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INTEREST**

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SCV-CAMFT News

VOLUME 30, NO. 1

JANUARY / FEBRUARY 2011

President's Column—

Our Success is a Group Effort

—Nanette Freedland, MFT

As I am writing this column, we are still enjoying the glow of our successful chapter's annual meeting. More than 100 members had the pleasure of celebrating another successful SCV-CAMFT year at Michael's Restaurant. We enjoyed food, drink, networking, and the opportunity to hear Casey Truffo discuss "The Art and Science of Building a Successful Practice". I would like to thank Pamela Miliken, MFT, Membership Director, for chairing this wonderful event. While I am thanking leaders, I want to ensure that we acknowledge Lara Windett for five years of service on the



Nanette Freedland
President, SCV-CAMFT
freedlandn@gmail.com

chapter board. Lara wore many hats during her leadership participation, including Membership Director and President. She also successfully helped launch our new and improved

website. Her ability to focus our attention on critical tasks, ensuring our by-laws were appropriately followed, helping to guide us through complex issues, and her tech savvy knowledge, were only a few of the important contributions she has made. For a time, Lara will continue to be the technology liaison to the board, and I look forward to her continued contribution.

As you read this column, the winter holidays are past. We have turned over the page of the calendar and note that a full decade has passed in the 'new

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October Luncheon Review —Linda Ringsrud

At our chapter's October luncheon we were treated to a presentation called, "Using Clinical Hypnosis to Treat Insomnia, Anxiety, and Other Challenges Commonly Faced by Teens and Young Adults." Our presenter, Dr. Jeffrey Lazarus, MD. and pediatrician, with a private practice in Palo Alto, is one of thirteen pediatricians in the country who treats patients

with hypnosis.

"I learned the usefulness of hypnosis from my own experience with plantar warts," Dr Lazarus reports. "I tried the standard dermatological treatment protocols for years, but they were unsuccessful, so at the suggestion of a friend I went to a doctor who used hypnosis, and the warts were gone after three

weeks, and never came back. I knew I had to learn more about hypnosis."

Dr. Lazarus trained with Michael Yapko, Ph.D. Clinical Psychologist (website: yapko.com), and international speaker and trainer in clinical hypnosis. He refers others interested in adding hypnosis to their

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SCV-CAMFT Calendar

Santa Clara Valley Chapter California Association of Marriage and Family Therapists Board of Directors

JANUARY

15 Newsletter Deadline
Mar. / Apr. Edition

28 Chapter Luncheon
South Region; Los Gatos

Nanette Freedland, President
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408/358-2218 ext. 421
amitiel@earthlink.net

Pamela Milliken, Director (Membership)
408/794-0440
pam@pamelamilliken.com

FEBRUARY

5 2011 Chapter Leadership Conference (Southern CA)

25 Chapter Luncheon
North Region; San Mateo
Networking-Only Luncheon

Terryann Sanders, Past-President
408/264-5802
terrysanderslmft@sbcglobal.net

Judith E. McFarland, (Director Pre-licensed & Newly Licensed) 408/566-3119
jm@judithmcfarland.com

Shazad Contractor, Chief Financial Officer 408/666-6791
shazad@jjacoustics.com

Pamela Eaken, Director (Special Events) 408/921-1685
eeekin_too@yahoo.com

Debra D. Rojas, Secretary
408/380-1222
debra@debrarojasmft.com

MARCH

11—12 CISM Workshop
Mountain View

15 Newsletter Deadline
May / June Edition

25 Chapter Luncheon
Mid Region; Mtn. View

Liaisons To Other Community Agencies

Red Cross (Santa Clara County):
Judith Boore, 650/948-9138
Jane Kingston, 650/726-6774

BBS Contact Information
1625 N. Market Blvd. S #200
Sacramento, CA 95834
Phone: 916/574-7830
Email: bbswebmaster@bbs.ca.gov
Website: <http://www.bbs.ca.gov>

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Mentor/Mentee Program Coordinator:
Yvonne Blockie, 408/235-0872
North Region Programs:
Jacqui Gerritsen, 650/315-7207
Mid-Region Programs:
Wendy L. Wegeforth, 408/888-6630
South Region Programs Co-chairs:
Verna L. Nelson, 408/379-7747
Carol Marks, 408/736-5093

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Please see advertising policy and information on page 21.

Unsolicited manuscripts are welcome but the Editorial Committee accepts no responsibility for their return. We reserve the right to edit all articles. Opinions expressed are those of the authors and do not necessarily represent views of SCV-CAMFT.

Pre-Licensed Corner—The Orals Stage by Howard Scott Warshaw



Howard Scott Warshaw is currently a student at JFK University's Graduate School of Professional Psychology. After working as programmer, video game developer, teacher, film maker and software manager, Howard believes his past experience will serve him well as a psychotherapist. He plans to focus on the specific needs of people in Silicon Valley's Hi-Tech Industries.

I have Oral Exams next week at JFK University (the developmental challenge for my current stage of becoming a therapist). After years of working, studying, paying for, and hundreds of clinical hours, I am now facing the last hurdle in my quest for internship. If I pass, I need only sustain a pulse for a few months and I'm there. That will feel good. Much better than I'm feeling right now.

I wish it were my licensure exam; I picture that as much easier and less anxiety producing. Although, I remember preparing for my qualifying written exam a year ago, and thinking I'd much rather be taking my oral exam, since that will probably be much easier and less anxiety producing. So, in an effort to reduce the stress, I'm studying for the exam. Or rather, I should be.

Instead, I'm writing this column. Am I resisting or drifting? Perhaps I'm blocked. Should I fight the blockage and study on, accept the blockage and let it go, or explore the blockage and work my way through it? Which is more productive? I'm aware of the moment, but not entirely in it. I am, however, watching it very closely so I won't miss anything...except the experience.

I realize that the choices I make now during these early stages of my therapeutic development will establish patterns for my future behavior. I can shift to the future: Will they be adaptive or maladaptive? I can shift to the past: How did I deal with the challenges of earlier stages? Or I can choose to return to the present: Why am I still not studying? Aha, I caught myself wandering.

Amid this internal debate, I see I'm focused on the present, but not being present. In chatting most enjoyably with myself, I'm merely distracting-from rather than being-in the moment. How can I stop talking about being here, and just be here? Hmmm, let's discuss that.

But discussion is not the answer, ex-

perience is. In case presentations I talk about corrective experiences, not corrective discussions. I should talk with myself about how to be more experiential. No, I should just be, just be, just be....

It occurs to me, amidst my tangential reverie, that what I'm being in the current moment is a person who is still not studying. It's the test! That damn test is so anxietizing. It's an absurd exception to what really has been a wonderful curriculum, and the format is... OMG! I'm Counter-Transferred! I'm experiencing Academic Counter-Transference (ACT). I need exam therapy, STAT! I schedule an emergency session. My therapist informs me that "ACT" is a pretty rare condition, and this is more likely a case of just drifting a little. She recommends I simply relax and take the test. She's right.

OK, so my mind is wandering a bit. This also happens in the room. There, I know when I catch myself wandering, it's a signal something is going on right here right now. I can acknowledge it, own it, and rejoin the experience, possibly with a new awareness. Maybe that's a good lesson. When I notice I'm drifting, follow the departure rather than attack it. I know the material for my oral exam, but I'm afraid pieces might disappear during the test --- inviting catastrophe. That fear distracts me. But I have a choice. If I forget something on the test, I can come back to it with curiosity rather than freeze in panic or self-judgment. I don't have to "catch" myself wandering, instead I can "find" myself wandering. I guess I have been studying for orals after all.

Howard Scott Warshaw is currently a student at JFK University's Graduate School of Professional Psychology. After working as programmer, video game developer, teacher, film maker and software manager, Howard believes his past experience will serve him well as a psychotherapist. He plans to focus on the specific needs of people in Silicon Valley's Hi-Tech Industries.

SCV-CAMFT Annual Meeting by Sunnie Weber

The SCV-CAMFT Annual meeting was held on November 5 at Michael's at Shoreline Restaurant. For the more than 100 attendees, it was a great time! Speaker Casey Truffo, MS, MFT, gave a fantastic presentation on how to grow your private practice. Here are a few pictures of the good times had by our members and Board of Directors. Congratulations on a successful 2010!

We offered special thanks to all of our volunteers:

Volunteer of the Year:

Pamela Eaken

Editorial Committee:

Vinutha Mohan, Editor

Russell Wilkie

Lori Gortner

Monica Princevalle

Bonnie Faber

Marriage Equality Committee:

Cathy Hauer

Critical Incident Stress Management:

Mary Kay Bigelow

North Region Luncheons:

Pamela Eaken – Region Chair

Jacqui Gerritsen

Mid Region Luncheons:

Wendy Wegeforth – Region Chair

Nasrin Farr

Alice Locke-Chezar

Edna Wallace

South Region Luncheons:

Verna Nelson – Co-Chair

Pauline Druffel

Jo Stein

Angel Fuentes

Qian Li

Vinutha Mohan

Roberta Verderico

Well-Being Committee:

Cathy Hauer

Ani Martin

Mary Jo Trusso

Alice Sklar – began the Well-

Being Committee and retired

this year

Pre-Licensed Support Group Leader

Judy Hanf

Newly-Licensed Support Group Leader – North

Jamie Moran

Newly-Licensed Support Group Leader – South

Verna Nelson

Mentor-Mentee Program

Yvonne Blockie

***A Special thank
you to Pamela
Milliken for
organizing our
Annual
Meeting—and
to all our
members—we
appreciate you!***

***Thank you for
your commitment
and service
to SCV-CAMFT!***

SCV-CAMFT Annual Meeting pictures by LaDonna Silva

Members enjoying socializing and networking at the annual meeting.



FINAL Reflections on Wellness——The Paradox of Wellness

By Cathy Hauer, MFT



Here's an intriguing conundrum I call "the paradox of wellness consciousness." Let's say you're aware of the need to put yourself first, and you stay mindful of over-committing to activities even if you're enthusiastic about them, and you also tune into your energy level and monitor your replenishment to depletion ratio. Let's also say you want to be part of the effort dedicated to encouraging therapist wellness, BUT you choose not to become involved...because you have a healthy sense of wellness consciousness!

Yes, that's a true story, which we've heard again and again. Therefore, it is with great sadness (and more than a touch of irony) that I report the Committee on Therapist Well-Being has been retired, due to lack of enough members. I hope that in the future, something new and different will emerge to continue this important work of wellness consciousness for therapists. There are many models to choose from, and all it will take is someone with an idea, to share it with a few others, and see what comes next.

For many years, the Therapist Well-Being Committee has offered groups, retreats, the Reflections on Wellness column, wellness tips/risks book-marks, a member survey, consultation with individuals and other chapters, and hosted a Wellness Table at a CAMFT conference. Thank you to the many folks who have helped us along the way. In particular, Alice Sklar started this committee, and for many years it was she who held us

together, along with Lynn Wiese, MaryJo Trusso, Ani Martin, and myself. Other committee members have come and gone, and we have always appreciated their ideas and energy.

It has been a great privilege to be the editor of this column, working with authors on their submissions, helping them craft messages to give a new and interesting perspective on wellness. I thank those who contributed to this column; it has been pure joy for me. Appreciation also goes to the Newsletter Editorial Committee and the Board for their support through the years.

For this final column, I leave you with two things. First, the inspiration for much of my therapist well-being awareness comes from CLASP (Colleague Assistance & Support Program) of the California Psychological Association. Indeed, in the beginning, this column often reprinted their newsletter articles. I invite you to peruse their website, www.cpaclasp.org, as it is full of good ideas (see their brochure, "Effective Coping" as well as "Wellness Strategies"). Second, on the next page are the wellness tips/risks that our committee created many years ago. They are still relevant though, if created today, we would have added the risk of over-using digital and social media! Yes, it's a challenge to pay attention, and an even greater one to ask for help. Please do both as needed, and may you all be well.

Cathy Hauer, MFT enjoys her private practice in San Mateo and focuses on issues of grief, health, life transitions, relationship building and the LGBTQ community.



Wellness Tips and Risks

WELLNESS TIPS

Eat balanced and well
Seek good sleep
Start moving

Cultivate compassion
Express gratitude
Satisfy spiritual needs

Set healthy limits
Nurture friendships
Set intentions

Try a relaxation exercise
Cherish your connections
Play, laugh, be silly

Consider the consequences
Take breaks
Rekindle your spark

Experience a sunset in nature
Listen to colleagues' discussions
Seek a therapeutic experience

WELLNESS RISKS

Poor Nutrition
Inadequate Sleep
Avoiding opportunities to exercise

Denying illness/aging
Excessive use of substances
Being irritable / negative

Overlooking personal boundaries
Becoming isolated
Being late / absent

Feeling tense
Neglecting loved ones
Becoming cynical

Ignoring professional guidelines
Working excessively
Reduced work quality

Taking work home
Avoiding consultation
Making excuses / rationalizing

***... And remember to enjoy reading, arts, music,
culinary treats, sports and dance!***

Adapted by Cathy Hauer, MFT, from the
Committee on Therapist Well-Being's
Wellness Bookmark, developed in 2003.

SCV-CAMFT 2010 Calendar of Events

January 15, 2011; Saturday

March / April Newsletter Deadline

January 28, 2011; Friday

South Region Luncheon/Board Meeting
We Have Been Taught to Hate the "Others" - Can We Also be Taught to Accept "Them"?

February 5, 2011; Saturday

2011 Chapter Leadership Conference
Southern California

February 25; Friday

SCV-CAMFT North Region Luncheon & Board Meeting

March 11 & 12; Friday and Saturday

CISM Workshop

March 15, 2011; Tuesday

May / June Newsletter Deadline

March 25; Friday

SCV-CAMFT Mid Region Luncheon & Board Meeting

Please Note Newsletter Deadlines:

THE DEADLINE FOR NEWSLETTER SUBMISSIONS IS SIX WEEKS PRIOR TO PUBLICATION. (THE DEADLINE FOR THE NOVEMBER/DECEMBER ISSUE IS SEPTEMBER 15TH.) IN ORDER TO GET THE NEWSLETTER TO YOU ON TIME, WE MUST STRICTLY ADHERE TO THIS TIME FRAME. SUBMISSIONS RECEIVED LATE WILL BE HELD OVER FOR ANOTHER ISSUE.

MARCH / APRIL 2011 ISSUE
DEADLINE JANUARY 15, 2010

MAY / JUNE 2011 ISSUE
DEADLINE MARCH 15, 2011

Change of Status

SCV-CAMFT would like to acknowledge those members who recently negotiated the difficult task of completing the MFT licensing process.

Congratulations to
Roberta Faust, Robin Ginsberg, and Merrett Sheridan
Newly Licensed MFTs

If you have received your notice of licensure, it is important to remember to inform your local chapter as well as the state organization of CAMFT. Please inform our chapter coordinator of any status change as soon as possible by telephone, 408/235-0210, or by e-mail, mail@scv-camft.org.

Benefits of Your SCV-CAMFT Membership

In an effort to make sure all SCV-CAMFT members are aware of the many benefits available to chapter members, the SCV-CAMFT Board of Directors has decided to reprint the following list of your member benefits, which also appears on the chapter's website .

- **Networking** at monthly SCV-CAMFT luncheons. Chapter luncheons, held in Santa Clara and San Mateo counties, provide time for you to meet with colleagues, make and receive referrals, build new relationships and renew existing ones, all while enjoying up-to-date presentations.
- **Professional Development** through monthly luncheons and workshops that feature presentations on a wide variety of topics addressing the professional and business needs of our members. Additionally, SCV-CAMFT is a BBS state-approved provider of CEUs, so you can fulfill your BBS requirements for a nominal fee.
- **The Membership Directory** is a wonderful resource for referrals. It contains members' specialty listings, languages spoken, and identification of those who have handicap access or accept low fees. In addition, the directory is available to agencies in the community for their use in making referrals. The directory is published annually and is available to members for free in Adobe PDF format on the chapter's Website or at cost on a print-on-demand basis.
- **Our Bi-monthly Newsletter, SCV-CAMFT News**, keeps members up-to-date on job opportunities, legislative alerts and new developments in the field. Chapter members may place one classified advertisement per issue free of charge and receive discounted advertising rates.
- **SCV-CAMFT's Website, www.scv-camft.org**, contains information important for members and the community. As a chapter member you are entitled to a free listing in the online "Therapist Search" referral database. You may also sign up for an Expanded Web listing and get your own Web page! Additionally, members have access to the members' area of the Website and the SCV-CAMFT Chapter Exchange, which is a convenient means of distributing announcements and keeping involved with the chapter's membership.
- **SCV-CAMFT's Pre-licensed Support Services** are extensive. The chapter offers on-going support groups, a regular pre-licensed column in SCV-CAMFT News, and various pre-licensed focused events.
- **The Internship Directory** includes detailed information on internships in Santa Clara and San Mateo counties, contact numbers for pre-licensed support services, and information about the internship process. It is updated continuously and is available to members free of charge on the chapter's Website.
- **SCV-CAMFT's Mentoring Program** allows members at an early stage of professional development to connect with more experienced chapter members who offer support and guidance.
- **Involvement in Chapter Groups & Committees** allows you to effect solutions in an area that interests or concerns you. You are welcome to participate in any of the current groups (Therapist Well-Being, Newly Licensed Support, Pre-licensed Support), or committees (Website/Technology, Editorial, Marriage Parity, or Ethics), or to explore starting a new group or committee.
- **Volunteer Opportunities** abound. You are encouraged to join our board of directors, contribute articles to our newsletter, provide editorial input for the newsletter, and bring your expertise and leadership skills to one of our committees.

Again, these are just some of the many benefits of SCV-CAMFT membership. If you have any questions regarding any of the member benefits listed above, or are interested in a benefit not mentioned on the list, please feel free to contact any of the board members (listed on page 2 of this newsletter) directly, or contact SCV-CAMFT by email at mail@scv-camft.org or phone at 408/235/0210.

SCV-CAMFT 2010 Calendar of Events

South Region Luncheon

(1.5 CEU hrs. available, PCE 1134)

We Have Been Taught to Hate the "Others" - Can We Also be Taught to Accept "Them"? —
Presented by Rabbi Adam Rosenwasser

Date: Friday, January 28

Place: Los Gatos Lodge, Los Gatos

Menu: *Chicken Gorgonzola Salad, Broiled Salmon with Lemon Butter Sauce,
 or Pasta Primavera (Vegetarian)*

Register: **At www.scv-camft.org**

Fee: Members—\$26 + \$7 for CEUs / Non-members—\$33 + \$7 for CEUs

Rabbi Rosenwasser will speak about intolerance and hate of those unlike ourselves. As we deal with diversity in our culture, we see battles raging all over America against the "other", whether they be different by religious beliefs, politics, race, economic group, or sexuality. In his work with people from around the world, he was struck by those he met who were able to set aside their rage and prejudice, and were able to work in tandem with all groups.

Rabbi Rosenwasser's presentation is designed to give us the mindset and processes we can use to work with clients who have rigid thought patterns and firmly entrenched ideas. Even if those patterns have served the client well for years, it can be shown that openness and flexibility will help them feel safer in the world and more connected to the ones they love. Learning to process information in a rational way can work wonderfully not only for individuals in the community, but, surely for those in a committed relationship.

It is also hoped that we, in the audience will reflect on our own beliefs and our own openness to all.

Rabbi Adam Rosenwasser was born and raised in Ann Arbor, Mich. While earning a BA in history from the University of Michigan, Rabbi Adam taught at his home synagogue, Temple Beth Emeth. After graduation, Rabbi Adam attended Hebrew Union College, spending one year in Jerusalem and four in New York City.

Rabbi Adam worked over the summers; trekking with teens around Israel for the North American Federation of Youth (NFTY), song leading and educating at Camp Hess Kramer in Malibu, and learning pastoral skills through the Clinical Pastoral Education program.

Rabbi Adam was ordained in May 2009 and joined the Beth Am program team. In addition to his pulpit responsibilities at Beth Am, he directs social justice (tzedek) work, and he works closely with lay leaders in community-building activities, such as a new community garden. He also is the staff liaison for the Roots Collective, the group for people in their 20s and 30s, and Beth Am Men, the men's group.

From 280 Heading North or South: Exit I-880 South towards Santa Cruz. I-880 South becomes SR-17 S. Take the East Los Gatos exit. Merge onto Los Gatos-Saratoga Road. The Los Gatos Lodge will be on your right. There is plenty of parking. SCV-CAMFT luncheons will be located in the GARDEN ROOM.

SCV-CAMFT 2011 Calendar of Events

North Region Luncheon

(1.5 CEU hrs. available, PCE 1134)

A luncheon devoted exclusively to networking gives you an excellent chance to get to know other therapists in our community. By popular demand, we'll have the whole luncheon available for networking (and of course eating). That means plenty of free time to talk with whomever you wish, along with just enough networking activities, led by the North Region program group, to stir the pot. Come and join the fun, meet new people, connect with old friends, and make contacts that may provide referrals for your clients, and for your business.

Date: Friday, February 25

Place: Marriot San Mateo

Menu: Buffet

Register: At www.scv-camft.org

Fee: Members—\$26 + \$7 for CEUs / Non-members—\$33 + \$7 for CEUs



Note: While there are sometimes a few seats left for walk-ins (\$33 / \$40), pre-registration is required. We give the food counts a few days before the luncheon and cannot be accurate without pre-registration. If you find you must cancel, please call the chapter voicemail (408/235-0210). **Refunds are not always available and are never available without this notification.** It **may** be possible to transfer your payment to the following month **if** you call at least 24 hours in advance. The contact persons are available to answer questions about the speaker and the topic. If you have questions about the procedure for registering, call the chapter voicemail. Guests are welcome to attend with you—please provide their names along with your payment. Also be sure to specify your entrée choice with your payment. See the back cover for more information on registration. **Please remember that telephone reservations cannot be accepted.**

- ♦ Chapter board meetings are generally held on the fourth Friday of each month (some major holidays and other chapter functions move the date) from 9:00AM to 11:30AM at the same location as, and immediately prior to, the chapter's monthly luncheon event.
- ♦ All luncheon programs are held from 11:30AM to 1:30PM. Look for locations and other specifics in the newsletters, on the chapter's website, and in e-mail sent directly to those members who have e-mail.
- ♦ In order to make the luncheon registration process as efficient as possible, please register early. Send your payments, with your entrée selection noted, to the chapter by the Monday prior to the event.



A great way to create
your long-term
support network....

*North Region and
South Region
Newly Licensed
Support Groups
are a valuable tool
when you're just
getting started.*



Free Prelicensed Support Group

South Region—The group meets the second Saturday of each month from 10:00 AM—12:00 PM. The current facilitator is **Judy Hanf, MFT**. The group is held at the office of Verna Nelson—800 Pollard Rd., Ste B207, Los Gatos. Please call Judy at 408/440-6274 or e-mail her at judy@betterlivingtherapy.com, if you are interested

in taking advantage of this valuable support group!



Free Newly Licensed Support Groups

North Region—The purpose of this group, which meets monthly, is to provide support to members who have recently become licensed. **Jamie Moran, LCSW**, is the current group facilitator. The location is 661 Live Oak Avenue, Suite One, Menlo Park, CA 94025. To RSVP, and for further information about upcoming meeting dates and

times, please contact Jamie Moran at Jammo-ran@aol.com or 650/598-8877.

South Region—This support group meets the third Saturday of each month from 12:00 PM to 2:00 PM. The purpose of this group is to provide support to members who have recently become licensed. **Verna Nelson,**

MFT, is the current group facilitator and meetings are held on the border of Campbell and Los Gatos, close to the intersection of 85 and 880. To RSVP, and for further information, please contact Verna Nelson at 408/379-774 or email her vernalnelson@gmail.com



Free Therapist Support

The Therapist Support Group usually meets every month, but has recently decided to take a hiatus until further notice. The group is sponsored by the Well-Being Committee and hosted by **Ani Martin,**

MFT, and **Mary Jo Trusso, MFT**. Please call Ani at 408/629-2234 or e-mail her at ani@mncservice.com, if you have any questions.

Cancelled



ONGOING PSYCHOTHERAPY GROUPS

In this dynamic psychotherapy group experience, clients explore relationship patterns and learn about healthy connection with others. Issues such as depression, dating, shyness, codependency, ACOA, and self-esteem, are explored with the support and feedback of peers.



Nancy Wesson, Ph.D. CGP (Psy9621) is a licensed psychologist with 25 years of clinical experience. Dr. Wesson has 20 years of experience leading groups using a group process-interpersonal approach. She receives consultation from Dr. Irvin Yalom. **Contact:** Nancy Wesson, Ph.D. at (650) 965-7332 or Dr.NWesson@sbcglobal.net. Articles about group psychotherapy can be found on her website at: www.wespsych.com.

Women's Group

Helping Women Access Their Inner Wisdom

- Assertiveness · Childhood concerns
- Life transitions
- Anxiety · Depression
- Personal growth
- Relationships · Self esteem

Wednesday evenings

Bascom Avenue, San Jose
near Hamilton Avenue

Facilitated by:

Claire Adalyn Wright

408-998-7098

Certified Group Psychotherapist

Licensed Marriage & Family Therapist

California License #MFC44491

Call for details and for a pre-group interview

SILENCE and SANDPLAY AN EXPLORATION OF PRESENCE

An invitation to explore inner worlds through Sandplay, movement, active imagination, painting, and meditation.

Find refuge in a weekend retreat nestled in the redwoods of the Santa Cruz mountains where you may lose yourself and find yourself revitalized.

March 11-13, 2011

Land of the Medicine Buddha, Soquel, CA

CE's available for MFT's/LCSW's

For more information and registration: www.kaplanmft.com/workshops_sandplayandsilence/
or call
650-364-4670 or 831-479-7106



President's Column—
cont'd from page 1 -

millennium'. It has been a challenging time, especially these past few years. Many of us have seen changes in our business practice, whether we work in private practices, agencies, etc. We also witnessed that economic and communal uncertainties impacted our clients, and our own profession seems to be under pressure to keep up. Several issues affecting our practices have emerged: many clients are out of work and unable to maintain their commitment to treatment, mental health agencies are cutting staff positions, the "gap examination" for MFTs who choose to "grand-parent" as Licensed Professional Clinical Counselors is still uncertain, and insurance companies reverting to previous standards of reimbursements and reauthorizations make providing good treatment more onerous. The primary mission of SCV-CAMFT is to support the needs of our nearly 600 members. The 2011 Board of Directors explores how best to do just that, and we look to you to help guide the work. What would help you meet your professional needs as you work to meet the needs of your clients? Our success as an organization is closely tied to our success as individual contributors in our work. I believe that when we feel supported by colleagues and community we are stronger in our profession.

Over the past several years, the organization has made great strides to implement new services that many members say have been useful. But, we need to do more. Last year, we asked for your input through an on-line survey, and the rate of response was very high. You asked us to continue to do much of what is already in progress, but also to increase networking experiences and educational training. As our website continues to improve, my hope is that more of you will utilize the site to enhance your practice through advertisement, learning about available training, and increased

networking opportunities. We hope that you will continue to give us feedback about how the website can serve your professional needs. A new Marketing Committee has just begun to look at ways to increase awareness of the MFT profession in our broader community. Potential clients do not realize that we treat individuals, as well as families and couples. We hope to implement a marketing plan that will support all MFTs by increasing our professional visibility.

We currently have some openings on the board of directors. We are reviewing the portfolios and responsibilities for these positions, and will ask for your support in filling them in the coming months.

I am excited about the year ahead, and look forward with optimism and anticipation of the future for our chapter. I hope the New Year brings all of you good health, and well-being. Please become an active part of your chapter by letting us know what you want or need, and how we might improve our service to our members. Please contact me if you have any questions or feedback. Our success is a group effort.

Nanette Freedland
President, SCV-CAMFT
freedlandn@gmail.com
(650) 947-4044

October Luncheon Review —
cont'd from page 1 -

practice to Dr. Yapko, as well as to the American Society of Clinical Hypnosis (website: ASCH.net).

Dr. Lazarus treats a litany of conditions with hypnosis, including the common problems of insomnia, situational specific anxiety (test taking and sports performance are the most common problems he treats), panic attacks, phobias, pain, headaches, irritable bowel syndrome, and tics. He showed a video of a client using self-hypnosis to treat his chronic cough

tic, which is exacerbated by stress. It didn't make for great TV: a boy sitting with his eyes closed. But, what the patient was seeing in his mind's eye was the sensation of the cough forming into a ball of energy, that he then rolled down his leg and kicked to the moon. His treatment held at a four year follow-up: no more coughing!

Hypnotherapy cannot force a person to act against their will. It is a highly focused state of mind, neither sleep, nor an unusual state of consciousness. It allows the patient to create an empowering experience in her mind that allows her to realize she is able to do things she previously was unaware she could do. Because of the plasticity of the brain, the brain adapts to experience. Hypnosis is a kind of exercise for the brain that teaches it new skills that can then reshape the brain's structure and function. "It literally is rewiring the brain, from the top down," Dr. Lazarus beamed.

For treatment, Dr. Lazarus begins with a twenty-minute in-take phone call with a parent of a potential client, to make sure he wants to take the case. He follows up with a letter to the child expressing optimism about helping with the problem, and interest in seeing the child, to create a positive expectation from the outset. He interviews the parents for two hours, then begins a series of three, one-hour sessions with the child. In the first session, he learns of the child's interests and strengths, they agree on the problem to be solved, and he leads the child into a trance state. Once the patient is in the trance state, the two of them create the imagery that is going to work for this child and this problem. Dr. Lazarus records his voice on his computer as he directs the patient into a trance, and transfers it to the patient's flashdrive for use at home. "Very quickly they stop listening to me and do it on their own, because they become faster at it and that is a good thing," he says.

My strongest visual from the presentation is the video clip of a twelve year-old boy so relaxed in his chair he is doubled-over, all but slipping from his seat. He has put himself into a trance, and is now bringing to mind the imagery that he and Dr. Lazarus came up with in a previous session. The imagery is of a light switch on a tree in the woods, where he likes to go. When he flips the switch, the migraine headache that has plagued him on-and-off for years, begins to dissipate. The patient practices this process on his own, three times a day, so that when he senses the migraine coming on, he is well-rehearsed to handle it with his imagery. Everybody's imagery is different.

Dr. Lazarus closed his presentation by leading the group in a hypnotic induction. His soothing voice and gentle pacing were conducive to creating a trance state. His sense of humor and well-paced slides made for a very pleasant and provocative talk.

For more information, go to JeffLazarusMD.com. His practice allows for some adult patients.

Linda Ringsurd recently received her MA in Grad Psych from JFKU, and is interning at Fremont High School and at Process Therapy Institute in Los Gatos. She is the mother of two teenagers, wife of an entrepreneur, and a former high-tech writer, who is very happy to have switched to the healing arts.

We are thankful for the time authors have taken to write thoughtful articles. If you are interested in contributing to the SCV-CAMFT Newsletter, please submit your article on our website at www.scv-camft.org, or send an email to mail@scv-camft.org. We would be happy to review your submission!

Guidelines for Authors of Articles For the Chapter Newsletter

FORMAT FOR ARTICLES

- ⇒ Length: Articles 500-1,200 words; Announcements 75-250 words
- ⇒ Double-space to provide room for editing
- ⇒ Indent paragraphs
- ⇒ Do not right justify
- ⇒ Submit typed or printed copy only
- ⇒ Check punctuation and spelling, particularly of names
- ⇒ Please note deadlines, which the production staff must observe—the 15th of every odd month. The more time we have to edit and check facts, the better your article will be.

STYLE OF SUBMISSIONS

- ⇒ Use an active voice "*We have all experienced...*" rather than a passive voice "*An experience that has been had by all of us...*"
- ⇒ Use short sentences and short paragraphs. Avoid loading sentences with unnecessary words; in general, strive to make your points as briefly as possible, with each word adding something.
- ⇒ Avoid clichés ("*like a ton of bricks*"), slang ("*humungous*"), and hyperbole ("*the worst problem e all face...*").
- ⇒ Document key assertions with which others may disagree ("*(Farrell, 1933)*" "Unified School District enrollment data").

IN GENERAL

As you prepare your article or announcement, ask yourself:

- ⇒ What is my goal—to inform, to persuade, to motivate, to challenge,?
- ⇒ What exactly is this article about? What are the 2 or 3 key points?
- ⇒ Who is my audience? How much knowledge of this subject do I assume my readers have?
- ⇒ For announcements, please make sure you include all necessary information: what, why, when, where, how, and who.
- ⇒ Before submitting anything, please read it once more, making sure it says what you want it to say as clearly as possible.
- ⇒ Submit articles via the chapter's Website, <http://www.scv-camft.org>, or email to mail@scv-camft.org.
- ⇒ For more information, email Vinutha Mohan, Editor, vinutham@gmail.com

EATING DISORDER TREATMENT

Individual Therapy

Group Therapy:

*Adult Women's Process Groups
Teen Groups*

Ongoing Workshops:

*For the Loved Ones of People with ED
Negative Thinking & ED*

Peer Consultation:

*Group meets 2nd Friday, every month
Individual case consultation available*

Terryann Sanders

1670 Hillsdale Avenue, Suite B

San Jose, CA 95124

408 264-5802

terryannsanders.com

terrysanderslmft@sbcglobal.net

MARKETING AND INFORMATION TABLE

We encourage you to bring marketing materials and other information to place on the literature table at chapter events. Missed the last newsletter deadline? Then this table is the perfect place to advertise your:

- ♦ Workshops
- ♦ Office Space
- ♦ Job Opportunities
- ♦ Conferences

If you want your brochures and business cards back, be sure to pick them up after the event is complete.

**Familiar With the Expression
"There is no such thing as a free
lunch?"**

Well...It's Not Completely True...

SCV-CAMFT's Program Planning Committees Are Offering You **A Free Lunch!**

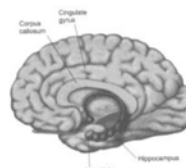
If you are planning to attend an upcoming luncheon, our chapter is always looking for volunteers to write a summary of these presentations for the newsletter. These summaries benefit all those members unable to attend. After submitting your article, you will be entitled to one free meal at any future SCV-CAMFT luncheon.

Please contact the chapter, 408/235-0210 or mail@scv-camft.org, if you are interested in getting a free lunch while doing something that feels great!

PSYCHONEUROLOGY STUDY GROUP

Keeping the Brain in Mind:

How knowing more about the brain can help you become a better therapist.



Beginning January 21, 2011

On the third Friday of each month

Are you intrigued by the wealth of **neuroscience research** available today & interested in exploring the clinical implications and applications of these findings to your own practice of psychotherapy?

Francine Lapidès, MFT * (831) 335-4830 *

FMLapides@aol.com

www.FrancineLapides.com

License # MFC 7414

ONLINE PAYMENTS AVAILABLE VIA CREDIT CARD!

You may now use your credit card on the chapter's website to register for chapter-sponsored events (luncheons, workshops, etc.), submit and pay for advertising, and renew your SCV-CAMFT membership. All you need to do is log in to the chapter's website (<http://www.scv-camft.org>). You may renew your membership and submit ads from your "My Account" page or register for events from the event calendar. **Remember to log in** so you may receive your member discounts.

Check it out!

SCV-CAMFT News—ADVERTISING POLICY

Adopted by SCV-CAMFT, April 3, 1992; last revised August 2004

ALL ADVERTISING MATERIAL MUST BE SUBMITTED TYPED, BY DEADLINE, AND VIA E-MAIL OR THE CHAPTER'S WEBSITE NO LATER THAN THE FIFTEENTH OF ODD-NUMBERED MONTHS PRECEDING PUBLICATION.

e-mail: mail@scv-camft.org Website: <http://www.scv-camft.org>

NEWSLETTER CLASSIFIED ADS:

- SCV-CAMFT members in good standing will be allowed one 35-word free ad per issue. Free ads from persons with lapsed memberships will not be accepted.
- Members running additional ads, beyond their free one-per issue will pay \$25 for each additional ad of 35 words or less.
- Non-members will pay \$50 per 35-word ad. This surcharge should be an incentive for current non-members to join the chapter
- **Members and non-members alike will pay \$1.00 per word for each word over 35.** The following units of information count as one word. Phone number, zip code, each degree or licensure abbreviation (e.g. "Tom Jones, MFT, Ph.D." = four words).

NEWSLETTER DISPLAY ADS

- Display ads must be typeset, with a border, and not merely typewritten. See samples from this issue. Ads must be sized exactly and camera-ready (i.e. ready to be pasted into layout with no further copy or graphic manipulation necessary). Advertisements to be run in the newsletter and on the chapter's Website are double the amount below less 25% of the total. Discounts are available for purchasing multiple "flights" for the same ad.

		Members	Non-Members
Full page	7 1/2" x 9 3/4" vert	\$200.00	\$400.00
Half page horiz.	7 1/2" x 5"	125.00	250.00
Half page vert.	3 3/4" x 9 3/4"	125.00	250.00
1/4 page	3 3/4" x 5" vert.	75.00	150.00
1/6 page	2 3/8" x 5" (or less) vert.	50.00	100.00

ADDITIONAL ADVERTISING POLICY

- **Advertisements appearing in this newsletter do not imply SCV-CAMFT endorsement either of their content or of the persons placing them.**
- **Copy for classified ads should be typed and double-spaced.** Count words before e-mailing. You may pay for any words over the 35 allotted by using PayPal or credit card. Ads will be run for one issue only. If you wish to repeat ads., you must resubmit them by deadline each issue.
- **Members may only use free or member-rate display advertisements to promote only their own office space or services.**

EMDR CASE CONSULTATION GROUP

2ND TUESDAY
MONTHLY
10:00 A.M. TO 11:30 A.M.
\$ 50.00 PER SESSION

EMDR CASE CONSULTATION FOR CLINICIANS
NEEDING HOURS BETWEEN LEVEL I AND
LEVEL II TRAININGS, THOSE PURSUING
EMDRIA CERTIFICATION, OR WANTING
TO IMPROVE THEIR SKILLS.

RENA ZAHORSKY, LMFT
MFC 17664

EMDRIA APPROVED CONSULTANT

CALL (408) 266-7826 EXT. 107

SANDPLAY and JUNGIAN CONSULTATION GROUP

Forming Now

Location: San Jose

When: **One Friday a Month**

Time: **10:00 a.m. to 12:00 p.m.**

Group Size: **Maximum of 6 People**

Call for more Information:

Olivia Heathcote 408-920-2990

Jill Kaplan 650-364-4670

ADVERTISING OPPORTUNITIES AND PRICES!

Since the launch of the chapter's Website in the fall of 2004, all classified advertisements have been published on the Website concurrently with their run in the chapter newsletter. Now, your display advertisements can as well! The following is a list of the prices, effective August 1, 2005, for display advertisements for publication in SCV-CAMFT News. Please remember, you can always receive an additional discount by paying for multiple publications of your advertisement in advance.

	Member Advertising Rates			Non-member Advertising Rates		
Newsletter or Online Display Ad	2 months	6 months	12 months	2 months	6 months	12 months
Full Page	\$200	\$510	\$900	\$400	\$1,020	\$1,800
Half Page	\$125	\$319	\$563	\$250	\$638	\$1,125
Quarter Page	\$75	\$191	\$338	\$150	\$383	\$675
Eighth Page	\$50	\$128	\$225	\$100	\$255	\$450
Combined	2 months	6 months	12 months	2 months	6 months	12 months
Full Page	\$300	\$765	\$1,350	\$600	\$1,530	\$2,700
Half Page	\$188	\$478	\$844	\$375	\$956	\$1,688
Quarter Page	\$113	\$287	\$506	\$225	\$574	\$1,013
Eighth Page	\$75	\$191	\$338	\$150	\$383	\$675

These prices are also available on the chapter's Website, www.scv-camft.org.

If you have questions or comments, please contact the chapter at 408/235-0210 or mail@scv-camft.org.

AN SCV-CAMFT EVENT

Two-Day Trauma Response Network Training

"Critical Incident Stress Management: Group Crisis Intervention"

Presented by Diane Myers, RN, MSN, CTS

Friday and Saturday, March 11 & 12, 2011

8:30 AM — 4:30 PM

(Registration Begins at 8:00 AM)

(Continental Breakfast, 14CEU Hours are Included!)

Location:

Mountain View Fire Department

1000 Villa Street

Mountain View, CA 94041

Register before January 31st
Chapter Members \$225
Non-Members \$275

Register after January 31st
Chapter Members \$250
Non-Members \$300

The CISM: Group Crisis Intervention training program is designed to present the core elements of a comprehensive, systematic and multi-component crisis intervention curriculum. This is an official course of the International Critical Incident Stress Foundation. A certificate of course completion from ICISF and the University of Maryland will be presented to individuals who complete the course.

This two-day course prepares participants to understand a wide range of crisis intervention services including pre- and post-incident crisis education, significant other support services, on-scene support services, crisis intervention for individuals, demobilizations after large-scale traumatic incidents, small group defusings and the group intervention known as Critical Incident Stress Debriefing (CISD). The course will include lecture, DVDs, demonstration, and skills practice.

At the completion of this course, participants will be able to:

- Define stress, CIS, and PTSD
- List the 10 basic interventions of CISM
- Define and describe in detail the CISM group process of Crisis Management Briefings, Demobilizations, Defusings, and Debriefings
- Understand and discuss research data regarding the effectiveness of various crisis intervention methods in the aftermath of traumatic events

Payments may be made by personal check, credit card, or PayPal. Please use the chapter's e-mail address: mail@scv-camft.org for PayPal payments, or make check payable to SCV-CAMFT and mail to: SCV-CAMFT, P.O. Box 60814, Palo Alto, CA 94306.

Register early to save money and guarantee your place!

Register online at www.scv-camft.org, or contact us at 408/235-0210 or mail@scv-camft.org. For more information on the workshop, please contact Mary Kay Bigelow (650)948-3400.

Cancellation Policy: Due to the contracted costs of offering this event, cancellations must be received no later than 14 days prior to the date of the event in order to ensure a refund, less a \$35 administrative processing fee. Cancellations received after that date will be credited to your account if we are able to sell your seat for the event. By sending payment you are agreeing to this cancellation policy. We appreciate your cooperation. Cancellations may be sent to mail@scv-camft.org or left on the chapter's voicemail.

Special Needs: The Santa Clara Valley Chapter of CAMFT is committed to providing a presentation that is accessible by all who wish to attend. If you have a special need and plan to attend, please request an accommodation by contacting SCV-CAMFT at 408/235-0210 or mail@scv-camft.org so the chapter has ample time to arrange your accommodation.

GROUPS AND WORKSHOPS

"Knowing Me, Loving Me"

Now Forming New Women's Process Group Thursday Evenings and Friday Mornings—\$35 per session.

Contact Marialena Malejan -Roussere, 408-702-7429

www.relationshipharmony.com

Is Anger Harming Your Relationship or Career?

It doesn't have to! Learn keys skills you need to break the anger

habit. Ongoing Co-ed skills groups in San Mateo and San Francisco. Call Michael G. Quirke. M.F.T. @ 415 820-3943 or visit www.michaelquirke.com.

Psychoanalytic-oriented consultation group

Begin to think analytically through relevant readings and case discussion. Mondays 1:45-3:00, Palo Alto, \$45 weekly. Contact Diane Strongwater, MFT 408-737-1337 or Carol Harrus 650-328-8935.

Women's Process Group for Sexual Abuse/Trauma Survivors

On-going weekly group held at the Process Therapy Institute in Los Gatos. <http://www.processes.org/womensuptgp.php> Contact LaDonna Silva, MFT Intern (408)358-2218 x421

Women's Therapy Group

Ongoing group for women who want to improve their relationship, develop healthy communications skills, and pursue personal development. Issues addressed include assertiveness, self-esteem, grief and loss, anxiety, depression, and childhood concerns. Please contact Claire Wright, MFT, CGP at 408/998-7098 for details.

DBT Skills Training

Please refer clients who could benefit from Emotion Regulation, Distress Tolerance and Mindfulness skills to our new DBT skills training group. Call: In-The-Moment DBT 408-676-7081

Patrol Officers Support Group

First Wednesday of the month from 1:30pm to 3:00pm

GROUPS AND WORKSHOPS

Silence and Sandplay

Experiential workshop including sandplay, movement, art and meditation in the Santa Cruz mountains March 11-13, 2010. Call Jill Kaplan, 650-364-4670 or Judy Zappacosta, 831-479-7106 or see www.kaplanmft.com.

Great Opportunity for Spanish or Mandarin Speaking MFTs and Social Workers to Intern with the Mental Research Institute!

Gain experience by interning at the Strategic Family Therapy Center at the MRI in Palo Alto. Looking for interns who have an interest in mental health. Applicants must speak Spanish or Mandarin/Cantonese. Please contact Eileen Bobrow at eileenbobrow@gmail.com or call (650) 322-2252.

Divorce & Separation Group

forming . . . Will begin March 2, 2011 for 8 weeks.

Family & Children Services Focus: Support & Education during this transition. Further info: Nancy Klimp, M.F.T. 650 493-1935 X2 or 650 326-6576 X5503

New Sex Addiction Groups

"Facing the Shadow (resolving compulsive sexual behaviors)" and "Breaking Free of the Porn Trap (resolving compulsive pornography use)." Cycle on a 12 week basis. To Register: doce-laine@elainebrady.com or call Elaine Brady 408-260-9305.

Teen Girls' Groups AND Women's Support Group

TEENS- friendships, feelings, communication, self-esteem and stress using art/drama. WOMEN- relationships, co-dependence, stress, transitions, parenting and health starting January 22. Lori Levitt, MFT #43329. 650/794-4828 www.lorilevitt.com

ONGOING PSYCHOTHERAPY GROUPS

In this dynamic psychotherapy group experience, clients explore relationship patterns and learn about healthy connection with others. Issues such as depression, dating, shyness, codependency, ACOA, and self-esteem, are explored with the support and feed-

GROUPS AND WORKSHOPS

back of peers. Leader: Nancy Wesson, Ph.D. with consultation from Dr. Irvin Yalom, M.D. Contact: Nancy Wesson, Ph.D. at (650) 965-7332 or Dr.NWesson@sbcglobal.net. Articles about group are on my website: www.wespsych.com

Men's Group

Join a group for professional men to provide support while exploring relationship issues, life goals, and learning to understand a man's role in contemporary society. Monday evenings, \$40/session. www.raeleneweaver.com Contact Raelene 408-529-4078

FOR INTERNS

Therapy Group for Trainees & Interns

in San Mateo. Meets monthly for group therapy in a supportive peer setting. Triple Count Hours.

Mary Deger Seevers, MFT 650-655-2718 or seeversmd@aol.com

FOR CLINICIANS

Licensed Therapists' Support Group

Ongoing, self-led support group for licensed therapists, meeting the first Friday of each month in midtown Palo Alto. Call Verne Rice for details, 650/856-0232.

Medication Consultation Available

Psychiatric evaluation and medication treatment. I do not do therapy because that is your expertise. Over 25 years experience with psychiatric medication management. Misao Kusuda, M.D. 408-930-2256 (408-930-CALM)

Peer Eating Disorder Consultation Group

Peer eating disorder consultation group in San Jose. No fee. Meets on the second Friday of every month from 9:30-11:30 am. Contact Terryann Sanders @ 408-264-5802 or terryann.sanderslmft@sbcglobal.net.

Business Help for Therapists

Never too late to use Quickbooks for business management; know income, do billing and monitor receivables.

FOR CLINICIANS

Makes tax prep easy. Free 30 minute consultation available.
LaVergne Poe—Business Services
(650)529-1489

Join an ongoing**PEER CONSULTATION GROUP**

Must be licensed at least two years, work with couples, teens, and/or insurance using an eclectic approach. Meets first and third Fridays - San Jose. Anne Montagna 408-516-1926.

Private Practice Consult Group

Opening in Private Practice Consult Group focused on marketing and case consultation. Meets monthly in San Mateo. \$50 per session. Be a guest for one free visit. Mary Deger Seevers, MFT 650-655-2718 or seeversmd@aol.com

JOB OPPORTUNITIES

BUSINESS OPPORTUNITY FOR FORWARD—LOOKING THERAPIST

San Jose office in prime location on Saratoga Ave. Several other therapists will continue to rent while you take over management of your own business and therapy practice. Dr. Ed Momrow 408-249-8313

Licensed Therapist -

The downtown Mountain View Christian Counseling Center is looking for a licensed therapist w/ Christian values. Qualified candidates would co-partner group sessions and provide individual therapy at the MV and Los Altos offices. Please contact 650-776-6390.

COURT MEDIATOR

A master's degree in psychology, a California State License psychotherapist; experience in counseling. Visit our website at www.sccsuperiorcourt.org or www.sccscourt.org or call (408)882-2747 for more information.

OFFICE SPACE

Burlingame Office Sublet

Excellent downtown Burlingame location. Professional building shared with other therapists, includes storage, use of kitchen and cleaning service. Avail-

OFFICE SPACE

able most days of the week. Contact Maria Rivas-Wolf at 650-208-9815 or maria@peninsulatherapist.com.

Mountain View / Los Altos

The downtown Mountain View Christian Counseling Center is looking for a licensed therapist with Christian values. Qualified candidates would co-partner group sessions and provide individual therapy. Contact 650.776.6390

Office Space-Part Time

\$150.00 per month - Monday or Friday. Office use Saturday-no fee. Professional Building - established therapy office, full service. Great location parking-Campbell/Saratoga-Westgate Center. 408-757-6336 - lmnoria@aol.com

San Jose

Beautiful part-time office (not Tu/Thurs) in Craftsman-style building. Friendly group practice. Wood floors, windows, inviting waiting room, fax/copier/wireless. Conveniently located off 880. Contact Catherine Curtin, 408/993-3834.

Saratoga Ave Office by Westgate Mall

Private office with floor-to-ceiling windows in two-office suite on Saratoga Ave. \$490/month includes utilities, phone, high speed internet, monitored security system, janitorial, furnished waiting room. Call Laura 408-596-1770.

Palo Alto—3 Rooms to Rent in Historic Mental Research Institute Building!

Rooms Available For Rent at Historic Mental Research Institute Building. 3 Rooms all Newly Painted with Clean Carpets. Private parking Spaces Available.

140sq ft./\$560 per month,
105.7sq. ft. \$422.80 per month,
157.2sq.ft/\$628 per month

Near downtown Palo Alto's University Ave.

Short distance from Highway 101 and CalTrans Station.

Email Administrator at mri@mri.org
Or Call 650 321 3055

Office for Lease

Beautiful 3-office suite with full-time office for lease. Elegant waiting room, call

OFFICE SPACE

-light system, conveniently located, ample parking. Second floor, large windows. Saratoga Avenue near Westgate Shopping Center. Bev Kam 408-370-1182

San Jose

Almaden Valley. Lovely private, quiet therapy office (approx 200 sq. ft.) available full-time in two-office suite with shared waiting room. Window, carpet, parking, full janitorial. Attractive professional building in great location. Monthly rent \$585.00. 408/858-0745.

San Jose

Saratoga Ave. Great location. First floor, spacious office, side door. Up to 2 days available. Call Ed Momrow 408-249-8313

San Jose

Large part-time office (not Tues/Thurs), convenient location off 880. Friendly practice w/optional consultation group. Wooden floors, windows, own private bathroom. Inviting waiting room, kitchen, fax-copier-wireless. Lovely Craftsman-style building. Marilyn 408-261-1550

San Mateo

Nicely furnished office in cozy suite near HWY 92, professional building, easy access. Sublet partial/full days. Separate exit, waiting room, signal lights, microwave, fridge, elevator, easy & free parking, windows, trees. Cathy Hauer, MFT. 650/568-1210

Sublet

Office available M-F, 7:00-3:30 plus weekends.\$250 month. Mountain View near El Camino. Private, separate exit, waiting room and bathroom. Great for working with kids or adults. Call Andi at (650) 303-9738.

SCV-CAMFT CHAPTER EXCHANGE

As an SCV-CAMFT member, you can also use the SCV-CAMFT Chapter Exchange to advertise. Emails are sent immediately, and nightly. This is a great resource to send information to your target market and to your peers.



SCV-CAMFT News
Attention: Editor
P.O.Box 60814
Palo Alto, CA 94306

Creating a Community and Culture of Connection



Friday, January 28
11:30 AM — 1:30 PM

Lunch served promptly at 11:45

South Region Luncheon
(1.5 CEU hrs. available, PCE 1134)

Los Gatos Lodge
50 Los Gatos—Saratoga Rd, Los Gatos

Cost: \$26.00 (CEUs add \$7, PCE 1134)

Menu: *Chicken Gorgonzola Salad, Broiled Salmon with Lemon Butter Sauce, or Pasta Primavera (Vegetarian)*

Register by January 24

For information regarding the speaker or topic, contact co-chairs:

Verna Nelson, 408/379-7747
Carol Marks, 408/736-5093

Chapter Events

Dates to Remember

- ◆ January 15, 2011
Mar/Apr Newsletter Deadline
- ◆ January 28, 2011
South Region Luncheon
- ◆ February 5, 2011
2011 Chapter Leadership Conference in So. California
- ◆ February 25, 2011
North Region Luncheon
- ◆ March 11-12, 2011
CISM Training

Friday—Saturday March 11-12
8:30 AM — 4:30 PM

CISM Training
(14 CEU hrs. available, PCE 1134)

Mountain View Fire Department
1000 Villa Street
Mountain View, CA

Cost: *Members—\$225*
Non-members—\$275

More information on Page 19, or online at www.scv-camft.org.

Only 30 Seats Available!

Payments Must be Received by January 31 or the price increases \$25.

For information regarding the speaker or topic, contact co-chairs:

Mary Kay Bigelow, 650/948-3400

RESERVATIONS: YOU CAN NOW REGISTER ONLINE USING YOUR MASTERCARD OR VISA CREDIT CARD!

Go to our website at www.scv-camft.org, enter the "Calendar of Events" page and click on the event to find the luncheon registration page. You can also register by PayPal or by sending a check, payable to SCV-CAMFT, with entrée selection noted, to SCV-CAMFT, P.O. Box 60814, Palo Alto, CA 94306. Payment must be received by the Monday before the luncheon. Reservations will be held until noon. Lunch will be served promptly at 11:45. If seating is available, "standby" persons can pay \$33.00 at the door to attend the luncheon. ***Please note: telephone reservations cannot be accepted. Call the chapter voicemail, 408/235-0210, for reservation information and the chapter's cancellations policy.***