



PRESIDENT'S MESSAGE

By Debra D. Rojas, M.A. | *Licensed Marriage and Family Therapist and President, Santa Clara Valley Chapter of California Association of Marriage and Family Therapists*

As mentioned at the annual meeting last November, I recently read through chapter Newsletters dating back to 1981. The earliest Newsletter in our archives was dated January 1981. In a message by Carol Marks (yes, that's our own Carol Marks) the CAMFT Annual Conference was going to be held that year at the Santa Clara Marriott Hotel. She wrote, "it will be a star-studded event, booked full of therapy's greats -- Virginia Satir, James Framo, Natalie Rogers and Sam Keen..."

I recently spoke with Carol about this conference and she told me how thoroughly enjoyable it was. She even shared her experience of meeting Virginia Satir. According to Carol, in the early years the chapter had a small meeting room at the conference, which served as a hospitality room. Volunteers set it up with soft music and candles and turned it into a spa-like atmosphere for members to relax in and decompress. She said that although they created a place of serenity amidst the excitement of the

conference it was not used as much as they had envisioned. Instead, all the action was at the host table filled with snacks, members milling about, and lively conversation. Carol maintained a presence at the chapter's host table throughout the conference and members volunteered between sessions. As Carol talked about what a fantastic

A common thread throughout all of our chapter's history is the need for volunteers.

opportunity it was to meet people from other chapters and socialize with our own members, I could feel the enthusiasm and energy surge through me.

At our March 2015 luncheon, a number of you signed up to help at the chapter's host table at the upcoming annual CAMFT conference

near SFO. Additionally, our Business Development Director, Melissa Risso, has created an online signup sheet for volunteers. If you are interested in volunteering and were unable to sign up in March, please use the following link to choose your volunteer slot:

<http://www.jooners.com/guest?l=bac-6c3ba-6052-4253-9ca3-189072d947c0>

After my phone conversation with Carol, I reflected on the rich chapter history within just this one member. There are others of you who have been members for many years and we would like to recognize you for your service to the profession and our chapter. Would you please share your wisdom with the rest of us? If you've been a member for more than 20 years, please email me at president@scv-camft.org and let's connect. If you know former members who've since retired and are no longer members, please pass the word on to them and ask them to get in touch with me. If they don't use email, you can pass

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their information to me and I'll reach out to them.

Throughout those early years, chapter officers, directors, committee chairs and committee members worked diligently to build our chapter. Below are just a few highlights from newsletters dated 1981-1984.

January 1981. In this first newsletter that I found, President Chuck Eudy wrote a message stating that 1980 was the first year of our chapter, which grew from a formation committee to a full chapter consisting of eight officers and seven committee chairs.

We were called California Association of Marriage and Family Therapists Santa Clara Valley Chapter.

As of April 28, 1980 our chapter members numbered 28. Today our membership exceeds 700.

Our early members were a busy bunch! They met in various homes, had barbecues and swim parties, and co-sponsored speaking events with local colleges.

The chapter had outreach programs such as a poverty outreach program in San Jose.

In October 1983, a workshop titled "Overcoming Shyness" was held. If you attended the March 2015 luncheon, you heard Dr. Matthew May talk about cognitive therapy and shyness. I find it fascinating that shyness has not gone away as a topic of interest, and that we can work with it in new ways.

November 1983: President Vicki Lee wrote "I find satisfaction, too, in this chapter's commitment to world peace and to the view that therapists have a significant role to play in its achievement."

In 1984, the newsletter expanded from 2 pages to 4. In May of that year, President Mary Ellen Edwards described the chapter as "...the largest and most active CAMFT chapter in northern California!" In her president's message she stated that there were 16,000 licensed MFCC's in California. My how our profession has grown.

Also in May 1984, two important bills were ready for a vote: AB 2892 changing the name from counselor to therapist, and AB2891 on workers' compensation, which would include therapists as providers along with psychiatrists and psychologists.

A common thread throughout all of our chapter's history is the need for volunteers. These early members came together as a group and accomplished so much. We now benefit from their vision, dedication, and hard work. They created outreach programs and hosted a variety of activities such as barbecues, holiday luncheons, and events, which included spouses and families.

This is where we need your help. We want to expand our services to you, our members, by offering more events, workshops, and other opportunities. We also want to reach out and educate the public about what MFTs actually offer. But the board cannot do this alone. We need your help.

Once again I'm calling on you, our members, to become involved to the extent you're able. Join a committee, chair a committee, volunteer for even one task, and/or attend a board meeting. Our board is ready to help you develop your leadership skills so we

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can pass the baton. Come join us and make a difference!

If you have ideas, email me at president@scv-camft.org.

To volunteer or to join a committee, email Kate Viret at past-president@scv-camft.org.

Newsletters from 1981-1984 will be posted on our website for you to read and enjoy. I hope they will inspire you and that you too, will fall in love with SCV-CAMFT as I have.

I look forward to hearing from you.
Warmly,
Debra D. Rojas



BOARD HIGHLIGHTS

February, 2015 Board Meeting

The PayPal integration on our website is now complete. Using PayPal is now less cumbersome for our members.

At the CAMFT Chapter Leadership Conference in February, CAMFT provided an overview of a new Chapter Affiliation Agreement, which all chapters are expected to sign. This agreement outlines policies and agreements between CAMFT and the chapters. Chapters have until April 20 to provide input regarding the policies contained in the agreement and the board is currently compiling its response.

The BBS will no longer offer Continuing Education Provider approvals

and the board is currently drafting an application to CAMFT for Continuing Education Provider Approval. Our BBS approval expires on July 31, 2016 and the board is reviewing the policy and procedure work that is needed as part of this application process.

CAMFT is offering a subsidy for all chapters who purchase commercial liability insurance and the board has submitted documentation for reimbursement.

Our Chief Financial Officer discussed the need for a refund policy and the board will begin drafting a policy for approval at an upcoming meeting. Luncheon venues have raised their fees and the board will begin reviewing luncheon fees along with membership fees.

March, 2015 Board Meeting

After reviewing the terms of the Chapter Affiliation Agreement proposed by CAMFT, the board expressed concern regarding some of the terms. The board authorized the President to have an attorney review the terms of the agreement to ensure the chapter's interests are protected.

The board reviewed the proposed Mentor/Mentee Program policy and made recommendations to streamline the program. The final policy will be submitted for board approval in April. The proposed refund policy was modified by the board and will be submitted in April for approval. Recommendations for new membership fees will be presented in April for review and approval.

A Reminder About Advertising Requirements

As of April 1, 2013, the Board of Behavioral Sciences (BBS) modified the advertising requirements for licensees and registrants. We are providing the following information for your convenience and education.

All advertisements for licensees or registrants of the Board of Behavioral Sciences must contain all of the following information:

- **Your full name, as filed with the Board; AND**
- **Your license or registration number; AND**
- **Your complete title, OR an abbreviation deemed acceptable by the Board**

Please review the Fact Sheet of guidelines and acceptable titles and abbreviations on the BBS website at <http://www.bbs.ca.gov/pdf/publications/advertising.pdf>.

The BBS also posts samples of advertising formats for BBS Interns, associates and licensees at http://www.bbs.ca.gov/pdf/publications/adv_sample.pdf. It is the responsibility of each licensee and registrant to stay current with any changes to the practice of therapy. For accurate and up-to-date information remember to contact CAMFT for answers to your legal questions or consult with your own attorney.

Once you review the BBS Fact Sheet and the sample formats on the BBS website, log onto the chapter website at www.scv-camft.org and update your profile to ensure that it complies with the advertising requirements.



By Soad Tabrizi LMFT

COMMUNITY FOCUS

My Therapeutic Journey

In graduate school I was considered one of the “younger” students compared to my classmates, many of whom were in their late 40s, 50s and 60s. They all had so many interesting career paths and this article is about mine.

My path began in Tehran, Iran where I was born. My parents decided to migrate to the United States in 1978 – the year before the revolution. We quickly obtained a Political Asylum Visa so that we could stay in the U.S. and not endure the crippling regime back in Iran. I grew up in Mountain View and Los Altos. I am a true Bay Area girl, but my parents were adamant that we keep a lot of our culture and language as part of our life. To this day I speak fluent Farsi and celebrate many of our cultural holidays. Keeping tradition is something that has become more important to me as I’ve gotten older.

One of the most important pathways to my career is my time spent in faith-based schools. While I am from a predominantly Muslim nation, I spent most of my academic life in private Catholic schools. I attended Saint Simon in Los Altos and Saint Francis High School in Mountain View. Faith was never considered important in our home and was never forced upon me, yet I found faith and decided that Christianity was a spiritual necessity in my life.

Another unique pathway to this career is how disconnected my early careers seem. I obtained my A.A. at the Fashion Institute of Design and Merchandising (FIDM) in San Francisco and worked many years as a stylist and fashion producer with popular com-

panies like Macy’s and Banana Republic. I then received my B.A. in Mass Communications from Menlo College in Atherton. I worked at The Palo Alto Weekly writing, editing and marketing and helped establish magazines as an editor-in-chief in the Bay Area. Eventually I decided to freelance as a communications specialist. I loved my work and although it was fun and exciting, I realized I just wasn’t satisfied.

Something was missing and I decided to volunteer, thinking this would help me feel complete. I volunteered

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as a Bible study counselor in the jails and juvenile hall. I spent many weeks in these institutions listening to helpless people tell their stories of abuse, violence, and neglect. It started to bother me that the inmates were treated as criminals first and victims last. Ever since our government pulled back from funding mental health institutions in the 80s, our jails and prisons have become filled with criminals who perhaps need more treatment than punishment. I realized that my hands were completely tied because all I could do was offer them Bible studies; I did not have the proper credentials to do anything more. So, I did what needed to be done: I decided to become a Marriage and Family Therapist.

The final leg of my journey was

finding a graduate school that accepted my undergraduate degree in Mass Communications, with absolutely no experience in psychology. This led me to Western Seminary in San Jose. Two years later, I graduated with an M.A. in Marital and Family Therapy and a certificate in Addiction Studies.

I began working with Santa Clara County’s Mental Health Criminal Justice Department providing individual, family, couple and group treatment to clients both in an outpatient setting and at the Main Jail and Elmwood Facilities. I also worked for El Camino Hospital in Mountain View.

Currently, I work with K-6 graders at Evergreen School District helping children adjust to life circumstances that affect their academic, social and emotional needs.

I also have a private practice working with individuals and families. My clientele ranges from kindergarten to senior citizens and encompasses all ethnic backgrounds, socioeconomic status and biological predispositions. I respect all religions and understand that each has their own cognizance of spirituality.

Never did I imagine I would become a therapist and yet each leg of my journey enriched my career. I can provide services to our Farsi-speaking population; I write my own material and create my own website using my writing and marketing skills; and my faith has led me to the spiritual guidance that makes this career possible. Alongside my therapy career, I still continue to freelance as a writer and provide organizational services to individuals in their homes or offices. I can truly say that I am now satisfied.

(2 CEUs, PCE 1143)

INNOVATIVE PROGRAMS

IT'S FRIDAY NIGHT AT THE MOVIES!

SCV-CAMFT Innovative Programs is pleased to present our 3rd Annual "Movie Night". You are invited to gather with fellow chapter members for a fun and intellectually stimulating evening at the movies. We will show the movie, **Antwone Fisher**. A hotheaded seaman (Fisher) and a Navy psychiatrist begin a painful journey that involves discovering the roots of Fisher's anger and, more important, the broken family that left him behind. We will explore how we, as psychotherapists, can apply an ethical decision-making process to confidentiality, self-disclosure, touch and out-of-office encounters.

Pre-registration is highly recommended as seating is limited to 30. 2 CEUs are available for \$10.00. You will need to sign-in and sign-out after the presentation to receive CEU's.

Program Details

DATE: Friday, May 8
TIME: 6:30 p.m. – 9:00 p.m.
PLACE: Connections CEU Institute
405 Alberto Way, Suite A, Los Gatos, CA
MENU: Popcorn, sodas, and water will be served
REGISTRATION DEADLINE: Wednesday, May 6, 2015

Registration Details

REGISTER ONLINE: www.scv-camft.org
REGISTRATION FEES: **Members** - FREE
Non-members - \$10
CEUs - \$10
(Members and non-members)

CONTINUING EDUCATION: This course meets the qualifications for 2 hours of continuing education credit for LMFTs, LPCCs, LEPs and/or LCSWs as required by the California Board of Behavioral Sciences (**PCE 1134**). Please visit our website at www.scv-camft.org to review the CEU info and our cancellation policy. No exceptions will be made.



VOLUNTEERS NEEDED!

Volunteers needed to write brief summaries for SCV-CAMFT Luncheon Presentations.

If you plan to attend an upcoming luncheon, are you be willing to take notes, and then transcribe your notes into a short summary for the Newsletter? Your efforts will be rewarded in two ways:

- You will **preserve valuable information** for your colleagues who are unable to attend
- You will earn a **free meal** at a future luncheon

If you are interested in writing a summary for an upcoming luncheon, send an email to the Newsletter Editor at editor@scv-camft.org.

By Janine Reed, LMFT *Highlights from “A Conversation With Dr. Irvin Yalom”*

I recently attended “A Conversation with Dr. Irvin Yalom,” at the launching of the Center for the Study of Group Psychotherapy (CSGP) in Palo Alto. Nancy Wesson, Ph.D., psychologist and founder of CSGP, expressed her gratitude to Dr. Yalom who had agreed to speak and to sign copies of his latest book, *Creatures of a Day: And Other Tales From Psychotherapy*, as a “favor” to support the Center.

Dr. Wesson began the conversation by describing the Center’s mission, to “promote group therapy and provide group therapy training to mental health professionals and agencies.” Dr. Yalom praised the Center for providing a place for training for group work and expressed his own sense that we need to “get more patients into groups.”

The hour-and-a-half long conversation covered a range of topics, beginning with Dr. Yalom’s early days as a Psychiatric Resident leading groups with Jerome Frank at Johns Hopkins in the 60s, to leading his own groups of residents at Stanford in the 1970s. In tracing his own background, Yalom also conveyed the development of group therapy as a phenomenon in the 60s, from the “encounter groups” and the National Lab T-group trainings in interpersonal dynamics, to training with Carl Rogers and Rollo May. He spoke of how his discovery of the “here and now” led to a “radical shift” in his own practice, and delighted the audience by recounting two-way mirror experiments he did with his Stanford groups, first allowing residents to observe patients in group process, and then allowing patients to observe residents talking to each other about patients.

Throughout the conversation, Dr. Yalom sprinkled tips for successful psychotherapy groups, including:

To get patients to come back to the “here and now,” ask them “Who do you think is judging you?” or “Who do you feel most accepted by today?” or in general, “When did you feel (fill-in-



the-blank) in the group?”

Ask here and now questions to bring “deviant” group members into the group, such as “Who in the group do you feel close to?”

To encourage group cohesion, help group members reveal themselves and feel accepted by one another.

Dr. Yalom also referred to studies that showed that groups failed when the leader was either too active or too inactive, when a leader was less empathic or too confrontive, or when

His discovery of the “here and now” led to a “radical shift” in his own practice.

a leader lacked compassion for group members.

Turning to questions about Dr. Yalom’s love of writing and his long list of books, Dr. Wesson asked what inspired him to write his latest book, *Creatures of a Day: And Other Tales From Psychotherapy*. Using examples from his books to demonstrate, Dr. Yalom explained that in his other books, stories were tools he used to help illustrate and teach theories or concepts. In this most recent book, the stories are “front and center” in order to “do the teaching from the story itself.”

One of my favorite moments in the conversation was the following:

Dr. Wesson: “Speaking of the here

and now, how are we doing, Irv?”

Dr. Yalom: “I am worried that I’m rambling, going on and on.”

Dr. Wesson: “I was hesitant to cut you off because I didn’t want to offend you.”

Dr. Yalom: “If I go on and on, I’ll miss your questions.”

Dr. Wesson then invited Dr. Yalom to tell the audience more about his new book, especially since he would be signing copies after the talk. Each of the stories in the new book, according to Dr. Yalom, is about the “healing relationship,” about “being real in therapy” and asking, “How much do you reveal of self to patients?” In one example that brought peals of laughter from the audience, the therapist shares a story he read at a website called “Secrets,” about a coffee barista who discloses that when people are rude to him, he gives them decaf. The stories in this book, according to Dr. Yalom, touch on existential themes of death, anxiety, meaning, and coping with aging and dying. He ended with an anecdote illustrating that therapists who share what matters to them will inspire clients to heal in ways “unimaginable.” The title of this latest book comes from such sharing with clients of what matters, in this case a favorite reading from *Meditations* by Marcus Aurelius who writes, “All of us are creatures of a day; the rememberer and the remembered alike.”

At the end of the conversation, the entire room stood to applaud Dr. Yalom. The applause resonated with gratitude, respect and admiration for this beloved teacher.



EXPERIENTIAL LEARNING

The Benefits of Group Therapy Training

By Ildiko Ran, LMFT, CGP

Like most therapists, I work with clients who struggle with anxiety, depression, and have relationship difficulties. As an individual therapist I work with these clients in our dyadic frame, proceeding carefully to help them increase their ability to enjoy life more fully. As my clients increase their capacity to engage in life, my job feels rewarding: I see them move out of their immobilizing patterns towards freedom and more joyous living.

Sometimes clients need a little more help along the way. When they are ready to take on more challenges that will help them overcome some of their difficulties, I start thinking what group might give them the best therapeutic value. Group can be a transitional step before taking on challenging situations in one's everyday life or it can be used as a laboratory to find one's interpersonal growth edge. Matching a person with the right group is an important first step towards a successful group therapy experience.

Gateway to Group Training: I was first exposed to group therapy while I was an intern at an agency facilitating groups for court-mandated clients. While we made sure we taught all the aspects of the skills and psycho-educational pieces of the mandated curriculum, it was clear that clients connected with each other and expressed themselves in ways they could not do elsewhere. A certain intimacy developed among members, which greatly enhanced the therapeutic effects of the program.

Leading groups during my various internships prompted me to seek

post-graduate training in group therapy. As I engaged in more training, I found the extensive skillset and craft of group leadership fascinating. Since then group therapy has become my specialty and main interest.

Benefits of Group Therapy: Regardless of the kind of group or the target population, in every group clients learn to be aware of their life-long patterns of interpersonal behaviors as well as new ways of responding and being with others. They hear the invaluable message that they are not alone, that they are not the only ones struggling with certain issues. Accord-



ing to Yalom (2005) universality is one of the top therapeutic factors in group therapy. People realize that there are others who have been dealing with shame or guilt, very similar to their own core difficulties. They receive acknowledgment and encouragement from their peers while they provide the same to them.

Group Dynamics in Process Groups: In addition to providing the benefits that all groups offer, in process groups, therapists also pay attention to the underlying group dynamics, the here-

and-now, and the group-as-a-whole phenomena. Because the process group is a microcosm of real life, when the facilitator encourages focus on here-and-now events, relating styles, and interactions in the room, everyday patterns of relating manifest in the group. For instance, one man who had made good progress in individual therapy, upon joining a group, not only felt heard and understood, but also developed more self awareness as a result of feedback he received.

When a group is contained in a safe manner, processing difficult reactions and feelings can be very helpful and can add a new dimension to a client's therapeutic experience. When a therapist is well-versed in handling such reactions, the experience of group members can be life changing as clients begin to focus on these difficult feelings in a non-judgmental way.

Once a group is running well, it can contain a complex web of beneficial relationships among group members. In working in groups that include

clients with bipolar disorder, for instance, I see how members struggling with depressed mood benefit from the support of fellow members. I also see how the group helps clients who are experiencing manic episodes, by giving honest, yet often difficult feedback. Peer group members name the uncomfortable interpersonal consequences of the havoc the person with the manic episode has created. The same group member who responded

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Group Therapy, continued from p. 7

in support of the member experiencing the manic episode, now seemingly turns against her, voicing her frustration with the overwhelming amount of time this member consumes during group. At each exchange we examine the feelings that are evoked between the two conversants, as well as the feelings evoked in other group members who have their own reactions to the situation and to both parties.

My Work: I have found that translating my awareness of group function into my individual sessions has been very helpful for me as a clinician. When I see my individual clients, I am more sensitive to the intricacies of their relating styles and I can help them to see more clearly their interpersonal difficulties and growth potential. My group work has also led me to be more aware of myself in relation to others: to be fully present with my clients, to participate in intersubjective

work, to use transference and countertransference with more ease, and to be more accessible to my individual clients the benefits of group therapy vis-à-vis their personal journeys.

It also helps them address fears of joining groups and participating in interpersonal situations. I am more able to notice when a client's personal difficulties would be best helped by group therapy. I like to see the improvements and acceleration of individual work that happens once a client joins a group. I also enjoy working with clients in groups who are in individual therapy with other therapists. The collaboration between the individual and the group therapist is often very fruitful.

Group therapy is not an easy undertaking, but with the right amount of care and understanding of group dynamics, we can provide our clients with this much-needed modality. We live in a fragmented world that is

rapidly losing the traditional community structure that was the foundation of our ancestors' lives. We have been raised, schooled and socialized in groups. Conducting therapeutic interventions that fit the group mindset suits our human nature.

NEXT STEPS. Group therapy training is readily accessible and is generally experiential. If you decide to pursue such training it will certainly be a growth experience both personally and professionally.

REFERENCES:

Yalom, I. D., Leszcz, M. (2005). *The Theory and Practice of Group Psychotherapy* (5th ed). Cambridge, MA: Basic Books.

CAMFT Chapter Affiliation Agreement Update

CAMFT requested all chapters sign a new Chapter Affiliation Agreement outlining benefits to chapters and procedures in the event of disputes. Previously, chapters were given a "Charter" certificate indicating requirements to become a chapter, but it was signed only by the CAMFT President.

The SCV-CAMFT board sent the proposed agreement to an attorney for review to ensure our interests are being met. Based on the attorney's recommendations, the board sent a letter to CAMFT requesting certain modifications to the agreement. The letter and proposed agreement are provided on our website for your information:

Proposed Agreement: <http://scv-camft.org/uploads/policies/Response-to-CAMFT-Chapter-Affiliation-Agreement.pdf>

Chapter letter: <http://scv-camft.org/uploads/policies/Proposed-MarkedUp-Chapter-Agreement-Feb-2015.pdf>

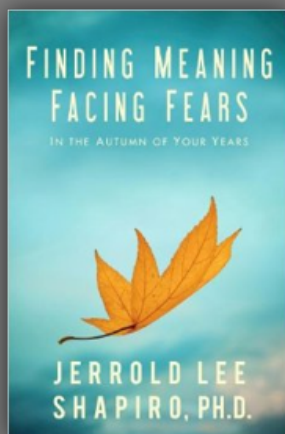
We will continue to keep you updated with any progress as it unfolds. If you have any questions regarding this issue email me at president@scv-camft.org.

Annual Workshop!

Friday, July 17, 2015

8:30 a.m. - 4:00 p.m.

Mountain View



Finding Meaning, Facing Fears: In the Autumn of Your Years

SCV-CAMFT ANNUAL WORKSHOP
(6 CEUs included)

8:30AM - 4:00PM

Friday, July 17, 2015

Michael's at Shoreline

2960 Shoreline Boulevard

SCV-CAMFT Presents Our Annual Workshop with Jerrold Lee Shapiro, PhD

Licensed clinical psychologist, Santa Clara University professor, author, and speaker

Finding Meaning, Facing Fears: In the Autumn of Your Years (45-65), the winner of the Alpha Sigma Nu book of the year award (2013), was the culmination of a multi-year research project and 40 years as a practicing therapist. This workshop explores the many opportunities this time of life presents for ourselves as clinicians and for our clients: opportunities to stretch in our capacities, to face and conquer old demons, and to meet new challenges with greater resources than were available to us before.

Attendees will:

- Explore the unique psychological, developmental, financial, and special challenges of the 45-65 transition
- Learn exercises to use with clients to underscore these age-related challenges
- Understand treatment of individuals, couples, and families around transition and the post-midlife transition in particular
- Consider personal (life, financial, personal) challenges as a therapist
- View live demonstrations, role plays, and video examples

Event includes continental breakfast, luncheon, 6 CEU's, and a drawing for a copy of *Finding Meaning, Facing Fears: In the Autumn of Your Years* (45-65), signed by Dr. Shapiro.

Early Bird Registration

Licensed: \$120
Pre-Licensed member: \$60
Non-member: \$140
Non-member student/intern: \$60

Regular Registration

Licensed: \$140
Pre-Licensed member: \$70
Non-member: \$160
Non-member student/intern: \$70



Jerrold Lee Shapiro is a Professor in the Department of Counseling Psychology at Santa Clara University (1982-present) and Managing Partner of Family Business Solutions. In total he authored and edited twelve books including two others that have won literary awards.

An experienced speaker, he appeared on well over 100 radio and television programs including *The Oprah Show*; the CBS Morning Show; ABC TV, Sonya Live; NPR; PBS; CNN; and more.

Registration:

www.scv-camft.org

Or email us at:

mail@scv-camft.org

Refund Policy:

Due to the contracted costs of offering this event, cancellations must be received no later than 48 hours before event by July 15, 2015, 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 Sciences (PCE 1134)

(1.5 CEUs, PCE 1143)

NORTH REGION LUNCHEON

Binge Eating Disorder: Diagnosis and Treatment

Presented by Theresa Chesnut, MSW, ASW

Binge Eating Disorder (BED) was officially recognized as a formal diagnosis in 2013's DSM-5. This has led to an increased awareness of a psychological issue that had been under-diagnosed and under-treated. BED is the most common Eating Disorder in the U.S., and affects 3.5% of women, 2% of men, and 30%-40% of people seeking weight loss treatment have this diagnosis. This presentation will describe what BED is, causes and risks associated with BED, and identify its numerous complications.

Therapists will come away from the presentation with knowledge of:

- Assessing for appropriate level of care and treatment planning
- Modalities effective in treating BED
- Ways to address weight stigma
- Goals of therapy and what constitutes recovery



About the Speaker: Theresa Chesnut, MSW, ASW is the clinical director of the Healthy Teen Project, www.healthyteenproject.com, and has over 16 years of experience working with adolescents and adults with anorexia, bulimia and binge eating disorder. Theresa lectures nationally on therapeutic interventions targeting the entire eating disorder recovery process. For the past 22 years, she has lectured on college campuses as well as to allied professionals about the symptoms and preventions of eating disorders. In-Service trainings for elite athletes, coaches and trainers have been a focus of her professional outreach. Theresa's training includes a Master's Degree in Social Work from the University of Kansas as well as serving on the staff of the Menninger Clinic. She is trained and certified in Internal Family Systems Theory and is a Level One trainer. In addition to maintaining a small private practice, she serves as the Vice Chair for Binge Eating Disorder Association (BEDA).

Date: Friday, May 22

Time: 11:15 a.m. – 1:30 p.m.

Place: Crystal Springs Golf Course, 6650 Golf Course Way, Burlingame, CA

Menu: Buffet Lunch

Registration Deadline: Monday, May 18 for early registration fee.

Register: Online at www.scv-camft.org

LUNCHEON FEES

PRE-REGISTERED BY DEADLINE DATE:

Members - \$26

Non-members - \$33

CEUs: Members and non-members - \$7

WALK-IN FEES:

Members - \$33

Non-members - \$40

Lunch is not guaranteed for walk-ins, but is available on a first-come, first-served basis. Auditing the event is available. Continuing Education: This course meets the qualifications for 1.5 hours of continuing education credit for LMFTs, LPCCs, LEPs and/or LCSWs as required by the California Board of Behavioral Sciences (PCE 1134).

Please visit our website at www.scv-camft.org to review the CEU info and our cancellation policy.

(1.5 CEUs, PCE 1143)

SOUTH REGION LUNCHEON

Effective Interventions for Hostile, Angry Couples

Presented by Michelle Wangler, LMFT

In this 90-minute presentation, Michelle Wangler, LMFT, will teach us how to diagnose and intervene effectively with high-conflict couples. The hostility that couples display in your office is the very thing that traumatizes each partner over and over again. "Our previous therapist just let us do what we do at home" is a common complaint from these couples.

Therapists will come away from the presentation with knowledge of:

- **How to intervene rapidly**
- **Set appropriate limits**
- **Provide support and positive reinforcement**
- **Facilitate accountability**

She will also include an effective communication tool that you can use immediately in your sessions, designed to increase your clients' capacity for empathy and to disrupt their negative cycles.



About the Speaker: Michelle Wangler is a Licensed Marriage and Family Therapist MFC#48603. She has been employed at The Couples Institute in Menlo Park since 2002, where she works with relationship experts Ellyn Bader, Ph.D and Peter Pearson, Ph.D to deliver state of the art tools for couples. Using the latest advancements in differentiation and neuroscience, Michelle provides couples therapy, teaches communication classes, and conducts trainings for other therapists on how to work more effectively with couples.

Date: Friday, June 26, 2015

Time: 11:15 a.m. – 1:30 p.m.

Place: Los Gatos Lodge, 50 Los Gatos-Saratoga Ave,
Los Gatos CA 95008

Menu: Buffet Lunch

Registration Deadline: Monday, June 22 for early registration fee.

Register: Online at www.scv-camft.org

LUNCHEON FEES

PRE-REGISTERED BY DEADLINE DATE:

Members - \$26

Non-members - \$33

CEUs: Members and non-members - \$7

WALK-IN FEES:

Members - \$33

Non-members - \$40

Lunch is not guaranteed for walk-ins, but is available on a first-come, first-served basis. Auditing the event is available. Continuing Education: This course meets the qualifications for 1.5 hours of continuing education credit for LMFTs, LPCCs, LEPs and/or LCSWs as required by the California Board of Behavioral Sciences (PCE 1134).

Please visit our website at www.scv-camft.org to review the CEU info and our cancellation policy.



Got Something to Share?

We are an interesting group of people with many interesting things to share. How great it would be to show the richness and diversity of our chapter in the newsletter! Consider writing about one of the following:

- Your experience as a therapist, intern, supervisor...
- Self-care practices
- Practice Building
- Specific diagnoses & personality disorders
- Private practice vs. agency work
- Reviews of books, movies, new apps
- Multicultural issues
- Working with specific populations
- Theoretical orientation
- Medications -- use of it, pros, cons

Editorial committee members are available to discuss ideas with you and answer questions. Their contact information is listed on [page 19](#).

ADVERTISING OPPORTUNITIES AND PRICES

Did you know all chapter members have the benefit of running a **free classified ad** online and in each issue of the newsletter? Display ads are also free with some membership categories.

Find out more about the advertising options [HERE](#).

Advertising rates for display ads are listed below:

Newsletter or online ad	Member Advertising Rates			Non-member Advertising Rates		
	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

More information about our advertising policies is available on the chapter's website at www.scv-camft.org. If you have questions you can contact the chapter coordinator, Nancy Orr at 408-235-0210 or mail@scv-camft.org.

Newsletter Deadlines

The deadline for newsletter submission is six weeks prior to the publication date. In order to get the newsletter to you on time, we must strictly adhere to this time frame.

July/Aug 2015 Issue
Deadline: May 15, 2015

Sept/Oct 2015 Issue
Deadline: July 15, 2015

Submissions received late will be held over for another issue.

Child Sexual Abuse

**LAW OFFICES OF
JOSEPH C. GEORGE, PH.D.**

**Licensed Psychologist
(PSY 7480)**

**Attorney At Law
(SBN 119231)**

**Legal Representation of Injured Victims
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Adult and Young Adult Psychotherapy Groups

- ♦ Safe Peer Environments
- ♦ 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 Lic. # 20662
Certified Group Psychotherapist Lic. # 179092

Women in Transition Group (Women Helping Women)

Ongoing women's group. A supportive group to explore concerns around separation, divorce, loss, grief, change in job status or career, empty nest, age related transitions and/or just trying to live a balanced life in our hectic Silicon Valley environment.

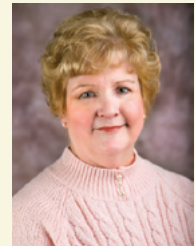
This is a supportive, safe place where women can come together to foster growth and change in each other.

Time: Wednesdays, 7:00 PM - 8:30 PM

Two individual sessions required prior to entering the group. Both may be covered by your insurance.

Facilitator:
Christine Broderick, M.S., MFT
(Lic.22084)

2901 Moorpark Ave. Ste. 270
San Jose, CA 95128
408-912-5262



Los Gatos Health & Wellness

SUMA SINGH, MD
ADDICTION MEDICINE



CONFIDENTIAL OFFICE-BASED ADDICTION TREATMENT

- MEDICAL DETOX
- ALCOHOL DETOX
- RECOVERY STABILIZATION
- RELAPSE PREVENTION
- SUGAR ADDICTION
- MEDICAL WEIGHT LOSS

408-374-7600

INFO@LOSGATOSHEALTH.COM • LOSGATOSHEALTH.COM

FAMILIES FIRST MEDIATION

Have a couple who **can't reconcile** or a client **traumatized** by on-going divorce drama?

Dina Haddad, **divorce mediator**, has the legal & mediation background to **guide** them through their divorce child custody dispute, or other family related matters **quickly** and **cost-effectively**.

Give us a call!

Dina Haddad
Family Law Mediator
(408) 357-3486
www.ffmediation.com





PAY-PER-USE THERAPIST SPACE

Now Available!

In less than 3 minutes, using your phone, tablet or computer you can schedule an office for Therapy. For as low as \$10 an hour you can choose to schedule an hour, day, week or month. NO COMMITMENT and ALL services included in fee. Lots of parking, high speed wifi, lobby use, group size rooms.



Additional Information Contact:

Daniel A. Burgess
408-813-5671
daniel.burgess@gmail.com

<http://danielaburgess.com/office-space-leasing/>

3 MINUTES AND
3 EASY STEPS!

1. SCHEDULE
ONLINE

2. PAY ONLINE

3. SHOW UP!

OFFICES AVAILABLE

COUPLES OFFICE
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GROUP OFFICE

FAMILY & LIFE SOLUTIONS

4701 Patrick Henry Dr. bld 25
Santa Clara CA 95054
408-813-5671

www.danielaburgess.com

GROUPS & WORKSHOPS

Two process groups offered:

LGBT Adults "Coming Out" Tuesdays 5-6:30pm Sexual Abuse Survivors Wednesday's 6-7:30pm Both are on-going weekly groups, \$40/session, San Jose <http://www.ladonnasilva.com/therapy-services.html> LaDonna Silva, LMFT (408)412-1207

Time-Out for Parents

Ongoing groups for parents focusing on how to take care of Self while tending to children. Saturday mornings, 10-11:30am, Menlo Park. Therese Inkman, LMFT, www.thereseinkmann.com

"Knowing Me, Loving Me"

Process groups geared to illuminate the ways in which women help/hinder themselves, and increase understanding of what they do and how they are in the world. 408-702-7429 www.relationshipharmony.com

Tackling Anxiety Classes Teens & Adults

Clients struggling with anxiety? Refer to our 8 week anxiety classes for them to learn fundamental anxiety skills, great CBT methods & get social support. Contact 650-461-9026 info@PaloAltoTherapy.com

Creative Process group for depression and anxiety

The group runs on Friday nights. We use creative exercises and group support to combat anxiety, depression and other issues. The cost is \$40 per group. elumen2000@yahoo.com 831-297-0567

Menlo Park Men's Group

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

Reigniting Intimacy, Four Week Couples' Group

Four weekly "date nights," for support, reconnection, and renewal. All couples welcome. Experienced group leader. Wed 7-9 Los Gatos starting March 11. Lara Willing, www.larawilling.com

San Jose Grief Group

Safe and compassionate place to explore the complex emotions of loss. Mondays 3:15 -4:45 PM. \$40 per group. Contact (408)658-6757/ www.theenlightened-mind.net/ Linda Mastrangelo, MFT Intern #67357 under supervision of Steve Smith, MFC #46347

TEEN GIRLS

Friendships, feelings, communication, self-esteem and stress using art and drama. WOMEN- relationships, depression, stress, transitions, and parenting starting Sept 24th. Lori Levitt, MFT #43329. 650-794-4828 www.lorilevittmft.com

SouthBay Anxiety Group

Put Anxiety in Its Place is an 8-week adult group based on mindfulness and CBT. Group members will learn about anxiety and develop practical tools for managing it on the spot while establishing a mindfulness practice to shift their experience of and relationship with anxiety. Complimentary screening session required. Contact Victoria Swenson, 408-375-7320.

FOR CLINICIANS

Got insurance questions?

Find answers in the newly-updated Navigating the Insurance Maze: The Therapist's Complete Guide to Working With Insurance (Barbara Griswold). View Barbara's workshop schedule, buy books/claim forms, schedule consultations: www.theinsurancemaze.com.

DEEPENING THE PSYCHOTHERAPY CASE CONSULTATION GROUPS FOR PSYCHODYNAMIC/PSYCHOANALYTIC THERAPISTS

Gain skill in addressing unconscious fantasies and processes which underlay experience and behavior, as well as skill in engaging patients in deeper work. -Alan Kessler, Ph.D. is the group leader. He strongly believes that deeper psychodynamic/psychoanalytic work provides more comprehensive and enduring change and more satisfaction for many therapists. Alan is a certified psychoanalyst, clinical psychologist, MFT, supervising and training analyst as well as faculty member of several training institutions. Please call: (408) 358-5777.

Office-based Addiction Treatment

Board Certified MD offering confidential, office-based addiction treatment. Medical detox. Alcohol detox. Relapse prevention. Sugar addiction/ craving control. Medical weight loss. Contact: Suma Singh MD ABAM. Phone (408) 374-7600 or email info@losgatoshealth.com.

I've moved!!!

My new location is at 122-2nd Ave. Suite 211 in San Mateo. Specializing in mind-body tools including Neuro-Emotional Technique! Move special: 1/2 hour FREE NET session! Roberta Gelt MFT 650-558-9605 sanmateopsychotherapist.com

Experienced Mediator, specializing in Divorce and Custody Issues

Co-Parenting Counseling, Reconnection Therapy, Therapeutic Supervised Visitation. Available for appointment as Custody Evaluator / Parenting Coordinator. Work with high conflict couples. Websites: StoneMFT.com, MediateCustody.com, DivorcingPeacefully.com.

Menlo Marriage Works Is Up and Running!

Menlo Marriage Works is open to new couples and individuals. Specializing in fertility, trauma, addiction, anxiety and depression. Contact: Susan Knecht LCSW www.menlomarriageworks.com 650-325-4347

FOR INTERNS

HOPE for INTERNS process group

You're not defined by regulations and paperwork! Rekindle your passion with inspiring perspectives and healing community. It's Self-Care with BBS Bonus Hours! Contact Howard (MFT#52529): www.hswarshaw.com

Internship Opportunities

Internship Opportunity: Peace-It-Together Counseling Agency's main office is in Santa Clara. We have a contract with the Franklin McKinley School District to support elementary school students. Our intern program is needed to support at risk youth and children who are in need of social and emotional support. We are searching for motivated, enthusiastic

INTERNS CONT.

interns who want to make a difference in our community. Internship opportunities Include: Experience with adolescents (at risk youth), parents, children, psychotherapy, group work, knowledge of school system, community collaboration, resource and referral, case management. Hours: Average 10 per week, with the opportunity for more. Free supervision provided every Mon. from 9-11 by a licensed MFT with 20 years of experience in the field. Must be a MFT Trainee, registered MFTI with the BBS or ASW, carry malpractice insurance, and commit to a one year contract. Position is available immediately. If interested, please email your resume to info@peace-it-together.org.

Process Group for Interns

General interpersonal process group for students and interns in Mountain View. All sexual orientations and genders welcome. Individual assessment sessions offered. Ildiko Ran, MFT, CGP ildikoran@gmail.com (650)353-8885 innerexperience.com

JOB OPPORTUNITIES**Title: Mental Health Specialist II – TAY Mental Health Program**

Bill Wilson Center (www.billwilsoncenter.org) in San Jose has an IMMEDIATE opening for a Mental Health Specialist II to work in our Transition Age Youth (TAY) Mental Health program. Must have Masters and BBS registration as intern/trainee (MFTI, ASW) (or registration within 30 days of hire). Please send cover letter and resume to resumes@bwcmail.org.

Program Manager – TAY Mental Health Program

Bill Wilson Center (www.billwilsoncenter.org) in San Jose has an IMMEDIATE opening for a Program Manager to work in our TAY Mental Health program. Bilingual (English/Spanish) highly desired. Must be licensed: LCSW, LMFT, LPCC, PhD or license eligible. Minimum 5 years of experience working for MediCal Mental Health program and must have experience managing staff. Please send cover letter and resume to resumes@bwcmail.org

Office Assistant

Looking for an office assistant to help with scanning and uploading, sending out Superbills, stuffing/folding envelopes and data entry. Please call 408-579-9806

OFFICE SPACE**Campbell Downtown, historic**

Private and secure small office in downtown Campbell. Walk to all restaurants. I have 17 therapist in this building, join them and network therapists/All utilities included and parking on site Contact Gene to see at 408-502-2600

Mountain View Office Space

Mountain View Professional Office available to share. Tuesday, Thursday, Friday, Saturday and Sunday. \$200 per one day a month for weekdays and \$175 per weekend day. We have a shared waiting room, private bathroom and biweekly consultation group. 650-238-4959 or email drnickelis@me.com

Office Rental to Share

12x12 office space, fully furnished, available Mondays and Tuesdays. Located at 3880 S. Bascom Ave., near Good Sam Hospital, 85 and 880. Janitorial services provided. Please call 831-750-0961 or email falcone@cruzio.com for further details.

Menlo Park Office

Office available Full/part time Mondays, Wednesdays, Fridays and weekends. Furnished and very comfortable. Downtown Menlo Park, easy parking. Walk to shops, coffee. Contact Barbara @ 650 326-2020

Beautiful RWC office 270sf. Second floor, sunny corner office. Professionally decorated. Collegial suitemates. All-day Sun+Mon+Fri, and early mornings Tue-Thur. Just off 101. Pics at <http://sfbay.craigslist.org/pen/off/4850661512.html> Contact Sunny@SunnySabbini.com

Mountain View office (bordering Los Altos/Palo Alto) second floor. large sunny offices surround lovely atrium. Shared waiting room. Serene environment. Near public transportation. collegial atmosphere. full/half days available. Contact

Richard Kleiner. rikleiner@comcast.net
650-941-8312

Full time office available in Los Altos suite

Full time office available in my new Los Altos suite. See craigslist ad or call me at 408-373-8611. <http://sfbay.craigslist.org/pen/off/4887610662.html>

Santa Clara 3 Offices

I have three full service, furnished offices available for rent either Monthly, Wkly or Daily. Contact me with any questions, 408-813-5671 or daniel.burgess@gmail.com. Available starting 3/1/15.

Willow Glen Full Time Office

Full time office in lovely suite in Willow Glen. Included: janitorial, phone, copier, waiting room with call lights. Supportive, warm group of colleagues. \$575/month. Available 3/1. Carmen (408)271-9779

Office Space for Rent

Office space available in Los Gatos. Convenient location in lovely area. Monday, Friday, Saturday, Sunday full day availability. Some evenings 6:00 on, also. Contact Linda Galdieri 408-399-6443 or Victoria Swenson 408-375-7320

Office space in a group of therapists

Associated Counselors is looking to add a member. We have been an established group of independent therapists for over 20 years. Lovely quiet suite with many amenities. Separate client and therapist entrances/exits. Weekly consultation/business meetings. Convenient location with easy freeway access (280/85/17) near Campbell and Santana Row. Ample parking. Reasonable rent. Call Tina St. Lorant (408)236-2070 or Joanne Shurter (408)340-8885.

Lovely 357sq ft office by 280/Saratoga Bright, clean, quiet 2nd story office w/ large windows. Well-maintained, nicely furnished, wheel chair access, friendly neighbors. Setup for children, adults, couples/families. Available Mondays/Fridays 8:00-10:30 a.m. Wednesdays/Sundays all day. Karena Petersen (408)772-0644

Low-Cost Shared Office

Shared low-cost office in Gilroy: 831-431-0346.

CALENDAR OF EVENTS

MAY

- 1 South Region Pre-Licensed Support Group
- 8 Innovative Program: It's Friday Night at the Movies! Los Gatos, CA
- 8 North Region Pre-Licensed Support Group
- 9 North Region Newly Licensed Support Group
- 15 Newsletter Submission Deadline
- 22 **North Region Chapter Luncheon:** "Binge Eating Disorder: Diagnosis and Treatment" Burlingame, CA
- 23 South Region Newly Licensed Support Group

JUNE

- 5 South Region Pre-Licensed Support Group
- 6 North Region Newly Licensed Support Group
- 12 North Region Pre-Licensed Support Group
- 20 South Region Newly Licensed Support Group
- 26 **South Region Chapter Luncheon,** "Effective Interventions for Hostile, Angry Couples" Los Gatos, CA

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

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.

FREE NEWLY LICENSED SUPPORT GROUPS

North Region Newly Licensed Support Group

This group meets the first Saturday of the month from 10 a.m. - 12 p.m.

Upcoming dates: May 9, June 6

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

This group meets generally the third Saturday of the month from 10 a.m.-12 p.m.

Upcoming dates: May 23, June 20

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

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.

North Region Pre-Licensed Support Group

The group meets the second Friday of each month from 5:30 p.m. to 7:30 p.m.

Upcoming dates: May 8, June 12

Facilitator: Ildiko Ran, LMFT

Location: 2672 Bayshore Parkway, Suite 810, Mountain View, CA

RSVP and contact: Ildiko Ran at ildikoran@gmail.com or 650 353-8885

South Region Pre-Licensed Support Group

This group meets the first Friday of the month from 10 a.m. to 12 p.m.

Upcoming dates: May 1, June 5

Facilitator: Janis Seiberlich, LMFT

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

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

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650-833-9574

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Director of Business Development

650-295-0919

MelissaRisso@gmail.com

Jenna Benson Sholl, LMFT

Director of Membership

408-827-1313

jenna@jennasholltherapy.com

Chapter Coordinator

Nancy Orr

scvcamft@gmail.com

Editorial Committee

Janine R. Reed, LMFT, Editor

jrrtherapy@gmail.com

Debra D. Rojas, LMFT

debra@debrarojasmft.com

Kate Viret, LMFT

kviret@gmail.com

Committee Chairpersons
North Region Luncheons:

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Mid-Region Luncheons:

Soad Tabrizi, LMFT

650) 396-7116

soad@soadtabrizi.com

South Region Luncheons Co-chairs:

Verna L. Nelson, LMFT

408-379-7747

Carol Marks, LMFT

408-249-8047

Innovative Programs:

Dana Backstrom, LMFT

650.257.5000

dana@counselingtoyou.com

Useful Contact Information
CAMFT

7901 Raytheon Rd, San Diego, CA, 92111

Phone: 858-292-2638

Email: InfoCenter@camft.org

Website: www.camft.org

Board of Behavioral Sciences

1625 N. Market Blvd. S, #200, Sacramento, CA, 95834

Phone: 916-574-7830

Email: bbswebmaster@bbs.ca.gov

Website: www.bbs.ca.gov

American Red Cross Silicon Valley

2731 N. 1st St., San Jose, CA, 95134

Phone: 877-727-6771

Website: www.redcross.org

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Newsletter deadline for May-June issue is March 15. All articles and advertisements must be submitted either via e-mail to mail@scv-camft.org or via the chapter's website at www.scv-camft.org. Articles and announcements must be submitted typed and double-spaced. We reserve the right to edit all articles. Opinions expressed are those of the authors and do not necessarily represent views of SCV-CAMFT. Article guidelines are available online. Advertising guidelines are available online.



Santa Clara Valley Chapter

CALIFORNIA ASSOCIATION OF MARRIAGE AND FAMILY THERAPISTS

SCV-CAMFT News

Attention: Editor

P.O. Box 60814

Palo Alto, CA 94306

www.scv-camft.org

**Serving San Mateo and Santa Clara Counties
Creating a Community and Culture of Connection**

North Region Luncheon

Friday, May 22
11:15 a.m. – 1:30 p.m.

“Binge Eating Disorder:
Diagnosis and Treatment”

Presented by
Theresa Chesnut, MSW, ASW
(1.5 CEU hrs. available, PCE 1134)

Crystal Springs Golf Course
6650 Golf Course Lane
Burlingame, CA

CHAPTER EVENTS

**Please visit
our online
Calendar of Events to
view and register for
these and
future events!**

South Region Luncheon

Friday, June 26
11:15 a.m. – 1:30 p.m.

“Effective Interventions for
Hostile, Angry Couples”

Presented by
Michelle Wangler, LMFT
(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, VISA CREDIT CARD or PayPal! Go to our website at www.scv-camft.org, click the “Calendar of Events” page and click on the event to find the luncheon or workshop registration page. You can pay with credit card, paypal, or check. Send your 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, “walk-in” persons can pay at the door to attend. Please note: telephone reservations cannot be accepted. Please visit our website at www.scv-camft.org to review CEU information and our cancellation policy.