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INTEREST**

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SCV-CAMFT News

VOLUME 30, NO. 2

MARCH / APRIL 2011

President's Column—

Setting Goals for the Year

—Nanette Freedland, MFT

Each year, the Board of Directors comes together for a morning of reflection and planning. On January 15, the 2011 Board of Directors met for our strategic planning session to outline the goals for this coming year. While most members of the current board are returning, it is a new year with new challenges to overcome, and opportunities to discover. We welcomed Pam Eaken as a new member to the Board. Pam has been the North Region Luncheon Chair, and will take over as Special Events Director. Please take a moment to read Pam's bio in this newsletter.



Nanette Freedland
President, SCV-CAMFT
freedlandn@gmail.com

Six goals were identified in advance for the Strategy Planning Meeting:

1. Re-engage board members for another year of work.

2. Set long-term objectives.
3. Review and discuss individual directors' goals.
4. Clarify the new Technology Liaison role.
5. Determine the appropriate connections we will have with state CAMFT.
6. To identify outstanding issues for continued discussion.

We began the meeting with a robust brainstorming to answer the question:

How will we know if we have had a successful year?

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Outstanding Chapter Leader: Carol Marks



The following Outstanding Chapter Leadership recommendation was presented to state CAMFT

in recognition of Carol Marks. It was an honor to submit this award in acknowledgement of Carol's long-standing support and work, on behalf of the SCV-CAMFT chapter. Carol received her award at the CAMFT Leadership Conference on February 5th in Costa Mesa. Please take a moment to congratulate Carol next time you see her.

—Nanette Freedland, MFT

The SCV-CAMFT Board of Directors would like to formally recognize Carol Marks for her dedicated service to our Chapter. Carol joined the SCV-CAMFT Board of Directors as the Ethics Chair in 2006. During her term in this position, she has successfully coordinated the annual Legal and Ethics

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SCV-CAMFT Calendar

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

MARCH

11—12 CISM Workshop
Mountain View

15 Newsletter Deadline
May / June Edition

25 Chapter Luncheon
Mid Region; Mtn. View

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APRIL

15 Chapter Luncheon
South Region; Los Gatos

Shazad Contractor, Chief Financial Officer 408/666-6791
shazad@jjacoustics.com

Pamela Eaken, Director (Special Events) 408/921-1685
eeekin_too@yahoo.com

MAY

12-15 CAMFT Annual Conference
South San Francisco

15 Newsletter Deadline
July / August Edition

20 Chapter Luncheon
North Region; San Mateo

Debra D. Rojas, Secretary
408/380-1222
debra@debrarojasmft.com

Liaisons To Other Community Agencies

Red Cross (Santa Clara County):
Judith Boore, 650/948-9138
Jane Kingston, 650/726-6774

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1625 N. Market Blvd. S #200
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Please see advertising policy and information on page 21.

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.

Pre-Licensed Corner—The Duality of Closure by Howard Scott Warshaw



Howard Scott Warshaw is currently a student at JFK University's Graduate School of Professional Psychology. After working as programmer, video game developer, teacher, film maker, and software manager, Howard believes his past experience will serve him well as a psychotherapist. He plans to focus on the specific needs of people in Silicon Valley's Hi-Tech Industries.

Finally, JFK oral exams are a thing of the *passed*, and I've satisfied all my graduation requirements. Having met the challenge of this developmental stage, I'm ready to close the door on another chapter of my psychotherapeutic odyssey. Time to pop the corks and engage in some serious self-care. Bring on the serenity!

But when one door closes another one opens, and sometimes that next door buries me in an avalanche of new To-Do's. The prospect of internship (with the duties, responsibilities, and all the hours thereto appertaining) looms large before me. It all seems so confrontational. After such a long climb, I've only reached the bottom of an even longer staircase. Where's the afterglow?

When I take a moment to stop and reflect, things do look pretty good. I passed my final qualifying exam, and survived my rite of passage. This boosted my confidence and helped my therapeutic self-image substantially. I can see myself making the crucial transition from wondering if I can be a therapist, to knowing I will be a therapist -- which feels wonderful. And, just the other day, I had back-to-back sessions in which clients achieved long sought-after breakthroughs. Ah, there's the glow. I'm smoking big Freudian cigars.

But, you know how it goes. The very next morning, I experience a client who seems to have misplaced all his progress. I'm reminded that I have groups to plan and run, a full client load, scheduling conflicts to resolve, case documentation due, an intake backlog, and BOOM! The cigar explodes right in my face (the cigar is, of course, just a cigar). Suddenly, the prospect of maintaining a pulse until graduation sounds like...well, a lot more than autonomic functioning. But, that's OK. I can go forward doing all I'm doing and taking on more. That's what I signed up for. It just bothers me that there's no big pop here. Something's missing. I expected to feel more... something.

I guess anticipated feelings are tricky things. They don't always show up on schedule. Perhaps it's better to let the feelings flow and just welcome them as they arrive rather than sending out invitations and expecting RSVPs. That whole mindfulness/presence thing again -- I've learned it so many times, and I'm still learning it. I'm getting better at being present with clients; having less expectation of progress, and accepting they'll proceed at their own pace. It's harder to let go of my expectations for me however, trying to control my own pace. Trying to match my own ideas of how I'm supposed to be or feel as I move forward in my training. It also makes me a bit self-conscious. I worry about being the only psychotherapy intern with control issues. But, who am I kidding? Do I think no one will notice? Hanging out with a bunch of therapists is like going to an emotional nude beach. On the one hand, it's a silly place for the excessively self-conscious, and, on the other hand, my fellow sun lovers are very accepting -- so there's really nothing to fear. And hopefully, on the other hand is a generous dollop of sun block.

My point is, I face three choices when a milestone is reached: I can look longingly back on where I've been (regress); I can tremble before the onslaught of new challenges (stagnate), or I can try to remain accepting of where I am and move forward with mindful awareness.

One door closes and another opens. Reframe 1: When one obligation is over, another steps right in to fill the void. Reframe 2: With each challenge met, a new plateau of opportunity presents itself. Sure, it sounds nicer in the second framing. But sometimes, the fear of more substantial obstacles finds me desperately trying to get back through the door I just closed. In fact, I can be so busy banging on that door, I miss the opportunity to savor the beautiful new view created as the next door gently blows open. In other words, when a door closes, don't knock it.

Introducing Pam Eaken— SCV-CAMFT Director of Special Events



Pamela Eaken received her Master's Degree in Counseling Psychology from Notre Dame de Namur University in 2008.

As a trainee, she worked at The Children's Health Council, Esther B. Clark School, where she worked with severely emotionally disturbed children and their families using CBT, art therapy, and family systems interventions. Pam then took an intern position at Catholic Charities, a community-based agency, working with adults, children, couples, and families covering a wide range of presenting problems. She also interned at Process Therapy Institute (PTI), where she was trained in the "mirror program" using PTI's process model. As a part of both Catholic Charities and PTI, she worked with children in school-

based programs, where she taught "anti-bullying" and "safety" classes, and worked with groups, as well as individual children.

Prior to becoming an MFT, Pam worked in the computer industry for 30 years as a world-wide corporate manager, trainer, and marketing professional. Over the past 25 years Pam also has practiced mindfulness meditation as a part of the Spirit Rock Meditation Center community, which has been a cornerstone for her therapeutic approach.

Since 2006, Pam has been the SCV-CAMFT North Region Program Chair, and has benefited from the resources available through CAMFT. She is very much looking forward to serving the wider SCV-CAMFT organization as the Special Events Director.

Pam Eaken

joins the

SCV-CAMFT

Board of

Directors

Are You Up to Date?— SCV-CAMFT Chapter Coordinator



Have you moved? Are you newly licensed? Did you recently change your phone number? Have you been certified in any new specialties? Is there any information you need to change or add to your profile at SCV-CAMFT?

These are important questions to ask! Members looking for referrals and po-

tential clients use our website to search for therapists. When people use the **Therapist Search Finder**, they are only limited by the amount of information you provide. Don't miss out on potential business because your information is not up to date!

Also, **please remember to include your address suite number** with your complete mailing and office addresses. You may be missing out on some very important mail. It is quick and simple, and will be a valuable source of information to your peers and potential clients. Simply login to your account at www.scv-camft.org, and update your information under My Account. If you have any questions or need assistance, do not hesitate to contact me, Sunnie Weber, at mail@scv-camft.org.

**Log in and
update your
address and
profile today!**

Technology Corner: Chapter Exchange Adds Search Feature by Michael

The Chapter Exchange provides a fast way to communicate with other members of SCV-CAMFT. Members can post questions, seek or offer referrals, announce changes of address or opening of office locations, provide information on their own classes or workshops, and discuss topics or issues with other members.

The Chapter Exchange now provides search capabilities so you can look at older postings and search by date or by keyword(s) or both. This way, if you remember a post, but don't still have it in your email, you can easily access that post.

To use the search capabilities, log into the SCV-CAMFT website. On the My Account page, you will see a link to Chapter Exchange Message Search.

Choose the year of the message and enter one or more keywords. You will get a list of messages with the subjects and an excerpt of the message. Just click a title of a message to look at the individual message. In addition, you can easily reply to a message once you've opened the individual message. Or, you can view the complete message thread.

Search tips: To find messages about office for rent in Campbell, just enter the following in the Search Keywords box: rent office campbell. The pull down menu allows you to search for any keywords or all

keywords. In this example, we would want to choose "ALL" since we want a message or subject that contains all of the keywords. Keep in mind that the post must contain all three of those words somewhere in the post. If you don't see results, try making your search more general by removing search terms until you find what you're looking for.

If you're posting to the Chapter Exchange, please be sure to review the guidelines for posting on our website www.scv-camft.org. The new search feature is also a great way to view your message after you've posted it. Just search for your message in the Chapter Exchange Message Search. For example, if your name is Rhonda, you can put Rhonda in the search keywords box and you'll see all posts by "Rhonda". The keyword box is not case sensitive so you can use lower case letters.

We're pleased to bring this new capability to our Chapter Exchange and encourage members to use the Chapter Exchange to quickly communicate with other members.

Rules and Guidelines

Please review the following guidelines regarding message content:

- Content is to be directly related to our work as mental health providers;

- Please limit announcements of upcoming events and offerings to two postings;
 - Keep messages brief;
 - Refer members to relevant websites for additional information about trainings, etc.;
 - Do not send virus warnings, jokes, petitions, political endorsements, or other mass mailings;
 - Obtain permission from an individual before forwarding a private message to the entire SCV-CAMFT Chapter Exchange;
- Maintain a respectful tone towards your colleagues who may hold differing opinions.

NOTE: *Non-members who request that you post to the SCV-CAMFT Chapter Exchange for them should be directed to the chapter's website and invited to join our professional organization. Members and non-members alike are welcome to advertise on our website and in our bi-monthly newsletter.*



Michael Jaret
SCV-CAMFT Webmaster

Michael Jaret runs one of the most highly regarded digital agencies, Jaret Media, with offices in Palo Alto and Denver. Formerly, Michael Jaret was a marketing executive at Apple Computer, IBM, and a startup purchased by Microsoft.

Measuring Up—Separating Therapist and Client Success

By Elaine Gee-Wong



“Was I a bad therapist because some of these clients did not make any noticeable changes in their lives?”

As a relatively new therapist-in-training, I have wondered what makes a “good” therapist. Before I started working with clients, I believed that a good therapist would somehow facilitate change in clients, and that clients would eventually leave therapy because they are living more functional, and emotionally healthy lives. However, now that I have clinical experience with clients, I realize I cannot evaluate myself solely based on client outcome.

As a trainee and intern, I primarily have worked with clients who were court-ordered to therapy. Whether it be to regain custody, or increase visitation with a child, these clients are ordered to complete a certain number of therapy sessions. Some of these clients are looking to change how they live life and make choices. They are genuinely interested and open to how therapy might help them. In contrast, some of these clients merely show up in order to comply with their court order. Sometimes, they lack an understanding of why they were ordered to therapy. Others do not think they need any help. While some fall somewhere in the middle, wanting change in their lives and relationships, but unwilling to make changes themselves.

Whether or not these clients effectively make use of their 10 or 24 mandated number of sessions, once completed, they usually stop coming to therapy.

Was I a bad therapist because some of these clients did not make any noticeable changes in their lives? This would be the case based upon my initial definition of a “good” therapist.

I’ve since changed my definition of a “good” therapist, because I’ve realized (with the help of a practicum supervisor) that I cannot base my own success on the thriving (or non-thriving) of my clients. For this rea-

son, I’ve come up with three questions to ask myself, after a session, to determine if I am being the kind of therapist I want to be.

The first question is: Was I containing? I ask myself if I provided a safe space for my clients to talk about their experiences and feelings. I want clients to feel they can express any feeling, no matter how intense or superficial, and not feel judged.

The second question I ask myself is: Was I available? I strive to be fully present with my clients. I want to hear not only the stories they tell me, but also what they might be intending to communicate underneath their words.

Lastly, I ask: Did I listen to myself? As I sit with my clients, I also attempt to pay attention to my own thoughts, feelings, and reactions to what they say. I aim to trust my intuition about what is unfolding in the room, and to speak up and give voice to what comes up for me.

If I can answer “yes” to all of these questions, then I know I gave the client the best I could offer. I listened and responded in a therapeutic way while being authentic to who I am.

However, being containing, available, and attuned to myself has no bearing on my clients lives after they leave the office. They may not make any kind of change in their lives. I might hear from a social worker saying that therapy is not working, and that a client is still making poor choices. I have no control over this. But, what I do have control over is how I act, listen, and pay attention in a session.

Ever since I came up with these questions, I’ve noticed changes in how I feel about myself and my clients. My worth is not attached to how a client is doing. Of course, I would love to see all of my clients making choices that create more peace, productivity, and wellness

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November Luncheon Review—The Anxiety Among Us

By Linda Ringsrud

Are you anxious about public speaking, your abilities as a therapist, or marketing your business? If you answered “yes”, you aren’t alone: the approximately 30 people attending the November Chapter Luncheon at Michael’s Restaurant shared their anxious thoughts about these issues. The presenter of the day, Ernest Schmidt, LCSW, was the biggest self-discloser of all.

“I was interested in a teaching job, teaching about mental health at Foothill Junior College, but public speaking made me anxious, so I held off,” reports Schmidt, who now teaches and counsels students at the college. He then informed us how he healed himself using the Cognitive Behavior Therapy techniques he uses with his clients at Palo Alto Psychotherapy, a group private practice focusing on the use of CBT, especially for treatment of anxiety.

“Everything I used to heal my public speaking anxiety, and that I teach my students, is from Dr. David Burns, a professor at Stanford in psychiatry and behavioral sciences,” Schmidt explains. Dr. Burns researches and teaches the use of cognitive techniques to treat and eliminate anxiety disorders, ranging from mild chronic worrying to PTSD, Obsessive Compulsive Disorder, and Body Dysmorphic Disorder. He says there is no convincing evidence that anxiety results from a chemical imbalance in the brain, and that it is treatable without medications or delving into the past.

Schmidt explained, “The first thing to realize about anxiety is that it is just another emotion. But many times we deny it or run away from it, and that is the problem, not the anxiety. So, you’re anxious -- now let’s look at it. That can increase our anxiety, just facing it, but that is temporary; it means we’re on the right track.” *first t*

Schmidt had us attendees use a favor-

ite tool of CBT therapists: a two-column thought record. We were invited to write down thoughts about three areas of our lives: public speaking, inadequacy as a therapist, and marketing our business. He asked us to write down thoughts that make us anxious on one side, and our preferred thoughts on the other. He had us use another two-column sheet to note how our anxious thoughts were unhelpful on one side, and how they were helpful on the other. The first lesson learned was that the attendees and the presenter shared similar fears and concerns, such as: “If I stumble in my public speaking, people will think I’m not worth listening to.” “If I forget what I was going to say, people will walk out.” “If I do a bad job with a client, the word will get out and I’ll never have any more clients.” And lastly, “If my website isn’t perfect, it will be terrible.” We were told that writing down these thoughts was essential to tackling them.

We were also told to look at how an anxious thought might be helpful. You might think “no way”, but anxiety has a flip side -- motivation and/or energy. For example, a therapist who reported worrying about doing a bad job, claimed this same anxious thought motivated her to attend lectures and read books to continue sharpening her skills a very positive response.

Everyone agreed it was a relief to find their worries are shared by others in the profession. “If you self-disclose to your client that you don’t always know what to do or say, they will hold you even higher,” Schmidt exclaimed, “because it is a relief to them, just as it is to us to hear this from our peers.”

We practiced a role-playing exercise that was quite nice. In groups of two, one person identified anxious thoughts about something (mine was, “I can’t market myself until I’m really good at doing therapy”), and the partner

Cont’d on Pg 15



“So, you’re anxious -- now let’s look at it. That can increase our anxiety, just facing it, but that is temporary; it means we’re on the right track.”

SCV-CAMFT member,
Linda Ringsrud,
recently received her MA in Counseling Psychology from JFKU, and is interning at Fremont High School, and at Process Therapy Institute in Los Gatos. She is the mother of two teenagers, wife of an entrepreneur, and a former high-tech writer who is very happy to have switched to the healing arts.

SCV-CAMFT 2010 Calendar of Events

March 11 & 12; Friday and Saturday

CISM Workshop

March 15, 2011; Tuesday

May / June Newsletter Deadline

March 25; Friday

SCV-CAMFT Mid Region Luncheon & Board Meeting

April 15; Friday

SCV-CAMFT Mid Region Luncheon & Board Meeting

May 12-15; Thursday—Saturday

CAMFT Annual Conference in South San Francisco

May 15, 2011; Saturday

July / August Newsletter Deadline

May 20; Friday

SCV-CAMFT North Region Luncheon & Board Meeting

Please Note Newsletter Deadlines:

THE DEADLINE FOR NEWSLETTER SUBMISSIONS IS SIX WEEKS PRIOR TO PUBLICATION. (THE DEADLINE FOR THE MAY/JUNE ISSUE IS MARCH 15TH.) IN ORDER TO GET THE NEWSLETTER TO YOU ON TIME, WE MUST STRICTLY ADHERE TO THIS TIME FRAME. SUBMISSIONS RECEIVED LATE WILL BE HELD OVER FOR ANOTHER ISSUE.

**MAY / JUNE 2011 ISSUE
DEADLINE MARCH 15, 2011**

**JULY / AUGUST 2011 ISSUE
DEADLINE MAY 15, 2011**

Change of Status

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

**Congratulations to
Maureen Borschel, Laura Johnson, and Cindy Lipson
Newly Licensed MFTs**

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.

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 your member benefits, which also appears on the chapter's website .

- **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 available to agencies in the community for their use in making referrals. The directory is published 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 SCV-CAMFT Chapter Exchange, 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.
- **SCV-CAMFT's Mentoring Program** allows members at an early stage of professional development to connect with more experienced chapter members who offer support and guidance.
- **Involvement in Chapter Groups & Committees** allows you to effect solutions in an area that interests or concerns you. You are welcome to participate in any of the current groups (Therapist Well-Being, Newly Licensed Support, Pre-licensed Support), or committees (Website/Technology, Editorial, Marriage Parity, or Ethics), or to explore starting a new group or committee.
- **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 your 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 email at mail@scv-camft.org or phone at 408/235/0210.

SCV-CAMFT 2010 Calendar of Events

Mid Region Luncheon

(1.5 CEU hrs. available, PCE 1134)

Myths or Reality: A Clinician's Guide to Working with Asperger's Syndrome Clients and their Families —
Presented by Dr. Leventhal-Belfer

Date: Friday, March 25
Place: Michael's at Shoreline, Mountain View
Menu: Buffet Lunch
Register: At www.scv-camft.org
Fee: Members—\$26 + \$7 for CEUs / Non-members—\$33 + \$7 for CEUs



Dr. Leventhal-Belfer will present a developmental perspective for understanding and working with children with Asperger's and their families.

Key points to be explored include:

- Myths and beliefs about the disorder.
- Developmental components of the disorder across the lifespan.
- The diagnostic evaluation/co-morbidity.
- The impact that the diagnosis may have on the parents' sense of self, their marriage, and their relationship with their extended family and friends.
- Current issues involving the diagnosis, its presence on TV and literature.
- The growing challenge of qualifying for an IEP.
- Interventions: When is individual or couple therapy helpful?
- The parents' journey ; A mother's story

Laurie Leventhal-Belfer, Ph.D., is a licensed Clinical Psychologist who specializes in working with and evaluating young children with Asperger's Disorder (AS) and their families. She also enjoys working with children with Anxiety Disorders, and those coping with medical problems. Dr. Leventhal-Belfer is the founder and director of **The Friends Program** (www.Thefriendsprogram.com). She is co-author of the book, **Asperger's Syndrome in Young Children: A Developmental Guide for Parents and Professionals**, which focuses on AS in preschool children. It is a resource for parents coming to terms with their child's AS diagnosis and for professionals who work with this age group. She recently authored the book, **Why do I have to? A Book for Children Who Find Themselves Frustrated by Everyday Rules**, which empathizes with the child's wish to do things their way. She explains the problems that their way may cause, and offers solutions that they can discuss with their parents. Dr. Leventhal-Belfer is a member of the Adjunct Faculty in the Division of Child & Adolescent Psychiatry, Stanford University School of Medicine, and has a private practice in Palo Alto.

Directions:

From 101: Take the Shoreline Blvd. Exit. Turn Left if you were heading South on 101, and turn Right if you were heading North on 101 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.

Note: While there are sometimes a few seats left for walk-ins (\$33 / \$40), pre-registration is required. We give the food counts a few days before the luncheon and cannot be accurate without pre-registration. If you find you must cancel, please call the chapter voicemail (408/235-0210). **Refunds are not always available and are never available without this notification.** 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 payment. Also be sure to specify your entrée choice with your payment. See the back cover for more information on registration. **Please remember that telephone reservations cannot be accepted.**

SCV-CAMFT 2011 Calendar of Events

South Region Luncheon

(1.5 CEU hrs. available, PCE 1134)

High Conflict Couples: Using the Neuroscience of Emotion to Create Connection —
Presented by Dr. David Mineau, Ph.D., M.F.T.

Date: Friday, April 15
Place: Los Gatos Lodge, Los Gatos
Menu: Mango, Prawn and Avocado Salad
 Chicken Saute with Rice Pilaf
 Veggie Asiago Cheese & Garlic Ravioli with Marinara

Register: At www.scv-camft.org

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

Many of us dread couples who enter the office with sarcasm, bitterness, and intense reactivity, and who fight as if the therapist were not even there. How should we deal with these high conflict couples?

On the one hand, you can be a traffic cop and try to manage verbal traffic and give directions. On the other hand, you can let the steam vent, and wait until the amygdalae are less activated so you can sneak in an intervention. Either of these extremes miss the opportunity to help the couple learn how to manage their emotions in the heat of battle, which is the primary way they are going to change and behave differently, when they are back at home.

This talk will present practical strategies for managing a session when there are extremely negative feelings, and reactivity between partners. It will also address times when the couple seems to be ignoring you, and you sit there feeling helpless and ineffective, in the rush of negativity cascading around you.

The presentation will draw primarily on what we are learning from the neuroscience of emotion and how neurochemicals fuel the systemic cycle that leads to the "black hole" as one couple has aptly described it. Learn how your interventions can help partners self-soothe, and use their emotions to make better contact with themselves and with each other. Dr. Mineau uses an interactive presentation style, and he will conduct a demonstration of these principles in action.

David Mineau, Ph.D., M.F.T., has been in practice in Menlo Park for 25 years, focusing mainly on working with couples and families of teenage boys. For 15 years, he taught the Couples Communication curriculum at Kaiser Permanente in Redwood City. Currently, Dr. Mineau is adjunct faculty at the Institute of Transpersonal Psychology in Palo Alto, where he teaches Couples and Family therapy, in both the Ph.D. and M.A. programs.

Directions:

From 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. There is plenty of parking. SCV-CAMFT luncheons will be located in the GARDEN ROOM.

- ◆ Chapter board meetings are generally held on the fourth Friday of each month (some major holidays and other chapter functions move the date) from 9:00AM to 11:30AM 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 chapter's website, and in e-mail sent directly to those members who have e-mail.
- ◆ In order to make the luncheon registration process as efficient as possible, please register early. Send your payments, with your entrée selection noted, to the chapter by the Monday prior to the event.



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

*North Region and
South Region
Newly Licensed
Support Groups
are a valuable tool
when you're just
getting started.*



Free Prelicensed Support Group

South Region—The group meets the second Saturday of each month from 10:00 AM—12:00 PM. The current facilitator is **Judy Hanf, MFT**. The group is held at the office of Verna Nelson—800 Pollard Rd., Ste B207, Los Gatos. Please call Judy at 408/440-6274 or e-mail her at judy@betterlivingtherapy.com, if you are interested

in taking advantage of this valuable support group!



Free North Region Newly Licensed Support Group



North Region—The purpose of this group, which meets monthly, is to provide support to members who have recently become licensed. This support group meets the first Saturday of each month from 10:00 AM to 12:00 PM.

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

Be sure to take advantage of this valuable group and resource as you begin your journey as a licensed therapist.



Free South Region Newly Licensed Support Group

South Region—This support group meets the third Saturday of each month from 12:00 PM to 2:00 PM. The purpose of this group is to provide support to members who have recently become licensed.

Verna Nelson, MFT, is the current group facilitator and meetings are held on the border of Campbell and Los Gatos, close to the intersection of 85 and 880. To RSVP, and for

further information, please contact Verna Nelson at 408/379-774 or email her vernalnelson@gmail.com



SILENCE and SANDPLAY **AN EXPLORATION OF PRESENCE**

An invitation to explore inner worlds through Sandplay, movement, active imagination, painting, and meditation.

Find refuge in a weekend retreat nestled in the redwoods of the Santa Cruz mountains where you may lose yourself and find yourself revitalized.

March 11-13, 2011

Land of the Medicine Buddha, Soquel, CA

CE's available for MFT's/LCSW's

For more information and registration: www.kaplanmft.com/workshops_sandplayandsilence/
or call
650-364-4670 or 831-479-7106

Women's Group

Helping Women Access Their Inner Wisdom

- Assertiveness · Childhood concerns
- Life transitions
- Anxiety · Depression
- Personal growth
- Relationships · Self esteem

Wednesday evenings

*Bascom Avenue, San Jose
near Hamilton Avenue*

Facilitated by:

Claire Adalyn Wright
408-998-7098

Certified Group Psychotherapist
Licensed Marriage & Family Therapist
California License #MFC44491

Call for details and for a pre-group interview

The Essentials of Starting and Leading a Successful Psychotherapy Group

Presented by the Northern California Group Psychotherapy Society

Saturday, March 26, 2011, 10am to 1:15pm

Participants will learn:

- The essentials for starting a psychotherapy group including the selection, screening, and preparation of clients for group psychotherapy.
- Common pitfalls in forming and running groups.
- Methods for handling clinical dilemmas which arise in psychotherapy groups.
- Strategies for maximizing therapeutic factors and benefits of group psychotherapy.

Early registration is recommended as space is limited

Course fee: \$35 (\$25 for NCGPS members) pre-register by 3/18/2011. After 3/18, costs are \$40 (\$30 for NCGPS members) if space is available. The workshop fee will be waived if you are joining NCGPS as a new, first time member.

CE Units: 3 units for MFT's, RN's, LCSW's and Psychologists (pending MCEP approval).

Please mail your check: payable to NCGPS, send to Jamie Moran,

Nancy Wesson, Ph.D. (Psy9621) is a licensed psychologist in private practice for 24 years, with 20 years of experience leading psychotherapy groups and receives consultation from Dr. Irvin Yalom. For further information about her groups, visit www.wespsych.com.

Jamie Moran, LCSW (LCS 14447) is in private practice in San Francisco and Menlo Park, CA, and has led groups since 1984. He currently leads four long term groups weekly for gay and bisexual men. Jamie can be reached at www.jamiemoran.com.

LCSW, CGP, 425 Gough St., San Francisco, CA 94102.

Location: Bayside Business Plaza, Conference Room, 2665 Marine Way, Mountain View, CA 94043 (between Garcia and Casey Sts.).

For more information: Nancy Wesson, PhD, CGP, e-mail: Dr.NWesson@sbcglobal.net, (650) 965-7332; or Jamie Moran, LCSW, CGP, e-mail: Jammoran@aol.com, (650) 598-8877.

President's Column—
cont'd from page 1 -

There were no wrong opinions, but three goals that were recommended seemed to resonate most strongly with the group.

1. Develop and implement a marketing plan for the Chapter. This marketing plan would specifically focus on ways to introduce the MFT profession to the general community. Our hope is that our Chapter would become a mental health resource for the general public, and increase our members' visibility by driving interest to our website.

2. Create a cohesive Board of Directors. We currently have two openings on the board that need to be filled, and other job descriptions that may require modification. The task at hand is to review and identify the Chapter's needs and ensure they are reflected in the activities of the Board. As these needs are clarified, we may find it necessary to make changes to certain board positions. This would all be done to streamline and strengthen our effectiveness.

3. Increase member satisfaction. SCV-CAMFT is first and foremost a membership organization. The Board is committed to increasing member satisfaction and engagement. Our goal this year is to increase attendance at program events, and to make specific improvements as identified below. You also have asked for more networking opportunities, and we anticipate new ways of meeting that interest.

In addition, the Board identified and discussed several other goals that we hope to explore and potentially implement:

1. Increase membership particularly with students and pre-licensed members.
2. Maintain our financial stability.
3. Have more visibility as a com-

munity resource.

4. Maintain Board stability.
5. Enhance effectiveness of the website:
 - a. Increase website usage (i.e. more external hits).
 - b. Increase active use of website by members.
 - c. Define/clarify SCV-CAMFT's relationship with state CAMFT as needed.
 - d. Increase Board social activities to enhance personal relationships.
 - e. Create a Volunteer Coordinator position and supporting committee.
6. Use financial reserves as a resource for program and chapter improvements.

As you can see we have a full agenda for the year. The Board is engaged and prepared to work vigorously on behalf of this Chapter. As new issues emerge, we may need to adjust priorities, but we hope that the goals identified in January are successfully met to the best of our abilities. If you have any feedback or questions, please do not hesitate to contact me or any board member. We welcome your input.

Nanette Freedland
President, SCV-CAMFT

Outstanding Chapter Leader—
cont'd from page 1 -

Workshop, which regularly has 75-100 attendees. We are fortunate to have Carol in this position to foster the importance of maintaining strong ethical considerations as licensed professionals. Often, we have turned to Carol for insight and guidance regarding legal and ethical issues, which are of utmost importance to our Chapter. This year, Carol has taken on an additional role as Co-Chair of our South Region Luncheon Program.

Carol served on the state CAMFT

Board of Directors from 1980-84. She was the Membership Chair, and was then elected to be Vice-President. Not wanting to become President of the organization, she became a Member-at-Large, and for three years, took on the position of Conference Chair. Her experiences at the state level have enhanced understanding of state CAMFT's mission, and helped to develop useful strategies that have strengthened our own Chapter. Carol's long history with CAMFT provides a wonderful historical perspective for us all.

Carol's dedication to the profession is reflected in her commitment to the Chapter. Carol is often the first person to volunteer for a new committee, or to take on critical tasks for the Chapter and the Board. Acting as a role model and mentor, new board members have learned a great deal from watching Carol function as an enthusiastic member of the team. Generous in nature and warm in spirit, Carol embraces her role on the Board, and offers thoughtful perspective and encouragement.

Carol graduated from Washington University in St. Louis, with a double major in education and psychology. She received a credential in 1966 from the School of Psychometry, which qualified her to provide educational assessments to referred students. She also taught fourth grade prior to moving to California. In 1973, she finished graduate school, with an M.S. in Psychology, with an emphasis in Counseling and Guidance. She was licensed as a Marriage and Family Therapist in 1974.

Early in her career, Carol became active, working with clients who were falsely accused of sexual or physical abuse during divorce-custody conflicts. Committed to helping these clients, Carol channeled her energy into understanding the issues critical for successful treatment, and championed cases where serious injustice had occurred. While treating her cli-

ents, Carol became an expert in the field of False Memory Syndrome, and has given talks and consultation to other professionals engaged in this work.

Carol has two sons and five grandchildren. She and her husband enjoy traveling, but mostly enjoy spending time with their family. We have been very lucky to have Carol give her time and energy to the SCV-CAMFT Chapter, and look forward to her service in the coming years.
Nanette Freedland

Measuring Up—
cont'd from page 6 -

in their lives. But if a client is not doing this, I don't beat myself up about it. I continue to offer the client what I can. I've also noticed that I've taken pressure off my clients to change. Because they don't need to "get better" or make sweeping changes in their lives in order for me to feel like I'm doing a good job, I'm more relaxed about letting them be where they are, knowing they will change if and when they are ready. This may happen next week, in five years, or not at all, but there's no need for me to force something to happen right now.

As I continue in my training and gain more experience, my definition of a "good" therapist will most likely change and evolve. But, I hope as I grow into the therapist I want to become, I will continue to bring the best that I can offer to each client, session by session.

November Luncheon Review—
cont'd from page 7 -

repeated it as if it were their thought, giving us the opportunity to counsel ourselves about our irrational thinking. Schmidt finds this tool very useful to clients.

When asked if CBT can successfully treat a client with deep wounding, Schmidt replied that Dr. Burns says, "The deeper in the "thought well" I work, the more helpful the therapy."

Schmidt has a book out called, Tackling Anxiety: How to Regain Your Peace of Mind. His book is also available as an e-book. To order, or for more information, go to www.tacklinganxiety.com.

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 every odd month. 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 e 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,?
- ⇒ What exactly is this article about? What are the 2 or 3 key points?
- ⇒ 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 email to mail@scv-camft.org.
- ⇒ For more information, email Vinutha Mohan, Editor, vinutham@gmail.com

EATING DISORDER TREATMENT

Individual Therapy

Group Therapy:

*Adult Women's Process Groups
Teen Groups*

Ongoing Workshops:

*For the Loved Ones of People with ED
Negative Thinking & ED*

Peer Consultation:

*Group meets 2nd Friday, every month
Individual case consultation available*

Terryann Sanders

1670 Hillsdale Avenue, Suite B

San Jose, CA 95124

408 264-5802

terryannsanders.com

terrysanderslmft@sbcglobal.net

Dialectical Behavior Therapy

Melinda Carlisle, M.A., LMFT

1885 The Alameda, Suite #120, San Jose, CA 95126

Dialectical Behavior Therapy (DBT) is an evidence-based treatment program focused on helping clients **reduce impulsive decision-making, self-harm, or other problem behaviors** frequently seen in Mood Disorders, Bipolar, and Borderline Personality Disorder.

New research suggests that DBT Skills Training by an intensively trained DBT therapist can improve treatment outcomes for treatment resistant major depression and other mood disorders.

Now accepting clients for the full DBT program or in DBT Skills class as an adjunct to your existing treatment. Classes include homework assignments and experiential practice to help clients develop skills in mindfulness, increase interpersonal effectiveness, regulate emotions through opposite action and problem solving, and enhance their distress tolerance abilities.

Call for a consultation to determine what program is the best strategy for your client.

Melinda Carlisle, M.A., LMFT
Intensively Trained DBT Therapist
(408) 893-4032 www.southbaydbt.com

ONGOING PSYCHOTHERAPY GROUPS



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

Nancy Wesson, Ph.D. CGP (Psy9621) is a licensed psychologist with 25 years of clinical experience. Dr. Wesson has 20 years of experience leading groups using a group process-interpersonal approach. She receives consultation from Dr. Irvin Yalom. **Contact:** Nancy Wesson, Ph.D. at (650) 965-7332 or Dr.NWesson@sbcglobal.net. Articles about group psychotherapy can be found on her website at: **www.wespsych.com**.

ONLINE PAYMENTS AVAILABLE VIA CREDIT CARD!

You may now use your credit card on the chapter's website to register for chapter-sponsored events (luncheons, workshops, etc.), submit and pay for advertising, and renew your SCV-CAMFT membership. All you need to do is log in to the chapter's website (<http://www.scv-camft.org>). You may renew your membership and submit ads from your "My Account" page or register for events from the event calendar. **Remember to log in** so you may receive your member discounts.

Check it out!

SCV-CAMFT News—ADVERTISING POLICY

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

ALL ADVERTISING MATERIAL MUST BE SUBMITTED TYPED, BY DEADLINE, AND VIA E-MAIL OR THE CHAPTER'S WEBSITE NO LATER THAN THE FIFTEENTH OF ODD-NUMBERED MONTHS PRECEDING PUBLICATION.

e-mail: mail@scv-camft.org Website: <http://www.scv-camft.org>

NEWSLETTER CLASSIFIED ADS:

- SCV-CAMFT members in good standing will be allowed one 35-word free ad per issue. 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, zip code, each degree or licensure abbreviation (e.g. "Tom Jones, MFT, Ph.D." = four words).

NEWSLETTER DISPLAY ADS

- Display ads must be typeset, with a border, and not merely typewritten. See samples from this issue. Ads must be sized exactly and camera-ready (i.e. ready to be pasted into layout with no further copy or graphic manipulation necessary). 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.**

EMDR CASE CONSULTATION GROUP

2ND TUESDAY
MONTHLY
10:00 A.M. TO 11:30 A.M.
\$ 50.00 PER SESSION

EMDR CASE CONSULTATION FOR CLINICIANS
NEEDING HOURS BETWEEN LEVEL I AND
LEVEL II TRAININGS, THOSE PURSUING
EMDRIA CERTIFICATION, OR WANTING
TO IMPROVE THEIR SKILLS.

RENA ZAHORSKY, LMFT
MFC 17664

EMDRIA APPROVED CONSULTANT

CALL (408) 266-7826 EXT. 107

SANDPLAY and JUNGIAN CONSULTATION GROUP

Forming Now

Location: San Jose

When: **One Friday a Month**

Time: **10:00 a.m. to 12:00 p.m.**

Group Size: **Maximum of 6 People**

Call for more Information:

Olivia Heathcote 408-920-2990

Jill Kaplan 650-364-4670

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.

	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.

PROCESS THERAPY GROUPS

Led by:

KIM IVES BAILEY, MFT

License No. MFC32076

CERTIFIED GROUP PSYCHOTHERAPIST

No. 43150

Supervised by Dr. Irvin Yalom

Burlingame

(650) 737-1818

www.counselingforyou.com

Kim Ives Bailey is pleased to announce her collaboration with

LAURIE HOFFMAN, MFTI 60386

**WE ARE NOW FORMING AN ADOLESCENT PROCESS
GROUP!**

Laurie also works with children & adults

& uses a low fee sliding scale

1408 Chapin Avenue, Suite 3

Burlingame, CA 94010

(650) 737-1818

www.counselingforyou.com

GROUPS AND WORKSHOPS

Openings In Psychotherapy Group
for gay men, Menlo Park, focusing on intimacy, relationships, communication and other issues. Jamie Moran, LCSW, has been leading groups since 1984. www.jamiemoran.com
Jammoran@aol.com 650 598 8877

Process Groups-

Openings in process groups in Burlingame, led by Kim Ives Bailey, a nationally certified group psychotherapist, 43150, supervised by Dr. Irvin Yalom. Call (650) 737-1818 or see www.counselingforyou.com.

Santa Clara County Child Abuse Council Symposium

is planning their 29th annual conference for April 29, 2011. Six CEU credits are available. Look for registration information middle of January 2011 on the Council's website: www.cacsc.org.—Barb Valdez

Teen Depression Group

Peace-It-Together now offers a Teen Depression Groups for teens and their parents. Teens meet twice a week for two hours, and the parents group meets once a week for two hours. The program is based on a Cognitive-Behavioral treatment model. Please contact Deborah Licurse for questions about the program at 408-774-1009.

Is Anger Harming Your Relationship or Career?

It doesn't have to! Learn keys skills you need to break the anger habit. Ongoing Co-ed skills groups in San Mateo and San Francisco. Call Michael G. Quirke. M.F.T. @ 415 820-3943 or visit www.michaelquirke.com.

Psychoanalytic-oriented consultation group

Begin to think analytically through relevant readings and case discussion. Mondays 1:45-3:00, Palo Alto, \$45 weekly. Contact Diane Strongwater, MFT 408-737-1337 or Carol Harrus 650-328-8935.

Women's Process Group for Sexual Abuse/Trauma Survivors

On-going weekly group held at the Process Therapy Institute in

GROUPS AND WORKSHOPS

Los Gatos. <http://www.processes.org/womenstup.php>
Contact LaDonna Silva, MFT Intern (408)358-2218 x421

Women's Therapy Group

Ongoing group for women who want to improve their relationship, 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, MFT, CGP at 408/998-7098 for details.

DBT Skills Training

Please refer clients who could benefit from Emotion Regulation, Distress Tolerance and Mindfulness skills to our new DBT skills training group. Call: In-The-Moment DBT 408-676-7081

Patrol Officers Support Group

1:30pm to 3:00pm Contact Carson Bowman: carson_carson@att.net or 408-356-1707

Silence and Sandplay

Experiential workshop including sandplay, movement, art and meditation in the Santa Cruz mountains March 11-13, 2010. Call Jill Kaplan, 650-364-4670 or Judy Zappacosta, 831-479-7106 or see www.kaplanmft.com.

Divorce & Separation Group

forming . . . Will begin March 2, 2011 for 8 weeks. Family & Children Services Focus: Support & Education during this transition. Further info: Nancy Klimp, M.F.T. 650 493-1935 X2 or 650 326-6576 X5503

Teen Girls' Groups AND Women's Support Group

TEENS- friendships, feelings, communication, self-esteem and stress using art/drama. WOMEN- relationships, co-dependence, stress, transitions, parenting and health starting January 22. Lori Levitt, MFT #43329. 650/794-4828 www.lorilevitt.com

ONGOING PSYCHOTHERAPY GROUPS

In this dynamic psychotherapy group experience, clients explore relationship patterns and learn about healthy con-

GROUPS AND WORKSHOPS

nection with others. Issues such as depression, dating, shyness, codependency, ACOA, and self-esteem, are explored with the support and feedback of peers. Leader: Nancy Wesson, Ph.D. with consultation from Dr. Irvin Yalom, M.D. Contact: Nancy Wesson, Ph.D. at (650) 965-7332 or Dr.NWesson@sbcglobal.net. Articles about group are on my website: www.wespsych.com

Men's Group

Join a group for professional men to provide support while exploring relationship issues, life goals, and learning to understand a man's role in contemporary society. Monday evenings, \$40/session. www.raeleneweaver.com
Contact Raelene 408-529-4078

FOR INTERNS

Therapy Group for Trainees & Interns

in San Mateo. Meets monthly for group therapy in a supportive peer setting. Triple Count Hours.
Mary Deger Seevers, MFT 650-655-2718 or seeversmd@aol.com

FOR CLINICIANS

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.

Medication Consultation Available

Psychiatric evaluation and medication treatment. I do not do therapy because that is your expertise. Over 25 years experience with psychiatric management. Misao Kusuda, M.D. 408-930-2256 (408-930-CALM)

Peer Eating Disorder Consultation Group

Peer eating disorder consultation group in San Jose. No fee. Meets on the second Friday of every month from 9:30-11:30 am. Contact Terryann Sanders @ 408-264-5802 or terryann.sanderslmft@sbcglobal.net.

Business Help for Therapists

Never too late to use Quickbooks for

FOR CLINICIANS

business management; know income, do billing and monitor receivables. Makes tax prep easy. Free 30 minute consultation available.
LaVergne Poe—Business Services
(650)529-1489

Private Practice Consult Group

Opening in Private Practice Consult Group focused on marketing and case consultation. Meets monthly in San Mateo. \$50 per session. Be a guest for one free visit. Mary Deger Seevers, MFT 650-655-2718 or seeversmd@aol.com

JOB OPPORTUNITIES

Licensed Therapist -

The downtown Mountain View Christian Counseling Center is looking for a licensed therapist w/ Christian values. Qualified candidates would co-partner group sessions and provide individual therapy at the MV and Los Altos offices. Please contact 650-776-6390.

OFFICE SPACE

Palo Alto Therapy Office P/T

Share Furnished therapy office Palo Alto 2 to 3 days per week.
For description and pictures: <http://sfbay.craigslist.org/pn/off/2176118725.html>

REDWOOD CITY DAYTIME OFFICE SPACE FOR RENT

Full service day time office space for rent in a group private practice. A perfect place for someone wanting to start or build their private practice. Visit our website at Sequoiacounseling.com and call Pat at (650) 363-0383 for more information.

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, elevator, easy & free parking, windows, trees. Cathy Hauer, MFT. 650/568-1210

Office for Rent \$130/Full Day

First Floor—Est Practice. Monday/Thursday/Friday-\$130 a day/month. Sep. exit, wait room, windows, signal

OFFICE SPACE

syst. Great Location—Junction of Saratoga/Campbell/Cupertino/San Jose near 85/280/LawrExp. 408-757-6336 - lmnorcia@aol.com

Saratoga Ave Office by Westgate Mall

Private office with floor-to-ceiling windows in two-office suite on Saratoga Ave. \$490/month includes utilities, phone, high speed internet, monitored security system, janitorial, furnished waiting room. Call Laura 408-596-1770.

Office for Lease

Beautiful 3-office suite with full-time office for lease. Elegant waiting room, call-light system, conveniently located, ample parking. Second floor, large windows. Saratoga Avenue near Westgate Shopping Center. Bev Kam 408-370-1182

Sublet

Office available M-F, 7:00-3:30 plus weekends.\$250 month. Mountain View near El Camino. Private, separate exit, waiting room and bathroom. Great for working with kids or adults. Call Andi at (650) 303-9738.

MARKETING AND 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:

We are thankful for the time authors have taken to write thoughtful articles. If you are interested in contributing to the SCV-CAMFT Newsletter, please submit your article on our website at www.scv-camft.org, or send an email to mail@scv-camft.org. We would be happy to review your submission!

**Familiar With the Expression
“There is no such thing as a free lunch?”**

Well...It's Not Completely True...

SCV-CAMFT's Program Planning Committees Are Offering You A Free Lunch!

If you are planning to attend an upcoming luncheon, our chapter is always looking for volunteers to write a summary of these presentations for the newsletter. These summaries benefit all those members unable to attend. After submitting your article, you will be entitled to one free meal at any future SCV-CAMFT luncheon.

Please contact the chapter, 408/235-0210 or mail@scv-camft.org, if you are interested in getting a free lunch while doing something that feels great!



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

Creating a Community and Culture of Connection



**Friday, March 25
11:30 AM — 1:30 PM**

Lunch served promptly at 11:45

Mid Region Luncheon
(1.5 CEU hrs. available, PCE 1134)

**Michael's at Shoreline
2960 Shoreline Blvd.
Mountain View**

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

Menu: *Buffet*

Register by March 21

For information regarding the speaker or
topic, contact chairs:

Wendy Wegeforth: 408-888-6630

Chapter Events

Dates to Remember

- ◆ March 11-12, 2011
CISM Training
- ◆ March 25, 2011
Mid Region Luncheon
- ◆ March 15, 2011
Newsletter Submission
- ◆ April 15, 2011
South Region Luncheon
- ◆ May 12-15, 2011
CAMFT Annual Conference

**Friday, April 15
11:30 AM — 1:30 PM**

Lunch served promptly at 11:45

South Region Luncheon
(1.5 CEU hrs. available, PCE 1134)

**Los Gatos Lodge
50 Los Gatos—Saratoga Rd
Los Gatos**

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

Menu: Mango, Prawn & Avocado Salad,
Chicken Saute with Rice Pilaf, (V)Asiago
Cheese & Garlic Ravioli w/ Marinara

Register by April 11

For information regarding the speaker or
topic, contact chairs:

**Verna Nelson: 408-379-7747
Carol Marks: 408-736-5093**

RESERVATIONS: YOU CAN NOW REGISTER ONLINE USING YOUR MASTERCARD OR VISA CREDIT CARD!

Go to our website at www.scv-camft.org, enter the "Calendar of Events" page and click on the event to find the luncheon registration page. You can also register by PayPal or by sending a check, payable to SCV-CAMFT, with entrée selection noted, to SCV-CAMFT, P.O. Box 60814, Palo Alto, CA 94306. Payment must be received by 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 cancellations policy.**