

California Association of Marriage and Family Therapists

News

Santa Clara Valley Chapter

May, 1984

ELECTED OFFICERS

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Pat Burbank, President-Elect
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415/326-5194 or 415/961-4860

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408/578-7920 or 408/559-3372

Lynn Wiese, Membership/Directory
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Palo Alto 94303
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408/370-3995

Barrie O'Brien, Unlicensed Rep.
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Santa Clara 95050
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Ann Williams, Member-at-Large
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STUDENT REPRESENTATIVES

Marilyn Luotto
1745 Waverly Street
Palo Alto 94301
415/328-4395 or 415/322-1866

Maggie Macro
1579 Oriole Avenue
Sunnyvale 94087
408/739-0642

TO CALENDAR, ATTEND & SHARE

MEET YOUR LOCAL COUNSELORS! (South County Community Awareness event) May 24th, Thursday, 6:30-9:30 p.m. at Career Outreach, San Jose YWCA, 375 S. Third St., San Jose. (Please see article included in this issue of the NEWS).

"GESTALT FAMILY THERAPY" is the topic of Lou Pambianco, MFCC, on June 1st, Friday, 7-9:30 p.m. at the United Methodist Church, 655 Magdalena (Corner of Magdalena and Foothill Expressway in Los Altos.) Lou Pambianco has a private practice in San Jose and is an instructor of Gestalt Therapy at the University of Santa Clara. He is one of the most highly skilled practitioners of the Gestalt method and approach to family therapy. He is sought after as teacher and lecturer throughout the United States. Fee: \$4, members and \$7, non-members. This is a fund raising event of our chapter.

COMING EVENTS

Martin Kirschenbaum, Ph.D., President of the California Graduate School of Marital and Family Therapy, will speak for CAMFT in October on issues involving marital therapy and families of origin. Date to be announced in next NEWS.

PRESIDENT'S MESSAGE

Greetings from the largest and most active CAMFT Chapter in northern California! Last month I met with other Chapter presidents in Sacramento where I realized how our commitment to excellence is paying off. I shared with other chapters our successes: the Foothill College Conference on Relationship Issues, our quality directory, newsletter, fund raising speakers, and two referral services. I met with our state board and professional lobbyist as well. Did you know that:

- There are 16,000 licensed MFCC's in California?
- We more than double or even triple the number of other types of licensed therapists in our state?
- We therefore have political power which we need to exert to secure our place among other therapists?
- Our swelling ranks have other licensed therapy professionals worried causing them to oppose us on important legislation guaranteeing our equality?

Two important bills will soon be out of committee and be ready to be voted on. AB 2892, Name Change for counselor to therapist, will enable us to be taken more seriously. AB 2891, Worker's

Compensation, will allow us to be included as providers along with psychiatrists and psychologists. We are currently excluded.

We'll be phoning you to contact your appropriate assemblyperson when these bills come to a vote.

There is some movement to put a cap on current medical and therapeutic costs by insurance companies by working with preferred provider lists provided by CAMFT. To stay informed stay in touch with us.

We urge you to join us in our commitment to excellence on a local as well as state level.

"MEET YOUR LOCAL COUNSELORS!" May 24th, Thurs., 6:30-9:30 p.m. Members with offices in South County are especially invited to participate in the first of (hopefully) a series of ongoing community outreach events in our membership area. This will be a well publicized event, inviting community members to come and meet our chapter members on a strictly informal basis, one-to-one. (no agenda or speakers) Bring your literature, cards, etc. which will be placed on a large central table. Then you are on your own to meet and talk with our guests. Name tags, name "tents" and small tables will be available. Light refreshments available. No fee for event.

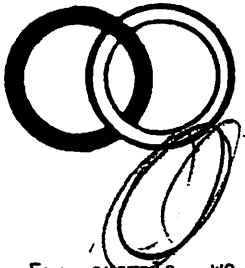
-WHERE- Career Outreach at the San Jose YWCA, 375 S. Third St., San Jose. (There is a large parking lot which is entered from S. Second St., between San Carlos & San Salvador.)

-WHO- Participants from general community and the membership of Career Outreach, San Jose YWCA. Anita Spencer, Director of Career Outreach and one of our members indicated that they will do a special flyer to their members in addition to helping with publicity and making the facilities available to us. Thank-you, Anita!

-CONTACT PERSON: Dale Porter is coordinating this initial event. Please contact him if you have questions or can help. Also, advise him by NO LATER THAN MAY 21st, MONDAY, if you plan to participate. Phone 370-3995 or Write: 178 Echo Ave., #6, Campbell, CA 95008.

-WHY: Because it's "worth a try". Let's make it a successful one!

MOVEMENT AND THERAPY:



Since I began working in 1972, I have used movement as a primary tool for working with people in therapy. At that time, very few people understood its purpose. Over the years, more and more have understood the importance of integrating movement and body messages as part of the therapeutic process. Still, many therapists hesitate, perhaps for lack of experience, to use it in their practice.

Movement gives us direct access to unconscious material. We have all kinds of ideas about ourselves and how we and the world should be, and society gives us more. But when we start to work in the body, we discover another reality, one which we must learn to integrate if we are to move toward wholeness.

For example, we live in a culture which praises efficiency, speed, and knowing what to do. Individually we think we should accomplish a tremendous amount and always feel 'up'. But if we bring the material of the body into a therapy session, with the invitation to "move the way you feel like moving," the authentic response is often to collapse and lie on the floor. The client is exhausted from trying to maintain all the ideas about him/herself. When body information is included, conflicts and ambivalences which appear to have no basis become understandable.

Similar patterns become clear when using movement with couples and families. Through simple exercises, such as mirroring or follow the leader, patterns in relationships become apparent to therapist and client. Conflicts can be experienced and understood in a new way. For example, a woman may have a certain idea about how she wants her husband to approach her, and cannot understand why he resists. Using movement to explore this idea, with the couple or with the woman and the therapist, she may get a sense of how limiting her ideas are for him, and for her, in a way she cannot get from words alone. At this point laughter often comes in. Treasured ideas can look awfully funny once we experience their physical reality.

Another way to integrate movement into therapy is to work with quiet, small movements which increase sensation and awareness. This kind of movement leads to feeling centered, and to a new relationship to the world. Instead of using large muscle movement, we explore subtle, small, non-intentional movements. Through attention to breath and subtler movement patterns, people can discover a great deal about themselves and how they approach life. This work often leaves people with a sense of connection and well being, something we can all appreciate.

These are a few examples of the ways I work to integrate movement and words in the therapeutic process. There is much still to learn about the most effective ways to do this. The more I work with it, the more interested and challenged I am by what I discover.

I would welcome calls from those of you who have an interest in knowing more about this work, or in experiencing it for yourself. I am also interested in connecting with colleagues about the integrative processes they are using and developing, perhaps to meet to share our processes. My phone is 415-321-3126 and my address is 464 Forest, Palo Alto, 94301. Patricia Burbank.

A LETTER TO NON-MEMBERS OF THE CHAPTER

Most of you have probably received several invitations to join our Chapter of the State Association, and we can conclude that you are not members because you have chosen not to be so far. However, please let me give some new information that may be of use to you. First, if you check out the list of Membership Benefits in the "Letter to Chapter Members" in this issue, you may find some new Chapter involvements you didn't know about that are of special interest to you. Second, we are changing our "communications" policy to further increase benefits exclusively to members. Previously, there has been no distinction, usually, between our mailings to Chapter members and non-members, so that one could "keep up with what's happening locally with and for MFT's" regardless of membership. Now, we will be sending most issues of the SCV-CAMFT NEWS to members only, with one or two editions per year for everyone (including an invitation to attend our Annual Membership event to have your questions answered and give you continued opportunities to join us).

Until that invitation arrives - in the fall - I welcome your inquiries about membership and/or requests for an application. Feel free to call me at 415-856-3761.

Sincerely,

Lynn Wiese, M.A., LMFC
Membership Chair

TAKE NOTE: *Preparation for MFCC Orals Exam, May 12th, Strategy & Techniques/May 19th, Application & Practice. Call John Thompson, (408) 866-2565.

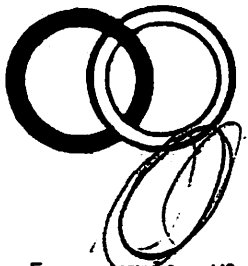
*ONTOS EXISTENTIAL THERAPY is looking for possible new staff members. Cost \$370 per month for half-time (10-15 hours week); Call Mary Ellen Edwards, (408) 243-1200.

*Office Space Available; to sub-let in Palo Alto. Call Pat Burbank, (415) 321-3126.

*Dale Porter does custom resumes for clients, (408) 370-3995.

EDITOR'S NOTE: Wheh! If you don't join us after this, then when?

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* Current Membership Benefits*

- * Director of Members for distribution to colleagues & other referral sources.
- * Meetings & Programs bi-monthly. When fundraisers, members pay only \$4.00.
- * Chapter NEWS - six issues yearly - you may advertise or write articles.
- * Telephone Referral Service: See note 2, above.
- * Mini-Workshops by and for ourselves - informal Friday night gatherings.
- * Second Annual Chapter Presentation-to-the-Public at DeAnza College, March, 1985!
- * Community Outreach Events, like "Meet Your Local Counselors".
- * Speaker's Bureau participation, newly energized by _____!
(Your Name Here)

"IN THE WORKS" (Conceptualized within four primary areas):

- * PROFESSIONAL DEVELOPMENT: Special interest groups, e.g. gestalt techniques and step-family issues. Marketing and business issues.
- * PROFESSIONAL "PR": Outreach/interactions with allied community health practitioners.
- * COMMUNITY PR: Increased exposure through the media for MFT's; "brown-baggers" - informal lunchtime outreach at places of business.
- * MEMBERSHIP SERVICES: Sponsorship of your presentations; Annual Reception, to introduce Chapter activities to potential and current members.

Well folks, you can see we have been busy. We have fine offerings and excellent goals. Now that you've joined us, really JOIN US! and help actualize our dreams. We look forward to knowing you, or knowing you better.

Warmly,

Lynn Wiese, Membership Chair

PR DRIVE UNDERWAY - The word is "Getting the word out!" Rayna Eisenstadt, Chairperson for Chapter Public Relations needs your assistance. If interested in writing announcements or telephone follow-up to media, call Rayna at (408) 947-5705.

A LETTER TO CHAPTER MEMBERS -- ESPECIALLY RENEWED MEMBERS:

A hearty welcome to the best year ever in our Chapter! Heartfelt apologies for our delay in acknowledging our 100+ renewing members. Your continued support and involvement mean a great deal to us and we don't intend a casual attitude toward you. In fact, you will discover below, several new and exciting opportunities designed to enhance the benefits to you as a Chapter member. Other ideas are "in the works", and many will depend upon additional energy and involvement from you for implementation. Check over the summary below, find the idea you are willing to help make happen, call me at 415-856-3761, and I'll link you with the right person.

To further streamline our benefits to Chapter members: 1) We'll be producing and maintaining a mailing list of members only (plus a few exceptions like the graduate programs) and sending most of our 6 yearly NEWS issues only to persons on that list; & 2) the 1984 Directory, currently in preparation, will include a roster of Chapter Board Members and numbers where they can be reached, to ensure your means of communicating with us.

Three special notes for members:

1. Clarification of membership status: You are not a Chapter member automatically with State Membership in CAMFT. If you sent your Annual Chapter dues to me or treasurer Dennis Facchino since Dec. 1, 1983, you are an active Chapter member for 1984 and eligible for member benefits. If there's any question, please check with me.
2. Telephone Referral Service participation is a separate project within the Chapter and must be explicitly joined. As a Chapter member, you may join the 408, 415 or both - area service, which involves additional financial investment on your part. The established 408 service is highly successful; call John Thompson, 408-866-2565, if you're interested. The 415 service is just getting started but will have good start-up advice from 408. Call Ann Williams 415-494-7997 to join.
3. Chapter Board Meetings are open to all members. We invite & encourage your attendance and participation. 1st or 2nd Fridays monthly. Call member-at-large Ann Williams for date/time/location of next Board Meeting. Join Us!

NEW MEMBERS, WELCOME: Olivia Anderson; Patricia J. Corcoran; Vicki L. Minerva; Jeanne Thomas; Marsha K. Anderson; Robert H. Richter; Stephanie A. Savage; Joyce A. Cameron; and Lynn Kennedy.

Join Us Now!

Membership Categories

MEMBERSHIP APPLICATION

Membership Status

Pre-License \$15.00
Regular \$25.00
Supporting \$35.00

New

Renewal

*IR or License #:

NAME

ADDRESS:

(For Directory Listing)

ADDRESS:

(Chapter Correspondence - if different)

PHONE NO'S: (Home)

(Work)

SPECIALTIES: (Five 30-spaced lines)

I certify that my membership in the California Association of Marriage and Family Therapists is current.

Signature

Date

*If IR (Registered Intern), please answer:

Name of Sponsor:

Agency Name (If appropriate)

Send information to:

Lynn Wiese, Membership Chair, 4151 Middlefield Road, #205, Palo Alto, CA 94303

Make check payable-SCV CAMFT

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