



Pamela Eaken, LMFT

The Summer Slump

by Pamela Eaken, LMFT

If you are going to have a slump, summer seems like a great time to have it. As the song says, "Summertime and the livin' is easy." Yet a psychotherapist unprepared for downtime can find the prospect psychologically unsettling. This article presents sev-

eral therapists' thoughts about the summer slump and what to do about it.

The first thing we need to do is question whether it exists. Some regard the summer slump as a mythical creature, and we have not found any data that shows a cyclic

pattern in psychotherapy practices. (If you know of such data, please send us information about it by emailing scvcamft@gmail.com.)

Whether the summer slump is typical or not, it is clear that therapists can find themselves with fewer clients than normal at any time of the year. Skidding into these slumps can affect your morale as well as your pocketbook.

Certainly, saving money to get through lean financial times is always prudent. It would be handy if we had only one predictably slow period a year so that we could easily plan our finances around it.

Jessica Bullwinkle, LMFT in Milpitas, tells us that she expects a summer slump and has seen them occur. She

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Previewing This Year's Annual Workshop

Each year, our chapter's annual workshop covers a unique perspective. Members are often curious to preview more about the workshop and its practical applications.

In this workshop, *Hardwiring Happiness: Growing Inner Strengths in Children, Parents, and Families*, one of several topics Rick Hanson, Ph.D., will address is that of "hardwiring happiness", or as he sometimes calls it, "taking in the good." A common question therapists ask is "How will I apply the strategies of hardwiring happiness with children?"

An excerpt, adapted by Dr. Hanson from his book, *Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence*, addresses this question and gives a little preview of some topics that will be covered. We look forward to seeing you at the workshop on July 18 in Mountain View.

--Robin Ginsberg, Special Events Director

The following is an excerpt on Hardwiring Our Children's Happiness by Rick Hanson, Ph.D., from his website.



Robin Ginsberg, LMFT

I've used the concept of taking in the good with young people in therapy and also spoken with parents and teachers who have used it with their own children or students. As with an adult, there are four ways to offer the HEAL steps to a child, while naturally adapting them to the child's age and situation.

First, you can guide a child through the steps of taking in the good without drawing explicit attention to them. You either encourage a positive experience in the first place or if one is already happening, you try to keep it going, sometimes with encouragement to let it sink in. Suppose you're helping a

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President's Column

by Kate Viret, LMFT, President, SCV-CAMFT



Kate Viret, LMFT

In my last column, I wrote about my experience as a chapter volunteer, and I made it known that SCV-CAMFT would like to increase its number of volunteers to offer more and better programming. Several chapter members who have time, energy, and interest, came forward, and we are in the process of matching them with suitable roles. Thank you to those

of you who approached a board member. We are excited to have you on the team! And for those of you thinking about volunteering for the chapter, you have an open invitation to contact any board member at any time.

Volunteering is a tricky thing. Volunteer jobs are often fairly far down on one's list of priorities. Paying jobs, families, and self care, among other things, usually come first. It is difficult enough to be a therapist and find balance in life without the added burden of volunteering. Yet one reason I believe our chapter is thriving is that, generally speaking, people who choose to be therapists are intrinsically motivated individuals. And this motivation is one of the major qualities of an engaged volunteer. For me, the motivation and rewards come primarily from enjoying the work. Secondary rewards have come in the form of new relationships, many of which have evolved into close friendships and also in the form of the feeling of belonging to a community.

Many of those who are volunteering for the chapter are in that state of limbo (which currently extends for nearly a year) of being an intern who has submitted hours to the BBS. I suppose that for our professional community, this is a silver lining of an awful situation.

Thank you, again, to all of our volunteers – those who have dedicated years and decades serving the chapter, those who are just commencing their service, and to everyone in between.

In closing, I will give a plug for our upcoming annual workshop. I look forward to seeing both familiar and new faces on July 18 as we spend a day with Rick Hanson, Ph.D., talking about neuropsychology as it relates to happiness.

Kate Viret



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We Want to Hear From YOU

We are currently compiling a survey for our members. In order to be a valuable organization to you, we need to know what you need and want. Look for this survey in an email in the next few months, and let us know your thoughts.

Membership Renewal Policy Changes

As of July 1, 2014, a new membership renewal policy will be implemented. All members will be notified via email, as well as by phone before the renewal date. Members not renewing by the renewal date will be deleted on the renewal date and will need to re-apply to gain membership status.

You can view the complete policy on our [website](#).

Owning Our Development: Ways to Make the Most of Supervision

by Elaine Gee-Wong, MFT Intern

Over the last five years of working as a trainee and intern, I've had a total of five individual supervisors. As I move toward finishing my hours, I've taken time to look at my experience of working with each of these supervisors who represented a wide range of backgrounds, personalities, and theoretical orientations. Although some supervisors were a better fit for me than others, I came to realize that it was important to clearly ask for what I needed from each of them. Furthermore, I came to understand that it was my responsibility to do so in order to make the most of my supervision experience.

In Adrienne Rich's 2005 convocation speech to Douglass College students, she said, "...you cannot afford to think of being here to receive an education: you will do much better to think of being here to claim one...the difference is that between acting and being acted upon." In the same way, it is our job as interns to claim the kind of training, experience, supervision, and support that will help us develop into the therapists we want to be.

With this in mind, there were several things I decided to do in order to make the most of each supervisory relationship:

1. **Be specific about how I want to use each supervision hour.** Each week, at the beginning of individual supervision, I let my supervisor know which questions and clients I'd like to discuss. This way, my supervisor has an idea of how much we need to cover in the next 60 minutes. I also keep an eye on the clock so that I can keep myself on track. And yes, individual supervision hours are supposed to be 60 minutes in length, not 45-50 minutes (Riemersma, 2011).

2. **Be honest about what's going on.** Sometimes I feel embarrassed when I know that I haven't handled a clinical situation in the best way. However, if I'm not truthful about what happened, my supervisor won't have all of the information so that she can help me. It's best to come out with it all so we can spend more time figuring out how to handle the situation.

3. **Identify when I need more support.** There are some concerns that my supervisor needs to know about right away, for example, if a client expresses serious suicidal ideation. However, there are other concerns that can wait until our regular supervision time. In addition, there are gray areas in which a client has revealed something troubling and I don't want to carry it all alone. When this happens, I leave a voicemail for my supervisor and say, "You don't need to return my call,

but I want you to know that...." This way I'm not the only one thinking about the client. I've found this to be helpful in reducing my own stress.

4. **Ask for feedback.** When I'm ending with one supervisor and moving on to work with another one, I ask for feedback: How have you seen me grow this year? In which areas do I still need to develop? When I start with a new supervisor, I share this feedback along with my own assessment of what I would like to work on. Giving my new supervisor this information alerts her to which areas of my development need extra attention even as we're just beginning to know each other.

Keeping all of the above in mind has helped me work with each of my supervisors and feel supported along the way. In Rich's speech, she went on to say, "Responsibility to yourself means refusing to let others do your thinking, talking, and naming for you; it means learning to respect and use your own brains and instincts; hence, grappling with hard work" (Rich, 2005). Indeed, working as an intern requires hard work, long hours, and many supervision hours. It's our job to directly ask for and claim the supervision and support we need not just to complete the licensing process, but in order to develop into solid, competent, and excellent therapists.



References

- Rich, A. (2005). Claiming an Education. In C. Anderson, & L. Runciman (Eds.), *Open questions: Readings for critical thinking and reading* (pp. 608-611). Boston: Bedford/St. Martin's.
- Riemersma, M. (2011). Critical reminders for interns and trainees. *The Therapist*, 58-67.

Elaine Gee-Wong, MA, is a registered MFT intern at Pathways Home Health and Hospice in Sunnyvale. She is also an intern in private practice working under the supervision of Judy Hanf, LMFT, in Santa Clara. She can be reached at elaine.geewong@gmail.com.



Elaine Gee-Wong, MFT Intern



Joe LeFevre, LMFT

Community Focus

**Interview with Joseph LeFevre, LMFT
Pam Eaken, Interviewer**

This month we are featuring Joe LeFevre, LMFT, who has been an active member of SCV-CAMFT since he was a trainee. Joe's main focus of clinical work is helping teens and their parents enrich their relationships. Joe started as a high school science teacher. His extra-curricular activities of counseling kids and working with them and their parents led him to become a psycho-therapist.

Interviewer: Who was a major influence in your life that led you into this profession?

Joe: The answer is two-fold. One group was the high school students I had while I was teaching—those who were falling through the cracks. The second person was my father; we didn't always have such a good relationship, and we had lots of struggles. Now my father and I have a great relationship, and what I learned about getting along with my father has helped me in my work. I never thought I'd be a counselor.

Interviewer: When did you decide to switch careers and become a therapist?

Joe: It was in 1994 and I was teaching science, and in that context I was seeing so many high school students with their lives in shambles. I had completed an addiction studies certificate and helped set up peer counseling on our campus. I was just doing things through the school to help the kids. I had not intended to leave the teaching profession. But one thing led to another and, as much as I loved teaching science, I found that I loved helping people work out their personal struggles more. So here I am now.

Interviewer: Whom do you admire most as a teacher in the therapy world?

Joe: Dr. James Bugental. I had the privilege of studying

with him before he died. He was an amazing therapist...he's all about authenticity! He taught me how to be vulnerable and take risks with my clients, and how to connect to their vulnerability. So many of these young guys have the belief system that vulnerability is a weakness and they can't reach out. Bugental taught me how to show up as a therapist, and I bring that ability to my work to help my clients show up in their lives.

Interviewer: What was one of your most difficult challenges with a client?

Joe: I think it's when there are real intractable behaviors with kids who come in and say they want to change, but then don't do anything about it. This tends to show up with substance abuse (during the pre-pre-pre-contemplation stage). The other is a suicidal client; it's just so hard to see a young person at such a young stage in their life considering ending it.

Interviewer: When was the last time you lay awake thinking about a client?

Joe: (laughs) I do that more often than I should...just a couple of nights ago. I actually don't really "lie awake." I like to think I have a good life-balance plan, and feel pretty solid. It's more like my clients are in my consciousness or in the back of my mind most of the time.

Interviewer: When was the last time you said, "Really?"

Joe: Happens all the time. I like being surprised by people. I don't think I ever want to 'not' be surprised. It's usually some new strength or resource someone shows me rather than some BS or denial. I love being curious, open to new possibilities, and I think that shows my clients that they can be too.

Interviewer: Where have you been on vacation that was especially wonderful for you?

Joe: Well, my wife and I celebrated our 20th anniversary

just last weekend, so it's fresh in my mind. We went to Paso Robles and went wine tasting and flew kites on the beach. The biggest vacation I've had was going to Peru near the mouth of the Amazon River.

Interviewer: Why did you decide to join SCV-CAMFT?

Joe: I joined when I was a trainee because I just thought the idea of building a professional network would be a good thing to do—getting in touch with people who were already doing the work. I like to grow and learn from others. At first I didn't know what my practice would look like, and I had heard it could be isolating. Turns out I am in a group practice, so it isn't as isolating as I had thought it would be. It's really wonderful being in and connecting with a larger community.

Interviewer: How has the chapter contributed to your success?

Joe: Well, there is no definite measurement, but I have a wonderful network of people I can refer clients to—people who may have skills beyond my scope. And those people also refer clients to me. So, it ends up being a collaborative ability to serve the client base. Plus, I have a lot of laughs with people, and it helps me stay positive. And, of course, the chapter educational opportunities have enriched me personally and professionally.

Interviewer: How has becoming a therapist changed your life?

Joe: I am certain it has changed me, but you'd have to ask my wife and friends. From my perspective it feels like it's made me more empathetic and attuned to people, and a more sensible husband. It has touched me in ways that I never would have been touched otherwise. Just to sit with people in the muck as well as in the achievements—the human experience—of their lives.

Interviewer: How do you get most of your clients?

Joe: About 50% or more are from referrals—high school counselors, teachers, physicians, psychologists, and other therapists in the chapter. About 40% are referrals from current and past clients, and about 10% are a smattering from web searches.

Interviewer: Anything else you'd like to add?

Joe: This work is a way in which I express a part of my-

self, an opportunity to share myself through my work. It's that part of me that is expressed through helping fathers and sons connect with each other. My father and I had a rough relationship in my teens, and now that I have a wonderful connection with him—a part of me wants that for every father and son that I encounter. Boys at some point need to differentiate from their parents and at the same time stay connected; so achieving that balance is a part of the work I love. I'm passionate about the work of healing father/son relationships because through that healing, I believe the community and the world heal.



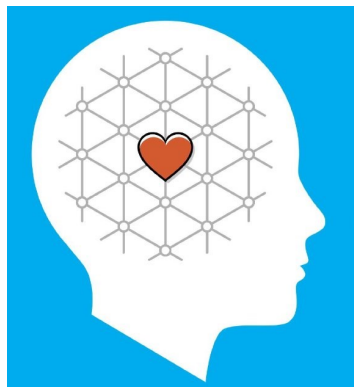
Joseph LeFevre, LMFT, is in private practice in Campbell, specializing in work with adolescent boys, young adults, and men. Including his previous career as a high school teacher, he has been working with youth and families since 1986 and has been a licensed therapist since 2002. He also enjoys public speaking and has delivered presentations and trainings to a wide variety of audiences. He can be reached at 408-871-7353 or through his website, www.josephlefevre.com



**In Memory of
Margaret "Meg"
Keller**

**March 23, 1945 –
May 1, 2014**

**Trusted colleague,
friend and mentor.**

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

9:00 a.m.—4:00 p.m.

(8:30 a.m. check-in)

Venue:**Michael's at Shoreline**

2960 Shoreline Blvd.

Mountain View, CA 94043

Registration fee includes a continental breakfast, lunch, 6 CEs, and a drawing for a copy of *Hardwiring Happiness*, signed by Dr. Hanson.

Registration:

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 Chapter).

SCV-CAMFT Annual Workshop!

With Rick Hanson, PhD

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

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

Based on Dr. Hanson's newly released book, *Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence*, this workshop offers research based strategies to transform everyday positive experiences into lasting inner strengths. Dr. Hanson distills the science of evolutionary biology, positive psychology, and attachment theory with a warm and accessible style. He provides us with practical applications that foster resilience and help both our clients and ourselves to handle stress, interpersonal challenges, trauma, depression, and anxiety with greater ease.

Attendees will:

- Explore the transformational process that Dr. Hanson calls "taking in the good."
- Learn ways to teach both children and adults how to internalize positive experience.
- Understand the biological basis for anxiety, depression, and trauma and how to work with them.
- Learn the four –step HEAL method for increasing inner strength, calm, and interpersonal connection.



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* (in 13 languages), *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom* (in 25 languages), *Just One Thing: Developing a Buddha Brain One Simple Practice at a Time* (in 13 languages), and *Mother Nurture: A Mother's Guide to Health in Body, Mind, and Intimate Relationships*. 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 100,000 subscribers, and also appears on Huffington Post, Psychology Today, and other major websites.

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

North Region Luncheon

(1.5 CEU hrs. available, PCE 1134)



Martha Cravens, LMFT

Does Working With Parents or Caregivers of Teens Make You Crazy?

Presented by Martha Cravens, LCP

We often see parents in our office who are struggling with their teen. Martha Cravens, Ph.D., offers some practical, effective interventions to help parents. This includes teaching parents how to:

- Be grounded and calm no matter what their teen is doing
- “Not take it personally”
- Believe in their teen and feel good about their parenting
- Listen and connect with their teen

This presentation combines elements of Adlerian psychology, mindfulness, positive discipline, and non-defensive communication.

Martha Cravens, Ph.D., is a licensed clinical psychologist in private practice in Los Altos. She is a graduate of Stanford University and received her Ph.D. in Clinical Psychology from the Institute of Transpersonal Psychology in Palo Alto. Dr. Cravens is also a single mom of two sons. Her parenting and life experience has taught her at least as much as her academic career. You can learn more about her work at www.marthacravens.com.

Date:	Friday, August 22	Time:	11:15 a.m.—1:30 p.m.
Place:	Crystal Springs Golf Course, 6655 Golf Course Way, Burlingame	Menu:	Buffet Lunch
Register:	At www.scv-ca.m.ft.org , or mail your payment to SCV-CAMFT, PO Box 60814, Palo Alto, CA 94306	Fee:	Members—\$26 Non-members—\$33 \$7 for CEUs

Register: Please make your payment by Monday, August 18 for the early registration fee, or 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 CEU info and our refund policy.

All luncheon programs are held from 11:15 a.m. to 1:30 p.m.. 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.



Howard Scott Warshaw, LMFT, is a therapist uniquely suited to Silicon Valley, holding master's degrees in both counseling psychology and computer engineering. His career accomplishments include distinguished software engineer/manager, award winning film maker, MoMA artist, celebrated video game developer, author and teacher. Now he integrates his eclectic skill set in the service of others as a psychotherapist. His private practice in Los Altos focuses on the needs of Silicon Valley's hi-tech community.

Find Howard (and his blog) at www.hswarshaw.com.

In Practice with Howard Scott Warshaw

“Terminating vs. Ending”

Terminations are a natural part of our work. In fact, termination is the goal of every case. As psychotherapists, it's our duty to obsolete ourselves as efficiently as possible. That's a funny job description.

I try not to confuse terminating with ending. I see termination as completing a task; finishing one part of a greater whole. Ending feels more final to me. Putting an end to something sounds like it's done forever.

When terminating, I tell my clients: “I'm your therapist for life... even if we never meet again. You'll always know I'm here for you.” Our good working relationship and positive results become a resource. Sometimes, just knowing there's a reliable place to turn when things get tough is all the help we need.

But why all this talk of termination? Shhh! Listen closely. You can hear the winds of change rustling the trees of ritualized existence, shaking loose the leaves of old habits. They shimmy, as falling leaves do, glistening in the fading light of evening's last sun, their journey toward decay and disintegration now assured...

I've been privileged to write 24 columns for you, and I can honestly say each one was a pleasure to produce. This one, however, poses a conundrum. I've been informed of some changes coming to the SCV-CAMFT newsletter and one of them is the termination of this column. Consequently, this 25th installment must complete the set. This brings many things to mind...

Chief among them is to remind myself (and any who enjoy my writing) this is a termination and not an ending. You won't find it in the newsletter but I'll definitely keep writing this column. I pledge to continue

sharing my musings, insights and drolleries and publish them regularly on my website and possibly in other e-venues as well.

This column is many things for me. It's a task, a duty, an invitation, and an opportunity. It's a call to honesty, a beat of the heart, a reminder to listen, and a window to whimsy. It's part of my identity and a place to put the photo of me in the tux. That picture was taken at my first film festival, just minutes before the awards dinner. I was nominated for Best Feature-Length Documentary. It was an awesome day for me... a day I felt fantastic about myself and my work. That's why I chose this pic for my column. That's the energy I seek to bring to this column.

Each installment demands my best, be it meaning, insight, vulnerability or simply humor. I value this challenge. At times when I can't make it work and deadlines loom, I abandon what I'm “trying” to say and gaze within to find what I “need” to say. Then I just bypass the self-judgment filters and let it flow.

This column brings meaningful people to my life. A heartfelt thank you to all who have engaged and supported this endeavor over four years... and special thanks to you, my readers, for the kind words and thoughts you have shared.

I have so much gratitude for all this column yields... and one thing more: In the words of Duke Ellington, “I don't need time. I need a deadline.”

I'm grateful this column has met my needs. I hope it has, at least on occasion, met some of yours too. And remember, we'll always have listserve.

Here's writing to you, kid! ✍

From the Editor: The Close of a Chapter

Changes are taking place within the newsletter. In this edition we implemented a new 2-column layout. We also reorganized content and features; for instance, you will now find the President's column on the inside cover and the chapter calendar on the page facing the inside back cover.

And we are closing a chapter on two of our regular columns: Dina Haddad's legal column, *Broken Love*, and Howard Scott Warshaw's *In Practice*. Dina's last column ran in the May/June edition and Howard's runs in this current edition.

Dina has drawn on her understanding in family law mediation to shed insight on difficult divorce scenarios. Howard began writing a column sharing his experiences as an intern and after he became licensed, continued to write humorous reflections on being a therapist.

I want to thank Dina and Howard for the contributions they have made to the SCV-CAMFT community in tackling topics pertinent to our work as therapists, adding humor, and causing us to look within ourselves. Please join me in extending our hearty appreciation to them for their loyal participation and hard work in making their contributions meaningful and enjoyable.

Joanne Shurter, Editor-in-Chief

Summer Slump, continued from p. 1

says, "Sometimes I have gone down to two days a week from three to have full days and more time off." In expectation of this slow period, she says, "I make sure that during the fall/winter I save up money to be used during summer."

Roberta Gelt, LMFT, in San Mateo, also sees a summer slump. She expects her practice to be slower then, so budgets accordingly. She schedules her vacations around the period when the largest number of clients might be away. "Unfortunately," she observes, "that's usually August, and that's a high period to travel."

Joe Fama, LMFT, in Belmont, notes that his practice has slumps and highs throughout the year. For him, January and February tend to be slow months. "The trick is to go with the cycles, whatever they are," he says, "and when you

have down time, use it to do marketing or take a vacation. It's important to know that whatever is happening will change." He starts a waiting list or refers people when busy and takes time to go out to lunch when not busy.

Like Joe, Deborah Dowse Runyeon, LMFT, CGP, in Redwood City, sees that her practice waxes and wanes year round and never assumes that things will be slower in the summer. "I believe that sets me up for a self-fulfilling prophecy," she says. "And I've often added clients in the summer months. I don't see kids, so that may be a factor."

For many therapists, the biggest challenge of a slump is psychological rather than financial. As Roberta Gelt says, "The hardest part is to manage the anxiety that comes with it — 'All my clients are gone! I'll never practice again! I need to get another job!' And then September hits, and boom! My practice is full, and I'm wishing for a cancellation."

Casey Truffo, LMFT, of *Be A Wealthy Therapist* fame, says, "I do believe we have a seasonal business, and my belief is that we should save for these times so that we can enjoy the lulls instead of freaking out. I usually encourage people to look at last year's time frame and see if they had a similar slowdown so that they don't freak themselves out."

Jessica Bullwinkle enjoys her "down time" to be with her kids or organize her files. "I learn to breathe through the slow times because I know that a busy time is coming just a month or so away. It is a great way to rejuvenate and have fun."

Deborah Runyeon uses affirmations that she fine-tunes as her practice shifts. For example, she might say "I am receiving full-fee referrals" when she wants new clients versus "I am a very effective therapist and confident in my work" when she has enough clients. "I try to always focus on whatever is positive about my practice, whether it's a celebration of success or focusing on what I want to have happen." She admits that this is often a challenge. "Maybe that's why we call it a practice!"

Writing this article has been a reminder to me to bring my practice into my practice (using my mindfulness practice to pay attention to the ups and downs of my therapy practice). I considered the idea of seeing the lulls in the business as an attack from the Armies of Mara and meeting those armies with a greeting to "come, sit here, have tea"—welcoming the slow times with an attitude of acceptance and gratitude. And while that metaphor can work sometimes, just being with "what is" seems to work best for me.

Sometimes I listen to the anxiety about never having another client call me (as my fear would have me believe). Always I am grateful for the clients that trust me to join them on their path of healing. At the same time I try to stay mindful of the need to do financial planning or activities that support building my practice. As the Sufi poet Rumi says, "Trust God but, you know, tie up your camel." ❧

Workshop Review, continued from p. 1**Rick Hanson, Ph.D.**

toddler or preschooler build up a stronger sense inside of being soothed, so that he or she feels better and fusses less. When the child does feel soothed, you can take ten or more seconds to murmur things like “Yes, you’re feeling better . . . it’s nice to feel good . . . Susie feels better . . . you’re feeling good inside.” Or, suppose your sixth grader has been thinking he

or she is unpopular. Hearing that your child enjoyed sitting with some other kids at lunch, you could draw him or her out about what felt good about it, not playing therapist or getting into your anxieties about your child’s social issues but being simply an interested listener. As appropriate, offer words for the experiences or mirror back to your child what he or she is saying to help keep attention with the good feelings, and not rush on from them to something else. If it feels right, you might mention that feeling liked could go down into any places inside that have felt bad. You can also use this approach with character qualities you’re encouraging. Suppose you’re trying to help an older child become less possessive about toys with a younger sibling; when a younger brother or sister returns a toy and it’s unbroken, you could help the relief sink in as well as your appreciation of your older child’s generosity.

Second, you could name the four steps but leave it up to the child whether he or she uses them. I find this approach especially helpful with teenagers or other children who place a premium on being independent. Since taking in the good is quick and usually feels good, children like it. It’s straightforward to teach; give examples, and share your own experience with it. You could talk with the child about possible times that he or she could take in the good, such as when another child is nice or when the child succeeds at a task. With children roughly six and older, I find it helpful to say a few words about the brain being like Velcro for the bad but Teflon for the good; the child immediately gets that this is true, and doesn’t want that bad stuff getting stuck to his or her brain. As appropriate, I’ll say that the brain is controlling the child and pushing him or her around—which no child likes—but that the child can take charge of it if he or she wants to.

Third, you could draw children through the steps in an explicit way. Much as we teach children to read, we can teach inner skills of emotional intelligence, including taking in the good. If we value inner

skills—which have great benefit over the life span—then we can ask children to learn them much as we can ask them to learn the multiplication table. For example, putting a child to bed, you could take a minute or more to review the day or think about good things in order for the child to have a good experience. Perhaps your son or daughter learned something new or played well in soccer, or perhaps your child knows that a grandmother loves him or her. Once the positive experience is activated, you could suggest that your child enrich it by letting it become big and strong, and absorb it like putting a jewel in the treasure chest of the heart. You might also suggest that your child link this good experience with any sadness or hurt inside, so that the good feelings gradually replace any bad ones, like flowers pushing out weeds. In a classroom, you could use a minute at the beginning of the day to go through the first three steps of taking in the good in order to encourage children to find some excitement about learning new things and then to take this in, or use another minute at the end of the day to feel and take in a sense of accomplishment.

Fourth, you could ask children to use the HEAL steps on their own, perhaps in certain situations, such as when other kids are nice or when a task is done successfully. Then follow up as appropriate. After a recess in school or at the end of the day at home, you could ask a child if he or she has taken in the good. If the child has, you could ask how it felt; if the child hasn’t, you could explore why not. Of course, kids don’t like being interrogated any more than adults do, and a little gentle inquiry goes a long way.

Overall, an easygoing and matter-of-fact approach works best. Children often do these steps faster than adults, so five or ten seconds at a time could be plenty. Young people feel things keenly but often don’t have words for their experiences, so asking a child to describe them could put the child on the spot and turn him or her off to taking in the good. It’s fine to gently offer words yourself for what the child may be feeling. If you have an idea about the key experiences that a child needs—such as feeling successful at something, anything, to overcome a sense of failure and inadequacy in school—then you can look for natural opportunities for the child to take in these experiences. ☞

To register for the workshop, Hardwiring Happiness: Growing Inner Strengths in Children, Parents, and Families, visit the Calendar of Events at our website, www.scv-camft.org.

Get Published!

Got a hankering to see your name in print? Always meant to write that article about working with difficult patients or using expressive arts in treatment? Well, now is your chance!



SCV-CAMFT News welcomes your submissions on a wide variety of topics. You can write about anything that is relevant to being a therapist. We as a chapter are an interesting group of people - we have many interesting things to share. How great it would be to see the richness and diversity of our chapter displayed in the newsletter.

Need a little help to get started? Here's list a of possible topics:

- Working with children, teens, or families
- Substance abuse
- Multicultural issues
- Transgender
- Seniors
- Addictions
- Theoretical orientation
- Medications – use of it, pros, cons
- Personality disorders
- Trauma
- Anxiety
- Depression
- Specific diagnoses
- Supervision topics
- Private practice vs. agency work
- Practice building ideas
- Book review
- Movie review
- Case studies
- Your experiences as a therapist, intern, supervisor...
- Area of expertise or special interest

If it would be helpful, newsletter committee members are available to discuss ideas with you and answer questions. Editorial committee member contact information is listed on page 17.

ADVERTISING OPPORTUNITIES AND PRICES!

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

Newsletter or Online Display 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
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.



Within the nurturing and supportive place of a mixed psychotherapy group, clients explore how they relate to others and self-esteem issues.

Issues such as:

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She is founder of the Center for the Study of Group Psychotherapy, and President-elect of the Santa Clara County Psychological Association.

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Nancy Wesson, Ph.D.
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wespsych.com
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Alice J. Sklar, MFT, CGP
(650) 961-3482

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Lic. # 179092



The Sequoia Center is an adult alcohol and drug recovery treatment center, located in Redwood City, California. We integrate the 12-Step Recovery philosophy with principles from cognitive behavioral therapy and psychodynamic models in an urban setting.

The Sequoia Center helps families regain the balance in their lives by effectively treating alcohol and drug abuse. With over 30 years' experience in the recovery field, The Sequoia Center makes it easy to enter treatment and get one's life back on track. We are fully accredited and licensed.

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Connections CEU Institute www.cceui.com

The CEU Institute is designed to support and encourage counseling professionals to share their expertise with the clinical community.

CCEUI provides a low-cost (\$50.00 an hour) solution. We provide the LCD projector, screen, white board, coffee serving supplies, laptop, classroom seating for up to 40 . . . you just need to bring a thumb drive, snacks you want to serve and your handouts!

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**CGP: Certified Group Psychotherapist*

Newsletter Deadlines

The deadline for newsletter submission 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.

**Sept/Oct 2014 Issue
Deadline: July 15, 2014**

**Nov/Dec 2014 Issue
Deadline: Sept. 15, 2014**

GROUPS AND WORKSHOPS

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.

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 jammo-ran@aol.com www.jamiemoran.com

Psychotherapy Groups

In this dynamic psychotherapy group experience, clients learn how to relate better to others, reduce social anxiety, develop new relationships. and increase self-esteem. Nancy Wesson, Ph.D. has 25 years of experience leading groups and has taught group therapy course for 15 years. She was trained by Irvin Yalom, M.D. For more info (650)965-7332 or Dr.NWesson@sbcglobal.net www.wespsych.com / www.shynesshelp.com

Sacred Journey Women's Group

Personal and spiritual growth - trust, authenticity, empowerment, awareness, and transformation. Every other Monday, 3:15-4:45pm, Menlo Park. 4-6 participants. <http://awakeningself.com/counseling/womens-psychotherapy-groups/> Connie Habash, LMFT 650-996-2649

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 Sept 27th. Lori Levitt, MFT #43329. 650-794-4828 www.lorilevittmft.com

Process Painting Workshop

Paint. Play. Discover. A monthly drop-in group to develop your creativity, exercise your intuition and learn more about yourself. No painting skills required. Elizabeth Batson LMFT #51584 408-462-2443 <http://www.processpainting.info>

GROUPS AND WORKSHOPS

Two process groups offered:

LGBT Adults "Coming Out" Tuesday's 5-6:30pm Sexual Abuse Survivors Wednesday's 6-7:30pm Both are on-going weekly groups, \$40/session, San Jose <http://www.ladonnasilva.com/therapy-services.html> LaDonna Silva, LMFT (408)412-1207

Time-Out for Parents

Ongoing groups for parents focusing on how to take care of Self while tending to children. Saturday mornings, 10-11:30am, Menlo Park. Therese Inkmann, LMFT, www.thereseinkmann.com

Moms Mindfulness-Based Groups

Moms Mindfulness-Based Support Groups. Palo Alto. 10-12 week sessions. \$30/class. FREE for low-income moms. Build community support, reduce anxiety, manage stress, improve mood. Facilitator: Jaclyn Long 650-296-2299 ~ Jaclyn.K.Long@gmail.com ~ www.MindBodySpiritMoms.com

Two New Offerings

Two ongoing groups (burlingamemindfulmondays.eventbrite.com) learn how to be more mindful while you enjoy your lunch, and Teens without a group (twag.eventbrite.com) please email us @ bgamegrouptherapy@gmail.com or call at 650-539-HEAL

Sibling Support

Support group for kids 5-14 who have sibling with special needs. Open, ongoing, Tuesdays in Sunnyvale. \$30 per session. Call Lina Rappoport LMFT#78021 at 408-681-9449

FOR CLINICIANS

Mediation and Co-Parenting Counseling

Larry Stone, MFT, experienced Mediator and Co-Parenting Counselor, referrals welcome. 831-600-7665. StoneMFT.com, MediateCustody.com. Author of "Divorcing Peacefully: Why It's Essential and How To Do It", available at DivorcingPeacefully.com

FOR CLINICIANS

Deepening the Psychotherapy

CASE CONSULTATION GROUPS FOR PSYCHODYNAMIC/PSYCHOANALYTIC THERAPISTS -Gain skill in addressing unconscious fantasies and processes which underlay experience and behavior, as well as skill in engaging patients in deeper work. -Alan Kessler, Ph.D. is the group leader. He strongly believes that deeper psychodynamic/psychoanalytic work provides more comprehensive and enduring change and more satisfaction for many therapists. Alan is a certified psychoanalyst, clinical psychologist, MFT, supervising and training analyst as well as faculty member of several training institutions. Please call: (408) 358-5777.

Equine Assisted Psychotherapy

Offering Nature Based Therapies, including Equine Assisted Psychotherapy (EAP). EAP is an alternative treatment option that is experiential in nature. Clients learn about themselves by participating in activities with horses and then processing feelings, behaviors and patterns as they emerge. EAP is effective for the treatment of emotional, behavioral, social, mental and spiritual needs. Serving Children, Teens, Adults and Families in both Individual and Group Activities. Contact me for info or to attend demonstration. 650 218 2222 or www.gallopventures.com

MFTI LPHA looking for part-time employment

MFTI LPHA looking for part-time employment from a private practice setting to gain additional direct service hours and supervision. lifemindful@gmail.com.

Clinical Outreach Consultant

Summit Estate Recovery Center has opened up their new intensive outpatient in Saratoga. Our residential treatment program is located in Los Gatos at www.summitestate.com. Please contact me for more information love to get to know about you and your practice. David Burke CADC II/SAP 877-753-0497 www.summitestate.com

FOR CLINICIANS

Practice Management Software

****Highest rated practice management software for therapists**** From the creator of TrackYourHours. FREE 30 DAY TRIAL. Save time with streamlined billing, credit card processing, DAP & SOAP notes, DSM4 & 5 auto-complete, CMS1500, scheduling, document storage, appointment confirmation reminders, custom CPT codes, calendar sync, and secure client intake portal. Insurance e-filing coming in May! Free iPhone app. Try SimplePractice free for 30 days. <https://www.simplepractice.com>

LMFT

Build Confidence, Creativity, Adeptness as a Therapist Experienced, acknowledged teacher and supervisor providing consultation/coaching. Feel excited and energized by your work. Meeting times in Palo Alto and South Bay. Margaret Toews, 650.493.1935 x3

Therapist Consultation

"You Were a Lighthouse in the Stormy Seas" "...how much I appreciate your support and consultation helping me through this stage...." "I feel revived as a practitioner."
Call Maggie Toews 650.493.1935 x 3

FOR INTERNS

HOPE for Interns Process Group

You're not defined by regulations and paperwork! Rekindle your passion with inspiring perspectives and healing community. It's Self-Care with BBS Bonus Hours! Contact Howard (MFT#52529): www.hswarshaw.com

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PAID INTERNSHIP with SUPERVISION as FULLTIME Case Manager in ADDICTION TREATMENT facility. Requires MA degree, some CD experience. Send resume to ayoung@sequoiacenter.com. Check us out at www.sequoiacenter.com

Groups Therapy for Interns/Trainees

Ad Description : Process Therapy Institute offers personal therapy groups for MFT interns and trainees (\$30.00 a ses-

FOR INTERNS

sion, times and dates determined by demand). Contact: carmackbeth@gmail.com.

JOB OPPORTUNITIES

IPC seeks therapists: part time

The Process: Intensive 9-week therapy centered around family of origin issues. Dramatic, structured program. Group and individual sessions, multiple modalities. Transformative. We will train you. <http://www.theprocessworks.org>, 650-494-0255.

OFFICE SPACE

Great Place to Work

Upscale offices for rent part-time and hourly near 85 and 17. Come join us. Contact: gfaris2408@earthlink.net 408-356-1414 ex4

West San Jose Office Available

Available Wednesdays and/or Saturdays. Close to 280/Saratoga Ave. Spacious well-lit, elevator access, clean with attached waiting room. Very pretty, well maintained. Ideal for seeing couples and children. (408)772-0644

Los Gatos

Prime Los Gatos location office space available. All day Monday, every evening 6pm on. Easy access to freeway and lovely downtown Los Gatos. Contact Linda Galdieri 408-3-892-2284

campbell downtown

Private small office in central downtown Campbell. Walk to all restaurants,starbucks. Parking on site in parking structure attached. I currently have 14 therapist in the building. 100 sq ft, \$350.00 per mo.All utilities included.very safe location. Contact Gene at 408-502-2600 to discuss and view

OFFICE SPACE

The Alameda in San Jose

2 boutique office suites in building with other therapists rented together or separately. One suite with 3 offices; another single office on 2nd floor. Utilities & weekly janitorial. 408-307-8871

San Jose Window Office Available for Sub-Lease

Lovely window office in San Jose available Tues/Thurs/Sat/Sun. Shared waiting room, quiet building, utilities and janitorial included. Appropriate for both adults, children, and families. 408-410-5029

Saratoga Office Space Rental

Newly Constructed Office of Sandy Kamiak,M.D.-Healing Center Victorian Village-Quaint Downtown Saratoga 14583 Big Basin Way-Unit 3B, Saratoga, Ca Beautiful,safe neighborhood, parking; includes rent, paid utilities,heat/ac, PG&E, wireless Comcast,fax, laser printer, back area kitchen-bathroom area. 130sf with window. Call Dr. Sandy:408-741-1332 or Asst.Tina Aderholt 408-206-5502

Shared Space in Gilroy

Low-cost office in Gilroy: 831-431-0346

Available July 1st

Half time furnished office in Belmont professional building. Shared waiting room and private exit from the office. Private shared parking lot. Easy access via Sam Trans, CalTrain, Highways 101 and 280, and El Camino Real. Extremely reasonable rent. Contact Joe Fama, 650-871-0767 or Dr. Jeffrey Bragman, 650-619-1914.

Jill Kaplan, MFT

Office space Willow Glen: Full time office available in friendly suite with supportive colleagues. Janitorial/fax/phone included, \$575/mo. Part time also available, one equipped for sandplay, \$165/day. Jill, 650-364-4670.

Calendar of Events

JULY

- 11 South Region Pre-Licensed Support Group
- 12 North Region Pre-Licensed Support Group
- 12 North Region Newly Licensed Support Group
- 15 *Sept/Oct Newsletter Submission Deadline*
- 18 **SCV-CAMFT Special Annual Event, Hardwiring**
Happiness with Rick Hanson, PhD
Mountain View

AUGUST

- 1 South Region Pre-Licensed Support Group
- 2 North Region Newly Licensed Support Group
- 9 North Region Pre-Licensed Support Group
- 15 **Innovative Program, Movie Night**
- 22 **North Region Chapter Luncheon, Does Working**
With Parents or Caregivers of Teens Make You
Crazy?, Burlingame
- 23 South Region Newly Licensed Support Group

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

Free Newly Licensed Support Groups

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 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.

North Region Newly Licensed Support Group

This group meets the first Saturday of the month from 10 a.m. - 12 p.m.
Upcoming dates: Saturdays July 12 and August 2
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

This group meets the last Saturday of the month from 10 a.m. - 12 p.m.
Upcoming dates: August 23, no mtg in July
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

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.

North Region Pre-Licensed Support Group

The group meets the second Saturday of each month from 10 a.m. to 12 p.m.
Upcoming dates: July 12 and August 9
Facilitator: Kelly Kilcoyne, LMFT
Location: 205 E. Third Avenue, Suite 207, San Mateo, CA 94401
RSVP and contact: kkilcoynemft@gmail.com or 650-485-1512

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: July 11 and August 1
Facilitator: Janis Seiberlich, LMFT
Location: 4100 Moorpark Ave., Suite 212, San Jose
RSVP and contact: janis@healing-heart-therapy.com or 650-810-5680

Our Board of Directors

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408-249-8047

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7901 Raytheon Rd, San Diego, CA 92111
Phone: 858-292-2638

Email: InfoCenter@camft.org

Website: www.camft.org

BBS Contact Information

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CA 95834

Phone: 916-574-7830

Email: bbswebmaster@bbs.ca.gov

Website: www.bbs.ca.gov

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2731 N. 1st St., San Jose, CA, 95134

Phone: 877-727-6771

Website: www.redcross.org

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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 and on p. 11. Advertising guidelines are available online and on p. 11.

**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

Annual Workshop

Mountain View

Friday, July 18

9:00 a.m.— 4:00 p.m.

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

Special Presentation by
Rick Hanson, PhD

(6 CEU hrs. available, PCE 1134)

Michael’s at Shoreline
 2960 Shoreline Blvd.
 Mountain View, CA

Chapter Events

Innovative Program: Movie Night

Back by popular demand

Friday, August 15

Time and Location TBD

Chapter Luncheon

North Region, Burlingame

Friday, August 22

11:15 a.m.— 1:30 p.m.

**“Does Working With Parents
 or Caregivers of Teens
 Make You Crazy?”**

Special Presentation by
Martha Cravens, LCP

(1.5 CEU hrs. available, PCE 1134)

Crystal Springs Golf Course
 6655 Golf Course Way
 Burlingame, CA

RESERVATIONS: YOU CAN REGISTER ONLINE USING YOUR MASTERCARD, AMEX, VISA CREDIT CARD or PayPal! 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 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.**