

President's Column

by Kate Viret, LMFT, President, SCV-CAMFT



SCV-CAMFT has a lot on its plate this year. Luncheons, innovative programs, and our summer special event promise an exciting, constructive year for the chapter. There are three issues that affect our members that the board would like to pay particular attention to in 2014.

First, building on previous initiatives, change is in the air in terms of the way the chapter uses technology. Our website is dated and rather static and we do not have a social media presence. We have been ineffective in recruiting a director of technology, but have decided not to let that stop us from making much-needed change. This technology issue is a years-long project, of course, but we have momentum to start the process now.

Second, we think there is a large number of students, MFT trainees, MFT interns and MFTs in Santa Clara and San Mateo counties who do not have an awareness of the chapter or its value. We will have a presence at local schools and internship sites this year to help educate pre-licensed individuals about our programs and opportunities. And we are looking for opportunities to increase our visibility among licensed therapists who are not members, as well.

Finally, we are planning to support efforts to pressure the BBS into taking action to help interns get their hours approved more quickly. The current wait is at least seven months. As I'm sure you know, this has an enormous impact on those waiting for approval, particularly in terms of income and employment opportunities.

The BBS issue was brought to the board by a chapter member and illustrates the approachability the board wants to have. We are here to serve you; we know what is important to you when you tell us. We are interested in knowing what program topics you're interested in, what broader issues are of concern to you, and what new ideas you may have for the chapter.

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In conclusion, as usual, I encourage you to become familiar with our website (www.scv-camft.org) and, in particular, our programs.

Kate Viret

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



Howard Scott Warshaw, MFT, is a therapist uniquely suited to Silicon Valley, holding master's degrees in both Counseling Psychology and Computer Engineering. His career accomplishments include distinguished software engineer/manager, award winning film maker, MoMA artist, celebrated video game developer, author and teacher. Now Howard integrates his eclectic skill set in the service of others as a psychotherapist. His private practice in Los Altos focuses on the needs of Silicon Valley's hi-tech community. Find Howard (and his blog) at www.hswarshaw.com. MFT#52529.

In Practice with Howard Scott Warshaw: “New Year’s Resolved”

By now we're well into 2014. How are your New Year's resolutions going?

I had big plans to open 2014. There were new marketing approaches, practice-enhancing ideas, writing projects, and a few new tricks to apply in the room. Feeling tremendously excited about this coming new year I was poised to hit the ground running...

Unfortunately the ground hit me first. A few days after Christmas I developed a massive cold, which evolved into a lingering hacking cough. I probably caught it during my last visit to PsyMart. It lasted for weeks and put an “or” right in the middle of everything, turning my expectations into expectations - yuck!

What a bummer! I had planned to start the year on top of my game, not under the weather. By the time I was fully reconstituted, one thing was clear: My hotly anticipated pristine year of promise and potential was already slipping away. I was given to a bit of brooding over this sad state of affairs, finding myself weeks behind schedule in a year barely weeks old. What's up with that? And by “that” I mean

the brooding! If a client told me this story I'd have two (optionally hyphenated) words for them: Self Care!!! It's time to do the work. Therapist, heal thyself!

Clearly my first important act of 2014 had to be forgiveness. I advised myself to accept my health situation, reset my calendar, and get back into a positive mindset.



But the weight of lost time and possibilities nagged at me. Shouldn't I be getting more done? Can't I use my downtime more effectively? I kept coming up short in my year-to-date progress assessment. Now this is not exactly the kind of forgiveness I had in mind. So I redirected my mind to pay more attention to what was happening. Here's what I noticed: I find when I make resolutions about stopping this or doing more of that, I'm either succeeding or failing with every decision and I'm

constantly judging myself. It occurred to me this is a messed up way to begin a year. Then some real self care kicked in!

I decided to call a do-over. Resetting my calendar is not enough. I need to reset my New Year's intention and choose a new style of resolution. I'm applying the formula: To transform anxiety into joy, simply transform *I have to* into *I get to*. Instead of making my typical demand-resolutions about things I must do, I'm switching to resolutions of opportunity, which are more about ways I may aspire to be. Here's how this works...

Instead of picking a task to execute or a restriction to abide, I choose how I might like to experience the year. What kinds of feelings, insights, or directions might highlight such a year? Once that's settled, I resolve to find and engage those opportunities as they arise. As an example, here's my new 2014 New Year's resolution format:

I declare 2014 to be the Year of Inspiration and Innovation. Consequently, my resolution is to find inspiration wherever I can and be more inspiring to others. I would like to improve my effective-

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SCV-CAMFT March Mid-Region Luncheon

(1.5 CEU hrs. available, PCE 1134)



MINDFULNESS BASED COGNITIVE THERAPY FOR DEPRESSION AND ANXIETY

Presented by Moby Coquillard, LMFT

Mindfulness Based Cognitive Therapy (MBCT) was developed to enable people to learn effective ways of preventing relapse into depression. It has also been found to be very effective at reducing anxiety. This talk will focus on the foundations of a mindfulness practice and how these can be blended with cognitive principles, in an effort to better manage depressive and anxious tendencies.

It is natural for the mind to want to avoid, to hold on, and to tune out. However these automatic patterns tend to create more emotional suffering. This presentation will illustrate how MBCT builds on our capacity to observe and accept what IS, thereby minimizing depressive or anxious responses.

Moby's presentation will emphasize three areas:

- the theoretical underpinnings of MBCT
- clinical approaches utilizing MBCT
- the importance of the clinician's own mindfulness practice

Moby Coquillard, LMFT has been licensed as a Marriage & Family Therapist since 1991. He has managed abuse prevention and recovery programs, coordinated intern training programs, and supervised Master's and Post Doctorate level interns. Moby was Clinical Director for four years at the Youth Service Bureau in South San Francisco, and taught in the graduate Counseling program at San Francisco State University from 2000-2004. Currently, he is in private practice in San Mateo, CA. He works with adolescents, couples, and adults specializing in depression, anxiety, and trauma resolution.

Moby began practicing Mindfulness in 1999, and integrating it into his clinical work in 2001. He was trained by the Center for Mindfulness at the University of California at San Diego to teach MBCT, and has taught an MBCT class since 2004.

Date: Friday, March 28

Place: Michael's at Shoreline, 2960 Shoreline Blvd., Mountain View

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

Time: 11:15 a.m.—1:30 p.m.

Menu: Buffet Lunch

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

Register: Please make your payment by Monday, March 24 for the early registration fee, or just show up and pay the higher "walk-in" fee. Lunch is not guaranteed for walk-ins, but is available on a first-come, first-served basis. Please visit our website at www.scv-camft.org to review detailed CEU info and our refund policy.

- Chapter board meetings are generally held on the fourth Friday of each month (some major holidays and other chapter functions move the date) from 9:00 a.m. to 11 a.m. at the same location as, and immediately prior to, the chapter's monthly luncheon event.
- All luncheon programs are held from 11:15 a.m. to 1:30 p.m.. Look for locations and other specifics in the newsletters, on the chapter's website, and in e-mail sent directly to those members who have e-mail.
- In order to make the luncheon registration process as efficient as possible, please register early. Send your payments to the chapter by the Monday prior to the event.

SCV-CAMFT April South Region Luncheon

(1.5 CEU hrs. available, PCE 1134)



SQUARING THE TRIANGLE

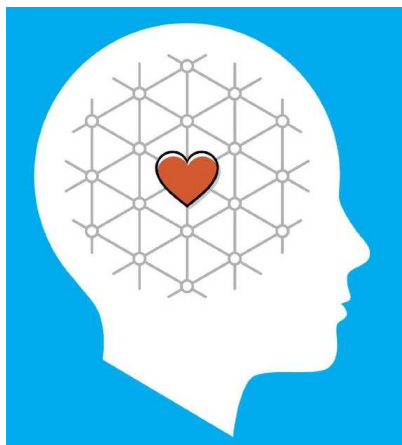
Presented by Laura Hollands Steck, LMFT

Laura Hollands Steck, with over 20 years as a local LMFT, brings information, tools, stories, and new techniques for *Squaring the Triangle*. She believes affairs are preventable, workable and treatable. She profiles the “other person’s” plight, the “affair-er’s dilemma” and the “victim’s opportunities.” With a handout on Squaring the Triangle, Laura’s upbeat, *dynamic* style leaves her audience satisfied and happy.

Date:	Friday, April 25	Time:	11:15 a.m.—1:30 p.m.
Place:	Los Gatos Lodge, 50 Los Gatos-Saratoga Blvd., Los Gatos	Menu:	Buffet Lunch
Register:	At www.scv-camft.org , or mail your payment to SCV-CAMFT, PO Box 60814, Palo Alto, CA 94306	Fee:	Members—\$26 Non-members—\$33 \$7 for CEUs

Register: Please make your payment by Monday, April 21 for the early registration fee, or just show up and pay the higher “walk-in” fee. Lunch is not guaranteed for walk-ins, but is available on a first-come, first-served basis. Please visit our website at www.scv-camft.org to review detailed CEU info and our refund policy.

- ◆ Chapter board meetings are generally held on the fourth Friday of each month (some major holidays and other chapter functions move the date) from 9:00 a.m. to 11 a.m. at the same location as, and immediately prior to, the chapter’s monthly luncheon event.
- ◆ All luncheon programs are held from 11:15 a.m. to 1:30 p.m.. Look for locations and other specifics in the newsletters, on the chapter’s website, and in e-mail sent directly to those members who have e-mail.
- ◆ In order to make the luncheon registration process as efficient as possible, please register early. Send your payments to the chapter by the Monday prior to the event.

**Date/Time:****Friday, July 18, 2014**9:00 a.m.—4:00 p.m.
(8:30 a.m. check-in)**Venue:****Michael's at Shoreline**
2960 Shoreline Blvd.
Mountain View, CA

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

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

Licensed members: \$120

Student/Interns member: \$60

Non-member: \$140

Non-member student/intern: \$70

After June 17th

Licensed members: \$140,

Student/Intern member \$70

Non-members: \$160

Non-member student/Intern \$80

To register online, go to the calendar of events at scv-camft.org/ or Contact Us: mail@scv-camft.org or 408-235-0210.**Refund Policy:** Due to the contracted costs of offering this event, cancellations must be received no later than two weeks before event by July 4, 2014 in order to ensure a refund, less a \$30 administrative processing fee.**Continuing Education:** This course meets the qualifications for 6 hours of continuing education credit for MFTs, LPCCs, LEPs, and/or LCSWs as required by the California Board of Behavioral Science (PCE 1134, CAMFT - Santa Clara Valley Chapter).

SCV-CAMFT Summer Special Event!

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

Presented by Rick Hanson, PhD*Acclaimed teacher, neuropsychologist, and New York Times best-selling author.*Based on Dr. Rick Hanson's newly released book, *Hardwiring Happiness*, this seminar offers concrete, research-based strategies for internalizing everyday positive experiences to develop lasting inner strength.

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

Attendees will:

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

**Rick Hanson, Ph.D.**, is a neuropsychologist and *New York Times* best-selling author. His books include *Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence*, *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom*, *Just One Thing: Developing a Buddha Brain One Simple Practice at a Time*, and *Mother Nurture: A Mother's Guide to Health in Body, Mind, and Intimate Relationships*. Founder of the Wellspring Institute for Neuroscience and Contemplative Wisdom and advisory board member of the Greater Good Science Center at UC Berkeley, he's been an invited speaker at Oxford, Stanford, and Harvard,and has taught in meditation centers worldwide. His work has been featured on the BBC, NPR, CBC, FoxBusiness, Consumer Reports Health, U.S. News and World Report, and O Magazine and he has several audio programs with *Sounds True*. His weekly e-newsletter, *Just One Thing*, has over 96,000 subscribers, and also appears on Huffington Post, Psychology Today, and other major websites.For more information about Rick Hanson, please see his full profile at www.RickHanson.net.



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

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

Broken Love: The Intersection of Divorce and Therapy

A Legal Perspective by Dina Haddad, Esq. LLM

When Should I File for Divorce?

In past columns, I have discussed that the process clients choose to pursue their divorce impacts the outcome of their case. Once a client has decided on the process, the next decision might be when he or she should file for divorce. A divorce is initiated when a party files a Petition for Dissolution of Marriage and has it properly served on the other party. Once a petition is filed and served, there are several legal outcomes of which clients should be aware when making their decisions.

First, after the petition is filed and served, certain protections are afforded to each party in the form of restraints. These are known as "Automatic Temporary Restraining Orders" (ATROS) Specifically, both parties are legally restrained from:

1. Removing the minor child or children from the state without prior written consent of the other party.
2. Cashing, borrowing against, canceling, or changing the beneficiaries of any life, health, automobile, and disability insurance.
3. Transferring, encumbering, concealing, or disposing of any property, whether

community or separate, without the written consent of the other party or an order of the court, except in the usual course of business or for necessities of life (i.e. food, shelter, and other daily needs).

4. Creating or modifying a



nonprobate transfer in a manner that affects the transfer of property without the written consent of the other party.

Unless a petition is filed, there are no restraints. If a client is concerned that his or her spouse might dispose of assets, kidnap the children, change insurance policies, or commit any other violation of the four restraints above, the client should consider filing immediately.

Second, once a petition is filed, that filing date is arguably the last possible date for

the "date of separation." The date of separation is when one party determines the marriage is irretrievably broken and there is no intention to reconcile. The date of separation is very important. It stops the community property clock. After this date, the couple's earnings are no longer community property, but separate property. If John files for divorce on February 26th, the date he believes the marriage is over, and receives a stock grant the following day for future employment, the stock grant would be his separate property.

Third, the court has the ability to award child support from the date of the filing of the petition. In other words, even though it might take time to have a child support case heard for the first time, the judge is not limited in ordering support from the date of the hearing. Instead, child support can be granted retroactively to the date of the petition. There are some specifications here, so clients should seek counsel.

Fourth, service of the petition (i.e. serving it on the other party) starts the infamous six month clock. The soonest a couple can have their status changed from married to divorced is six months and

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

The Newly Licensed Support Groups

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

The Pre-Licensed Support Groups

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

Support Group Calendar

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

Free Newly Licensed (within three years) Support Groups

North Region Newly Licensed Support Group

Meets Saturdays March 15, April 5 from 10 a.m.-12 p.m.

Facilitator: **Jamie Moran, LCSW**

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

RSVP and Contact: Jammoran@aol.com or 650/598-8877.

South Region Newly Licensed Support Group

Meets on one of the last Saturdays of the month from 10 a.m. - 12 p.m.

Upcoming Dates: March 22, April 26

Facilitator: Verna Nelson, LMFT

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

RSVP and Contact: vernanelson@gmail.com or 408/379.7747

Free Pre-licensed Support Groups

North Region Pre-Licensed Support Group

The group meets the second Friday of each month from 10 a.m. to 12 p.m.

Upcoming Dates: March 14, April 11

Facilitator: Debra D. Rojas, LMFT

Location: at Debra's home in Menlo Park (address provided with rsvp)

RSVP and Contact: debra@debrarojasmft.com or 650/995-6940.

South Region Pre-Licensed Support Group

Meetings are held the first Friday of every month from 10 a.m. to 12 p.m..

Upcoming Dates: March 7, April 4

Facilitator: Janis Seiberlich, LMFT

Location: 4100 Moorpark Ave., Suite 212, San Jose

RSVP and Contact: janis@healing-heart-therapy.com or 650/810-5680.

SCV-CAMFT 2014 Calendar of Events

MARCH

- 7 Pre-Licensed South Region Support Group
- 14 Pre-Licensed North Region Support Group
- 15 Newly Licensed North Region Support Group
- 15 *May/June Newsletter Submission Deadline*
- 22 Newly Licensed South Region Support Group
- 23 **Innovative Program:** The Business of Practice:
Branding 101, Location TBD
- 28 **Chapter Luncheon**, Mid Region; Mountain View

APRIL

- 4 Pre-Licensed South Region Support Group

APRIL

- 5 Newly Licensed North Region Support Group
- 11 Pre-Licensed North Region Support Group
- 25 **Chapter Luncheon**, South Region; Los Gatos
- 26 Newly Licensed South Region Support Group

JULY

- 18 **SCV-CAMFT Special Annual Event:**
Hardwiring Happiness w/Rick Hanson, PhD

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

Please Note Newsletter Deadlines:

The deadline for newsletter submission is six weeks prior to publication.
In order to get the Newsletter to you on time, we must strictly adhere to this time frame.
Submissions received late will be held over for another issue.

May/June 2014 Issue
Deadline March 15, 2014

July/August 2014 Issue
Deadline May 15, 2014



Who says there is no such thing as a free lunch?



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

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

continued from p. 3 (Warshaw)

ness as well, so I'm going to pay more attention to others in hopes of learning new (and potentially more productive or gratifying) ways of doing things. I can't always plan how I'll do it, but I'll know when it's happening, and I'll enjoy those moments.

It's easier to ratify an intention occasionally than to stay in a box constantly. I have goals, too, and I'm working on them. But that's different: goals are not resolutions.

When I make resolutions about aspiring to potential, it's great when it happens, and every little bit counts. If it's not happening, I'm still open and present for the next opportunity. It's a more positive approach, and that's how I prefer to engage my year. These New Year's resolutions aren't about timing, they're about embracing.

It's never too late to resolve a Happy New Year! ✨

Terryann Sanders, LMFT

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continued from p. 7 (Broken Love)

one day from service of the petition. The couple can finalize their divorce agreement prior to that date but have to wait for their status to change. For example, John has Amy served with the petition on June 28, 2013. The soonest they could be divorced would December 29, 2013. However, John and Amy did not complete their divorce by that date. They will not be divorced until they do so, unless they request that their status be bifurcated (a topic outside the scope of this column).

Finally, the client should be ready. Divorce is not easy. The client needs to be as prepared as possible - emotionally, physically, and spiritually. Often, filing for a divorce is a sign of war, especially if the other party is unaware. It often results in a race to hire lawyers and a court fight. If possible, the couple should discuss it with one another. Hopefully, they can do so peacefully and, if needed, with the help of a professional. In that conversation, the couple should discuss the filing of the petition, the service of the petition, and how they desire to pursue the divorce action. They might even need to discuss who will be the petitioner (the person who initiates the divorce action). Even if one party does not want the divorce, as stated in a previous column, the party should absolutely participate or risk losing a great deal. In my practice, I prepare the petition for the couple, review it in session with both parties and file it for them. Although only one person is the petitioner, this process allows both to be involved. We then serve the petition on the other spouse (respondent) by mail or in my office to take away the sting or embarrassment that might happen when served in public. ♪

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Alice J. Sklar, MFT, CGP
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Women's Group

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- Life transitions
- Anxiety · Depression
- Personal growth
- Relationships · Self esteem

Wednesday evenings

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Claire Adalyn Wright

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California License #MFC44491

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Nancy Wesson, Ph.D. LMFT, and psychologist has 25 years of experience leading groups and 15 years of teaching group psychotherapy.

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

Cost: \$50-65 per weekly session.
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your ad today!

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 and more information about our advertising policies, are also available on the chapter's website, www.scv-camft.org. If you have questions or comments, please contact the chapter at 408/235-0210 or mail@scv-camft.org.



***We are thankful for the time authors have taken
to write thoughtful articles.***

Have you considered submitting a paper or article of your own? Have you considered the benefit of having your material read by more than 500 members who regularly receive and read the SCV-CAMFT Newsletter?

- Length: Articles 500-1,200 words; Announcements 75-250 words
- Double-space to provide room for editing
- Indent paragraphs
- Do not right justify
- Submit typed or printed copy only
- Check punctuation and spelling, particularly of names
- Please note deadlines, which the production staff must observe—the 15th of every odd month. The more time we have to edit and check facts, the better your article will be.
- Submit articles via the chapter's Website, <http://www.scv-camft.org>, or email to mail@scv-camft.org.
- For more information, email Joanne Shurter, Editor, joanne.shurter@gmail.com
- All submissions are subject to review and approval by the SCV-CAMFT Editorial Committee of the SCV-CAMFT Newsletter.

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

GROUPS AND WORKSHOPS

Divorce Group for Men

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

Process / Support Group

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

Deepening the Psychotherapy

Case Consultation Group Focused on Deepening the Psychotherapy Wednesdays, 2 to 3:30 P.M. in Los Gatos Led by Alan Kessler, Ph.D. For further information, please call me at (408) 358-5777.

Women's Therapy Group in San Jose

Ongoing, weekly group to help improve relationships and communications skills. Issues addressed include assertiveness, self-esteem, grief/loss, transitions, anxiety, depression, among other concerns. Wednesday evenings, San Jose. Contact Claire Wright, MFT at 408/998-7098.

NEW MENLO PARK MEN'S GROUP

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

Psychotherapy Groups

In this dynamic psychotherapy group experience, clients learn how to relate better to others, reduce social anxiety, develop new relationships.

GROUPS AND WORKSHOPS

and increase self-esteem. Nancy Wesson, Ph.D. has 25 years of experience leading groups and has taught group therapy course for 15 years. She was trained by Irvin Yalom, M.D. For more info (650)965-7332 or Dr.NWesson@sbcglobal.net / www.wespsych.com / www.shynesshelp.com

TEEN GIRLS and WOMEN'S GROUPS

TEEN GIRLS-Friendships, feelings, communication, self-esteem and stress using art and drama. WOMEN-relationships, depression, stress, transitions, and parenting starting March 19. Lori Levitt, MFT #43329. 650-794-4828 www.lorilevittmft.com

TWO NEW OFFERINGS

Find Peace as a Parent (findpeaceasaparent4.eventbrite.com) and burlingamemindfulmornings.eventbrite.com) Learn how to be more mindful while you enjoy your lunch email us @ bgamegroup-therapy@gmail.com

Two groups offered:

LBGT Adult "Coming Out" process group Tuesday's 5-6:30pm Process Group for Sexual Abuse Survivors Wednesday's 6-7:30pm Both are ongoing weekly groups, \$40/session, San Jose http://www.ladonnasilva.com/therapy-services.html LaDonna Silva, LMFT (408)412-1207

Moms Groups

Moms groups run 12 weeks to develop strong connections among members. \$30/class. FREE for low-income moms. Palo Alto. Call Jaclyn 650-296-2299. Email Jaclyn.K.Long@gmail.com. www.MindBodySpiritMoms.com

FOR CLINICIANS

Divorce Mediation

Have a couple who can't reconcile? Dina Haddad, mediator-attorney, provides couples a confidential & safe space to finalize divorce & custody. No need for court. Visit www.ffmpegmediation.com. Call (408) 357-3486.

Psychotherapy Groups

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

owner

Clients divorcing? I provide custody mediation and co-parent counseling as an alternative to litigation. For more conflictual cases, I provide Child Custody Evaluations and Recommending Mediation. Jamie Duddy @ 650.655.2724

Sand Tray and Figures For Sale

Maple stained with white sliding cover for art work, on small roller table. Wall shelves. 100+ figures: dragons, knights, fairies, witch, dinosaurs, barnyard & wild animals. \$500 or best offer. Richard (408) 947-7047, richard.ferrylmft@gmail.com.

JOB OPPORTUNITIES

ADDICTION CLINICIAN

The Sequoia Center seeking immediate fulltime clinician to work with addicts/alcoholics in Residential Treatment. Requires Master's degree and experience. Supervision provided for Interns. Send resume to cjerold@sequoiacenter.com.

FOR INTERNS

HOPE for INTERNs Process Group

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

OFFICE SPACE

Great Place to Work

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

Cupertino

Large, light office with separate waiting room. Suitable for seeing individuals, couples, children and small groups. Close to 280 and 85. Available 1 to 2 days/week. Call Jacki (408) 537-0747

West San Jose Office Available

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

Unique/Must See Los Gatos Office

Very Large, light with views, elegantly furnished, group room, kitchenette, high-end location by park Lyndon Plaza, Downtown Los Gatos, Sunday and Monday. Great parking. Dr. Jassy 408-395-4662, \$175/month

OFFICE SPACE

Willow Glen office space

Two large offices in lovely suite in Willow Glen with supportive colleagues. Janitorial, fax/phone, break room, bathrooms; one office equipped for play therapy. Friday/Sat. \$165/day/month. Carmen (408) 271-9779

Los Gatos Office Space

Los Gatos office space for rent - convenient location near downtown. Available all day Monday and Saturday, and weekday evenings 6:00 on. Contact Linda Galdieri for more info (408-399-6443)

Los Gatos sublet available

Bright, spacious. affordable office available Monday 5-9 pm, Tuesday 8am-5pm, Friday 8am-9pm. Conveniently located off Hwys 9 & 17. Ample parking, call waiting system. Contact Vicki at 408-375-7320.

MFT

Office for sublet in Campbell, full time \$400/month includes utilities, waiting room and janitorial service. Located near 17/880. Cell 831-588-8879 or email ingridhigginsmft@gmail.com

Redwood City:

Full service Office Space for rent in a group private practice facility. Call 650-363-0383, or email fo@sequoiacounseling.com for more information. Website: www.sequoiacounseling.com

Los Gatos Sublet

New office suite available for sublet. Every day of the week open due to three office options. Excellent location. Call for more details and come by! Marialena Roussere 408-702-7429 www.relationshipharmony.com

OFFICE SPACE

LMFT

Los Gatos Office. Small, beautiful furnished office available half or full days Friday, Saturday, or Sunday. For more information call Melinda Swanson 408-279-2411.

**PLACE A CLASSIFIED AD
IN THE SCV-CAMFT
NEWSLETTER**

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



SCV-CAMFT News
 Attention: Editor
 P.O.Box 60814
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 WWW.SCV-CAMFT.ORG

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

Chapter Luncheon

Mid-Region, Mountain View
 Friday, March 28

11:15 a.m.— 1:30 p.m.

**“Mindfulness Based Cognitive
 Therapy for Depression and Anxiety”**

Special Presentation by
Michael Coquillard, LMFT

(1.5 CEU hrs. available, PCE 1134)

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

Chapter Events

Special Summer Event:

July 18, 2014
 9:00 a.m.— 4:00 p.m.

“Hardwiring Happiness”

Special Presentation by
Rick Hanson, PhD

(6 CEU hrs. available, PCE 1134)

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

Chapter Luncheon

South Region, Los Gatos
 Friday, April 25

11:15 a.m.— 1:30 p.m.

“Squaring the Triangle”

Special Presentation by
Laura Hollands Steck, LMFT

(1.5 CEU hrs. available, PCE 1134)

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

RESERVATIONS: YOU CAN REGISTER ONLINE USING YOUR MASTERCARD OR VISA CREDIT CARD! Go to our website at www.scv-camft.org, enter the “Calendar of Events” page and click on the event to find the luncheon or workshop registration page. You can also register by PayPal or by sending a check, payable to SCV-CAMFT to SCV-CAMFT, P.O. Box 60814, Palo Alto, CA 94306. Payment must be received by the Monday before the event. Reservations will be held until noon. If seating is available, “standby” persons can pay at the door to attend. **Please note: telephone reservations cannot be accepted. Call the chapter voicemail, 408/235-0210, for reservation information and the chapter’s cancellations policy.**