

SCV-CAMFT News

Santa Clara Valley Chapter of the California Association of Marriage & Family Therapists

Volume 28, No. 2

www.scv-camft.org

March/April 2009

NOVEMBER LUNCHEON REVIEW

"POST-TRAUMATIC STRESS DISORDER AT THE END OF LIFE"

PRESENTED BY DAVID B. FELDMAN, PH.D.

— Reviewed by Melissa E. Miller, MFT

On Friday, November 21, 2008, Dr. David B. Feldman addressed attendees at the SCV-CAMFT luncheon held at Michael's at Shoreline. The subject was "Post-Traumatic Stress Disorder At The End Of Life: What Therapists Need To Know."

The end of life is something we all have to deal with, but has been a taboo topic. We are now beginning to recognize End of Life (EOL) as a separate phase of life distinct from old age. There is very little information available about the prevalence of Post-Traumatic Stress Disorder (PTSD) at the end of life, however Dr. Feldman asserted that it is fairly common for people in EOL to have PTSD, whether from old wounds, or from the realization that their illness is terminal and death is approaching.

Rates of PTSD are well-documented in other populations: cancer patients 35%; rape 40%; combat veterans 30%. Dr. Feldman suggested that a patient with a diagnosis of a terminal disease may be traumatized, and/or that the trauma of this diagnosis may trigger or reactivate old, buried PTSD.

Is EOL PTSD different from "ordinary" PTSD? First, a review of the diagnostic criteria for PTSD:

- ◆ Experienced trauma
- ◆ Re-experiencing symptoms, including: intrusive recollections, nightmares, flashbacks
- ◆ Avoidance symptoms, including: avoidance of thoughts/feelings/conversations; of activities, places, people; emotional numbness
- ◆ Increased arousal symptoms, including: insomnia, irritability and angry outbursts, hypervigilance, increased startle response

PTSD affects the EOL client differently, and significantly impairs the client's quality of life. PTSD symptoms sabotage the client's ability to deal with EOL issues in the following ways:

EOL Issue: Reliance on family/social support

PTSD Symptom: Isolation/detachment (If the client has iso-

(continued on page 3)

CALL TO ACTION

CALLING ON THERAPISTS INTERESTED IN PROVIDING PARENTING CLASSES TO ALL CALIFORNIANS

SCV-CAMFT Member, **Claire Ledig, MFT**, is forming an ad hoc advisory committee with the mission of creating a program that will provide statewide parenting classes for all Californians. If you are interested in providing parenting classes and helping form this exciting team, please contact Claire at 408/266-7565.

One initial idea is not to approach the state directly but instead to contact influential persons who would do the job for us. Examples include: Bill Cosby (his son was murdered by another young man), Oprah Winfrey, Bill Gates, Maria Shriver, and film actors who display concern for the problems of children.

Since child neglect, poor parenting, and the resultant PTSD often precipitates crime, uncontrolled anger, self-inflicted wounding, eating disorders, as well as many physical illnesses, the state could justify the cost offset and provide state-funded parenting classes.

While working at the Narvaez Public Health Office, Claire implemented parenting classes for a variety of families and witnessed the positive and long-lasting effects of quality bonding on both the children and parents. Claire has also witnessed the strong prevalence of parenting classes and its lasting impact on children and a lower crime rate in Southern France.

Another initial idea for the program is that MFTs could donate time teaching classes and in return receive CEU credit. Also, it has been Claire's experience that when she conducted groups, such as at Lockheed, for Parents Without Partners, and as a guest speaker for organizations, the referrals quickly followed.

An enhanced form of the parenting classes presented at the health department could also be used.

If you would like to be a founding member of this exciting group, please contact Claire Ledig directly at 408/266-7565.



Creating a Community and Culture of Connection

SCV-CAMFT CALENDAR

MARCH

- 13 **Two-Day Trauma Response Training**, Mountain View
- 27 **Chapter Luncheon**,
Mid Region; Mountain View

APRIL

- 24 **Chapter Luncheon**,
South Region; Los Gatos
- 30 **CAMFT Annual Conference**,
The Fairmont Hotel; San Jose

MAY

- 29 **Chapter Luncheon**,
North Region; Belmont

JUNE

- 26 **Brain Science & Treatment of Addiction Workshop**,
Mid Region; Mountain View

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

Please see advertising policy and information on page 19.

Unsolicited manuscripts are welcome but the Editorial Committee accepts no responsibility for their return. We reserve the right to edit all articles. Opinions expressed are those of the authors and do not necessarily represent views of SCV-CAMFT.

lated self and numbed emotionally, she or he is unlikely to have reliable family/social support.)

EOL Issue: Importance of life review, resolving unfinished business

PTSD Symptom: Avoidance of trauma memories and unfinished business (If the client cannot think about his or her life, he or she cannot review it, or resolve unfinished business.)

EOL Issue: Need for good doctor-patient communication

PTSD Symptom: Hypervigilance, distrust in authority, need for control (If the client does not trust the doctors, she or he cannot have good communication.)

EOL Issue: Need for acceptance of death

PTSD Symptom: Avoidance of trauma reminders (If the client cannot think about his or her approaching death, he or she cannot accept it.)

Why treat somebody who's dying anyway? Why alter your established and familiar methods? These clients are suffering, often severely, and are at an extremely vulnerable time in their lives. Their PTSD symptoms reduce their already-compromised quality of life. If you don't adapt your treatment to their needs, you may not help them during their final weeks or months.

Two Common PTSD Therapies

Cognitive-Behavioral:

- ◆ Treatment mechanisms: exposure and cognitive restructuring
- ◆ Number of sessions: 8-16 (60-90 minutes each)
- ◆ Efficacy: leads to decrease in symptoms

EMDR:

- ◆ Treatment mechanisms: bilateral stimulation, exposure, reprocessing of trauma memories
- ◆ Number of sessions: 8-12 (90 minutes each)
- ◆ Efficacy: leads to decrease in symptoms

Problems with the Above Standard Therapies:

- ◆ Require too much time and too much patient stamina (often, a very ill or aged client simply doesn't have the strength to sit up in session for 60 to 90 minutes)
- ◆ Often lead to short-term distress
- ◆ Focus on long-term outcome (with a dying client, you need to focus on short-term outcome)
- ◆ Can ignore important symptoms such as isolation, anger, and guilt
- ◆ Do not address EOL issues
- ◆ Have little role for family or caregivers
- ◆ Less effective in older adults due to cognitive deficits

Problems with Pharmacotherapy:

Antidepressants (SSRIs and TCAs) may be useful in relieving PTSD symptoms. However, they may take six to eight weeks to take effect and may lead to increased agitation. Furthermore, in an aged client, the effects of prescription medications may be less predictable than in the general population.

In this Situation, You Need a Method of Therapy that:

- ◆ Does not require multiple sessions
- ◆ Does not require long sessions or lead to fatigue
- ◆ Has immediate benefits
- ◆ Does not cause short-term distress
- ◆ Addresses guilt and anger
- ◆ Addresses influences of PTSD on dying
- ◆ Includes family
- ◆ Is suitable for geriatric populations

Feldman proposed a therapeutic model more suitable for this population. The staged model for treating EOL PTSD is much like what you do now but in a different order.

Stage I: Palliate immediate discomfort. If this works, *stop now!* If not, continue to Stage II, assuming the client is healthy enough, and likely to live long enough, to do it.

Stage II: Enhance coping skills and social supports. If this works, *stop now!* If not, continue to Stage III, again assuming the client is healthy enough, and likely to live long enough, to do it.

Stage III: Treat specific trauma issues.

Details of Each Stage of Treatment

Stage I. Methods for palliating immediate discomfort:

- ◆ Active listening — use empathy and validation
- ◆ Reassurance (e.g. providing information to soothe patient's anxiety)
- ◆ Direct assistance in solving practical problems (Don't bother "teaching a man to fish" when he does not have a future lifetime to exercise his new fishing skills.); Solve problems for the client if you can, keeping boundaries clear and maintaining good ethical relations
- ◆ Educating healthcare providers and family about how to avoid triggering PTSD symptoms (e.g. talk to hospice nursing staff)
- ◆ Mediating discussions with medical providers (e.g. go to the doctor with your client, and intervene if necessary)

(continued on next page)

MARKETING & INFORMATION TABLE

We encourage you to bring marketing materials and other information to place on the literature table at chapter events. Missed the last newsletter deadline? Then this table is the perfect place to advertise your:

- Workshops
- Office Space
- Job Opportunities
- Conferences

If you want your brochures and business cards back, be sure to pick them up after the event is complete.

- ◆ Mediate family conflicts and address concrete concerns with family

Stage II. Ways to provide coping skills and social supports (“teaching the client to fish,” assuming there is time):

- ◆ Provide psychoeducation regarding PTSD symptoms with patient and family
- ◆ Teach concrete coping skills (relaxation, breathing, mindfulness, thought-stopping, etc.)
- ◆ Provide problem-solving interventions (teach the client to come up with his/her own solutions)
- ◆ Improve communication and social skills
- ◆ Work with family members on above skills

Stage III. Suggestions for treating specific trauma issues (do *not* bring up trauma in Phase I or II):

- ◆ Don’t use prolonged exposure
- ◆ Use a reminiscence-based approach
 - ☐ Treatment should be patient-paced, probably with frequent, short sessions
 - ☐ Provide a safe environment
 - ☐ Use active listening (reflect, clarify, validate)
 - ☐ Facilitate reframing and meaning-making
 - ☐ Encourage forgiveness of self and others

Note that the above model of treatment probably doesn’t work as well as the standard model, overall — but it does decrease chances of making matters worse. Remember: “First, do no harm.”

During the question and answer period, members of the audience asked several important questions.

One question asked how to recognize if Stage I “works?” Feldman looks for indicators that it is *not* working, i.e. lack of symptom reduction and decrease in distress. If you get 80% success with symptom reduction in Stage I (palliation), perhaps that’s enough, and you may not need to move on to Stage II.

Feldman remarked that as a therapist working with this population, it’s best to stay with natural empathy, rather than focusing on all the therapeutic tricks we know and applying good-but-mismatched techniques. Be aware of your own fear of death. If you have it at a conscious level, you have a better chance of talking about it; but if you have it submerged, you will probably miss opportunities to address important concerns.

Another question asked how does one deal with resistance? (“I don’t need a shrink, I don’t have any mental problems!”) A good response is something like, “Okay, my purpose is to see if I can make your life better. How can I help? What would you like to talk about?”

David B. Feldman is an assistant professor of counseling psychology at Santa Clara University, Santa Clara, California. He holds a Ph.D. in clinical psychology from the University of Kansas and completed a fellowship in hospice and palliative care at the Veterans Administration Palo Alto Health Care System.



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PSYCHOBIOLOGY OF ATTACHMENT AND ITS APPLICATIONS IN THERAPY:

w/ Stan Tatkin, PH.D.
April 18, 2009

THE EMBODIED THERAPIST:

Body As Source,
Community As Sanctuary

w/ Manuela Mischke-Reeds, MFT
April 24-25, 2009



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◆ REFLECTIONS ON WELLNESS ◆

WRITE ON! WRITING FOR FUN AND HEALTH

— Judy Davidson, MFT

Being a therapist has its own stressors, as well as blessings. The more we can find ways to keep ourselves healthy, the better we are able to serve our clients. Being able to face our own life dilemmas in a positive way allows us to have the emotional bandwidth to be there for our clients in their times of need. Writing (either in a personal open-ended journal or with structured exercises) can be a valuable tool for us to use.

Universal Life Issues

For years, I have used my personal writing as a way to maintain or regain my emotional stability, to clarify intrapersonal and interpersonal conflicts, and to ride out rough patches in my life. Writing has seen me through a divorce, a major career transition, and the loss of loved ones.

Are you struggling with a difficult relationship in your life? Is there a major decision that you will need to make soon? Do you struggle with habits you wish you could change? Have you recently suffered a major loss through the death of a loved one or the death of a long-held dream? Would you like to get clear on a meaningful new goal to pursue in your life? Have you ever had the experience of wanting more fun and creativity in your life?

As I write these questions, I realize these are universal human issues. Clients present these issues to us. We, as therapists, face these issues as well.

Benefits of Personal Writing

Because personal writing is for your benefit only, you don't have to worry about a stern English teacher rapping you on the knuckles when you have misspelled a word or have been "unclear about your major theme!" Personal writing is about you and whatever use you want to make of your time.

Personal writing provides many of the same benefits that good therapy does:

- 1) It is a safe haven for those times when life is difficult and overwhelming. On those blank pages, you can be open and honest without fear of reprisal from unsupportive others.
- 2) A personal journal can support the release of difficult emotions, including sadness, grief and anger. As I faced the inexorable decline and ultimate death of my elderly parents who suffered from dementia, writing helped sustain me through the difficult days, months and years.
- 3) Often being able to say what you need to say (even if only on paper), can reduce a sense of isolation, depression, confusion, or resentment.
- 4) You can practice difficult conversations that you would like to have with significant others in your life. In the process, you can get clear what you really need to say and be able to have a more meaningful and productive dialogue.
- 5) You can sort out different parts of yourself that get in the way of making a decision or pursuing a goal wholeheartedly. One way to do this is to write out a variation of a "two-chair inter-

vention" by working with two parts of your self: The critic and the cheerleader, the introvert and the extrovert, the part that wants to persevere and the part that wants to quit.

- 6) Over time, you can see the progress towards your goals. Sometimes, you can also see the lack of progress, and that can motivate you to "get moving."
- 7) Maybe you have written something and actually enjoyed the fun of it. These moments can happen in therapy as well: a sense of shared laughter and life-affirming human connection. Just for fun, look around the room and find six items. Try writing something that connects the items in some way. Each time I have done this, the beginning of a mystery novel has surfaced. Maybe that will be my next career!

Writing as a Tool for Health

If the idea of writing appeals to you, you can use it in a variety of ways:

- 1) Keep a daily journal.
- 2) Write only when you are struggling with a difficult issue, decision, or emotional reaction.
- 3) To get yourself started, begin with a writing prompt such as "I remember," "I wish I could forget," or "I want." Using "I appreciate" or "I remember" can help you mine some wonderful memories of special people in your life. Recently I wrote one whole page of one-liners that began, "I used to be... but now..." This helped me see that I have come a long way!
- 4) Use writing to flesh out possible things to say when facing difficult conversations.
- 5) Write letters that you don't intend to send to significant people (including yourself) as a way to release emotion, to clarify your thoughts, and to identify self-defeating beliefs.

I hope some of these ideas will prompt you to experiment with your own writing.

Judy Davidson, MFT, works for the County of Santa Clara's Employee Assistance Program providing short-term counseling, assessments, referrals, and workshops for county employees and their families.

◆
*Reflections on Wellness is a regular column from the Therapist Well-Being Committee and appears in every issue of SCV-CAMFT News. The committee welcomes your ideas or submissions about therapists and their real struggles and triumphs maintaining well being. We encourage you to give us feedback, write an article, be interviewed or suggest a topic for this column. Please contact **Cathy Hauer**, at 650/712-1930 or CathyHauer2@aol.com, for author guidelines or to discuss the column.*
◆

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PLEASE NOTE

Due to the chapter's addiction workshop scheduled for June 26th, 2009, the June 2009 SCV-CAMFT board meeting will be held on June 19th, 2009, from 9:00AM to 11:15AM.

Chapter board meetings are usually held on the fourth Friday of each month from 9:00AM to 11:15AM at the same location as, and immediately prior to, the chapter's monthly luncheon event.

All luncheon programs are held from 11:30AM to 1:30PM. Look for locations and other specifics in the newsletters, on the website under "News & Events" and "Calendar of Events" and in e-mail sent directly from the chapter.

In order to make the luncheon registration process as efficient as possible, please send your payments in by the pre-registration deadline with your entrée selection noted with your payment.

SCV-CAMFT PROGRAM EVENTS

MID REGION LUNCHEON (1.5 CEU HRS. AVAILABLE, PCE I134)

“Psychopharmacology — Hot Off-the-Press: Latest Advances, Developments, Warnings, & Precautions”

— Saad A. Shakir, M.D.

Date: Friday, March 27, 2009, 11:30 AM – 1:30 PM
Place: Michael's at Shoreline, Mountain View
Menu: Chicken Marsala *or* Crabmeat and Shrimp Cannelloni *or* Grilled Vegetable Brochette with Wild Rice
Register: For reservation information see below and back page. For information regarding the speaker contact **Wendy Wegeforth, 408/888-6630.**

This presentation will address the monumental advances in brain biology, brain chemistry, psychopharmacology, and diagnostic techniques, advancement in treatment options, as well as cautions and concerns associated with some of those products. Time allowing, this presentation will address issues from childhood through geriatrics. The topics covered will include anxiety, depression, ADHD, bipolar disorder, schizophrenia, and possibly other neuropsychiatric conditions (time permitting).

Saad A. Shakir, M.D., is a distinguished fellow of the American Board of Psychiatric Association. He is Board Certified by the American Board of Psychiatry and Neurology. Dr. Shakir is an Adjunct Clinical Associate Emeritus Professor of Psychiatry in Behavior Medicine at Stanford University School of Medicine. He is also in private practice in Los Gatos, Saad A. Shakir, M.D. and Associates, with several clinicians providing comprehensive integrated clinical neuroscience services.

Directions:

From 101 Heading South: Take the Shoreline Blvd. Exit. Turn Left onto Shoreline Blvd. Go all the way down Shoreline Blvd. to the end. Go through the gates at Shoreline Park. Drive about .5 miles. Turn Left into the parking lot. If you get to a white Victorian Building, you have gone too far. There is extra parking to the left of the main parking lot.

From 101 Heading North: Take the Shoreline Blvd. Exit. Turn Right onto Shoreline Blvd. Go all the way down Shoreline Blvd. to the end. Go through the gates at Shoreline Park. Drive about .5 miles. Turn Left into the parking lot.

SOUTH REGION LUNCHEON (1.5 CEU HRS. AVAILABLE, PCE I134)

“Essence and Identity: Metaskills for Therapy and Life”

— John Mizelle, MFT

Date: Friday, April 24, 2009, 11:30 AM – 1:30 PM
Place: Los Gatos Lodge, Los Gatos
Menu: Filet of Sole *or* Chinese Chicken Salad *or* California Fruit Salad
Register: For reservation information see below and back page. For information regarding the speaker contact **Karen Sumi, 408/323-9901.**

The question of identity underlies most human suffering and many of the issues clients bring to therapy. As therapists, our own identities shape and limit our responses to our clients. As we investigate the attitudes and beliefs that drive our own personal and professional choices, we access the vital intelligence that lies at the core of every human being. Watered with attention, this intelligence blossoms into wisdom, and the therapist's tools find their appropriate application as the mind begins to serve the essential self rather than the conditioned identity.

John Mizelle, MA, MFT, is a Diplomate in Process Work and taught psychotherapy, group dynamics, and conflict resolution for 10 years at the Institute of Transpersonal Psychology and such places as Slovakia, Japan, Switzerland, and Washington, DC. An award-winning poet and life-long explorer of consciousness, his passion is direct experience of Self beyond the conditioned mind. He has been in private practice in Santa Cruz since 1984.



Directions:

From Hwy 280 Heading North or South: Exit I-880 South towards Santa Cruz. I-880 South becomes SR-17 S. Take the East Los Gatos exit. Merge onto Los Gatos-Saratoga Road. The Los Gatos Lodge will be on your right.

Note: While there are sometimes a few seats left for walk-ins, pre-registration is required. We give the food counts a few days before the luncheon and cannot be accurate without pre-registration. If you find you must cancel, please call the chapter voicemail (408/235-0210). **Refunds are not always available and are never available without this notification.** It *may* be possible to transfer your payment to the following month *if* you call at least 24 hours in advance. The contact persons are available to answer questions about the speaker and the topic. If you have questions about the procedure for registering, call the chapter voicemail. Guests are welcome to attend with you—please provide their names along with your check. Also be sure to specify your entrée choice on your check. See the back cover for more information on registration. **Please remember that telephone reservations cannot be accepted.**

SCV-CAMFT 2009 CALENDAR OF EVENTS

March 13-14, 2009; Friday & Saturday

CISM Workshop
Group Crisis Intervention
Diane Myers, RN, MSN, CTS

March 15, 2009; Sunday

May/June Newsletter Deadline

March 27, 2009; Friday

Mid Region Luncheon/Board Meeting
*Psychopharmacology — Hot Off-the-Press:
The Latest Advances, Developments,
Warnings, and Precautions*
Saad A. Shakir, M.D.

April 24, 2009; Friday

South Region Luncheon/Board Meeting
*Essence and Identity:
Metaskills for Therapy and Life*
John Mizelle, MFT

May 15, 2009; Friday

July/August Newsletter Deadline

May 29, 2009; Friday

North Region Luncheon/Board Meeting
*Counter-Transference:
Looking Beyond “When My Issues Come Up”*
Maria Klein, MFT

June 26, 2009; Friday

Mid Region Workshop
*The Brain Science & Treatment of Addiction
in Teens and Adults*
Mark Stanford, Ph.D., Andrea Ancha, Psy.D.
and a Panel Interview with Industry Leaders

July 15, 2009; Wednesday

September/October Newsletter Deadline

July 24, 2009; Friday

South Region Luncheon/Board Meeting
*Everything You Always Wanted to Know About
the Family Court System But Were Afraid to Ask*
Laurie Williams, MFT

August 28, 2009; Friday

North Region Luncheon/Board Meeting
To Be Determined

September 15, 2009; Tuesday

November/December Newsletter Deadline

September 25, 2009; Friday

Mid Region Luncheon/Board Meeting
To Be Determined

October 23, 2009; Friday

South Region Luncheon/Board Meeting
*The Art of Compassion –
The Healing Journey in Grief and Loss*
Janet Childs, MFT

November 15, 2009; Sunday

January/February Newsletter Deadline

CAN YOU WRITE AN ARTICLE LIKE THIS ONE?

— Sean Eric Armstrong

"A writer needs three things, experience, observation, and imagination, any two of which, at times any one of which, can supply the lack of the others." — William Faulkner

Several of my clients recently asked me for some advice about writing articles as a self-marketing tool.

"An editor has contacted me about doing an article," said one. "Seems like a good opportunity to generate some publicity for my service — and some nice credentials for myself. Do you have any advice or precautions ... like how to maximize this opportunity ... things I should consider when writing an article to promote myself and my business?"

Here's what I told them...

To begin with, just because an editor wants you to write an article doesn't mean you should.

If you're writing articles for free as a promotional vehicle, concentrate on two types of publications: (1) publications whose readers are the target market for your product or service, and (2) publications so prestigious that your prospects will be impressed by your credential of having published in their pages.

However, even though you're writing the article to promote yourself — don't promote yourself in the article. The only way your article is going to build your reputation ... and get people interested in doing business with you ... is with solid content, not self-promotional blather.

Focus on the reader and the topic — and not on yourself.

For instance, as a therapist, you can include little vignettes in your article about how your clients have applied principles you utilize in your work to achieve desired results, but don't take the credit. Say, "The client, a mother of three" ... and describe what she did. Don't say, "When the client came in for her usual session, here is what I did" — even if you consider your technique directly responsible for her success.

Give credit to others, and play down your own role in the stories your articles contain, because modesty is better than blatant self-promotion, which quickly turns people off.

Give your readers useful hints and tips about your topic ... short, practical, pithy advice on how to do their jobs or run their lives better. When they read your advice, they will nod their heads in recognition of your wisdom ... and begin to think of you as their "guru" on this topic.

The only self-promotion or "advertising" should appear in the "about the author" box that usually runs at the bottom of the first column of the article when it's published in a magazine. Your "about the author" copy should say who you are, what you do, and how to contact you.

As for length, ask the editor. He or she will usually tell you how many words are desired. Stick to that count.

Once the article is published, the contact information in your "about the author" box will generate some response for you. However, don't leave it at that. Make your article do double or triple duty as a promotional tool.

You can:

- ◆ Include copies of your article in inquiry fulfillment kits you mail

to potential clients.

- ◆ Hand out article reprints at presentations or networking events.
- ◆ Do a mailing of your article reprint to your clients and prospects.
- ◆ Post your articles on your website. Having lots of content on your site makes visitors stay longer and also raises your rankings with search engines.

If the response is good — and your article seems to have reached the right people (your target market) — immediately send an e-mail to your editor. Suggest a follow-up article ... with information you didn't have room to include in the first article.

If you like to write, and have the time (or can hire a ghostwriter), why not suggest a quarterly, bi-monthly, or monthly column in the magazine instead of just an article? The worst the editor can do is say, "no." If she says "yes," you'll get your name in front of your potential customers four, six, or 12 times a year instead of once, and you'll accelerate your recognition as a top expert in your field.

Those are great results ... from one of the easiest self-promotions you can do: writing articles.

Give it a shot. Using the guidelines above, see if you can write an article that you can use to promote you and/or your business. Make a list of target publications for your article, and send it off ... to only one editor at a time. It will likely be easier than you think to get it published. Editors are always looking for material — especially when it's on a subject that will interest/benefit their readers.

Sean Eric Armstrong, owner of Kethyr Solutions (<http://www.kethyr.com>), an Internet marketing firm dedicated to helping mental health professionals and other small business owners market and grow their businesses using the power of the written word and the Internet, is the publisher of Kethyr's CAMEL Report (<http://www.kethyrscamel.com>), a free monthly online newsletter, from which this article has been adapted.

Mailing Labels: A Great Way to Market Your Practice

Are you aware that, as a benefit of membership, you may purchase a set of the chapter's mailing labels for just \$50 in order to market a special event, workshop, or conference? This benefit can be especially helpful between newsletter editions. Just send a check for \$50 to PO Box 60814, Palo Alto, CA 94306 and the labels will be mailed to you right away. You may also pay using a credit card or PayPal. Remember to specify if you want the labels sorted alphabetically or by zip code. For more information call 408/235-0210 or e-mail mail@scv-camft.org.

EATING DISORDER GROUPS

For Women

Bulimia & Anorexia
Binge eating disorder
Night eating syndrome
Compulsive overeating

MONDAYS
(every other week)
6:00PM – 7:30PM

Focus on developing a healthy lifestyle,
reducing obsessive thoughts about food and weight,
increasing positive body and self image,
reducing negative thought process,
and finding healthy ways to cope with anxiety.

Terryann Sanders, MFC-41760

Licensed Marriage and Family Therapist
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Mindfulness Techniques For Healing Depression

Come learn ways to pay attention and break
the cycle of chronic unhappiness. Bring
mindfulness practice into your life and better
manage your moods and anxiety.

Meets for 8 weeks in San Mateo,
Beginning Wednesday April 29th, 2009
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SAVE THE DATE!! SAVE THE DATE!! SAVE THE DATE!! SAVE THE DATE!! SAVE THE DATE!!

SCV-CAMFT Presents a First-Time Offering

BRAIN SCIENCE & TREATMENT OF ADDICTION IN TEENS AND ADULTS

Friday, June 26, 2009

9:00 AM — 4:00 PM

(Registration Begins at 8:30 AM)

CEUs: 6 Hours (PCE 1134 for MFTs and LCSWs) included

Menu: Continental breakfast and a buffet lunch included

Location: Michael's at Shoreline in Mountain View, CA

Patients often come to therapy for a variety of reasons without stating that they use alcohol or other drugs. Some patients use substances occasionally, and others have lengthy histories. Learn strategies to assess and treat your clients, as well as when to refer them out to other medical professionals. Gain knowledge about the latest advances in neuroscience and how understanding brain chemistry can help in treating clients with substance abuse issues.

Who Should Attend?

If you are providing direct client care, you will inevitably be working with substance abuse issues in 25-35% of your clients. Whether you are a beginning professional, or have been in practice for many years, this workshop will have something for you. Learn practical, quick, and easy ways to assess a client's level of use.

The Day:

- ◆ Mark Stanford, Ph.D., will begin the day discussing the neuroscience of substance abuse and new discoveries on the bio-behavioral aspects of addiction.
- ◆ Andrea Ancha, Psy.D., will talk specifically about how to assess and treat adolescent clients.
- ◆ A panel of addiction treatment experts:
Deborah Stephenson, M.D., Kathleen McQuaid, MFT, Cheryl Blankenship Kupras, LCSW, and Lynn Maya, RN, MFT, will each respond to a case presentation based upon their area of specialization so that we can more fully understand the different perspectives in a multidisciplinary treatment approach. There will be time for audience questions.

You Will Learn:

- ◆ About the brain science of addiction and how this impacts your treatment strategies;
- ◆ What's new on the medication front and where we are going with new medication options for clients;
- ◆ How to assess and treat both the adolescent and adult client; and
- ◆ Different perspectives on this chronic disease from industry experts.

Pricing:

	<u>Licensed Members / Non-Members</u>	<u>Intern-Student Members / Non-Members</u>
Register <i>before</i> March 15th, 2009	\$110.00 / \$130.00	\$75.00 / \$80.00
Register <i>between</i> March 16th and June 1st	\$120.00 / \$140.00	\$85.00 / \$90.00
Register <i>after</i> June 1st, 2009	\$130.00 / \$150.00	\$130.00 / \$150.00

Payments may be made by personal check or PayPal. Please use the chapter's e-mail address: mail@scv-camft.org for PayPal payments, or make check payable to SCV-CAMFT and mail to: SCV-CAMFT, P.O. Box 60814, Palo Alto, CA 94306.

Register early to save money and guarantee your place! For reservations contact Sean Armstrong, 408/235-0210 or mail@scv-camft.org. For information on the workshop, contact Lara Windett at 408/892-3925 or lara@larawindett.com.

Cancellation Policy: Due to the contracted costs of offering this event, cancellations must be received at least 14 days prior to the date of the event in order to ensure a refund, less a \$35 processing fee. Cancellations received after that date will be credited to your account if we are able to sell your seat for the event. By sending payment you are agreeing to this cancellation policy.

Neuro-Emotional Technique (NET)

Neuro-Emotional Technique® is a cutting edge mind-body technology which utilizes acupuncture meridians and muscle testing to help the body release stuck negatively charged emotional issues... *for good!!!*

NET has been used successfully with issues of

- addiction
 - chronic pain/headaches/fibromyalgia
 - low self esteem and worth
 - phobias
 - mood disorders
 - insomnia
 - anxiety
- and many, many more....

For more information, please call Roberta Gelt, MFT, Certified NET Practitioner 650-558-9605 or go to netmindbody.com.

Klein and Bion: An In-Depth Study of Theory and Technique

Develop a working understanding of each theory by studying readings and clinical examples. Learn to work with moment-to-moment interactions between patient and therapist and the role of "fantasy" as it is used to uncover unconscious material. The meaning of the therapist's emotional experiences in sessions will be included in discussion.

Instructor: Margo Chapin, LMFT, teaching and supervising analyst, San Francisco Center for Psychoanalysis.

Time & Place: Alternate Saturdays 9:30-11am. In San Jose at Associated Counselors offices.

CE Units: Approved for MFT's / LCSW's as required by California BBS, PCE #3161.

Please contact
Tina St. Lorant 408.236.2070 or
Gail Carney-Carder, MFT at 408.296.2926.

Carol Campbell, MFT

Same phone number:
(408) 297 - 4652

NEW LOCATION
as of April 2009:

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Call if we'll be neighbors now, and we can have coffee. I'd like to meet you!

Classes, Consultation, Psychotherapy and Psychoanalysis Palo Alto

I work from an Object Relations theory using primarily Winnicott, Bion and their followers. My focus in classes and consultation is on helping you to do deeper, more powerful and intimate work with your patients, while respecting their strengths and injuries.

Lynn Alexander, Psy.D.
Core faculty, training and supervising analyst at Psychoanalytic Institute of Northern California, faculty Palo Alto Psychoanalytic Psychotherapy Training Program, faculty Northern California Society for Psychoanalytic Psychology.

650-328-8505

FREE PRELICENSED SUPPORT GROUPS

North Region – 1777 Borel Place, Suite 210, San Mateo, CA 94402. Next meetings on March 13th and April 10th from 10:00 AM - 12:00 PM. Current Facilitator: **Peter E. Hess, MFT**. All trainees and interns are welcome. Please call or e-mail to let us know if you plan to attend for the first time or if you are a regular who will be absent. Contact Peter at 650/286-9113 or hesspeter@att.net for more information.

South Region – The group meets the second Saturday of each month from 10:00 AM - 12:00 PM. The current facilitator is **Verna Nelson, MFT**. The group is held on the border of Campbell and Los Gatos, close to the intersection of 85 and 880. Please call Verna at 408/379-7747 or e-mail her at VNelsonLMFT@aol.com, if you are interested in taking advantage of this valuable support group!

FREE NEWLY LICENSED SUPPORT GROUPS

North Region – The purpose of this group, which meets monthly, is to provide support to members who have recently become licensed.

Jamie Moran, LCSW, is the current group facilitator. The location is 661 Live Oak Avenue, Suite One, Menlo Park, CA 94025. To RSVP, and for further information about upcoming meeting dates and times, please contact Jamie Moran at Jammoran@aol.com or 650/598-8877.

South Region – This newly launched support group meets the third Saturday of each month from 1:00 PM - 3:00 PM (March 21st and April 18th). The purpose of this group is to provide support to members who have recently become licensed. **Meg Keller, MFT**, is the current group facilitator and meetings are held at Meg's office near the intersection of Almaden Expressway and Camden Avenue, 6475 Camden Avenue, Suite 102-B, San Jose, CA 95120. To RSVP, and for further information, please contact Meg Keller at megkeller@sbcglobal.net or 408/271-6999.

FREE THERAPIST SUPPORT GROUP

The meetings are held from 1:00 PM - 2:30 PM on the second Friday of each month (March 13th and April 10th), at JFK University Counseling Center, 572 Dunholme Way, Sunnyvale. Meetings are sponsored by the Well-Being Committee and hosted by **Ani Martin, MFT**, and **Mary Jo Trusso, MFT**. Please call Ani at 408/629-2234 or e-mail her at ani@mncservice.com, if you plan to attend.

Chapter board meetings are generally held on the fourth Friday of each month (some major holidays and other chapter functions move the date) from 9:00 am to 11:30 am at the same location as, and immediately prior to, the chapter's monthly luncheon event.

All luncheon programs are held from 11:30 am to 1:30 pm. Look for locations and other specifics in the newsletters, on the chapter's website under "For Members" and in e-mail sent directly to those members who have e-mail.

SPREADSHEET AVAILABLE FOR COUNTING INTERN HOURS

— Susan Owicki, MFT

Keeping track of those 3,000 hours in all the BBS categories can be quite a chore. When I was an intern I developed an Excel spreadsheet that let me keep track of hours in all categories and at multiple sites. It gave me a running report on the total each week, and even kept track of the maximum hours allowed in each category.

I am making the spreadsheet available free to prelicensed members of SCV-CAMFT. To use it, you need to have the Microsoft Excel program and know how to enter data in an Excel spreadsheet. If you are interested in giving it a try, call me at 650/327-2129.

CHANGE OF STATUS

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

Congratulations!

If you have received your notice of licensure, it is important to remember to inform your local chapter as well as the state organization of CAMFT.

Please inform our chapter coordinator of any status change as soon as possible by telephone, 408/235-0210, or by e-mail, mail@scv-camft.org.

CONGRATULATIONS TO THE FOLLOWING RECENTLY LICENSED MEMBERS:

- Deborah A. Vanni, MFT
- Raelene S. Weaver, MFT

WE WELCOME THESE NEW AND RENEWING MEMBERS!

The board wishes to thank those members in the Sponsor, Sustaining, Supporting, and Supporting Prelicensed categories for graciously choosing to support the chapter by giving more than the regular dues.

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BENEFITS OF YOUR SCV-CAMFT MEMBERSHIP




In an effort to make sure all SCV-CAMFT members are aware of the many benefits available to chapter members, the SCV-CAMFT Board of Directors has decided to reprint the following list of member benefits, which also appears on the chapter's Website and in the member application and renewal packets the chapter mails each month:

- ◆ **Networking** at monthly SCV-CAMFT luncheons. Chapter luncheons, held in Santa Clara and San Mateo counties, provide time for you to meet with colleagues, make and receive referrals, build new relationships and renew existing ones, all while enjoying up-to-date presentations.
- ◆ **Professional Development** through monthly luncheons and workshops that feature presentations on a wide variety of topics addressing the professional and business needs of our members. Additionally, SCV-CAMFT is a BBS state-approved provider of CEUs, so you can fulfill your BBS requirements for a nominal fee.
- ◆ **The Membership Directory** is a wonderful resource for referrals. It contains members' specialty listings, languages spoken, and identification of those who have handicap access or accept low fees. In addition, the directory is made available to agencies in the community for their use in making referrals. The directory is published twice annually and is available to members for free in Adobe PDF format on the chapter's Website or at cost on a print-on-demand basis.
- ◆ **Our bi-monthly newsletter**, SCV-CAMFT News, keeps members up-to-date on job opportunities, legislative alerts and new developments in the field. Chapter members may place one classified advertisement per issue free of charge and receive discounted advertising rates.
- ◆ **SCV-CAMFT's Website**, www.scv-camft.org, contains information important for members and the community. As a chapter member you are entitled to a free listing in the online "Therapist Search" referral database. You may also sign up for an Expanded Web listing and get your own Web page! Additionally, members have access to the members' area of the Website and the "Chapter Exchange," the chapter's listserve, which is a convenient means of distributing announcements and keeping involved with the chapter's membership.
- ◆ **SCV-CAMFT's Pre-licensed Support Services** are extensive. The chapter offers on-going support groups, a regular pre-licensed column in SCV-CAMFT News, and various pre-licensed focused events.
- ◆ **The Internship Directory** includes detailed information on internships in Santa Clara and San Mateo counties, contact numbers for pre-licensed support services, and information about the internship process. It is updated continuously and is available to members free of charge on the chapter's Website.
- ◆ **Involvement in Special Interest Groups (SIGs)** allow you to personally effect solutions in an area of the profession that interests or concerns you. You are welcome to participate in any of the current groups: – Mentor-Mentee, Well Being, Newly Licensed – or to explore gathering a new group.
- ◆ **Volunteer opportunities** abound. You are encouraged to join our board of directors, contribute articles to our newsletter, provide editorial input for the newsletter, and bring you expertise and leadership skills to one of our committees.

Again, these are just some of the many benefits of SCV-CAMFT membership. If you have any questions regarding any of the member benefits listed above, or are interested in a benefit not mentioned on the list, please feel free to contact any of the board members (listed on page 2 of this newsletter) directly, or contact SCV-CAMFT by e-mail at mail@scv-camft.org or phone at 408/235-0210.

**Make a difference...
Join your North
Region Luncheon
Committee Today!**



-  Use your creativity to locate speakers and topic presentations
-  Use your organizing talents to manage luncheon locations
-  Develop your network on a committee of fellow MFT's

And Have Fun!

Contact Pam Eaken, Committee Chair
E-mail: eeikin_too@yahoo.com
Phone: 650-571-6342



Santa Clara Valley Chapter
California Association of Marriage and Family Therapists

SCV-CAMFT IS SEEKING A FEW GOOD VOLUNTEERS

Seeking SCV-CAMFT Website Editorial Team

Your chapter is looking for enthusiastic individuals who want to help make the new SCV-CAMFT website dynamite! Most of the discussion will occur via e-mail, a bit by phone, and an occasional face-to-face meeting. We would love to have you on our committee.

Please contact **Chandrama Anderson, MFT**, Director of Technology & Communications for SCV-CAMFT at: mail@scv-camft.org, attn: Chandrama Anderson.

We look forward to your help and input.
AND...

Seeking SCV-CAMFT Editorial Committee Members

SCV-CAMFT's Editorial Committee meets six times a year to edit submitted newsletter articles.

We eat, drink, read, and edit articles over lunch while having a good time. If you'd like to join us, please contact **Kim Ives-Bailey, MFT**, Editorial Committee Chair at mail@scv-camft.org, attn: Kim Ives-Bailey.

Guidelines for Authors of Articles for the Chapter Newsletter

FORMAT FOR ARTICLES

- Length: Articles 500-1,200 words; Announcements 75-250 words
- Double-space to provide room for editing**
- Indent paragraphs
- Do not right justify
- Submit typed or printed copy only
- Check punctuation and spelling, particularly of names
- Please note deadlines, which the production staff must observe — the 15th of January, March, May, July, September and November. The more time we have to edit and check facts, the better your article will be.

STYLE OF SUBMISSIONS

- Use an active voice "*We have all experienced...*" rather than a passive voice "*An experience that has been had by all of us...*"
- Use short sentences and short paragraphs. Avoid loading sentences with unnecessary words; in general, strive to make your points as briefly as possible, with each word adding something.
- Avoid clichés ("like a ton of bricks"), slang ("humungous"), and hyperbole ("the worst problem we all face...").
- Document key assertions with which others may disagree ("(Farrell, 1933)" "Unified School District enrollment data").

IN GENERAL

As you prepare your article or announcement, ask yourself:

- What is my goal — to inform, to persuade, to motivate, to challenge, to respond?
- What exactly is this article about? What are the two or three key points I wish to make?
- Who is my audience? How much knowledge of this subject do I assume my readers have?
- For announcements, please make sure you include all necessary information: what, why, when, where, how, and who.
- Before submitting anything, please read it once more, making sure it says what you want it to say as clearly as possible.
- Submit articles via the chapter's Website, <http://www.scv-camft.org>, or e-mail to mail@scv-camft.org.
- For more information, call Kim Ives Bailey, Editor, 650/737-1818.
- Please observe the deadline dates. We strive to make the delivery as timely as possible and depend on strict adherence to the deadlines. Again, articles are due by the 15th of each odd-numbered month (January, March, May, July, September) for publication two months hence.***

GROUPS AND WORKSHOPS

Parent Support Group — For parents or family members of adolescents who abuse alcohol and/or drugs. Eight 90-minute weekly sessions, 6:30-8:00PM. Location: 1588 Homestead Road, Santa Clara, CA. For additional information contact Judy Hanf, MFT, at 408/440-6274.

Affordable Mindfulness Stress Reduction Program — 8 Mondays, 7:00-8:30PM, and one all-day retreat. 19 CEUs. Contact Soudabeh Azizi, MFT, www.soudabehmft.com.

Psychotherapy Groups for Young Adults and Adults — These ongoing mixed groups are for people who wish to understand and improve their interpersonal functioning. Many members struggle with anxiety and depression, and long-term patterns of social under-functioning. The groups meet weekly and are facilitated by Alice J. Sklar, Certified Group Psychotherapist, MFT. For information call 650/961-3482.

Wish There Was an Alternative to the Typical "Anger Management Group"? — Learn key skills you need to break the anger habit. For free articles and information contact Michael G. Quirke, MFT, at 415/820-3943 or visit www.michaelgquirke.com.

GROUPS AND WORKSHOPS

Intervention Services — Help for clients who want to compassionately confront an alcoholic, addict, or mentally ill individual about the need to get treatment. Contact Julie Herman, MFT, at 408/872-0222.

Groups for Parents of Teenagers — These groups use positive discipline strategies to offer support and education to parents of adolescents. Issues addressed include setting limits, improving communication, dealing with drugs and alcohol, and letting go. Contact Pam Levy, MFT, at 650/634-9821 for more information. Groups start April 2009 in San Mateo.

Workshop with Eliana Gil — Noted child abuse and trauma expert presents workshop on "Child's Play: Healing Language of Symbol and Metaphor." Benefit for Sandplay Therapists of America. April 18, Los Gatos. Call 650/364-4670 for information.

Teen Girls' Support Groups AND Women-in-Transition Group — Teen groups focus on relationships, self-esteem, communication and body image using art/drama. Women's group deals with relationships, co-dependence, parenting and health. Start mid-March. Lori Levitt, MFT #43329. 650/794-4828.

GROUPS AND WORKSHOPS

Women's Psychotherapy Group in Los Altos — Help women better handle their anxiety and guilt by improving their awareness; and learn skills to find more balance relationships with self and others. For more information call 650/488-4906.

Outpatient Sexual Addiction Groups — Mid-January 2009 a new Phase 1 (of 4 phases) of outpatient sexual addiction treatment is starting at The Addiction Recovery Center! Clients or Clinicians please call 409/491-9804 for more information.

Teen & Family Counseling Center's Mindfulness-Based Stress Reduction Workshop — Begins March 4, 2009, 6:30 to 8:30PM. Learn valuable skills for responding effectively to life's unavoidable challenges. TFCC Campbell Clinic at 408/370-9990 ext. 23#.

Women's Therapy Group — For women who want to improve their relationships, develop healthy communications skills, and pursue personal development. Issues addressed include assertiveness, self-esteem, grief and loss, anxiety, depression, and childhood concerns. Please contact Claire Wright at 408/998-7098 for details. Thank you for your referrals!

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 new prices, effective August 1, 2005, for display advertisements for publication in SCV-CAMFT News. Please remember, you can always receive an additional discount by paying for multiple publications of your advertisement in advance.

	Member Advertising Rates			Non-member Advertising Rates		
Newsletter or Online Display Ad.	2 months	6 months	12 months	2 months	6 months	12 months
Full page	\$200	\$510	\$900	\$400	\$1,020	\$1,800
Half page	\$125	\$319	\$563	\$250	\$638	\$1,125
Quarter page	\$75	\$191	\$338	\$150	\$383	\$675
Eighth page	\$50	\$128	\$225	\$100	\$255	\$450
Combined	2 months	6 months	12 months	2 months	6 months	12 months
Full page	\$300	\$765	\$1,350	\$600	\$1,530	\$2,700
Half page	\$188	\$478	\$844	\$375	\$956	\$1,688
Quarter page	\$113	\$287	\$506	\$225	\$574	\$1,013
Eighth page	\$75	\$191	\$338	\$150	\$383	\$675

These prices 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.

GROUPS AND WORKSHOPS

Postpartum Depression Treatment Program — Maternal Outreach Mood Services at El Camino Hospital provides an intensive program for women struggling with depression and anxiety during pregnancy and postpartum. Program includes: group, individual, couples counseling and medication evaluation and management. Contact Kris Peterson, MFT, or Dolat Bolandi, MFT, 650/988-7841.

Process Group for Women in Transition — Examining internal, external, second-half-of-life changes. Redwood City. Now forming. Please call Deborah Dowse Runyeon, MFT, at 650/363-0249 ext. 111 for information.

Positive Parenting and Co-Parenting Classes — Almaden Valley Counseling Service is offering both traditional parenting and co-parenting classes for divorced families. Classes start in October and are ongoing throughout the year. Call 408/997-0200 or visit www.avcounseling.org.

FOR CLINICIANS

Sex Addiction Counseling — Individual & couples counseling for sex addiction issues: cybersex, affairs, pornography, compulsive masturbation, etc. Certified Sex Addiction Therapist with 25 years of counseling experience. Elaine Brady, Ph.D., MFT, CSAT, elainebrady.com, 408/260-9305, or docelaine@msn.com.

Mindfulness Techniques for Healing Depression — 8-week class in Mindfulness Based Cognitive Therapy (MBCT). Next class starts April 29th, and will meet on Wednesdays from 6:30-8:30PM. Personally and professionally useful. CEUs available. Contact Moby Coquillard, MFT, 650/348-2797.

Consultation Group Forming — Readings and discussion on object relations and relational psychoanalysis including case material presented by participants. Mondays 11:30AM to 1:00PM in Redwood City. Cost: \$40.00 per week. Leader: Ann Langley, Ph.D., 650/599-2612.

Group Forming: Non-Directive Play Therapy Teaching/Consultation — Will meet monthly beginning in April. Learn about non-directive play therapy and consult about your cases with children. Jacki Moseley, MFT, MFC 35721, 408/537-0747.

FOR CLINICIANS

Klein and Bion: Theory and Technique — Alternating Saturdays 9:30 to 11:00AM. CEUs through Associated Counselors, and taught by Margo Chapin, MFT, and Psychoanalyst. See larger ad this issue. Please call Tina St. Lorant, MFT, 408/236-2070.

Eating Disorder Consultation Group For Therapists — Now forming in San Jose. Peer group, no fees, office available to meet at Hillsdale and Meridian. Time and day to be determined. E-mail terrysanderslmft@sbcglobal.net for more information.

Somatic/Mindfulness Consultation Group — Mondays, monthly, 10:00-12:00PM in Menlo Park. Clinical case discussions and how to integrate somatic psychotherapy and mindfulness techniques into clinical practice. Manuela Mischke Reeds, MFT, Hakomi Psychotherapist, 650/862-3010, or mmrsoma@sbcglobal.net. www.hakomicalifornia.org.

Licensed Therapists' Support Group — Ongoing, self-led support group for licensed therapists, meeting the first Friday of each month in midtown Palo Alto. Call Verne Rice for details, 650/856-0232.

Would You Like A Full Practice? — Use the Internet to build your ideal practice quickly and inexpensively. There's no need to feel overwhelmed or underinformed. Contact Sean Eric Armstrong at 888/538-4971, visit www.kethyr.com/therapists.htm, or e-mail sean@kethyr.com, for more information and a free consultation.

JOB OPPORTUNITIES

Would You Like to Join a Multi-Disciplinary Group Practice in Cupertino? — We are accepting applications for a licensed psychotherapist to join our team on a part-time basis. We share cost of overhead which includes insurance, phone, secretarial, and billing services. If you are interested please send resume to James via fax at 408/342-0617, or e-mail james@behaviordat.com.

Contract Clinical Supervisor Needed — For Bill Wilson Center. 20 hours per week: 2 years post-license. Work Wed. 12-7; Thursdays 1-9; Saturdays 9-2. E-mail resume to Connie Chrysoglou: cchrysoglou@billwilsoncenter.org. Phone 408/278-2511.

JOB OPPORTUNITIES

MFT Half-Time Position — Provide confidential short-term counseling, assessment, referral, consultation and training for large internal EAP. MFT required. EAP or HR experience preferred. Bilingual Spanish a plus. Fax cover letter and resume to 408/261-2782.

MFT Wanted For Group Private Practice — MFT to join thriving group practice in Campbell. Experience with teens and group therapy desirable but all specialties considered. Office and referrals provided. 408/371-6239.

A benefit for
Sandplay Therapists of America

A DAY OF DIALOGUE WITH

Noted Child Abuse and Trauma Expert
DR. ELIANA GIL

"Child's Play: The Healing Language
of Symbol and Metaphor"

Saturday, April 18, 2009
Unitarian Universalist Fellowship
15980 Blossom Hill Road
Los Gatos, CA 95032
9:30-4:30

Cost: \$100 before March 15
\$100 STA Associates
\$120 after March 15
\$15/6 CE's

Make checks payable to STA and mail
to
PO Box 4647
Walnut Creek, CA 94596
www.sandplay.org

MARKETING & INFORMATION TABLE

Missed the newsletter deadline? We encourage you to bring marketing materials to place on the literature table at SCV-CAMFT events. It is the perfect place to advertise your: workshop, job opportunity, office space, or conference. If you want your materials, be sure to pick them up after the event is complete.

OFFICE SPACE

Burlingame — Downtown, three interior offices available: 140 sq. ft. \$350.00 per month; 110 sq. ft. \$275.00 per month; 450 sq. ft. (private waiting and large adjoining room) \$1,025.00 per month. Other therapists, shared waiting area, quiet, full service. Call Kathy, 650/348-1051.

Campbell — Spacious office for sublease. This 400 sq. ft. office is available full-time starting 2/1/09. It's located at 1550 S. Winchester Blvd. near Hamilton Ave. If you are interested, please contact Debbie at 408/774-1009.

Cupertino — Office space available by the day or week. \$500 per month, daily rate will depend on services and day of week. A full service suite with waiting room in a garden business office complex. Excellent Cupertino location with onsite parking and fitness center in office complex. Office with window, fax machine, copy machine and kitchenette. May also include secretarial and billing services. Call 408/342-0612.

Menlo Park — Lovely second-floor office to sublet near downtown. Lots of light, shares large waiting room with one other office. Plenty of off-street parking. Available mid-April Mon., Wed., Thur., Fri. \$200/day. Contact Whitney at 650/325-3676 or wvn@wandd.com.

Milpitas — Looking to build a practice? Office space for rent full day. Fully furnished with attractive waiting room and toy room equipped with sand tray. Near 680 and 880 at 237. Includes occasional referrals from seasoned therapists for experienced clinician. Please call Elizabeth Leonard-Iso, MFT, 408/946-2399.

Palo Alto — Lovely little office in beautiful building available all day Thursday, Friday, and Saturday (\$150/day/month) and Monday mornings (\$75/day/month). Downtown, yet quiet; friendly atmosphere. Laura Mori, 650/323-3340.

San Jose — Saratoga Avenue at Prospect. Practice-building opportunity. One to three days a week at very reasonable rent. Spacious, peaceful 2nd floor office with all amenities, incl. group room if desired. Could include referrals from seasoned therapist. 408/562-4878.

San Jose — Cupertino area. Tastefully furnished office with window in suite, available Monday day/eve and Thursday eve. Suitable for seeing adults, couples and older teens. Kitchen, wait-

OFFICE SPACE

ing room with call lights, great location and parking. katyggg@earthlink.net, 408/998-4364.

San Jose — Three offices available on prestigious The Alameda. Available individually or in combination on a monthly basis, including utilities, weekly janitorial. \$400-\$595/mo. On-site parking. No pets. No smoking. 408/307-8871.

San Jose — Campbell, 17 and 280. Full-time office available April. Collegial group. Weekly meetings for consultation. Call lights, group/play room, and more! See large ad this issue. Please call Evelyn Peairs, 408/486-6818.

San Jose — Beautifully furnished office in a suite of three psychotherapy offices available Tuesdays, Thursdays,

Saturdays. Quiet waiting area, staff room, copier, fax, refrigerator, and microwave. Reasonable rent, S. Bascom Avenue, near 280 & 17. Call Steven, 408/821-7500.

San Mateo — Nicely furnished office in cozy suite near HWY 92, professional building, easy access. Sublet partial/full days. Separate exit, waiting room, signal lights, microwave, fridge, windows, elevator, trees, parking. Cathy Hauer, MFT. 650/568-1210.



SCV-CAMFT News — ADVERTISING POLICY

Adopted by the SCV-CAMFT Board, April 3, 1992; last revised August 2004

ALL ADVERTISING MATERIAL MUST BE SUBMITTED TYPED, BY DEADLINE, AND VIA E-MAIL OR THE CHAPTER'S WEBSITE no later than the fifteenth of odd-numbered months preceding publication, e-mail: mail@scv-camft.org, Website: <http://www.scv-camft.org>.

CLASSIFIED ADS:

- **SCV-CAMFT members in good standing will be allowed one 35-word free ad. per issue.** Free ads. from persons with lapsed memberships will not be accepted.
- **Members running additional ads. beyond their free one-per-issue will pay \$25 for each additional ad. of 35 words or less.**
- **Non-members will pay \$50 per 35-word ad.** This surcharge should be an incentive for current non-members to join the chapter.
- **Members and non-members alike will pay \$1.00 per word for each word over 35.** The following units of information count as one word: Phone number (10 digits) — zip code — each degree or licensure abbreviation — "Tom Jones, MFT, Ph.D." = four words.

DISPLAY ADS:

- Display ads. must be typeset, with a border, and not merely typewritten. See samples this issue. Ads. must be sized exactly and camera-ready (i.e., ready to be pasted into layout with no further copy or graphic manipulation necessary). Advertisements to be run in the newsletter and on the chapter's Website are double the amount below less 25% of the total. Discounts are available for purchasing multiple "flights" for the same ad.

		Members	Non-Members
Full page	7 1/2" x 9 3/4" vert.	\$200.00	\$400.00
Half page horiz.	7 1/2" x 5"	125.00	250.00
Half page vert.	3 3/4" x 9 3/4"	125.00	250.00
1/4 page	3 3/4" x 5" vert.	75.00	150.00
1/6 page	2 3/8" x 5" (or less) vert.	50.00	100.00

ADDITIONAL ADVERTISING POLICY

- **Advertisements appearing in this newsletter do not imply SCV-CAMFT endorsement either of their content or of the persons placing them.**
- **Copy for classified ads. should be typed and double-spaced.** Count words before e-mailing. You may pay for any words over the 35 allotted by using PayPal or credit card. Ads. will be run for one issue only. If you wish to repeat ads., you must resubmit them by deadline each issue.
- **Members may only use free or member-rate display advertisements to promote only their own office space or services.**

Chapter Events

Fri., March 27,

11:30 - 1:30 pm

Lunch served promptly at 11:45

“Psychopharmacology: The Latest Advances, Developments, Warnings, Precautions”

Saad A. Shakir, M.D.

Michael’s at Shoreline

2960 N Shoreline Blvd, Mountain View

Cost: \$26.00 (CEUs add \$7, PCE 1134)

Menu: Chicken Marsala or Seafood Cannelloni or Grilled Vegetable Brochette

Register directly with SCV-CAMFT (see below). For specific information regarding the speaker contact **Wendy Wegeforth, 408/888-6630.**

DATES TO REMEMBER

- March 13-14, 2009
CISM Trauma Workshop
- March 15, 2009
May/June Newsletter Deadline
- March 27, 2009
Mid Region Luncheon
- April 24, 2009
South Region Luncheon
- April 30 - May 3, 2009
CAMFT Annual Conference

Fri., April 24,

11:30 - 1:30 pm

Lunch served promptly at 11:45

“Essence and Identity: Metaskills for Therapy and Life”

John Mizelle, MFT

Los Gatos Lodge

50 Los Gatos-Saratoga Rd, Los Gatos

Cost: \$26.00 (CEUs add \$7, PCE 1134)

Menu: Filet of Sole or Chinese Chicken Salad or California Fruit Salad

Register directly with SCV-CAMFT (see below). For specific information regarding the speaker contact **Karen Sumi, 408/323-9901.**

LUNCHEON RESERVATIONS: Please send check, payable to SCV-CAMFT, with entrée selection noted, to SCV-CAMFT, P.O. Box 60814, Palo Alto, CA 94306. You may also pay online using PayPal. Payment must be received by noon on the Monday before the luncheon. Reservations will be held until noon. Lunch will be served promptly at 11:45. If seating is available, “standby” persons can pay \$33.00 at the door to attend the luncheon. **Please note: telephone reservations cannot be accepted. Call the chapter voicemail, 408/235-0210, for reservation information and the chapter’s cancellation policy.**

Santa Clara Valley Chapter of the California Association of Marriage & Family Therapists

SCV-CAMFT News

Attention: Editor

P.O. Box 60814

Palo Alto, CA 94306

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