



President's Column

by Kate Viret, LMFT, President, SCV-CAMFT

and listen to a compelling guest speaker. Our past president Pam Eaken has spoken eloquently about community; our annual meeting is the coming together of our community and the sub-communities within it.

Our profession and our communities are centered around relationships. I would like to maintain a conscious focus on this throughout 2014. Excitement about relationships is what gives meaning to me in my work as a marriage and family therapist, an SCV-CAMFT board member, a colleague, a

mother, a friend... I hope to be an approachable president and that you will find our board an approachable board. We encourage you to be in touch with us regarding your ideas, concerns, and constructive feedback. This can take the form of an email, a phone call, and/or an in-person get-together and can be a brief exchange, an on-going discussion, or an even more formal engagement with the organization (as a volunteer, for example).

We are fortunate that previ-

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As I write this, it is the morning of our 2013 SCV-CAMFT Annual Meeting and I am eagerly awaiting this evening's event, as it is truly the highlight of the year for our chapter. Every year it is exciting to see so many colleagues gathered together on a Friday evening to socialize

Self Care and Mindfulness In Practice: Lessons from a Whitewater Rafting Trip

By Edna Wallace, LMFT

Sometimes it's "therapy as usual": seeing individual clients during the week; running groups at the hospital; case management. Other times, it can feel quite burdensome—a patient is admitted in-patient for suicidality; a private client decompensates; there are worry-inducing emails and calls. And I know (how could I not, as we've heard about this from grad school on) how critical it is to set boundaries and practice self-care.

How do we do this? I think the specific roadmap differs from clinician to clinician, but it's best to institute that which revives and rejuvenates you on the one hand, and on the other, to set limits around that which angers you or threatens to cross some important line. You need to know what to say yes to and when to issue a clear no. This is what we teach our clients and what behooves us to practice ourselves.

I say yes to:

- Weekly therapy
- Consultation
- Spending time with family and close friends
- "What the heck" fun (Scrabble, journaling, ice skating, dancing and hiking)
- Mindfulness practice.

I say "no" as needed to demands at work that I can't (or definitely don't want to) meet, or similarly, to requests that feel off, where I get that visceral feeling of just having been trespassed upon. Maybe I'm like other therapists this way (or maybe not), but I know that I tend to give a reflexive

"yes" when, to protect myself, a "no" or "that doesn't work for me" would have been a far better response (so my therapist regularly reminds me).

One area where I really need to say "no" is within my own mind. In this internal realm, mindfulness is a definite "yes" for my work as a therapist and for engendering a sense of peace and equanimity in the world. Mindlessness—or the tendency for my mind to wander and worry and compare and come down hard and fast and evilly on me—

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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.



Letters to the Editor

In an attempt to foster an interactive exchange with our readers, we are initiating a Letters to the Editor column. We encourage you to write to us. These letters might include, but are not limited to, responses to newsletter content as well as responses to a current topic pertinent to our field. Please include your name, phone number, email address, and mailing address. We look forward to hearing from you!

Joanne Shurter, editor, and the Newsletter Committee

I just read the article in the Sept/Oct edition of the SCV-CAMFT newsletter by Elaine Gee-Wong titled "Delighting in the Ordinary". I wanted to pass on how much Elaine's reflections of how her grief counseling experiences have helped her appreciate the small moments of life deeply resonated with my own experience. I just finished my three-year MFT internship at the Bill Wilson Center / Center for Living with Dying. Like Elaine, I also co-facilitated a Loss of Partner/Spouse grief

group for the past two years. I was amazed when reading this article about having some of these very same thoughts. I have told people outside of this field about how this experience has helped me to learn to grab each and every day and wring as much joy out of it as possible. I have been married now for 30 years and on the grief group nights I liked to come home and hug and just be close to my wife, instead of taking for granted that she'll always be there. My grief

clients have taught me that what they miss most is the little stuff; not the big Hawaii vacations, but the trips to the grocery store together, taking walks, watching TV shows, etc...

Thanks for printing this wonderful article that points out another side to doing grief counseling work -- the reminder to look around ourselves and appreciate each and every day right now!

Brian Stevens, MFTI

SCV-CAMFT Calendar

JANUARY

- 3 Newly Licensed South Region Support Group
- 3 Pre-Licensed South Region Support Group
- 10 Pre-Licensed North Region Support Group
- 11 Newly Licensed North Region Support Group
- 15 March/April Newsletter Submission Deadline
- 19 Innovative Program
- 31 Chapter Luncheon
South Region; Los Gatos

FEBRUARY

- 1 Newly Licensed North Region Support Group
- 7 Newly Licensed South Region Support Group
- 7 Pre-Licensed South Region Support Group
- 14 Pre-Licensed North Region Support Group
- 21 Chapter Luncheon
North Region; Burlingame

JULY

- 18 SCV-CAMFT Special Annual Event

Letters printed here are not intended to represent the opinions of the Editor, the SCV-CAMFT board, or the chapter-at-large.



Welcome Nancy Orr, Chapter Coordinator

Nancy Orr has recently joined our team as the new SCV-CAMFT Chapter Coordinator. She brings excellent administrative and organizational skills to this position. She worked for John F. Kennedy University as an administrator in the Holistic Counseling Psychology Department and is familiar with the field of psychotherapy. She is happy to be working for an organization dedicated to supporting the local therapy community. We are thrilled to have her on board and know you all will enjoy working with her.



In Practice with Howard Scott Warshaw: “The “Sigh” in PsyMart”

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 distinguished software engineer/manager, award winning film maker, celebrated video game developer, photographer, author and teacher, Warshaw 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 high-tech community. Warshaw can be found at www.hswarshaw.com.

Happy New Year! I hope your holidays were joyous. My scale (and my wardrobe) are intimidating I overindulged a tad this season. The only real casualty was the alterations I had done in November. Oh well, as you sew, so shall you rip. But it's all good. A new year's in the offing. So full of hope and possibility. A fresh opportunity... to go to PsyMart, the one-stop shopping haven for therapists.

As I enter I see the ceiling girders are alive with brightly colored banners rhythmically swaying in the incense-laden breeze. They promise new groups, new marketing plans, new commitments.

I love New Year's at PsyMart! But alas, today is not about the usual reverie and abandon, I'm here to make a return. A valued colleague gave me one of those clever PsyMart calendars, unfortunately it's missing the months of May and July. My year goes by too fast as it is. I'm determined to recoup this tragic loss.

A PsyMart Customer Experience Facilitator approaches and asks: "How may I enhance your presence in this moment?" "This moment is perfect... but this calendar is defective and I'd like to re-

turn it. Where can I go?" "That depends on your priorities. For complaints I'd recommend Victim Validation, section B-9. But to move toward resolution you'll want the Unfinished Business Department. They're located in the kiosk by the food court until their offices are completed."

Unfinished Business it is. I start strolling across the endless sea of aisles that is PsyMart. Along the way, a video monitor catches my eye. They're touting "The Jung & The Restless," a new reality show about psychoanalysts in a sleep disorder clinic. It might be fun, but it sounds like a thinly veiled remake of Generalized Hospital.

As I'm approaching the food court an intern hands me a coupon: Kentucky Freud Chicken. Get 50% off any Combo at our Transference Counter. I ask the intern if it's any good. "Absolutely!" she says, "I've eaten there 3 times a week for years and I'm still going."

I thank her for her input and start to walk on when I can't help overhearing a customer at the Reframing Window, "I



get extremely upset when I tell my dog to stay and he doesn't listen." "Try changing the dog's name to Nama." "How will that help?" "He may still disobey, but you'll be reminded to honor your own inner peace each time you say, "Nama, stay!"

I think PsyMart has an interesting take on service provision. At last, the kiosk is in sight. As I cross the food court I contemplate the notion of fast food for therapists. Is it really a brief modality? There's Kentucky Freud Chicken, right between the Hungry HIPAA and my personal favorite, the Department of Consuming Éclairs. But this is no time for distractions.

At the kiosk sits a woman of great composure, and several empty chairs. There is no sign indicating the Unfinished Business Department, but the "UB" on her PsyMart uniform is all the confirmation I need. Her face

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SCV-CAMFT January South Region Luncheon

(1.5 CEU hrs. available, PCE 1134)



PRACTICE ABUNDANCE

Presented by Bea Armstrong, LMFT

Whether you've been in private practice for years or are newly licensed, the questions are the same: How do I grow my practice? How do I reach prospective clients most effectively? Do I use social media? What's the best way to network? What about online directories? Is a website mandatory?

If you have these questions and more, join us to hear someone who has answers – and who will share the one critical ingredient to building a thriving private practice.

Bea Armstrong, LMFT, has created a successful psychotherapy practice for the past 22 years. She averages 35 client hours per week and typically has a waiting list. Bea is the co-founder of two private practice groups: Associated Counselors of Silicon Valley, San Jose, and Bay Area Psychotherapy Associates, Campbell, where she still works. She is also the co-founder of The Therapy Marketing Institute with her son, Sean Armstrong, an internet marketer. Together, they are helping psychotherapists across the country grow their practices in the smartest way possible.

Date: Friday, January 31

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—1:30 pm

Menu: Buffet Lunch

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

Register: Please make your payment by Monday, January 27 for the early registration fee, or just show up and pay the higher “walk-in” fee. Lunch is not guaranteed for walk-ins, but is available on a first-come, first-served basis. Please visit our website at www.scv-camft.org to review detailed CE info and Refund Policy.

- ◆ 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 11am 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.

SCV-CAMFT February North Region Luncheon

(1.5 CEU hrs. available, PCE 1134)



EXPERIENTIAL SANDTRAY (ESTT) FOR ADULTS AND ADOLESCENTS

Presented by Cindy Gum, LMFT

This will be an experiential presentation in which participants will be invited to create an enactment with sandtray images and figures. Cindy's talk will invite you to become familiar with a sandtray method that fully engages the client's participation, allowing exploration of difficult intra-psychic and interpersonal relationships. Utilizing Gestalt role-play, voice dialogue and projective techniques, Cindy will demonstrate how to deepen the experience and dialogue beyond talking about the sand-tray, and entering with the client as a collaborative participant. The sandtray is an effective tool that enhances safety and trust and can become a fun and creative partner in your clinical practice.

Cindy Gum, LMFT, is a psychotherapist and licensed CE Provider for Experiential Sand-tray Therapy. She recently returned to the South Bay from the Monterey Peninsula, where she specialized in grief/loss issues. In addition to teaching ESTT workshops and leading ESTT Case Consultation groups, she has facilitated workshops called *Love Letters from the Heart* and hosted a television series *Healthy Aging*. Cindy is chairwoman for Healing through the Arts for the Compassionate Care Alliance, for whom she has written three plays about aging and end-of-life issues.

Date: Friday, February 21

Place: Crystal Springs Golf Course, 6650 Golf Course Dr, Burlingame

Register: At www.scv-camft.org, or mail your payment to
SCV-CAMFT, PO Box 60814, Palo Alto, CA 94306

Time: 11:15 am—1:30 pm

Menu: Buffet Lunch

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

Register: Please make your payment by Monday, February 17 for the early registration fee, or just show up and pay the higher "walk-in" fee. Lunch is not guaranteed for walk-ins, but is available on a first-come, first-served basis. Please visit our website at www.scv-camft.org to review detailed CE info and Refund Policy.

continued from p. 4 (Pysmart)

neither smiles nor frowns, yet it invites me to speak.

"This calendar is missing two months. I want a complete one." "OK, but first please take a moment to be the calendar. Describe your experience as the calendar." *"I'm not whole. I'm paginated and incomplete. I feel pressured. I feel a need to make up for lost time."* "Speak to me as the calendar. What does the calendar say?" *"I want a refund."*

"Your experience cannot be refunded. The past is gone, we can only assist you with baggage. Speak to me as the baggage you carry from this calendriacal trauma." "How about a store credit?" "Excellent. Now be the store credit. Speak to the calendar..." Two hours later I got a store credit and a tremendous sense of well being.

Whether the giver or the givée, service can be challenging. However, when I allow myself to simply be curious and explore, PsyMart becomes an amazing place. I'm devoting this year to quality time in service. In fact, I'm putting it on my calendar. Happy New Year! ☺

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>

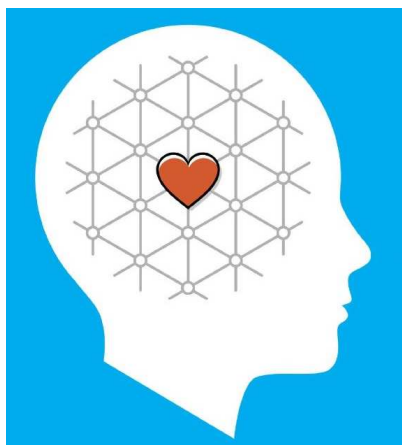
ONGOING PSYCHOTHERAPY GROUPS

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



Nancy Wesson, Ph.D. CGP (Psy9621) is a licensed psychologist in private practice for over 25 years. Dr. Wesson has 25 years of experience leading groups using a group process–interpersonal approach. She was trained by Dr. Irvin Yalom and the American Group Psychotherapy Association.

To discuss or make a referral, contact Nancy Wesson, Ph.D. at (650) 965-7332 or Dr.NWesson@sbcglobal.net. Articles about group psychotherapy can be found on her websites at: www.wespsych.com and <http://www.shynesshelp.com>.

**Date/Time:****Friday, July 18, 2014**

9:00am—4:00pm

(8:30am check-in)

Venue:**Michael's at Shoreline**

2960 Shoreline Blvd.

Mountain View, CA

Registration fee includes a continental breakfast, buffet lunch and 6 CEUs for MFTs, LPCCs, LCSWs and LEPs.

Early Bird Registration:**To Save Register by June 17, 2014**

Licensed members: \$120

Student/Interns member: \$60

Non-member: \$140

Non-member student/intern: \$70

After June 17th

Licensed members: \$140,

Student/Intern member \$70

Non-members: \$160

Non-member student/Intern \$80

To register online go to the calendar of events at scv-camft.org/ or Contact Us: mail@scv-camft.org or 408-235-0210.

Refund Policy: Due to the contracted costs of offering this event, cancellations must be received no later than two weeks before event by July 4, 2014 in order to ensure a refund, less a \$30 administrative processing fee.

Continuing Education: This course meets the qualifications for 6 hours of continuing education credit for MFTs, LPCCs, LEPs, and/or LCSWs as required by the California Board of Behavioral Science (PCE 1134, CAMFT - Santa Clara Valley

Hardwiring Happiness: Growing Inner Strengths in Children, Parents, and Families

Presented by Rick Hanson, PhD

Acclaimed teacher, neuropsychologist, and New York Times best-selling author.

Based on Dr. Hanson's newly released book, *Hardwiring Happiness*, this seminar offers concrete, research-based strategies for internalizing everyday positive experiences to develop lasting inner strength.

Dr. Hanson will cover applications to help both our clients and ourselves cope with stress, interpersonal conflicts, addictions, trauma, depression, and childrearing.

Attendees Will:

- Experience the process Dr. Hanson calls "taking in the good" – which help us heal from traumas and develop inner strengths like resilience, positive emotions, and confidence.
- Be able to describe the three motivational systems in the brain and why the brain evolved a "negativity bias", making it like Velcro for bad experiences and Teflon for good ones.
- Learn the four-step HEAL method that imprints everyday positive experiences in the brain's memory system helping you to feel greater strength, peace, and love.
- Teach clients the four HEAL steps of deliberately internalizing positive experiences.
- Adapt the HEAL steps for clients who are children or have trauma.



Rick Hanson, Ph.D., is a neuropsychologist and New York Times best-selling author. His books include *Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence* (from Random House in October, 2013; in four languages), *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom* (New Harbinger; in 25 languages), *Just One Thing: Developing a Buddha Brain One Simple Practice at a Time* (New Harbinger; in 12 languages), and *Mother Nurture: A Mother's Guide to Health in Body, Mind, and Intimate Relationships* (Penguin). Founder of the Wellspring Institute for Neuroscience and Contemplative

Wisdom and on the Advisory Board of the Greater Good Science Center at UC Berkeley, he's been an invited speaker at Oxford, Stanford, and Harvard, and taught in meditation centers worldwide. A summa cum laude graduate of UCLA, his work has been featured on the BBC, NPR, CBC, FoxBusiness, Consumer Reports Health, U.S. News and World Report, and O Magazine and he has several audio programs with Sounds True. His weekly e-newsletter, *Just One Thing*, has over 96,000 subscribers, and also appears on Huffington Post, Psychology Today, and other major websites.

For more information about Rick Hanson, please see his full profile at www.RickHanson.net.



Dina Haddad is the founder of Families First Mediation, a family law mediation boutique, and provides family law mediation services in San Jose. She is a panel neutral for Agency for Dispute Resolution, headquartered in Beverly Hills, and sits as judge pro tempore for the Santa Clara County personal property arbitration program.

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

Broken Love:

The Intersection of Divorce and Therapy

A Legal Perspective by Dina Haddad, Esq. LLM

Obtaining a Domestic Violence Restraining Order

Have you had a client suffering from domestic violence (DV) and ready to take proactive steps to protect him or herself? Did you know that California has recently extended protections to victims of DV? In this column, first I'll discuss the definition of DV and the new expansion of that definition. Then, I'll explain how a party might obtain a temporary domestic violence restraining order (TRO) in Santa Clara County. (For purposes of clarity, we will identify this person as a "victim," although the terms "the party" or "alleged victim" might also be used interchangeably.)

The court defines DV as physical violence, a verbal threat of physical violence, or a pattern of harassing behavior. DV includes abusive behavior such as to throw things, pull hair, follow, harass, sexually assault, murder, break into the victim's home or work, destroy or steal the victim's property, intimidate, or to threaten to do any of these. Abuse can be spoken, written,

emotional, or physical.

In September 2013 Governor Jerry Brown signed three bills extending the definition of DV to offer victims further protections.

1. High-Tech Abuse: Now, high-tech abuse can trigger a DV restraining order. False impersonation has

relationship with friends and family, further isolating them and denying them the chance to rebuild their lives.

2. Insurance Threats: Before, DV restraining orders did not require abusers to keep their victims on their joint insurance policies.

Often abusers threaten to take their spouses off the policies to intimidate them into staying against their will. Now, the courts have the power to ensure that DV victims and their children are not cut off from their insurance policies because DV abusers can no longer drop spouses from their joint health, auto, life, and disability insurance policies.



become an increasingly common tactic of DV perpetrators to continue abusing victims on social media sites such as Facebook and Twitter. Abusers take over their victims' online identities, usually after a breakup, to humiliate and harass them all over again. This form of abuse can destroy someone's reputation and destroy a victim's rela-

3. No-Contact Orders: Police officers will be able to seek an Emergency Protective Restraining Order from a court 24 hours a day if the person or child is in immediate danger and will be able to enforce no-contact restraining orders even if other orders have been issued more recently. For the violence to qualify as DV, the victim and the

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SCV-CAMFT 2014 Calendar of Events

JANUARY

- 3 Newly Licensed South Region Support Group
- 3 Pre-Licensed South Region Support Group
- 10 Pre-Licensed North Region Support Group
- 11 Newly Licensed North Region Support Group
- 15 *March/April Newsletter Submission Deadline*
- 19 **Innovative Program: What's in the DSM-5?**
- 31 **Chapter Luncheon**, South Region; Los Gatos

FEBRUARY

- 14 Pre-Licensed North Region Support Group
- 21 **Chapter Luncheon**, North Region; Burlingame

JULY

- 18 **SCV-CAMFT Special Annual Event:**
Hardwiring Happiness

FEBRUARY

- 1 Newly Licensed North Region Support Group
- 7 Newly Licensed South Region Support Group
- 7 Pre-Licensed South Region Support Group

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.
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 2014 ISSUE
DEADLINE JANUARY 15, 2014**

**MAY/JUNE 2014 ISSUE
DEADLINE MARCH 15, 2014**

Change of Status

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

Congratulations

Jonathan Frecceri

Laurie Hammond

Elizabeth Jessica Sorci

If you have recently completed licensure, let us know so we
print our congratulations to you in SCV-CAMFT News!

If you have received your notice of licensure, please inform your local chapter as well as the state organization of CAMFT. Please let our chapter coordinator know of any status change by telephone, 408/235-0210, or by e-mail, mail@scv-camft.org.



September Luncheon Review:

Criteria for Group Placement and Assessment

by Elanah J. Kutik, MA, LMFT



Elanah Kutik was recently licensed in August. She has a small private practice in Los Gatos and, also, works as a behavioral health educator for Kaiser Permanente where she has been leading psychoeducational groups for the past 9 ½ years.

In his presentation on September 27th for the luncheon meeting of the Silicon Valley chapter of CAMFT, held at Michael's Shoreline, Jamie Moran, LCSW/CGP, addressed the various criteria he uses in assessing individuals for psychotherapy groups. As a highly experienced and certified group psychotherapist in the Bay area, Jamie was careful to distinguish between psychotherapy groups, which work with conflict directly, and support groups, which typically interrupt and re-frame conflict.

Jamie emphasized how one of a group's important functions is to mirror family as well as current, "here and now" dynamics for a client. This helps set the stage for important repair and re-working of original wounds that a client brings to his or her current relationships; and it provides the client with insight and new ways to address his or her issues outside the group. Most group issues, according to Jamie, involve joint responsibility.

I appreciated Jamie's detailed discussion of his screening process and found it very helpful to hear him review how he

assesses clients.

As part of his handout, Jamie also provided a detailed list of questions that he incorporates in his assessment process. In order to get a good sense of whether a client and a particular group would be a good fit for one another, Jamie spreads his interview out over two full sessions, charging his usual group fee for these meetings. Some of the factors he considers are:

- Interpersonal issues, especially depression or isolation
- Client motivation and curiosity
- Ability to provide and receive feedback
- Ability to work with issues in the here and now
- Willingness to deal with conflict
- Ability to leave the session with unfinished issues

Toward the end of each assessment, Jamie expresses any reservations he has and checks them out with his client. He might refer the client to another group or suggest continuing with individual therapy for a while. He keeps a wait list for full



groups and checks-in periodically with clients whom he determines to be a good fit. I like that he does not automatically rule out clients with personality disorders -- the way I had been taught to do in my first internship -- and appreciate his perspective that "moderate Axis II can work in group".

After a discussion of assessment criteria for general groups, Jamie turned to placement factors for LGBTQQ clients. He takes demographic profile into account, assessing where a client fits within the group profile, and explores possible impact of the current group on the client. Critical issues such as homophobia, shame, and humiliation typically unfold, and the therapist's role is to invite joining of the other members, which helps break through judgment and isolation.

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SCV-CAMFT Innovative Program Workshop— Save the Date!

(2 CEU hrs. available, PCE 1134)



WHAT'S NEW IN THE DSM-5?

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

This small workshop provides a helpful review of the changes in the DSM 5. The overview provides a window into both new disorders and reorganized disorders. Become familiar with the new structure and new terminology designed to create a more clinician-friendly and evidence-based diagnostic manual.

Mary Crocker Cook, D.Min., LMFT, LPCC, LAADC is the co-owner of Connections Counseling Associates in San Jose. She is the Program Coordinator for the SJCC Alcohol and Drug Studies Program, and runs the Connections Counseling Associates Continuing Education Program, www.counselorceu.org. She is the author of three books. Her website is at www.marycrockercook.com

Date:	Sunday, January 19	Time:	1:00pm—3:00pm
Place:	Menlo Park Community Services, Arrillaga Family Recreation Center, Juniper Room, 701 Laurel Street, Menlo Park	Fee:	Members—FREE \$10 for CEUs
Register:	Visit www.scv-camft.org, or mail your payment to: SCV-CAMFT, PO Box 60814, Palo Alto, CA 94306		Non-members—\$10 \$10 for CEUs

If you find you must cancel, please call the chapter voicemail (408/235-0210). Refunds are not available. We can transfer your payment to another program if you call at least 24 hours in advance. 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 payment. Please remember that telephone reservations cannot be accepted. CEUs are available - please be sure to add CEUs to your registration. You will receive 2 CEUs. To earn CEUs, you must sign in and sign out at the registration desk.

continued from p. 11 (Review)

Jamie also shared his personal guidelines around members socializing outside of group: i.e., either no socializing between group sessions or, socializing permitted with reporting during group. Lastly, he addressed the issue of empathic failure on the part of the therapist, sharing a personal anecdote and emphasizing the value of empathic failure repair.

Interestingly, Jamie does not use check-ins to begin each group session. His view is that these serve to increase safety. While check-ins can be useful in support groups, Jamie's preference for psychotherapy groups is to leave the responsibility of owning or sharing an issue with each individual group member.

Jamie Moran has offices in San Francisco and Menlo Park where he works

with individuals, couples, and groups. He is currently leading six different groups; he also coaches and offers various workshops and in-service presentations throughout the U.S.

I found Jamie's presentation both thought-provoking and highly informative. As someone who enjoys facilitating support groups, I feel inspired to incorporate some of his techniques in my own groups. ✍

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 coordinator mail@scv-camft.org, if you are interested in getting a free lunch while doing something that feels great!

Adult and Young Adult Psychotherapy Groups

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The Newly Licensed Support Groups

are designed to meet the needs of those just licensed, and up to three years after licensure. You will find support, great ideas, and develop relationships with your peers. Be sure to take advantage of this valuable group and resource as you begin your journey as a licensed therapist.

The Pre-Licensed Support Groups

are designed to support interns. These groups will help you find encouragement and advice from those who have already walked in your shoes on the road to licensure. Be sure to take advantage of this valuable group and resource as you begin your journey towards becoming a licensed therapist.

Support Group Calendar

**Newly Licensed North Region/Peninsula
Newly Licensed South Region
Pre-Licensed North Region/Peninsula
Pre-Licensed South Region**

Free Newly Licensed (within three years) Support Groups

North Region Newly Licensed Support Group

Meets Saturdays, Jan. 11, Feb. 1 and March 15 from 10am-12pm
Facilitator: **Jamie Moran, LCSW**
Location: 661 Live Oak Avenue, Suite One, Menlo Park, CA 94025.
RSVP and Contact: Jammoran@aol.com or 650/598-8877.

South Region Newly Licensed Support Group

Meets on one of the last Saturdays of the month from 10am - 12pm
Upcoming Dates: January 25, February 22
Facilitator: Verna Nelson, LMFT
Location: Near hwy. 85 and 880 (address provided with rsvp)
RSVP and Contact: vernanelson@gmail.com or 408/379.7747

Free Pre-licensed Support Groups

North Region Pre-Licensed Support Group

The group meets the second Friday of each month from 10:00am to 12:00pm
Upcoming Dates: January 10, February 14
Facilitator: Debra D. Rojas, LMFT
Location: at Debra's home in Menlo Park (address provided with rsvp)
RSVP and Contact: debra@debrarojasmft.com or 650/995-6940.

South Region Pre-Licensed Support Group

Meetings are held the first Friday of every month from 10:00am to 12pm.
Upcoming Dates: February 7, March 7
Facilitator: Janis Seiberlich, LMFT
Location: 4100 Moorpark Ave., Suite 212, San Jose
RSVP and Contact: janis@healing-heart-therapy.com or 650/810-5680.

continued from p. 1 (President)

ous boards have been excellent stewards of our organization. We have continuity in terms of the history of the chapter (board meeting minutes, past newsletters, ongoing involvement of former chapter leaders) and financial strength. This allows us to maintain excellent programming as well as develop new opportunities for our members.

We are a big chapter, with more than 650 members. It is my hope to bring into our community a significant number of new members this year who can benefit from our programming and networking opportunities. This is why we would like to hear from you in terms of professional development ideas that would help the chapter be more valuable.

Please take a look at the chapter website www.scv-camft.org and get to know our board members and the chapter in general. Continuing on with us this year are Pam Eaken (past-president), Debra Rojas, (president-elect), Michael Sally (secretary), Merrett Sheridan (CFO), Elizabeth Basile (luncheon programs), Jane Kingston (ethics), Nancy Andersen (business development), and Robin Ginsberg (special events). And please welcome our new board members: Kelly Kilcoyne (prelicensed and newly licensed) and Jenna Benson (membership). The returning board members have a lot of history together and work very well as a group. I am confident that with the addition of Kelly and Jenna, we will continue to serve the chapter well. I would also like to extend a warm welcome to our new chapter coordinator, Nancy Orr. If you have the chance to interact with Nancy, please welcome her to the chapter.

I look forward to hearing from you,
Kate Viret

continued from p. 9 (Broken Love)

abuser must have a close relationship. They must either be married, divorced, separated, dating or used to date, live together or used to live together as a couple, or be related (parent, child, brother, sister, grandmother, grandfather, in-laws, etc.).

The Santa Clara County Superior Court's website has a carefully outlined process for victims needing information about how to obtain a restraining order. If in immediate danger, the victim should call 911 and request an Emergency Protective Restraining Order from the officer. However, this order is only good for five to seven days.

If this method does not apply or falls short, a party can obtain a TRO, which can last up to 21 days. The party can go to the Restraining Order Help Center (located in Downtown San Jose, Morgan Hill, and Sunnyvale), where he or she can receive free help to fill out the forms and submit them to the judicial officer. The forms ask for details about the violence. The victim can include a detailed declaration/affidavit to support his or her request. Additionally, the victim can request specific protections such as how far away the aggressor must stay away from the victim's home, place of worship, school, or children's school. The forms also provide the victim an opportunity to request a visitation schedule.

The judicial officer will review the forms within 24 hours. The party can check the status of his or her forms online and pick them up when ready. If the judicial officer grants the TRO, the order is immediately effective. The victim should closely review the order to see which of his or her requests were granted. Also, the judi-

cial officer will set a hearing date for the victim and alleged aggressor to appear in court. Again, because the TRO lasts no more than 21 days, the hearing will be within that time, before the TRO expires. At that hearing, the parties will present their evidence to support or oppose the request for a permanent domestic violence restraining order. If granted, the permanent domestic violence restraining can extend up to five years and will be entered into the law enforcement database as a California Law Enforcement Telecommunications System order. ✍

For more information, you can visit the court website at www.sccscourt.org.



**In Memory of
Joan Ross**

October 21, 2013

continued from p. 1 (Self Care)

signals a firm and clear “no.” In our field as psychotherapists, it behooves us sometimes to “let go” more than hold on to the odd and wily ways of our critical mind. If for instance I’m thinking, “Linda [another therapist] would say something really brilliant right now, but all I can think of is this big “duh, I’m so lame”; then the truth is that I’m not actually listening to my client. My role is not to assess my comments or to compare myself to others. It is to listen, deeply; hence to empty myself and give of an open, focused heart and mind. To sit quietly and open a huge space for the client to speak, to regard kindly, and to see what comes up between us. Mindfulness leads the way.

This is what a recent rafting getaway weekend drummed home to me. Over the summer, I went with my husband, 20-year-old son, and two of his buddies for a one-day Class IV whitewater rafting trip on the American River near Sacramento.

I have to own up that I was a tad nervous about the “Class IV” aspect. We’d gone whitewater rafting before but not at that level. I wasn’t so sure I was taking appropriate “self-care.” How would a broken leg or rib serve me when I returned Monday? I quieted the fears and noticed where I was: in the Middle Fork of the American River with beautiful blue-green mountain ranges and a clear ever-changing glassy and frothy river weaving through it.

Our guide for the day was Alejandro. It didn’t hurt that Alejandro was a beautiful man—tanned, wiry, curly-haired, all of about 25 years old, from Costa Rica, with a dreamy accent. From the moment he stepped out of the van to introduce himself to us all the way through to hugs at the end of the day, we were his friends, as in:

“My friends, this is the plan.” “My friends, you need to paddle vertically; paddling like you did just now does nothing.” “We have a wonderful lunch for you today, my friends.” On the water, he was part drill sergeant (“You must pay attention. When I say ‘lean in,’ your helmets must be together; I will give you one more chance and only one more. If you fall in, you are on your own, my friends. You must listen to me!!”) and part lounge lizard on the back of the boat. He talked about making money to pay for college back home and asked what higher education was like here. He talked about his shoulder pain. He asked us questions and sang folk songs in the smooth waters.

There was something about Alejandro’s love for life, his transparency, his “there-ness” that was compelling. This young man was about life encounters: music, dancing, navigating torrents, roaring out paddling commands, studying. If anxious thoughts or continuous scheduling bothered our guide, it didn’t show. Rather, the overall feeling I got was that Alejandro lived in the experience moment-to-moment as opposed to living in his mind.


The trip taught me how to notice my surroundings and ground myself right there and then as opposed to what I had to do after the trip ended at 3:30pm. The rapids made for an ideal practice ground and Alejandro an ideal guide to that practice. When we floated through glassy portions of the river, I had a harder time practicing—too easy for my mind to wander. But at a Class III or IV rapid, my mind jerked back to the white water awashing me and to listening for and obeying Alejandro’s orders. It was a matter of being there, fully.

I observed my anxiety would build some time before we hit one of those intense rapids—“What if I fell out?”

“What if I crashed among the rocks?” “What if my son fell out?”—which wasn’t helpful. I had to remind myself that I didn’t need to be thinking about that right now. There were no rapids at the moment, just rippling water and trees swaying on the blue mountains. Worrying took me away from all that. I’d remind myself that when the water did change, Alejandro would know what to do and I would simply be listening to him. So, then I’d breathe and look around. I had to do that over and over.

As Alejandro says, “You need to pay attention.” Pay heed to what’s going on so that your encounters are what they are—busy, serene, neutral, or exciting in the pulse you give them. So, mindfulness. The ability to:

- Wake up to the present; be aware of my surrounds
- Be aware of the snarls of my mind
- Question my leash to email
- Drop the twisting of my therapeutic self to some perceived standard of what other therapists do in the room, hence what I must do
- Calm myself in the presence of a client crisis
- Be aware of the planning mind, and drop my scheduling control, and
- Ease the busy-ness of my life...

All we have to do, my friends, is to open our eyes and look around; perchance, to sing. And sometimes ... we have to paddle as strongly as we can! 

Edna Wallace is a licensed marriage and family therapist and a licensed professional clinical counselor. She works part-time at El Camino Hospital as a program therapist for Older Adult Transition Services (OATS), an intensive outpatient treatment program that serves severely depressed, anxious, and bipolar geriatric patients. She also has private practice offices in Los Altos and San Jose. She can be reached at ednafaith650@yahoo.com.

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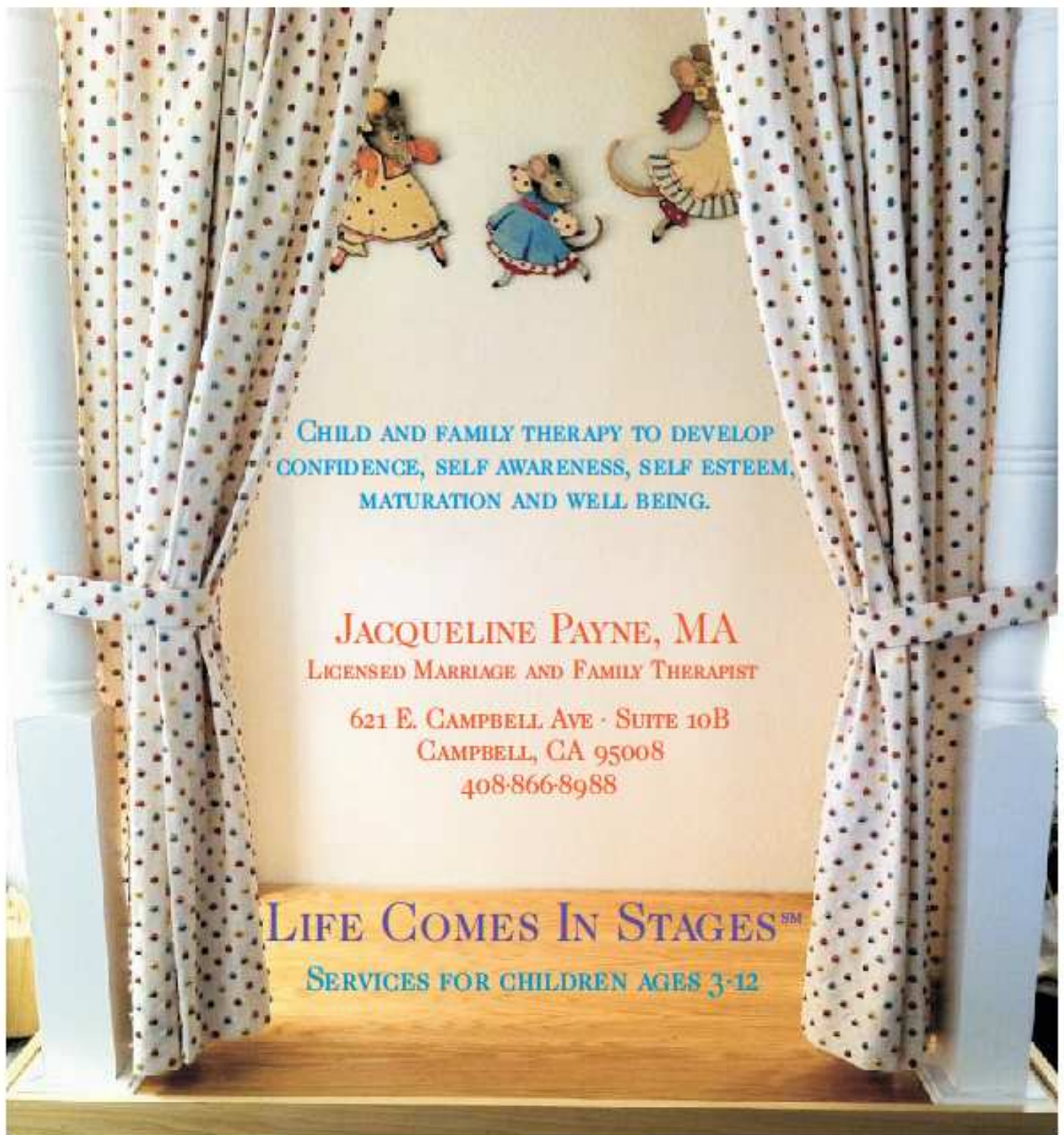
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Since the launch of the chapter's Website in the fall of 2004, all classified advertisements have been published on the Website concurrently with their run in the chapter newsletter. Now, your display advertisements can as well! The following is a 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
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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.



***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 Joanne Shurter, Editor, joanne.shurter@gmail.com
- All submissions are subject to review and approval by the SCV-CAMFT Editorial Committee of the SCV-CAMFT Newsletter.

We would be happy to receive your submission!
— SCV-CAMFT News Editorial Committee

GROUPS AND WORKSHOPS

Psychotherapy Groups

In this dynamic psychotherapy group experience, clients explore relationship patterns and self-esteem issues with the support and feedback of peers. Issues such as depression, social anxiety, and codependency are addressed. Nancy Wesson, Ph.D. was trained by Irvin Yalom, M.D. For more info (650)965-7332 or Dr.NWesson@sbcglobal.net / www.wespsych.com/ www.shynesshelp.com

Divorce Group for Men

What will you get out of the group? - Ability to make smart decisions - Emotional support -Talk with other men who "get" what you're going through Contact Raelene, raelene.s.weaver@gmail.com, 408-529-4078

Process / Support Group

Ongoing coed process/support group meets two Saturdays per month. Goals: relationship skills, emotional evolution, improve self-esteem and confidence, codependency recovery. West San Jose. Call Marv Cohen, LMFT, 408 261 3332.

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.

Women's Therapy Group in San Jose

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.

GROUPS AND WORKSHOPS

Knowing Me, Loving Me

An on-going process group for women, which uses therapeutic dialog and supportive relationship to help create a deeper understanding and acceptance of self and others.

TEEN GIRLS and WOMEN'S GROUPS

TEEN GIRLS-Friendships, feelings, communication, self-esteem and stress using art and drama. WOMEN-relationships, depression, stress, transitions, and parenting starting January 26th. Lori Levitt, MFT #43329. 650-794-4828 www.lorilevittmft.com

Class: How our thoughts influence healthy eating habits

11/15/13, 12/13/13, 1/17/14 in Mountain View Class participants would learn how to: Apply proven benefits of cognitive therapy to achieving a healthy weight Email to Elena_makarova@yahoo.com By Elena Kudelin, LMFT specializing on eating disorders.

Women's Process Groups

Process Groups for Women in Transition: Examining internal, external, second-half-of-life changes. Redwood City. Now forming Mondays and Wednesdays. Please call Deborah Dowse Runyeon, MFT at 650-363-0249 x111 for information.

NEW MENLO PARK MEN'S GROUP

Men fostering connection, community, and support Group will meet on Mondays from 8:00-9:30pm. For more information please contact Jamie Moran, LCSW, CGP 650.598.8877 jammoran@aol.com www.jamiemoran.com

Two groups offered:

LBGT Adult "Coming Out" process group Tuesday's 5-6:30pm Process Group for Sexual Abuse Survivors

GROUPS AND WORKSHOPS

Wednesday's 6-7:30pm Both are ongoing weekly groups, \$40/session, San Jose <http://www.ladonnasilva.com/therapy-services.html> LaDonna Silva, LMFT (408)412-1207(408)412-207

Psychotherapy Groups

Openings in ongoing Adult and Young Adult psychotherapy groups meeting in Los Altos. Both groups deal with interpersonal issues, depression and anxiety and both groups. They support individual therapy goals. Call Alice Sklar, MFT, Certified Group Psychotherapist. 650-961-3482

FOR CLINICIANS

Mediation and Co-Parenting Counseling

Larry Stone, MFT, is an experienced Mediator and Co-Parenting Counselor. Reasonable fees, referrals appreciated. 831-600-7665. www.StoneMFT.com. Author of "Divorcing Peacefully: Why It's Essential and How To Do It", available at www.divorcingpeacefully.com

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FOR CLINICIANS

Support Group for Women

Ongoing support group for women. Transitions, relationships, family issues, parenting, work life. Weekly on Wednesday evenings, Los Altos. Contact Beate Klein, (650) 999-1461. PhD in Classics - MA in Counseling Psychology Marriage and Family Therapist Registered Intern, #72509 Supervised by Dennis B. Facchino, Ph.D., LMFT #9248 beatekleinpsychotherapy.com

Affordable Counseling

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Unique/Must See Los Gatos Office

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Spacious full-time office in 3-office suite with comfortable furnished waiting-room. Shared office and kitchen equipment. Very affordable rent includes utilities, janitorial service, and wifi/Internet. Easy parking, quiet environment, and friendly colleagues. Call Anne at 408-823-8233.

OFFICE SPACE

Photos & info at www.annemontagna.com/mft_office_available.html

Part-Time Office for Lease

Comfortable window office in quiet building available part-time. In San Jose near Santa Clara/Campbell/Cupertino. Can accommodate adult, child, and small family therapy sessions. Contact Roberta at lago-morph@mindspring.com 408-410-5029

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If you are interested in placing a classified advertisement with SCV-CAMFT News, please go to our website, www.scv-camft.org, and select Place Classified Ad under the Advertisement Menu Option. Your advertisement will be placed online immediately, and in the next edition of SCV-CAMFT News according to the set deadlines.



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Chapter Luncheon

South Region, Los Gatos
Friday, January 31

11:15am— 1:30pm

“Practice Abundance”
 (1.5 CEU hrs. available, PCE 1134)

Special Presentation by
 Bea Armstrong, LMFT

Los Gatos Lodge
 50 Los Gatos-Saratoga Blvd.
 Los Gatos

Chapter Events

Innovative Program

Sunday, January 19

Menlo Park
 1:00pm—3:00pm

“What’s New in the DSM-5?”
 (2 CEU hrs. available, PCE 1134)

Special Presentation by
Mary Crocker Cook, D.Min., LMFT,
 LPCC, LAADC

Chapter Luncheon

North Region, Burlingame
Friday, February 21

11:15am— 1:30pm

**“Experiential Sandtray for
 Adults and Adolescents”**
 (1.5 CEU hrs. available, PCE 1134)

Special Presentation by
 Cindy Gum, LMFT

Crystal Springs Golf Course
 6650 Golf Course Dr.
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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.**