

SCV-CAMFT News

VOLUME 31, NO. 1

JANUARY / FEBRUARY 2012

SPECIAL POINTS OF INTEREST

- **President's Column by LaDonna Silva, MFTI**
- **Honoring our Outstanding Volunteer**
- **Pre-Licensed Corner Pg 3**

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President's Column—

Seasons of Change —President LaDonna Silva, MFTI

As we enter the Winter season, change is inevitable. Accepting change and the unpredictable gifts of life are my intentions for the new year. This time of year offers a season of reflection, inward settling in, and a bit of retreat. Sometimes, this feels like a simple task, and at other times this can feel like a challenge. This is a familiar story for most of us, yet we continue seeking and searching for ways to get comfortable with the uncertainty of life.

Taking the new role as President of this chapter will definitely be a change. I feel excited about all of the unknowns ahead, and



LaDonna Silva
President, SCV-CAMFT

ready to embrace the new year as our board and membership collectively guide the way.

Our 2012-13 board will include four new members who will be joining us in

January. We voted in the new board members at the annual meeting in October. I'm excited to welcome them. **Kate Viret** will be our new Chief Financial Officer; she has a wealth of experience and an extensive background in business. **Michael Sally** will be our Pre-licensed and Newly Licensed Director. He brings a diverse background, which will expand our awareness of the variety of settings our professional colleagues work in, and help support those on the path. **Jane Kingston** recommits to the board once again, as our Ethics Director. She brings for-

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Honoring Our Outstanding Chapter Volunteer

—Lara Windett, LMFT



Each year the Chapter Board of Directors chooses one outstanding volunteer to honor. It is awarded to a member who has made exceptional contributions to our Chapter. I am thrilled to announce that Lara Windett is this year's recipient of the Outstanding Chapter Volunteer Award.

Many of you may remember Lara as a recent President of our Chapter, but that does not adequately convey her ongoing engagement, and behind-the scene commitment. Lara began volunteering on the SCV-CAMFT Board in 2005, serving as the Membership Director, and then

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SCV-CAMFT Calendar

JANUARY

27 Chapter Luncheon
South Region; Los Gatos

FEBRUARY

24 Chapter Luncheon
North Region; San Mateo

MARCH

16-17 Eye of the Storm Training
Mountain View

30 Chapter Luncheon
Mid Region; Mountain View

APRIL

27 Chapter Luncheon
South Region; Los Gatos

MAY

3-6 CAMFT 48th Annual Conference
San Diego

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All material must be submitted either via e-mail to mail@scv-camft.org or via the chapter's Website at <http://www.scv-camft.org>. Articles & Announcements must be submitted typed and double-spaced.

Please see advertising policy and information on page 13.

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.



Howard Scott Warshaw received his Master of Arts degree from JFK University and his Master of Engineering degree from Tulane University. After decades as a software designer/programmer, award winning film maker, celebrated video game developer, noted author, teacher and engineering manager, Howard has integrated his eclectic skill set in the service of others as a psychotherapist. He is currently in private practice under the supervision of Dr. Liz Zed where he focuses on the unique needs of Silicon Valley's Hi-Tech elite. Howard can be found at www.hswarshaw.com.

Pre-Licensed Corner— Two Kinds of Columns by Howard Scott Warshaw

I love New Years! A time of rebirth and renewal. I grab all my holiday gift cards and head to PsyMart for one of my favorite rituals: figuring out what I got this year. I decide to skip the cart for now and begin meandering up and down the aisles, drinking it all in. I'm here for the full experience! It's fun to check out the latest techniques, seeing what's hot and what's not. And the sales! I like to think of myself as a Master of PhD's (Post-holiday Discounts). I hope I'm in time to catch the cream of the crap. As I stroll along, it occurs to me I'm not just looking at the shelves... I'm also checking out the other shoppers.

I glance in other people's carts as I pass, taking note of their selections, and even eavesdropping on conversations now and then. I'm very curious about my fellow PsyMart shoppers. Suddenly, a thought strikes me, piercing my holiday reverie like a bolt of lightning: There are two kinds of people in the world: people who divide the world into two kinds of people and people who don't. I see browsers and buyers. Cart-fillers and hand-carriers. Splitters and groupers? Hmm, I guess it's pretty clear which path I chose at that particular fork in the road. After years in the software industry, I created "The 80/20 Theory of Programmers," a formulation for understanding software people, which helped me address their needs more reliably. I muse for a moment on how programmers tend to view therapists. Then (since I sit on both sides of that fence), I drift to how therapists tend to view programmers (a topic to which I'll return in a future column, but for now I must hasten back to PsyMart and my previous thread, because...).

Just then lightning strikes twice as a second (more relevant) thought comes to me: There are two kinds of therapists in the world, and there are many kinds of two kinds of therapists. There are dissectors and gestaltists, introverts and extroverts, confronters and comforters, processors and promoters.

There are pathology-based and strength-based, single theory and eclectic (now integrative). There are therapists who want to help people, and therapists who want to help themselves (and some that just can't help themselves). Indeed, therapists are fruitful fodder for playing "two kinds of people." But "two kinds of people" is really just black and white thinking. Most truths (and people) lie somewhere in-between the extremes. Defining the poles simply delineates the scales by which we measure ourselves and each other. Sometimes I wonder if I come out more moderate on my scales than most others I assess. Possibly, but I shall examine my scales another time, for, as we all know, it is never appropriate to check your scales immediately after the holidays!

As therapists, we also are familiar with the concept of shifting from content to process. So rather than examining the scales, I return to the process of creating them. As I notice myself dividing people into types, I recognize an important population to consider: clients. Do I split my clients into groups? "Two kinds of clients" can go many ways. Stimulating/Rote. Self-referred/mandated. Connected/Counter- transferred. Contentious/Compliant. Insured/Self-pay. I'm concerned this game can take me away from my clients by reducing my presence. My clients and I will be better served if I scale back my "two kinds of people" time. Suffice it to say there are many kinds of two kinds of people, and of the two kinds of people I prefer the "too kind" people.

Now I'm traversing the aisles of PsyMart with a feeling of resolution. "Two kinds of people" is a game which yields valuable insights -- it is more about me than the people I set out to assess. Shopping at PsyMart is always satisfying. Amidst the vast, ever-changing inventory there is one thing I can always count on finding: inspiration. I love being a therapist, and if I ever decide to marry my job, we'll definitely register at PsyMart.

Support Group Calendar

North Region Newly Licensed—January 6 and February 4

South Region Newly Licensed—January 21 and February 18

North Region / Peninsula Pre-Licensed— January 13 and February 10

South Region Pre-Licensed— January 5 and February 3

North Region and South Region Newly Licensed Support Groups

are a valuable tool during your first few years as a licensed therapist.

Free North Region Newly Licensed Support Group



North Region—The purpose of this group, which meets monthly, is to provide support to members who have recently become licensed. This support group meets the first Saturday of each month from 10:00 AM to 12:00 PM.

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 Jammoran@aol.com or 650/598-8877.

Be sure to take advantage of this valuable group and resource as you begin your journey as a licensed therapist.



The **Newly Licensed** Support Groups are designed to meet the needs of those just starting in the field after licensure, on up to **three years after licensure**.

You will find support, great ideas, and friendship with your peers.

Free South Region Newly Licensed Support Group

South Region—This support group meets the third Saturday of each month. **WE WILL BEGIN AT A NEW TIME: 10:00 AM to 12:00 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 vernaNELSON@gmail.com



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

Free Prelicensed Support Groups

North Region and South Region

*Pre-licensed Support Groups are a great way to connect
with your peers and a great mentor.*

Free North Region Pre-licensed Support Group



Debra Rojas, LMFT, facilitates our pre-licensed support group for the north bay and peninsula. This new group has been

formed to meet the needs of our pre-licensed members in the north region. Debra is a graduate of Trinity College of Graduate Studies, has been licensed for three years, and has a private practice in Menlo Park. Debra's group will meet the second Friday of

each month from 10:00am to 12 Noon, at Debra's home in Menlo Park.

To obtain additional information or add your name to the email list for this group, please contact Debra at debra@debrarojasmft.com.



Find encouragement and advice from those who have already walked in your shoes on the road to licensure.

Free South Region Pre-licensed Support Group

Karen Taylor is our South Bay pre-licensed group leader. Karen has been licensed for four years and is in private practice in Campbell, where she sees children, teens, and adults. Prior to starting her practice, she worked as a therapist for children and adults in a variety of diverse settings, including the public school system, county mental health, a psychiatric hospital, a

rehabilitation center, and several non-profit agencies.

To get on an email list for this group, to ask for



more information, or to give input about desired topics for upcoming meetings, please contact Karen at

Karen@karenytaylor.com, or by phone at 408-455-8220. Additional information about Karen, as well as directions to her office, are available at www.karenytaylor.com.

At each meeting, Karen plans to have a structured topic, as well as open check-in/discussion time. Meetings are scheduled for the first Friday of each month from 9:30am to 11:15am at Karen's office.



Supervision Series

Supervision—What's In It For Me?—Bonnie Faber, LMFT



**Bonnie Faber,
LMFT**

Bonnie L. Faber, MFT, is in full-time private practice in San Jose. In addition to employing interns in her practice, she offers both clinical consultation, and consultation to therapists considering hiring interns in their practices. www.bonnielfaber.com

A little introduction.... One of the tasks of the SCV-CAMFT Editorial Committee, of which I am a member, is to brainstorm ways the newsletter can be of more benefit to our membership. Recently, we identified a NEED we believe we can better address... facilitating a culture and community of connection (sound familiar?) amongst our members who provide supervision, and for those members seeking supervision. To this end, we will be collecting, coordinating, and disseminating this type of information. **Stay tuned for further developments....**

Additionally, we believe that publishing articles addressing the topic of supervision will likely further this goal. The following article is **part one** of the first article in such a series. We welcome your submissions. ~ Bonnie Faber

I have been supervising for almost 10 years now...having begun as soon as I was eligible -- two years post licensure. Over these years, I have provided individual and group supervision for several community agencies, third party supervision (paid by interns who needed supervision for work provided to an agency), and supervision to intern employees in my private practice. Additionally, I frequently provide consultation to more newly licensed therapists. I am often asked "why" I supervise, what I get out of it, and similar questions. I would bet that not one therapist who supervises gives the answer: "for the money" -- at least not during the past decade! Personally, I have not encountered another supervisor who supervises because s/he can make more money. I don't believe this is just because it may be the "politically correct" thing to say. Whether it is agency supervision as an employee or contractor, third party supervision, or private practice supervision, financial reimbursement for our investment

of time and energy is fairly low.

So, if not for the money, for what then? I will do my best to answer that question. And, in addition, I will be including some brief interview responses from other supervisors I know. My story.... I was extremely blessed to have some excellent supervisors on my path to licensure. Topping the list is **Carmen Frank, MFT**, in private practice in Willow Glen. I met Carmen when I was doing an intensive internship at CHD (Center for Healthy Development). She was first my group supervisor, and later became my individual supervisor. When she left CHD, she invited me to become an intern/employee in her private practice. I consider Carmen to be my most influential mentor, and, now, a good friend, as well. My experience of being supervised by Carmen was truly life-changing. She provided me with such a terrific model to emulate. Always professional, yet warm and open, her intuitive wisdom in working with clients of all ages is something I continue to envy. She made it safe for me to have my own thoughts, feelings, wants, and needs, and fostered my ability to trust them. To me, in a nutshell, this is what supervision is all about. I feel most successful, as a supervisor, when I witness an intern develop into a more confident, less anxious therapist, with a style uniquely their own. This is big-time reimbursement for me! (It's easy to make associations to parenting, and I think these associations are just as valid as comparisons made to the pride we therapists often feel when we witness our clients blossom.) I have been fortunate to have a number of these experiences, one of which I will share below.

I felt compelled to interview Carmen regarding what motivated her to supervise, and this was her, as always, very honest response: "It has been an

Cont'd on Pg 18

Terryann Sanders, LMFT

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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 and more information about our advertising policies, 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.

SCV-CAMFT 2012 Calendar of Events

January 15, 2012; Sunday

March / April Newsletter Deadline

January 27, 2012; Friday

SCV-CAMFT South Region Luncheon & Board Meeting

March 15, 2012; Thursday

May / June Newsletter Deadline

February 24, 2012; Friday

SCV-CAMFT North Region Luncheon & Board Meeting

March 16-17, 2012; Friday and Saturday

Eye of the Storm Training

March 30, 2012; Friday

SCV-CAMFT Mid Region Luncheon & Board Meeting

May 3-6, 2012; Thursday—Sunday

CAMFT 48th Annual Conference in San Diego

May 15, 2012; Tuesday

July / August Newsletter Deadline

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

Please Note Newsletter Deadlines:

THE DEADLINE FOR NEWSLETTER SUBMISSIONS IS SIX WEEKS PRIOR TO PUBLICATION. (THE DEADLINE FOR THE MARCH / APRIL ISSUE IS JANUARY 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 2012 ISSUE
DEADLINE JANUARY 15, 2012**

**MAY / JUNE 2012 ISSUE
DEADLINE MARCH 15, 2012**

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 Mary-Stone Bower — Newly Licensed MFT

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.

ONGOING PSYCHOTHERAPY GROUPS



In this dynamic psychotherapy group experience, clients explore relationship patterns & 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**.

Young Adult Psychotherapy Groups

Young Adult Psychotherapy groups provide:

- Increased opportunities to develop social skills
- Inter-member feedback that enhances self-awareness
- Opportunities to learn how to help and be helped by peers
- New perspectives about personal issues
- Experiences of universality, trust, and understanding

Many young adults feel relieved after joining a psychotherapy group, as meeting others who have struggled with similar issues and have improved offers hope and renewed determination. For more information, contact:

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

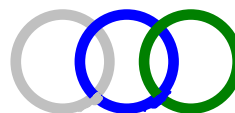
Marriage and Family Therapist
License Number: #20662

Certified Group Psychotherapist
License Number: #179092

Happy New Year!!!

To all you wonderful colleagues of mine. Cheers to all the awesome work you do!!

May 2012 be your best year ever!



Adrian Medina, LMFT

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SCV-CAMFT January South Region Luncheon

(1.5 CEU hrs. available, PCE 1134)

Intimate Partner Violence in Private Practice: Applied Knowledge and Skills for Effective Intervention
Presented by **Maureen Lowell, LMFT**

Date: Friday, January 27
Place: Los Gatos Lodge, 50 Los Gatos—Saratoga Rd
Register: At www.scv-camft.org

Time: 11:15am—1:30pm
Menu: Buffet Lunch
Fee: Members—\$26 + \$7 for CEUs
Non-members—\$30 + \$10 for CEUs

Register: Please make your payment by Monday, January 23 for the early registration fee, or just show up and pay the higher “Walk-in” fee. To volunteer to write the summary of this presentation for the Newsletter, and **receive a free lunch**, please email Sunnie Weber at mail@scv-camft.org.

This workshop will provide applied knowledge and skills for practitioners to effectively identify and address domestic violence in private practice and in other treatment settings. The workshop will provide tools for practitioners to screen clients and assess levels of risk and lethality to develop effective intervention and treatment strategies including when, where and how to refer. Practitioners will also explore the dynamics of IPV as it presents in treatment and how to enhance the practitioner’s sophistication in recognizing insidious relationship dynamics that can sabotage safety in treatment and effectiveness in outcomes. The workshop will also briefly explore issues of couples work when DV is suspected, parenting and children’s issues as they relate to IPV and the role of courts and other systems that may impact treatment. This workshop will go beyond the basics to apply this knowledge to real issues that present in private practice and other treatment settings. Current resources for referral and collaboration will be provided.



Maureen Lowell is a licensed Marriage and Family Therapist in private practice in San Jose where she has been working with adult victims and offenders of intimate partner violence since 1997. Ms Lowell has been an active member of the domestic violence community since 1993 and is currently Vice Chair of the Domestic Violence Council and chair of the Children’s Issues Committee. Ms. Lowell is currently Project Director of the Institute for Collaborative Response at San Jose State and teaches courses in family violence.

Directions:

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.

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.

SCV-CAMFT February North Region Luncheon

(1.5 CEU hrs. available, PCE 1134)

Sexual Intelligence: What People Really Want From Sex and How We Can Help Them Get It
Presented by Dr. Marty Klein, MFT

Date: Friday, February 24
Place: Crystal Springs Golf Course, 6650 Golf Course Lane,
Burlingame
Register: At www.scv-camft.org

Time: 11:30am—1:30pm
Menu: Buffet Lunch from
Fee: Members—\$26 + \$7 for CEUs
Non-members—\$30 + \$10 for CEUs

Register: Please make your payment by Monday, February 20 for the early registration fee, or just show up and pay the higher “Walk-in” fee. To volunteer to write the summary of this presentation for the Newsletter, and **receive a free lunch**, please email Sunnie Weber at mail@scv-camft.org.

Perhaps you have observed what Sex Therapist and MFT Marty Klein has: That although most people say that what they want from sex is a combination of pleasure and closeness, that's not what they usually focus on during sex.

In this thought-provoking talk, Marty will discuss why and how people undermine their own sexuality, often reducing the enjoyable, frequent sex of their early years into something they eventually start to avoid. He'll also discuss why our conventional wisdom on treating sexual problems often leads to better communication—but little else.

Many therapists unwittingly share assumptions about sex, love, and intimacy with their patients; thus, when those assumptions are driving patients' relationship and sexual problems, they can be invisible to us, limiting our clinical options. There's no substitute for therapists realizing what their assumptions are, which can greatly improve therapy outcomes. Some of the issues Marty will address include:

- ◆ Sexual function is a means to an end, not an end in itself. Paradoxically, focusing on “function” often undermines sexual satisfaction.
- ◆ The similarities between male and female sexuality are far more important than the differences.
- ◆ Anyone who thinks that orgasm is the best part of sex is missing most of what sex offers.
- ◆ Most people develop their model of sexuality when they have the body of a young, healthy person. Since most of us don't have that body very long, we need a different model of sexuality if we want to desire and enjoy sex throughout our lives.
- ◆ Our desire to be sexually “normal” is precisely what prevents us from becoming our authentic sexual selves. Therapists who collude with this desire will limit what patients can accomplish.
- ◆ Sometimes we get so distracted by sexuality cases that we have trouble seeing the power struggles, guilt, gender stereotypes, and other dynamics that underlie content issues such as pornography, affairs, and desire conflicts.



Dr. Marty Klein has been an MFT and Certified Sex Therapist for 31 years. The author of six books, he serves as a forensic expert in sexuality, and has been honored by many professional organizations. He has been an invited Master Presenter at nine state CAMFT conferences. He publishes the award-winning blog Sexual Intelligence, and blogs for Humanist Network News and PsychologyToday.com. His hundreds of training seminars and keynote lectures are consistently known as practical, challenging, and entertaining.

Directions:

Exit Highway 280 north at Black Mountain/Hayne Road. Turn left at the stop sign on Black Mountain Road. Turn right at the stop sign on Golf Course Drive. Follow Golf Course Drive about 1 mile to the clubhouse parking lot.

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

**We are thankful for the time
authors have taken to write
thoughtful articles.**



Have you considered submitting a paper or article of your own? Have you considered the benefit of having your material read by more than 500 members who regularly receive and read the SCV-CAMFT Newsletter?

- ⇒ 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.
- ⇒ 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
- ⇒ All submissions are subject to review and approval by the SCV-CAMFT Editorial Committee


California Institute of Integral Studies
 Public Programs & Performances

CERTIFICATE IN

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FEBRUARY-DECEMBER 2012

Announcing a new 150-hour certificate program that features leaders in the research, practice, and applications of mindfulness and compassion to the field of psychotherapy. This program is designed to help develop an inner presence as a psychotherapist and to teach specific skills and interventions to deepen and broaden the therapeutic encounter. CEUs are available.

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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>

		<i>Members</i>	<i>Non-Members</i>
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

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.

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.**

Please Welcome Our Newly Elected Board of Directors

Jane Kingston, LMFT—
Director of Ethics



Jane has been a member of CAMFT since 1980, and SCV-CAMFT before she became licensed in 1989. She has served the chapter as Membership Director, a member of the editorial committee, and as President. After being given 3x5 cards when she was serving as Membership Director, she helped instigate the chapters move into the computer age! She felt the chapter needed administrative support, and helped to organize an office, a P.O. box, and our first telephone! She also helped to hire our first administrative assistant to keep our chapter from sinking into it's own bureaucracy. Her efforts contributed to making our chapter more efficient and able to accomplish more in less time.

She worked in a managed care EAP setting (the MHN office in Cupertino) for three years after she received her license, and then went into private practice, with offices in Palo Alto, San Mateo, and Half Moon Bay, where she practices now. In Half Moon Bay, she ran a support group for parents of ADD children, and became interested in neurofeedback (brainwave biofeedback) as a non-medication modality for the treatment of ADD. She has been a neurofeedback provider since 1997, and has recently broadened that specialty to include Emotional Freedom Technique for chronic degenerative conditions associated with early trauma.

She credits Affirmative Action for pointing her in the direction of becoming a psychotherapist, and received her M.S. from Cal State East Bay, and her Psy.D. from Western Graduate School in 2001. Prior to that she worked as a technical writer and editor in the physical sciences, and as an education planner at the Stanford University computer center.

Kate Viret, LMFT—
Chief Financial Officer



Kate received her Masters in Counseling Psychology from Santa Clara University in 2006 and her MBA from Cornell University in 1992. After graduating from Santa Clara University, Kate did her training at the Center for Healthy Development (CHD) in Santa Clara, where she worked intensively with abused children, teen domestic violence perpetrators, and adults going through high-conflict divorce. Kate currently sees children, couples, and individual adults in her private practice in Palo Alto. She also leads process groups for counseling psychology graduate students at Santa Clara University.

Kate's interest in psychoanalytic psychotherapy led her to volunteer for the Northern California Society of Psychoanalytic Psychology (NCSPP) on the Peninsula/South Bay Education Committee. On this committee, she created and organized NCSPP educational events for pre-licensed clinicians and sought to increase membership of these clinicians.

Kate's work with foster children at CHD led her to become Clinical Director of the Silicon Valley Chapter of A Home Within, a non-profit organization that provides foster children with long-term, pro-bono, private practice psychotherapy.

Kate's business experience includes economic research for the Federal Reserve Bank, accounting work at Coopers & Lybrand, and strategic business planning for startups and other high-technology corporations in the Silicon Valley.

Please Welcome Our Newly Elected Board of Directors

**Michael Sally, LMFT—
Director of Pre-Licensed
and Newly Licensed**



Michael has been a licensed MFT since 1992. He received his MS at San Francisco State, specializing in working with adolescents and families. Following graduation, he went to work for Youth and Family Assistance in Redwood City, working specifically with homeless and runaway youth.

He founded the Redwood City Youth Health Center, a school-linked health center for youth, ages 12-21, providing medical and psycho-social services. After his tenure there, he became the Associate Executive Director of Youth and Family Assistance, overseeing nine program areas and providing clinical leadership to staff, trainees and interns.

He has worked in school settings as a counselor and educator, as well as administrator for other not-for-profit youth serving agencies, providing management and clinical leadership to staff working with high-risk families and youth. He has provided training on youth development and youth adult partnership to agencies and programs working with youth.

Currently he works at the San Mateo County Medical Center in the Department of Public Health as the Client Services Coordinator, and maintains a private practice in Redwood City. He is also an Adjunct Faculty at USF and has contracted with the BBS as an Oral Examiner and MFT Test construction. When not working, Michael is an actor, frequently seen in productions around the Bay Area.

**Diane Patton, MFTI—
Director of Membership**



Diane Patton graduated from John F. Kennedy University with a Master's degree in Counseling Psychology. During her practicum and years as an intern, she has provided counseling services for several middle and high school settings, including an alternative high school for at risk students; the Teen & Family Counseling Center, and two private practice settings.

As an intern, Diane also volunteered for Santa Clara County Mental Health's Suicide and Crisis Services providing individual phone intervention and support as well as one-on-one grief counseling to survivors of those who have committed suicide.

Diane is currently an intern in private practice under the supervision of a licensed professional in San Jose, where she works primarily with individuals 14 and up, couples and families and has completed her hours, now working on acquiring her MFT license. Areas of specialization/interest include eating disorders, parenting, anxiety, grief, loss and trauma, women's empowerment issues, and dream work.

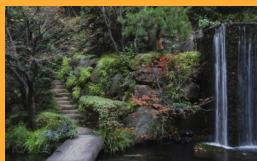
In addition to the private practice setting, Diane works for Turning Point Counseling and Education Services, facilitating groups for perpetrators of Domestic Violence as well as holding lectures and workshops throughout the community on a variety of topics.

Diane has a diverse background in customer service, design, and project management which enables her to bring strong communication and organizational skills to her new position on the board as Membership Director. Her goal is to give back by supporting others in the profession and be a part of creating something more for those who dedicate themselves to this field. Diane is honored and looking forward to serving as a new member of the SCV-CAMFT Board of Directors.

Walk Around the Lake— By Susan Rowland, M.A.

Susan Rowland, M.A.

Susan Rowland has been in private practice for over 30 years. She is a trained Labyrinth facilitator with Veriditas. susanrowland@earthlink.net



The labyrinth is often associated with medieval cathedrals; the most familiar is Chartres Cathedral in France.



"Perhaps the truth depends on a walk around the lake."

Wallace Stevens

This quote raises an important question for clinicians. What does our truth depend upon? Or even more important – what are the practices we engage in that enable us to stay connected to our truth, whereby we greet the world, specifically our clients, with authenticity and grace? What are the activities we provide for our own refreshment, renewal, connection with our imagination? What is it that deeply restores our mind, body, and soul?

In our increasingly busy and complicated world, finding time for quiet reflection is necessary. Modern neuroscience has confirmed that meditative practices are healing for the traumatized or overworked brain.

Contemplative practices such as journaling, dream work, solitude, and silence are some of the familiar ways of finding space to quiet the soul. The labyrinth is an additional practice that many people are experiencing as a way of rest and renewal for weary hearts and minds. This meditative walking tool enables the body to participate, as well as mind and spirit.

The labyrinth is often associated with medieval cathedrals; the most familiar is Chartres Cathedral in France. Historically recognized as a contemplative meditation or prayer tool, it is now finding its way into schools, hospitals, and corporate settings as a peaceful

space to walk and think quietly. It offers a contained experience for reflective thought on a variety of topics, such as transition, stress management, creativity, or innovation.

Unlike a maze, which is meant to confuse, a labyrinth has a single path leading to the center and back out, with no dead ends or decisions required. This allows the mind and body to slow to its own natural rhythm. There is no right or wrong way to walk a labyrinth, other than being respectful of those who are on the path with you. The recommendation is to experience it as a metaphor.

For instance, on a recent walk, I became aware of a pain in my neck (literal). I paused in my walking to twist a bit in order to loosen the muscular grip. While present to the physical, I



began to consider whether there was something in my life that was a "pain in my neck" (metaphor). I became aware of the intense concentration of each step I was taking ostensibly to appreciate the beauty, effort and craftsmanship of the rock path. I was behaving as if connection with each broken piece of granite was necessary for pleasure. This reminded me of our home construction project (literal), and all the details and decisions required to complete remodeling (literal), which are a "pain in the neck" (metaphor). This physical pain offered me a choice to stop and consider my attitude and behavior. I trusted those working on my home; the project would be completed eventually, and perhaps letting go of some of the details that were creating a pain in my neck (literal and metaphor), would diminish the stress. My neck began to relax, and I resumed walking. This subtle movement back

Continued on Pg. 19

The SCV-CAMFT Mentoring Program



- ◆ Do you have questions about what direction to take in your career?
- ◆ Do you need help with the licensing process?
- ◆ Would you like someone to talk to about internship choices and concerns?
- ◆ Are you looking for professional guidance to help you make decisions regarding your private practice?

The SCV-CAMFT mentoring program can help you with these questions and more. It is designed to allow experienced LMFTs to mentor less experienced students, interns, or newly licensed MFTs.

To get started, all you have to do is:

1. Visit our website at www.scv-camft.org.
2. Log-in as a member.
3. Choose "Mentor/Mentee Program Description" or "Find a Mentor".
4. Review the potential mentors until you find one you feel is a fit for you.
5. Choose their profile and email them directly.

If you have any questions about this valuable membership resource, please contact the program coordinator, Yvonne Blockie at yvonnemft@comcast.net , or by phone at 408-235-0872.

~ Mentoring is a brain to pick, an ear to listen, and a push in the right direction. ~ John Crosby

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

mer experience of serving on our chapter board, and a strong passion and interest in ethical guidelines in our profession. **Diane Patton** will be serving as the Membership Director, and is interested in building more of a community within the chapter. It's a perfect job for her! I encourage you to read their bio's and learn more about them in this newsletter.

Our board has many goals for the new year and several events already being planned. By now, you have taken a couple of surveys in the last few months. One survey was related to Sexual Orientation Change Efforts, and the other survey was related to events being planned for the new year. These surveys will help guide our way as we factor in the opinions of our membership. I encourage you to share and provide us your opinions, and we will continue doing our best to address them.

I appreciate the opportunity to serve as the Chapter President, and am excited to see how this year unfolds. Here's a quote from one of my favorite teachers, — Pema Chödrön, "Like all explorers, we are drawn to discover what's out there without knowing yet if we have the courage to face it." Her guidance always seems to inspire me to find my inner comfort in times of uncertainty. May we all find the courage to stretch ourselves into areas less familiar and face the unknown with curiosity and fascination.

Outstanding Volunteer...—
cont'd from page 1 -

President-elect in January 2009, and completed her official term on the Board as Past-President in December 2010. In 2011, she was asked to assume the role of Technology Coordinator.

During her term on the board, Lara implemented a number of chapter surveys and helped facilitate the Marriage Parity discussions within the Chapter, as well as State CAMFT. When she was Membership Director, she updated membership categories to reflect the changing demographics of the Chapter. She currently is working with our webmaster, Michael Jaret, to update and enhance the SCV-CAMFT website. As the liaison between the board and webmaster, Lara ensures that our website continues to develop and grow, to meet the Chapter's changing needs. She does this not as an obligation, but as someone deeply committed to creating strong technology tools for our members' use. Through her efforts, members have access to a state-of-the-art website.

Lara is much more than our technical wizard. She has worked for Santa Clara County since 2002, and also has a private practice. She treats substance abuse/dependence disorders, as well as eating disorders, and has additional training for these specialties. While on the board, Lara brought together leading experts in the field of chemical dependency, and coordinated a very successful Chapter workshop on the subject. Prior to obtaining her Master's in Counseling Psychology from Santa Clara University, she worked as a marketing professional for IBM, followed by a similar position for a small Internet start-up company. Currently, she is working on her PsyD, and expects to be finished with this degree by 2014. In her spare time, Lara rescues and fosters Italian greyhounds, and helps her husband remodel their home in San Jose.

We feel very lucky to have Lara continue her involvement as a leader in the Chapter. The Board of Directors is grateful for her service, and proud to award her the honor of Outstanding Volunteer.

Supervision Series...—
cont'd from page 6 -

interesting challenge to remember what it was about supervising that I was first attracted to at the time. I think that a big part of it, to be honest, was to develop a sense of myself as having something to teach or give. Like all of us, going through the learning of this great Art, it was not so easy on my ego. I was on the young side in the Santa Clara M.A. program, being just 23 when I started. Then, going through all of those internships, I often felt small...in the face of this mysterious therapy thing. When I was first asked to be a supervisor at Alum Rock Counseling Center, I was 31. I felt like such a big shot, and that was such a good feeling! I wish I could say it was a more altruistic motive, but, really, other than you, I found supervising a stress -- handling projections of Good or Bad Mother from interns who I was surrounded by at the agencies I supervised for. I really did cherish being your supervisor and how that has led to a long-time friendship, being important to you, sharing intimate moments, seeing you bloom and come into your own -- and knowing that some of that was helped by my care and love of you! That, at this point, is the thing that moves me the most when I reflect on the experience."

Now, fast forward about 10 years from the time I was an intern in Carmen's practice, to when I hired my first private practice intern, **Laura Raybould Wolfe, LMFT**, who is now practicing in San Jose. My experience of supervising Laura was very much like Carmen's description of supervising me. I now had the opportunity to be on the other side of the supervisory relationship-equation...and to "pay it forward" if you will -- an opportunity to "give back" to the field that has enriched my life so very much. Laura was an absolute delight to supervise. She approached me as a possible supervisor, and, in addition to being determined, she was open and vulnerable with me, from the start. I

could see how much “work” she already had done to prepare for her future as a therapist, and it was a pleasure to get to know this very grounded, sensitive, and compassionate young woman. As time passed, and we thought and worked together on cases, I felt honored to witness her develop into the very gifted therapist she has become. Our relationship has developed into a friendship...one I know I will always treasure...just as much as I treasure my relationship with Carmen. How wonderfully fortunate I have been to share such intimate, impactful experiences with both a mentor and a mentee, both of whom I now call friends.

Another supervisor, and friend of mine, **Terrance McLarnan, LMFT**, in private practice in Santa Clara, and Executive Director of CHD for the past seven years, says this about why he continues to supervise: “Since I started to provide clinical supervision in 1994, it has become an integral part of my professional identity and clinical development. I have been very fortunate to have my own wonderful supervisors, who have helped me develop my capacity to think analytically, for which I am grateful. For me, providing supervision is not unlike the process of providing a treatment. It requires a great degree of trust to develop an atmosphere where interns can express their confusion and other vulnerabilities (which I consider a significant competency), as they develop their own unique clinical identities. The aspect of providing supervision that I value most is that my own capacity to think is expanded. While I am not in the room with the patient, my faculty to imagine the patient and to use my counter-transference is exercised, and my ability to put vague feelings into words grows. Finally, as the director of The Center for Healthy Development, I have been in the unique position to help train the next wave of therapists. One life time is not really very long; there is a lot of suffering in our community, and I have a commitment to be

part of the solution.”

And, lastly, I asked my current mentor, **Hugh Grubb, PsyD, LMFT**, a well-known psychoanalyst, who’s been in long-time private practice in Los Gatos, to share what motivates him to provide supervision and consultation. Dr. Grubb says: “I hope to provide support for the intense personal demands of doing our work, as well as a confirmation of the relevance of the innate, heartfelt responses we each have to clinical situations. I hope to be strengthening the professional community, supporting a particular kind of emotional presence: honest and resilient, yet also deeply curious and imaginative. I enjoy the work very much. For me it is an experience of mutual discovery, an opportunity for exploring what this profession calls for in each of us. We are colleagues on a fascinating journey. Often, I feel deep gratitude for the companionship.”

TO BE CONTINUED..... Part II (“... And What Am I Getting Myself Into?”) will run in the March/April 2012 newsletter.

Walk Around the Lake— cont'd from page 16 -

and forth between metaphor and literal experience allows an opportunity for insight needed for peaceful existence.

It is important to experience “your experience” as you walk, and valuable to consider using a three-part process of Releasing, Receiving and Returning to facilitate your time. As you begin your walk, “releasing” may involve a slowing down of your breathing, becoming conscious of your pace, and attending to thoughts that may arise. These may include the surrender of expectations for the walk, calming a critical voice inquiring how this time will be useful, or having concern over whether the walk is being done correctly. With a deep breath, or placing a hand upon your heart, these thoughts can be released. Perhaps you have entered the labyrinth with a question, concern, or dream that may need attention. Gently releasing the need for solution

is helpful at this point, while holding it lightly in your thoughts.

Receiving is often associated with arrival at the center. This is a time to pause, feeling free to stay as long as you like in whatever posture feels comfortable. Many times there is room to sit or kneel. This is a place to deeply listen, appreciating the moments of silence and surrender.

Walking out of the center, you will be returning to the opening of the Labyrinth taking the same path. During this time, it is helpful to consider how you will take in to the world what you have thought or heard within. Perhaps a new project will have appeared, or a deep sense of peace, strengthening, or relaxation. Some have said “nothing happened,” but are aware in the next few days that a dream or inspiration materialized.

A common fear is that of getting lost. One of two things happen when one is lost on the labyrinth path. There will either be a return to the center, or finding oneself at the beginning without having reached the center. Choices abound at this point. One can always redo the walk, remembering again there is no wrong or right way other than the importance of holding the experience in metaphor. Perhaps inquiry may begin around feelings of being lost, or curiosity over what may have distracted you while walking.

Your pace and breathing may change during these three stages. Remain conscious of how the body, mind and spirit experience the walking meditation. It may be helpful to take a moment before leaving, to sit quietly or record your thoughts in a journal.

Whether you have a lake or labyrinth nearby, or just take a stroll in your neighborhood, my hope is for you to feel the nurture that comes from reconnecting with truth.

To find a labyrinth near you, check the website Veriditas.org, clicking on “Labyrinth Locator”. Should you be interested in a private or group walk with a facilitator, please feel free to contact me for further information.

FOR CLINICIANS

Resource for Clients Dealing with Divorce and Custody

"Divorcing Peacefully: Why It's Essential and How To Do It", by Larry Stone, MFT. For anyone dealing with, considering, or recovering from divorce. www.DivorcingPeacefully.com. 510-964-1200.

Psychoanalytic-Oriented Consultation Group

Think analytically through case presentations focusing on primitive aspects of the patient as seen through the transference/countertransference in the here and now. Mondays at 1:45-3:00, \$45 weekly, Palo Alto. Contact Diane Strongwater, MFT 408-737-1337 or Carol Harrus, M.D. 650-328-8935.

Neuro-Emotional Technique NET is a mind-body tool to help release old "stuck" emotions by using acupuncture meridians and muscle testing. Free half hour introductory session for therapists. Call Roberta Gelt at 650-558-9605/ netmindbody.com

GROUPS AND WORKSHOPS

Gifts From the Creative Fire

BECOME A CERTIFIED EXPRESSIVE ARTS PRACTITIONER

Amazing Introductory Workshop Experience!

GIFTS FROM THE CREATIVE FIRE

Sunday, December 11th, 2:30-5:30

Sunday, January 15th, 2:30-5:30

Location: 555 Waverly St.

Palo Alto, CA 94301

www.ExpressiveArtsTraining.com

SUPPORT GROUPS- TEEN GIRLS-

friendships, feelings, communication, self-esteem and stress using art and drama. **WOMEN-** relationships, depression, stress, transitions, parenting, balance and grief starting January 21 (8 weeks) Lori Levitt, MFT #43329.

650/794-4828

www.lorilevittmft.com

Anxiety Coping Skills Class in San Jose

Practical cognitive and behavioral skills for anxiety disorders. A great adjunct to individual therapy. Call Laura Johnson, LMFT, at (408) 596-1770 or visit www.lauralcjohnson.com/anxiety-group-san-jose.html.

GROUPS AND WORKSHOPS

Teen Depression Group

Peace-It-Together now offers a Teen Depression Groups for teens and their parents. Teens meet twice a week for two hours, and the parents group meets once a week for two hours. The program is based on a Cognitive-Behavioral treatment model. Please contact Deborah Licurse for questions about the program at 408-774-1009.

2-DAY INTENSIVE Hypnosis: Creative Trouble Shooting, Innovative Approaches, Difficult Cases at the MRI!

January 20th-21st, 2012

Presenters: John Frykman M. Div., MFT, Ph.D and Carol Erickson, LCSW, MFCC

Description of the Course:

An intensive, "hands-on" experience with hypnosis, including demonstrations with volunteers from those in attendance. - 12 CEUs for MFTs.

Cost: \$400

To view this course and others, visit www.mri.org. For discounts and more information, please contact mariapiaallende@mri.org or (650) 321-3055.

Register Now for the 2-DAY INTENSIVE Strength Based Multicultural Brief Therapy course at the MRI!

2-DAY INTENSIVE

Strength Based Multicultural Brief Therapy—Terry Soo-Hoo, Ph.D.

November 3 & 4, 2011

12 Continuing Education Units

MRI is approved to provide continuing education for MFT's and/or LCSW's as required by the California Board of Behavioral Sciences, Provider # PCE 14.

COST: \$400

Students: \$300.00

Groups (3 or more): \$280.00 per person. For more information, please contact mariapiaallende@mri.org or call 650 321 3055.

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

GROUPS AND WORKSHOPS

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. 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

Knowing Me, Loving Me

Join a supportive circle of women and learn to create more of what you want in your life, through therapeutic dialog and supportive relationship. Marialena Malejan-Roussere, 408-702-7429 www.relationshipharmony.com

JOB OPPORTUNITIES

Seeking Clinical Position

Former Director of The Sequoia Center seeking Clinical opportunities: Clinical Supervisor of Interns, Clinical Director, Agency/Hospital/Chemical Dependency work, Teaching courses. Appreciate any leads! Renee Brown—reneebrownlmft@sbcglobal.net

OFFICE SPACE

Part-Time Office: 3 Days Available in Campbell

Part-Time Office: 3 Days Available in Campbell in the beautiful Heritage Office Building at Campbell and Winchester. Very professional and nice atmosphere. \$265 per month. Contact Peg at 408-358-4090.

Campbell Office Available

Furnished office available full time or by the day (2 day min). Approx. 160 sq. ft. Waiting area and small kitchen. Contact paul@dalytherapy.com

Campbell Downtown

Small private office with lots of parking; Utilities included; waiting rm etc Contact gene to see at 408-966-5052

OFFICE SPACE

Office Sub-rent

Non-Smoking Psychotherapy Office for Sub-Rent Los Altos, CA 94022. Call: Seán at (650) 948-9989 or tubrid@stanford.edu. More info: www.sean-oriordan.com

Los Gatos Office sublease

Attractive Full or Part-time 2nd floor 6-office suite. Waiting room, kitchen, call lights, wheelchair access, w.fax/internet. Near 85/17. Contact Holly 408 379-3741 or Verna 832-2448.

Menlo Park Sublet

Lovely office in prime downtown area available Mondays, Tuesdays, and Fridays (days negotiable). Reasonably priced. E-mail Dr. Richard Shapiro, rashapmd@aol.com.

Mtn View Office – Great Location

Full-time office in beautiful business plaza. Amenities include waiting area, utilities, janitorial service, free Google WiFi, conference rooms and on-site deli. \$750/month. Contact Jim (650) 450-0102 jimarjani@yahoo.com

Palo Alto Office Space

South Palo Alto.
80 sq ft @ \$80 per 4-hr block per month—Counseling, Consulting, Psychotherapy—650 493-1935X2

Office in San Jose

Looking for therapist to sublease room in a psychotherapist office located at Bascom and Curtner. Low rent includes waiting room, private bath and janitorial. Call Nancy 408 493-5300 or nancy@nacyestes.com

\$300 / 260ft² - Beautiful, quiet, spacious, office (San Jose West)

Available 2 -3 days (negotiable).
August - October available full-time at no additional rent. Corner office with large window, well lit, second floor (no elevator). Waiting room and mailroom. Easy parking. Very quiet.
Saratoga Ave/Prospect Rd/Campbell Ave. 408-562-4878

San Jose Office

Sub-lease on full-time or part-time basis. Beautiful rose garden area, near Interstates 880, 280 and 101. Shared waiting room and janitorial included.

OFFICE SPACE

Call Tricia (408) 207-5269 or email: TriciaMlnarikMFT@gmail.com.

Office Space

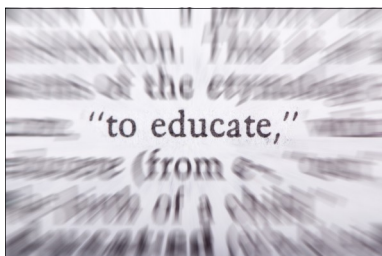
Full and part-time space in lovely office with friendly, experienced therapists; copier, fax, wireless internet, kitchen, water cooler, client and staff bathrooms, easy parking. Excellent location! Dale Lillak 408-260-9995
Lori Godin at Lori@LoriGodin.com.

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!

Yes! We Take Them!

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.



We also accept PayPal payments to mail@scv-camft.org if you already have an account.



Or you can always mail your check payment to us at SCV-CAMFT, PO Box 60814, Palo Alto, CA 94306.



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

Creating a Community and Culture of Connection



Friday, January 27

11:30 AM — 1:30 PM

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

***“Intimate Partner Violence
in Private Practice: Applied
Knowledge and Skills in
Effective Intervention”***

By Maureen Laurel, LMFT

Los Gatos Lodge
50 Los Gatos—Saratoga Rd
Los Gatos

Chapter Events

Dates to Remember

- ◆ March 16-17—Eye of the Storm Training in Mtn View
- ◆ March 30—Mid-Region Luncheon in Mountain View
- ◆ April 27—South-Region Luncheon in Los Gatos
- ◆ May 3-6—CAMFT 48th Annual Conference in San Diego
- ◆ May 18—North-Region Luncheon in Burlingame

Friday, February 24

11:30 AM — 1:30 PM

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

***“Sexual Intelligence: What
People Really Want from
Sex and How We Can Help
Them Get It”***

By Dr. Marty Klein

Crystal Springs Golf Course
6650 Golf Course Lane
Burlingame

RESERVATIONS: YOU CAN 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 or workshop registration page. You can also register by PayPal or by sending a 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. Reservations will be held until noon. If seating is available, “standby” persons can pay at the door to attend. **Please note: telephone reservations cannot be accepted. Call the chapter voicemail, 408/235-0210, for reservation information and the chapter’s cancellations policy.**