



PRESIDENT'S MESSAGE

By Debra D. Rojas, M.A. | *Licensed Marriage and Family Therapist and President, Santa Clara Valley Chapter of California Association of Marriage and Family Therapists*

I have been invited by CAMFT to join them at the end of March as they travel to Washington, D.C. to lobby Congress. CAMFT developed a new strategy of sending a few CAMFT members from key districts to lobby in Washington to help push its Medicare bill through Congress. It will be a small group of approximately 10 members accompanied by several CAMFT board members, Jill Epstein, Cathy Atkins and their federal lobbyist.

Upon a review of the background and history, talking points, bill texts and other information we will be targeting Medicare and Veterans Affairs issues on this trip.



Membership Director Chandra Rai and Director of Pre-licensed and Newly Licensed Support Groups Melissa Risso at the CAMFT Leadership Conference.

I'm currently reviewing the text of each bill, HR 2759 ("Mental Health Access Improvement Act of 2015") and HR 2639 ("Marriage and Family Therapists for Veterans Act"). There will be two full days on Capitol Hill and I'll report about this experience in an upcoming newsletter.

Our new board is in full gear and generating a lot of exciting ideas for new offerings this year.

In February CAMFT hosted their annual Chapter Leadership Conference for board members to meet their counterparts from other chapters throughout the state. There are 28 chapters and it was a great opportunity for our new board members to receive training in a number of areas such as marketing, technology, finance, general board management and more.

My favorite session is the last activity of the day when we are gathered into groups according to our board position and have an opportunity to share our respective chapter accomplishments, ideas, and other topics important to participants.

The board submitted our



President Debra Rojas signing the CAMFT Chapter Affiliation Agreement, with Secretary Michal Sadoff

application to become a continuing education provider with CAMFT and we are currently waiting approval. It was a monumental project requiring the board to review and update policies in a number of areas. I'd like you all to know that our board secretary, Michal Sadoff, spearheaded this project and put in countless hours preparing the application. Thank you Michal for your dedication to our chapter and this very important project.

Our board approved the Chapter Affiliation Agreement with CAMFT and authorized me to sign as president. The terms of the agreement are effective as of

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President, continued from p. 1

March 1, 2016. A copy of the signed agreement will be posted on our website.

Our website is clunky! There, I said it. And many of you have had your challenges with the website from time to time. Our new communications and technology director, Jacqui Gerritsen is working closely with webmaster Michael Jaret to explore options for the website. You can read her article on page 3.



SCV-CAMFT member Dr. Marty Klein presented at our Innovative Program on January 29. The topic was working with Millennials.

Unfortunately our half day spring workshop about working with transgender clients has been cancelled due to an unexpected change from our facilitator. Although we're disappointed, this affords an opportunity to ask you, our members, for feedback about what information you'd like addressed for a future workshop on this topic. For example, do you want a half day introductory workshop (Transgender 101), or are there more specific objectives you'd like the event planners to consider.

Please email Kim Panelo, our special events director at events@scv-camft.org and let her know your recommendations, ideas and

preferences. The board believes this is a timely and important topic and your input is important to us.

Our 2016 summer workshop is scheduled for July 29 at Michael's at Shoreline. Dr. Rick Olcese, who specializes in trauma, neuropsychological evaluations and treatment will present. I had an opportunity to hear him present at a Redwood Empire meeting last year and was very impressed. A full day may not even be enough for this fascinating topic.

The board is working on a variety of new opportunities for members to meet and connect. If you're interested in social events we'd love to hear your suggestions. We're also interested in hearing your ideas about venues for social events throughout our geographic area. Please email Chandra Rai, our membership director at membership@scv-camft.org with your ideas and recommendations. After all, these events are for you!

Our programs director Elizabeth Basile and Dana Backstrom are planning more innovative programs for 2016. Innovative programs are free to members and scheduled on Saturdays or Sundays. Our January innovative program "Working with Millennials: Exploring Connection and Intimacy" earned attendees 3 CEUs. Marty Klein, Ph.D. presented "Real Sex in a Virtual World: Supporting the Sexuality of Millennials." and Christina Villarreal, PhD, presented "Cognitive Behavioral Therapy in the Treatment of Millennials". Attendance exceeded 50 and the evaluations were very positive.

Plans are currently underway for a meeting in the north region. Our chapter coordinator Nancy Orr has been researching different venues

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for our events and currently she has identified a couple great locations in the San Mateo area. Once plans are finalized an eblast will be sent to all of you and I hope these weekend events will enable more of you to come out for another great topic and an opportunity to connect with one another.

I look forward to seeing you all at the next event!



We had a large crowd for the Innovative Program on Millennials.



TECHNOLOGY News

by Jacqui Gerritsen, LMFT

Our current website has reached its peak and is having difficulty staying current with today's technology. The site was 100% custom built using old technology years ago and has now become cumbersome. The board is currently exploring a packaged "membership" software with the functionality our chapter needs and meets the needs of our mobile users.

I'm working closely with our webmaster Michael Jaret and we're testing out the various packaged options explicitly designed for association membership and event management. Soon we will begin

the work to move our data from our current website to a new platform with new software. Once the transition begins it can take approximately three months before the new site is fully functional. We're confident the new site will be more user-friendly and have new capabilities such as mobility and better search options.

Also coming this year is the chapter's new Facebook page. I've created a page and the board is currently looking at options such as policies, who will monitor content, etc.

It takes a committee to look at all options to present to our board and I'm asking any of you who have ideas for our Facebook page to contact me and let's talk. You can reach me at communications@scv-camft.org.

Jacqui Gerritsen, M.A., LMFT, is in private practice in Palo Alto. She works with individuals, couples and families and offers a personalized approach tailored to each of her clients' individual needs. works with a wide range of emotional and behavioral issues.

Message from Our Membership Director



Chandra Rai, MFTI, our new Membership Director.

As your new membership director, I'm inspired to be actively involved with chapter members as well as contributing to the chapter policies on the board.

One of my goals this year is to foster and build relationships with our members. My vision is to create opportunities for members to interact and build a strong professional

network. Currently I'm working to organize a quarterly lunch for new members, as an opportunity to connect with the chapter. I'm also interested in organizing a walkathon in 2017 for all the members to come together to increase awareness about mental health in our communities.

I invite you to join me on the membership committee, to support the SCV-CAMFT member event programs. You can email me at membership@scv-camft.org, to join as a volunteer, give feedback and share your ideas to enrich your experience as a SCV-CAMFT member.

Chandrakala Rai, MFTI, received her master's in Marriage Family Therapy from John F Kennedy University in 2015. She is currently serving as a Membership Director on the SCV-CAMFT Board of Directors for 2016-17.

SAVE THE DATE!

Law & Ethics

Workshop

6 CEUs available, PCE113

Friday, October 21

"Using the Language of the Law to 'Salt and Pepper' Your Treatment Records"

**Presented by
Dave Jensen, J.D.**

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

(1.5 CEUs, PCE 1143)

SOUTH REGION LUNCHEON

What You Need to Know About Eating Disorders in General Practice

Presented by Terryann Sanders, LMFT

In the process of working with clients, issues may arise around food, body, and weight that impact the client's overall well-being. While an eating disorder may not have been the presenting issue, it may be an underlying issue or contributing factor to anxiety, depression, social anxiety, self-esteem, and any number of other issues your client may be experiencing. Clients may not tell you about their eating disorder behaviors due to the shame and embarrassment they feel, their notion they are weak, or that there is something wrong with them. These issues may arise after you have been working with a client for some time and trust has been established to the degree that they can face their shame when revealing these behaviors.

What do you do when you discover your client has an eating disorder? You may or may not feel equipped to deal with some of the symptoms and the pervasive and long-term nature of eating disorder behaviors. This talk is designed for therapists who do not specialize in eating disorders, but may find themselves working with their clients around these challenging thoughts and behaviors. Determining appropriate interventions, finding helpful resources for your client, deciding whether you should continue treatment or refer to a higher level of care will all be discussed. There will be time allotted for some open discussion, so please bring your specific questions!

**About the Speaker**

Terryann Sanders, LMFT, specializes in the treatment of eating disorders. She provides treatment, education, and support to adolescents, adults, parents, and family members. She supervises interns in her private practice in San Jose, and she developed a supervision consultation group for therapists who supervise interns. She also provides consultation services for professionals working with an eating disordered client. During National Eating Disorder Week, Terryann facilitates a free workshop for parents sponsored by the Eating Disorder Resource Center.

Terryann became interested in eating disorders as an intern while working in psychological assessments for bariatric surgery. She graduated from San Jose State University in 2001, and completed the JFK University Certificate Program for Eating Disorders in 2006. Terryann is a member of NEDA (The National Eating Disorder Association), APTED (Associated Professionals Treating Eating Disorders), and CAMFT. Terryann is a past president of SCV-CAMFT.

Friday, April 22, 2016

11:15 a.m. – 1:30 p.m. (presentation begins at noon)

Place: The Los Gatos Lodge, 50 Los Gatos-Saratoga Blvd.

Los Gatos, CA 95008

Menu: Buffet Lunch**Registration Deadline:** Monday, April 18 for pre-registration fee.**Register:** Online at www.scv-camft.org**LUNCHEON FEES****PRE-REGISTERED BY APRIL 18:**

Members - \$26

Non-members - \$33

CEUs: Members/non-members - \$7

WALK-IN FEES:

Members - \$33

Non-members - \$40

+ CEUs

Lunch is not guaranteed for walk-ins, but is available on a first-come, first-served basis. Auditing the event without lunch is available. This course meets the qualifications for 1.5 hours of continuing education credit for LMFTs, LPCCs, LEPs and/or LCSWs as required by the California Board of Behavioral Sciences (PCE 1134).

Please visit our website at www.scv-camft.org to review the CEU information and our 24 hour cancellation policy.

Support, Connect, & Be The Change! **Autism Speaks Walk**

Saturday, April 23
9:00 am - 1:00 pm

Join the Santa Clara Valley-CAMFT chapter in making a difference and being the voice for those affected by Autism. This fun and rewarding event is FREE for members, family, and friends looking to connect and be the change for an important cause!

Location: The History Park, 601 Phelan Aveune
San Jose, CA



Information and Registration
www.scv-camft.org



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 experience 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 11](#).

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**.

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2 days filled with practical research-based tools to confirm & strengthen your relationship!

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See Website for Registration
and Additional Information!

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Gottman Professional Training

Next Training:

Level 3 - Practicum Workshop in Gottman
Couples Therapy ~ July 7th-9th, 2016

Upcoming Workshops:

Level 1 - July 22nd-23rd, 2016

Level 2 - October 6th-8th, 2016

Level 3 - July 7th-9th, 2016

Co-Presented with Dr. Bob Navarra

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**CSGP's Mission is to promote group therapy
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- Training for students/interns as well as for advanced group leaders.
- CE units for MFTs, LPCCs, LCSWs, and Psychologists.

Courses in 2016

May 14, 2016:

The Essentials for Leading Successful Psychotherapy and Psychoeducational Groups.
For more info: CSGP.org

Saturday July 16, 2016 9:30-A.M. - 1:45 P.M Place: Mountain View.

Enhancing the therapeutic benefits of Clinical dilemmas in groups.

Monopolizing, conflict, scapegoating, and subgrouping are all dilemmas which every group leader faces. In this course you will learn how to use these dilemmas therapeutically to enrich and deepen the group experience.

Course fee: \$60, \$40 for nonprofit employees and students/interns. Onsite: add \$10.

Four CE units for MFTs, LPCCs, and Psychologists. For registration: CSGP.org.

Course Instructor: Nancy Wesson, Ph.D., CGP, licensed psychologist, has 25 years of experience leading groups and 17 years of experience training group therapists. She was trained by Dr. Irvin Yalom, the American Group Psychotherapy Assoc., and the NYC Center for Group Studies. She is the founder of the Center for the Study of Group Psychotherapy.
DrNWesson@CSGP.org

CSGP is approved by the California Psychological Association to provide continuing professional education for psychologists and BBS licensed professionals. CSGP maintains responsibility for this program and its content. Provider No. PCE5391. For further info and refund policy: CSGP.org

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Alice J. Sklar, MFT, CGP
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On-going weekly group, \$40/session, San Jose
<http://www.ladonnasilva.com/therapy-services.html>
LaDonna Silva, LMFT (408)412-1207

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

Women's Bibliotherapy Group

Are your clients ready for group interaction? The Women's Bibliotherapy Group offers a unique way to gain insight into relationships with self and others. Members read selected stories from their own perspective and come together for discussion. For more information contact: Janice L. Shapiro, MFT#86051; 408 596-4810; janiceleeshapiro.com; jlshapiro875@gmail.com

South Bay Anxiety Group

Put Anxiety in Its Place, an 8-week mindfulness and CBT group, begins in February. Members learn practical tools for managing anxiety on the spot while establishing a mindfulness practice to shift their relationship with anxiety. Therapists who've joined report being more skilled in managing their own anxiety and working with anxious clients. If interested, contact Victoria Swenson (408-375-7320) to schedule a complimentary screening session.

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 17th. Lori Levitt, MFT #43329. 650-794-4828 www.lorilevittmft.com

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Got insurance questions?

Find answers in the newly-updated Navigating the Insurance Maze:

FOR CLINICIANS

The Therapist's Complete Guide to Working With Insurance (2015), by Barbara Griswold. Buy book/claims, view workshop schedule, schedule consultations: www.theinsurancemaze.com

Consultation Group for Group Leaders

Consultation Group for Group Leaders facilitated by seasoned group therapist. Bimonthly Mondays in Menlo Park. Jamie Moran, LCSW, CGP, 415.552.9408 | jammo-ran@aol.com | www.jamiemoran.com

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Needed: Office Space

I am looking for a full time office in a suite of therapists on or before April 30. Prefer Campbell-Los Gatos-West San Jose-Saratoga-Santana Row area. Please contact Joanne Shurter (408) 340-8885, joanne.shurter@gmail.com.

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. Advertising rates for display ads are listed below:

Newsletter or online ad	Member Advertising Rates			Non-member Advertising Rates		
	2 months	6 months	12 months	2 months	6 months	12 months
Full page	\$200	\$510	\$900	\$400	\$1,020	\$1,800
Half page	\$125	\$319	\$563	\$250	\$638	\$1,125
Quarter page	\$75	\$191	\$338	\$150	\$383	\$675
Eighth page	\$50	\$128	\$225	\$100	\$255	\$450

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

CHAPTER EVENTS

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

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What You Need to Know About Eating Disorders in General Practice, Los Gatos
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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.

FREE NEWLY LICENSED SUPPORT GROUPS

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 5, April 2

Facilitator: Jamie Moran, LCSW

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

RSVP and contact: Jammoran@aol.com or 415-552-9408 .

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 19 (Verna), April 8 (Michelle)

Facilitators: Verna Nelson, LMFT and Michelle Farris, LMFT

Location: San Jose, CA

RSVP and contact: vernanelson@gmail.com or mft@counselingrecovery.com

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.

FREE PRE-LICENSED SUPPORT GROUPS

North Region Pre-Licensed Support Group

Meets generally the second Friday of each month from 5:30 p.m. to 7:30 p.m.

Upcoming dates: March 10, April 14

Facilitator: Ildiko Ran, LMFT

Location: 2672 Bayshore Parkway, Suite 810, Mountain View, CA

RSVP and contact: Ildiko Ran at ildikoran@gmail.com or 650-353-8885

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 4 (Michelle), April 8 (Tomilu)

Facilitator: Michelle Farris, LMFT and Tomilu Stuart, LMFT

Location: San Jose - Address given with rsvp

RSVP and contact: Michelle at mft@counselingrecovery.com or 408-800-5736, and Tomilu at 408-832-6172.

OUR 2016 BOARD OF DIRECTORS

OFFICERS:



Debra D. Rojas, LMFT
President
650-485-3624
president@scv-camft.org



Eleanor Scott, LMFT
President Elect
408-659-6887
president-elect@scv-camft.org



Michal Ruth Sadoff, MFTI
Secretary
650-424-0852
secretary@scv-camft.org



Ernie Chu, LMFT
Chief Financial Officer
650-898-7820
cfo@scv-camft.org

DIRECTORS:



Nancy Andersen, LMFT
Director of Law and Ethics
650-833-9574
ethics@scv-camft.org



Elizabeth Basile, LMFT
Director of Luncheons and Innovative Programs
831-594-3085
programs@scv-camft.org



Melissa Risso, LMFT
Director of Pre-Licensed and Newly Licensed Support Groups
650-295-0919
support-groups@scv-camft.org



Kim Panelo, LMFT
Director of Special Events
408-579-9487
events@scv-camft.org



Chandra Rai, MFTI
Director of Membership
408-475 2311
membership@scv-camft.org



Jacqui Gerritsen, LMFT
Director of Communications and Technology
650-315-7207
communications@scv-camft.org

VACANT

Director of Business Development

Chapter Coordinator

Nancy Orr
mail@scv-camft.org

Editorial Committee

Debra D. Rojas, LMFT
president@scv-camft.org
Mary Deger Seevers, LMFT
seeversmd@aol.com

Committee Chairpersons

Mid-Region Luncheons:
Soad Tabrizi, LMFT
650-396-7116
soad@soadtabrizi.com
South Region Luncheons Co-chairs:
Verna L. Nelson, LMFT
408-379-7747
Carol Marks, LMFT
408-249-8047
Innovative Programs:
Dana Backstrom, LMFT
650-257-5000
dana@counselingtoyou.com

Useful Contact Information

CAMFT
7901 Raytheon Rd, San Diego, CA, 92111
Phone: 858-292-2638
Email: InfoCenter@camft.org
Website: www.camft.org
Board of Behavioral Sciences
1625 N. Market Blvd. S, #200, Sacramento, CA, 95834
Phone: 916-574-7830
Email: bbswebmaster@bbs.ca.gov
Website: www.bbs.ca.gov
American Red Cross Silicon Valley
2731 N. 1st St., San Jose, CA, 95134
Phone: 877-727-6771
Website: www.redcross.org

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Newsletter deadline for the May/June 2016 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
Creating a Community and Culture of Connection**

Autism Speaks Walk

Saturday, April 23
9:00 a.m. – 1:00 p.m.

**Help Us Raise Money
and Awareness**

REGISTER at our website

History Park San Jose
601 Phelan Avenue
San Jose, CA 95112

CHAPTER EVENTS

South Region Chapter Luncheon

Friday, April 22
11:15 a.m. – 1:30 p.m.

**What You Need to Know
About Eating Disorders
in General Practice**

Presented by
Terryann Sanders, LMFT
(1.5 CEU hrs., PCE 1134)

Los Gatos Lodge
50 Los Gatos-Saratoga Blvd.
Los Gatos, CA 95008

RESERVATIONS: YOU CAN REGISTER ONLINE USING YOUR MASTERCARD, AMEX, or 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.