

**SPECIAL
POINTS OF
INTEREST**

- **President's Column by Terryann Sanders, MFT**
- **Meet Merrett Sheridan—Our New Bookkeeper**
- **Read Our New Pre-Licensed Corner on Pg 3**
- **Save The Date Announcement on Pg 6**

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SCV-CAMFT News

VOLUME 29, NO. 3

MAY/JUNE 2010

President's Column

—Terryann Sanders, MFT

One of my main goals this year is to further our culture of connection by finding new ways to bring the board of directors closer to our membership, and to develop ways for our members to connect with each other. We all know how easy it is to become isolated in what we do, and how important it is to support each other and find ways to get feedback and information from professionals in our field.

As a clinician, it took me some time to develop a support system that created some safety for me in what I do. As a newly licensed therapist, I found myself in a small office by

myself in a building that did not have any other therapists. At the time, I did not



**Terryann Sanders,
President, SCV-CAMFT**

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408-264-5802

have a consultation group of other clinicians to talk to, I was no longer having supervision, of course, and I

did not attend the monthly SCV-CAMFT luncheons.

In my first year I had to call 911 three times to hospitalize a client, and I had a Tarasoff situation in which I had to call the police and the potential victim. Needless to say, I felt stressed and alone and in need of help. If it had not been for CAMFT's support and excellent legal advice, I am not sure what I would have done.

Since that time, things really have changed for me. I was on a waiting list for a consultation group that finally came through. As a result of **Cont'd on page 14 -**

Meet Merrett Sheridan—

SCV-CAMFT Contract Bookkeeper

Merrett Sheridan is owner of Capital Planning Services (www.capitalplanningservices.net), a home office solutions company serving individuals and businesses in the Bay Area since 1999. Her professional experience includes over twenty years in corporate and small business accounting.

Merrett has held various accounting positions and currently works as an independent bookkeeper, specializing in small business accounting, utilizing QuickBooks software.

Merrett received a B.A. in Psychology from U.C. Berkeley in 1998, and an M.A. in Counseling Psy-

chology in 2007 from John F. Kennedy University. She anticipates MFT licensure by the end of 2010. Currently, she works part-time at a psychiatric residential facility in Palo Alto, through Momentum for Mental Health. She also has an internship at Peace-It-Together, where she **Cont'd on page 14 -**



SCV-CAMFT Calendar

MAY

15 Newsletter Deadline
Jul. / Aug. Edition *with a new look!*

21 Chapter Luncheon
North Region; San Mateo

JUNE

11 Chapter Workshop
From Parenting to Peacemaking

25 Chapter Luncheon
Mid-Region

JULY

15 Newsletter Deadline
Sept. / Oct. Edition

23 Chapter Luncheon
South-Region

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Please see advertising policy and information on page 21.

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

Pre-Licensed Corner—Welcome to Psy-Mart by Howard Scott Warshaw



"I'm shopping for a theory"

"Every theory is another perspective. So different yet so similar, and they all have their TLAs."



"Two soothing thoughts come to mind."

I'm shopping for a theory. This is my current priority as a JFK student/trainee hurtling toward graduation and internship. I need a therapeutic identity to facilitate the process. So, I head down to Psy-Mart, grab a cart and start browsing. There's DBT, EFT, CBT, EVT, DDP, etc. So many TLAs (Three Letter Acronym). Between the BBS, my GPA and my CPA, my EKG needs TLC if I'm to be an MFT. OMG!

Every theory is another perspective. So different yet so similar, and they all have their TLAs. There's Psychodynamic (a seed was planted in your head), then there's Behavioral (all around you seeds are flying at your head), and then there's Humanistic (forget about the seeds, I love your head). There's Systemic (it takes many heads to truly plant a seed), and then there's the ever present Existential (I'm all alone, I'm going to die, there's no point, and I'm responsible), which may sound bleak but it has the best jokes.

Sometimes, I learn a lot from TLAs. For instance, I like CBT, but I'm not crazy about Behavioral in general. There is just something about the world of pure stimulus/response that strips me of my creative individuality, and I don't like it. However, I think the Cognitive aspect is fantastic because I'm totally mental. I figure I'll just take the B out of CBT and there will be my perfect theory, and, interestingly, that turns out to be true. When I remove the 'B', I'm left with CT (CounterTransference). This makes me look at why I react as I do to the Behavioral models, and I think, "Oh yeah, Adlerian strivings to overcome lack of acknowledgement in my past made me sensitive to perceived de-personalization. I will do my best to remain mindful of this, particularly when treating clients with Narcissistic issues." Sometimes, TLAs can inform us.

I enjoy using humor, but occasionally

I use it to mask my resistance. I experience pushback when selecting a theory. I feel, by selecting one, I'm denying all the others. Systemic seems natural to me as a former engineer, and Cognitive makes so much sense. The precepts of Existentialism were undeniable facts to me from a very young age, and Buddhism is similarly intuitive to me. I believe Psychodynamic theory is a necessary, but not sufficient approach and the research clearly demonstrates they all need a Humanistic component to succeed. In my dreams, I seamlessly integrate all theories and eliminate the need for a choice, but this a dream. Instead, I'm taking time and care, looking around to find the best theoretical fit for me. But, what if I make the wrong choice?

Two soothing thoughts come to mind. The first is simply realizing this is not the last choice. I can always switch theories as time, knowledge and practice dictate. The second is something I heard from a very wise colleague, "Forget about making the right choice. There is no wrong choice." One aspect of becoming a therapist is accepting a world rife with opportunities to second guess myself. The best way to avoid it: don't do it. As I think about selecting a theory, I value every opportunity to gain perspective and insight, which ultimately helps me serve my clients. I can choose to see this as obsessing over making perfect choices, but I prefer to reframe it as simply being a smart shopper.

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

Tell Your Clients to Take a Hike?



By—Tracy DeSoto, MFT

In this day and age psychotherapists are faced with more theories, techniques and interventions designed to improve clients' lives than any one person could master in a lifetime. Wouldn't it be amazing if you could simply sit down with your clients and advise them to... hike?

With both obesity (and its related health concerns like heart disease and diabetes) and the most prevalent mental health disorders (depression and anxiety) at record highs this past decade, psychotherapists urgently need to begin recommending physical exercise to their clients. The most recent statistics are sobering. In 2003, the Office of the Surgeon General reported to the Committee on Education and the Workforce that two out of every three American adults were overweight or obese, and that one out of eight deaths in the United States is caused by an illness directly related to the same.

In 2004, the Journal of the American Medical Association (Demyttenaere, et. al,

2004) reported the nationwide prevalence of depression to be a record 26% - the highest number of the 14 developed and developing nations who participated in the study. The Anxiety Disorders Association of America reports that in 2009, the nationwide prevalence of anxiety-related disorders was approximately 40 million Americans, or roughly 18% of the population over age 18.

Now consider the preponderance of research and documentation supporting the multi-fold benefits of physical exercise, including: improved cardiovascular health, lowered risk for stroke and diabetes, stress reduction, tension and anger reduction, improvement in sleep and appetite, improved body image, increased energy, and increased self-esteem.

Meta-analytic reviews of research examining the influence of physical exercise on mental health have been conducted for the last two decades and have demonstrated that there is indeed a strong connection between regular, moderate exercise, and mental health. This doesn't mean that a client suffering from Paranoid Schizophrenia is going to step on a treadmill and be cured by a 30-minute-cardio-routine, but it does mean that almost every client we see is going to benefit from some kind of regular, mild to moderate, physical exercise. The essence of our work is sup-

porting a healthy lifestyle within which our clients can create and build healthy, supportive relationships. There may be no better way to incorporate exercise into this philosophy than by encouraging our clients to try hiking.

My personal and professional experience with hiking has taught me not only that it requires little to no specialized equipment beyond a good pair of walking shoes, but that the rewards far surpass the exertion of energy and time required to make hiking a regular part of your routine. It is not just the physical act of walking through the wilderness which gives hiking such power. It is the mindful way in which one approaches one's time outdoors, the careful preparation of tools and body for the conditions, and the willingness to observe and engage with one's surroundings that contribute to an overall feeling of well-being and connectedness when one truly learns to "walk in the woods."

After clients have received clearance from their doctor to begin at least a mild exercise regimen, we discuss their philosophy and approach to their personal health—does it include regular physical exercise? Are they open to new types of activities that support physical health? Are they willing to commit to a more playful, comprehensive approach that will allow them to incorporate what they learn in therapy into their workouts (and vice-versa)?

"The essence of our work is supporting a healthy lifestyle"

Tell Your Clients To...Take a Hike?

Cont'd from page 4



Clients who express a willingness to try hiking are guided through a series of conversations about all the elements of a hike, such as terrains and connecting with local hiking groups. I believe the most essential component of connecting hiking with therapy is beginning to understand that a wilderness hike is not only a literal walk that can be measured in miles, but a symbolic inward journey into one's own psyche.

Client's often reported that when they enter into whatever wilderness terrain they have chosen as most appropriate for their hike, their surroundings begin to enter them as well. The full range of our human senses are engaged when we enter a new realm, and clients are often able to notice sights and smells inaccessible to them in more urban and distracting settings.

This new connection with one's natural surroundings almost always germinates a fresh insight into one's emotional state of being. Clients can tap into the wealth of metaphors and experiences available through the abundance of nature. Dried sagebrush in winter becomes a symbol of death and the promise of rebirth to a grieving man; a red-tailed hawk wheeling overhead becomes a symbol of freedom to the adolescent who feels trapped by her eating disorder; a doe and her fawn silently grazing in a pasture become a symbol of hope to a woman struggling with fertility;

an endurance hike culminating at the peak of a mountain becomes a symbol of endurance and strength to a man struggling to make peace with his own physical decline; and the unexpected smell of eucalyptus and rosemary reminds a depressed client of happier times and makes her smile.

The therapeutic possibilities that can be gleaned from even one or two hikes are almost endless. A child diagnosed with ADD or AD/HD might not be willing or able to sit quietly and read about local flora and fauna, but this same child can assist in creating a list of local flora to take on her hike (think scavenger hunt), and experience the success of finding the flowers listed. This is a physical experience of what it's like to be engaged, focused, and proud of an achievement. In addition, hiking is a great way for children to incorporate their classroom learning with real-world experience.

An adult hiker can be encouraged to research aspects of the local geography and ecosystems she discovers from hiking, which could, in turn, stimulate her to join her local chapter of the Sierra Club or other organizations such as the American Hiking Society; thus bringing new friends and social opportunities into her life.

Because hiking can stimulate so many responses from clients, I encourage everyone to pack (in addition to basic safety tools, food, water and extra clothing) a small unlined journal and their drawing or writing tools of choice. I like to carry a 5 by 5 inch spiral bound notebook and a small pack of crayons and a pen when I hike, in addition to a digital camera. Any arresting smells, sights, sounds, or other sensations or observations are all recorded either through a quick draw

ing, photograph or scribble.

Many clients have reported taking a one or two-miles hike that lasted for hours. They began to observe so much life, movement and metaphor that it became impossible to take a step without fresh insight inundating their senses. All of this was brought to therapy to process and incorporate into a newer, healthier perspective.

Motivating clients to overcome their substantial inertia or fears about getting outdoors can be a daunting process for any therapist. The rewards are immeasurable, as clients begin to expand their boundaries, broaden their perspective, and take on challenges. They also see themselves, perhaps for the first time, as champions, explorers, discoverers and engineers of their own lives.

Resources available upon request.

Tracy De Soto, SCV-CAMFT Board of Directors - Business Development
Tracy De Soto, LMFT, earned her MA in Counseling Psychology and her Master's Level Certification in Expressive Art Therapy from JFK University. Tracy has Advanced Certification in Transformational Life Coaching from the Institute for Transpersonal Psychology. Tracy plans to complete her Registered Expressive Art Therapist certification with IEATA in the upcoming year. Tracy maintains a private practice in Burlingame where she provides Expressive Art Therapy and Transformational Life Coaching to a broad range of clientele. She also conducts individual and group therapy throughout the Burlingame School District. Tracy is the current Secretary of the Northern California Art Therapy Association's board, and the Director of Business Development for the SCV CAMFT Board.

SAVE THE DATE!!! SAVE THE DATE!! SAVE THE DATE!!! SAVE THE DATE!!!

SCV~CAMFT presents...

From Parenting to Peacemaking

Helping our clients develop healthy emotional, social, and global functioning

Julie Kriegler, PhD. and Sarah Burdge, PhD. will explore:

- ◆ Relational connection, attachment theory, and interpersonal neurobiology in action
- ◆ Theoretical ideas and research findings related to the impact of our early experiential history on our later relational functioning including our emotional regulation, stress tolerance, and empathic abilities
- ◆ How individuals who are exemplar peace activists within cross-cultural settings manifest particularly developed traits in overlapping critical areas
- ◆ How the intersection of these findings and our therapeutic relationships can foster development of these abilities in our clients and communities so they may respond to others in empathic, collaborative, and non-violent ways and, thus, be optimal planetary citizens
- ◆ A balance of didactic information and applied and experiential components

When: Friday, June 11, 2010 9:00am - 4:00pm Registration 8:30am

Where: Michael's Restaurant, 2960 North Shoreline Boulevard, Mountain View

Cost: All fees include CEU's, breakfast, and buffet lunch
 Before May 15th: SCV-CAMFT members \$115, Non-chapter members \$125
 Intern/student rate \$75 (special rate expires after May 15th)
 After May 15th: SCV-CAMFT members \$125, Non-chapter members \$135

How: **Must register by June 1st.**
 Register online at <http://scv-camft.org/calendar/DisplayEvent.aspx?EventId=135>
 (For reservation information contact (408)235-0210 or mail@scv-camft.org. For information on the workshop call LaDonna Silva at (408)358-2218 x421.)

Julie Kriegler, PhD. is a licensed psychologist whose specialties include human development and parenting within the couple/family context, early, complex trauma, and consultation and treatment from a relational, dynamic perspective informed by interpersonal neurobiology.

Sarah Burdge, PhD. is a licensed psychologist and has a private practice in Menlo Park specializing in diversity issues, LGBTQ issues, and trauma and teaches at the Institute of Transpersonal Psychology.

Cancellation Policy: Due to the contracted costs of offering this event, cancellations must be received at least 14 days prior to the date of the event in order to ensure a refund, less a \$35 administrative processing fee. Cancellations received after that date will be credited to your account if we are able to sell your seat for the event. By sending payment you are agreeing to this cancellation policy. Cancellations may be sent by e-mail to mail@scv-camft.org or voicemail (408)235-0210.

Special Needs: SCV-CAMFT is committed to providing a presentation that is accessible by all who wish to attend. If you have a special need and plan to attend, please request an accommodation by making contact with us at (408)235-0210 or mail@scv-camft.org so the chapter has ample time to arrange your accommodation.

Speakers at SCV-CAMFT events are provided as a service to members & non-members of our chapter and represent their own professional work and opinions.



Diane Strongwater, MFT, is a psychoanalyst practicing in Sunnyvale. She is a training and supervising analyst at the Psychoanalytic Institute of Northern California and currently co-leads a psychoanalytic-oriented consultation group in Palo Alto.



When It's Time to Hold the Line:

The Dilemma of the Omnipotent Therapist

Many of us get into this field because it's what we did in our family. In cases where we did not have loving or nurturing adults around us, we became the caretaker, the problem solver, or, in the case of drug and alcohol addicted parents, we saved them and kept them going – or at least we thought we did.

What does it mean to be a therapist? Seems obvious, right? We studied, obtained degrees, sought ongoing supervision, and joined professional organizations, like CAMFT, that keep us abreast of ethical and legal issues pertaining to our practices. Despite my training, I have found myself and those I supervise conflicted between holding necessary boundaries and limits, and resisting unconscious temptations to be the penultimate savior. Here are two clinical examples, an amalgam of several cases: Jim is drug and alcohol addicted, and while he's agreed to attend all his sessions and arrive sober, his professional and personal relationships are currently in turmoil. Lately, he's been missing sessions or arriving late, and the smell of alcohol is apparent as soon as he enters the room. Another client is Patty. Her son Tommy lives at home, but continues to buy drugs and comes up with excuse after excuse to avoid getting a job. Patty's husband walked out on her and Tommy is all she's got. She's been very ambivalent about insisting he get clean and employed. Over the last several months, she says that money is missing from her wallet. Tommy regularly brings "friends" who hang around, eat her food, and smell like pot. It's clear to her that she needs to create limits as a condition for Tommy to continue to live at home. She reluctantly agrees that he either needs to comply, or he needs to move out. Patty is also an adult child of an alcoholic, and while 12-step meetings have been recommended, Patty insists that all she needs is

therapy. Several weeks have gone by and Patty can't bring herself to confront Tommy, nor is she willing to consider an outside intervention. At this point, she simply complains how miserable she is – session after session.

At first, we get clear that these clients need a definitive intervention in order to continue therapy. We get consultation on both cases and decide that as a condition for continuing his work with us, Jim has to agree to an outpatient treatment program, or join AA and attend 90 meetings in 90 days and get a sponsor. Patty obviously is not ready to let go of Tommy, but since that's the reason she wanted therapy and she's refused additional support, we decide to let her know that therapy is no longer helping her, and that it's best to discontinue at this time. Although we're feeling pretty solid about these decisions, when Jim comes into his session, we look at him and recall how we took care of our alcoholic father for years, extending his life before he finally died of cirrhosis of the liver. We worry that we're being too rigid, and fear for Jim's safety, if we set a condition in order to see him. Even though Patty's having difficulty now, we never abandoned family members or friends when they needed us, despite the often uselessness of our efforts. We begin to wonder if Jim and Patty need to be seen more often, and we slide our already reduced fee even lower. We made it clear when we started to work with these clients that a session is 50 minutes, but we tend to significantly run over because they "need" us. Sooner or later, this becomes part of our normal routine. We're convinced of what's clinically necessary, and eventually lose sight of whether we are the client's mother, sister, brother, father, friend or... therapist. This is the result of the

Continued on Page 14

SCV-CAMFT 2010 Calendar of Events

May 15, 2010: Saturday

July/August Newsletter Deadline

May 21, 2010; Friday

North Region Luncheon/Board Meeting

June 11, 2010; Friday

Mid Region Workshop

From Parenting to Peacemaking

Helping our clients develop healthy emotional, social, and global functioning

Julie Kriegler, PhD., Sarah Burdge, PhD.

MUST REGISTER BY JUNE 1

July 15, 2010: Thursday

September/October Newsletter Deadline

THE NEWSLETTER IS CHANGING! NEW COLOR PAPER AND HIGHLIGHT COLOR

July 23, 2010; Friday

South Region Luncheon/Board Meeting

August 27i, 2010; Friday

North Region Luncheon

To Be Determined

September 15, 2010; Wednesday

November/December Newsletter Deadline

November 5, 2010; Monday

Annual Meeting at Michael's at Shoreline

Please Note Newsletter Deadlines:

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

JULY/AUGUST 2010 ISSUE
DEADLINE MAY 15, 2010

SEPTEMBER/OCTOBER 2010 ISSUE
DEADLINE JULY 15, 2010

Chapter board meetings are generally held on the fourth Friday of each month (some major holidays and other chapter functions move the date) from 9:00AM to 11:30AM at the same location as, and immediately prior to, the chapter's monthly luncheon event.

All luncheon programs are held from 11:30AM to 1:30PM. Look for locations and other specifics in the newsletters, on the chapter's website, and in e-mail sent directly to those members who have e-mail.

In order to make the luncheon registration process as efficient as possible, please register early. Send your payments, with your entrée selection noted, to the chapter by the Monday prior to the event.

CREDIT CARD PAYMENTS AVAILABLE ONLINE!

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

SCV-CAMFT 2010 Calendar of Events

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

Date: Friday, May 21 from 11:30AM—1:30PM
Place: Marriott San Mateo
1770 South Amphlett Blvd.
San Mateo, CA
Menu: Pesto Chicken with Penne Pasta,
and (vegetarian) Pesto Pasta with
Seasonal Vegetables
Register: **Register using your credit card
at www.scv-camft.org!** (See below and
back page for more information.) For infor-
mation regarding the speaker contact:
Pamela Eaken 650/571-6342.

Dr. Leili will discuss LGBT issues from an historical perspective, including the women's movement, Freud, feminism, and the current social climate. Sexual identity development, how we assess problems with identity, and what are the most common presenting problems will be covered (relationship issues, sexual issues, substance use, as well as anxiety and depression) followed by treatment issues.

Directions:

Marriott San Mateo—Collaborate 3 Room (third floor).
Directions to the room will be on signage when you enter the hotel.

Note: Parking in the Marriott's lot is .75 per hour.
Parking is free in the adjacent office complex.

From 101 Heading North or South:

Take Highway 101 North. Take Highway 92 going West. Take the Delaware Street exit (located on the right side). Go right at the Exit light (Concar Drive). Follow Concar straight ahead, go through Delaware Street and Grant Street (DO NOT TURN ON THESE STREETS!) Concar Drive turns into South Amphlett Boulevard, which veers to the left and brings you in front of the San Mateo Marriott, which will be on your left.

Parent to Peacemaking Workshop
(6 CEU hrs. available, PCE 1134)

Date: Friday, June 11 from 9:00AM—4:00PM
Place: Michael's Shoreline
2960 N. Shoreline Blvd
Mountain View, CA
Menu: Breakfast and Lunch Buffet
Register: **Register using your credit card
at www.scv-camft.org!** (See below and
back page for more information.) For infor-
mation regarding the speaker contact:
LaDonna Silva 408/358-2218 ext. 421.

Julie Kriegler, PhD. & Sarah Burdge, PhD. explore:

- ◆ Relational connection, attachment theory, and interpersonal neurobiology in action
- ◆ Theoretical ideas and research findings related to the impact of our early experiential history on our later relational functioning including our emotional regulation, stress tolerance, and empathic abilities
- ◆ How individuals who are exemplar peace activists within cross-cultural settings manifest particularly developed traits in overlapping critical areas
- ◆ How the intersection of these findings and our therapeutic relationships can foster development of these abilities in our clients and communities so they may respond to others in empathic, collaborative, and non-violent ways and, thus, be optimal planetary citizens
- ◆ A balance of didactic information and applied and experiential components

Directions:

From 101 Heading North or South: Exit Shoreline Blvd. If you're coming from the South, turn left. If you're coming from the North, turn right. Go all the way down Shoreline Blvd. to the end. Go through the gates at Shoreline Park. Drive about .5 miles. Turn Left into the parking lot. If you get to a white Victorian Building, you have gone too far. There is extra parking to the left of the main parking lot.

Note: While there are sometimes a few seats left for walk-ins, pre-registration is required. We give the food counts a few days before the luncheon and cannot be accurate without pre-registration. If you find you must cancel, please call the chapter voicemail (408/235-0210). **Refunds are not always available and are never available without this notification.** It **may** be possible to transfer your payment to the following month **if** you call at least 24 hours in advance. The contact persons are available to answer questions about the speaker and the topic. If you have questions about the procedure for registering, call the chapter voicemail. Guests are welcome to attend with you—please provide their names along with your payment. Also be sure to specify your entrée choice with your payment. See the back cover for more information on registration. **Please remember that telephone reservations cannot be accepted.**

SANDPLAY and JUNGIAN CONSULTATION GROUP

Forming Now

Location: San Jose

When: **One Friday a Month**

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

Group Size: **Maximum of 6 People**

Call for more Information:

Olivia Heathcote 408-920-2990

Jill Kaplan 650-364-4670

CAMFT NEEDS YOUR HELP

Having problems getting reimbursed
by a managed health care plan?

Has the Insurer or Plan lost your
claim one too many times?

Dropped by a plan for requesting a
higher reimbursement rate?

CAMFT continues to work with the
Department of Managed Health Care
("DMHC") to resolve ongoing provider
-plan administrative problems, com-
plexities, and unfair business prac-
tices that violate the law...BUT
CAMFT NEEDS YOUR HELP!

Next time you file an appeal with a
health care plan and /or file a grievance
with the DMHC or Department
of Insurance, PLEASE also fax a copy
of this letter to CAMFT so that we can
utilize this information as empirical
data when fighting for your rights.

NOTE: We will redact (or blackout)
any and all identifying information that
relates to you and your client (if not
already redacted).

Please fax copies of your appeals or
grievances to Cathy Atkins at 858-292-
2666. Thank you for helping CAMFT
fight for your rights as providers in the
managed health care system!!

Strategic Family Therapy Center

Solving family problems
Increasing family strengths

The Strategic Family Therapy Center at the Mental
Research Institute in Palo Alto offers psychotherapy
services to families, couples, adults, and adolescents

- Affordable, sliding-scale fees
- Focused on solving defined problems
- Approach based on over 30 years of experience
and research at MRI and the Family Therapy
Institute of Washington, D.C.

(650) 322-2252

555 Middlefield Road
Palo Alto, CA 94301
<http://www.mri.org>

Groundbreaking Self-Help Author Offers 30 CEUS for

The Writing Retreat of Your Dreams

Laura Davis, a pioneer in the self-help movement, author of *The Courage to Heal: For Women Survivors of Child Sexual Abuse* & six other classic books, is hosting a writing and meditation retreat this July in Marin County aimed at therapists and social workers. The retreat offers 30 continuing education units.

**Bolinas, California
July 21-July 26th**

\$1300-\$1550, all inclusive



LAURA DAVIS

Healing Words That Change Lives

**www.lauradavis.net/Retreats/retreat.html
(831) 464-9517**

Authorized by CABS Provider No. PCE879 to qualify for 30 hours of continuing education credit for MFTs and LCSWs as required by the California Board of Behavioral Sciences.

• DEEP REST • DELICIOUS, ORGANIC FOOD • WILD CALIFORNIA COAST • COMMUNION WITH YOURSELF • WRITE YOUR HEART OUT • LEARN TO USE WRITING WITH CLIENTS

Women's Group

Helping You Access Your Inner Wisdom

- Assertiveness • Childhood concerns
- Life transitions
- Personal growth
- Relationships • Self esteem

Wednesday evenings

**Bascom Avenue, San Jose
near Hamilton Avenue**

Facilitated by:

Claire Adalyn Wright

408-998-7098

Licensed Marriage & Family Therapist

California License #MFC44491

Call for details and for a pre-group interview

ADVERTISING OPPORTUNITIES AND PRICES!

Since the launch of the chapter's Website in the fall of 2004, all classified advertisements have been published on the Website concurrently with their run in the chapter newsletter. Now, your display advertisements can as well! The following is a list of the prices, effective August 1, 2005, for display advertisements for publication in SCV-CAMFT News. Please remember, you can always receive an additional discount by paying for multiple publications of your advertisement in advance.

	Member Advertising Rates			Non-member Advertising Rates		
Newsletter or Online Display Ad	2 months	6 months	12 months	2 months	6 months	12 months
Full Page	\$200	\$510	\$900	\$400	\$1,020	\$1,800
Half Page	\$125	\$319	\$563	\$250	\$638	\$1,125
Quarter Page	\$75	\$191	\$338	\$150	\$383	\$675
Eighth Page	\$50	\$128	\$225	\$100	\$255	\$450
Combined	2 months	6 months	12 months	2 months	6 months	12 months
Full Page	\$300	\$765	\$1,350	\$600	\$1,530	\$2,700
Half Page	\$188	\$478	\$844	\$375	\$956	\$1,688
Quarter Page	\$113	\$287	\$506	\$225	\$574	\$1,013
Eighth Page	\$75	\$191	\$338	\$150	\$383	\$675

These prices are also available on the chapter's Website, www.scv-camft.org.

If you have questions or comments, please contact the chapter at 408/235-0210 or mail@scv-camft.org.



A great way to create
your long-term sup-
port network....

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



Free Prelicensed Support Groups

South Region—The group meets the second Saturday of each month from 10:00 AM—12:00 PM. The current facilitator is **Judy Hanf, MFT**. The group is held at 800

Pollard Road, Ste B207, in Los Gatos, CA. Please call Judy at 408/440-6274 or e-mail her at judy@betterlivingtherapy.com, if you are interested

in taking advantage of this valuable support group!



Free Newly Licensed Support Groups

North Region—The purpose of this group, which meets monthly, is to provide support to members who have recently become licensed. **Jamie Moran, LCSW**, is the current group facilitator. The location is 661 Live Oak Avenue, Suite One, Menlo Park, CA 94025. To RSVP, and for further information about upcoming meeting dates and

times, please contact Jamie Moran at jammo-ran@aol.com or 650/598-8877.

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

MFT, is the current group facilitator and meetings are held on the border of Campbell and Los Gatos, close to the intersection of 85 and 880. To RSVP, and for further information, please contact Verna Nelson at 408/379-7747 or email at vernanelsonmft@gmail.com



Free Therapist Support Group

The meetings are held from 1:00 PM—2:30 PM on the second Friday of each month, at JFK University Counseling Center, 572 Dunholme Way, Sunnyvale. Meetings are spon-

sored by the Well-Being Committee and hosted by **Ani Martin, MFT**, and **Mary Jo Trusso, MFT**. Please call Ani at 408/629-2234 or

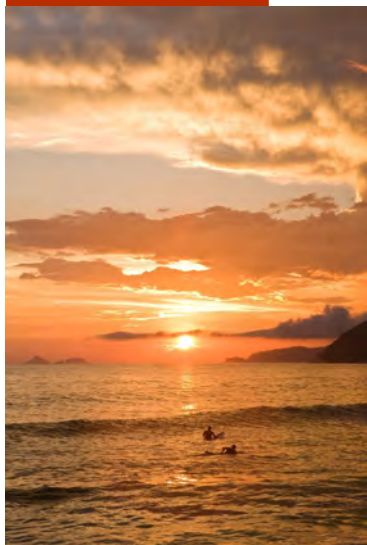
e-mail her at ani@mncservice.com, if you plan to attend.



Reflections on Wellness—The Invitation



Reflections on Wellness is a regular column from the Therapist Well-Being Committee and appears in every issue of SCV-CAMFT News. The committee welcomes your ideas or submissions about therapists and their real struggles and triumphs maintaining well being. We encourage you to give us feedback, write an article, be interviewed or suggest a topic for this column. Please contact **Cathy Hauer**, at 650/71201930 or CathyHauer2@aol.com, for author guidelines or to discuss the column.



By Oriah Mountain Dreamer

It doesn't interest me what you do for
a living.

I want to know what you ache for
and if you dare to dream of meeting
your heart's longing.

It doesn't interest me how old you
are.

I want to know if you will risk looking
like a fool
for love
for your dream
for the adventure of being alive.

It doesn't interest me what planets
are squaring your moon...

I want to know if you have touched
the centre of your own sorrow
if you have been opened by life's be-
trayals
or have become shriveled and closed
from fear of further pain.

I want to know if you can sit with pain
mine or your own
without moving to hide it
or fade it
or fix it.

I want to know if you can be with joy
mine or your own
if you can dance with wildness
and let the ecstasy fill you to the tips
of your fingers and toes
without cautioning us
to be careful
to be realistic
to remember the limitations of being
human.

It doesn't interest me if the story you
are telling me
is true.

I want to know if you can
disappoint another
to be true to yourself.

If you can bear the accusation of be-
trayal
and not betray your own soul.
If you can be faithless
and therefore trustworthy.

I want to know if you can see Beauty
even when it is not pretty
every day.

And if you can source your own life
from its presence.

I want to know if you can live with
failure
yours and mine
and still stand at the edge of the lake
and shout to the silver of the full
moon,
"Yes."

It doesn't interest me
to know where you live or how much
money you have.

I want to know if you can get up
after the night of grief and despair
weary and bruised to the bone
and do what needs to be done
to feed the children.

It doesn't interest me who you know
or how you came to be here.
I want to know if you will stand
in the centre of the fire
with me
and not shrink back.

It doesn't interest me where or what
or with whom
you have studied.

I want to know what sustains you
from the inside
when all else falls away.

I want to know if you can be alone
with yourself
and if you truly like the company you
keep
in the empty moments.

© *Mountain Dreaming*, from the
Oriah's book *THE INVITATION*
published by
HarperONE, San Francisco, 1999
All rights reserved.
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the author.
www.oriah.org

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

renting office space from one of our past SCV-CAMFT presidents, I was introduced to and invited to become involved in SCV-CAMFT on the board of directors. It also felt good to be in an office with someone else, particularly on those days when my clients were especially challenging! I more recently created an eating disorder consultation group for professionals who are interested in learning and supporting each other in the challenging work we do. Being involved in SCV-CAMFT has helped me feel much more connected to my profession, and most especially my colleagues. I have been able to develop a network of colleagues for referral sources, and some lasting friendships.

My challenge this year is to determine what the board of directors can do to encourage you, our membership, more actively involved in your chapter. In an effort to do that, we have recently released a membership survey intended to poll our members for ideas on how we can better serve you. My hope is to use the information you have provided us to change what is not working, and add value to your membership with new offerings.

You likely have noticed we have been using our new Chapter Exchange to poll the membership regarding upcoming events. One of these events is the annual meeting. In an effort to give back to our membership, we will hold the annual membership meeting at Michael's Restaurant this year. Because of your past support of the workshops we have offered, we have a surplus of funds that will allow us to provide a special venue this year. We are excited to be able to offer this to our membership and hope to see you there. Save the date—November 5 at 4:00 P.M.

We will also be offering a June workshop this year featuring Julie

Kriegler, PhD who spoke at our last annual meeting. Dr. Kriegler will be presenting some of the latest theoretical ideas and scientific research findings on relational connection, attachment theory, and interpersonal neurobiology. Sarah Burdge, PhD will be joining her in this presentation. Save the date – June 11th from 9:00AM to 4:00PM.

Your board of directors continues to work hard at increasing the value of your membership. I invite you to email me to share your thoughts.

Terryann Sanders, M.S., MFT
SCV-CAMFT Board of Directors,
President
<http://www.terryannsanders.com>
terrysanderslmft@sbcglobal.net

Terryann Sanders received her master's degree in Counseling Psychology from San Jose State University in 2001. She began training at The Giarretto Institute, a sexual abuse treatment facility, working with victims and offenders and coordinating individual and group services for incarcerated teens. Terry moved on to working with children in a school setting, and a private practice specializing in eating disorders and sexual abuse. She supervises two interns who work with her in private practice providing individual, family, and group counseling to adults and children.

Meet Merrett Sheridan—
cont'd from page 1 -

co-facilitates groups for teens who have been arrested for domestic/dating violence. Her past internships include several elementary and junior high schools, Santa Clara Counties suicide and crisis hotline, the YWCA of Silicon Valley, and the JFKU Community Counseling Center - where she has gained a broad range of experience. She is particularly interested in using an existential approach to psychotherapy, and intends to open a private practice

after becoming licensed.

Since May, 2002, Merrett has served on the board of directors for Peace-It-Together, a not-for-profit organization that specializes in the area of domestic violence, with particular interest in youth prevention programs. She also is a volunteer fee arbitrator for the Santa Clara County Bar Association. She is a Bay Area native, lives in San Jose, and enjoys drawing in her spare time (www.merrett.net).

Merrett is very pleased to be working as the bookkeeper for SCV-CAMFT, as it combines her two careers, and provides her with the opportunity to serve the MFT community in a meaningful way.

When It's Time to Hold the Line—
cont'd from page 7 -

unconscious conflict between living in reality, which means setting limits and boundaries for both our clients and ourselves, and believing, if we try hard enough, we can save everyone.

Most clinicians don't make egregious errors – it can be hard and awkward to end on time, hard to turn away gifts from clients, and hard to collect fees, but even these "minor" infractions have something to do with losing sight of who we are to our clients and what's possible to accomplish in any given treatment. Setting limits doesn't mean being cold or harsh. It does not mean we don't care – quite the opposite. Caring means doing what's best, and it may mean terminating treatment if we've gone as far as the client and we can go. In analytic work, we pay close attention to the unconscious, what the back and forth messages are between therapists and clients that can be very different from what's being expressed. If I continue to see a client when it's clear therapy's not enough, or I've reached the extent of what therapy can offer, what's the implicit message?

Going out of our way to save a client is very different from therapy. Compromising our own well-being by not ending on time, which means we don't take a break between clients, is a message that we don't know how to take care of ourselves. Worst of all, we're stuck in an early childhood repetition that we can be the end-all and be-all for our clients. This is what Webster's dictionary defines as omnipotence: having absolute power and virtually unlimited influence over another.

Each and every one of us needs to regularly review why we are therapists and what defines our role. Admittedly, I love some of my patients and care for them deeply. However, it is not the love of a parent to a child, nor is it the love of a child who has been forced to take care of parents who can't take care of themselves. At times, we're drawn into our old roles and patterns, and it can be difficult to face our limitations. It's painful to accept that we can't help some clients – that some will actually spiral downward as we watch, helplessly. It's hard to draw the line. But, in reality, it's how we let our clients know we really care about them, which includes letting them see that we know how to take care of ourselves as well.

By—Diane Strongwater, MFT.

Diane is a psychoanalyst practicing in Sunnyvale. She is a training and supervising analyst at the Psychoanalytic Institute of Northern California and currently co-leads a psychoanalytic-oriented consultation group in Palo Alto.

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

Guidelines for Authors of Articles

For the Chapter Newsletter

FORMAT FOR ARTICLES

- ⇒ Length: Articles 500-1,200 words; Announcements 75-250 words
- ⇒ **Double-space to provide room for editing**
- ⇒ Indent paragraphs
- ⇒ Do not right justify
- ⇒ Submit typed or printed copy only
- ⇒ Check punctuation and spelling, particularly of names
- ⇒ ***Please not deadlines, which the production staff must observe—the 15th of every odd month. The more time we have to edit and check facts, the better your article will be.***

STYLE OF SUBMISSIONS

- ⇒ Use an active voice “*We have all experienced...*” rather than a passive voice “*An experience that has been had by all of us...*”
- ⇒ Use short sentences and short paragraphs. Avoid loading sentences with unnecessary words; in general, strive to make your points as briefly as possible, with each word adding something.
- ⇒ Avoid clichés (“*like a ton of bricks*”), slang (“*humungous*”), and hyperbole (“*the worst problem e all face...*”).
- ⇒ Document key assertions with which others may disagree (“(Farrell, 1933)” “Unified School District enrollment data”).

IN GENERAL

As you prepare your article or announcement, ask yourself:

- ⇒ What is my goal—to inform, to persuade, to motivate, to challenge,?
- ⇒ What exactly is this article about? What are the 2 or 3 key points?
- ⇒ Who is my audience? How much knowledge of this subject do I assume my readers have?
- ⇒ For announcements, please make sure you include all necessary information: what, why, when, where, how, and who.
- ⇒ Before submitting anything, please read it once more, making sure it says what you want it to say as clearly as possible.
- ⇒ Submit articles via the chapter's Website, <http://www.scv-camft.org>, or email to mail@scv-camft.org.
- ⇒ For more information, email Vinutha Mohan, Editor, vinutham@gmail.com

EATING DISORDER TREATMENT

Group Therapy:

*DBT Skills Building Groups
Adult Women's Process Groups
Teen Groups*

Individual & Family Therapy:

*Individual & family counseling
Loved ones support workshops
Parent & sibling support*

Peer Consultation:

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

Terryann Sanders
1670 Hillsdale Avenue, Suite B
San Jose, CA 95124
408 264-5802
terryannsanders.com
terrysanderslmft@sbcglobal.net

SOUTH BAY SMALL BUSINESS SERVICES

Bookkeeping Services

Complete Intern Payroll

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We offer friendly, professional service
with reasonable rates.

Let South Bay Small Business Services help
you get on the right track with all your
accounting and business needs.

408.410.9931

info@southbaysmallbusiness.com

PSYCHOANALYTIC-ORIENTED CONSULTATION GROUP

Mondays 1:45—3:00

Palo Alto

\$45 weekly

Are you curious about how to work analytically? Whether you meet with clients once a week or multiple times a week, face-to-face or on the couch, you can think analytically by understanding the concepts of transference, countertransference, the unconscious, and the frame. We discuss relevant papers highlighted by clinical material from the group.

Leaders:

Carol Harrus, M.D., Adjunct Clinical Faculty, Stanford School of Medicine—Division of Child and Adolescent Psychiatry, Adv. Candidate, Psychoanalytic Institute of N. Ca

Diane Strongwater, MFT, Graduate/Personal and Supervising Analyst, Psychoanalytic Institute of N. CA

For information contact:

Diane Strongwater 408-737-1337 or Carol Harrus 650-328-8935



Northern California
Group Psychotherapy Society

44th Clinical Conference

Asilomar Conference Center
Pacific Grove, California

June 4-6, 2010

A two day residential training program
for group therapists at all levels.

Utilizes a combination of experiential
and didactic teaching methods.

A choice of 33 workshops ranging from two to six
hours, or one of two 11-hour training Institutes.

Approved for 12 CEUs for Psychologists, Social Workers,
Marriage and Family Therapists and Nurses.

For additional information or downloadable
course catalogue, go to www.NCGPS.org.

Change of Status

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

Congratulations!

If you have received your notice of licensure, it is important to remember to inform your local chapter as well as the state organization of CAMFT. Please inform our chapter coordinator of any status change as soon as possible

by telephone, 408/235-0210, or by e-mail,

mail@scv-camft.org.

Familiar With the Expression
"There is no such thing as a free lunch?"

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

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

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

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

MARKETING AND INFORMATION TABLE

We encourage you to bring marketing materials and other information to place on the literature table at chapter events. Missed the last newsletter deadline? Then this table is the perfect place to advertise your:

- ♦ **Workshops**
- ♦ **Office Space**
- ♦ **Job Opportunities**
- ♦ **Conferences**

If you want your brochures and business cards back, be sure to pick them up after the event is complete.

Benefits of Your SCV-CAMFT Membership

In an effort to make sure all SCV-CAMFT members are aware of the many benefits available to chapter members, the SCV-CAMFT Board of Directors has decided to reprint the following list of your member benefits, which also appears on the chapter's website .

- **Networking** at monthly SCV-CAMFT luncheons. Chapter luncheons, held in Santa Clara and San Mateo counties, provide time for you to meet with colleagues, make and receive referrals, build new relationships and renew existing ones, all while enjoying up-to-date presentations.
- **Professional Development** through monthly luncheons and workshops that feature presentations on a wide variety of topics addressing the professional and business needs of our members. Additionally, SCV-CAMFT is a BBS state-approved provider of CEUs, so you can fulfill your BBS requirements for a nominal fee.
- **The Membership Directory** is a wonderful resource for referrals. It contains members' specialty listings, languages spoken, and identification of those who have handicap access or accept low fees. In addition, the directory is available to agencies in the community for their use in making referrals. The directory is published annually and is available to members for free in Adobe PDF format on the chapter's Website or at cost on a print-on-demand basis.
- **Our Bi-monthly Newsletter, SCV-CAMFT News**, keeps members up-to-date on job opportunities, legislative alerts and new developments in the field. Chapter members may place one classified advertisement per issue free of charge and receive discounted advertising rates.
- **SCV-CAMFT's Website, www.scv-camft.org**, contains information important for members and the community. As a chapter member you are entitled to a free listing in the online "Therapist Search" referral database. You may also sign up for an Expanded Web listing and get your own Web page! Additionally, members have access to the members' area of the Website and the "Chapter Exchange," the chapter's listserve, which is a convenient means of distributing announcements and keeping involved with the chapter's membership.
- **SCV-CAMFT's Pre-licensed Support Services** are extensive. The chapter offers on-going support groups, a regular pre-licensed column in SCV-CAMFT News, and various pre-licensed focused events.
- **The Internship Directory** includes detailed information on internships in Santa Clara and San Mateo counties, contact numbers for pre-licensed support services, and information about the internship process. It is updated continuously and is available to members free of charge on the chapter's Website.
- **SCV-CAMFT's Mentoring Program** allows members at an early stage of professional development to connect with more experienced chapter members who offer support and guidance.
- **Involvement in Chapter Groups & Committees** allows you to effect solutions in an area that interests or concerns you. You are welcome to participate in any of the current groups (Therapist Well-Being, Newly Licensed Support, Pre-licensed Support), or committees (Website/Technology, Editorial, Marriage Parity, or Ethics), or to explore starting a new group or committee.
- **Volunteer Opportunities** abound. You are encouraged to join our board of directors, contribute articles to our newsletter, provide editorial input for the newsletter, and bring your expertise and leadership skills to one of our committees.

Again, these are just some of the many benefits of SCV-CAMFT membership. If you have any questions regarding any of the member benefits listed above, or are interested in a benefit not mentioned on the list, please feel free to contact any of the board members (listed on page 2 of this newsletter) directly, or contact SCV-CAMFT by email at mail@scv-camft.org or phone at 408/235/0210.

GROUPS AND WORKSHOPS

ONGOING PSYCHOTHERAPY GROUPS

In this dynamic process psychotherapy group, clients explore relationship patterns and learn about healthy connection with others. Issues such as depression, dating, shyness, codependency, ACOA, and self-esteem, are worked on in the group with the support and feedback of peers. Leader: Nancy Wesson, Ph.D. with consultation from Dr. Irvin Yalom, M.D. Contact: Nancy Wesson, Ph.D. at (650) 965-7332 www.wespsych.com. Dr.nwesson@sbcglobal.net.

Young Adult Groups - Ongoing mixed groups for young adults (age 20 to 35) who wish to understand and improve their interpersonal > functioning. Many of the members struggle with depression, anxiety, shyness and initiative. The groups meet weekly in Los Altos. Facilitated by Alice Sklar, MFT, Certified Group Psychotherapist. For details call (650) 961-3482.

Adult Group - Long term ongoing group for high functioning middle - age adults who wish to understand themselves and their relationships. Facilitated by Alice Sklar, MFT, Certified Group Psychotherapist and Alan Sklar, M.D. For information: 650/961-3482

DBT Skills Groups for Eating Disorders

Now forming in San Jose. Mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness skills adapted for eating disorders. Contact Laura Johnson, MFT Intern, 408/596-1770 or lauraljohnson@gmail.com.

"Knowing Me, Loving Me"

Join a supportive group of women and learn to create more of what you want in your life, through therapeutic dialog and supportive relationship. Thursday evenings, \$40 session. www.relationshipharmony.com Contact Marialena at 408-702-7429

Trainee/Intern Group Therapy

Opening in the Trainee/Intern Therapy Group meeting monthly on Fridays 4:00-6:00PM. Hours count triple toward license. \$30. Contact Mary Deger

GROUPS AND WORKSHOPS

Seevers, MA, MFT, 650/342-5099 or seeversmd@aol.com.

Anger Management

Is anger causing problems in your life? Learn skills to deal with anger in a healthy manner. Group forming in Santa Clara. Call Judy Hanf, MFT, at 408-440-6274 for further information.

South Bay Group For Teens

Learn skills to reduce stress, improve communication, enhance self-esteem and gain general coping strategies for life's twists and turns. Contact Laura Stoll, MFC46397 408/356-8200 x 441.

Psychoanalytic-oriented consultation group

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

Women's Process Group for Sexual Abuse Survivors

On-going weekly group held at the Process Therapy Institute in Los Gatos. <http://www.processes.org/womensuptgp.php> Contact LaDonna Silva, MFTI (408)358-2218 x421

Teen Girls' Groups AND Women's Support Group

-- TEENS- friendships, feelings, communication, self-esteem and stress using art/drama. WOMEN- relationships, co-dependence, stress, transitions, parenting and health starting September 18th. Lori Levitt, MFT #43329. 650/794-4828 www.lorilevittmft.com

Intervention Services

Help for clients who want to compassionately confront an alcoholic or addict about the need to get treatment. Contact Julie Herman, MFT, at 408/872-0222.

FOR CLINICIANS

Sandplay and Jungian Consultation Group

Forming now. San Jose area, one Fri-

FOR CLINICIANS

day morning/month. Maximum 6 people. Call Olivia Heathcote at 408/920-2990 or Jill Kaplan at 650/364-4670 for more information.

Financial Counseling Available

If your client struggles with paying bills, can't budget and is overextended, I can help. Using a four-step process people move forward towards becoming financially responsible. For more information e-mail javpoe@gmail.com.

New Office Location

Rosemary Lutus, MFT, has relocated her office to 400 Carlton Avenue, Suite 8, Los Gatos, CA 95032. New phone number: 408/356-4888. Accepting new referrals for Individuals, Teens, and Couples. Please visit: www.RosemaryLutus.com.

I am pleased to announce that

Kristen Cruickshank, M.A. Marriage and Family Therapist Intern #54712 has joined my private practice in San Mateo. Kristen has a broad range of experience working with children, adolescents, and their families. She has a special interest in working with all couples including those in premarital counseling and conducting systemic family therapy. Kristen is proficient in Spanish. Low fee and sliding scale. Day and evening hours available. She welcomes your referrals. Please contact Kristen at: (650) 242-3777

Supervised by Mary Deger Seevers, MA, MFT #35702 1720 S. Amphlett Blvd., Suite 118 San Mateo, CA 94402 (650) 655-2718

FOR INTERNS

Our Non-Profit Agency Is Seeking Interns

Teen boys groups meet on Tues. and Wed. from 3:30-6:30. The girls group meets every Thurs. from 3:00-5:30. Supervision is every Thurs. from 9:30-11:30. Please send your resume to: peace2gether@yahoo.com.

FOR INTERNS

Internship Opportunity with SJC/ Evergreen Valley Community Colleges. Mature individuals with special interest in psychodynamic, attachment, unconscious models encouraged to apply. Call Michele Thompson 408-888-2382

JOB OPPORTUNITIES

Internship Opp. in Hollister

-Paid internship available in private practice. Hours are flexible. Clients and supervision will be provided. Bilingual therapist preferred/not required. For more information contact Monica DeVries, MFT, 831-901-8435, www.hollistercounseling.com.

OFFICE SPACE

Atherton/Redwood City

Available 3/1. Quiet building with other professionals (mostly therapists). 164 sq. ft. \$490. Includes carpet, heating/ AC, off-street parking, remodeled bathrooms, janitorial & utilities. Waiting room available. 1 year lease. Call Tom, 650/208-8624.

Burlingame - Downtown furnished office available to sublet in professional building in an excellent location. Cleaning service, kitchen, elevator, and storage space included. Available most days of the week. Contact Maria Rivas-Wolf, 650/208-9815, or maria@peninsulatherapist.com

Campbell

Sunny office with storage available full time in three room office suite. Reasonable rent. Friendly atmosphere. Quiet location in professional complex near Pruneyard. Ample parking and easy access 17/280/85. Armaghan Ghassemi (510) 676-5876

Campbell - Attractive fully-equipped clinic room available to rent from 8:00 to 3:00 daily and weekends. Bright office, with window, includes shared waiting room, kitchen and large group room by arrangement. Second floor, wheelchair accessible location in downtown Campbell, close to light rail station. Great for therapist, life coaches, or trainers. \$20/hour, \$35/

OFFICE SPACE

day, or \$150/month for one day a week. Call Susan 408/370-9990 ext 3#.

Campbell - Group Space For Sublet - 700 sq.ft., 2 rooms, and bathroom w. campbell. Available Mon., Tues, Wed, Sun. \$75 for 4 hour, \$150 full day each room. See website for photos: www.somatictraumatx.com Natalie Albert-Ozga 650 823 4904

Los Altos

Near San Antonio Shopping center, ample parking, full service, waiting room, handicapped accessible. Available: Mondays, Fridays, most evenings and most mornings. Times flexible and rent negotiable. Call Jane Lewis, 650/851-3263.

Los Altos

Large, sunny office in professional building available full time in April. Four office suite of mental health professionals includes shared waiting room, kitchen, and group room. Ground floor, wheelchair accessible with ample parking. Office has large floor-to-ceiling windows and an alcove for desk or bookshelves. Contact Jeff Yost, 650/562-3828.

Los Gatos

Downtown suite, sunny, independent air/heating controls, adjoining wall soundproofed, leather couch and recliners, Sandplay / play therapy capacities, M, am, W, F, and Sat. Contact Pauline, 408/395-1144.

Los Gatos

Full-time office available in a two office suite. Ground floor, corner office with windows, no adjoining walls. Private waiting room with rear door exit. Excellent location and parking. Linda, 408/358-5414.

Los Gatos

A GREAT PLACE TO WORK! Full days, hourly, nights and weekends now available. Beautiful, spacious office space in prime location off 85 and 17. Competitive rates. Call Gail Faris, 408/356-1414 ext. 4.

San Jose SUBLEASE OFFICE SPACE AVAILABLE - 1-2 days/nights (\$150/\$225) per mo, Mon/Tues/Fri/Sat/Sun,

OFFICE SPACE

one block from #880, older 50's building, upstairs with a view. Lynn @ 408-345-2399.

San Jose - Almaden Valley -Lovely private, quiet therapy office (approx 200 sq. ft.) available full-time in two-office suite with shared waiting room. Window, carpet, parking, full janitorial. Attractive professional building in great location. Monthly rent \$585.00. 408/858-0745.

San Jose - Alameda/Hedding: Private office/group room sublet with shared waiting room in quiet, beautifully decorated suite. 1st floor, 120sf, \$150/day, available 2/1. Great fwy access. Large serene group conference room, \$150/day seats 10-12. Call 408/893-4032 for availability. Deposit req'd.

San Jose - Be part of a supportive group in Willow Glen, newly remodeled. Space available Monday, Thursday, Friday, weekends. Call lights, weekly case consult, sandplay set-up, janitorial, utilities included. Jill, 650/364-4670.

San Jose - Furnished office in Willow Glen area. Close to 280/17. Large waiting room, wheel chair access, conference room, kitchen. Alliance Counseling Center, 408/293-4489 ext. 11

San Jose

Office space to share. Great location private, professional building on Samaritan Dr., beautifully furnished. Available Monday, Friday, Saturday, or flexible hours. Call Toni, 408-356-6266.

San Jose

Beautiful part-time office in Craftsman-style building. Friendly group practice. Wood floors, windows, elegantly furnished. Inviting waiting room, shared group room, fax/copier/ wireless. Conveniently located off 880. Contact Catherine Curtin, 408/993-3834.

San Mateo -Downtown 520 South El Camino Real, like new, a shared sublease with another therapist, private office (and optional room with sink),

OFFICE SPACE

shared waiting area, offstreet parking, 3 years left on lease. Contact Information: James Walker, 415/248-5388. Pricing Rent: \$750 per month. Available Date: Thu., Dec 03, 2009. Deposit: TBD. Minimum Lease: One Year. Utilities Included: Full Service Property Location 520 South El Camino Real San Mateo, CA. Square Footage: 400. # of Private Offices: 2. Building Class: B. Attributes Office Amenities: Sink, Reception Area, Natural Light, Windows. Powered by ww.vFlyer.com VFLYER ID: 2964556, Photo Gallery.

Seeking Office Space - Within 10 miles of Santa Clara. Desire flexible, hourly arrangement for Thursday and Friday afternoons. Experienced licensed MFT specializing in women with PMD and children. Karen, 310/367-6037, yvonnekt@prodigy.net

SCV-CAMFT News Will Have a New Look

Be on the lookout for our **New Look!** We have decided to make a few changes to our newsletter as you probably noticed from our new format. The next edition for July/August will bring a few more visual changes. We will be printing on lighter paper and changing our color to a warm orange. We hope you like the changes we have made and welcome your feedback. For comments and questions, please email Sunnie Weber at mail@scv-camft.org.

Remember, the next time you receive your SCV-CAMFT News edition, we will have a new look!

SCV-CAMFT News—ADVERTISING POLICY

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

ALL ADVERTISING MATERIAL MUST BE SUBMITTED TYPED, BY DEADLINE, A DN VIA E-MAIL OR THE CHAPTER'S WEBSITE no later than the fifteenth of odd-numbered months preceding publication, e-mail: mail@scv-camft.org Website: <http://www.scv-camft.org>

CLASSIFIED ADS:

- SCV-CAMFT members in good standing will be allowed one 35-word free ad per issue. Free ads from persons with lapsed memberships will not be accepted.
- Members running additional ads, beyond their free one-per issue will pay \$25 for each additional ad. Of 35 words or less.
- Non-members will pay \$50 per 35-word ad. This surcharge should be an incentive for current non-members to join the chapter
- **Members and non-members alike will pay \$1.00 per word for each word over 35.** The following units of information count as one word. Phone number, zip code, each degree or licensure abbreviation (e.g. "Tom Jones, MFT, Ph.D." = four words).

DISPLAY ADS

- Display ads must be typeset, with a border, and not merely typewritten. See samples from this issue. Ads must be sized exactly and camera-ready (i.e. ready to be pasted into layout with no further copy or graphic manipulation necessary). Advertisements to be run in the newsletter and on the chapter's Website are double the amount below less 25% of the total. Discounts are available for purchasing multiple "flights" for the same ad.

		Members	Non-Members
Full page	7 1/2" x 9 3/4" vert	\$200.00	\$400.00
Half page horiz.	7 1/2" x 5"	125.00	250.00
Half page vert.	3 3/4" x 9 3/4"	125.00	250.00
1/4 page	3 3/4" x 5" vert.	75.00	150.00
1/6 page	2 3/8" x 5" (or less) vert.	50.00	100.00

ADDITIONAL ADVERTISING POLICY

- **Advertisements appearing in this newsletter do not imply SCV-CAMFT endorsement either of their content or of the persons placing them.**
- **Copy for classified ads should be typed and double-spaced.** Count words before e-mailing. You may pay for any words over the 35 allotted by using PayPal or credit card. Ads. Will be run for one issue only. If you wish to repeat ads., you must resubmit them by deadline each issue.
- **Members may only use free or member-rate display advertisements to promote only their own office space or services.**



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

Creating a Community and Culture of Connection

SCV-CAMFT News has a new
look! Coming in July.

Chapter Events

Friday, May 21
11:30 AM — 1:30 PM

Lunch served promptly at 11:45
North Region Luncheon
(1.5 CEU hrs. available, PCE 1134)

Marriott San Mateo
1770 South Amphlett Blvd.
San Mateo, CA

Lunch: Pesto Chicken with Penne
Pasta, and (vegetarian) Pesto Pasta
with seasoned vegetables

Register by May 17
*For information regarding the
speaker or topic, contact **Pamela
Eaken 650/571-6342.***

Dates to Remember

- ◆ May 15, 2010
Newsletter Deadline
(July/August—*NEW LOOK* for
SCV-CAMFT NEWS!)
- ◆ May 21, 2010
North Region Luncheon
- ◆ June 11, 2010
“From Parenting to
Peacemaking”

Friday, June 11
9:00 AM — 4:00 PM

From Parenting to Peacemaking-
Presented by Julie Kriegler, PhD
and Sarah Burdge, PhD

Michael's Shoreline
2960 N. Shoreline Blvd., Mountain
View

Cost: \$115 / \$125 (6 CEU's)
Breakfast and Lunch Buffet Included

Register by June 1
*For information regarding the
speaker or topic,
contact **LaDonna Silva**
408/358-2218 ext. 421*

RESERVATIONS: YOU CAN NOW REGISTER ONLINE USING YOUR CREDIT CARD! Go to our website at www.scv-camft.org, enter the “Calendar of Events” page and click on the event to find the luncheon registration page. You can also register by PayPal or by sending a check, payable to SCV-CAMFT, with entrée selection noted, to SCV-CAMFT, P.O. Box 60814, Palo Alto, CA 94306. Payment must be received by the Monday before the luncheon. Reservations will be held until noon. Lunch will be served promptly at 11:45. If seating is available, “standby” persons can pay \$33.00 at the door to attend the luncheon. **Please note: telephone reservations cannot be accepted. Call the chapter voicemail, 408/235-0210, for reservation information and the chapter's cancellations policy.**