

PRESIDENT'S MESSAGE

By Debra D. Rojas, M.A. | *Licensed Marriage and Family Therapist and President, Santa Clara Valley Chapter of California Association of Marriage and Family Therapists*



Happy New Year! Once again I'm writing this message after our 2015 annual meeting. For those of you who were unable to attend, the meeting was a great event and I received a number of compliments from our members.

A theme in my President's Messages throughout 2015 was about the chapter's early newsletters and how impressed I have been with the work our earlier members accomplished in beginning our chapter. And that is why the 2015 annual meeting was so special because we invited all our past presidents to come so we could thank them and recognize them for their accomplishments.

The annual membership meeting is a time of year when we gather and socialize, catch up with colleagues and friends, and show our appreciation for our volunteers. The evening began with live jazz music from the Mike Keating and Mike Boone duo. Food and drink were ample and this year we had a photo booth for members to dress up and pose with friends and colleagues. You'll see some of the photos throughout this newsletter.

After an hour of socializing I called the membership meeting to order. Since we were recognizing

and honoring our past presidents I provided highlights from our chapter's history. In the early years our chapter was known as California Association of Marriage, Family and Child Counselors, Santa Clara Valley Chapter. The chapter grew from a chapter formation committee to a full chapter with eight officers and seven committee chairs who formed a telephone tree.

Their goals were to:

- Hold regularly scheduled general meetings each year--meeting on the 2nd Sunday of each even month
- Hold 12 executive board meetings annually on the first Monday of each month
- Publish an annual membership directory which would serve as a referral source
- Publish a bi-monthly newsletter
- Activate a telephone/letter/mail-o-gram tree to mount effective support for legislation to benefit our clients and profession
- Promote development of professional knowledge and skills
- Support each other personally and professionally

By 1985 our chapter expanded to 188 members, making us the largest chapter in the state and half of the state CAMFT members belonged to our chapter.



Nancy Andersen, Jacqui Gerritsen, and Kate Viret at the 2015 Annual Meeting and Volunteer Recognition.

- Meetings were held at night and later moved to noon
- Meetings were held in members' homes, and at local venues such as the YWCA and churches
- They held annual events such as summer barbecues and holiday parties for members and their families

1990's AND BEYOND

On August 20, 1991 we incorporated as a nonprofit, and received exempt status from the IRS. Our name became Santa Clara Valley Chapter of California Association of Marriage and Family Therapists-SCV-CAMFT for short. Today we are still one of the largest chapters in the state and it would not be possible without the dedication and commitment of our volunteers.

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President, continued from p. 1

Which brings us to the present.

ACCOMPLISHMENTS OF 2015:

- Rolled out a new brand and logo to enhance our public image
- Reformatted the newsletter
- Replaced the membership directory with the on-line therapist search feature
- Integrated the website with PayPal
- Improved the Mentor Program
- Established new membership tiers
- Updated the internship directory
- Updated policies and operations
- Reviewed CAMFT's proposed Chapter Affiliation Agreement and recommended changes, which were viewed very favorably
- Hosted a table at the CAMFT Annual Conference in May
- Applying to CAMFT for continuing education provider approval
- Hired our first employee!

Our offerings in 2015 included

- 10 Luncheon Presentations
- 2 Workshops
- 1 Innovative Program, Movie Night

TOPICS PRESENTED IN 2015:

- Current Issues Regarding the Use of Psychiatric Medications with Children
- Domestic Violence and the Affluent Community
- Advanced Treatment Strategies for Social Phobia and Related Mood Disorders
- Teaching Mindfulness to Teens & Learning from the Teens We Teach
- Binge Eating Disorder: Diagnosis & Treatment
- Effective Interventions for Hostile, Angry Couples
- Annual Workshop: Finding Meaning, Facing Fears: In the Autumn of Your Years
- Evidenced-Based Treatment for Teens & Disparities in Funding
- High Functioning Autism Spectrum Disorder/Asperger's in Adults
- The ICD-10 and The Changing

World of Insurance

- Law & Ethics Workshop: Are You Ethical? Are You Sure?
- Working Implicitly in Psychotherapy: What Decades of Neuroscience Study has Taught Me About Being a Psychotherapist
- Movie Night featured Antwone Fisher

COMING IN 2016

- Plans for the 2016 summer workshop have begun. Our presenter will be Dr. Rick Olcese who specializes in trauma, neuropsychological evaluations, and treatment.
- A half-day workshop is scheduled for the spring on a topic related to working with transgender clients.
- North region luncheons have experienced lower attendance in the past year. The board is working on new offerings for the north region.
- Our goal for 2016 is to offer more opportunities for networking and socializing. We need your input. Please email any board member and share your ideas about activities or events that can help you feel part of our community.

The foundation of any great organization is rooted in service and teamwork. Together they create a force that nurtures and energizes.

Our board of directors are all volunteers and volunteers are the lifeblood of our organization. They are generous with their time and talents and their valuable contributions are essential to our success as a chapter.

We say goodbye to Kate Viret, Past President, Merrett Sheridan, CFO, Kelly Kilcoyne, Director of Pre-licensed and Newly Licensed Support Groups, and Jenna Benson Sholl, Director of Membership.

Continuing in 2016 are Eleanor Scott, President Elect, Michal Sadoff, Secretary, Nancy Andersen, Director of Law and Ethics, Elizabeth Basile,

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Director of Luncheons and Innovative Programs, Kimberly Panelo, Director of Special Events, and Melissa Risso, Director of Pre-licensed and Newly Licensed Support Groups. We welcome new directors Ernie Chu, CFO, Jacqui Gerritsen, Director of Communications and Technology, and Chandra Rai, Director of Membership.

I'm looking forward to 2016. As president, I'm dedicated to continuing the legacy that began so many years ago, to ensure the chapter provides offerings that meet your needs for professional development. As I've said many times before, SCV-CAMFT is YOUR chapter. If you have ideas you would like the board to consider, or any other suggestions, I invite you to contact me or any board member. Our contact information is on the website at www.scv-camft.org.

I look forward to hearing from you.

HONORING OUR PAST PRESIDENTS

Our early leaders created a strong foundation which was built with determination, integrity and commitment. From humble beginnings their vision, dedication, and hard work has laid the foundation for the success of our chapter today.

At the 2015 Annual Meeting each past president was presented with a gift from SCV-CAMFT and a Certificate of Recognition from CAMFT, presented by President Laura Strom.



President Debra Rojas with Laura Strom presenting to Past President Mary Logan.

Here are our past presidents. Thank you for your leadership and commitment to our chapter and to our profession. You have truly made a difference.

CHUCK EUDY (1981)
VICKI LEE (1983)



MARY ELLEN
MC TAMANEY
(1984-1985)

PATRICIA BURBANK (1986-1987)

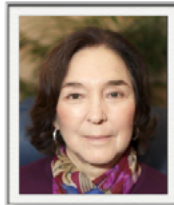


BERGET JELANE
(1988-1989)

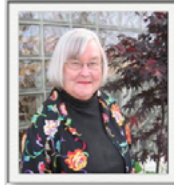


ELSIE SHAW
(1990-1991)

MARTI BAERG (1992-1993)



ALICE SKLAR
(1994-1995)



JANE KINGSTON
(1996-1997)



CAROL CAMPBELL
(1998-1999)

DENISE LEFFERS (2000-2001)



MAUREEN
JOHNSTON
(2002-2003)



MARY LOGAN
(2004-2005)



BENJAMIN
MEDVED
(2006)



RUSSELL WILKIE
(2006-2007)



BONNIE L. FABER
(2008)



LARA WINDETT
(2009)



TERRYANN
SANDERS
(2010)



NANETTE
FREEDLAND
(2011)



LA DONNA SILVA
(2012)



PAMELA EAKEN
2013



KATE VIRET
2014

Thank you for your outstanding vision, generous commitment of time, support, and inspiration!



Luncheon Review

by Bridget Bertrand, LMFT

Bridget reviews the presentation "Working Implicitly in Psychotherapy: What Decades of Neuroscience Study Has Taught Me About Being a Psychotherapist" given by Francine Lapidès, LMFT.

On November 13th, 2015 SCV-CAMFT gathered for a wonderful lunch and an extremely thoughtful presentation by Francine Lapidès, LMFT. Ms. Lapidès began her talk by reminding us that infants are primarily right-brained and this right-brain development continues for the first two to three years of life. Attachment templates are stored in the right brain. The take away is, in order to heal trauma we need to address both the unconscious and conscious areas of the brain. As therapists we see first hand how these early traumas can shape a person. Some of these traumas leave us with resiliency while others leave us more rigid. Francine then took us through some basic neuroscience. This part of the presentation served as our "infancy" in neuroscience (if we did not already have that knowledge). Even if you did have prior neuroscience knowledge her information was a great review.

She shared a quote from Winnicott, "There is no such thing as a baby ... if you set out to describe a baby, you will find you are describing a baby and someone." (Winnicott, 1947). The relationship heals because we are relational beings. We start life in relationship or if not, trauma is likely present. We can help our clients make meaning of early trauma. This healing is rooted in the physiology of neuroscience and is more helpful if done bottom up (or body to head direction). The limbic system and attachment theory dominate as stated on Ms. Lapidès' slide: "Early life experiences create potent affective 'knowing' in implicit, non-verbal, unconscious, memory

which underlie and have a profound influence on personality, dominate mood, symptoms, and relationships throughout life."

As we transitioned to the second section of the talk, Ms. Lapidès invited someone to come up to the front of the room and summarize what they had just learned about neuroscience. No one volunteered. There were crickets. We all behaved as though we were glued to our seats. She let the perfect amount of silence play out before she joked that she

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was just getting our heart rates up so we could feel our prefrontal cortex at work. As many of you likely know, the prefrontal cortex is the part of our brains that helps us regulate emotion. Francine's "experiment" was perfectly set up as a process experiential learning exercise. We have the basics of neuroscience, we are asked to come talk about it in front of the group and then upon finding out we actually don't have to, we can then re-regulate.

Just like in therapy (week after week), we invite our clients to talk, or draw, or move through their trauma. They might turn us down but as the relationship and trust grows we can begin to help them heal. This ability to manage activation helps us access our unconscious beliefs. There are, as Francine shared, "implicit relational

schemas" or unconscious beliefs that all of us have. For example, we may unconsciously believe that, "If I try to perform and fail, people will think less of me." These are, of course, the thoughts and feelings we want to target in therapy. We have seen many of these beliefs in our clients and at times ourselves: "Other peoples' needs are more important than my own," "It's too dangerous to be vulnerable and let others close," and/or "Something is terribly wrong with me." (powerpoint slides). These relational schemas defined by B. Ecker, R. Ticic, & L. Hulley, (2012) dig deep into the root of our work.

In the article titled "A Primer on Memory Reconsolidation and its Psychotherapeutic use as a Core Process of Profound Change" (2012) the authors state: "The emphasis in the Emotional Coherence Framework is on the coherence of the emotional brain—subcortical and right-brain coherence, the coherence that is intrinsic to implicit emotional learnings and, when retrieved into conscious awareness, creates new autobiographical coherence most meaningfully and authentically." This quote sums up this section of the talk. Many of the symptoms we see in therapy are generated by these "implicit (unconscious) relational knowings" (powerpoint slide).

When she spoke of the "bottom up" way of working with our clients she mentioned poetry because it has more of a right-brain connection. Using poetry or other right-brain activities with our clients can help them access and heal their trauma. If at this point you find yourself wishing you had trained more somatically you are not alone. If you are aware of the work of Pat Ogden and Ron Kurtz, you may be on your way to what Ms. Lapidès is urging us to use, more of our right brain.

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Internship Opportunities: The Pros and Cons of Agency vs. Private Practice

By Aga Mack, LMFTI

The bay area offers many great MFT internship opportunities, some even with pay. When evaluating a placement an intern should consider many factors, some of which are the hour load, clientele, training, and supervisory experience. In this article I will outline my personal experience focusing on the pros and cons of agency vs. private practice setting.

I got really lucky with all of my internships. They were all extraordinary experiences from which I learned a great deal. Having said that, they were all very different.

My first traineeship was at the Women's Recovery Association where I worked with adult women in a residential outpatient treatment program as an individual counselor and group facilitator. Working in a dual diagnosis treatment center was challenging yet very rewarding. I learned over time not to judge one's effectiveness as a counselor based on the success of your clients, although there is nothing more rewarding than witnessing your client enter into the action phase of change right before your eyes!

Working at an agency was beneficial to me because I was able to gather hours fairly quickly. If you are lucky enough to work with clients within your scope of interest than you have captured the best of both worlds.

My second placement was at StarVista, where I held two positions, one in a school-based setting and another at the counseling center. Working with elementary school children was fulfilling in that I was able to create a special place within the school where children felt completely safe, nurtured, and supported. Contrary to my initial presumption, elementary school

children are dealing with a lot of family issues and benefit greatly from therapy. Children are in their formative years and teaching them to talk about their feelings helps them in the present as well as later in life. It is very gratifying. I found that establishing a rapport is key. Once a rapport is established children will open up and actually participate in talk therapy and eventually love coming to counseling!

The school-based program yielded well over the necessary 500 hours one must complete for the BBS.



Working with children I learned to think outside the box, and became very creative and engaging in the sessions, ultimately becoming well rounded in art therapy! It takes a specialized skill to work with children which differs greatly from working with adults. One of the challenges working with low income children is that more often they have really difficult circumstances which are out of our scope of practice. Overall I enjoyed the school-based placement.

The counseling center offered a variety of clients including children and their families as well as adolescents, adults, and couples. The center setting simulated a private

practice setting where the counselor would manage their own client load. It also provided great training in medical documentation and the billing process. Another benefit to working with medical clients in an agency setting was that it provided a steady stream of clients, some of which were long term.

In my last year gathering hours I worked in a private practice internship specializing in eating disorders. I enjoyed working with this population and found that it can be challenging at times but for the most part is very rewarding. My supervisor was great and referred some clients who were high paying and long term. One of the main benefits of working in a private practice was to develop confidence and the ability to skillfully negotiate the session fee. A challenge in working in private practice is that it follows a cyclical trend of slowing down during particular times of the year. It can also be isolating at times.

Private practice is a huge commitment and it takes time! Getting started as an intern practitioner is exciting and challenging. In my experience I found that obtaining a specialization, running groups, being visible within the MFT community, and networking are all beneficial. And as I was told in graduate school, you have to get your own clients.

If you are considering going into private practice after becoming licensed, I strongly recommend obtaining a private practice internship so you can experience for yourself what it takes and ultimately know if it is where you would like to hang your shingle.

Aga Mack, MFTI is currently studying for the licensing exams.

HONORING OUR VOLUNTEERS



Verna Nelson, Carol Marks, and Wendy Wegeforth have been dedicated SCV-CAMFT volunteers for many years!

There is a lot of behind the scenes work that happens to make this chapter thrive, and volunteers are at the heart of it. Volunteers plan and run events, improve programs and offerings to our members, run support groups, write for and publish our newsletter, and recruit new members. Our dedicated volunteers find speakers, provide biographical information for our advertising, secure venues for events, work the registration table, prepare announcements, and so much more.

Never doubt that a small group of thoughtful, committed people can make great things happen!

Who Are Our Volunteers?

Last year 41 members volunteered in the following capacities:

Board of Directors
Committee Chairs
Editorial Committee
Innovative Programs
Luncheon Committees
Mentor Programs
Support Groups
Workshops & Special Events

Who are these wonderful volunteers?

Nancy Andersen
Dana Backstrom
Elizabeth Basile
Laura Brash
Bindu Khurana Brown
Alice Locke-Chezar
Angi Dahl
Leyla Erasian
Nasrin Farr
Michelle Farris
Jacqui Gerritsen
Kay Holmes
Sandy Hull
Kelly Kilcoyne
Eileen Kinney Lindgren
Mike Lysaght
Kim McGarvey
Carol Marks
Jamie Moran
Verna Nelson
Kim Panelo

Barbara Pannoni
Ildiko Ran
Janine Reed
Rosanna Rivellini
Catherine Rodriguez
Melissa Risso
Debra D. Rojas
Michal Sadoff
Dierdre Samuelsson
Eleanor Scott
Mary Deger Seevers
Janis Seiberlich
Merrett Sheridan
Jenna Benson Sholl
Karen Sturm
Grace Tang
Soad Tabrizi
Kate Viret
Edna Wallace
Christine Zubach



Volunteer board members Jenna Benson Sholl, Kelly Kilcoyne, and Kim Panelo at the 2015 Annual Meeting.



President Debra Rojas presenting an award to Catherine Rodriguez, the 2015 Volunteer of the Year.

Catherine Rodriguez 2015 Volunteer of the Year!

Success is never an accident. It is always the result of intention, sincere effort, and skillful execution. Our 2015 volunteer of the year spent countless hours redesigning the chapter's mentor program. She interviewed chapter mentors and mentees, spoke with other chapters about their programs, and researched mentor programs in general. The result is our new and improved mentor/mentee program which includes Mentor Program Overview, Mentor Program Guidelines and Engagement Agreement, and even suggested mentoring activities to facilitate the process.

The program went live on our website in 2015. Thank you Catherine Rodriguez, SCV-CAMFT's 2015 Volunteer of the Year.

Catherine is in private practice in Los Altos and provides therapy to midlife and older adults who are struggling with difficult life transitions.



President Debra Rojas presenting the 2015 Chapter Leadership award to Jamie Moran.

Jamie Moran 2015 Chapter Leadership Award!

Each year the board of directors identifies a volunteer who exemplifies the highest standards within our profession and who demonstrates leadership and dedication as a volunteer with the chapter. The board of directors unanimously nominated Jamie Moran as our 2015 Chapter Leadership Award recipient. He was presented a chapter award at our annual meeting on November 6, 2015 and will be recognized at the CAMFT Chapter Leadership Conference to be held on February 20, 2016.

Jamie has led the newly-licensed support group in the north region for 8 years. He is passionate about group and likes to “give back” to the therapeutic community. He has presented over 350 workshops, groups, staff in-services and lectures on a variety of mental health topics and has presented to our association a number of times.

Thank you Jamie for your dedication to SCV-CAMFT and the example you set to all those who have learned so much from you in the newly-licensed group.

Jamie is in private in Menlo Park and San Francisco. He specializes in psychodynamic group work with gay and bisexual men and currently leads six long-term groups weekly, as well as group consultation and supervision.



Jacqui Gerritsen, Russel Wilkie, and Debra Rojas at the 2015 Annual Meeting.

Review, continued from p. 4

The interventions Ms. Lapides offered at the end of her talk were extremely helpful. Instead of asking left-brained questions we can shift statements to a more right-brain experience. For example, instead of stating “Your father’s anger was uncontrolled and made you feel unsafe”, the right brain is more able to hear, “When you father exploded in rage, you felt terrified and small.” Instead of offering “It will be important for you to know I’m here”, clinicians can try a more right-brained approach such as asking, “Can you look at me, can you feel me here with you?”

If you were at the luncheon you heard Francine’s calm, caring, seasoned voice. It was healing in a room of nearly 100 colleagues. I hope you get a sense of her way of being from this short description.

If you are just learning of Ms. Lapides as I did in November, I recommend you seek out training with her. She’s offering a study group in 2016 focused on the field of psychoneurology. This training is designed to help therapists apply

the new research from brain science to every day clinical problems in the treatment of emotional, mood, and behavioral challenges we all face, and to untangle the difficulties that can plague us in our most intimate relationships.

Francine’s upcoming intensive study group will address the question of how this can be done while integrating neuroscience. She will address the clinical skills of “trusting your intuition, somatic transference, intimacy and self disclosure, rupture and repair,” and much more. I wish I lived closer to Santa Cruz! This group will surely be helpful. She stated, “While the overwhelming bias in western psychotherapy has been a top down primarily left-brain model of conscious and verbal attempts at change, neuroscience is increasingly confirming that we must work in this right brain, unconscious, body-based arena as well.”

One could call Francine our local Dan Siegel. She has studied with him for years and additionally, has been a part of Allan Schore’s Berkeley study group. Francine Lapides has been a licensed MFT since 1974. She is a



Francine Lapides, LMFT

decades-long member of SCV-CAMFT and is in private practice in San Jose and Santa Cruz, California.

For more information about Francine and her trainings you can reach her through her website at www.francinelapides.com.

Bridget Bertrand, LMFT #83020 is a therapist in private practice working with individuals and children in San Mateo. She will open a long-term process group in 2016 with her suite-mate Ari-Asha Castalia, LMFT #82973. She can be reached at bridget@bridgetbertrand.com

(3.0 CEUs, PCE 1143)

INNOVATIVE PROGRAM

Working with Millennials: Exploring Connection and Intimacy

Presented by Marty Klein, Ph.D and Christina Villarreal, Ph.D

This workshop is for therapists who want to enhance their knowledge and skills in working with clients aged 18-34. Seating is limited, so register now! Refreshments will be served.

3.0 CEUs available - MORE INFORMATION ON THIS EVENT AT OUR WEBSITE.

Real Sex in a Virtual World: Supporting the Sexuality of Millennials Presented by Marty Klein, Ph.D., LMFT



They grew up with computers, cell phones, and social media. In this seminar, you'll find out what Millennials need in the area of sexuality and intimacy and how to better provide it. And with Master Presenter Dr. Marty Klein, you'll be laughing while you learn.

You'll learn how to help Millennials:

- * Assess the effect of conducting relationships via digital media
- * Identify how pornography affects their sexuality, how to develop their sexual self
- * Become more comfortable with conflict in relationships, learn how to "fight fair"
- * Assess, acknowledge and resolve their ambivalence about intimacy

Dr. Marty Klein has been a Certified Sex Therapist for over 30 years. He is the author of seven books about sexuality, including, *Sexual Intelligence*. Audiences across the U.S. and internationally consistently call his presentations practical, thought-provoking, and entertaining. His blog & website are at www.SexEd.org.

Cognitive Behavioral Therapy in the Treatment of Millennials Presented by Christina Villarreal, Ph.D.



Learning Objectives:

- * Establish and support meaningful treatment goals
- * Build rapport and tailor communication style to connect
- * Challenge commonly held assumptions held by Millennials and teach positive reframing
- * Understand and respect interpersonal style within relationships
- * Create opportunities to reflect, learn and celebrate wins

Dr. Christina Villarreal is an executive coach, therapist, and professor of psychology at UC Berkeley. She works with the tech community, helping individuals expand their emotional intelligence. Dr. Villarreal has been a mental health expert and consultant for international publications and television networks including The Wall Street Journal, *Techcrunch.com*, BBC, ABC, CBS, and more. She is the mental health writer for *examiner.com* in Oakland CA. Dr. Villarreal's website is drchristinavillarreal.com.

**Saturday, January 23
10:00 a.m. – 1:00 p.m.**

The workshop will start promptly at 10am!

Arrillaga Family Recreation Center
700 Alma Street
Menlo Park, CA 94025

Registration Deadline:

Wednesday, January 20

Register online at

www.scv-camft.org

FEES:

Members - FREE

Non-members - \$15

CEUs (3.0): \$15

(members and non-members)

This course meets the qualifications for 3 hours of continuing education credit for LMFTs, LPCCs, LEPs and/or LCSWs as required by the California Board of Behavioral Sciences (PCE 1134).

Please visit our website at www.scv-camft.org to review the CEU info and our cancellation policy.

This course meets the qualifications for 3.0 hours of continuing education credit for LMFTs, LPCCs, LEPs and/or LCSWs as required by the California Board of Behavioral Sciences (PCE 1134). Visit our website to review the CEU info. and our 24 hour cancellation policy.

(1.5 CEUs, PCE 1143)

SOUTH REGION LUNCHEON

Wholehearted Living: Developing Shame Resiliency

Presented by Holly LaBarbera, LMFT

Many of us feel stressed out, disconnected, and overwhelmed in our lives. We worry that we are not good enough, we don't have enough, that we will never be enough. We experience shame, the intensely painful feeling of believing that we are flawed and therefore unworthy of love and belonging. We struggle with perfectionism, worrying about what others think. This leads us to make choices that are not aligned with our values. We become too afraid to really show up and be seen for who we are, which leads to disconnection. All of this is associated with depression, anxiety, addiction, numbing, anger and blame.

Holly LaBarbera will share how she helps people learn to develop shame resilience by cultivating qualities of wholehearted living. Wholehearted living involves daily practices of courage, compassion, and connection and approaching life from a place of worthiness. Holly will discuss the ten guideposts for wholehearted living, which include authenticity, self-compassion, gratitude, joy, intuition, faith, creativity, play, calm, rest, and laughter. Holly will also talk about the myth that vulnerability is weakness and how, in fact, it is our best measure of courage and the birthplace of love, connection, and belonging. This work is based on the research of Brené Brown.

**About the Speaker**

Holly is a Licensed Marriage and Family Therapist (#84042) with a private practice in Fremont. She works with individual adults, adolescents, and couples and also leads groups. She received her master's degree in Counseling Psychology from Santa Clara University. She has received training from Brené Brown and is a Daring Way Facilitator candidate.

"I love the work that I do. I enjoy the connection with clients, hearing their stories, earning their trust, and getting to know them. I am moved by the experiences of helping clients heal, cope, grow, and change. I want to offer hope that things will be better than they are right now."

Friday, January 29, 2016

11:15 a.m. – 1:30 p.m. (presentation begins at noon)

Place: The Los Gatos Lodge, 50 Los Gatos-Saratoga Blvd.
Los Gatos, CA 95008

Menu: Buffet Lunch**Registration Deadline:** Monday, Jan. 25 for pre-registration fee.**Register:** Online at www.scv-camft.org**LUNCHEON FEES****PRE-REGISTERED BY JAN. 25:**

Members - \$26

Non-members - \$33

CEUs: Members/non-members - \$7

WALK-IN FEES:

Members - \$33

Non-members - \$40

+ CEUs

Lunch is not guaranteed for walk-ins, but is available on a first-come, first-served basis. Auditing the event without lunch is available. This course meets the qualifications for 1.5 hours of continuing education credit for LMFTs, LPCCs, LEPs and/or LCSWs as required by the California Board of Behavioral Sciences (PCE 1134).

Please visit our website at www.scv-camft.org to review the CEU information and our 24 hour cancellation policy.

(1.5 CEUs, PCE 1143)

MID-REGION LUNCHEON

Emotional Leadership: How Therapeutic Work with Horses Helps Us Discover Our Inner Leader

Presented by Beth Anstandig Killough, MA, LMFT

Horses and humans have partnered in healing relationships for centuries. What is the mysterious healing and balancing impact these giant creatures have on our human emotional experience? As prey animals, horses are finely tuned, and “read” people, sensing our emotional states. They feel our most honest emotions even when we are not fully aware of them. In this talk, we will look at the unique window horses have into our emotional world and how this helps clients reconnect to a greater state of awareness. We will explore how horse-assisted therapy awakens emotional and physical attunement, creates an expansion of empathy, helps us identify natural leadership roles, and gives us an opportunity to practice communicating congruency. Horses provide kind and immediate feedback and they invite us to do the same. The talk will be full of unique stories of the unexpected and almost magical quality of what occurs between horse and human when the two come together in a simple encounter.



About the Speaker

Beth Anstandig Killough, MA, LMFT, has been in private practice for over 10 years. She has been teaching for 20 years, and is currently an adjunct faculty member at Santa Clara University in the Graduate Counseling Psychology Program where she has supervised practicum students and taught a variety of core courses. She has been published in dozens of journals and magazines and is the author of *An Anthology for Creative Writers: A Garden of Forking Paths* (Prentice Hall, 2006). Beth fell in love with horses when she was 6 years old and has since been an active horsewoman in many disciplines. She owns and operates Take a Chance Ranch in Morgan Hill, California where she provides equine therapy, corporate coaching, leadership training, and team culture transformation with the assistance of an exquisite herd of horses who are

always willing to share their wisdom. Beth is the co-owner of The Circle Up Experience, a horse-assisted learning and leadership program, offering groups the opportunity to participate in non-riding activities with horses in order to reclaim natural instincts of leadership and awareness.

Friday, February 26, 2016

11:15 a.m. – 1:30 p.m. (presentation begins at noon)

Place: Michael's at Shorline, 2960 North Shoreline Blvd.,
Mountain View, CA 94043

Menu: Buffet Lunch

Registration Deadline: Monday, Feb. 22 for pre-registration fee.

Register: Online at www.scv-camft.org

LUNCHEON FEES

PRE-REGISTERED BY FEB. 22:

Members - \$26

Non-members - \$33

CEUs: Members/non-members - \$7

WALK-IN FEES:

Members - \$33

Non-members - \$40

+ CEUs

Lunch is not guaranteed for walk-ins, but is available on a first-come, first-served basis. Auditing the event without lunch is available. This course meets the qualifications for 1.5 hours of continuing education credit for LMFTs, LPCs, LEPs and/or LCSWs as required by the California Board of Behavioral Sciences (PCE 1134).

Please visit our website at www.scv-camft.org to review the CEU information and our 24 hour cancellation policy.



Got Something to Share?

We are an interesting group of people with many interesting things to share. How great it would be to show the richness and diversity of our chapter in the newsletter! Consider writing about one of the following:

- Your experience as a therapist, intern, supervisor...
- Self-care practices
- Practice Building
- Specific diagnoses & personality disorders
- Private practice vs. agency work
- Reviews of books, movies, new apps
- Multicultural issues
- Working with specific populations
- Theoretical orientation
- Medications -- use of it, pros, cons

Editorial committee members are available to discuss ideas with you and answer questions. Their contact information is listed on [page 17](#).

ADVERTISING OPPORTUNITIES AND PRICES

Did you know all chapter members have the benefit of running a **free classified ad** online and in each issue of the newsletter? Display ads are also free with some membership categories.

Find out more about the [advertising options](#) at our website.

Advertising rates for display ads are listed below:

Newsletter or online ad	Member Advertising Rates			Non-member Advertising Rates		
	2 months	6 months	12 months	2 months	6 months	12 months
Full page	\$200	\$510	\$900	\$400	\$1,020	\$1,800
Half page	\$125	\$319	\$563	\$250	\$638	\$1,125
Quarter page	\$75	\$191	\$338	\$150	\$383	\$675
Eighth page	\$50	\$128	\$225	\$100	\$255	\$450

More information about our advertising policies is available on the chapter's website at www.scv-camft.org. If you have questions you can contact the chapter coordinator, Nancy Orr at 408-235-0210 or mail@scv-camft.org.

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
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www.ffmediation.com



Gottman Couples Workshop

The Art & SCIENCE of Love

Two California Locations!

SF Bay Area ~ Mill Valley, CA

A Special Valentine's Weekend!

February 13th-14th, 2016

LA ~ Orange County, CA

November 7th-8th, 2015 ~ Newport Beach

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

Therapist Discounts

13.5 CE Credits Available



See Website for Registration and Additional Information!

www.aCouplesWorkshop.com

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

Los Gatos Health & Wellness

SUMA SINGH, MD
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Gottman Professional Training

2015:

Level 2- Assessment, Intervention, & Co-Morbidities
December 3rd-5th, 2015

2016:

Level 1- Jan. 29th-30th or July 22nd-23rd, 2016

Level 2- March 3rd-5th or Oct. 6th-8th, 2016

Level 3- July 7th-9th, 2016

Co-Presented with Dr. Bob Navarra

Intimate Retreats
in Sonoma Wine Country

~ Limited to 16 Participants ~

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Lic No. mfc32076

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Nancy Wesson, Ph.D. C.G.P. licensed psychologist (psy9621)

Founder of the Center for the Study of Group Psychotherapy
Trained by Dr. Irvin Yalom and the American Group
Psychotherapy Association

Psychotherapy Groups for Relationship Issues

- Social Anxiety • Self-esteem • Codependency

Do you have clients who would like to:

- Develop friendships and a better social network?
- Reduce social anxiety/shyness and fear of criticism?
- Work on codependency issues?
- Increase closeness in their relationships?
- Bring people into their lives for romantic relationships

Group Psychotherapy offers a safe and caring place for clients to learn relationships skills within the supportive environment of a small group.

Fee: \$70 per weekly session. (Sliding scale available).



Nancy Wesson has 25 years of experience leading groups.

(650) 965-7332 or DrNWesson@CSGP.org

Ph.D. Websites with articles about group therapy: wespsych.com/shynesshelp.com

Adult and Young Adult Psychotherapy Groups

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

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

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

Marriage and Family Therapist Lic. # 20662
Certified Group Psychotherapist Lic. # 179092

GROUPS & WORKSHOPS

Process group offered!

LGBT Adults "Coming Out" Tuesday's 5-6:30pm On-going weekly group, \$40/session, San Jose <http://www.ladonnasilva.com/therapy-services.html> LaDonna Silva, LMFT (408)412-1207

New Skills and Choices Parenting Classes

The New Skills and Choices Parenting Program is a comprehensive and integrated continuum of care consisting of three levels: prevention, intervention, and intensive intervention. Program objectives: To help parents build new skills in communication for co-parenting/parallel-parenting; and to help parents make constructive choices for their family. Group interventions include role plays, videos, peer learning and didactic information to assist them in learning the ability to: Develop empathy for children and the other parent; Learn constructive ways to solve problems; Learn new communication techniques, especially clarifying and listening; Learn value of parallel parenting when appropriate; Understand effects of conflict on children and on each other; Recognize ways that stress, anger, violence, substance use, and intense emotions may cause problems. Please contact: 408-774-1009. Classes are 25.00 each for twelve weeks.

GROUPS & WORKSHOPS

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 Jan 23rd. Lori Levitt, MFT #43329. 650-794-4828 www.lorilevittmft.com

Tackling Anxiety Classes Teens & Adults

Clients struggling with anxiety? Refer to our 8 week anxiety classes for them to learn fundamental anxiety skills, great CBT methods & get social support. Contact 650-461-9026 info@PaloAltoTherapy.com

Gay & Bi Men's Psychotherapy Group

Men fostering connection, community and growth supported by seasoned therapist. Contact Jamie Moran, LCSW, CGP, 415.552.9408, jammoran@aol.com, jamiemoran.com.

Women's Sexuality Support Group

www.womenssexualitygroup.com Women's sexuality support group to help women know they are not alone, feel validated, normalize their feelings and experiences, and provide tools to support them. Please visit my website for more information.

Bibliotherapy Group

Are your clients ready for group practice? Selected books facilitate interaction, personal growth and insightfulness. For more information contact: Janice Shapiro, MFT #86051; 408 596-4810; janiceleeshapiro.com; jlshapiro875@gmail.com.

FOR CLINICIANS

Telepsychotherapy

Clients can access help whenever and wherever they are with Telepsychotherapy. I offer this service with through my website, Telepsychotherapy-ca.net. I can be reached by phone at 650-248-3122.

Private Practice Consultation Group Opening

In San Mateo, monthly on Fridays, discussing cases and marketing issues. Be our guest for a session. Cost: \$50 (one miss yearly). Please contact: Mary Deger Seevers, 650-655-2718 mary@marydegersevers.com

Office-based Addiction Treatment

Board Certified MD offering confidential, office-based addiction treatment. Medical detox. Alcohol detox. Relapse prevention. Sugar addiction/ craving control. Medical weight loss. Contact: Suma Singh MD ABAM. Phone (408) 374-7600 or email info@losgatoshealth.com

FOR CLINICIANS

Experienced Mediator, specializing in Divorce and Custody Issues

Co-Parenting Counseling, Reconnection Therapy, Therapeutic Supervised Visitation. Available for appointment as Custody Evaluator / Parenting Coordinator. Work with high conflict couples. Websites: StoneMFT.com, MediateCustody.com, Divorcing-Peacefully.com.

Do you want to expand your practice and generate passive income? Save time and money by using Private Practice Launchpad's proven systems and paperwork to hire, retain and manage quality clinicians. Learn more at privatepracticelaunchpad.org

Got insurance questions?

Find answers in the newly-updated Navigating the Insurance Maze: The Therapist's Complete Guide to Working With Insurance (2015), by Barbara Griswold. Buy book/claims, view workshop schedule, schedule consultations: www.theinsurancemaze.com

FOR INTERNS

MFT Trainee/Intern

We are seeking an MFT trainee or Intern seeking a supplemental site. We are currently in need of a co-facilitator for our Teen Domestic and Family Violence Intervention group that meets on Monday from 4-6. Training and supervision is provided. Opportunities for additional hours are possible. Please send your resume to: info@peace-it-together.org.

JOB OPPORTUNITIES

Supervisory Position-LMFT

Our 501c3 agency is seeking a licensed MFT to hire as a contractor. This is a part-time position. This position would be ideal for someone who is seeking extra income to supplement their private practice. You must have at least one year of experi-

JOB OPPORTUNITIES

ence working with at risk-youth. Our dedicated staff works with vulnerable populations. Please submit resume to info@peace-it-together.org.

Case Manager/Support Counselor – Foster Care Services

Bill Wilson Center (www.billwilson-center.org) in San Jose has an IMMEDIATE opening for a Case Manager/Support Counselor. MA in Social Work or related field or BSW with 1+ year experience required (CCL exemption required). To review a full job description please visit <http://www.billwilsoncenter.org/about/employment.html>. To apply send cover letter and resume to resumes@bwcmail.org

Independent Contractor Position Available

The Couples Institute is seeking skilled couples' therapists located in the Bay Area, particularly in Menlo Park and Palo Alto, as independent contractors to see 7-10 couples/wk. Familiarity with the Developmental Model will be a definite advantage. Join our stimulating group of therapists and enjoy referrals, consultations, advanced training. Improve your skills with founders Ellyn Bader and Peter Pearson. Send Resume to admin@couplesinstitute.com

OFFICE SPACE

Psychotherapy Office F/T Palo Alto \$1000

Full time unfurnished Psychotherapy office (400 square feet) including waiting room near California Ave for \$1000/month. All utilities and internet included. Office suite includes other therapists. Free Parking nearby. Please call 650-468-9000

Office for Rent

Quiet office suite, 200 square feet, in lovely downtown Palo Alto building on Lytton Avenue, one of several offices of mental health professionals.



Pre-licensed members Janet Henderson and Michele Barbic at the 2015 Annual Meeting.

OFFICE SPACE

Office is nicely furnished. Dedicated parking for therapists. Building manager on site. Office includes waiting room, kitchen and private bathroom for therapists. Available Saturdays. Please call Marsha Anderson, 650-326-6422

Los Altos Furnished Office Space for Sublet: half days full days available.

Perfect for individuals/couples. Waiting room, two restrooms, "closet kitchen". Off 85/280. \$90/half day; \$170/day Judy: (408) 496 1513.

Office Available in Mt View

A 10x12 office is available for rent Nov 15th. We are looking for individual or couples therapist to join our team. Elena (831)2970567 or elumen2000@yahoo.com.

Windowed Office, \$700/mo

120 sq ft, unfurnished. Beautiful suite. Separate therapists/clients entrances/exits. Weekly (Thursdays 9am) consultations. Between 280 & 17/Hamilton. \$700/mo. 1-4 year lease. Mary Cannon (408) 859-4983 or mascannon@hotmail.com

CHAPTER EVENTS

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

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Newly Licensed Support Groups

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

FREE NEWLY LICENSED SUPPORT GROUPS

North Region Newly Licensed Support Group

This group meets the first Saturday of the month from 10 a.m. - 12 p.m.

Upcoming dates: January 16, February 6

Facilitator: Jamie Moran, LCSW

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

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

South Region Newly Licensed Support Group

This group meets generally the third Saturday of the month from 10 a.m.-12 p.m.

Upcoming dates: January 23, February 27

Facilitator: Verna Nelson, LMFT

Location: Near Hwy. 85 and 880 (address provided with rsvp)

RSVP and contact: vernanelson@gmail.com or 408-379-7747

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.

FREE PRE-LICENSED SUPPORT GROUPS

North Region Pre-Licensed Support Group

Meets generally the second Friday of each month from 5:30 p.m. to 7:30 p.m.

Upcoming dates: January 7 (Thursday 4-6pm), February 12

Facilitator: Ildiko Ran, LMFT

Location: 2672 Bayshore Parkway, Suite 810, Mountain View, CA

RSVP and contact: Ildiko Ran at ildikoran@gmail.com or 650-353-8885

South Region Pre-Licensed Support Group

This group meets the first Friday of the month from 10 a.m. to 12 p.m.

Upcoming dates: January 8, February 5

Facilitator: Michelle Farris, LMFT

Location: Evergreen Area of San Jose - address given with rsvp

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

OUR 2016 BOARD OF DIRECTORS

OFFICERS:



Debra D. Rojas, LMFT
President
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president@scv-camft.org



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President Elect
408-659-6887
president-elect@scv-camft.org



Michal Ruth Sadoff, MFTI
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Chief Financial Officer
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ethics@scv-camft.org



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programs@scv-camft.org



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Director of Pre-Licensed and Newly Licensed Support Groups
650-295-0919
support-groups@scv-camft.org



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Director of Special Events
408-579-9487
events@scv-camft.org



Chandra Rai, MFTI
Director of Membership
408-475 2311
membership@scv-camft.org



Jacqui Gerritsen, LMFT
Director of Communications and Technology
650-315-7207
communications@scv-camft.org

VACANT

Director of Business Development

Chapter Coordinator

Nancy Orr
mail@scv-camft.org

Editorial Committee

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

Mary Deger Seevers, LMFT
seeverismd@aol.com

Committee Chairpersons

Mid-Region Luncheons:

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

South Region Luncheons Co-chairs:

Verna L. Nelson, LMFT
408-379-7747
Carol Marks, LMFT
408-249-8047

Innovative Programs:

Dana Backstrom, LMFT
650-257-5000
dana@counselingtoyou.com

Useful Contact Information

CAMFT

7901 Raytheon Rd, San Diego, CA, 92111
Phone: 858-292-2638
Email: InfoCenter@camft.org

Website: www.camft.org

Board of Behavioral Sciences

1625 N. Market Blvd. S, #200, Sacramento, CA, 95834
Phone: 916-574-7830

Email: bbswebmaster@bbs.ca.gov

Website: www.bbs.ca.gov

American Red Cross Silicon Valley

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

Website: www.redcross.org

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Newsletter deadline for the March/April 2016 issue is Jan. 15. All articles and advertisements must be submitted either via e-mail to mail@scv-camft.org or via the chapter's website at www.scv-camft.org. Articles and announcements must be submitted typed and double-spaced. We reserve the right to edit all articles. Opinions expressed are those of the authors and do not necessarily represent views of SCV-CAMFT. Article guidelines are available online. Advertising guidelines are available online.



Santa Clara Valley Chapter

CALIFORNIA ASSOCIATION OF MARRIAGE AND FAMILY THERAPISTS

SCV-CAMFT News

Attention: Editor

P.O. Box 60814

Palo Alto, CA 94306

www.scv-camft.org

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

South Region Chapter Luncheon

Friday, January 29
11:15 a.m. – 1:30 p.m.

Wholehearted Living: Developing Shame Resiliency

Presented by
Holly LaBarbera, MFT
(1.5 CEU hrs., PCE 1134)

Los Gatos Lodge
50 Los Gatos-Saratoga Blvd.
Los Gatos, CA 95008

CHAPTER EVENTS

Innovative Program:

Saturday, January 23
10:00 a.m. – 1:00 p.m.

Working with Millennials: Exploring Connection and Intimacy

Presented by Marty Klein, Ph.D
and Christina Villarreal, Ph.D
(3.0 CEU hrs., PCE 1134)

Menlo Park, CA

Mid-Region Chapter Luncheon

Friday, February 23
11:15 a.m. – 1:30 p.m.

Emotional Leadership: How Therapeutic Work with Horses Helps Us Discover Our Inner Leader

Presented by
Beth Anstandig Killough, MA, LMFT
(1.5 CEU hrs., PCE 1134)

Michael's at Shoreline
2960 Shoreline Blvd.
Mountain View, CA 94043

RESERVATIONS: YOU CAN REGISTER ONLINE USING YOUR MASTERCARD, AMEX, or VISA CREDIT CARD or PayPal. Go to our website at www.scv-camft.org, click the "Calendar of Events" page and click on the event to find the luncheon or workshop registration page. You can pay with credit card, paypal, or check. Send your check, payable to SCV-CAMFT, to SCV-CAMFT, P.O. Box 60814, Palo Alto, CA 94306. Payment must be received by the Monday before the event. Reservations will be held until noon. If seating is available, "walk-in" persons can pay at the door to attend. Please note: telephone reservations cannot be accepted. Please visit our website at www.scv-camft.org to review CEU information and our cancellation policy.