

SCV-CAMFT News

VOLUME 31, NO. 3

MAY / JUNE 2012

SPECIAL POINTS OF INTEREST

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President's Column—

A Part of My Journey —President LaDonna Silva, LMFT

I'm guessing we all have a story to tell about what led us to this profession. After great internal debate, I've decided to tell my story, and of several life experiences that influenced my journey to becoming a therapist.

I was raised in a traditional Catholic, first generation, Portuguese family, consisting of four girls, all of whom were 15 years or more older than me. This alone may suggest a few things about my family system. Both of my parents were born in the states, and had me while in their 40's. My mother was helpful in the community, a leader in women's organizations,



LaDonna Silva, LMFT
President, SCV-CAMFT

and my father was always a rebel, doing his own thing and very passionate about what he loved.

I've always been curious about people, including myself, and have ventured

into leadership roles throughout my life. My father encouraged me to do what I wanted, while my mother was more concerned about what others might think, as if we should sweep our issues under the rug, so we don't disturb the family system. In many ways, I'm not surprised I've chosen a position as the chapter president, as I've realized a strong desire to continue to help make a difference somehow.

I ventured into my first therapy session as a young adult, twenty three years ago, because of a family

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Chapter Volunteer of the Year Award

—Nanette Freedland, LMFT, SCV-CAMFT Past President

The SCV-CAMFT Board of Directors would like to honor LaDonna Silva for her dedicated service to our chapter. LaDonna joined the SCV-CAMFT Board of Directors as the Special Events Director in 2009. In 2011 LaDonna became the President-Elect, prepared to take the position of President in January 2012. During her

term as Special Events Director, she successfully coordinated several workshops -- developing new standards of excellence for our chapter. In addition, we have been very fortunate to have her active participation as a general member of the board. LaDonna provided a measured voice of reason, and insight during important

discussions on marriage equality, and SOCE issues. She represented our chapter at meetings on these topics. This past year, she coordinated a successful chapter survey to learn more from our members about their opinions on SOCE. Always enthusiastic about her work, the

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SCV-CAMFT Calendar

MAY	
3-6	CAMFT 48th Annual Conference San Diego
18	Chapter Luncheon North Region; Burlingame

JUNE	
15	SCV-CAMFT Specialty Workshop Mindfulness Interventions for Depression Mountain View

JULY	
27	Chapter Luncheon South Region; Los Gatos

AUGUST	
31	Chapter Luncheon North Region; Burlingame

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



Howard Scott Warshaw received his Master of Arts degree from JFK University and his Master of Engineering degree from Tulane University. After decades as a software designer/programmer, award winning film maker, celebrated video game developer, author, teacher and engineering manager, Howard has integrated his eclectic skill set in the service of others as a psychotherapist. He is currently in private practice under the supervision of Maria Klein, LMFT where he focuses on the unique needs of Silicon Valley's Hi-Tech community. Howard can be found at www.hswarshaw.com.

Pre-Licensed Corner— Lights, Camera, Insight! by Howard Scott Warshaw

Why did you become a therapist? As you read this, I am crossing the 3,000 hour barrier, and compiling my BBS application for MFT exam eligibility. I've been so busy getting these hours, I frequently lose sight of why I'm doing it. Here's a few scenes from my "Why I became a therapist" montage: friends ask me what to do and I tell them. Complete strangers share intimate details because I'm "a person you can open up to." People at parties say, "that's what my therapist told me." It creeps into my work life. On movie sets, I bolster actors through fragile moments to get better takes. As Engineering Manager, I help programmers with their personal problems, instead of sending them to classes or seminars, and they become more productive. It reaches the point where I'm being a therapist in every possible way, except actually being a therapist. Finally, I decide to take the plunge and enroll at JFK University. [We see HOWARD entering the JOHN F. KENNEDY UNIVERSITY building. As the door closes, we SLOWLY DISSOLVE to: HOWARD sitting at a KEYBOARD wearing a CAP & GOWN]. "Yes, that was me 3,000 clinical hours ago. Back then, I really thought I was being a therapist. Now I am a real therapist, and I realize how back then I wasn't really being a therapist at all. But now that I'm an actual therapist, what becomes of the non-therapeutic me many of us thought was a therapist?"

That's the big question. Do I simply throw it out? The sum total of my acquired knowledge and techniques is what clients pay for. My old pseudo-therapist was indiscriminant, and frequently clinically inappropriate. And there it is, boundaries and barriers rise again. Take that to the room. Keep this in the room. Get that out of the room. Propriety and discretion. Ethics and mindfulness should make it simple to sort out, yet every time I step into the room, I inevitably bring all of it with me, and sometimes that clouds the issue. Life experience, that's the magical stuff of which empathy, understanding, and

rapport are made... until it invites counter-transference (C/T). C/T is a gift, but not if I get triggered. And what of my pet peeves? Those little buttons which can turn me from a therapist into a thera-pissed. I recycle many a fee through my own therapist in order to transform them into domesticated pet peeves, then I set them free. This whole package comes with me (either intentionally or subliminally) wherever I go, particularly when I enter the room. Some of it is useful, some not so much. One amazing thing about this package is how it can change from day to day, sometimes in very dramatic ways, just as it did for me recently....

Let me share what happened with a very important piece of *my* life experience: my wife, Sherri. Several issues ago, I wrote about how well she's been doing since her terminal diagnosis in 2008, and about three days after that column was published, she suffered a massive relapse. Given the 3% survival rate for late stage esophageal cancer, this was very scary to say the least. She underwent chemo and radiation, then we had to wait. Finally we were cleared for a PET scan to gauge the progress. When the results arrived, we saw the scan was totally clear. No detectable traces of cancer at all. Sherri is in remission. It's astounding! We have literally experienced a miracle! We now live in a world of infinite possibility, and the genuine knowledge that everything is going to be fine and will work out as it should... which is great for Sherri and me.

But I think it's great for my clients as well. Bringing this kind of energy into the room seems a powerful intervention. My challenge is to preserve it in affirmative empathy for my clients. To be lovingly present in the knowledge that we're doing the best we can in the moment, and are exactly where we should be, but also knowing this in no way limits us from heading directly and exactly where we need to go.

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Support Group Calendar

North Region Newly Licensed—May 5 and June 9

South Region Newly Licensed— May 19 and June 16

North Region / Peninsula Pre-Licensed— May 11 and June 8

South Region Pre-Licensed— May 4 and June 1

North Region and South Region Newly Licensed Support Groups

are a valuable tool during your first few years as a licensed therapist.

The
Newly Licensed
Support Groups are
designed to meet
the needs of those
just starting in the
field after licensure,
on up to
**three years after
licensure.**

You will find support,
great ideas, and
develop
relationships with
your peers.

Free North Region Newly Licensed Support Group



North Region—The purpose of this group, which meets monthly, is to provide support to members who have recently become licensed, within the last three years. This support group meets the first Saturday of each

month from 10:00 AM to 12:00 PM. 650/598-8877.

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 Jammoran@aol.com or

Be sure to take advantage of this valuable group and resource as you begin your journey as a licensed therapist.



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

Free South Region Newly Licensed Support Group

South Region—This support group meets monthly from 10:00 AM to 12:00 PM. The purpose of this group is to provide support to members who have recently become licensed, within the last three years.

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 408/379-774 or email her

vernalnelson@gmail.com



Free Prelicensed Support Groups

North Region and South Region

*Pre-licensed Support Groups are a great way to connect
with peers and mentors.*

Free North Region Pre-licensed Support Group



Debra Rojas, LMFT, facilitates our pre-licensed support group for the north bay and peninsula. This new group has been

formed to meet the needs of our pre-licensed members in the north region. Debra is a graduate of Trinity College of Graduate Studies, has been licensed for three years, and has a private practice in Menlo Park. Debra's group will meet the second Friday of

each month from 10:00am to 12 Noon, at Debra's home in Menlo Park.

To obtain additional information or add your name to the email list for this group, please contact Debra at debra@debrarojasmft.com.



Find encouragement and advice from those who have already walked in your shoes on the road to licensure.

Free South Region Pre-licensed Support Group

Karen Taylor is our South Bay pre-licensed group leader. Karen has been licensed for four years and is in private practice in Campbell, where she sees children, teens, and adults. Prior to starting her practice, she worked as a therapist for children and adults in a variety of diverse settings, including the public school system, county mental health, a psychiatric hospital, a

rehabilitation center, and several non-profit agencies.

To get on an email list for this group, to ask for



more information, or to give input about desired topics for upcoming meetings, please contact Karen at

Karen@karenytaylor.com, or by phone at 408-455-8220. Additional information about Karen, as well as directions to her office, are available at www.karenytaylor.com.

At each meeting, Karen plans to have a structured topic, as well as open check-in/discussion time. Meetings are scheduled for the first Friday of each month from 9:30am to 11:15am at Karen's office.



Ask a Mentor—a New Series

Brought to you by Yvonne Blockie and Vinutha Mohan

To learn more about the SCV-CAMFT Mentoring Program, log into the SCV-CAMFT web site as a member, and go into the “My Account” page. Scroll down the page to “Mentor Program Description”, and then the “Find a Mentor” page.

Welcome to a new column “Ask a Mentor”. The purpose of this column is to answer common questions, and address typical challenges that many trainees and interns face along their journey to licensure. This mentoring benefit is available to pre-licensed and newly licensed SCV-CAMFT members. The purpose of this new column is to answer common questions, and address typical challenges that many trainees / interns ask along their journey to licensure.

To introduce the Mentoring Column, we collected questions from pre-licensed therapists. We then posed the questions to several available mentors, and included their responses below.



As a student or intern, send us your questions to ask mentors. If you are a mentor and would like to answer a question you are frequently asked, send it our way along with your response to be printed.

1. How do you stay engaged and relevant in this field?

“As a mentor, I would suggest that you stay engaged in the work, and the field in the same way as you might with recreational, relational, or other relevant aspects of your life. That is, you intentionally seek out, and attend workshops that grab your interest; join consultation groups of relevance to your orientation, cases prevalent in your practice, or peers and/or facilitators whom you respect and value; hire a professional consultant; keep up with current readings, theories, and The Therapist articles; and stretch yourself in milieus that appeal to you (for me, that was group psychotherapy, for others that might be couples work, or EMDR techniques, or trauma re-processing). Most importantly, surround yourself with friends and colleagues (perhaps stemming from your university program, or internship sites), with whom you can regularly get together to kvetch, cry, laugh, and celebrate your new profession!” - **Edna Wallace, LMFT**

“I stay engaged by participating in frequent trainings, paid peer consultations, reading about what is happening in the field, and volunteering for professional organizations in this field.” - **Lara Windett, LMFT**

“As a mentor, my suggestions are to continuously occupy your time with daily research in areas you may be interested, whether it be via the internet, newspaper articles, reading books, consulting with other professionals, etc. I also suggest using spare time to volunteer in your areas of interest. Also, keep your CAMFT membership current, as CAMFT has a lot of valuable information, that keeps therapists up to date on various mental health issues.” - **Paul Hickey, LMFT**

2. How can I best prepare myself to start a private practice in the future?

As a mentor, I suggest that you start with a private practice internship while you are still an intern. Being in business, while being guided and supervised by a licensed professional in private practice, helps you learn the business aspects, and how these differ from agency settings. Short of that, consult with colleagues, and friends in private practice, and join a SCV-CAMFT Newly Licensed Support group for information, and gentle guidance on starting your own practice. You might take a therapist out for lunch or pay for an hour's consultation to pick his or her brain. I always think it's better to get to know fellow licensed therapists in person, to join CAMFT, and attend the luncheons (or

volunteer on a committee), to show up in person to networking groups in the area, than it is to try and do this virtually, through online networking and blogs. Therapists refer out clients to people they know...not just to names and words on a screen. Give talks in the community, or at your alma mater university--get your name and face out there. You won't make money this way, but you'll get exposure. Attend conferences, and know that private practice can be an isolating, inwardly-focused world, so be sure to keep up with friends and activities or interests that "fill your cup" outside of your work. - **Edna Wallace, LMFT**

As a mentor, I would suggest that you begin by thinking about yourself. What population do you like and why? What don't you like to do? How do you feel about marketing, setting fees, asking for money, doing paperwork; to assess if private practice is really something that you are interested in. I would encourage requesting informational interviews from those practitioners that you either admire, or who practice in your area. If after all of that, you decide you really want to be in private practice, begin to forge relationships with other private practitioners. Those relationships will be your best referral source for your practice. Lastly, find a mentor. There is no need to reinvent the wheel yourself! - **Jamie H. Duddy, LMFT**

"Network with other therapists. Meet as many people as you can, and who will meet with you - find out what they are doing, and if you can refer to them/they can refer to you. Volunteer for SCV-CAMFT and become involved in this Chapter.

Decide if you are willing to accept insurance, and also familiarize yourself with all of the paperwork and forms you will need to be successful. - **Lara Windett, LMFT**



"Well, most therapists enter the field with the dream of starting a private practice. Unfortunately, starting a private practice in this economy is not as easy as it was 15 or 20 years ago. I am not saying that you can't start a private practice. However, it isn't easy. As a mentor, my suggestion is that you do not go into this field with the focus of having a full-time private practice. This is something that rarely happens. Be sure that you already have a stable job that will give you income, while attempting to put together a part-time private practice. Even a part-time private practice can take a while to establish, and it may take up to two years or longer before you have a stable clientele. However, even then, clients

come and go. Do not immediately try and rent an office of your own. Make sure that your income is stable, and then sublease from another colleague to begin with. Subleasing may cost anywhere from ten to forty dollars for one client hour, depending on the therapist you talk to. This is still cheaper than renting an office for yourself. From there, you can start branching out, and building your practice. You can also decide to gather a group of therapists together, and share rent on an office.

If you have a significant other, who is making a stable income, that will help support you, and your family, you may be able to get by without having that stable job yourself. However, don't count on it. Still, having a secure job before even starting to think about a private practice is the way to go.

Before seeing clients, you have to know where your location is going to be. Once you have established your location, then you can start advertising for your services via websites, CAMFT, business cards, newspapers, phone books, fliers...any way you can get your name out there...perhaps teaching or doing volunteer work out in the community, or if you have faith in your writing skills, writing articles about mental health issues, and getting them published. - **Paul Hickey.**

"Network with other therapists.

Meet as many people as you

can, and who will

meet with you -

find out what they

are doing, and if

you can refer to

them / they can

refer to you. Vol-

unteer for SCV-

CAMFT and be-

come involved in

this Chapter."

Lara Windett,

LMFT

SCV-CAMFT 2012 Calendar of Events

May 3-6, 2012; Thursday—Sunday

CAMFT 48th Annual Conference in San Diego

May 15, 2012; Tuesday

July / August Newsletter Deadline

May 18, 2012; Friday

SCV-CAMFT North Region Luncheon & Board Meeting

June 15, 2012; Friday

Mindfulness Interventions for Depression

July 15, 2012; Sunday

September / October Newsletter Deadline

July 27, 2012; Friday

SCV-CAMFT South Region Luncheon & Board Meeting

August 31, 2012; Friday

SCV-CAMFT North Region Luncheon & Board Meeting

September 15, 2012; Saturday

November / December Newsletter Deadline

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

Please Note Newsletter Deadlines:

THE DEADLINE FOR NEWSLETTER SUBMISSIONS IS SIX WEEKS PRIOR TO PUBLICATION. (THE DEADLINE FOR THE MAY / JUNE ISSUE IS MARCH 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 2012 ISSUE
DEADLINE MAY 15, 2012**

**SEPTEMBER / OCTOBER 2012 ISSUE
DEADLINE JULY 15, 2012**

Change of Status

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

Congratulations to Diane Patton and Nancy Roberts Knight — Newly Licensed MFT

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.

ONGOING PSYCHOTHERAPY GROUPS



In this dynamic psychotherapy group experience, clients explore relationship patterns & learn about healthy connection with others. Issues such as depression, dating, shyness, codependency, ACOA, and self-esteem, are explored with the support and feedback of peers.

Nancy Wesson, Ph.D. CGP (Psy9621) is a licensed psychologist with 25 years of clinical experience. Dr. Wesson has 20 years of experience leading groups using a group process-interpersonal approach. She receives consultation from Dr. Irvin Yalom. **Contact:** Nancy Wesson, Ph.D. at (650) 965-7332 or Dr.NWesson@sbcglobal.net. Articles about group psychotherapy can be found on her website at: www.wespsych.com.

Young Adult Psychotherapy Groups

Young Adult Psychotherapy groups provide:

- Increased opportunities to develop social skills
- Inter-member feedback that enhances self-awareness
- Opportunities to learn how to help and be helped by peers
- New perspectives about personal issues
- Experiences of universality, trust, and understanding

Many young adults feel relieved after joining a psychotherapy group, as meeting others who have struggled with similar issues and have improved offers hope and renewed determination. For more information, contact:

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

Marriage and Family Therapist
License Number: #20662

Certified Group Psychotherapist
License Number: #179092

SCV-CAMFT News is looking for a few good editors!

Do you find yourself correcting articles and advertisements and you just can't help yourself?

We could really use your skills and passion for literary accuracy! Consider joining the SCV-CAMFT News Editorial Committee to satisfy that need to correct grammar. Meet bi-monthly for two hours with a fun group of people, and put your mark on excellence.

Find out more at
mail@scv-camft.org

SCV-CAMFT March North Region Luncheon

(1.5 CEU hrs. available, PCE 1134)

The Case of The Continually Clueless Man Presented by Jeff LeFevre, LMFT



Date: Friday, May 18
Place: Crystal Springs Golf Course, 6650 Golf Course Lane, Burlingame.
Register: At www.scv-camft.org, or mail your payment to
 SCV-CAMFT, PO Box 60814, Palo Alto, CA 94306

Time: 11:15 am—1:30pm
Menu: Buffet Lunch
Fee: Members—\$26 + \$7 for CEUs
 Non-members—\$30 + \$7 for CEUs

To volunteer to write the summary afterwards, please contact Sunnie Weber, mail@scv-camft.org.

Register: Please make your payment by Monday, May 14 for the early registration fee, or just show up and pay the higher "Walk-in" fee.

Do you see men in your practice who struggle with "interpreting" women's responses to them at work/home/community [and using that cluelessness as an excuse?]

In this presentation we'll discuss effective ways of helping men in relationships with women recognize the similarities and distinctions in male-male & male-female relationships, and how to respond respectfully to same, while learning how to listen, empathize, serve and be accountable without giving up one's own identity.



Joseph LeFevre, MA, MFT is in private practice in Campbell, specializing in work with adolescent boys, young adults and men. Including his previous career as a high school teacher, he has been working with youth and families since 1986, has been a licensed therapist since 2002, and a member of a local men's community since 1998. He has delivered presentations and trainings to non-profit agency staff, university audiences, and local networking groups, lead men's events and rights of passage programs. Joe loves to "work a room" and prompt his audiences to think "underneath the box", digging a little deeper into commonly held beliefs and assumptions, and is a big believer in the adage that learning should be fun! Come prepared for a lively and interactive day.

Directions:

Exit Highway 280 north at Black Mountain/Hayne Road. Turn left at the stop sign on Black Mountain Road. Turn right at the stop sign on Golf Course Drive. Follow Golf Course Drive about one mile to the clubhouse parking lot.

Note: While there are sometimes a few seats left for walk-ins (\$33 / \$40), 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.**

- ♦ 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 11:15AM at the same location as, and immediately prior to, the chapter's monthly luncheon event.
- ♦ All luncheon programs are held from 11:15AM 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

SCV-CAMFT Presents

A one-day workshop June 15 in Mountain View

Save the date!

Shauna Shapiro, Ph.D.

June 15, 2012, 9am - 4pm

Michael's at Shoreline

Register at www.scv-camft.org

SCV-CAMFT Members

Registration before May 15

Student/Intern	Regular
\$60	\$120

Registration after May 15

\$70	\$140
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Non-Members

Registration before May 15

\$70	\$140
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Registration after May 15

\$80	\$160
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Includes:

Continental Breakfast, Buffet Lunch, 6 CEUs

Registration/breakfast open at 8:30am

Workshop begins at 9am

For more information contact email Sunnie Weber, Chapter Coordinator at mail@scv-camft.org, or call 408-235-0210

Shauna L. Shapiro, Ph.D. is Associate Professor of Counseling Psychology at Santa Clara University, a licensed clinical psychologist, and internationally recognized expert in mindfulness, meditation and the integration of mindfulness into Western psychology. With 20 years of meditation experience (including studies in Thailand and Nepal), Dr. Shapiro brings an embodied sense of mindfulness to her academic work. She has received the American Council of Learned Societies teaching award, and is known for engaging presentations that are practical and transformative.



Based on Dr. Shapiro's book, *The Art and Science of Mindfulness: Integrating Mindfulness into Psychotherapy and the Helping Professions*, this one-day program offers methods for integrating mindfulness and mindfulness-based therapies into clinical work, with specific emphasis on the use of mindfulness-based cognitive therapy/treatment (MBCT) for depression. Drawing on research in psychology, medicine and cognitive neuroscience, this workshop:

- ◆ Presents the latest findings on mindfulness meditation's effects for decreasing pathology *and* increasing positive psychological and physiological states
- ◆ Outlines the convergence of neuroscience and mindfulness, and the optimistic message about the brain's capacity to change.
- ◆ Shows how mindful awareness can serve as the fundamental ground for the therapeutic process, regardless of theoretical orientation or specific techniques.

SCV-CAMFT FAQs



**SCV-CAMFT
Webmaster
Michael Jaret
of Jaret Media**



**SCV-CAMFT
Chapter
Coordinator
Sunnie Weber of
Weber Consulting
and Services**

SCV-CAMFT Webmaster, Michael Jaret, and Chapter Coordinator, Sunnie Weber have pulled together the most common questions asked by members. Please take a moment to review these questions – you may just learn something new! If there are any questions you would like added to this list, please send an email to mail@scv-camft.org. These questions are now available on our website at <http://www.scv-camft.org/Members/faq.aspx>.

Q: I just applied for membership, why can't I log in?

A: If your application is in process, you will want to log into the Member Application, and go to section 1 B. This is the login while your application is being processed, or if you are making changes to an application. Once you are a member, you will use the regular login on the upper right of the site.

Q: Why can't I log in?

A: If you have forgotten your password, see below. If you try to recover your password and the system does not recognize your email address, it may be that your membership has expired. Please contact us, and we'll help.

Q: How long does it take to approve my application?

A: Typically, we have your application approved within two business days after payment. The only exception is if you are paying by check - that can take up to 10 days. We encourage you to use your MasterCard, Visa, or PayPal account to pay for your membership. Please send us an email at mail@scv-camft.org if you haven't been approved within 2 business days.

Q: I can't log into the site and forgot my password. How do I get my password?

A: When you click on the login at the upper right of the [scv-camft.org](http://www.scv-camft.org) site, you'll see a place for your username and password. You will also see a link to retrieve your username or password (<http://www.scv-camft.org/Members/LoginHelp.aspx>). If you enter the email address that we have on file, we will email you a new password. Please allow

several minutes for this to happen. If you don't receive your new password, please check your SPAM or junk mail folder. If you are still not receiving your email with the new password, please contact us.

Q: How do I update my profile?

A: Log into the site, and on the My Account page you will see the Edit Profile link. You can edit all information on your profile. Be sure to continue through all

pages of the profile until you get to the last page with "save" - and - click Save to save changes.

Q: How do I change my username, password, or email address?

A: You will need to log into the site, and then go to My Account, and click on Edit Username/Password. Please be sure to use a secure password. We recommend using a different password for logging into each different Internet site, and don't use a password that can be figured out (i.e. your dog's name, your birthday, your phone number, your address). Secure passwords are not words in a dictionary, are 7 characters or more, contain upper and lower case letters, and use one or more numbers. Please also send us an email to



SCV-CAMFT FAQs

mail@scv-camft.org letting us know you changed your email address. This will ensure that you will get the mailings we send to members.

Q: I am not receiving the Chapter Exchange Messages. What's up with that?

A: Please log into the site, go to the My Account page, and select Chapter Exchange Preferences. If you want individual emails (one email for every post throughout the day), select that. If you want a compiled Daily Digest (one compiled email at the end of the day), select that. Ensure that you are subscribed to the Chapter Exchange. If you are still not receiving messages, verify they are not being blocked by your spam filter or junk mail filter (this is a common issue with email). Be sure that scv-camft.org is a "safe sender", or added to your safe domains in your email.

Q: How will I know when my membership needs to be renewed?

A: You can always go to My Account and click on Membership Renewal History. This will show you all transactions for your membership. You can always pay your membership in advance by logging into your account, and selecting Renew Membership under the My Account tab. We send out emails to members 30 days before expiration, on expiration, and 30 and 60 days after expiration. After that, your account is in a "hold", status and you won't be able to use the website. While we send out emails, we also know that sometimes those notorious spam filters, AKA junk mailboxes, may stop membership renewal notifications from reaching you. Please make a note on your calendar to renew before your membership expires.

Q: Which membership category is the best for licensed therapists?

A: If you are licensed member, the Sponsor Licensed membership category offers the best value. Go to the member categories page to compare benefits.

Q: I just passed my exams, completed my hours, and I'm now fully licensed and no longer an intern. What do I do?

A: Update your profile by logging into the site with your new information. Please send us an email to mail@scv-camft.org, and we'll change you from pre-licensed to licensed. Be sure to update your Personal Statement profile to help market your new practice.

Q: Are Member Mailing Labels available for purchase?

A: Mailing labels are available for purchase, and include approximately 600 addresses. They are \$50 for members, and \$100 for non-members. Simply mail your payment to SCV-CAMFT, P O Box 60814, Palo Alto, CA 94306. When you mail your payment, include how you would like the labels to be sorted (zip code, alphabetical, etc.). Once your payment is received, your labels will be printed on Avery labels and mailed to you within one business week.

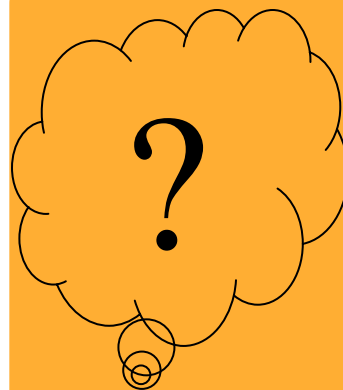
Q: Is the printed Membership Directory available for purchase?

A: Sustaining and Sponsor Level members automatically have the printed directory mailed to them each year. All other members may purchase the printed directory for \$25. Simply mail your payment to SCV-CAMFT, P O Box 60814, Palo Alto, CA 94306.

Q: How often is the printed Membership Directory updated?

A: The printed Membership Directory is updated annually at the end of December. Updates are not made throughout the year due to the extent of administrative costs. If you become a member, or your status is updated after December, your information will not be updated in the printed directory. However, the online membership directory (Therapist Search Finder) is dynamically updated, so that the instant you update your status, it is also updated in the online directory.

Cont'd on Pg 19



Do you have a question for SCV-CAMFT?

If there are any questions you would like added to this list, please send an email to mail@scv-camft.org.

PROCESS THERAPY GROUPS

Led by:

KIM IVES HICKS, CGP, MFT
(formerly Kim Ives Bailey)

Supervised by:

DR. IRVIN YALOM

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ADVERTISING OPPORTUNITIES AND PRICES!

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

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

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

The SCV-CAMFT Mentoring Program



- ♦ Do you have questions about what direction to take in your career?
- ♦ Do you need help with the licensing process?
- ♦ Would you like someone to talk to about internship choices and concerns?
- ♦ Are you looking for professional guidance to help you make decisions regarding your private practice?

The SCV-CAMFT mentoring program can help you with these questions and more. It is designed to allow experienced LMFTs to mentor less experienced students, interns, or newly licensed MFTs.

To get started, all you have to do is:

1. Visit our website at www.scv-camft.org.
2. Log-in as a member.
3. Choose "Mentor/Mentee Program Description" or "Find a Mentor".
4. Review the potential mentors until you find one you feel is a fit for you.
5. Choose their profile and email them directly.

If you have any questions about this valuable membership resource, please contact the program coordinator, Yvonne Blockie at yvonnemft@comcast.net , or by phone at 408-235-0872.

~ Mentoring is a brain to pick, an ear to listen, and a push in the right direction. ~ John Crosby

President's Column—
cont'd from page 1

"secret" of sexual abuse (perpetrated by a brother-in-law), which had finally been revealed. I found the courage to confront my abuser, and my brother-in-law opted to help finance my therapy. It was then that I met my first therapist, and after some months of working with her, I remember feeling so inspired. When I think back to my sessions in that office, several powerful moments stand out. I was struck by my therapist's boldness, and ability to express herself in ways I never knew. I found myself wanting to be like her, and to have an impact in some way. Through my fearful, uncertain, and injured lens, I saw a courageous woman willing to be angry for me, and willing to face the extreme feelings I was holding, while I could only connect at that time with sadness, shame, and self blame for everyone else's pain, including my own. The "secret" remained hidden for so many years, and no one would ever have guessed that this "secret" was a part of my childhood experience, because I was always outgoing, friendly, and always desired to be a leader in school.

The first time my brother-in-law decided he'd stop paying for my therapy, I decided to invite him into my therapy. I felt as small as an ant on my therapist's couch, still willing to share quietly, while feeling terrified. Yet, I was held by her in some way that supported me in finding my strength to just breathe and be there, somewhat conscious. I was definitely in survival mode, and partially frozen. Months later, he came to the office for a second visit, and I remember feeling like I was at least ten years older than the last experience. I had found my voice, and was willing to share my hurt and anger, although he still seemed powerful and scary through that lens of a young child I was seeing through.

This inspiring therapist, Marcia Harding, was a big part of the Giarretto Institute at the time, and she invited me to continue my individual work, while attending a group for women survivors. This experience opened my eyes to others in the community, and I thrived being around those who chose to be on their healing path. So I continued group, and I continued my individual work. At one point, I brought my mother into my individual work. My main intention was to figure out how to sit on the couch with her, while she cried, and to find a way to just allow that to be okay. I wanted to figure out how not to lose myself in this relationship. One of my family roles, as the baby of the family, was to emotionally care for her. I wanted to continue loving her, and not feel responsible for her. She showed her emotions, often and I continually found myself abandoning me. This was no longer working, and I really knew that learning how to detach myself in a healthy way was my door to freedom...no longer needing to rescue her or others in pain. That was their process, and for me to grow, I really wanted to get to know MY experience and process.

After years of group and continued therapy, I moved away and found myself without my local resources, and so my healing continued outside of the therapeutic setting. I became an activist, and got involved in supporting AB2500, now known as Megan's Law, which allows the public to know if someone is a registered sex offender. At the time, my first born child was three (I was already raising a step-daughter), and I felt the need to support legislature for resources as a new mother. My motivation was initially based in fear, and I worried that my daughter would be involved in sports, and if I didn't feel good about a coach, I wanted the ability to research his or her criminal record related to sexual abuse. I told my story for the first time publicly at the State Capital. Obviously, this was a part of my own healing path, and my greatest motivation at that time was to be a powerful mother with resources to protect her.

I continued telling my story in different ways, which led to my being a part of an award winning documentary, and anti-violence campaign that MTV produced called, "Fight Back." Again I told my story, shared my truth, and continued to work on not feeling responsible for the pain in my family. This visibility led to my making a guest appearance on the "Oprah" show. My role was to provide commentary from the audience, which actually left me with an unfortunate feeling that I was only able to tell a small part of my story, without the ability to share the healing that I was actively taking responsibility for. The healing was so much more exciting than the discussion about the act of abuse. I didn't like just sharing a snap shot into my childhood, and left with the feeling of being "stuck" there after the experience. I no longer just tell a portion of my story...it's my story to tell in the way that's inclusive, healing, and supportive to my continued growth.

Years passed before I could attempt to accomplish my dream of returning to school to become a therapist. I wanted to be like my first therapist Marcia, who invited me to open up to the experience of healing.

For so many years, I defined myself as a "Survivor", and I don't often talk about my childhood experiences. Every now and then, I pull this story out to share as a reminder of the dedication, and heart wrenching work I've chosen to do along the way. It reminds me of my courage to face myself, raw, tender, and wide open in ways I never imagined.

Healing continued in my life when I found out my now ex-brother-in-law was dying of cancer. After the loss of my father, I decided to share with him the many ways he had also been a positive influence in my life, like a second Dad. I wrote him a letter, and told him that even though there were times in my childhood that were difficult

because of our experiences together, there were also many memories I wanted him to know I appreciated. I shared that part of my love for him, and made peace with myself before he transitioned. I felt a huge sense of closure around our relationship, and was so grateful I sent the letter. I attended his funeral, and felt like I was in a place where I could honor the family and him, knowing in some ways that in his life he was also trying to work something out in his pain and wounds from his own experiences. There's a part of me that's always known that his acts of abuse were really about him, his pain, and unresolved processes, and less about me.

My experiences have led me on an amazing path of healing, getting to know myself in a deep, intimate way, deepening my consciousness and awareness, well beyond any part of my life experience so far. I'm much more than the abuse, than my sexuality, than my physical presence here.

I continue to grow, and challenge myself to express my voice, trust myself, and stay true to my love of self, and others. This is what I love about being a therapist...each client in my practice is a gift, and I truly enjoy the opportunity to invite them to dig in deep, and face their work, so that they too can heal, and find love for themselves.

I think we all have a story to tell, and I would love to hear what brought you to this work. I encourage you to share your story of healing. I believe self reflection can potentially bring a greater connection, and authenticity in our community, and that's the life I'm choosing to live.

With love,
LaDonna

Chapter Volunteer of the Year cont'd from page 1

board values LaDonna's cheerful energy, and positive attitude that she brought to each task. This year LaDonna took on her role as President with the same eagerness. Her personal interests in the area of diversity training, led our chapter to offer a very successful Diversity Workshop – "Becoming Culturally Competent". We could not have done this important program without LaDonna's encouraging influence, and previous experience on this subject.

Prior to attending John F. Kennedy University, where LaDonna received a BA in Psychology, and an MA in Holistic Studies, she worked for many years as a Human Resource specialist. She founded a nonprofit organization, Safeguarding our Children-United Mothers, developing positive media programs to prevent and educate against childhood sexual abuse. Her work since graduating the university has continued to focus on trauma and grief. She volunteers at a local grief center doing community outreach, and direct volunteer services. She is also a Certified Critical Incident Stress Management volunteer, and would like to create an active critical response team in our local area.

While LaDonna prepared to sit for her second exam in January, her work at the Process Therapy Institute set her apart from most other interns. Currently, she is a Process Therapy Institute certified instructor, Administrative Director, and teaches "The Art of Being and Doing as a Process Therapist". She also teaches Group Process at JFK University, has been an expert participant on LBGQT panels, and a guest lecturer on a variety of subjects including: Working with Couples, Working with Grief, and The Art of Process Work.

We have been very lucky to have LaDonna Silva as a dynamic member of our board, and know that she is a worthy recipient of the SCV-CAMFT Volunteer of the Year award.

Pre-licensed Column cont'd from page 3

I think I'm clear about why I became a therapist, but I find my view of what therapy is keeps evolving and changing. In this moment, I see therapy as a race to stay on track and not get tethered conceptually. While navigating mazes of emotions and ideas, the challenge is remaining undistracted by content, by C/T, or by defenses (theirs or mine) -- to stay clean and clear through all this toward the actual point of healing. That's the journey. Along the way you bring everything you have, and ideally that toolkit is constantly growing, often in the most beautiful ways.

FAQ cont'd from page 13

Q: I forgot to sign up for the luncheon. Can I still attend?

A: Absolutely! Walk-ins are always welcome to attend at the higher, walk-in rate of \$30 for members and \$40 for non-members. CEUs are still available for \$7. Lunch will be available on a first come, first served basis after all pre-registered attendees are served. If lunch is not available, the fee is \$20, including CEUs. An Auditing option that does not include lunch is available for \$20 (\$10 if you register early).

Q: When and how do I get my CEU Certificate for the luncheon/workshop I attended?

A: CEU Certificates are emailed to the email address on the CEU sign-in/out sheet approximately 2-3 weeks after the event. If you did not sign in AND out, you are not eligible to receive the certificate, according to BBS rules and regulations.

GROUPS AND WORKSHOPS	GROUPS AND WORKSHOPS	OFFICE SPACE
<p>Women's Process Group for Sexual Abuse/Trauma Survivors- On-going weekly group held in Los Gatos on Wednesday evenings. www.processes.org/womensuptgp.php / Contact LaDonna Silva, LMFT (408)358-2218 x421</p> <p>SUPPORT GROUPS- TEEN GIRLS- relationships, feelings, communication, self-esteem and stress using art and drama. WOMEN- relationships, depression, stress, transitions, parenting, balance and grief starting September 22 (8 weeks) Lori Levitt, MFT #43329.650/794-4828 www.lorilevittmft.com</p>	<p>group is for women who feel incomplete without a man in their lives. Price is \$40/session and a complimentary interview is required. Contact Lori Gortner for more information.</p> <p>Women's Group: A group for Women Who Love Too Much is forming in Redwood City on Tuesday evenings from 6:30 - 8:00. This group is for women who feel incomplete without a man in their lives. Price is \$40/session and a complimentary interview is required. Contact Lori Gortner for more information.</p>	<p>Campbell Sublease: Office to sublease in downtown Campbell! It is a great location in a wonderful & quiet building with lots of MFT's! It has a small waiting area, can be used for adults or children and comes with a sand tray. It is available to sublease by the day. The charge is \$150.00/day. Please call or email me for more information, 408-579-9806!</p> <p>Sublease Available: Sublease in downtown Campbell for adults, children or groups! Space for groups up to 12. Sublease all day/evenings on Saturdays, Tuesday mornings, Wednesday evenings. Photos on www.karenytaylor.com - Karen 408-455-8220</p>
<p>Process Groups for Women in Transition: Examining internal, external, second-half-of-life changes. Redwood City. Now forming. Please call Deborah Dowse Runyeon, MFT at 650-363-0249 x111 for information.</p> <p>Knowing Me, Loving Me: Join a supportive circle of women and learn to create more of what you want in your life, through therapeutic dialog and supportive relationship. Mari-alena Malejan-Roussere www.relationshipharmony.com 408-702-7429</p> <p>Women's Group: A group for Women Who Love Too Much is forming in Redwood City on Tuesday evenings from 6:30 - 8:00. This</p>	<p>FOR CLINICIANS</p> <p>Families First Mediation: Have a couple who can't reconcile? Mediator Dina Haddad, divorce attorney, provides couples confidential and a safe space to finalize divorce without going to court! Location: San Jose. Visit www.ffmpegiation.com.</p> <p>Resource for Clients Dealing with Divorce and Custody. "Divorcing Peacefully: Why It's Essential and How To Do It", by Larry Stone, MFT. For anyone dealing with, considering, or recovering from divorce. www.DivorcingPeacefully.com. 831-600-7665.</p> <p>Peer Consultation Group: New peer consultation group for child therapists has openings. Meeting Thursday mornings in San Jose. Contact Roberta Faust for more information: 408-410-5029.</p>	<p>Beautiful PT Office: Beautifully furnished office available for sublet Friday-Monday. \$215/mo for one full day plus \$10/hr on the other days. Lovely courtyard, fountain. Beautiful quiet space. San Jose near Campbell and Los Gatos. Celeste 408-914-5441</p> <p>Sublet in downtown Menlo Park: Monday & Thursday all day, Friday afternoons. Family-friendly setting – small house shared with pediatric OTs. Full service & parking. \$450/month. Linda Stewart 650.323.3358</p> <p>Sublet downtown Menlo Park: Monday, Thursday & Saturday + Friday afternoons. Family-friendly setting, child-friendly office in a small</p>

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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.

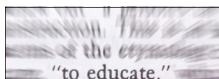
Please contact the chapter, 408/235-0210 or mail@scv-camft.org, if you are interested in getting a free lunch while doing something that feels great!

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

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



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





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

Creating a Community and Culture of Connection



Friday, May 18

11:15 AM — 1:30 PM

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

**“The Case of the
Continuously Clueless Man”**
By Joseph LeFevre, LMFT

Crystal Springs Golf Course
6650 Golf Course Road
Burlingame

Chapter Events

Dates to Remember

- ◆ May 3-6—CAMFT 48th Annual Conference in San Diego
- ◆ July 27—South-Region Luncheon in Los Gatos
- ◆ August 31—North-Region Luncheon in Burlingame
- ◆ September 28—Mid-Region Luncheon in Mountain View
- ◆ October 19—Legal and Ethical Issues Workshop

June 15

9:0 AM — 4:00 PM

SCV-CAMFT Special Workshop
(6 CEU hrs. available, PCE 1134)

**“Mindfulness Interventions
for Depression”**
By Shauna Shapiro, Ph.D.

Michael's at Shoreline
2960 Shoreline Blvd.
Mountain View

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