicon Valley. Jas and the Therasoft team have partnered with us as our new technology sponsor.

Thanks to our new technology sponsor, we are happy to announce two new enhancements to our website: A new and improved Chapter Exchange which replaces the old one, and a new Find a Therapist Directory.

But wait, there's more. SCV-CAMFT will soon be offering new benefits to our members:

- **A website and marketing package FREE, for as long as you are a member of SCV-CAMFT.**
- **Encrypted email FREE for one year.**

To learn more about how to access these newest membership benefits, come to the annual celebration on Friday, November 3 at Michael's at Shoreline where we will unveil the new features. The event is free for members and a guest, and



will take place from 4:00PM - 7:00PM. There will be food, music, and drinks.

If you're unable to attend, feel free to email me at communications@scv-camft.org with any questions you may have.

Fairy Tales, cont. from pg. 4

meager breakfast with them. They tell her to sweep the snow from the back door, which she does. So they grant her three gifts: that she shall become more beautiful each day, that gold will come from her mouth, and that a king shall take her for his wife. Meanwhile she has discovered ripe strawberries shooting from the ground; she fills her basket and returns home."

Parents become concerned when their children are fearful. Yet it is part of normal child development to become afraid. During preschool, small ones may get distressed over the

dark, monsters and ghosts, animals, and noises in the night. During school years, fears shift to fear of rejection or failure, being hurt, natural disasters, an angry teacher, being home alone, scary news, and death. These are frequently the main motifs in fairy tales! In symbolic language, classic stories encode the means to master fears. For example, the essential theme, the "dark forest," always resolves with the heroine finding her way to safety.

Contrast the beginning of the story *The Ugly Duckling*, wherein "the ducks bit him, the hens pecked him, and the girl who fed him kicked him aside....." "....Even his mother said "I wish you were miles away" with the ending wherein "He thought of how

he had been scorned.....and now he was the most beautiful of all birds".

Tales teach although frightening situations exist, it is within one's own power and resources to find the path to safety and eventual success.

Bette Kiernan, MFT is in private practice in Menlo Park. She works with individuals, couples, groups, and families. Ms. Kiernan does trainings for corporations, cities, counties, and hospitals. She has taught at Santa Clara University, JFKU, UCSC, UC Berkeley, and Sofia University. MIT presented her work on fairy tales and sacred texts at their International Conference on Media in Transition. Ms. Kiernan is also a journalist for Splash Magazines Worldwide.



Luncheon Review: Emotionally Focused Couple Therapy

by Sharon Mead, LMFT

Sharon Mead, LMFT gave a luncheon presentation on June 23, 2017 at the Los Gatos Lodge titled "Change the Music, Change the Dance: How Emotionally Focused Couple Therapy can Transform the Way You Work with Couples."

Emotionally Focused Therapy (EFT) for couples is my passion. I spoke to the group not as an expert, but as an avid and enthusiastic learner. It was clear from my first training that EFT made sense and spoke to my preference for a humanistic, bottom-up therapy. I was thrilled to see the hard science backing it up. I spoke to the group because I believe so much in EFT that I'd like to see a lot more therapists near me discover EFT as well.

I love EFT because of what I don't have to do.

- I don't have to teach couples different words to use. Words, no matter how skillful, can be cutting if they come from an internal state of anger or resentment. John Gottman found that happy couples do not talk to each other in any more "skilled" or "insightful" ways than do unhappy couples. (Johnson, Hold me Tight)

- I don't have to challenge what they are thinking. The couples who come to see us have had real life experiences to back up their thoughts and beliefs. The heart knows what it knows and doesn't

want to listen to other ways to look at things.

- I don't have to give my clients homework – which they probably won't do anyway. Or, even worse, one will do it and come in upset because the other didn't!

EFT shows high levels of efficacy – 70% of couples report recovery from distress, 90% report improvement, and 63% report continued relief from distress after 2 years.

I also love EFT because of what I do have.

- I have a roadmap to romantic love and a couple's distress. Through attachment theory I can make sense of the conflicting and tangled emotions couples present. I can help them organize what feels chaotic to them. With that roadmap, I have specific researched tools to help them.

- I have empirical validation to back me up. EFT is the most researched couple therapy approach. It shows high levels of efficacy - 70% of couples report recovery from distress, 90% report improvement, and 63% report continued relief from distress after 2 years. Research also shows

applicability to many populations (including LGBTQ couples, various cultures, and nationalities) and problems (depression, trauma, illness). See ICCEFT website URL below for details and references.

- I have a community of therapists to learn and grow with. EFT is not a simple approach to do well. Although it is extremely gratifying, couple therapy can be emotionally demanding. It's important to connect to other therapists having the same struggles. In the Bay Area, we have the Northern California Community for EFT (NCCEFT). It holds quarterly meetings and trainings, where you can get to

[*continued on p. 7*](#)



Luncheon Review, cont. from pg. 6

know other EFT therapists. The International Center for Excellence in EFT (ICEEFT) also facilitates communication among EFT therapists internationally through a listserv. Therapists can post clinical problems they encounter and other therapists will offer ideas and encouragement. Often Sue Johnson, originator of EFT, will weigh in on the discussion.

Finally, despite what I am not doing, couples clients will, as the result of therapy

- Use different, softer words with each other that come from their hearts.
- See each other differently because they will have had new experiences with each other in session. They will be able to rewire the negative patterns of past experiences into new positive patterns.
- Create a “secure bond that can withstand differences, wounds, and the test of time” (Johnson, Hold me Tight).

Origins of EFT

EFT was originated by Dr. Susan Johnson and Dr. Leslie Greenberg in the 1980's. When they were developing EFT, they were going against then current ideas about couple therapy. At that time, it was thought that healthy love relationships were rational bargains, that too much emotion was the basic problem in

most marriages, and that healthy adults should not depend on each other too much. Instead, they began to follow the ideas of John Bowlby, the father of attachment theory, which holds that an effective dependence

Our nervous systems react to the threat of loss of an important attachment figure in the same way as physical threat or pain.

on each other is critical to healthy emotional life. Bowlby's original work was with children, but he also observed World War II widows and concluded that his ideas applied equally well to adult relationships.

“Throughout adult life the



availability of a responsive attachment figure remains the source of a person's feeling secure. All of us, from the cradle to the grave are happiest when life is organized as a series of excursions, long or short,

from the secure base provided by our attachment figures.” -John Bowlby (1988) A Secure Base

Neurobiology of Relationships

Current interpersonal neurobiology research on the relational brain supports Bowlby's theories about adult attachment. Our nervous systems react to the threat of loss of an important attachment figure in the same way as physical threat or pain. Disconnection triggers a fight or flight response. Connection soothes the nervous system. There are now several studies that show the positive impact of a supportive other on how the brain interprets various stressors. There was an fMRI study showing how EFT can affect the perception of pain. See this video for a description of one of these studies, *Soothing*

the Threatened Brain - YouTube.

Patterns of Interaction

Another important part of the roadmap of couple distress is systems theory. Systems theory explains why couples get into rigid negative patterns of interaction. The danger response to loss of connection, for example, “Why don't you ever help me?” signals danger to the other partner who responds, for example, by leaving the room to avoid a fight. The first partner

becomes even more alarmed and escalates his or her protest. This circular causality, rigid negative cycle, allows us (and the clients) to see that both partners are caught in their

continued on p. 8

Luncheon Review, cont. from pg. 7

reactions to signals of potential loss. Both have valid perspectives drawn from valid emotional experiences even though they appear to be contradictory. We help them see the cycle as the enemy rather than each other.

In EFT, the negative cycle is sometimes referred to as a dance, and the emotions are the music. The interventions of EFT are aimed at soothing the emotional responses to the threat of disconnection, slowing the music, and thus changing the dance. In successful therapy, the couple will form secure bonds with each other and change their interactional patterns to a positive cycle of connection. At the luncheon, I used a clip from the movie *The Breakup* to illustrate the process and the interventions.

With a secure bond, couples can calm their nervous systems so that even if one does go into a protest, they don't go into such a rigid pattern. They recognize their need for each other, soothe each other, make up more easily, and get triggered less often. They know the other person will be there for them, cares for them, and is willing and interested to know the other and be known by the other.

Training

The first formal therapist training is a 4-day externship. After the externship, there is Core Skills training consisting of 4 weekends. There are many Certified EFT supervisors who can provide guidance as you learn the model and help you to become a Certified EFT therapist. See the web sites below for more information about training. In addition to the

resources listed below, there are many videos posted on YouTube about EFT.

Conclusion

If you'd like a personal experience of the model, I recommend attending a "Hold Me Tight" workshop with your partner. It is also a great resource for your clients. The closest people offering the workshop are Sam Jinich and Michelle Gannon, two very experienced EFT therapists and trainers. You can find information at <https://www.holdmetightworkshop.com/>.

The interventions of EFT are aimed at soothing the emotional responses to the threat of disconnection, slowing the music, and thus changing the dance.

I enjoyed giving this presentation very much and I am grateful for the full house we had to hear it and the positive responses I received. If you would like to receive a copy of the handouts from this presentation, email me at Sharon.Mead.MA@gmail.com.

Sharon is a Licensed Marriage and Family Therapist with a private practice in San Jose. She specializes in working with couples using Emotionally Focused Therapy (EFT). She is currently working with an EFT supervisor toward certification in EFT. She can be reached at Sharon.Mead.MA@gmail.com.

Resources

Books for clients

- Hold Me Tight: Seven Conversations for a Lifetime of Love, by Sue Johnson

- Love Sense: The Revolutionary New Science of Romantic Relationships, by Sue Johnson
- An Emotionally Focused Workbook for Couples: The Two of Us, by Veronica Kallos-Lilly Jennifer Fitzgerald
- Emotionally Focused Couple Therapy for Dummies, by Brent Bradley, James Furrow

Books for clinicians

- The Practice of Emotionally Focused Couple Therapy: Creating Connection by Susan M. Johnson (2004). Main textbook.
- Becoming an Emotionally Focused Couple Therapist: The Workbook by Susan M. Johnson, Brent Bradley, James L. Furrow and Alison Lee (2005).
- Emotionally Focused Couple Therapy with Trauma Survivors: Strengthening Attachment Bonds by Susan M. Johnson (2005).

Web sites:

- International Centre for Excellence in Emotionally Focused Therapy – ICCEFT Information about EFT, research, training materials and listings of live trainings around the world with dates. <http://www.iceeft.com/>
- San Francisco Center for Emotionally Focused Therapy Training Center offers information and many trainings for EFT. <http://www.sfceft.com/>
- Northern California Community for EFT (NCCEFT): short trainings and community <http://www.ncceft.com/>
- Training and Research Institute for Emotionally Focused Therapy Alliant (TRI EFT Alliant) Information, training materials and listings of live trainings. <http://trietf.org/>

1.5 CEUs Available
CEP 052466

SOUTH REGION LUNCHEON



How Chemical Dependency Affects Our Practice

Presented by Mary Crocker Cook, D.Min., LMFT, LPCC, LAADC

Addiction appears in our clinical practice in a variety of ways, and is rarely overtly stated as a presenting problem. This is not surprising, given that one of the more prominent symptoms of addiction is denial. We will spend the hour reviewing indicators that the hijacked reward system of addiction is affecting an individual or family.

Common Complaints:

- Poor and impulsive decision making, which can include financial loss, affairs, anger outbursts, etc.
- Impaired memory and cognitive tracking, and impaired auditory processing leading to frequent miscommunication and misunderstandings. - Without communication, important issues such as family finances, sexual intimacy, and child rearing decisions go unresolved.
- Irresponsibility or lack of interest in participating in everyday household tasks and responsibilities.

These complaints are usually attributed to character failings, mental health issues such as depression or ADHD, or physical illness. Despite the masterful interventions offered by the therapist, the couple or individual continues to be "stuck." It never occurs to the couple, or the therapist, that there may be an addictive process sabotaging the therapy. We will look at the neurology of addiction that is affecting behavior, and I will provide some sample questions to prompt clients to make a connection between distressing behaviors and possible addictive behaviors and substance abuse. We will practice with a sample vignette!

Learning Objectives:

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

- Identify three signs that addiction may be impacting the therapeutic process.
- Learn two interventions that you can apply in your own practice.

About the Presenter:

Mary Crocker Cook, D.Min., LMFT, LPCC, LAADC is the program coordinator for the San Jose City College Alcohol and Drug Studies program, currently offering an online Licensed Advanced Alcohol and Drug Counseling (LAADC) certification program for masters level counselors. She has been licensed since 1988 and in private practice, and is an adjunct instructor with the JFKU Graduate School of Psychology. She is the author of multiple recovery books, found at www.marycrockercookbooks.com.

Friday, January 26, 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 Jan. 22)
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.

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.

Gottman Couples Workshop The Art & SCIENCE of Love

13.5 CE's Available!

SF Bay Area ~ Mill Valley, CA
December 2nd & 3rd, 2017

Additional Dates:
February 10th-11th and May 5th-6th, 2018

*2 days filled with practical research-based tools
to confirm & strengthen your relationship!*

Therapist Discounts and
13.5 CE Credits Available

See Website for Registration
and Additional Information!



www.aCouplesWorkshop.com

Presented by Senior Certified Gottman Therapists
Lisa Lund, CRC, MFT (33393) & Bob Navarra, PsyD, MFT (15997)

Gay and Bi Men's Interpersonal Process Groups



**Mon Evening
(gay/bi)
Menlo Park**

**Tues/Wed
Evening (gay)
San Francisco**

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

Jamie Moran, LCSW, CGP
www.jamiemoran.com

Adult and Young Adult Psychotherapy Groups

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

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

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

Marriage and Family Therapist
Certified Group Psychotherapist

Lic. # 20662
Lic. # 179092



Palo Alto Therapy

Cognitive Behavioral Therapy for Proven Results

PALO ALTO & SAN JOSE

Would Your Clients Benefit From Our Groups?

ANXIETY TO WELLNESS

- Reduce anxiety through research proven strategies and CBT
- Live life less restricted and increase your peace of mind

TEENS TO TEENS SUPPORT

- Connect with other teens in a positive atmosphere
- Manage anxious or depressed feelings



Teens + Adults Class:
January / April / September

Teens Group: 14-18
Tuesdays 4pm-6pm

Enroll Now: Triannual 8-Week Course

Enroll now: Ongoing Support Group

Contact Us: 650 - 461 - 9026

✉ info@paloaltotherapy.com 🌐 www.paloaltotherapy.com

SPACE LIMITED TO 7 PARTICIPANTS!

Therasoft

(888) 435 8206

Therasoft® Lite

\$19 per month

Includes Progress Notes, Calendar, Appt Reminders

Add ons

- Electronic Claims \$20 / Per Therapist / Month
- Professional Website \$25 / Per Site / Month
- Online Therapy / Telehealth \$1 / Per Hour

30 Day Free Trial

“Billing, clinical documentation, marketing, scheduling.....
Therasoft helps do it all successfully.”

Debi M (Sep, 2017)

“I depend on Therasoft Online to run my practice. I have been using it for 8+ years.”

Nancy B (Aug, 2017)

<https://offers.therasoft.com/scvcamft>

Preparing Psychotherapists since 1982 **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.

PTITRAINING.PROCESSES.ORG

408-963-6694

595 Millich Drive,
Suite 102
Campbell, CA
95008



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.



Paid Internship & Practicum Openings Available to Start January 2018!

We encourage you to develop an attitude of unconditional fascination for your work and for the human beings you treat. Within the frame of respect both for the client and for Self, each student is encouraged to develop his/her own therapeutic style. Inviting, following, and working with process is also taught and practiced. We teach a

variety of therapeutic enactments, how to work in various mediums, and how to integrate the numerous counseling models into a style of psychotherapy you can understand, own, and use effectively. At PTI we invite clients, students, colleagues, and ourselves to adopt a life direction of self-empowerment.

"This is what I had moved to California to find: an answer to the 'more' question when it came to change in myself and other."

—Mary Karver
Saybrook Univ., 2012
Licensed MFT, 2016

"I kept hearing about the mirror training ... I loved the idea of having backup while I was learning how to become a therapist."

—Janet Henderson
JFK University, 2012
Licensed MFT, 2017

"I came to PTI because of the mirror training and then sat in on a group and loved the vibe."

—Grace Harbin
Santa Clara Univ., 2014
Licensed MFT, 2016

"Don, the mirror program, and his steady support in helping me again and again come back to my own inner guidance and knowing have had a major impact on my development as a process oriented, experiential therapist."

—Hanna Hammerli
ITP (Sofia University), 2012

"This was the place I learned how to do therapy—not just the model I practiced out of, but how to apply theory to practice in the room."

—Sharon Lutman
JFK University, 1990
Licensed MFT, 1994

CHAPTER EVENTS

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

NOVEMBER

- 3 Member Celebration and Volunteer Recognition**
Mountain View, CA
- 3 South Region Newly Licensed Support Group
- 4 North Region Newly Licensed Support Group
- 10 South Region Pre-Licensed Support Group
- 12 North Region Pre-Licensed Support Group

DECEMBER

- 1 South Region Newly Licensed Support Group
- 2 North Region Newly Licensed Support Group
- 8 South Region Pre-Licensed Support Group
- 10 North Region Pre-Licensed Support Group

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: Nov. 4, Dec. 2

Facilitator: Jamie Moran, LCSW

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

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

South Region Newly Licensed Support Group

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

Upcoming dates: Nov. 3, Dec. 1

Facilitators: Michelle Farris, LMFT

Location: San Jose, CA

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

FREE PRE-LICENSED SUPPORT GROUPS

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.

North Region Pre-Licensed Support Group

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

Upcoming Dates: Nov. 12, Dec. 10

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

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

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

South Region Pre-Licensed Support Group

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

Upcoming dates: Nov. 10, Dec. 8

Facilitator: Tomilu Stuart, LMFT

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

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

SCV-CAMFT BOARD OF DIRECTORS

OFFICERS



Eleanor Scott, LMFT
President
408-659-6887
president@scv-camft.org



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



Ernie Chu, LMFT
Chief Financial Officer
650-898-7820
cfo@scv-camft.org

Secretary
VACANT

DIRECTORS



Nancy Andersen, LMFT
Director of Law and Ethics
650-833-9574
ethics@scv-camft.org



Elizabeth Basile, LMFT
Director of Luncheons and Innovative Programs
831-594-3085
programs@scv-camft.org



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



Rossana Rivellini, LMFT
Director of Pre-Licensed and Newly Licensed Support Groups
408-444-7116
support-groups@scv-camft.org

Director of Special Events
VACANT

Director of Membership
VACANT

Director of Continuing Education Operations
VACANT

Editorial Committee

Editor:

Debra D. Rojas, LMFT
editor@scv-camft.org

Chapter Coordinator:

Nancy Orr
mail@scv-camft.org

Committee Chairpersons

Mid-Region Luncheon Chair:

Soad Tabrizi, LMFT
650-396-7116
soad@soadtabrizi.com

South Region Luncheon Chair:

Tomilu Stuart, LMFT
408-832-6172
tomilu@sbcglobal.net

Useful Contact Information

CAMFT

7901 Raytheon Rd, San Diego, CA, 92111
Phone: 858-292-2638
Website: www.camft.org

Board of Behavioral Sciences

1625 N. Market Blvd. S, #200, Sacramento, CA, 95834, Phone: 916-574-7830
Website: www.bbs.ca.gov

American Red Cross Silicon Valley

2731 N. 1st St., San Jose, CA, 95134
Phone: 877-727-6771
Website: www.redcross.org

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 either via e-mail to mail@scv-camft.org or via the chapter's website at www.scv-camft.org. Articles and announcements must be submitted typed and double-spaced. We reserve the right to edit all articles. Opinions expressed are those of the authors and do not necessarily represent views of SCV-CAMFT. Article guidelines are available online. Advertising guidelines are available online.



SCV-CAMFT News

Attention: Editor

P.O. Box 60814

Palo Alto, CA 94306

www.scv-camft.org

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

Member Celebration and Volunteer Recognition!

Friday, November 3
4:00PM – 7:00PM

This event is FREE for
members and one guest.
It includes food, drinks,
and live music.

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

Chapter Events



South Region Luncheon
Friday, January 26
11:15AM – 1:30PM

How Chemical Dependency Affects Our Practice

(1.5 CEUs, CEP 0524)

Presented by
Mary Crocker Cook, D.Min.,
LMFT, LPCC, LAADC

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