



Santa Clara Valley Chapter
of The California Association of
Marriage and Family Therapy

SCV-CAMFT News

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Debra D. Rojas, LMFT

President's Column

by **Debra D. Rojas, LMFT, President, SCV-CAMFT**

Vibrancy. That's one of the words the Board used in our semi-annual planning session in January. How can we make SCV-CAMFT more vibrant?

We provide ongoing educational opportunities through our monthly luncheons, the weekend innovative programs, and our workshops. As I think of our member benefits, I wonder what else the chapter might do for our members.

I remember the first luncheon I attended in March 2009. I'm a southern California transplant and I thought the best way to launch my practice in this area was to become connected with other therapists. I walked into Michael's at Shoreline, a stranger to the SCV-CAMFT community. As introverts know, this takes a lot of energy and can be intimidating, but I was determined to become a part of an organization.

I sat at a table (close to the door) and introduced myself to the other therapists at the table. They smiled, said a brief "hello" and went about their conversations with one another. Throughout the rest of the afternoon, no one spoke to me nor asked me any questions. Well, I thought, I must be invisible. Although it felt awkward I didn't let that first experience keep me away. And now SCV-CAMFT, you're stuck with me.

I joined the newly-licensed group facilitated by Jamie Moran in Menlo Park, a very introvert-friendly group. I thrived not only as a therapist new to the area, but as a person. I continued to attend luncheons and enjoyed the speakers. Then, in the summer of 2009, Chandrama Anderson, the outgoing CFO, came to the newly-licensed

group meeting and announced that volunteers were needed for board positions.

Ok, I thought, now we're talking. Having served on the boards of nonprofits before, and having worked as a corporate secretary for an HMO in southern California, I felt confident about my credentials. I was interviewed, and in 2010 I joined the Board as Board Secretary for SCV-CAMFT.

Serving on the Board has been a rewarding experience and even though it didn't lead to instant friendships, I was able to interact with colleagues at Board meetings and make a contribution. I began to feel I was a part of SCV-CAMFT.

My initial experience at that first luncheon in 2009 stayed with me. I hoped that being on the Board would help me to find a way to change the atmosphere for new members, especially for others who may not feel as determined to persevere as I did. But developing the idea has taken some time just because of how busy our practices, our lives, and our meeting agendas can be.

Last year as President-Elect, when several new volunteers joined the Board, I realized that I was no longer a new Board member, and in fact had the longest tenure on the Board and therefore carried a lot of the Board history within me.

The new Board members were filled with enthusiasm and I could feel a force of energy swell within the room during the first planning meeting. A flurry of ideas were exchanged and it was then that I felt I could share that first experience I had had at a Chapter luncheon. I told

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Janine R. Reed, LMFT

Introducing Our New Editor, Janine R. Reed, LMFT

With this issue, we are introducing our new Newsletter Editor and Chair of the Editorial Committee, Janine R. Reed, LMFT. Prior to becoming a therapist, Janine taught writing and other English courses at the college level for 25 years. Janine obtained her MA in Counseling Psychology from the Institute of Transper-

sonal Psychology (now Sofia University) in 2009. She held a variety of internships while completing her hours, including positions as a bilingual therapist (Spanish/English) at the YWCA and at Starlight Community Services in San Jose. Janine is also a writing coach and a writer herself, and she conducts therapy groups that focus on writing to heal. At her private practice in Mountain View, Janine counsels individuals, couples, families and groups.



President, continued from p. 1

the Board that day that I wanted to do my best to ensure that each new member has a positive first experience of our Chapter.

So, here we are, 2015 and its time for the Board to facilitate making SCV-CAMFT more vibrant. What is vibrancy? It's energy. Enthusiasm. Aliveness. It will take more than a Board of Directors to bring vibrancy to its 708 members.

Here are my ideas:

1. Review Chapter's short-term and long-range goals annually for the next 3 to 5 years
2. Enhance the public image of the Chapter
3. Develop a communication plan to keep members informed
4. Identify community Leaders

Items 1-3 are already under way. The Board already reviews the Chapter goals annually. Our public image is addressed through our rebranding project. We keep members informed through the SCV-CAMFT News, the website, email blasts and the chapter exchange.

But Item 4 may need some attention. Our chapter needs leaders to facilitate programs for our members that provide opportunities to develop stronger relationships with colleagues. There are those who lead and those who volunteer, and not all volunteers want to become Board members. But all are leaders through their service to the Membership.

We have identified a number of committees that need your help. You can choose from a variety of opportunities within each committee where you can find your place and make a contribution to the Chapter and its members.

A workshop will be scheduled in the second quarter this year for all volunteers, including all Board members, all committees and their chairs, volunteers-at-large and those who are not yet sure. Workshops are crucial for developing future leaders and ensuring future leaders are well-informed about SCV-CAMFT.

The workshop will orient you to SCV-CAMFT and its structure, provide information about each committee and the opportunities available, and provide space for members to exchange ideas with each other and with the Board. Buckle your seat belts! This exchange is the best part. The flurry of ideas. Vibrancy. Energy. Excitement.

I hope you will join me in making SCV-CAMFT more vibrant. Take this opportunity to volunteer and sign up for a committee. And remember, bring your ideas. We want to hear from you!



Stay tuned for an invitation to participate in the Volunteer Workshop.

**REMEMBER TO VOTE
Ballots for CAMFT Board of
Directors are due in CAMFT
offices by March 12.**



Kate Viret, LMFT

Past President's Reflections

by **Kate Viret, LMFT, Past-President, SCV-CAMFT**

It has been such a privilege to serve the chapter as a board member over the last several years and, most recently, as president. During my tenure as chapter president, many friends and colleagues seemed both

astounded by my choice and appreciative of my service. I have never been one to make New Year's resolutions, plan out my life, or strive to attain concrete goals. Instead, I am aware of opportunities as they present themselves, and when my inner wisdom guides me to do so, I push myself out of my comfort zone. Over the course of many decades, I have learned to trust this wisdom as I make intuitive decisions about whether or not to go forth. Often, though, life circumstances have led me to say no when I would have liked to say yes.

When I agreed to be the CFO of the SCV-CAMFT board in 2012, I knew it was a leap for me, having had no prior board experience. And while there was definitely a learning curve, once I was comfortable, I became open to other opportunities. When the President-Elect position became available under Pam Eaken, my intuition told me to pursue it, but my more logical side fought against it. I confided in a friend that I had decided not to pursue the position, despite being interested. It only took eight simple words to tip me back the other way. She said, "Kate, I think you should go for it." And thus I did.

The best thing for me about being the SCV-CAMFT president is that it both reinforced things I already knew about myself and gave me the opportunity to learn things about myself that I otherwise could not have known. I had a hunch that I would be good at putting together a board that works well together and creating an atmosphere of approachability and collegiality. I am pleased to say that our board worked hard, accomplished a lot, and had fun in the process. One thing that I came to see was just how difficult it is to make decisions that weigh what is best for the organization against what is best for me (and my relationships); when your colleagues are your friends, it is extremely hard to make decisions that disappoint others. Additionally, I learned that it is hard for me to say

"no" even to people whom I've just met. While I sometimes succeeded in doing what was right for the chapter at what I perceived to be the expense of my relationships, there were some decisions that I was not willing to compromise my relationships for.

Overall, I am so pleased to have led the chapter for a year and I thank you for your trust and support. We are under very strong leadership with Debra Rojas and I encourage you to approach her or any board member with any ideas or concerns you may have.



This issue of the Newsletter is all about inspiring us to be our best selves by making our chapter more "vibrant" (President's Column), looking back and appreciating what we've accomplished (Past President's Reflections), being willing to grow as therapists and as human beings (Community Focus, Musings of a Senior Therapist), and finding the best way to volunteer (Call to Volunteers, Calling All Members). We hope you'll be inspired to join in.

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SCV-CAMFT Update on AB 1775

By Debra D. Rojas, President
January 28, 2015

Assembly Bill No. 1775 was signed by Governor Brown on August 22, 2014 and became effective January 1, 2015. This bill amends Section 11165.1 of the Penal Code relating to the existing Child Abuse and Neglecting Reporting Act: Sexual Exploitation.

The purpose of this update is to provide you with information about how this law impacts our profession and assure you that SCV-CAMFT will be monitoring events as they unfold.

Today I spoke with CAMFT attorney Ann Tran regarding this new law and below is a summary of our conversation.

Penal Code Section 11165.1 does not specifically include Internet usage of child pornography within the definition of "sexual exploitation" because it was written before the prolific use of the Internet and does not reflect modern technology.

Prior to the passage of this law, the existing law, known as the Child Abuse and Neglect Reporting Act, defines sexual abuse as sexual assault or sexual exploitation for purposes of mandating certain persons to report suspected cases of child abuse or neglect. Under the act, sexual exploitation refers to, among other things, a person who depicts a child in, or who knowingly develops, duplicates, prints, or exchanges, a film, photograph, videotape, negative, or slide in which a child is engaged in an act of obscene sexual conduct, except as specified. Failure to report known or suspected instances of child abuse, including sexual abuse, under the act is a misdemeanor.

The passage of this new bill provides that sexual exploitation also includes: A person who knowingly downloads, streams, or accesses through any electronic or digital media, a film, photograph, videotape, video recording, negative, or slide in which a child is engaged in an act of obscene sexual conduct. The bill imposes a state-mandated local program because it expands the scope of a crime and imposes additional duties on local officials.

A Question about Sexting: Ann Tran said child sexual

abuse reporting has always included sexting. Sexting includes printing, duplicating, downloading, a photograph in which a child is engaged in sexual conduct. However, there are a lot of interpretations, and it is not very clear when a report is required.

I posed a couple scenarios and Ann responded:

1. If a minor is "sexting" a photo of herself in bra & panties to her friend and she is not posing in an obscene manner, that may not be reportable.
2. If a minor sends a photo of himself nude, or posing in an obscene way, the exchange of those photos is reportable and was always reportable, even prior to the passage of AB 1775.



Law enforcement would say yes, sexting in both instances are reportable. Some therapists may say no, Item 1 is not reportable, because the example states she is NOT posing in an obscene manner. However, it becomes a problem if the friend then forwards the photo to others.

Regarding scenarios 1 and 2 above, according to Ann Tran, both are reportable because the law applies the words "a person" to the minor who "depicts a child in . . ." by sending the self-photo.

However, here's an interesting note: Texting sexual content (using words) is not reportable, according to Ann Tran.

Should you report? Yes, if you make the report you're protected. If you don't make the report you can be fined or charged with a misdemeanor, or reported to the Board. And although it can have an impact on the therapeutic relationship, the law requires a report.

This is a new law and there are a lot of concerns. How does reporting a teen sexting a photo to a friend impact that young person's future? There is concern among therapists with specialties in sexual addiction and those who work with sex offenders. How are they able to help

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their clients if they are mandated to make a report for downloading images electronically?

A Petition for Writ of Prohibitory Mandate, Request For Immediate Stay of AB 1775's Amendment of Penal Code Sections 11165.1, Subd. (C) has been filed. It will be going through the court system and there may be changes. But in the meantime, we must follow the current law which became effective January 1, 2015.

You can read more about AB 1775, the Petition, and various articles at the following link

<http://stopab1775.org/articles/>.

I asked Ann about the contents contained in the above link and she stated the site is a good source of information regarding this new law. She also stated that she disagrees with a few opinions in some of the articles there and cautioned readers to keep each author's perspective in mind while reading.

This law is generating much discussion. With so many moving parts, information about the law may be confusing and vague. It will be interesting to see what happens when the Petition is heard in court. SCV-CAMFT will be monitoring it closely.

In the meantime, feel free to use the chapter exchange to share new information you may receive or new links that may be beneficial for our membership regarding this new law.

Disclaimers:

- With respect to the discussion of legal and ethical issues affecting the practice and business of marriage and family therapy, SCV-CAMFT encourages members to consult with CAMFT legal staff, the CAMFT Executive Director, or a personal attorney if they are seeking information or consultation on a particular matter.
- SCV-CAMFT is unable to analyze the contents of all the information posted on links or within the chapter exchange by our members and therefore, cannot guarantee the accuracy of any information or facts.
- SCV-CAMFT accepts no responsibility for the opinions and information posted within these links or within the chapter exchange by members.
- SCV-CAMFT in no way endorses or expresses any opinion with respect to any information or opinions mentioned in any of the links provided.
- Members who rely upon information obtained through the Internet, mailings or within the chapter exchange do so at their sole discretion and their own risk.



Board Highlights

2015 Semi-Annual Planning Session

One of the goals for 2015 is to make SCV-CAMFT more vibrant and create a culture of connection. The board established a number of new committees and will announce volunteer opportunities in the next newsletter and on the website.

A combined leadership and development workshop will be scheduled in the second quarter for board members and all volunteers.

The board will continue to move away from paper and printed communication toward electronic communication, which is more current and up-to-date.

January 2015 Board Meeting

Membership Directory. The board voted unanimously to discontinue the membership directory and to replace it with the Therapist Search feature on the Chapter website, for a cost savings of \$1,800.

Rebranding continues. A new format for the Newsletter is currently in the design stage and will roll out with the May/June issue.

Website improvement continues. Our webmaster is completing PayPal integration on our website to make PayPal usage less cumbersome.

Mentor/Mentee Program. Review of the revised Mentor/Mentee program is nearly complete. An email blast will be sent once the program page on the website is completely operational.



Mary Brayton, LMFT

Community Focus:

Mary Brayton, LMFT

SCV-CAMFT recently sat down to chat with chapter member Mary Brayton, LMFT. She told us about herself and her professional life and also

shared some personal reflections. What follows are some of the highlights of our interview with her.

In her professional life, Mary balances working in private practice, supervising interns at an East Palo Alto school, and conducting process groups as an adjunct faculty member at Santa Clara University. The seeds of Mary's decision to become a Marriage and Family Therapist were sown early in her healthcare career. Mary started as a nurse's aid in the psychiatric unit of Peter Ben Brigham Hospital in Boston where ECT was used extensively to treat depression. Upon moving to San Francisco, she worked at Children's Hospital (now California Pacific Medical Center) where she taught CPR, parenting, management classes, and facilitated CEU programs for nurses.

When Mary moved to Palo Alto, she took a break from her profession to stay home with her children for 15 years. During that time, she volunteered in the schools, taught environmental education, and served on the Board of Directors for Adolescent Counseling Services. Then, while going through a divorce and in the "throes of angst with [her] teenage daughters," she reached out to multiple therapists for help. Her experiences in therapy led her to become a therapist herself, and to earning her Masters in Counseling Psychology from Santa Clara University.

When we asked Mary who her major influences have been in shaping her career as a therapist, it became obvious that Mary is a life-long learner and, as such, seeks out the best professionals she can find. These have included a gestalt therapist who helped move her into adulthood; a family therapist who helped her see what is involved when you're "on the front lines" with a client; Janice Walton, PhD, Mary's first supervisor in the Ravenswood School District; professors Mike Axelman, PhD and Teri Quatman, PhD of Santa Clara University; Mark Stanford, PhD at the Santa Clara County Department of

Drugs and Alcohol; Stephanie Brown, PhD of the Addictions Institute; and Mark Abramson, DDS at the School of Integrative Medicine at Stanford University. A common theme Mary attributes to her mentors is the value placed on attending to trusting relationships (early relationships as the templates for later ones; therapist-client relationships; relationship to self).

When asked how she maintains balance in her life given her active career, Mary states, "Oh, I am good at self care!" She is a lifetime swimmer, takes rigorous hikes on a weekly basis, and works out at a gym. In addition, she has hobbies that include playing bridge, gardening, shopping for accessories, and intercontinental travel. Mary is also very involved in the lives of her grown children and grandchildren.

Those who know Mary understand that she has a deeply artistic, creative aesthetic. And she has put this to use in helping several therapists design their offices. When asked about her talent in room design, Mary responded by quoting Tom Ogden, PhD, a prominent Bay Area psychoanalyst, who introduced her to the concept of "analytic space." "Ogden inspired Mary to wonder how the psychic "space between client and therapist" could be "provided in the nuts and bolts sense of organizing one's office." She has always attempted to "create interior design which supports feelings of cozy containment." She has done this in her own office and those of colleagues through the "choice of warm colors, harmonious placement of furniture, connections of shapes, and patterns of energy flow."

Mary explains that being a therapist has changed her life in many ways. On one level, it has helped her become a more critical thinker and has helped her be more appreciative of cultural differences and similarities. She also now appreciates the arts more as windows into peoples' interior lives. On a more difficult note, she finds some friendships and situations not as interesting as she once did. She states, "I become impatient with unimportant conversation and want to move on to talking with other therapists!"



SCV-CAMFT Call for Volunteers

By Merrett Sheridan, LMFT

It's no mystery to our MFT community that an important component of happiness is being of service to others. I'm sure that all of us have done a great deal of pro bono work well beyond the 3000 hours of interning.

One way I like to think about it is that there are many forms of currency, money being just one. As a Happiness Consultant I often coach clients on the importance of stepping outside of yourself and contributing to something greater. I ask them to do three things: 1) remember a time they did something to be of service to others 2) describe the feelings they experienced by doing the activity, and finally 3) if they wanted to, to ask what would be some things they could do to feel that way again?

Reflecting in this way may help us to know when to say yes to the many requests for help that come our way and when to say no, instead of simply saying no for fear of overextending ourselves. And, if I know this community like I think I do, we are a tribe of givers who understand the benefits of giving, as well as the potential for overdoing. Therefore, choosing the RIGHT form of volunteerism is the key to having a meaningful volunteer experience. When you find the right kind of volunteering for you, you'll not only be rekindling those good feelings, but connecting with other professionals and buffering against the sometimes isolative nature of working in private practice.

SCV-CAMFT is always seeking volunteers to help make it a thriving organization and to better serve its members. Aside from a few contract positions, it is a volunteer organization through and through. We volunteer

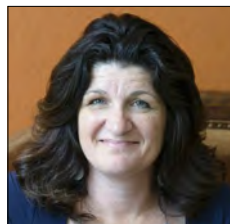
as luncheon chairs and assistants, pre and newly licensed group facilitators, board members and more. The board that began in January has set some goals that will only work if we have a dedicated team of volunteers.

Even a minimal commitment of your time can help. If you are interested in helping but only have a few hours a month to spare, GREAT--we will find something that works. Or maybe you are interested in jumping in and joining the board. Whatever commitment you make, you'll be working with others in the SCV-CAMFT community to help us meet our goals and build an even greater community.

As I embark on my second term as CFO I can speak to the

hard-working, innovative and caring organization that I am proud to be a part of and will continue to support.

If volunteering is on your horizon right now and SCV-CAMFT sounds like a good avenue for you, or if you would like further information, please contact Kate Viret, Past President for more information. I hope you will join us!



Merrett Sheridan is a board member and CFO of SCV-CAMFT. She has two private practice offices in the south bay and can be reached at www.merrett.net

Calling All Members

We need your help! The board has identified a number of opportunities for you to become involved at a level your time permits. You can volunteer for one specific function, one specific time, or join a committee.

Upcoming events need your help and input:

SCV-CAMFT will be hosting a table at CAMFT's 51st Annual Conference on May 14-17 in Burlingame. We need volunteers to greet members and welcome members from other chapters to the bay area.

Volunteer as a "greeter" at luncheons, welcome new attendees, and make members feel welcome with table conversation. Volunteer once, or on a regular basis, the choice is yours.

There is a current need for a chairperson for the mid-region luncheon committee. Contact Elizabeth Basile at ebasile.mft@gmail.com.

Join a committee. Your participation is greatly needed and you can commit at the level your time permits.

Committees that can use your help and input:

Business Development (Sponsorship) Committee
Editorial Committee
Membership Committee
Luncheons and Innovative Programs Committee
Special Events Committee
Technology Committee

If you're interested in any of the above volunteer opportunities, or if you'd like to become involved in another way, please contact Kate Viret, Volunteer Coordinator at kviret@gmail.com.

A workshop will be scheduled for all new volunteers (and those who are still undecided) and the board of directors during the second quarter. At the workshop you'll learn more about these opportunities and be able to pitch your own ideas.



Save the Date!

SCV-CAMFT Presents Our Annual Workshop with Jerrold Lee Shapiro, PhD

Licensed clinical psychologist, Santa Clara University professor, author, and speaker.

Friday, July 17, 2015

9:00am—4:00pm (8:30am check-in)

Michael's at Shoreline

2960 Shoreline Blvd.,
Mountain View, CA 94043

Finding Meaning, Facing Fears: In the Autumn of Your Years (45-65)

Join us for a special workshop inviting us to explore the many opportunities this time of life presents: opportunities to stretch in our capacities, to face and conquer old demons, and to meet new challenges with greater resources than were available before.

Dr. Shapiro helps us and our clients discover which alternatives will serve best in our relationships, career, even spiritual quests, and offers answers to the inevitable questions we face as we get older, such as: Is that all there is? Is it too late to change my life? Where do I go from here? And, I've got everything I thought I wanted; why aren't I happy?

Event includes continental breakfast, luncheon, 6 CEU's, and a drawing for a copy of *Finding Meaning, Facing Fears: In the Autumn of Your Years (45-65)*, signed by Dr. Shapiro.

Musings of a Senior Therapist

By Carol Campbell, LMFT

My grandmother never had any compunction about revealing her age. When asked, she would proudly announce, "I am in my 75th year", rather than just saying "I'm 74." Perhaps that genuine eagerness to embrace her age was a factor in her having lived happily despite being alone, blind, and wheelchair bound, until she was in her 92nd year. Her example has always inspired me to be watchful for the blessings of getting older.

This appreciation of the miles I've logged on my journey is especially true with respect to my career as an MFT. The longer I'm doing this work, the more confident I feel and the more I enjoy it. One of the great features of this line of work is that there are no automatic roadblocks to continuing long past the age that many other professions would consider retirement age. I find this longevity in our profession to be a source of great relief.

I smile when I think back to the early times of being a trainee, when I felt far more comfortable trying to be a therapist for children. I put off the scary prospect of working with adults for as long as possible. At the time I thought that was because I love children, but in retrospect I can see it probably also reflected the immaturity of my emotional self. I wanted to be with my own kind! Had you suggested that to me at the time, I suppose I would have taken deep offense.

We only see what we are capable of seeing about ourselves given the conditions we have. As therapists we hope to follow a natural progression of maturing emotionally, deepening our self-awareness, and increasing our confidence – all in proportion to the attention we pay to our own psychotherapy, clinical supervision, professional reading, classroom instruction, etc.

The women and men who become the most respected, most successful therapists are inevitably the ones who have invested the most time, energy, and money into their own development as people.

It takes more than a simple desire to become a therapist for this kind of career to unfold. First and foremost, a therapist needs to be empathic. A good therapist also needs to be willing to work on him or herself.

There is no shortage of people who can benefit from psychotherapy. But clients will benefit most when working with therapists who are clear and present, not distracted by their own dysfunction. Therapists need to invest in their own therapy, process their traumas, and become self

aware to ensure that when they're with their clients they are at their best.

It always comes back to self-care, making the time for the work of our own journeys. So I would ask all therapists to check in with themselves every so often, to ask Where are you on your journey? Are you making time for your own therapy? As long as I keep the commitment to do my own work, I'm grateful that I can count on this profession well into what might otherwise be called my retirement years.



Carol L. Campbell has a private practice in downtown Palo Alto and can be reached at www.carolcampbellmft.com.

Mid-Region Luncheon

(1.5 CEU hrs. available, PCE 1134)



Michael May, MD

The Girl Who Hid Behind Her Hair: Advanced Treatment Strategies for Social Phobia and Related Mood Disorders

Presented by Matthew May, MD

Recent studies show that social phobia is far more common than previously thought. Following depression and alcohol abuse, social phobia is the third most prevalent psychiatric disorder. Advanced treatment strategies for social phobia are emerging and Matthew's talk will cover the use of cognitive and acceptance-based methods to improve self-esteem and behavioral strategies to rapidly alleviate severe anxiety symptoms.

Matthew will introduce an advanced CBT-like therapy model, developed by Dr. David Burns, known as "TEAM," with a focus on how it is applied to the treatment of social phobia and related mood disorders.

About the Speaker: Dr. Matthew May is a board-certified psychiatrist and an active member of the Santa Clara County Medical Association. He is an adjunct clinical faculty member in the Department of Psychiatry at Stanford's Department of Psychiatry and Behavioral Sciences. Matthew has served as an instructor for Stanford's Core Psychotherapy Sequence from 2006 - 2009. He supervises residents, local practitioners and graduate students, both individually and in weekly seminars at Stanford. From 2005 - 2009, he was the primary instructor for the Stanford-Pacific Graduate School of Psychology Consortium/Palo Alto University course: "Cognitive Behavioral Therapy". He has lectured, as a course instructor, at the American Psychiatric Association conference on the Medical Uses of Hypnosis. Matthew received his medical training at the Stanford School of Medicine and completed specialty training in psychiatry. He now focuses on his private clinical practice; teaching, and supervision.

Date: Friday, March 27 **Time:** 11:15 a.m.—1:30 p.m.
Place: Michael's at Shoreline, 2960 North Shoreline Blvd, Mountain View
Menu: Buffet Lunch
Registration Deadline: Monday, March 23, 2015 for early registration fee.
Register: Online at www.scv-camft.org, or
 Mail your payment to SCV-CAMFT, PO Box 60814, Palo Alto, CA 94306

LUNCHEON FEES

PRE-REGISTERED BY DEADLINE DATE:

Members—\$26

Non-members—\$33

CEUs: Members and non-members — \$7

WALK-IN FEES:

Members—\$33

Non-members—\$40

Lunch is not guaranteed for walk-ins, but is available on a first-come, first-served basis. Please visit our website at www.scv-camft.org to review CEU info and our cancellation policy. No exceptions will be made.

All luncheon programs take place from 11:15 a.m. to 1:30 p.m., usually on the 3rd Friday of the month. Locations and other specifics are provided in 3 locations: in the newsletter, on the chapter website, and in emails sent directly to members.

South Region Luncheon

(1.5 CEU hrs. available, PCE 1134)



Gina M. Biegel, MA, LMFT

Teaching Mindfulness to Teens and Learning From the Teens We Teach

Presented by Gina M. Biegel, MA, LMFT

Learn more about working with teens through the lens of mindfulness. Experiential practices will include both formal and informal teen-adapted mindfulness practices. The detailed curriculum will enable you to use these practices with teens.

Attendees will:

- Explore the Mindfulness-Based Stress Reduction Program for Teens (MBSR-T)
- Appreciate the purpose and necessity of introducing and using mindfulness with teens in today's society
- Learn how to use and teach mindfulness to adolescents

About the Speaker: Gina is a psychotherapist, researcher, writer and founder of the Mindfulness-Based Stress Reduction Program for Teens (MBSR-T). She is the founder and creator of Stressed Teens, a mindfulness-based program for adolescents and professionals. You can learn more at www.stressedteens.com. Her first book, The Stress Reduction Workbook for Teens and audio CD are currently available on-line. She also writes a blog for adults regarding teen topics.

SUPPLEMENTAL MATERIALS WILL BE AVAILABLE FOR PURCHASE

Date: Friday, April 24 **Time:** 11:15 a.m.—1:30 p.m.
Place: Los Gatos Lodge, 50 Los Gatos-Saratoga Blvd., Los Gatos
Menu: Buffet Lunch
Registration Deadline: Monday, April 20, 2015 for early registration fee.

Register: Online at www.scv-camft.org, or
 Mail your payment to SCV-CAMFT, PO Box 60814, Palo Alto, CA 94306

LUNCHEON FEES

PRE-REGISTERED BY DEADLINE DATE:

Members—\$26

Non-members—\$33

CEUs: Members and non-members — \$7

WALK-IN FEES:

Members—\$33

Non-members—\$40

Lunch is not guaranteed for walk-ins, but is available on a first-come, first-served basis. Please visit our website at www.scv-camft.org to review CEU info and our cancellation policy. No exceptions will be made.

All luncheon programs take place from 11:15 a.m. to 1:30 p.m., usually on the 3rd Friday of the month. Locations and other specifics are provided in 3 locations: in the newsletter, on the chapter website, and in emails sent directly to members.



Got Something to Share?

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

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

Editorial committee members are available to discuss ideas with you and answer questions. Their contact information is listed on [page 19](#).

ADVERTISING OPPORTUNITIES AND PRICES

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

Find out more about the advertising options at our website, www.scv-camft.org. Log-in, click the button **Advertisements**, then click **How to Advertise**.

Advertising rates for display ads are listed below.

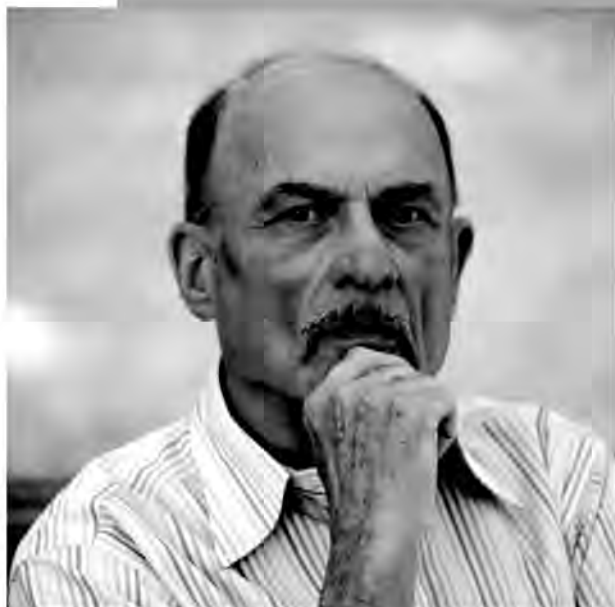
	Member Advertising Rates			Non-member Advertising Rates		
Newsletter or online ad	2 months	6 months	12 months	2 months	6 months	12 months
Full page	\$200	\$510	\$900	\$400	\$1,020	\$1,800
Half page	\$125	\$319	\$563	\$250	\$638	\$1,125
Quarter page	\$75	\$191	\$338	\$150	\$383	\$675
Eighth page	\$50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

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



CENTER FOR THE STUDY OF **GROUP PSYCHOTHERAPY**

Proudly presents a conversation with:



Dr. Irvin Yalom

Discussing the development
of his approach to group therapy
and

Introducing his newest book:
Creatures of a Day, a book of therapy tales.
There will be a book signing following the presentation.

Dr Irvin Yalom is a Professor Emeritus of Psychiatry at Stanford University, prolific author and the best known group psychotherapist today. He is the recipient of numerous awards and author of 15 books including the classic and highly acclaimed textbook: *Theory and Practice of Group Psychotherapy* as well as several works of fiction such as *Lying on the Couch* and *When Nietzsche Wept*.

Saturday March 14, 2015 11AM-1 PM
The Ballroom at Lucie Stern Community Center
1305 Middlefield Road, Palo Alto, Ca.

To register: CSGP.org

Fee: \$40 until Feb. 28 | **\$50** Mar. 1-12 | **\$60** onsite

Two CE Units available for MFTs, LCSWs, LPPCs, and Psychologists.

Psychologists can receive 2 CE units through CSGP Provider CEN061. This course meets the qualifications for 2 hours of continuing education credit for MFTs, LPPCs, and LCSWs as required by the California Board of Behavioral Sciences.

The Provider is Nancy Wesson, PhD.: PCE5391.

For further information and refund policy: CSGP.org

Center for the Study of Group Psychotherapy is a nonprofit corporation.

Adult and Young Adult Psychotherapy Groups

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

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

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

Marriage and Family Therapist
Certified Group Psychotherapist

Lic. # 20662
Lic. # 179092

FAMILIES FIRST MEDIATION

Have a couple who **can't reconcile** or a client **traumatized** by on-going divorce drama?

Dina Haddad, **divorce mediator**, has the legal & mediation background to **guide** them through their divorce, child custody dispute, or other family related matters **quickly** and **cost-effectively**.

Give us a call!

Dina Haddad
Family Law Mediator
(408) 357-3486
www.ffmediation.com



Women in Transition Group (Women Helping Women)

Ongoing women's group. A supportive group to explore concerns around separation, divorce, loss, grief, change in job status or career, empty nest, age related transitions and/or just trying to live a balanced life in our hectic Silicon Valley environment.

This is a supportive, safe place where women can come together to foster growth and change in each other.

Time: Wednesdays, 7:00 PM - 8:30 PM

Two individual sessions required prior to entering the group. Both may be covered by your insurance.

Facilitator:

Christine Broderick, M.S., MFT
(Lic.22084)

2901 Moorpark Ave. Ste. 270
San Jose, CA 95128
408-912-5262



Newsletter Deadlines

The deadline for newsletter submission is six weeks prior to the publication date.

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 2015 Issue
Deadline: March 15, 2015

July/Aug 2015 Issue
Deadline: May 15, 2015

Child Sexual Abuse

**LAW OFFICES OF
JOSEPH C. GEORGE, PH.D.**

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and Survivors

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SCV-CAMFT News

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place your ad today.

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GROUPS AND WORKSHOPS

Sacred Journey Women's Group

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

Process Painting Workshop

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

Two process groups offered:

LGBT Adults "Coming Out" Tuesday's 5-6:30pm 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

Time-Out for Parents

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

Pregnancy and Postpartum Resiliency Circle

Pregnancy and Postpartum Resiliency Circle a free 6 weeks class offered in at El Camino Los Gatos for women experiencing high levels of stress. <http://www.dolatbolandi.com/Pregnancy-and-Postpartum-Resilience-El-Camino-June-2014.pdf>

"Knowing Me, Loving Me"

Process groups geared to illuminate the ways in which women help/hinder themselves, and increase un-

GROUPS AND WORKSHOPS

derstanding of what they do and how they are in the world. 408-702-7429 www.relationshipharmony.com

Tackling Anxiety Classes Teens & Adults

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

TEEN GIRLS and WOMEN'S GROUPS

TEEN GIRLS-Friendships, feelings, communication, self-esteem and stress using art and drama. WOMEN-relationships, depression, stress, transitions, and parenting starting Jan 24th. Lori Levitt, MFT #43329. 650-794-4828 www.lorilevittmft.com

Menlo Park Men's Group

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

Creative Process group for depression and anxiety

The group runs on Friday nights. We use creative exercises and group support to combat anxiety, depression and other issues. The cost is \$40 per group. elumen2000@yahoo.com 831-297-0567

FOR CLINICIANS

Mediation and Co-Parenting Counseling

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

FOR CLINICIANS

Do It", available at DivorcingPeacefully.com

Got insurance questions?

Find answers in the newly-updated Navigating the Insurance Maze: The Therapist's Complete Guide to Working With Insurance (Barbara Griswold). View Barbara's workshop schedule, buy books/claim forms, schedule consultations: www.theinsurancemaze.com.

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

Office-based Addiction Treatment

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

I've moved!!!

My new location is at 122-2nd Ave. Suite 211 in San Mateo. Specializing in mind-body tools including Neuro-Emotional Technique! Move special: 1/2 hour FREE NET session! Roberta Gelt MFT 650-558-9605 sanmateopsychotherapist.com

FOR INTERNS

Groups Therapy for Interns/Trainees

Process Therapy Institute offers personal therapy groups for MFT interns and trainees (\$30.00 a session, times and dates determined by demand). Contact: carmackbeth@gmail.com.

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

Process Group for Interns

General interpersonal process group for students and interns in Mountain View. All sexual orientations and genders welcome. Individual assessment sessions offered. Ildiko Ran, MFT, CGPildikoran@gmail.com (650)353-8885 innerexperience.com

OFFICE SPACE

Campbell Downtown, historic

Private and secure small office in downtown Campbell. Walk to all restaurants. I have 17 therapist in this building, join them and network/All utilities included and parking on site Contact Gene to see at 408-502-2600

Mountain View Office Space

Mountain View Professional Office available to share. Tuesday, Thursday, Friday, Saturday and Sunday. \$200 per one day a month for weekdays and \$175 per weekend day. We have a shared waiting room, private bathroom and biweekly consultation group. 650-238-4959 or email drnickelis@me.com

OFFICE SPACE

Do you want to be part of a community of therapists?

Associated Counselors has been an established group of independent therapists for 17 years. We are looking to add two members. Weekly consultation/business meetings. Lovely quiet suite with many amenities. Separate client and therapist exits/entrances. Ample parking. Convenient location with easy freeway access (280/85/17) near Campbell and Santana Row. Call Tina St. Lorant (408)236-2070 or Joanne Shurter (408)340-8885.

SANTA CLARA VICTORIAN OFFICE TO SHARE

Office space available to share in Santa Clara 2 blocks from Santa Clara University. Lovely furnished Victorian office on the second floor. Best for adults and couples therapy. One day or more days available at \$125 per month per day. Contact Eugene Morrison, MFT at 408-984-3851. MFT or Psychologist.

Willow Glen Full time Office

Full time office in lovely suite in Willow Glen. Included: janitorial, phone, copier, waiting room with call lights. Supportive, warm group of colleagues. \$575/month. Available 3/1. Carmen (408) 271-9779

Low-Cost Shared Office

Shared office in Gilroy: 831-431-0346

Beautiful Shared Office in Chantel Bldg.

Office available January 5, 2015. Sublet Friday through Monday as well as Tuesday, Wednesday and Thursday mornings till 12:00 if needed. Possibility of more hours on Tuesday. Elevator and handicap access, fully furnished with window, quiet and janitorial services provided. Contact

OFFICE SPACE

Christine Falcone, MFC, at 831-750-0961 or falcone@cruzio.com.

Nice Office on The Alameda, San Jose

One office with large windows, heat/air conditioning, file/coat room, wall-to-wall carpet, and waiting area on same floor. Includes utilities, weekly janitorial service & on-site parking. 510-528-1103.

Office for Rent

Therapy office available full time size approx 12 x12. Shared reception area large on site conference room available by appt. Located on Bascom Ave near 85 on Los Gatos San Jose Border. 820. (408) 377 7204 available now

Office Space for Rent

Office space available in Los Gatos. Convenient location in lovely area. Monday, Friday, Saturday, Sunday full day availability. Some evenings 6:00 on, also. Contact Linda Galdieri 408-399-6443 or Victoria Swenson 408-375-7320

Great Los Gatos Location

Large, sunny office available on Mondays. Great space for individuals, couples and small groups. Off Hwys 9 & 17---easy access for South Bay clients. Janitorial, utilities included. Call Vicki @ 408-375-7320.

Calendar of Events

MARCH

- 6 South Region Pre-Licensed Support Group
 7 North Region Newly Licensed Support Group
 7 North Region Pre-Licensed Support Group
 15 May/June Newsletter Submission Deadline
 21 South Region Newly Licensed Support Group
 27 **Mid-Region Chapter Luncheon, *The Girl Who Hid Behind Her Hair: Advanced Treatment Strategies for Social Phobia and Related Mood Disorders***, Mountain View

APRIL

- 3 South Region Pre-Licensed Support Group
 4 North Region Newly Licensed Support Group
 11 North Region Pre-Licensed Support Group
 18 South Region Newly Licensed Support Group
 24 **South Region Chapter Luncheon, *Teaching Mindfulness to Teens and Learning from the Teens We Teach***, Burlingame

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

Free Newly Licensed Support Groups

The Newly Licensed Support Groups

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

North Region Newly Licensed Support Group

This group meets the first Saturday of the month from 10 a.m. - 12 p.m.
 Upcoming dates: March 7, April 4
 Facilitator: Jamie Moran, LCSW
 Location: 661 Live Oak Avenue, Suite One, Menlo Park, CA 94025
 RSVP and contact: Jammoran@aol.com or 650-598-8877.

South Region Newly Licensed Support Group

This group meets generally the third Saturday of the month from 10 a.m.-12 p.m.
 Upcoming dates: March 21, April 18
 Facilitator: Verna Nelson, LMFT
 Location: Near Hwy. 85 and 880 (address provided with rsvp)
 RSVP and contact: vernanelson@gmail.com or 408-379-7747

Free Pre-licensed Support Groups

The Pre-Licensed Support Groups

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

North Region Pre-Licensed Support Group

The group meets the second Saturday of each month from 10 a.m. to 12 p.m.
 Upcoming dates: March 7, April 11
 Facilitator: Kelly Kilcoyne, LMFT
 Location: 205 E. Third Avenue, Suite 207, San Mateo, CA 94401
 RSVP and contact: kkilcoynemft@gmail.com or 650-485-1512

South Region Pre-Licensed Support Group

This group meets the first Friday of the month from 10 a.m. to 12 p.m.
 Upcoming dates: March 6, April 3
 Facilitator: Janis Seiberlich, LMFT
 Location: 4100 Moorpark Ave., Suite 212, San Jose
 RSVP and contact: janis@healing-heart-therapy.com or 650-810-5680

Our 2015 Board of Directors

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Mid-Region Luncheons:

Vacant

South Region Luncheons Co-chairs:

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408-379-7747
Carol Marks, LMFT
408-249-8047

Useful Contact Information

CAMFT

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Phone: 858-292-2638
Email: InfoCenter@camft.org
Website: www.camft.org

BBS Contact Information

1625 N. Market Blvd. S #200 Sacramento, CA 95834
Phone: 916-574-7830
Email: bbswebmaster@bbs.ca.gov
Website: www.bbs.ca.gov

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

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



Santa Clara Valley Chapter
CALIFORNIA ASSOCIATION OF MARRIAGE AND FAMILY THERAPISTS

SCV-CAMFT News

Attention: Editor
P.O. Box 60814
Palo Alto, CA 94306
www.scv-camft.org

Serving San Mateo and Santa Clara Counties
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Mid-Region Luncheon

Friday, March 27
11:15 a.m.— 1:30 p.m.

*"The Girl Who Hid Behind Her Hair:
Advanced Treatment Strategies
for Social Phobia and Related
Mood Disorders"*

Presented by
Matthew May, MD

(1.5 CEU hrs. available, PCE 1134)

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

Chapter Events

Please visit
our online
Calendar of Events
to view and register
for these and
future events.



South Region Luncheon

Friday, April 24
11:15 a.m.— 1:30 p.m.

*"Teaching Mindfulness to Teens
and Learning From the
Teens We Teach"*

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