

SPECIAL POINTS OF INTEREST

- **President's Column by Pamela Eaken, LMFT Pg 1**
- **SCV-CAMFT New Director of Business Development Pg 1**
- **In Practice by Howard Scott Warshaw Pg 3**

INSIDE THIS ISSUE:

Broken Love—A Legal Perspective	4
Calendar of Events	6
Food Addiction and Trauma Luncheons	7
What is EFT?	11
Support Groups	14
Innovative Program Workshop	15
Classified Ads	22-23

President's Column—Striking a Balance in 2013

Business and compassion meet in our offices every day, and they provide the dual focus for our activities in SCV-CAMFT as we begin a new year. Whether we're in private practice or working within an organization, we won't be able to help very many clients if finances and other business matters are distracting too much of our attention. We need to find a good balance for ourselves, with the support from a broad range of activities and resources offered through SCV-CAMFT in the coming year.

SCV-CAMFT seeks to help members with support for both client-facing work and business-related issues. For the past couple of years, the board has been working on building a community of sup



Pamela Eaken, LMFT
President, SCV-CAMFT

port for therapists who are looking for ways to build their practices in a challenging economic environment, while still providing excellent care for clients.

In this effort to support members, many wonderful ideas have come to fruition, including the formation of the marketing arm of the board, and the im-

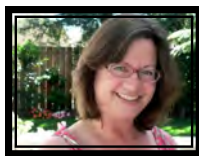
plementation of the Innovative Programs as an adjunct to our luncheon program. Elizabeth Basile directs the activities of this new program, which provides a variety of speakers and activities for members at times other than Friday lunch, and at no cost.

As your new president this year, I want to promote these kinds of efforts with an eye on balancing the business side of running a practice with the clinical/therapeutic side that allows us to provide service and healing to our clients. Many people inside and outside SCV-CAMFT have developed innovative methods for doing all the things we do

Cont' on Pg 18

SCV-CAMFT New Director of Business Development

Nancy Andersen received her MA in Counseling Psychology from Santa Clara University in 2009. She completed internships following graduation at the Center for Healthy Development (CHD) in Santa Clara, and Kara in Palo Alto. She became licensed in 2012, and has a private practice in Los Altos.



At CHD, Nancy worked with children, couples, teens and adults, and facilitated groups

for parents going through high-conflict divorce. She learned to work with trauma, domestic violence, and parallel and co-parenting. Kara offered Nancy a chance to develop expertise in grief, her primary clinical interest, and facilitated the first spouse and partner loss groups offered there. She worked mainly with young adults grieving the death of a spouse, parent, child or sibling.

Journalism was Nancy's first profession. She graduated with a BA from Texas A&M University in 1981, and worked as a city hall reporter for a small

town daily newspaper. Later she shifted to in-house publications, alumni affairs, and special events at the University of Virginia and the University of California, SF.

As the Business Development Director for the Santa Clara Valley Chapter of CAMFT, Nancy wants to find ways to make our organization better known in the community. She is honored and excited to serve on the board, and looks forward to talking to members about their ideas to raise our collective profile as MFT's.

SCV-CAMFT Calendar

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

JANUARY	
12	Innovative Programs Mid Region; Menlo Park
25	Chapter Luncheon South Region; Los Gatos
FEBRUARY	
22	Chapter Luncheon North Region; Burlingame
MARCH	
22	Chapter Luncheon Mid Region; Mtn. View
TBD	Disaster Response Workshop (CISM)
APRIL	
26	Chapter Luncheon South Region; Los Gatos
TBD	New Member Tea

Pamela Eaken, President
(650) 504-1982
pamelaeaken@gmail.com

LaDonna M. Silva, Past President
(408) 358-2218 ext. 421
amitiel@earthlink.net

VACANT, President Elect

Kate Viret, Chief Financial Officer
(650) 996-7960
kviret@gmail.com

Robin Ginsberg, Director
Special Events
(650) 464-7603
rgrg33@sbcglobal.net

Michael Sally, Director
Prelicensed & Newly Licensed
(650) 568-7884
michaelsally@comcast.net

Debra D. Rojas, Secretary
(650) 561-3764
debra@debrarojasmft.com

Jane Kingston, Director
Ethics
(650) 726-6774
jane@igc.org

Diane Patton, Director
Membership
(408) 380-3006
dpattonthepathy@gmail.com

Elizabeth Basile, Director
Luncheon Programs
(831) 594-3085
ebasile.mft@gmail.com

Nancy Anderson, Director
Business Development
(560) 833-9574
canandfam@earthlink.net

Liaisons To Other Community Agencies

Red Cross (Santa Clara County):
Judith Boore, (650) 948-9138

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>

Committee Chairpersons

Disaster Preparedness:
Mary Kay Bigelow, (650) 948-3400
Mentor/Mentee Program Coordinator:
Yvonne Blockie, (408) 235-0872
North Region Luncheons:
Vacant
Mid-Region Luncheons:
Wendy L. Wegeforth, (408) 888-6630
South Region Luncheons Co-chairs:
Verna L. Nelson, (408) 379-7747
Carol Marks, (408) 736-5093

Editorial Staff

Sunnie Weber,
Weber Consulting and Services
Composition, Typesetting &
Advertisements
scvcamft@gmail.com

Editorial Committee

Vinutha Mohan, Editor
vinutham@gmail.com
Terryann Sanders, LMFT
terrysanderslmft@gmail.com
Joanne Shurter, LMFT
joanne.shurter@gmail.com
Pamela Eaken, LMFT
pamelaeaken@gmail.com
Jane Kingston, LMFT
jane@igc.org

SCV-CAMFT News (ISSN#010092) is published bi-monthly in January, March, May, July, September and November for \$10 per year by the Santa Clara Valley Chapter of the California Association of Marriage and Family Therapists, 1389 McKendrie St., San Jose, CA 95126

Periodicals Postage Paid at San Jose, CA, and at additional mailing offices.
POSTMASTER: Send address changes to SCV-CAMFT News, 1389 McKendrie St., San Jose, CA 95126.

All articles and advertisements 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 23.

Unsolicited articles 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.

In Practice with Howard Scott Warshaw: A Psy of Relief



Howard Scott Warshaw, MFT received his Master of Arts degree from JFK University and his Master of Engineering degree from Tulane University. After decades as a software engineer/manager, award winning film maker, celebrated video game developer, photographer, author and teacher, Howard integrates his eclectic skill-set in the service of others as a psychotherapist. He is currently in private practice in Los Altos where he focuses on the unique needs of Silicon Valley's Hi-Tech community. Howard can be found at www.hswarshaw.com.

Nothing says Happy New Year like taking my harvest of gift cards down to PsyMart (CostCo for therapists). Upon arrival, the parking lot tells me I'm not alone in my post-holiday reverie. I take the first available space... 3 miles from the entrance. I grab a stray cart (sensing they may be scarce) and start rattling along. It occurs to me, people come to therapists to lose baggage, but therapists go to PsyMart to get baggage. That's why the carts are so big!

But how shall I fill mine? My best gift this holiday (after a healthy wife) was from the BBS! As a newly licensed therapist I'm open to many possibilities. There is, however, one must-have item today: a shiny new mirror for my new office. Once inside the store I approach the nearest PsyMart Customer Experience Facilitator for some help...

"Hello sir, what brings you to PsyMart today?"

"Can you direct me to the mirrors?"

"Certainly, you'll find them at the end of your true path."

"Can you direct me to my true path?"

"You're on it."

Hmmm. A glance at her nametag confirms my suspicions: "Hello, I'm Debbie, PsyMart Non-Directive Associate."

I courteously externalize myself from the conversation and venture out into acres of sprawling merchandise.

After a while I find myself in the Boundary Friendly gift section. An "Answers to Common Client Questions" calendar catches my eye. I pick up the display model and start flipping pages... January 5, What is therapy? *Therapy is a journey you take by yourself....with me.* February 14, What's a healthy couple supposed to be like? *In a good couple each partner feels they're getting the best of the bargain.* March 17, How come you know all about me and I don't know anything about you? *You know that I listen to you. You know I care about your safety and well-being. You know I work to understand you as best I can and I'm always there for you*

(at least within 24 hours). You may not be clear on a few details but it sounds like you know some very important things about me. April 1, What's normal? *A normal person is someone you just don't know very well.* Ah yes, April Fool's Day. But I can't spend all year on this calendar (at least not today), so I toss a fresh one in my cart and press on through the plethora. Where are those mirrors?

I pass through Experiential Interventions, Focused Intentions, Theoretical Inventions and Anxieties & Apprehensions (which naturally shares an aisle with Processing Tensions). Finally I reach my destination, the PsyMart Mirror department, where therapists come to reflect. It's hidden between Art Therapy Supplies and Cognitive Notions (amidst frames and reframes).

A mirror may not sound ideal for someone (like myself) who is still retaining a lot of holiday cheer, but PsyMart has remarkable mirrors. While gazing into one I notice I've lost some psychic weight. Upon reflection, I realize how I used to take more of a tornado approach, busting up the status quo and forcing change where I felt it was needed. Perhaps I just needed an aftermath to feel some validation. Now I see how I've mellowed. Now I aspire to be the rolling breeze; the only evidence of my visit are new ships safely moored in previously unreachable ports. I feel much better as the "winds of change," it's a big step up from "blow hard." Yes, this is my mirror. And it's slimming, too! I pop it in the cart and head for check-out...

Which is chaos! Enormous lines. Overflowing carts everywhere. But one lighted sign beckons: "Express Check Out, Licensed 5 Years or Less." Incredible, my brand new license is already paying dividends. After years of intensely focused effort, I have reached the culmination of my journey. Now that it's finished I am finally free to begin. My first year of licensure. I'm setting intentions to make it an excellent one. The first of many! Happy New Year!

Broken Love: The Intersection of Divorce and Therapy

A Legal Perspective by Dina Haddad, Esq., LL.M



Dina Haddad, Esq., LL.M, is the founder of Families First Mediation, a family law mediation boutique in San Jose. She is a panel neutral for the Agency for Dispute Resolution, headquartered in Beverly Hills, and sits as judge pro tempore for the Santa Clara County personal property arbitration program. She may be reached through her website — www.ffmediation.com.

Here, at Families First Mediation, we want to wish you a Happy New Year and all the best with reaching your New Year's resolutions. Change is such a significant part of this time. We all hope for a better, more prosperous year. This year may result in significant structural changes for many families. With the holidays behind us, more couples are ready to file for divorce, making January the highest filing month of the year.

During the holiday rush, I braved Trader Joe's for some last minute grocery items. As I exited the store, I headed into a jammed parking lot. You know the kind...carts parked under trees, cars in every direction, all set to the holiday tune of honking horns.

Out of the corner of my eye, a dad was struggling with his two tiny tots and a cart full of groceries. I watched as he pulled his cart close to his SUV, unloaded one child and buckled him into his seat, leaving the other child untended.



I can't help but think how this would play out in a custody battle, even years later. No longer is this dad brave for facing the holiday crowds to help mom out, but careless and negligent, *always* putting these children in harm's way.

What happens when one of your clients comes in panicked with this story? The holidays have a way of magnifying our relationship problems. Simple mistakes become catastrophic. This client had a horrible holiday season and despite the best counseling, and because of other compounding issues, the client is determined to move on this year with a divorce. Your client is chiefly concerned with how they (the parents) will divide their children's time, what the court would do, and how they should go about doing it. From my previous columns, you know the various processes the parents can pursue to obtain a custody schedule (litigation, kitchen table divorce, collaborative, and mediation), and the importance of a detailed custody plan. In this column, I hope to provide you information about the court's perspective in developing timeshare schedules for parents, and how to think about these schedules in a way that benefits the children.

What is the Court's Timeshare Guideline?

You might think there is a rule to encourage 50/50 timeshare. However, the standard is not nearly that black and white. The Family Code expressly establishes that there is no preference or presumption for a particular type of custody or visitation arrangement. Instead, when it comes to child custody, the courts are looking for a timeshare schedule that allows the children to be in *frequent and continuing contact* with both parents. As a result, the parents should share the rights and responsibilities of child rearing unless the contact would not be in the children's best interests. This is because the court's primary concern is to assure the child's health, safety, and welfare. There is one significant exception to frequent and continuing contact. There is a rebuttable presumption against a sole or joint custody award to a parent who has perpetrated domestic violence against the other party, the child, or the child's siblings within the previous five years. In other words, the parent who has perpetrated domestic violence has the burden to prove that he or she should be awarded sole or joint custody despite the domestic vio-

lence finding. Aside from this, in practice, courts will try to move parties into a 50/50 timeshare if there are no real issues affecting the children's health, safety, and welfare. However, because of the litigation burden and other contributing factors, this may never be achieved for some families. As discussed below, a 50/50 timeshare is not necessarily the best for all children, especially in cases where there is high-conflict between the parents.



What Timeshare Is in the Children's Best Interests?

This will depend on a number of unique factors about the family and the relationship between the parents. There are two general factors to consider in devising a timeshare plan - the ages of the children and the relationship between the parents. Dr. Robert Emery, a Professor of Psychology and Director of the Center for Children, Families, and the Law at

the University of Virginia, has done extensive statistical studies on the long-term successes of custody mediation, and the importance of having a parenting plan that works for the family. In general, he finds younger children benefit from having a "home base." This would mean fewer exchanges between the parents, and staying with one parent for most of the time. School-aged children can manage more complicated schedules - as long as the children have

parents who can co-parent successfully. This might be week on/week off, a 2-2-3 schedule, or a number of other variations. For teenagers, the best schedule is helping them develop their own. If teenagers have input, they are more likely to follow through, which is a difficult task in itself.

This needs to be balanced against the second factor: the relationship between the parents, or what Dr. Emery calls divorce style. He categorizes this in three

styles: cooperative, distant, or an angry divorce. In a cooperative divorce, the parents are able to co-parent effectively, keeping discussions about the children between them in a businesslike manner. In a distant divorce, the communication between the parents is difficult and often veers away from the children. The parents have to work hard not to engage in verbal bantering, especially in front of the children. Obviously, in the angry divorce, one or both parents are so angry with one another, that their ability to co-parent is next to none. The children are usually aware of the animosity and can often be caught in the middle. Parents who have a cooperative divorce can handle more frequent exchanges than those in a distant or angry divorce. Think about the couple's relationship. If they tend to be tense or even hostile with one another, a schedule that has the children doing fewer exchanges is better. This protects the children from having to see more tension, anger, constant bickering, message sending and the like between their parents.

If you have a topic you'd like to see addressed, or comments and questions about this column, feel free to reach me at (408) 357-3486 or dina@ffmediation.com.

"You might think there is a rule to encourage 50/50 timeshare. However, the standard is not nearly that black and white. The Family Code expressly establishes that there is no preference or presumption for a particular type of custody or visitation arrangement."

SCV-CAMFT 2013 Calendar of Events

January 12, 2013; Saturday

SCV-CAMFT Innovative Program Workshop

January 15, 2013; Tuesday

March / April Newsletter Deadline

January 25, 2013; Friday

SCV-CAMFT South Region Luncheon & Board Meeting

February 22, 2013; Friday

SCV-CAMFT North Region Luncheon & Board Meeting

March 15, 2013; Friday

May / June Newsletter Deadline

March 22, 2013; Friday

SCV-CAMFT Mid Region Luncheon & Board Meeting

March TBD

Disaster Response Training Workshop CISM

April 26, 2013; Friday

SCV-CAMFT Southm Region Luncheon & Board Meeting

April TBD

New Member Tea

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 2013 ISSUE
DEADLINE JANUARY 15, 2012

MAY / JUNE 2013 ISSUE
DEADLINE MARCH 15, 2013

SVC-CAMFT CHAPTER BUDGET

	Approved 2013 Annual Budget
Income	
Treasurer Income	\$5
Ethics Income	11,500
Business Development Income	7,089
Membership Income	45,416
Luncheon Program Income	11,625
Special Events Income	13,797
Technology & Comm. Income	0
Total Income	\$89,433
Expense	
President Expense	\$3,475
President-Elect Expenses	300
Secretary Expenses	100
Treasurer Expenses	7,046
Ethics Expense	3,000
Business Development Expense	8,695
Membership Expense	6,140
Prelicensed & Newly Lic. exp	0
Luncheon Program Expense	10,399
Special Events Expense	10,465
Office Expense	1,830
Independent Contractors Exp	31,890
BBS Expenses	200
Total Expense	\$83,539
Net Income (Loss)	\$5,894

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 — Robin Bates-Pualuan 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.

Food Addiction and Trauma: A Misunderstood Cultural Phenomenon

by Susan Martin, LMFT, Teri Quatman, Ph.D., Janet Sims, LMFT, and Cary Watson, Ph.D

Getting Real: A Center for Freedom from Food Addiction

"What is an addiction really?" the Swiss psychologist Alice Miller asks. "It is a sign, a signal, a symptom of distress." In that vein, the time has come to speak up for the plight of the food addict, the overweight/obese individual who uses food and considers him/herself an emotional overeater. It is a phenomenon that our culture, the medical community and sectors of our profession have essentially misunderstood. While we have recognized that anorexics and bulimics struggle from a diagnosable disordered relationship with food, and have responded with appropriate medical and psychological interventions for decades, we have left the chronic overeater to largely commercial interventions. Food addicts have been seen as simply lacking willpower and control, a people for whom a calorie-restricted diet regimen was the standard intervention, despite the well-documented fact that 19 out of 20 dieters fail to maintain their loss long-term. Fortunately, we are nearing the end of that era, an era that failed many desperately.

The scientific and psychological communities are beginning to rethink their understanding of people who eat when they are not hungry, who lack control over their eating, and who suffer feelings of disgust, despair and defeat. In next year's DSM V, the American Psychiatric Association will provide a diagnosis that begins to bring some recognition and respect to this group of individuals. This group will be included under the Eating Disorders section as "Binge Eating Disorder". At the same time the research community,



using DSM's criteria for substance dependence to further understand this diagnostic groups, has developed a number of assessment rubrics to help them get at the root of what they understand to be a "food addiction".

There is indeed a growing body of research in food addiction and trauma (see Vincent Felitti, M.D., Bessel van der Kolk, M.D., Gabor Mate, M.D., et al.). There is in fact a current literature showing that the more traumatic a person's childhood experiences, the greater their odds of later-life addiction. What many people do not know is that food addicts often begin using food in childhood as a coping tool, some as early as five years of age. In our Center for Freedom from Food Addiction, over 80% of the partici-

pants began using food in childhood. The Adverse Childhood Experiences (ACE) scale (Felitti et al, 1998), has found multiple, dose-dependent relationships between childhood stress/trauma and all types of addictions, including overeating. Research has shown that adults with four or more ACE factors are 60% more likely to become obese. For these people, overeating and obesity are not the central problem, but the attempted *solution*. Food is used as an available strategy to temporarily fix the problems of terror, anxiety, anger, despair, insecurity and loneliness.



Simultaneously, there is a growing body of research in the neuroscience of food addiction from studies being carried on at the Rudd Center for Food Policy and Obesity (Yale), the Food Addiction Institute, and several other universities through the nation. This research is showing that some foods (calorie dense, fatty, or sweet) may be *designed* to keep us eating by hijacking the brain in the same way an addictive drug would. The frequent consumption of calorie-dense foods may in fact alter the brain's neural connections so as to make people chronically crave more food. In 2001, Dr. Nora Volkow et al, at the Brookhaven National Laboratory, published a groundbreaking study called "Brain Dopamine and Obesity." The results were stunning. Very obese people had lower levels of dopamine in the "reward" area of their brains than did people who were of normal weight. These brain scans were game-changers. This is precisely the same thing that happens in meth-users, cocaine addicts, alcoholics, and other addicts. It appears that people who don't get much reward from food or drugs want more and more because they never feel satisfied.

It seems that any treatment model whose goal is to deal with the underlying causes of food addiction must include the role of psychological interventions in helping people uncover and recover from their childhood trauma(s), as well as deal with the complications that such a history brings into the whole of their adult lives. It is clear that food choice does

Cont'd on Pg 18

SCV-CAMFT January South Region Luncheon

(1.5 CEU hrs. available, PCE 1134)

APPLYING ATTACHMENT THEORY IN THE TREATMENT OF CHILDREN IN FOSTER/PRE-ADOPTION PLACEMENTS

Presented by Craig W. Clark, MA, MFT

Date: Friday, January 25
Place: Los Gatos Lodge, 50 Los Gatos-Saratoga Blvd, Los Gatos
Register: At www.scv-camft.org, or mail your payment to
 SCV-CAMFT, PO Box 60814, Palo Alto, CA 94306

Time: 11:15 am—1:30pm
Menu: Buffet Lunch
Fee: Members—\$26 + \$7 for CEUs
 Non-members—\$33 + \$7 for CEUs

Register: Please make your payment by Monday, January 21 for the early registration fee, or just show up and pay the higher "Walk-in" fee. Lunch is not guaranteed, but is available on a first come, first served basis as available for walk-ins.

This presentation will introduce modalities of attachment-focused therapy as a preferred treatment for children and adolescents in foster care or adoptive families, especially those dealing with the sequelae of trauma.

We will explore:

- the neurophysiological impact of early trauma and attachment insecurity
- ways to assess developmental impact of separation trauma as opposed to sub-standard care or abuse trauma
- obstacles to creating attachment security in the new family
- alternatives to behavioral interventions which are often ineffective in this population
- interventions to assist the child and family in creating new attachment security and healing trauma

More about the Presenter:



Craig W. Clark, MA, MFT is the director of the Attachment Center of Monterey Bay in Capitola and Santa Clara. His areas of expertise include working with children and adolescents with histories of abuse, trauma, neglect and/or loss of caregivers, as well as those with special needs including Autism Spectrum Disorders. He is a certified Dyadic Developmental Psychotherapist and Attachment-Focused Family Therapist, and has completed Advanced Theraplay training. He teaches introductory and advanced Child and Adolescent Treatment, Clinical Application of Attachment Theory, and more, as an Associate Professor at JFKU. He serves on the board of directors of the Association for Treatment and Training in the Attachment of Children (ATTACH), an international organization focused on the mental health needs of children and families. He is a contributing author to two books, "Creating Capacity for Attachment: Dyadic Developmental Psychotherapy in the Treatment of Trauma-Attachment Disorders" (2005) and "The Dyadic Developmental Psychotherapy Casebook" (2011). Craig can be reached at 408 296-5758.

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 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. See the back cover for more information on registration. **Please remember that telephone reservations cannot be accepted.**

SCV-CAMFT February North Region Luncheon

(1.5 CEU hrs. available, PCE 1134)

TREATING DESIRE DISCREPANCY, THE COMMON COLD OF MARRIAGE

Presented by Monica Stone, LMFT, AASECT Certified Sex Therapist

Date: Friday, February 22	Time: 11:15 am—1:30pm
Place: Crystal Springs Golf Course, 6650 Golf Course Lane, Burlingame	Menu: Buffet Lunch
Register: At www.scv-camft.org , or mail your payment to SCV-CAMFT, PO Box 60814, Palo Alto, CA 94306	Fee: Members—\$26 + \$7 for CEUs Non-members—\$33 + \$7 for CEUs

Register: Please make your payment by Monday, February 18 for the early registration fee, or just show up and pay the higher “Walk-in” fee. Lunch is not guaranteed, but is available on a first come, first served basis.

Do you know how to treat the “common cold of marriage”? That’s what psychologist David Schnarch calls desire discrepancy—when one partner wants more sex than the other. As therapists, we can feel confused and helpless when a couple comes to us complaining about their stalemate. As marital partners, we may be suffering from this “common cold” ourselves.

In this presentation you will:

- ◆ Understand how desire discrepancy is a normal part of being married.
- ◆ Learn interventions to assist couples getting unstuck by focusing on health and strength, rather than weakness or pathology.
- ◆ Learn how to support couples in developing themselves into better human beings using their “gridlock” as a window and a catalyst for change.

Monica will use case material including video and transcribed case dialogues to illustrate the process of therapeutic change. Group participation will be utilized to facilitate learning for participants.

More about the presenter:



Monica Stone, MFT is an AASECT Certified Sex Therapist with a private practice in Menlo Park. She has worked with couples and individuals dealing with sexual difficulties since becoming licensed in 1998.

Monica spent over 15 years training with Dr. David Schnarch, author of Passionate Marriage and Constructing the Sexual Crucible. She also trained with Elyn Bader and Peter Pearson beginning in 1996, and was an Associate at the Couples Institute from 1998-2006.

Monica continues to run women’s sexuality groups and has been a popular adjunct professor teaching graduate level human sexuality courses at Santa Clara University since 2006. She has presented to SCV-CAMFT, San Francisco CAMFT, and for the Society for the Scientific Study of Sexuality (SSSS), and is known for her warmth, clarity and sense of fun.

- ◆ 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 11:15AM at the same location as, and immediately prior to, the chapter’s monthly luncheon event.
- ◆ All luncheon programs are held from 11:15AM 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, to the chapter by the Monday prior to the event.

What is EFT?—

by Steven Kessler, MFT, EFT Expert & Trainer



Steven has been a licensed therapist for 25 years, incorporating many different modalities, including Character Structure, the Enneagram, NLP, energy work, Thought Field Therapy, and EFT into his work. He is certified as an Expert and Trainer in Emotional Freedom Techniques.

Since I've been teaching EFT (Emotional Freedom Technique) on the peninsula for this last year, and I referred to it in my recent article here on "The 4 Levels of Trauma Defenses," I've been asked to write a brief article explaining what EFT is.

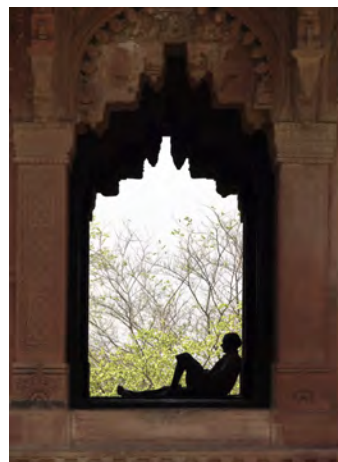
The simplest answer might be, "EFT is a quick and easy way to clear trauma out of the body." A longer answer would be, "EFT is an amazingly effective new therapeutic tool that directly heals the energy body (where all negative feelings and beliefs are actually created and held), rather than going the long way around through the mind and emotions. EFT allows you to locate the energy pattern that is causing a negative thought or feeling, and then quickly and painlessly dissolve it."

Since nearly every problem that people bring to therapy is the result of traumas still stuck in their body, EFT is an incredibly useful tool for any therapist to have. When clients come to therapy, they are usually seeking relief from negative feelings and thoughts, and from the behaviors that follow from them. In traditional psychotherapy, we explore those feelings and thoughts, search for their origins, and support the client in processing the experiences that created those feelings and thoughts, believing that if the client can finish processing the experience, they will be healed.

EFT looks at the situation and sees an entirely different way of eliminating those negative feelings and thoughts. The basic premise of EFT is that the cause of all negative emotions is a disruption in the body's energy system. It is that disruption that prevents the person from digesting the traumatic experience, and until that disruption is cleared, they will not be able to process it. The client's negative thoughts are fueled by the negative emotions, so even though the client may know that their negative thoughts are not logical or rational, the thoughts will persist as long as the negative emotions

are fueling them. Once we clear the energetic disruption out of the body's energy system, the negative emotions will dissipate, and the thoughts and beliefs are free to re-organize themselves.

Let's look at this idea in more detail to see how it works. The basic premise here is that you have an energy body, which is generally about the same size and shape as your physical body. Within the energy body, energy circulates in much the same way that blood circulates within your physical body. Just as your blood flows through arteries and veins, your energy flows through meridians, the same meridians mapped by acupuncture thousands of years ago. And just as your physical health relies on the free and even flow of your blood, so your emotional and mental health relies on the free and even flow of your energy. While western medicine looks only at the physical realm, and therefore sees only the physical body, Chinese medicine sees the energetic realm also. It teaches that the energy body is actually more fundamental than the physical body, in the sense that it nourishes and sustains the physical body, and that disruptions in the flow of energy will first manifest as negative emotions and feelings, and later, if the energy disruptions last long enough, they will manifest as physical disease.



Cont'd on Pg 19

GettingReal

a center for freedom from food addiction

At our center we address the roots of the most common eating disorder of our time. Addiction to food as a source of emotional comfort is the common thread among those who choose our comprehensive out-patient program.

WE BELIEVE:

- In the power of depth psychology and the need to address the underlying wounds and emptiness
- In providing necessary knowledge in the
 - neuroscience of food addiction
 - science of obesity and role of nutrition & exercise
 - politics and economics of the food industry
 - cultural emphasis on thinness and control

Leaving behind the familiar interventions our culture provides.



Venturing onto a path that gets beneath the surface of a food addiction and begins a process of slow enduring change.

Visit our website at
www.gettingrealcenter.com
 Phone us at 408 252-5942

FAMILIES FIRST MEDIATION

Have a couple who **can't reconcile** or a client **traumatized** by on-going divorce drama?

Dina Haddad, **divorce mediator**, has the legal & mediation background to **guide** them through their divorce, child custody dispute, or other family related matters **quickly** and **cost-effectively**.

Give us a call!

Dina Haddad
 Family Law Mediator
 (408) 357-3486
www.ffmediation.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

Terryann Sanders, LMFT

Specializing in the treatment
of Eating Disorders

Individual Therapy

Reduce negative thought process and develop a
healthy relationship with food.

Group Therapy

Reduce isolation and increase social skills and
positive experience with others.

Family Therapy & Workshops

Learn how to support your loved one
with an eating disorder.

650 N Winchester Blvd, Suite 2
San Jose, CA 95128

terrysanderslmft@sbcglobal.net

www.terryannsanders.com

408 410-9370

Parenting Group

with

Bridget Bertrand

Registered MFTi #68069

In association with

Kim Ives Hicks

Saturdays in Burlingame

For more information visit

<http://bridgetbertrand.vpweb.com>

VOLUNTEERS NEEDED

To our *red pen fanatics*—

WE WANT YOU!!!

The SCV-CAMFT News Editorial Committee is Searching
for a *Few Good Pens* —

If you find you can't help but notice, point out, and correct grammatical
errors and typo's, we could really use you on our team.

Find out more — Joanne Shurter, Editor

Joanne.Shurter@gmail.com

The Invisible Client—by Janice Shapiro, MFTI



As an intern with fewer than half my 3,000 hours completed, I can say that the whole process at times seems overwhelming. The intern experience is awful and wonderful at the same time. Three thousand hours is a large amount of time, but it gives me the space to ponder about some of my most wonderful and unique intern experiences. I'd like to tell you about one of them.

I have just completed an internship at the Santa Clara County Suicide and Crisis Service (SACS). Prior to taking my 4-hour shift, I went through 80 hours of training, which was very intense and thorough, but definitely worth every minute. So, before I actually sat down to man the phones, I was well prepared to handle most any situation that would come up. Of course, there is no substitute for experience. The phone experience of talking to SACS callers is unique and I feel compelled to share it with you.

Talking to SACS callers has given me the opportunity to be with "clients" in totally different ways from how I was trained in graduate school. Even though they are not technically clients, and I am not technically practicing psychotherapy on them, they have given me much to wonder about. One of the things that I wonder about is the anonymity of the

faceless and unobservable caller. For all I know he could be wearing slovenly clothes, be unshaven and smell like stale cigarettes with a smile on his face while describing the death of his beloved basset hound. Conversely, the caller might be wearing designer clothes, flashy jewelry, and sitting with her I-phone by the pool outside a million-dollar mansion while sobbing about money problems. As a SACS volunteer, all that matters is what I hear the client telling me. This contradicts some of my own training: Don't listen only to the client's story; observe your client's actions. This unique SACS experience makes me wonder if pure listening frees me to hear these "invisible clients" in different ways.

Unburdened by visual observations which may become distractions, I listen to the client's words without prejudice. I remember one caller who was very hard to comprehend. He was rambling on and on about people following him and they were "out to get him." As I was listening to what he was saying, I realized that some of it began to make sense. Amid his ramblings, he was able to tell me how he wanted to visit his family, but he knew that in doing so he would only embarrass them. By focusing without distractions on what he was saying, and how he was saying it (using only my ears), I could actually make some order out of his verbal chaos.

Many SACS callers are peo-

ple who call many times each day, every day. Some of these "regulars" have been calling for years. Again, I wonder about anonymity and what it means to them. These callers know that the volunteers can't see them, nor judge them on behaviors or looks. I wonder if this frees them to talk about their situation in different ways than if they were face-to-face with the other person.

Have you ever seen a radio personality that you have only heard for a long time, and when you finally saw him you were surprised by how he looked? He was completely different from what you imagined. You might now think of him in a different light. So as I worked at SACS, where you talk to people you never see, I started to wonder about listening to people without physically observing them. Would I hear them differently if I actually saw what they looked like?

Now, I know a "good" therapist does not just listen to the content, flow, quality, and connectivity of the client's speech. He also observes affect, body posture, behavior, etc. But my experience at SACS makes me wonder: What if we listen to our clients without all the distractions of body image, eye contact, affect, prominent physical abnormalities What if all we had to analyze was our client's voiced story? Would we be surprised by our "invisible client"?



Janice Shapiro received her Master of Arts degree from JFK University in 2010. She finally quit her "day job" last June so she can devote all her energy interning. While chiseling away at those 3,000 hours, she has had the opportunity to learn so much from the many clients she has met from the various agencies within Santa Clara County.



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
develop
relationships with
your peers.



**Find encourage-
ment and advice
from those who
have already
walked in your
shoes on the
road to
licensure.**

Support Group Calendar

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

North Region Newly Licensed— January 5, and February 2

South Region Newly Licensed— January 12, and February 9

North Region / Peninsula Pre-Licensed— January 11, and February 8

South Region Pre-Licensed— January 4 and February 1

Free Newly Licensed (within 3 years) Support Groups

North Region—The purpose of this group, which meets monthly, is to provide support to members who have recently become licensed, within the last three years. 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.

South Region—This support group meets monthly from 10:00 AM to 12:00 PM. The purpose of this group is to provide support to mem-

bers who have recently become licensed, within the last three years.

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)379-7747 or email her

vernaNELSON@gmail.com



Free Pre-licensed Support Groups

North Region— Debra Rojas, LMFT, facilitates our pre-licensed support group for the north bay and peninsula. This group meets 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.

For more information or add your name to the email list for this group, please email Debra at debra@debrarojasmft.com.



SPECIAL NOTICE

New South Region

Facilitator

The South Region pre-licensed meeting will now be facilitated by Janis Seiberlich, LMFT at her office, 4100 Moorpark Ave., Suite 212, in San Jose. Meetings will be held the first Friday of every month from 10:00am to 12 Noon.

SCV-CAMFT Innovative Programs Workshop

A LITTLE PLANNING GOES A LONG WAY: WHAT YOU CAN DO NOW TO MAINTAIN COMPLIANCE WITH CAMFT CODE OF ETHICS RULE 1.3, THERAPISTS' WILLS

Presented by Gadi Zohar, Esq., LMFT
(1.5 CEU hrs. available, PCE 1134)

Date: Saturday, January 12, 2013

Time: 1:00pm—3:00pm

Place: Menlo Park Community Services, Arrilaga Family Recreation Center
Sequoia Room, 701 Lauerl Street, Menlo Park, CA 94025

Menu: Refreshments will be served

Register: At www.scv-camft.org, or email mail@scv-camft.org

Fee: Free: 1.5 CEUs available for \$7

Register: Please Register by Tuesday, January 8

Under CAMFT Rule 1.3, you are required to make provisions so that your clients' care is not disrupted should you become unable to care for them due to sudden loss of capacity or death. While many therapists know this, few have made provisions for such care. Even fewer have made legally binding provisions. Failure to comply with Rule 1.3 could have dire consequences to you, your loved ones, and/or your clients. The aim of this workshop is to give participants a general overview of how the law of negligence could be applied to therapists who fail to comply with Rule 1.3 and to provide therapists with a practical solution for compliance with Rule 1.3. Participants should expect to leave with:

- ♦ A better understanding of the potential jeopardy ahead if and when the law intersects with CAMFT Rule 1.3
- ♦ A general understanding of planning tools available in the event you become incapacitated or die
- ♦ A practical and legally binding tool designed specifically for psychotherapists in private practice to avoid the pitfalls of non-compliance with Rule 1.3

More About the Presenter



Gadi Zohar, Esq., LMFT, is a Palo Alto attorney who practices wills, trusts and estate law exclusively. His perspective is unique, because prior to becoming an attorney, Gadi practiced as a Licensed Marriage and Family Therapist. As a therapist, Gadi applied a client-centered approach with his clients, and he applies that approach to his law practice. He brings this sensitivity to his clients' family and relationship issues with an eye toward allowing surviving loved ones to go through the grieving process without the added stress caused by poorly drafted or nonexistent estate plans. His unique perspective has led him to create thoughtful terms in his estate plans specifically for private practice therapists by weaving his understanding of a therapist's concerns with his knowledge of the law.

Gadi Zohar, Esq. can be reached by phone (650) 493-9200 or email gzohar@gadizohar.com. Find out more at www.gadizohar.com.

PROCESS THERAPY GROUPS

Led by:

KIM IVES HICKS, CGP, MFT

(formerly Kim Ives Bailey)

Supervised by:

DR. IRVIN YALOM

Burlingame

(650) 737-1818

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

Strategic Family Therapy Center

**Solving family problems
Increasing family strengths**

The Strategic Family Therapy Center at the Mental Research Institute in Palo Alto offers psychotherapy services to families, couples, adults, and adolescents

- ♦ Affordable sliding-scale fees
- ♦ Focused on solving defined problems
- ♦ Approach based on over 30 years of experience and research at MRI and the Family Therapy Institute of Washington, D.C.

(650) 322-2252

555 Middlefield Road

President's Column—
cont'd from page 1

every day. We hope to make these methods known to members so that we can be as effective as possible.

If you're like me, you go to luncheon programs with the hope of collecting useful therapeutic interventions. I'm usually rewarded with a specific technique or two — in addition to the inspiration that comes with insight into some aspect of human psychology. Similarly, we want to have programs that provide business "interventions." They might be interventions that expand your business (such as being trained in Critical Incident Stress Management), or help you keep track of your clients (such as cloud computing technologies), or just deal with the minutiae of day-to-day details.

In addition, we're hoping to extend our reach into the community at large and create some recognition for our profession. When I first moved into my office, for example, people in the building would walk by and see my sign "Pamela Eaken, LMFT." After explaining what "LMFT" means several times, I realized I needed a sign intervention, so I added "Counseling and Psychotherapy" to go with "LMFT." Even when I explain to people that I'm a Marriage and Family Therapist, they think I do marriage counseling and family counseling, and don't realize I mostly see individuals. The community we serve doesn't have a clear understanding of who we are and what we do. We hope to improve that understanding.

Nancy Andersen, our new Business Development Director, will be looking to extend our reach into the community to create liaisons with other organizations to increase awareness for our profession. We want to create "name recognition" of the term MFT (or LMFT), to make this term as familiar as the letters GP or OBGYN. We want to create a synergy with related professions to increase our offerings to our own community, and opportunities for new business and trainings for our

members. Nancy will be working closely with our new Special Events Director, Robin Ginsberg, and also with Elisabeth Basile, Luncheon Program Director.

The new 2013 board meets this month to engage in planning for upcoming activities. We are reviewing last year's goals, and setting new goals for the coming year. We are fortunate to have most of our existing board members returning this year. At the same time, we are delighted to welcome our two new board members: Robin Ginsberg and Nancy Andersen. We are also fortunate to have technology support from Lara Windett, our Technology Contact, and Michael Jaret, our webmaster. Sunnie Weber, without whom SCV-CAMFT would almost grind to a halt, is also returning to keep us running smoothly.

The editorial board has made a transition to new members. We would like to thank our recipient of the "Volunteer of the Year", Vinutha Mohan, for leading the editorial team for many years. We would also like to thank Nanette Freeland and Terryann Sanders for their dedication and expertise on the committee. Joanne Shurter will remain on the committee and has assumed the leadership role. Sunnie Weber will also remain on the editorial staff handling production tasks. New to the editorial committee are Jane Kingston (our Law and Ethics Director), yours truly (that'd be me), and we have one open position as of the writing of this article.

We have a calendar of events set up for the year with dates for luncheons, CISM training, and a special event in June. As always, you can learn about the latest changes to law and ethics at our yearly October training. We also plan to have innovative programs every few weeks on days other than Friday. Many on the board will be going to the Chapter Leadership Conference in February in Costa Mesa. We will meet with leaders from other chapters throughout the state to share ideas, and provide some visibility for our chapter by recognizing our volunteers and sharing our successes. We are a board serving the constituency, and we welcome any support

you can offer for activities. Please consider volunteering for a committee, or participating in some other way. If surveys are sent to you during the year asking for your opinions and ideas, please take time to complete them. Or if you're at a luncheon or other event, please take time to complete the evaluation. Or simply send an email to anyone on the board if you have an idea or want to volunteer for an activity. You can be part of SCV-CAMFT's rewarding efforts to support activities in the exciting year ahead with lots of positive energy toward realizing our goals.

We're looking forward to a year of focus on clinical advances in psychotherapy with talks on the latest research and techniques. As stated before, we plan to provide this content through the luncheon program, innovative program, and a variety of special events. Stay tuned as well for programs that will provide "interventions" for business, so that we can all prosper and deliver clinical/therapeutic help to a wider community of people than ever before.

I am deeply honored and appreciative to be able to serve SCV-CAMFT as Board President this year. I want to thank LaDonna Silva for her leadership, positive energy, and support this last year. It will be difficult to fill her shoes.

Food Addiction and Trauma—
cont'd from page 9

matter. Educating people about the neuroscience of food addiction, the physiology of obesity (Insulin Resistance Syndrome), and the economics and politics of the food industry are all important in helping people understand how vulnerable their physiology is to the massive volume of processed foods now available. Most people think of food as harmless. It is just food. But for many people, food is truly a designer drug, a drug they can't get enough of.

Helping people begin to take responsibility for the food addiction is not about handing them a diet. It means providing them with the kind of support and challenge they need in order to heal from the grip of their ad-

diction. It means developing the emotional muscle to bear the realities of their past and present rather than numbing and soothing themselves through their use of food. It means helping people cultivate the inner sensitivity of conscience, and of conscious decision-making, that can allow them the capacity to change their addiction to the very foods that act like a drug in their brains and that mask hungers meant to be satisfied at a deeper level.

Fortunately, the cultural zeitgeist is beginning to shift. Within the research and clinical arenas we have begun to unmask the lure of the quick fix, to help people get beneath the surface of their food addiction, and to slowly but surely develop the capacities that are required for permanent change. It is the people *themselves* who need to change.

We could step back and ask the question, as a culture and as a profession, "Why have we consistently failed to develop more comprehensive and sophisticated approaches to this particular problem?" Perhaps it is because this disorder in particular violates our cultural norms of what it is to be a "worthwhile" human: to be in control, to get a grip, to be strong, to conquer. Our culture tends to be impervious to the insights of wisdom and spiritual traditions that value the capacity to suffer, to surrender, and to let go. These traditions prompt larger questions. What are we hungry for? What do people truly feel deprived of? In our work as we have posed these questions, we have learned that our patients have within themselves their own answers. One patient put it this way: "I am starved for intimacy and truth, and I now realize that grabbing for food can't satisfy that desire."

Going forward, we hope to join hands with other disciplines that give credence to the variety of social, political, economic, scientific, psychological and spiritual issues inherent in creating helpful treatment models for this misunderstood group of people. We believe the day of real understanding and help is on its way.

What is EFT? cont'd from page 13

Now let's look at what happens during a traumatic event. Before the event, the flow of your energy through your meridians may not be perfectly free and even, but it is good enough that you are able to digest your present-moment experience, minute by minute in real time, as it happens. You are in your normal state of functioning. Then during the traumatic event, the incoming sense perceptions become too intense, too much energy hits your system, and you go into overwhelm. The even flow of your energy gets disrupted -- too much energy goes to one place and not enough to another, blockages form, and the flow in some meridians may even reverse its direction. That energy disruption makes you unable to continue digesting your current experience as it happens, so your body shifts from processing the incoming sensory data into simply recording it. This shift is actually a survival adaptation, in that it shifts your attention from feelings and thinking to simple physical survival, to running or fighting or whatever is required to survive.

When you are out of danger, if you feel safe enough, your body may be able to play back the recorded sensory data, digest it and reset your energy system to a healthy state. If you can do this, the sense of overwhelm disappears and you no longer regard the event as a problem. While it may have been traumatic at the time, now it is "just something that happened." This is what we attempt to do in traditional talk therapy. However, it is difficult to accomplish because the energetic disruption is still present in the client's energy system, and that makes it hard for them to feel safe enough to let the digestion process run to completion within them.

If the body's digestion process cannot run to completion within you, you are left with both the raw recording of the sensory data and the disrupted energy pattern frozen into your body. Shifting your attention to other things may cause the frozen disrupted energy pattern to fade into the background temporarily, but it can be brought back into the foreground by

any similar sensory experience. When that happens, your body's energy is once again disrupted, you once again feel the overwhelming emotions, and the raw recording of the experience may start to play. This is the situation we call PTSD. Instead of attempting to access and digest the raw recording of the experience, EFT focuses on dissolving the frozen disrupted energy pattern. We do this by reconnecting with the event just enough to bring some of the frozen disruption back into the foreground of the client's energy system, and then tapping on acupuncture points near the end of each meridian. As we tap on each point, we send a small jolt of energy through that meridian. The jolt of energy disorganizes that meridian, which dissolves the energetic disruption frozen into it. Then the client's energy system organically does a wonderful thing: it reorganizes itself toward health. This is the essence of EFT: we trigger the frozen energetic disruption and then we dissolve it with the tapping procedure.

Obviously, in practice we are doing more than just that -- we are managing the client's level of intensity, testing our progress minute by minute, flushing out of hiding buried parts of the energy disruption to make sure that we get it all, and more -- but triggering the disruptions and tapping them away is the heart of it. I want to point out that this is not a reprocessing technique, so the client does not need to "re-live" the traumatic experience for it to work. It is a technique for clearing out the energetic disruptions that have been creating the negative emotions and thoughts and preventing the body from spontaneously completing the digestion process. EFT is so effective that even beginners typically get good results about 70% of the time. An expert can expect to get good results over 90% of the time. In my 30 years as a therapist, it is the best tool I have seen for dissolving trauma and freeing the client from their emotional suffering. And that is why it is called the Emotional Freedom Technique.

POSTED AS REQUIRED BY THE USPS

8.3.3 Publication

The publisher of each publication authorized Periodicals mailing privileges as a general or requester publication must publish a complete statement of ownership, containing all information required by Form 3526, in an issue of the publication to which that statement relates; other publications are not required to publish this statement. A reproduction of the Form 3526 submitted to the USPS may be used. The required information must appear in an issue whose primary mailed distribution is produced not later than October 10 for publications issued more frequently than weekly, or not later than October 31 for publications issued weekly or less frequently but more frequently than monthly; or in the first issue whose primary mailed distribution is produced after October 1 for all other publications.

8.3.4 Noncompliance

If a publisher does not comply with the filing or publishing standards of 8.3 and, after receipt of notice by Certified Mail from the postmaster, the publisher further fails to comply within 10 days, the postmaster must notify the Pricing and Classification ServiceCenter (PCSC) (see 608.8.4 for contact information). The PCSC may suspend or revoke the Periodicals mailing privileges, as appropriate

SCV-CAMFT NEWS PUBLICATION INFORMATION

SCV-CAMFT News (ISSN#010092) is published bi-monthly in January, March, May, July, September and November for \$10 per year by the Santa Clara Valley Chapter of the California Association of Marriage and Family Therapists, 1389 McKendrie St., San Jose, CA 95126

Periodicals Postage Paid at San Jose, CA, and at additional mailing offices. POSTMASTER: Send address changes to SCV-CAMFT News, 1389 McKendrie St., San Jose, CA 95126.

All articles and advertisements 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 23.

Unsolicited articles 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.

If you have questions about the SCV-CAMFT News publication, please contact the Chapter Coordinator, Sunnie Weber: mail@scv-camft.org

Entered

UNITED STATES POSTAL SERVICE® (All Periodicals Publications Except Requester Publications)

1. Publication Title: **SCV-CAMFT News**

2. Publication Number: **010-092**

3. Filing Date: **9/18/12**

4. Issue Frequency: **Bi-monthly**

5. Number of Issues Published Annually: **SIX**

6. Annual Subscription Price: **\$10.00**

7. Complete Mailing Address of Known Office of Publication (Not printer) (Street, city, county, state, and ZIP+4®):
**1389 McKendrie St.
San Jose, CA 95126**

8. Complete Mailing Address of Headquarters or General Business Office of Publisher (Not printer):
**P.O. Box 60814
Palo Alto, CA 94306**

9. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor (Do not leave blank):
Publisher (Name and complete mailing address):
**Weber Consulting and Services
1389 McKendrie St., San Jose, CA 95126**
Editor (Name and complete mailing address):
**Vinutha Mohan
20066 Chateau Dr., Saratoga, CA 95070**
Managing Editor (Name and complete mailing address):

10. Owner (Do not leave blank. If the publication is owned by a corporation, give the name and address of the corporation immediately followed by the names and addresses of all stockholders owning or holding 1 percent or more of the total amount of stock. If not owned by a corporation, give the names and addresses of the individual owners. If owned by a partnership or other unincorporated firm, give its name and address as well as those of each individual owner. If the publication is published by a nonprofit organization, give its name and address.)

Full Name	Complete Mailing Address
Santa Clara Valley Chapter of California Association of Marriage and Family Therapists (SCV-CAMFT)	P.O. Box 60814 Palo Alto, CA 94306

11. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages, or Other Securities. If none, check box ☒ None

Full Name	Complete Mailing Address

12. Tax Status (For completion by nonprofit organizations authorized to mail at nonprofit rates) (Check one)
The purpose, function, and nonprofit status of this organization and the exempt status for federal income tax purposes:
☐ Has Not Changed During Preceding 12 Months (Publisher must submit explanation of change with this statement)
☐ Has Changed During Preceding 12 Months (Publisher must submit explanation of change with this statement)

PS Form 3526, August 2012 (Page 1 of 3 (Instructions Page 3)) PSN: 7530-01-000-9931 PRIVACY NOTICE: See our privacy policy on www.usps.com

13. Publication Title: **SCV-CAMFT**

14. Issue Date for Circulation Data Below: **September 1, 2012**

15. Extent and Nature of Circulation

		Average No. Copies Each Issue During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
a. Total Number of Copies (Net press run)		540	540
b. Paid Circulation (By Mail and Outside the Mail)	(1) Mailed Outside-County Paid Subscriptions Stated on PS Form 3541 (Include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	132	135
	(2) Mailed In-County Paid Subscriptions Stated on PS Form 3541 (Include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	388	366
	(3) Paid Distribution Outside the Mails Including Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS®	0	0
	(4) Paid Distribution by Other Classes of Mail through the USPS (e.g., First-Class Mail®)	0	0
c. Total Paid Distribution (Sum of 15b (1), (2), (3), and (4))		520	501
d. Free or Nominal Rate Distribution (By Mail and Outside the Mail)	(1) Free or Nominal Rate Outside-County Copies Included on PS Form 3541	0	0
	(2) Free or Nominal Rate In-County Copies Included on PS Form 3541	0	0
	(3) Free or Nominal Rate Copies Mailed at Other Classes Through the USPS (e.g., First-Class Mail)	0	0
	(4) Free or Nominal Rate Distribution Outside the Mail (Carriers or other means)	10	10
e. Total Free or Nominal Rate Distribution (Sum of 15d (1), (2), (3) and (4))		10	10
f. Total Distribution (Sum of 15c and 15e)		530	511
g. Copies not Distributed (See instructions to Publishers #4 (page 43))		10	29
h. Total (Sum of 15f and g)		540	540
i. Percent Paid (15c divided by 15f times 100)		98%	98%

16. ☐ Total circulation includes electronic copies. Report circulation on PS Form 3526-X worksheet.

17. Publication of Statement of Ownership
☐ If the publication is a general publication, publication of this statement is required. Will be printed in the Sept/Oct 15/16 issue of this publication. ☐ Publication not required.

18. Signature and Title of Editor, Publisher, Business Manager, or Owner: **Chapter Coordinator** Date: **9/18/12**

I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).

PS Form 3526, August 2012 (Page 2 of 3)

PSYCHONEUROLOGY STUDY GROUP

Keeping the Brain in Mind:
How knowing more about the brain can help you
become a better therapist.



January 18 to Oct. 18, 2013
On the third Friday of each month
Summer Break for July & August

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

***Francine Lapides, MFT * (831) 335-4830 * FMLapides@aol.com**

www.FrancineLapides.com

License # MFC 7414

ARE YOU COMPLYING WITH CAMFT RULE 1.3?

ESTATE PLANNING FOR MFTs BY AN MFT*

Psychotherapists must think of their clients as well as their families when planning for the possibility of incapacity or death. Many attorneys are out of touch with the gravity and consequences of dealing with client files and providing for continuation of treatment when a therapist is unable to attend to client matters. Gadi Zohar has created thoughtful terms in his estate plans specifically for private practice psychotherapists by weaving his understanding of the therapist's concerns with his knowledge of the law.



Gadi Zohar, Esq., MFT

CAMFT Code of Ethics Rule 1.3. TREATMENT DISRUPTION: Marriage and family therapists are aware of their professional and clinical responsibilities to provide consistent care to patients and maintain practices and procedures that assure uninterrupted care. Such practices and procedures may include, but are not limited to, providing contact information and specified procedures in case of emergency or therapist absence, conducting appropriate terminations, and providing for a professional will.

CALL OR EMAIL FOR A FREE 1/2 HOUR CONSULTATION

(650) 493-9200

gzohar@gadizohar.com

www.GadiZohar.com

* Gadi Zohar does not provide professional psychotherapy or psychological counseling.
BBS License No.: MFT 38535, California Bar No.: 273868.

GROUPS AND WORKSHOPS

Women's Process Group for Sexual Abuse/Trauma Survivors

On-going weekly group held in Los Gatos on Wednesday evenings. <http://www.ladonnasilva.com/therapy-services.html> Contact LaDonna Silva, LMFT (408)358-2218 x421

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 24th (8 weeks) Lori Levitt, MFT #43329. 650/794-4828 www.lorilevittmft.com

Parent Support Group

Discover what works for you. Set goals and become the parent you want to be. Saturday's from 10.30am -12.00pm, \$25 per session Call 650-762-9344 or email bridget.therapy@gmail.com for more information.

Is Anger Hurting Your Relationship?

It doesn't have to! Learn Keys skills to break the anger habit. Ongoing groups for women and men. San Mateo/San Francisco. Call Michael G. Quirke M.F.T. 415 820-3943 or www.michaelquirke.com

L.I.V.E.

Life-Interventions-Visions-Empowerment. Ongoing support/process group for women moving beyond their mental illness. Now forming in Redwood City. Call Deborah Dowse Runyeon, MFT at 650-363-0249 x111.

Women's Therapy Group

Ongoing, weekly group to help improve relationships and communications skills. Issues addressed include assertiveness, self-esteem, grief/loss, transitions, anxiety, depression, among other concerns. Wednesday evenings, San Jose. Contact Claire Wright, MFT at 408/998-7098.

Object Relations Consultation Group

Object relations consultation group

GROUPS AND WORKSHOPS

has openings. Meets Tuesdays 11:30-1:00. \$55/week includes simple lunch. Please call Carol Campbell, MFT: (650) 325-2576

Women Who Love Too Much

Do your clients crave approval of the men in their lives? Do they put their own needs on hold? Do they wait for their men to call, to pay the least amount of attention to them? If so, this group can help them reclaim their lives. Mondays from 6:30-8:00 at 165 Arch St. in Redwood City. Contact Lori Gortner 650-248-3122 or lgortner@gmail.com for more information.

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 www.relationshipharmony.com 408-702-7429

New Skills and Choices Program

Peace-It-Together is pleased to announce the resumption of The New Skills and Choices Program (NSC) for Separating and Divorcing parents. The Center for Healthy Development provided this award winning program served over 1,800 parents in high conflict divorces in Santa Clara County over the past 6 years. This program helps parents to understand their participation in perpetuating the chronic conflict, enabling them to return to a self-focused life that protects their children. The class material is highly engaging and allows parents to recognize behaviors that are responses to the pain of betrayal and loss of dreams. Please contact Judy Hanf, MFT 408.689.8104 ext. 9 for further details.

TherapyWorks Support Groups

Register now for our Restore to Wellness, Social Skills Tune-Up, & Parental Control for Teens & Tweens Groups. For more information please visit:

www.therapyworksoflosgatos.com

FOR CLINICIANS

Consultation Group—Alice Sklar

One space is available for an ongoing consultation group for licensed therapists. The group meets twice monthly in Los Altos on Thursdays from 1:30 to 3 PM. The fee is \$45 per session. No charge for planned absences. Long and short case presentations, professional issues and mutual support are a part of most sessions. Alice Sklar, MFT, CGP; [650-961-3482](tel:650-961-3482)

Deepening the Psychotherapy

Case Consultation Group Focused on Deepening the Psychotherapy Wednesdays, 2 to 3:30 P.M. in Los Gatos Led by Alan Kessler, Ph.D. For further information, please call me at (408) 358-5777.

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. 831-600-7665.

Register Now for Upcoming Courses at the Mental Research Institute

1 DAY INTENSIVE: Trance and Stance: Recognizing and utilizing subjective time with Couples and Families January 24th, 2013 Michele Ritterman, Ph.D. 6 Continuing Education Credits COST: \$200 2-DAY INTENSIVE: Integrated Brief Therapy: "Making the Most of Each Session" Friday, January 25th - Saturday, January 26th, 2013 Michael F. Hoyt, Ph.D. 12 Continuing Education Credits COST: \$400 MRI is approved to provide continuing education for MFT's, LCSW's and by the APA. *Call for student and group rates View our other upcoming courses at www.mri.org Location: MRI Conference Room at 555 Middlefield Rd, Palo Alto, CA 94301 For more information please call (650) 321-3055 or email Maria Pia Allende at mariapiaallende@mri.org.

Psychotherapy Groups

Openings in ongoing Adult and Young Adult psychotherapy groups meeting in Los Altos. Both groups deal with interpersonal issues, depression and anxiety.

FOR CLINICIANS

ety. They support individual therapy goals. Call Alice Sklar, MFT, Certified Group Psychotherapist. 650-493-1239

Practice Management

No time for the business of being a therapist? Get help now! Having a Practice Manager means having someone looking out for you and your business. It also means having someone to help you set goals, assess progress and solve problems as they arise. Call now to discuss how working together can add dollars to your bottom line. LaVergne Poe, 650-529-1489.

Divorce Mediation

Have a couple who can't reconcile? Mediator Dina Haddad, divorce attorney, provides couples a confidential and safe space to finalize divorce without going to court. (408) 357-3486. Visit www.ffmediation.com

Consultation Group with Kathryn Ford, M.D., CEUs offered

CEUs offered. Meets twice a month. \$60/session. Case-based consultation, couples and individuals. Therapists in Dr. Ford's consultation groups find that her focus on optimizing openness between clients and therapists and in couples helps therapists to maximize the power of their unique skills and styles of therapy. For more information: 650-321-1225.

For Interns

Personal Therapy Group

Through Process Therapy Institute I co-facilitate a personal therapy group for interns and trainees. We ask for a six week commitment and the price is \$30 a week. Please email me at carmackbeth@gmail.com or go to: <http://processes.org/client-classes/personal-psychotherapy-group-for-interns-and-trainees-2/>

Office Space

Burlingame Office

Office sublet available in downtown Burlingame. Large, bright corner office in a suite of four therapy offices. Waiting room, bathroom and storage area included. (650) 737-1818

OFFICE SPACE

Los Gatos

Therapy offices Los Gatos, Pollard Road. In an established practice with a psychologist and psychiatrist. One office available full time December 1. Additional furnished office space immediately available by the day or hour. Joseph Denicol denicola-joe@yahoo.com/ 408-370-7333 x0

Palo Alto Office Available

430 Sherman Avenue in Palo Alto. Available approximately half time, by the day or half day. \$215.00 each day. Weekdays and weekends available. Close to California Avenue business district with excellent shops, restaurants, and transportation access. Warm and cozy setting furnished with art and antiques. Contact Bette Kieran (650) 324-3639; betteuk@aol.com.

For rent

Office in Victorian house with a lot of light and back door. Share house with 2 therapists. Available Mondays, Fridays, weekends. Roberta Gelt 650-558-9605/regmft@gmail.com

Advertising Sizes and Prices

Size	Dimensions	Members	Non-Members
Full page	7 1/2" x 9 3/4" vert	\$200	\$400
Half page horiz.	7 1/2" x 5"	\$125	\$250
Half page vert.	3 3/4" x 9 3/4"	\$125	\$250
1/4 page vert.	3 3/4" x 5"	\$75	\$150
1/6 page vert.	2 3/8" x 5" (or less)	\$50	\$100

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.
- 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). 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.**



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

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



Friday, January 25

11:15 AM — 1:30 PM
South Region Luncheon

(1.5 CEU hrs. available, PCE 1134)

**“Applying Attachment Theory
in the Treatment of Children
in Foster / Pre-Adoption
Placement.”**

Presented by:
Craig W. Clark, MA, LMFT

Los Gatos Lodge
50 Los Gatos-Saratoga Blvd
Los Gatos

Chapter Events

Dates to Remember

January 12—Innovative Pro-
grams Workshop in Menlo Park

March 22—Mid Region Lunch-
eon in Mountain View

March TBD — Disaster Re-
sponse Training (CISM)

April 26 — South Region
Luncheon

April TBD —New Member Tea

Friday, February 22

11:15 AM — 1:30 PM
North Region Luncheon

(1.5 CEU hrs. available, PCE 1134)

**“Treating Desire Discrepancy,
The Common Cold
of Marriage.”**

Presented by:
Monica Stone, LMFT

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.**