

SPECIAL POINTS OF INTEREST

- **President's Column by Pamela Eaken, LMFT Pg 1**
- **Chapter Leadership Award Pg 1**
- **In Practice by Howard Scott Warshaw Pg 3**

INSIDE THIS ISSUE:

Broken Love—A Legal Perspective 4

Calendar of Events 6

June Workshop 7

Luncheons 8-9

Movie Night 10

Support Groups 12

Classified Ads 18-19

President's Column—Welcome to Springtime

After working with SCV-CAMFT for several years, when spring rolls around I think, "Disaster Response Training time!" This year will see some changes to the usual program, though. As you probably know, Diane Myers, RN, MSN, CTS, has been offering our chapter two classes in Disaster Response Training: Critical Incident Stress Management (CISM), and Eye of the Storm. These trainings were geared toward preparing therapists to do group debriefings, and provide mental health first aid, also known as psychological first aid. Diane has now retired, and, coincidentally, at a time when CAMFT changed the program altogether.



Pamela Eaken, LMFT
President, SCV-CAMFT

We (and CAMFT) are no longer in the business of offering this type of training specifically targeted at getting you ready and available to run off to a disaster and help people. Two reasons for opting out of this effort—access and credibility. When the National Guard or California Highway Patrol close the roads to a dis-

aster site, anyone (or almost anyone) who does not have an American Red Cross ID is turned away. Who has ever heard of CAMFT, or more specifically, SCV-CAMFT? In the midst of a disaster, the Red Cross has no time to validate credentials, so they call their own people and/or "known" people. The Red Cross is looking for people who are schooled in providing "mental health first aid" or crisis intervention, which is different from psychotherapy. What is needed is a response to trauma in the aftermath of tragic events.

So, you may be asking, "Well, what about ICISF

Cont'd on Pg 15

Chapter Leadership Award 2012—Nanette Freedland

Nanette Freedland was awarded the Chapter Leadership Award for SCV-CAMFT at our annual statewide CAMFT Leadership Conference in Costa Mesa on February 9, 2013. Nanette has demonstrated professionalism and wisdom within the leadership of our chapter that has brought us to greater levels of growth and operating stability. She spearheaded many new programs, including the creation of the marketing arm of the board, leading us to consider chapter devel-

opment and outreach, as well as bringing in staff for those purposes. Because Nanette has served on a variety of boards in other areas of her life, she understood the impor-



tance of having a clear vision and goals, and had the skills to work with the board to get those goals accomplished.

She initially joined the board as the business development director, then carried the three-year term as the president elect, president, and past president. Last year, she was on the board as the past president after five solid years of service. Nanette has been in private practice since 1989

Cont'd on Pg 15

SCV-CAMFT Calendar

MAY

- 15 *Newsletter Submission Deadline*
- 16 **CAMFT 49th Annual Conference in Sacramento**
- 31 **Chapter Luncheon**
North Region; Burlingame

JUNE

- 7 **Special Events Workshop**
- 28 **Innovative Program Movie Night**

JULY

- 15 *Newsletter Submission Deadline*
- 26 **Chapter Luncheon**
South Region; Los Gatos

Pamela Eaken, President
(650) 504-1982
pamelaeaken@gmail.com

LaDonna M. Silva, Past President
(408) 358-2218 ext. 421
amitiel@earthlink.net

Kate Viret, Preseident-Elect
(650) 996-7960
kviret@gmail.com

Merrett Sheridan, Chief Financial Officer
(408) 410-8786
merrett@shareitwithmerrett.com

Debra D. Rojas, Secretary
(650) 561-3764
debra@debrarojasmft.com

Michael Sally, Director
Prelicensed & Newly Licensed
(650) 568-7884
michaelsally@comcast.net

Robin Ginsberg, Director
Special Events
(650) 223-0305
info@robinmft.com

Jane Kingston, Director
Ethics
(650) 726-6774
jane@igc.org

Diane Patton, Director
Membership
(408) 380-3006
dpattonthepathy@gmail.com

Elizabeth Basile, Director
Luncheon Programs
(831) 594-3085
ebasile.mft@gmail.com

Nancy Andersen, Director
Business Development
(650) 833-9574
canandfam@earthlink.net

Liaisons To Other Community Agencies

Red Cross (Santa Clara County):
Judith Boore, (650) 948-9138

BBS Contact Information
1625 N. Market Blvd. S #200
Sacramento, CA 95834
Phone: (916) 574-7830
Email: bbswebmaster@bbs.ca.gov
Website: <http://www.bbs.ca.gov>

Committee Chairpersons

Crisis Response Education and Resources Contact:

Open Position

Mentor/Mentee Program Coordinator:
Yvonne Blockie, (408) 235-0872

North Region Luncheons:
Michal Sadoff, (650) 858-0769

Mid-Region Luncheons:
Wendy L. Wegeforth, (408) 888-6630

South Region Luncheons Co-chairs:
Verna L. Nelson, (408) 379-7747
Carol Marks, (408) 249-8047

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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.

Editorial Staff

Sunnie Weber,
Weber Consulting and Services
Composition, Typesetting &
Advertisements
scvcamft@gmail.com

Editorial Committee

Joanne Shurter, LMFT, Editor
joanne.shurter@gmail.com

Pamela Eaken, LMFT
pamelaeaken@gmail.com

Jane Kingston, LMFT
jane@igc.org

Nancy Andersen, LMFT
canandfam@earthlink.net

In Practice with Howard Scott Warshaw: From Here to Where?



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

As my wife shifts from patient to survivor (as all indicators portend), I find myself in transition from caretaker/advocate to grateful spouse. As I adjust to the challenges of private practice, I'm redefining my community and my professional identity is in transition, being kneaded and tested. And then there's the transition to licensure. Interestingly, this transition highlights the role that never changes in my life: Student. And it was while studying for my first licensing exam that a funny thing happened... I learned something that can make me a better therapist.

Whenever I'd miss a practice question, I'd scrutinize the answer rationale. Sometimes it was an oversight and sometimes it was a bad guess, but sometimes I was simply answering an entirely different question than the one asked. How did that happen?

After enough of these, I realized that some questions just irritated me. In my search for a way to conquer the exam, I developed a sense for how the exam questions *ought to be*. I was so smug about it, that when a question didn't seem fair or reasonable to me (i.e. didn't match my expectation), I'd get angry at the question! Next I'd start telling myself a story about how the question *should have been* written, and now I'm fighting the question rather than reading it. Then I'd select my answer based on my story about the question rather than the actual question itself. Ultimately I had to face the fact that I was getting triggered by some of the exam questions.

"Seriously?!?!" I told my mirror, "You're triggered by the MFT exam? Isn't that unethical? Or illegal?" And the mirror said, "Ethical or legal, cite the difference!" I needed exam therapy...STAT!

I began to see how, when triggered, I tend to hold on to my story so tightly it clouds my vision. I knew I needed to let that go for the exam, but where else is this happening in my life?

Just as fighting questions keeps me from seeing, fighting reality keeps me from be-

ing. When I'm overly attached to outcomes, when I need my world to be a certain way... then I get very busy rejecting everything outside my rigid expectation. I get so busy rejecting that I miss the bounty available in each moment. Can I let my story go and relax into the present?

Baggage weighs us down and exhausts our playful spirit--, the child who sees with open eyes. ;. The child who remains unfettered by preconceptions, dictums and agendas. Releasing is such a large part of what I recommend to clients. "Whenever you release baggage, you can fit through more doors." It wouldn't do me any harm either.

So the more I let go, the more I have? No, but perhaps the more I let go, the more I am able to be. I'm free to hold new things when my arms aren't full of old baggage.

We are always in transition. If nothing else, we are always passing from moment to moment. Sometimes I think transitions are about picking a new destination and getting where you're going. But in order to get anywhere, I must first let go of where I am. "Going" is an option, but "letting go" is mandatory. This means there may be a time when I've released where I was and haven't gotten where I'm going yet... that can be a very uncomfortable place. On the other hand, if I only set goals within my immediate grasp, I may never get out of my neighborhood.

Transitions are a big deal to me because clients rarely come in seeking to stay where they are. Transition is what therapy is all about... and I am all about therapy. When I consider my toolkit for dealing with transitions, it occurs to me that maybe it isn't what I have, but rather what I'm willing to release that's the greatest determinant of transitional success. Perhaps I should leave it at that, but I just have to say: Sometimes the biggest lessons come from the most surprising places. Who knew studying for licensing exams could be so educational?

Broken Love: The Intersection of Divorce and Therapy

A Legal Perspective by Dina Haddad, Esq., LL.M



Dina Haddad is the founder of Families First Mediation, a family law mediation boutique, and provides family law mediation services in San Jose. She is a panel neutral for Agency for Dispute Resolution, headquartered in Beverly Hills, and sits as judge pro tempore for the Santa Clara County personal property arbitration program. She may be reached at (408) 357-3486, dina@ffmediation.com, or through her website at www.ffmediation.com.

You have been counseling Judy during her relationship with Steve. Both Judy and Steve are college graduates, and the typical young and successful Silicon Valley couple. Steve works for a start-up company, with the hopes that the company will soon go public. Judy owns a bakery in downtown Los Gatos. Judy spent her time perfecting the best cupcakes in the Bay Area. The bakery had a rough start, but is now gaining momentum, with irresistible treats!

Judy and Steve are living together, but unmarried. Since Judy and Steve live in California (and haven't lived outside of California), they do not have a common-law marriage. Steve has asked Judy to marry him and Judy said, "Yes!" However, she's concerned that in the chance they divorce, she would lose her beloved bakery after all the hard work she put into it. Both Judy and Steve are un-

interested in having a premarital agreement. Is the bakery her separate property if she marries, or would it be community property?

Basically, separate property of a married person includes all property, the person owned *prior* to marriage, the property acquired by the person *after* marriage by gift or inheritance, and the rents, issues, and profits from that separate property.



"Is the bakery her separate property if she marries, or would it be community property?"

For example, suppose an unmarried person, Tom, has

\$50,000 in cash prior to marriage. After marriage, Tom keeps the money in a separate money market account and it grows to \$65,000. He never adds other funds or puts his wife's name on the account. The entire amount, including the increase in the funds, would be Tom's separate property, even though the increase happened during their marriage. This is an example of the part of the separate property definition: "...the rents, issues and profits from that separate property." In our scenario above, Judy's bakery was established prior to marriage. Per the definition, this sounds like the bakery would always be Judy's separate property. Any increases to the property, one would think, would continue to be Judy's separate property. However, this is not the

case. When Judy spends her time, skill, and expertise on the bakery with the intention to increase the value of the business, unlike Tom, she does not leave the bakery to it's own devices. What happens in this kind of situation?

Community property is all property, whether personal or real, or, wherever situated, acquired by a married person during the marriage in California. Your skill, time and energy during marriage is considered community property. Hence, your wages during marriage are community property (even when your spouse did not work for those monies). Judy's time, skill, and expertise during marriage resulted in an increased value for the bakery. Does that mean there is a community ownership in the bakery now? Yes! Does that mean the bakery is now completely a community property asset? No! The community ownership in the bakery is in proportion to Judy's skills and efforts, which results in the increased value.

How can that be? Wasn't the bakery owned prior to marriage? Property can have mixed character. In other words, the property can be part community and part separate. Property that was 100% separate at the time of marriage can change character by how the parties manage the property. In Judy's situation, her contribution to the bakery during marriage would be valued, as would the bakery at the time of marriage. The result would be an assessment of the bakery's community and separate property makeup. The community portion would be divided, one-half to Judy and one-half to Steve, and the separate property portion would be Judy's outright. For instance, if the bakery is valued at \$100,000 and \$40,000 is community, Steve would be entitled \$20,000. If Judy wanted to buy Steve's ownership from the bakery, Steve would be entitled to his \$20,000. The remaining \$80,000 would be Judy's property (\$60,000 separate and \$20,000 community).

If Judy continues to invest community time, skill, and efforts into the bakery during marriage, and is successful at increasing the value of the business, the community's ownership would continue to grow.

Judy could avoid this result with a premarital agreement. Even if she is unwilling to sign a premarital agreement, knowing the law and how it applies to her is important. Suggest to your clients that it might be worth speaking with a family law professional about their financial situation prior to big life - changes such as marriage and divorce.

**If you have a topic
you'd like to see addressed, or comments and questions
about this article,
feel free to reach me
at**

**(408) 357-3486 or
dina@ffmediation.com**

"Community property is all property, whether personal or real, or, wherever situated, acquired by a married person during the marriage in California. Your skill, time and energy during marriage is considered community property. Hence, your wages during marriage are community property (even when your spouse did not work for those monies). "

SCV-CAMFT 2013 Calendar of Events

May 15, 2013; Wednesday

July / August Newsletter Deadline

May 16-19, 2013; Thursday - Sunday

CAMFT 49th Annual Conference in Sacramento

May 31, 2013; Friday

SCV-CAMFT North Region Luncheon & Board Meeting

June 7, 2013; Friday

Special Events Workshop

June 28, 2013; Friday

Innovative Program's Movie Night

July 15, 2013; Monday

September / October Newsletter Deadline

July 26, 2013; Friday

SCV-CAMFT South Region Luncheon & Board Meeting

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 JULY / AUGUST ISSUE IS MAY 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 2013 ISSUE
DEADLINE MAY 15, 2013

SEPTEMBER / OCTOBER 2013 ISSUE
DEADLINE JULY 15, 2013

Change of Status

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

**If you have recently been licensed, let us know
so we can acknowledge and congratulate you!**

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.

Save the Date!

SCV-CAMFT Presents

A One-Day Workshop—June 7 in Mountain View

Applied Neuroscience for Psychotherapy

Presented by Dr. John Arden, Ph.D.

With advances in neuroscience, our understanding of how and why people change is now undergoing vast transformation. This workshop focuses on these latest findings to illuminate a new integrative model of psychotherapy, one that combines brain-based interventions, mind-body practices, and the most effective factors of therapy, regardless of theoretical orientation.

Attend this seminar to:

- ♦ Optimize therapy for a variety of clients by harnessing the latest knowledge from neuroscience, developmental psychology, psychotherapy research, evidence-based practice, attachment research, and psychodynamic and cognitive-behavioral approaches.
- ♦ Learn how to talk about the brain in therapy to increase hope, motivation, and therapeutic engagement.
- ♦ Take home practical strategies for working with depression and anxiety disorders such as OCD, Generalized Anxiety Disorder, Panic Disorder, and PTSD.
- ♦ Learn about the role that brain function plays in successful therapy, from such domains as implicit and explicit memory, affect regulation, developmental neurobiology, and the stress response.



John Arden, Ph.D., is the author of 12 books, including *Rewire Your Brain*, and *Brain-Based Therapy with Adults* and *Brain-Based Therapy with Children and Adolescents* (with Lloyd Linford). Dr. Arden serves as Director of Training in Mental Health for Kaiser Permanente in the Northern California region where he oversees the training programs in 24 medical

centers for over 120 postdoctoral residents and interns. He presents workshops on brain-based therapy both in United States and internationally. Dr. Arden has also written books on anxiety (*Heal Your Anxiety Workbook*), OCD (*Heal Your OCD Workbook*, with Dr. Daniel DalCorso) and PTSD (*Conquering Post-Traumatic Stress Disorder*, with Dr. Victoria Beckner) as well as *Improving Your Memory for Dummies*; *Consciousness, Dreams, and Self: A Transdisciplinary Approach* (winner of the Choice 1997 Outstanding Academic Book Award)¹, and *Science, Theology, and Consciousness*.

June 7, 2013, 8:30am-4pm (Workshop Begins at 9:00 AM)

Continental Breakfast and Buffet Lunch and 6 CEU's

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

SCV-CAMFT Members

Register before May 7: Student/Intern \$60, Regular Member \$120

Register after May 7: Student/Intern \$70, Regular Member \$140

Non-Members

Register before May 7: Student/Intern \$70, Regular Non-Member \$140

Register after May 7: Student/Intern \$80, Regular Non-Member \$160

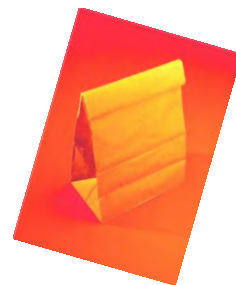
Register Online at www.scv-camft.org / Contact Us: mail@scv-camft.org / 408-235-0210

SCV-CAMFT May North Region Luncheon

(1.5 CEU hrs. available, PCE 1134)

FOSTERING RESILIENCE IN PATIENTS AND FAMILIES AFTER TRAUMA

Presented by Dr. Jonathan Sills



Date: Friday, May 31
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—\$33 +
 \$7 for CEUs

Register: Please make your payment by Monday, May 27 for the early registration fee, or just show up and pay the higher “walk-in” fee. Lunch is not guaranteed for walk-ins, but is available on a first-come, first-served basis.



Dr. Jonathan Sills will be addressing various therapeutic techniques that can be employed to support patients and families coping with cognitive difficulties or cognitive decline following trauma or significant medical incidents. Such cognitive difficulties may be related to trauma (such as traumatic brain injury), acquired medical conditions (such as strokes), or to neurological medical decline (such as dementia processes). Participants will learn more about how cognitive functioning, patient identity, and family system roles may change in response to traumatic or significant medical events. Participants will also learn more about how they can assess and adjust their therapeutic style to better support patients and families experiencing and coping with cognitive declines.

More About the Presenter

Dr. Jonathan Sills is the Program Director for Assistive Technology within the VA Palo Alto Health Care System, where he leads an interdisciplinary team of providers working with a variety of rehabilitation patient populations. Dr. Sills received his Ph.D. in clinical psychology from Pacific Graduate School of Psychology, interned at the VA Salt Lake City Health Care System, and completed a postdoctoral fellowship in Geriatric/Rehabilitation Psychology at the VA Palo Alto Health Care System.

Dr. Sills maintains a broad interest in rehabilitation psychology, geropsychology, neuropsychology, and behavioral medicine. His current research focuses on the implementation of programs and technologies that support continuity of health services, neuropsychological assessment, and cognitive retraining among neurologically impaired patient populations.

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 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. See the back cover for more information on registration. **Please remember that telephone reservations cannot be accepted.**

SCV-CAMFT July South Region Luncheon

(1.5 CEU hrs. available, PCE 1134)

PARENTS CAN WIN KIDS OVER WITHOUT PUNISHMENTS OR REWARDS

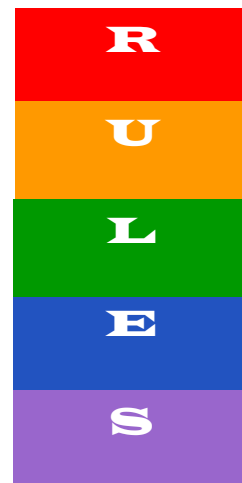
Presented by Cynthia Klein, Certified Parent Educator

Date: Friday, July 26
Place: Los Gatos Lodge, 50 Los Gatos-Saratoga Blvd, Los Gatos
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—\$33 +
 \$7 for CEUs

Register: Please make your payment by Monday, July 22 for the early registration fee, or just show up and pay the higher “walk-in” fee. Lunch is not guaranteed for walk-ins, but is available on a first-come, first-served basis.

This mini-training promises to supplement the tools that you already have in your “Parent-Child Tool Kit”. Perhaps you have parents who complain that they’re having a hard time with their kids. If so, you won’t want to miss this opportunity to hear Cynthia Klein, Certified Parent Educator, speak about how parents can win children’s cooperation by using a discipline strategy that balances nurture and structure. Her hands-on and interactive approach will offer you a very effective way to guide the “too easy” parent and the “too strict” parent towards a balanced middle road. Cynthia will provide you with an easy-to-understand written guide on how to explain to parents that they can set and enforce rules without the need for punishments or rewards.



More About the Presenter



Cynthia receives rave reviews as a speaker. One participant describes Cynthia as “a great speaker and (she) has a very interactive, colorful presentation. She is a confident speaker with a lot of energy; entertaining too! She doesn’t sugar coat things and always pauses in her presentation to address an attendee’s question, which is always appreciated by the group.”

- ◆ 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 payments, to the chapter by the Monday prior to the event.



SCV-CAMFT Innovative Program Presents:

Movie Night

Save The Date June 28—7:00-9:30

Keep a look out in your email for more details, or check the calendar on our website at www.scv-camft.org for updated information.

Parenting Group

with

Bridget Bertrand

Registered MFTi #68069

In association with

Kim Ives Hicks

Saturdays in Burlingame

For more information visit

<http://bridgetbertrand.vpweb.com>

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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.

Adult and Young Adult Psychotherapy Groups

Providing

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- ♦ Interpersonal Feedback
- ♦ New Perspectives
- ♦ Trust and Understanding
- ♦ Social Skills

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

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

Marriage and Family Therapist
Certified Group Psychotherapist

Lic. # 20662
Lic. # 179092

Women's Group

Helping Women Access Their Inner Wisdom

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

Wednesday evenings

*Bascom Avenue, San Jose
near Hamilton Avenue*

Facilitated by:

Claire Adalyn Wright

408-998-7098

Certified Group Psychotherapist
Licensed Marriage & Family Therapist
California License #MFC44491

Call for details and for a pre-group interview



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.



**Find encourage-
ment and advice
from those who
have already
walked in your
shoes on the
road to
licensure.**

Support Group Calendar

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

North Region Newly Licensed— Mary 11 (*Special Time—1:00-3:00pm today only*), and June 9

South Region Newly Licensed— May 18 and June 15

North Region / Peninsula Pre-Licensed— May 10, and June 14

South Region Pre-Licensed— May 3, and June 7

Free Newly Licensed (within 3 years) Support Groups

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.

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 (650)598-8877.

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

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 mem-

bers 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)379-7747 or email her

vernaNELSON@gmail.com



Free Pre-licensed Support Groups

North Region— Debra Rojas, LMFT, facilitates our pre-licensed support group for the north bay and peninsula. This group meets the needs of our pre-licensed members in the north region. Debra is a graduate of Trinity College of Graduate Stud-

ies, has been licensed for over four years, and has a private practice in Palo Alto.

Debra's group will meet the second Friday of each month from 10:00am to 12 Noon, at Debra's home in Menlo Park.

For more information or to add your name to the email list for this group, please email Debra at debra@debrarojasmft.com



South Region—Janis Seiberlich, LMFT facilitates the South Region pre-licensed meeting. This group meets at her office in San Jose. The address is 4100 Moorpark Ave., Suite 212. Meetings will be held the first Friday of every month from 10:00am to Noon.



PROCESS THERAPY GROUPS

Led by:

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

Supervised by:

DR. IRVIN YALOM

Burlingame

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President's Column

cont'd from page 1

Certification? Is that no longer valuable or useful?" The answer is definitely that training is important and useful in certain situations. The model is one of holding debriefings with disaster responders and victims, which is what Diane Myers trained us for in our CISM and Eye of the Storm classes. Many government agencies and response teams use that model. The Red Cross does not do debriefings, and so you don't need that training to participate in the Red Cross disaster response. The only required Red Cross training is "Fundamentals of Disaster Mental Health". They also recommend "Psychological First Aid" training. And it's a good idea to get some training in Posttraumatic Stress Disorder so you can recognize both PTSD and Acute Stress Disorder.

In light of this, the board has made two decisions. The first is in line with what CAMFT is doing: we would point people to resources and trainings through the Red Cross and FEMA, and also point to other kinds of trauma response resources. The second is to continue to offer training ourselves, geared toward what you might encounter in your own practice, or as an adjunct to training you get elsewhere. SCV-CAMFT's training will identify approaches, strategies, and techniques that can be adapted and applied to crisis intervention as well as to our psychotherapy practices to effectively support clients recovering from trauma.

Our first training, entitled "Therapy Skills for Trauma Response," will be held September 20-21, 2013, and will be taught by Gregory A. Childs, MA, MFT, and Leslie K. Fadem, MA, MFT. Gregory is on the Crisis Response Education and Resource Committee for CAMFT. Robin Ginsberg, our Special Events Director has done a wonderful job setting this up. More details will be coming out soon.

Speaking of Robin, she has also been busy setting up our annual June workshop. This year the focus is

neuroscience, and our workshop is titled "Brain-Based Therapy." You may have already received e-mail blasts about this, and this newsletter has an announcement with more details.

In other news, you may have noticed some new faces at the last couple of luncheons. Those are the faces of our sponsors. Nancy Anderson, our Business Development Director, has kicked off the sponsorship program. I hear that this luncheon-sponsor idea is not so new for some, but is new for me and for quite a few of us.

The sponsor of our most recent luncheon, WiseSAM™, is interesting. WiseSAM™ is technology-oriented and provides software for running your practice: note taking, financials, and insurance billing, among other tasks, and the software lives in the cloud. We are eager to learn more about cloud computing going forward. We are working on getting a wider-ranging tech talk from another vendor, Visual Practice Solutions. This presentation will cover topics such as:

- ◆ What is the cloud and how does it work?
- ◆ What are the benefits as well as the drawbacks of using a cloud computing solution?
- ◆ How secure is cloud computing?
- ◆ Is it HIPAA compliant?
- ◆ How does it work with insurance?
- ◆ What kinds of reports can I get?
- ◆ Will it do my tax return? ...if only.

Nancy has some great ideas for other sponsors, and is busily structuring the program to address questions like, "Where will this new-found sponsor money go?" and "What will we expect from sponsors, and what will they expect of us?"

Speaking of technology, the board agreed in our last meeting to open up the Technology Director board position again. Lara Windett was our

Technology Director a few years ago, and has been graciously overseeing the technology arm of the chapter along with our webmaster, Michael Jaret. With the advent of social media, cloud computing, mobile devices, and other "new stuff", we unanimously agreed that we needed that board position once again. So, we are currently creating/revising the job description, and hope that position will be filled very soon. One of the key areas we want to focus on with respect to our web site is to increase the number of visitors by making the content more enticing, more useful, and more easily accessible. More visitors means more visibility in search engines like Google or Bing, and that means you are more visible

Director of Special Events

cont'd from page 1

and specializes in working with women-in-transition, eating disorders, couples, and young adults. Nanette is a kind, caring, and compassionate professional, who is a role -model for all of us. We have been blessed with her presence as a volunteer for so many years.

Thank you, Nanette,
and congratulations!

If you are interested in placing a classified advertisement with SCV-CAMFT News, please go to our website, www.scv-camft.org, and select Place Classified Ad under the Advertisement Menu Option. Your advertisement will be placed online immediately, and in the next edition of SCV-CAMFT News according to the set deadlines.

THE INNOCENT JUSTICE FOUNDATION

Helping Rescue
Children From
Abuse

SHIFT Psycho-Educational Program (SHIFT PEP) May 9, 2013

Who: For professionals exposed to child pornography at work and mental health professional working with the exposed individuals.

What: Learn how to develop effective coping strategies to deal with trauma caused by viewing child pornography.

When: Thursday, May 9, 2013, 8:00am—3:30pm

Where: Campbell Community Center
(Orchard City Banquet Hall)
1 W. Campbell Avenue, Campbell, CA 95008

Cost: Free

Learning Objectives:

- ♦ Examine the mechanisms by which trauma occurs, and the symptoms of exposure to child pornography (CP).
- ♦ Assess the effects of acute and/or chronic exposure to CP, and compare factors that may mitigate or exacerbate negative effects of exposure.
- ♦ Create a comprehensive work plan to start taking control and limit the effects of trauma.

The Innocent Justice Foundation will provide attendees with a certificate of course completion.

This project was supported by Grant No. 2010-MC-CX-K042 awarded by the Office of Juvenile Justice and Delinquency Prevention, Office of Justice Programs, U.S. Department of Justice. Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.



Because viewing child sexual abuse material doesn't affect only you. Now there is training to help investigators, forensic analysts, prosecutors, judges and others remain healthy.

OJJDP

**For More Information & to Register:
Call 760-944-1640 / <http://innocentjustice.org>**

***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 Joanne Shurter, Editor, joanne.shurter@gmail.com
- ⇒ All submissions are subject to review and approval by the SCV-CAMFT Editorial Committee of the SCV-CAMFT Newsletter.

We would be happy to receive your submission!
— SCV-CAMFT News Editorial Committee

GROUPS AND WORKSHOPS

Psychotherapy Groups

Openings in ongoing Adult and Young Adult psychotherapy groups meeting in Los Altos. Both groups deal with interpersonal issues, depression and anxiety and both groups. They support individual therapy goals. Call Alice Sklar, MFT, Certified Group Psychotherapist. 650-961-3482

Is Anger Hurting Your Relationship?

It doesn't have to! Learn Keys skills to break the anger habit. Ongoing groups for women and men. San Mateo/San Francisco. Call Michael G. Quirke M.F.T. 415 820-3943 or www.michaelquirke.com

Divorce Group for Men

What will you get out of the group?
-Ability to make smart decisions
-Emotional support
-Talk with other men who "get" what you're going through. Contact Raelene, raelene.s.weaver@gmail.com, 408-529-4078

Deepening the Psychotherapy Case Consultation Group

Focused on Deepening the Psychotherapy: Wednesdays, 2 to 3:30 P.M. in Los Gatos. Led by Alan Kessler, Ph.D. For further information, please call me at (408) 358-5777.

Teen Girl's Support Group and Women's Groups

Friendships, feelings, communication, self-esteem and stress using art and drama. WOMEN- relationships, depression, stress, transitions, parenting, balance and grief starting September 21st (8 weeks) Lori Levitt, MFT #43329. 650/794-4828 www.lorilevittmft.com

Women's Process Group for Sexual Abuse/Trauma

Survivors, Thrivers—On-going weekly group held in San Jose on Wednesday evenings. www.ladonnasilva.com. Contact LaDonna Silva, LMFT 408-358-2218 x 421

GROUPS AND WORKSHOPS

Process / Support Group

Ongoing coed process/support group meets two Saturdays per month. Goals: relationship skills, emotional evolution, improve self-esteem and confidence, codependency recovery. West San Jose. Call Marv Cohen, LMFT, 408 261 3332.

L.I.V.E.

Life-Interventions-Visions-Empowerment. Ongoing support/process group for women moving beyond their mental illness. Now forming in Redwood City. Call Deborah Dowse Runyeon, MFT at 650-363-0249 x111.

Women's Therapy Group

Ongoing, weekly group to help improve relationships and communications skills. Issues addressed include assertiveness, self-esteem, grief/loss, transitions, anxiety, depression, among other concerns. Wednesday evenings, San Jose. Contact Claire Wright, MFT at 408/998-7098.

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. Marialena Malejan-Roussere www.relationshipharmony.com 408-702-7429

Women Who Love Too Much

A group for Women Who Love Too Much, based on Robin Norwood's book has openings. "When being in love means being in pain we are loving too much." Robin Norwood begins the preface to her book with these wise words. Groups where women come together to support, and be supported by other women help to create an environment, a culture of trust in oneself, in one's basic value, trust in being good enough. When women soak in the notion of being lovable, they can reject the idea that being in love means being in pain. This group takes place in Redwood City on Mondays from 6:30-8:00. Contact Lori Gortner at 650-248-3122 or lgortner@gmail.com for more information.

GROUPS AND WORKSHOPS

Psychotherapy Groups

In this dynamic psychotherapy group experience, clients explore relationship patterns and self-esteem issues with the support and feedback of peers. Issues such as depression, social anxiety, and codependency are addressed. Nancy Wesson, Ph.D. was trained by Irvin Yalom, M.D. For more info (650)965-7332 or Dr.NWesson@sbcglobal.net / www.wespsych.com / www.shynesshelp.com

Men's Sexual Recovery & Support Group

A weekly group, provides the tools needed to break free from compulsive behaviors. Mondays 8:15 - 9:30 PM, \$35 pw, 12 week commitment.

Register Now for Upcoming Courses at the Mental Research Institute!**6-DAY INTENSIVE**

Comprehensive Strategic Family Therapy Training Level 1 & 2

Eileen Bobrow, LMFT

September 9 – 14, 2013

2-DAY INTENSIVE

Hypnosis in Time-Limited Therapy:

Fundamentals of the Ericksonian Approach—Jeffrey K. Zeig, Ph.D.

September 19 – 20, 2013

MRI is approved to provide continuing education for MFTs, LCSWs and PhDs.

*Call for discount rates - View our other upcoming courses at www.mri.org. For more information please call (650) 321-3055 or email Maria Pia Allende at mariapiaallende@mri.org.

Partners of Sex Addicts Support & Recovery Group

Meets weekly, 7 PM at 4950 Hamilton Ave, Suite 102, San Jose, CA; Cost \$35 per week—12 week commitment (408) 504 5707. www.janetakyol.com/Group-Therapy.html

Women's Support Group -

Anxiety and depression Deborah's Palm, a woman's community center, 555 Lytton Ave in Palo Alto, hosts a Women's Support Group on Thursdays from 6:30pm to 8pm. For more information, email louisemaytaylor@yahoo.com.

GROUPS AND WORKSHOPS

Therapeutic Support Groups for Survivors of Sexual Trauma

Survivors of Sexual Assault & Childhood Sexual Abuse. Ongoing groups in Pacifica & SF. Contact Christina Arguello, LMFT 650.303.8334 www.mindfultherapysf.com

FOR CLINICIANS

Consultation Group

One space is available for an ongoing consultation group for licensed therapists. The group meets twice monthly in Los Altos on Thursdays from 1:30 to 3 PM. The fee is \$45 per session. No charge for planned absences. Long and short case presentations, professional issues and mutual support are a part of most sessions. Alice Sklar, MFT, CGP; 650-961-3482"

Divorce Mediation

Have a couple who can't reconcile? Mediator Dina Haddad, divorce attorney, provides couples a confidential and safe space to finalize divorce without going to court. (408) 357-3486. Visit www.ffmediation.com

Consultation Group

with Kathryn Ford, M.D. CEUs offered. Meets twice a month. \$60/session. Case-based consultation, couples and individuals. Therapists in Dr. Ford's consultation groups find that her focus on optimizing openness between clients and therapists and in couples helps therapists to maximize the power of their unique skills and styles of therapy. For more information: 650-321-1225. or Kathrynford@comcast.net

Mediation and Co-Parenting Counseling

Larry Stone, MFT, is an experienced Mediator and Co-Parenting Counselor. Reasonable fees, referrals appreciated. 831-600-7665. www.StoneMFT.com. Author of "Divorcing Peacefully: Why It's Essential and How To Do It", available at www.divorcingpeacefully.com

Psychiatric Evaluations

Available for your clients, collaborative care. Misao Kusuda, MD; 408-930-2256.

FOR CLINICIANS

Divorce Mediation

Have a couple who can't reconcile? Dina Haddad, mediator-attorney, provides couples a confidential & safe space to finalize divorce & custody. No need for court. Visit www.ffmediation.com. Call (408) 357-3486.

Consult group

For those who work with gender non-conforming teens and children, and/or their families. Meet on a monthly basis with other therapists to discuss cases. Fridays in Los Gatos. 408-871-9180 or mj_therapist@yahoo.com.

OFFICE SPACE

San Mateo

Office in Victorian house with a lot of light and back door. Share house with 2 therapists. Available Mondays, Fridays, weekends. Roberta Gelt 650-558-9605/ regmft@gmail.com

BURLINGAME

Office available now. One of four in a suite with waiting room and restroom. Small, private kitchen included. (650) 737-1818

Burlingame

Beautiful office for rent in lovely Downtown Burlingame. Share a lovely suite including waiting room and bathroom with three collegial therapists. Your office includes two doors, giving you a private "non-client" entrance and separate kitchenette with ample storage. Responsive management, good lease terms. Please contact Cari Lenahan at (650) 579-4993 or clenahan2@comcast.net for showing. Thank you!

Palo Alto

This office suite is available for use 24/7. There are 2 adult, 2 play therapy, one adolescent room available for shared use with 4 other therapists. In addition, the suite has a waiting room, kitchen, two bathrooms and shared office space. Amenities include printer/copier/fax, paper, internet, locked file cabinet and bookshelf. Cleaning and upkeep of well deco-

OFFICE SPACE

rated space included. Convenient parking behind building. Rent is \$800/month

Sale of Office Furniture for new therapist starting a practice.

Full suite of furniture, cabinets, etc. Some free some low priced - all usable. Call Lydia 408-358-3000

Great San Jose Location

Spacious full-time office in 3-office suite looks onto peaceful lawn. Comfortable waiting room, shared office equipment and microwave and refrigerator. Very affordable rent includes utilities and daily cleaning service. Easy parking in well-lit landscaped lot, quiet environment, beautiful atrium, and friendly colleagues. Contact Anne 408-823-8233.

San Jose

AVAILABLE MARCH 1
Collegial group of 11 therapists in suite, shared large waiting room, playroom, kitchen, staffroom, private STAFF bathroom and entrance, 1101 S.Winchester Blvd. near 280. Linda 408-358-5414, Karen 408-886-7143

San Jose Office Share

Tastefully furnished light-filled space near Westgate Shopping Center in professional building with easy parking. Days and times flexible. Sand-tray set up available. Accommodates up to six comfortably. Contact Cindygum@icloud.com

San Mateo

Beautiful, spacious office with separate waiting room and exit. Bathroom outside in hall. Available Mondays, Wednesdays, Fridays (and weekends). Located near downtown San Mateo. Free parking. Call Melodie Lew (650) 532.0508.

Looking for office space/sub leasing on Mondays.

Preferred locations; Palo Alto, Mountain View or Los Altos. Please call at 714/928-5689 or email me at khaila71@gmail.com



SCV-CAMFT News
Attention: Editor
P.O.Box 60814
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Serving San Mateo and Santa Clara Counties
Creating a Community and Culture of Connection



Friday, May 31

11:15 AM — 1:30 PM
Mid Region Luncheon

(1.5 CEU hrs. available, PCE 1134)

***Fostering Resilience in
Patience and Families
After Trauma***

Presented by:
Dr. Jonathan Sills

Crystal Springs Golf Course
6650 Golf Course Lane
Burlingame

Chapter Events

Dates to Remember

May 16 —CAMFT Annual Conference in Sacramento

June 7—Applied Neuroscience for Psychotherapy

June 28—Innovative Program Movie Night

August 23—North Region Luncheon

September 27—Mid Region Luncheon

Friday, July 26

11:15 AM — 1:30 PM
South Region Luncheon

(1.5 CEU hrs. available, PCE 1134)

***Parents Can Win Kids
Over Without Punishment
Or Rewards***

Presented by:
Cynthia Klein

Los Gatos Lodge
50 Los Gatos-Saratoga Blvd
Los Gatos

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.**