

President's Column

by Kate Viret, LMFT, President, SCV-CAMFT



Members often thank me for my work with SCV-CAMFT. This always strikes me as a reminder that I am providing a valuable service. But I have to admit that my reasons for volunteering are primarily selfish in that I am enjoying the opportunity to practice established skills, to learn new skills, and to do something professionally that provides a nice

balance to my private practice. More than 30 volunteers currently run the chapter, each of whom has his or her own reasons for serving. I am a relative “newbie” volunteer; there are more than a few volunteers who have been on the board and continue to serve as committee chairs and committee members. For example, our current Director of Ethics Jane Kingston was board president in the 1990s and currently serves on several committees, is involved with state CAMFT, and volunteers for several other non-profits. Another inspiring volunteer is Luncheons and Innovative Programs Director Elizabeth Basile. Elizabeth won the 2013 Chapter Leadership Award due to her creative ideas, ability to implement these ideas, and her ability to work well with others.

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What Does It Mean When Your Client Hears Voices?

by Elizabeth A. Batson, LMFT

Your client confesses, “Sometimes I hear voices when no one is there.” For a therapist, particularly a novice, this can be as anxiety provoking as the client who says, “I think about dying.” Yet, in both cases, the truth can be anything from a perfectly normal experience to a sign of serious mental illness.

Hearing voices is not common, but not that unusual. According to the U.S. Epidemiological Survey (Beavan, Read & Cartwright, 2011), 8.3% of the United States adult population experience auditory hallucinations. While most people think of hearing voices as a sign of schizophrenia, the reality is that there is a wide range of

medical and psychological causes.

For example, voices and other auditory hallucinations can occur in the transition between sleep and wakefulness. Half awake, it is easy to be confused about what is an outside stimulus and what is produced,

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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.



New Sponsorship Program to Expand and Enhance Chapter Offerings

by Nancy Andersen, Director of Business Development

SCV-CAMFT launched a sponsorship program this year to enhance and expand networking, educational, and community-building opportunities for our members.

The chapter's board of directors wants to expand our offerings to enrich the experience of being a SCV-CAMFT member, but our current way of funding programs via annual membership dues and charging to attend events imposes financial limits. We want to find a way to provide free events, reduce the cost of attending events, or enhance an event without charging more. Sponsorships give us this option.

A successful sponsorship program gives us the means to provide more programs without passing the additional costs to our members. Other chapters have robust programs that underwrite free events, such as an annual picnic, volunteer appreciation dinners, and reduced prices for events. I consulted with the Los Angeles and San Fernando CAMFT chapter sponsorship directors to learn how to start and maintain a program.

Income from the sponsorship program will help us meet our chapter goals to:

- Educate and inform the public about the value of marriage and family therapy
- Support healthy relationships within the community
- Provide activities that meet our members' needs for connection, professionalism, training, and practicing according to the highest ethical professional standards

Board members Debra Rojas, Elizabeth Basile, and I created a program that is live on our website. The program features three levels of sponsorships with discounts for sponsoring multiple events. Sponsors will provide company logos to be included in event announcements on the chapter website, newsletter, and email blasts. Sponsor representatives are invited to network with our members, to provide marketing materials, and to be introduced during the sponsored event. The higher-level sponsorship options allow a sponsor to briefly speak to the audience.

Sponsorships offer a win-win for our chapter and our sponsors. Companies are interested in forming relationships with our members,

not just from a desire to market products and services, but they want to support our work and may benefit from a relationship with a marriage and family therapist. For example, one potential sponsor, a residential treatment center, would like to build a referral network of chapter therapists for outpatient services following inpatient treatment.

I am recruiting chapter members who want to work with me to market sponsorships. I'm looking for people to make contact with potential sponsors, and would also appreciate any leads from members who have contacts within the business community. I expect that serving on the committee would average 1-2 hours per week, and we will meet monthly to support each other and generate ideas. This is a unique opportunity to develop and build a successful program.

To volunteer or to share potential sponsor information, please contact me at NBragaAndersen@gmail.com for more information.

If you would like to become a sponsor, please visit our [sponsorship page](#) for more information.



Community Focus—

Interview with Claire Wright, LMFT

by **SCV-News**

Continuing our effort to feature people in our community, the editing staff spoke with Claire Wright, LMFT. Claire has been an active member in SCV-CAMFT for many years, serving in a variety of capacities. She will be taking a sabbatical for an indefinite period of time, and we want to wish her well in her travels.

SCV-News: Who was a major influence in your life that led you to this profession?

Claire: There were three important people: my mother, who survived childhood meningitis; a very dear friend, mentor and coworker, who through our friendship began a path of recovery from alcohol abuse; and a

school psychologist whom I met through volunteering in my church district.

SCV-News: When did you decide to switch careers and become a therapist?

Claire: After 20 years of working in the corporate computer field, I decided to make the transition to this profession upon awakening to my own deep interest in psychology. Initially I studied in the organizational psychology master's program at JFK University. Before long I was influenced by one of my professors, who is an MFT, to switch majors to counseling psychology because of her sense of my natural tendency towards empathy.



Claire Wright, LMFT

SCV-News: Why did you decide to join SCV-CAMFT?

Claire: I joined CAMFT while I was a trainee. I felt it important to be informed by our professional organization after completing my course in law and ethics. I soon joined SCV-CAMFT to become affiliated with professionals in the local area. I found the luncheon programs and workshops invaluable to my ongoing professional education, as well as for

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2013 Chapter Leadership Award Presented to Elizabeth Basile

For her wisdom and diligent work on behalf of SCV-CAMFT, the board of directors has awarded Elizabeth Basile the 2013 Chapter Leadership Award. Elizabeth has organized excellent programs for both luncheons and the popular "innovative programs" series that she was instrumental in creating.

A member of CAMFT since 2002, Elizabeth has been our Luncheons and Innovative Programs Director for the last two years; during that time she has had a tremendous impact on our

chapter. She brings professionalism and wisdom to her interactions with her committee members. Elizabeth works diligently to keep these programs running smoothly and consistently.

Elizabeth spearheaded the idea of innovative programs for our chapter, a free series of events for our members to hear speakers and network at times more convenient for those who cannot attend the Friday luncheons. This program provides a venue to try new ideas for building commu-



CAMFT president, Guillermo Alvarez, MA presents the 2013 Chapter Leadership award to Elizabeth Basile, LMFT

nity, such as "Movie Night." Innovative programs have been highly popular, thanks to Elizabeth's dedication and leadership.

Elizabeth brings perspective and a calm, assertive energy to our board meetings and to her interactions with

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Howard Scott Warshaw, LMFT, is a therapist uniquely suited to Silicon Valley, holding master's degrees in both counseling psychology and computer engineering. His career accomplishments include distinguished software engineer/manager, award winning film maker, MoMA artist, celebrated video game developer, author and teacher. Now he integrates his eclectic skill set in the service of others as a psychotherapist. His private practice in Los Altos focuses on the needs of Silicon Valley's hi-tech community.

Find Howard (and his blog) at www.hswarshaw.com. MFT#52529.

In Practice with Howard Scott Warshaw: “Defined at Last”

What is therapy? I keep coming back to this question.

Therapy can be a first step, a second chance, or a last resort.

I see therapy as an opportunity for growth. Genuine growth always creates change.

A therapist is a bridge between what is and what could be. Therapy is the journey from an outlook that's keeping you stuck to new perspectives that free you. Therapy is a journey of reexamining attitudes, leading to shifting perceptions and patterns.

Releasing attachment to outcomes is a very important part of this journey. This may seem counter-intuitive. After all, isn't the outcome the whole reason I come to therapy! What would I seek if not outcomes?

How about growth? Consider this:

When we commit to specific outcomes, we are limited. When we commit to growth, we are free.

Grow your perspective in new directions. The more you expand your possibilities, the more your outcomes will improve! Everyone is the

genius of his/her own perspective. Be the best genius you can be!

I recently attended an excellent training given by Rob Fisher. One of the highlights for me was when Rob gave a definition of therapy. He said something along the lines of:

Therapy is guiding people inside themselves in ways that produce new material.

How often do we reconsider long-standing issues only to come up with the same old stuff? A good therapist helps you find new answers to old questions. Now you can explore new possibilities, pursue new directions, and ultimately live a life of your own creation. A life better suited to who you are.

When I asked Rob to repeat what he'd said, I discovered another point about therapy...

He couldn't repeat it exactly. The thought came to him in the moment, he shared it, and then released it. I felt the impact and I carry the benefit forward, but the moment was gone and so were the particulars.

People who are truly present and focused in the moment produce remarkable things, but it can be hard to

recall them later because the same focus that produced those gems has moved on to new moments. That's why recording can be a valuable tool.

Therapy happens in the present moment. The past is important, but nothing is ever solved or resolved there. The only place growth and healing occur is right here, right now.

Therapy is extremely spontaneous.

And what of the job of the therapist?

To paraphrase Albert Einstein, "We cannot solve our problems with the same thinking that created them."

People rarely come to a therapist to remain where they are. They want to fix, alter, manage, improve, adapt to, and/or extricate themselves from some situation that currently occupies too much of their attention in some less than fabulous way. In short, they come to a therapist to make a change.

If we believe Einstein, then truly changing our circumstance requires changing our point of view. After all, tunnel vision only leads farther down the tunnel.

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What Does It Mean When Your Client Hears Voices?

by Elizabeth A. Batson, LMFT

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dream-like, within the mind. A tired brain is also more likely to mistake an external random noise as a meaningful sound, more of an illusion than a hallucination. Sleep deprivation causes hallucinations, even when wide-awake. This might be why college students report auditory hallucinations at four to six times the rate of the general population (Beavan et al., 2011).

On the biomedical side, prescription and recreational drugs can cause hallucinations. High fevers, untreated endocrine or metabolic disorders, and temporal lobe epilepsy are among the medical conditions that cause hallucinations. Since these conditions might be overlooked in a routine medical exam, you should encourage your client to share the existence of the voices with his or her doctor. If your client is over 35 with no family history of delusional disorders, a medical exam is essential since health issues are more likely to be causing voices than late onset psychotic disorder.

Say your client reports hearing voices regularly, and you have ruled out the causes above. Now what? Traditionally, psychology viewed all on-going voices as an indicator of mental illness. The most well known diagnosis is schizophrenia, but according to Pierre (2010), 14 other mental illnesses may include auditory hallucinations, including major depression, complicated bereavement, and bipolar disorder. Even if there are no other symptoms, persistent auditory

hallucinations alone are sufficient for a diagnosis of Other Psychotic Disorder.

In assessing your clients, you also want to look at the larger picture. How are they functioning in daily life? Patients who struggle with

People who successfully live with voices have been challenging the traditional view that persistent voices are proof of mental illness.

stress, trauma, and depression are more likely to have the experience degenerate into a negative impairment. Trauma plays a key role in hearing voices. Adams (2007) reports that 70% of people who hear voices first notice the voice after a traumatic event. Not all voices cause problems. Those that do can interfere with a client's life in different ways. Voices can be violent, abusive, or controlling. Voices can also be distracting. Furthermore, just the experience of hearing voices may be unsettling, especially if clients fear they are "crazy".

People who successfully live with voices have been challenging the traditional view that persistent voices are proof of mental illness. The Hear-

ing Voices Network is an international advocacy organization that tries to support people who hear voices in ways that are helpful without assuming mental illness. An article in *Psychology Today* (Adams, 2007) highlighted the range of experiences, explaining that only one in three people who hear voices requires psychiatric help. Eleanor Longden's experience with voices has reached a wide audience, with over one million people viewing her TED talk (2013) on "The Voices in My Head". Her recovery from schizophrenia was based on changing her relationship with the voices, rather than eliminating them. The turning point came when she recognized that her voices were a meaningful response to life events that could provide useful insight into solvable emotional problems. With the greater focus on healthy people who hear voices, researchers are paying more attention to the patients' subjective experiences.

There is evidence that suggests hearing voices might be a continuum of experiences where people who hear voices but are otherwise healthy share some traits with those who have problematic voices and other traits with the neurotypical "normal" person. Researchers at the University of Bergen (2013), using functional Magnetic Resonance Imaging (fMRI) to examine the primary auditory cortex, found that both healthy voice hearers and schizophrenics are less responsive to outside stimulus than

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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.

If you have a topic you would like to see addressed, or comments and questions about this column, feel free to reach Dina at (408) 357-3486 or dina@ffmediation.com or her website www.ffmediation.com.

Broken Love: The Intersection of Divorce and Therapy

Prenups: What, Why, and When?

A Legal Perspective by Dina Haddad, Esq. LLM

Do you have a client considering marriage? Have you wondered whether a premarital agreement would be an important consideration for your client? Premarital agreements, also referred to as prenups, define a couple's financial and fiduciary responsibilities to one another, the ownership of assets and debts, and the management of income and expenses. The agreements are signed prior to marriage with the intention to circumvent California law with respect to property and debt in the event of a divorce or death.

What can you do in a premarital agreement?

In a premarital agreement, you are able to contract out of California's community property laws. In California, a party's assets owned prior to marriage, or received by inheritance, gift or devise, are the party's separate property. In other words, he/she owns 100% of those assets. All other property falls under the catch-all of community property, belonging equally to the married couple. However, it can get tricky.

Many assets have the quali-

ties of both community and separate property, known as "mixed character". For example, Paul purchases a home prior to marriage. He keeps the title in his name throughout the marriage, but pays down the principal with income from his salary (community property). The community (i.e. the couple) now has an interest in Paul's separate property home. In addition, if Jessi-



ca, Paul's wife, spends time improving the property with her time (a community property asset), the community would be entitled a reimbursement for her efforts.

A premarital agreement can prevent this situation. In a premarital agreement, a couple may contract that all income earned during marriage is the separate property of

the person who earns it. They might also agree that any person's efforts, time, or skill used to improve the other's separate property is a gift to that person.

Here are some other agreements a couple might make:

- No community property may be created during the marriage.
- All property owned prior to marriage remains separate property, regardless of the change in character or if community property is invested in that property.
- Any loans taken are the responsibility of the person who assumed the debt.

Why would you want a premarital agreement?

Here are a few reasons why a couple may consider a premarital agreement.

- **Insurance against a nasty or costly divorce:** Premarital agreements are like automobile or disability insurance. You pray you never need it, but rest assured you have it in case the worst does happen.

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SCV-CAMFT May North Region Luncheon

(1.5 CEU hrs. available, PCE 1134)



The Couple Recovery Development Approach: A Relational Model for Couples in Addiction Recovery

Presented by Bob Navarra, PsyD, MFT, MAC

When one or both partners are recovering from addiction to substances or behaviors, the traditional recovery model emphasizes individual recovery for each person and discourages efforts to deal with the couple relationship. However, research tells us that the couple relationship plays a significant role in influencing addiction recovery outcomes. The relationship doesn't improve just because one or both partners get into recovery. In fact, it is normal for relationships to experience continued difficulties and face new challenges.

The Couple Recovery Development Approach (CRDA) is a newly emerging, state-of-the-art model of addiction recovery that considers three recoveries: each individual recovery and the couple recovery. CRDA integrates key concepts from Dr. Bob Navarra's research-based model with Dr. John Gottman's four decades of research on relationship stability and instability, and the "Sound Relationship House" model developed by Drs. John and Julie Gottman. Learn how to conceptualize recovery and relationships, and some core interventions you can use to help couples develop a "couple recovery."

Bob Navarra, PsyD, MFT, MAC is a certified Gottman therapist, speaker, trainer, clinician, researcher, and writer specializing in treating couples in recovery from addiction. He was recently filmed with the Gottmans on their latest training DVD presenting on the "Couples and Addiction Comorbidity." Navarra and the Gottmans are collaborating in designing a randomized clinical trial utilizing CDRA in treatment programs. Additionally, Navarra designed, in collaboration with the Gottmans, a two-day workshop titled: *A Road Map for the Journey: A Gottman Workshop for Couples in Recovery from Addiction*, to debut later this year. He is a research associate and co-founder of the Center for Couples in Recovery at the Mental Research Institute, and research scientist with John Gottman's famed Relationship Research Institute. He has presented his research at numerous professional conferences and workshops. Publication credits include co-authoring chapters with John Gottman and articles on addiction recovery and couples treatment.

Date:	Friday, May 30	Time:	11:15 a.m.—1:30 p.m.
Place:	<u>Crystal Springs Golf Course</u> , 6655 Golf Course Way, Burlingame	Menu:	Buffet Lunch
REGISTER:	At www.scv-ca.m.ft.org , or mail your payment to SCV-CAMFT, PO Box 60814, Palo Alto, CA 94306	Fee:	Members—\$26 Non-members—\$33 \$7 for CEUs

Register: Please make your payment by Monday, May 26 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. Please visit our website at www.scv-camft.org to review detailed CEU info and our refund policy.

- Chapter board meetings are generally held on the fourth Friday of each month (some major holidays and other chapter functions move the date) from 9:00 a.m. to 11 a.m. at the same location as, and immediately prior to, the chapter's monthly luncheon event.
- All luncheon programs are held from 11:15 a.m. to 1:30 p.m.. 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 June South Region Luncheon

(1.5 CEU hrs. available, PCE 1134)

Understanding a Hoarding Disorder

Presented by Dr. Dana Girard

A hoarding disorder is a compulsion, a difficulty to discard, a disorganization of items in the home that substantially compromises its designed use, which significantly impairs social, occupational, and environmental functioning. A hoarding disorder often begins in childhood and is discovered in adulthood. The disorder tends to run in families and often strains their relationships. If left untreated, the disorder can grow chronically worse over time. Treating a hoarding disorder is extremely difficult due to a client's unhelpful beliefs, low motivation, and insight, and underlying disorders. Although the DSM-5 categorizes a hoarding disorder as an obsessive compulsive related disorder, only 20% also struggle with an obsessive compulsive disorder and 75% meet criteria for a mood disorder.



Dr. Girard will present a talk on this subject. Dr. Girard will be sharing her experiences with and insights into the struggles of those who compulsively hoard. She will include the latest research and recent DSM-5 diagnosis on the disorder. Lastly, she will also discuss Drs. Tompkin and Hartle's book, *Digging Out*, as well as other resources.

Dana Girard, Psy.D. is a clinical psychologist and specialist in the treatment of a hoarding disorder. Upon graduating from the California Institute of Integral Studies in San Francisco, CA, she joined a private practice to earn her supervised professional experience hours toward her licensure. Working in an office and in clients' homes, designing best practices workshops for first responders and mental health professionals, facilitating treatment groups, and providing presentations to educate the public about a hoarding disorder quickly led to her licensure and her own private practice in two Bay Area office locations, Redwood City and Los Gatos. Today, her work includes being a board member of two county hoarding task forces, San Mateo County and Santa Clara County, and developing therapeutic interventions for the treatment of a hoarding disorder.

Date: Friday, June 27
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 a.m.—1:30 p.m.
Menu: Buffet Lunch
Fee: Members—\$26
 Non-members—\$33
 \$7 for CEUs

Register: Please make your payment by Monday, June 23 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. Please visit our website at www.scv-camft.org to review detailed CEU info and our refund policy.

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SCV-CAMFT 2014 Calendar of Events

MAY

- 2 Pre-Licensed South Region Support Group
- 9 Pre-Licensed North Region Support Group
- 10 Newly Licensed North Region Support Group
- 15 *July/August Newsletter Submission Deadline*
- 31 Newly Licensed South Region Support Group
- 30 **North Region Chapter Luncheon, *The Couple Recovery Development Approach: A Relational Model for Couples in Addiction Recovery*, Burlingame**

JUNE

- 7 Newly Licensed North Region Support Group
- 13 Pre-Licensed North Region Support Group
- 27 **South Region Chapter Luncheon, *Understanding a Hoarding Disorder*, Los Gatos**
- 28 Newly Licensed South Region Support Group

JULY

- 18 **SCV-CAMFT Special Annual Event, *Hardwiring Happiness* with Rick Hanson, PhD, Mountain View**

JUNE

- 6 Pre-Licensed South Region Support Group

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 submission is six weeks prior to publication. 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 2014 Issue
Deadline: May 15, 2014

September/October 2014 Issue
Deadline: July 15, 2014

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We are currently looking for several new volunteers. In addition to the benefits listed above, volunteering is a great way to become intimately involved with the MFT community. Through your service, you will develop a strong professional network, will learn new skills, will be mentored by a board member or committee chair, and will be able to see if becoming a committee chair or board member appeals to you.

If you are curious about opportunities to serve the chapter, please let me or anyone on the board know. In particu-

lar, we are looking for someone to chair our Mentor/Mentee Program, as this position is now vacant. This person would work closely with our Pre-licensed and Newly Licensed Director Kelly Kilcoyne and would need to be able to build and manage the program. Our Director of Membership Jenna Benson could also use some support, as she has the enormous yet highly feasible task of increasing membership and making the membership renewal process run more smoothly. Editor Joanne Shurter is also looking for volunteers to write articles for the newsletter. Please see the Get Published article on page 13. Business Development Director Nancy Andersen is

in the process of forming a business development committee. Please see her article on page 3 for details. Finally, we are looking for a volunteer to help manage the content on our website.

Thank you to everyone who puts so much energy into making this a thriving professional organization. It is a pleasure to get to know you and to serve you in this capacity.

I look forward to hearing from you,
Kate Viret





February 2014 Luncheon Review — Experiential Sand Tray Therapy for Adults and Adolescents by Michal Ruth Sadoff

For her talk at the North Region luncheon on Friday, February 21st, Cindy Gum, LMFT, brought actual sand trays and set up hundreds of small figures (called images) to demonstrate her method of Experiential Sand Tray Therapy (ESTT) to 25 attendees, and to offer the attendees their own hands-on experience as therapist, client, or observer. Attendees arriving at the luncheon were immediately curious about the 12 feet of figures/images arrayed on tables along one end of the banquet room, and went to explore before it was time to sit down and enjoy the luncheon and speaker.

After giving a brief explanation of the method to the attendees, Cindy invited volunteer client Sarah Harkness to participate in a demonstration of the method. Using a guided meditation specific to this technique, Cindy helped the client prepare to select images to place in her tray. "Some of (the images) will jump right into your hand...others will beckon you to choose them...some you might not want to pick up but they will somehow insist..." Once Sarah had selected her images and built her sand world, Cindy

helped her explore it and encouraged her to experience the feelings and meanings of the images and their placement in the sand. Attendees observed Sarah's process silently and respectfully, and were clearly moved by her evident deep experience and self-discovery. "It feels like a dream," said one observer afterward.

After the demonstration, Cindy invited attendees to create therapist-client pairs and try out ESTT for themselves while she circulated among the tables. First the therapists invited their clients into the experience, using a sample guided meditation provided in a handout. The hand-out also included suggested questions for therapists to pose to both the client and to the images. As the client and therapist viewed the sand world together, the therapist thanked the images "for being here today", and helped the client tell and show her story. Some questions to the images were: "What is your purpose in being here today?" or "Do you have anything to say to any of the other images here?" Some questions to the client were: "Is anything

worked at Community Solutions in Morgan Hill. While there she received specialized training in and worked with clients suffering from domestic violence and sexual assault. Additionally, she worked with the Restorative Justice Program and the SOS Program for high-risk children (ages 6-12) and their families.

In her private practice she works with clients who have chronic medical con-



Presenter Cindy Gum, LMFT (left), with SCV-CAMFT member Sarah Harkness (right), as the volunteer "client." Photo by Martha Clark Scala

missing here? If so, what?" or "Does your sand world have a title?"

ESTT is appropriate for clients age 12 and up who have enough ego strength to hold self-reflection. It uses role play, voice dialogue, and projective techniques to invite the client to give voice to their images and sand world. The therapist and client work collaboratively, with the therapist as a process guide and mirror, and the client in control. ESTT is a tool for the therapist to be with the client in their world, enabling exploration of difficult intrapsychic experiences and interpersonal relationships.



Award, continued from p. 4

board members. She is a kind, caring, and compassionate professional, who is a role model for us all. We have been blessed with her presence as a volunteer.

In her professional work, Elizabeth is a peerless example of community involvement and leadership. Before starting a private practice, Elizabeth

ditions such as type 1 diabetes as well as those who are struggling with eating disorders, in particular anorexia or bulimia. She is pursuing an eating disorder certification at John F. Kennedy University.

The board is delighted to award Elizabeth the 2013 Outstanding Chapter Leader award.





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

The Newly Licensed Support Groups

are designed to meet the needs of those just licensed, and up to three years after licensure. You will find support and great ideas, and develop relationships with your peers. Be sure to take advantage of this valuable group and resource as you begin your journey as a licensed therapist.

The Pre-Licensed Support Groups

are designed to support interns. These groups will help you find encouragement and advice from those who have already walked in your shoes on the road to licensure. Be sure to take advantage of this valuable group and resource as you begin your journey towards becoming a licensed therapist.

Support Group Calendar

Newly Licensed North Region/Peninsula
Newly Licensed South Region
Pre-Licensed North Region/Peninsula
Pre-Licensed South Region

Free Newly Licensed (within three years) Support Groups

North Region Newly Licensed Support Group

Meets Saturdays May 10, June 7, July 12 from 10 a.m.-12 p.m.

Facilitator: Jamie Moran, LCSW

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

RSVP and Contact: Jammoran@aol.com or 650/598-8877.

South Region Newly Licensed Support Group

Meets on one of the last Saturdays of the month from 10 a.m. - 12 p.m.

Upcoming Dates: May 31, June 28

Facilitator: Verna Nelson, LMFT

Location: Near Hwy. 85 and 880 (address provided with rsvp)

RSVP and Contact: vernelson@gmail.com or 408/379.7747

Free Pre-licensed Support Groups

North Region Pre-Licensed Support Group

The group meets the second Friday of each month from 10 a.m. to 12 p.m.

Upcoming Dates: May 9, June 13

Facilitator: Debra D. Rojas, LMFT

Location: at Debra's home in Menlo Park (address provided with rsvp)

RSVP and Contact: debra@debrarojasmft.com or 650/995-6940.

South Region Pre-Licensed Support Group

Meetings are held the first Friday of every month from 10 a.m. to 12 p.m..

Upcoming Dates: May 2, June 6

Facilitator: Janis Seiberlich, LMFT

Location: 4100 Moorpark Ave., Suite 212, San Jose

RSVP and Contact: janis@healing-heart-therapy.com or 650/810-5680.

Get Published!

Got a hankering to see your name in print? Always meant to write that article about working with difficult patients or using expressive arts in treatment? Well, now is your chance!



SCV-CAMFT News welcomes your submissions on a wide variety of topics. You can write about anything that is relevant to being a therapist. We as a chapter are an interesting group of people - we have many interesting things to share. How great it would be to see the richness and diversity of our chapter displayed in the newsletter.

Need a little help to get started? Here's list a of possible topics:

- Working with children, teens, or families
- Substance abuse
- Multicultural issues
- Transgender
- Seniors
- Addictions
- Theoretical orientation
- Medications – use of it, pros, cons
- Personality disorders
- Trauma
- Anxiety
- Depression
- Specific diagnoses
- Supervision topics
- Private practice vs. agency work
- Practice building ideas
- Book review
- Movie review
- Case studies
- Your experiences as a therapist, intern, supervisor...
- Area of expertise or special interest

If it would be helpful, newsletter committee members are available to discuss ideas with you and answer questions. Editorial committee member contact information is listed on [page 2](#).

Interview, continued from p. 4

developing close connections with other therapists.

SCV-News: Why have you volunteered for SCV-CAMFT?

Claire: Once I became licensed I wanted to give back to the organization and gladly accepted an offer to join the board. My two years serving were rewarding, afforded many memorable experiences, and created what have evolved into long-term bonds with several colleagues. I express my heartfelt gratitude to the members

and volunteers of SCV-CAMFT for providing me with the professional support I sought here.

SCV-News: You are taking a sabbatical; what are your plans?

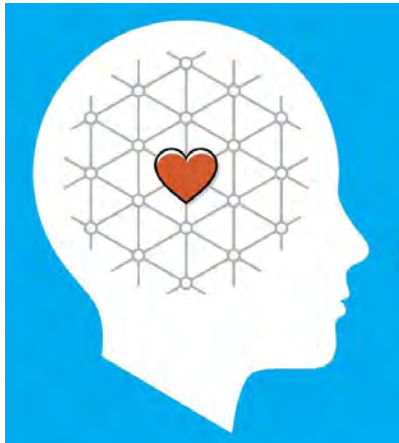
Claire: Now my life is transitioning once again. You will no longer see my ads in the newsletter for my women's groups. For 25 years, my husband and I have nurtured a dream of traveling extensively, and that dream is becoming a reality. We are renting out our home, have sold my car, and will be leaving the South Bay in my husband's passenger van, which he has outfitted

with a full-size bed. We plan to initially travel through the northwest states and in parts of Canada. Then we will leave the van with friends and relatives as we travel abroad to other parts of the world. With this transition imminent, I am referring and terminating with my clients.

SCV-News: You'll be back, right?

Claire: I hope to rebuild a private practice when we return to the South Bay. Until then, I bid my friends and colleagues a fond farewell.



**Date/Time:****Friday, July 18, 2014**

9:00 a.m.—4:00 p.m.

(8:30 a.m. check-in)

Venue:**Michael's at Shoreline**

2960 Shoreline Blvd.

Mountain View, CA 94043

Registration fee includes a continental breakfast, buffet lunch and 6 CEUs for MFTs, LPCCs, LCSWs, and LEPs.

Early Bird Registration:**To Save, Register by June 17, 2014**

Licensed members: \$120

Student/Interns member: \$60

Non-member: \$140

Non-member student/intern: \$70

After June 17th

Licensed members: \$140,

Student/Intern member \$70

Non-members: \$160

Non-member student/Intern \$80

To register online, go to the calendar of events at scv-camft.org/ or contact us: mail@scv-camft.org or 408-235-0210.

Refund Policy: Due to the contracted costs of offering this event, cancellations must be received no later than two weeks before event by July 4, 2014 in order to ensure a refund, less a \$30 administrative processing fee.

Continuing Education: This course meets the qualifications for 6 hours of continuing education credit for MFTs, LPCCs, LEPs, and/or LCSWs as required by the California Board of Behavioral Science (PCE 1134, CAMFT - Santa Clara Valley Chapter).

SCV-CAMFT Annual Workshop

With Rick Hanson, PhD

Acclaimed teacher, neuropsychologist, and *New York Times* best-selling author.

Hardwiring Happiness: Growing Inner Strengths in Children, Parents, and Families

Based on Dr. Hanson's newly released book, *Hardwiring Happiness*, this seminar offers concrete, research-based strategies for internalizing everyday positive experiences to develop lasting inner strength.

Dr. Hanson will cover applications to help both our clients and ourselves cope with stress, interpersonal conflicts, addictions, trauma, depression, and childrearing.

Attendees will:

- Experience the process Dr. Hanson calls "taking in the good."
- Understand the biological basis for anxiety and ways to work with it.
- Find helpful tools to develop resilience, positive emotions, and confidence.
- Learn the four-step HEAL method that imprints a greater sense of inner peace and love.
- Learn to teach our clients the HEAL steps for internalizing positive experiences.
- Adapt these methods for clients who are children or have trauma.



Rick Hanson, Ph.D., is a neuropsychologist and New York Times best-selling author. His books include *Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence* (in 13 languages), *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom* (in 25 languages), *Just One Thing: Developing a Buddha Brain One Simple Practice at a Time* (in 13 languages), and *Mother Nurture: A Mother's Guide to Health in Body, Mind, and Intimate Relationships*. Founder of the Wellspring Institute for Neuroscience and Contemplative Wisdom and on the Advisory Board of the Greater Good Science Center at UC Berkeley, he's been an invited speaker at Oxford, Stanford, and Harvard, and taught in meditation centers worldwide. A *summa cum laude* graduate of UCLA, his work has been featured on the BBC, NPR, CBC, Fox-Business, *Consumer Reports Health*, *U.S. News and World Report*, and *O Magazine* and he has several audio programs with Sounds True. His weekly e-newsletter — *Just One Thing* — has over 100,000 subscribers, and also appears on Huffington Post, Psychology Today, and other major websites.

For more information, please see his full profile at www.RickHanson.net.

Hearing Voices, continued from p. 6

people who do not hear voices. However, healthy voice hearers are better at redirecting the attention outwards. Further research on the similarity and difference between the neurotypical person, the “healthy” voice hearer, and the mentally ill will help us learn how to respond better to the person who reports hearing voices.

In talking to your own client, you want to ask about the nature of the voices. Aggressive, frightening, controlling, or threatening voices are clear indicators of a problem, as are voices that converse with each other. Healthy voice hearers generally have a positive or neutral relationship with their voices. However, positive voices do not rule out serious mental illness since there are schizophrenics who are perfectly happy conversing with the voices in their heads.

You also want to explore what the experience of hearing voices means to your client. Healthy voice hearers are more likely to have a positive explanation for why they are hearing voices. For example, Cottam, Coughty, Carpenter, Al-Mousawi, Karvounis & Done (2011) interviewed Christians who hear voices. Mentally healthy Christians understand their voices as part of their religious experience. Christians diagnosed with a

mental illness mostly reported nonreligious, predominantly negative interpretations.

The traditional perspective of voices as symptoms that need to be medicated away is being challenged by patients, such as Longden. Based on their own experience, they claim the traditional, adversarial attitude causes unnecessary problems, pushing a patient towards psychopathology. They believe that engaging with voices and being curious about their meaning is more helpful than trying to banish the voices with strong anti-psychotic medication. While this position may make sense, there is not yet enough research to understand if it is more useful to patients to try to eliminate the voices or to focus on co-existence.

Joseph Pierre (2010) compares hearing voices to coughs, “normal and even functional experiences that can occur spontaneously or in response to environmental stimulation, reflect or be part of a larger clinical disorder, or be malingered.” By understanding the full range of possibilities, you can respond calmly and helpfully to the client who hears voices.



Elizabeth Batson, LMFT, works with overwhelmed couples and individual parents who have a child with a disability, mental illness, or special needs. <http://www.batsonmft.com>

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In Practice, continued from p. 5

There are many ways to describe the job of a psychotherapist, and many ways to do that job. One way to view therapy is determining how others understand the world and ascertaining how I might expand or open them to new options and directions. What a fascinating and challenging task!

Toward this end I perpetually strive to find new ways to conceptualize and/or experience things. The broader my experiential base, the better I might meet each client's specific needs. It's not about telling people what to do. It's about creating moments which allow clients to discover for themselves what they want, thus creating the option of pursuing it.

If I tell you how a flower smells, can you savor the fragrance? No. But if I can help you find some flowers, you can sample them for yourself. Now your life experience is genuinely richer and you have a larger base from which to proceed. Where you go from there is up to you.



Within the nurturing and supportive place of a mixed psychotherapy group, clients explore how they relate to others and self-esteem issues.

Issues such as:

- Social Isolation
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- Getting needs met
- Abuse in relationships
- Social anxiety
- Assertiveness
- Divorce
- Codependency

Nancy Wesson, Ph.D. LMFT, and psychologist has 25 years of experience leading groups and 15 years of teaching group psychotherapy.

She is founder of the Center for the Study of Group Psychotherapy, and President-elect of the Santa Clara County Psychological Association.

Cost: \$50-65 per weekly session.
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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.

Broken Love, continued from p. 7

- **Prior divorce:** For those who have already divorced, they may want to avoid the potential of another divorce resulting in a loss of financial assets.
- **A defined financial relationship:** This may feel so unromantic and so unlikely for many lovebirds, but premarital agreements require a couple to do some important thinking in advance of financial marriage woes. For some, having this financial structure might put them at ease, and can be an opportunity for the couple to identify their financial expectations and

even their roles in marriage.

- **Blended family:** If an individual has children from a prior marriage, he or she may want to take extra measures to protect his or her estate for the children.
- **Retirement age:** If a couple is older, and closer to retirement, each may want to make sure her/his nest egg is protected, especially from the possibility of a protracted and costly divorce.
- **Waiver of spousal support/alimony:** Individuals may also waive spousal support in a premarital agreement. California is a no-fault state. Think about the difficul-

ty when one spouse has had an affair, resulting in the divorce, and that spouse is entitled to receive spousal support from the spouse on whom she or he cheated.

If you have a topic you'd like to see addressed, or comments and questions about this column, feel free to reach me at (408) 357-3486 or dina@ffmediation.com, or at our website, www.ffmediation.com.



GROUPS AND WORKSHOPS

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.

NEW MENLO PARK MEN'S GROUP

Men fostering connection, community, and support Group will meet on Mondays from 8:00-9:30pm. For more information please contact Jamie Moran, LCSW, CGP 650.598.8877 jammoran@aol.com www.jamiemoran.com

Psychotherapy Groups

In this dynamic psychotherapy group experience, clients learn how to relate better to others, reduce social anxiety, develop new relationships. and increase self-esteem. Nancy Wesson, Ph.D. has 25 years of experience leading groups and has taught group therapy course for 15 years. She was trained by Irvin Yalom, M.D. For more info (650)965-7332 or Dr.NWesson@sbcglobal.net / www.wespsych.com/ www.shynesshelp.com

Moms Groups

Moms groups run 12 weeks to develop strong connections among members. \$30/class. FREE for low-income moms. Palo Alto. Call Jaclyn 650-296-2299. Email Jaclyn.K.Long@gmail.com. www.MindBodySpiritMoms.com

Process Group for Women

Process Groups for Women: Examining internal, external, second-half-of-life changes. Redwood City. Now forming Mondays and Wednesdays. Call Deborah Dowse Runyeon, MFT, CGP at 650-363-0249 x111 for information.

GROUPS AND WORKSHOPS

Sacred Journey Women's Group

Personal and spiritual growth - trust, authenticity, empowerment, awareness, and transformation. Every other Monday, 3:15-4:45pm, Menlo Park. 4-6 participants. <http://awakeningself.com/counseling/womens-psychotherapy-groups/> Connie Habash, LMFT 650-996-2649

TEEN GIRLS and WOMEN'S GROUPS

TEEN GIRLS-Friendships, feelings, communication, self-esteem and stress using art and drama. WOMEN-relationships, depression, stress, transitions, and parenting starting Sept 27th. Lori Levitt, MFT #43329. 650-794-4828 www.lorilevittmft.com

Process Painting Workshop

Paint. Play. Discover. A monthly drop-in group to develop your creativity, exercise your intuition and learn more about yourself. No painting skills required. Elizabeth Batson LMFT #51584 408-462-2443 <http://www.processpainting.info>

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Clients divorcing? I provide custody mediation and co-parent counseling as an alternative to litigation. For more conflictual cases, I provide Child Custody Evaluations and Recommending Mediation. Jamie Duddy @ 650.655.2724

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Maple stained with white sliding cover for art work, on small roller table. Wall shelves. 100+ figures: dragons, knights, fairies, witch, dinosaurs, barnyard & wild animals. \$500 or best offer. Richard (408) 947-7047, richard.ferrylmft@gmail.com.

FOR CLINICIANS

Mediation, Co-Parenting Counseling

Larry Stone, MFT, experienced Mediator and Co-Parenting Counselor, referrals welcome. 831-600-7665. StoneMFT.com, MediateCustody.com. Author of "Divorcing Peacefully: Why It's Essential and How To Do It", available at DivorcingPeacefully.com

JOB OPPORTUNITIES

ADDICTION CLINICIAN

The Sequoia Center seeking immediate fulltime clinician to work with addicts/alcoholics in Residential Treatment. Requires Master's degree and experience. Supervision provided for Interns. Send resume to cjerrold@sequoiacenter.com.

IPC seeks therapists: part time

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Clinical Program Manager (CPM) Full Time Position Open

Chamberlain's Mental Health Services (CMHS), Gilroy. Go to <http://scv-camft.org/Uploads/Fliers/Clinical-Job-Op-Chamberlains.pdf> Dr. Ken Parker, ken.parker@chamberlainsmhs.com OR 408-848-2099 (fax)

FOR INTERNS

Therapist positions available

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FOR INTERNS

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Los Gatos Sublet

Large, sunny office. Great for individuals, couples, small groups. Available Monday or Tuesday 8-5, Friday 8am-9pm. Just off Hwy 9&17; easy access for South Bay clients. Utilities included. Call Vicki@408-375-7320.

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Large, sunny, beautifully furnished office centrally located in Los Gatos. Available full time from May 2014-September 2014. After Sept 1st, 2014 full days still available Mondays, Fridays, Saturdays and Sundays. Call 408-892-5060.

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Private small office in central downtown Campbell. Walk to all restaurants, Starbucks. Parking on site in parking structure attached. I currently have 14 therapist in the building. 100 sq ft, \$350.00 per mo. All utilities included. Very safe location. Contact Gene at 408-502-2600 to discuss and view

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Chapter Luncheon

North Region, Burlingame

Friday, May 30
 11:15 a.m. — 1:30 p.m.

**"The Couple Recovery Development
 Approach: A Relational Model for
 Couples in Addiction Recovery"**

Special Presentation by
Bob Navarra, PsyD, MFT, MAC

(1.5 CEU hrs. available, PCE 1134)

Crystal Springs Golf Course
 6655 Golf Course Way
 Burlingame, CA

Chapter Events

Special Summer Event:

Friday, July 18
 9:00 a.m. — 4:00 p.m.

"Hardwiring Happiness"

Special Presentation by
Rick Hanson, PhD

(6 CEU hrs. available, PCE 1134)

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

Chapter Luncheon

South Region, Los Gatos

Friday, June 27
 11:15 a.m. — 1:30 p.m.

**"Understanding a
 Hoarding Disorder"**

Special Presentation by
Dana Girard, PsyD

(1.5 CEU hrs. available, PCE 1134)

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

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