



PRESIDENT'S MESSAGE

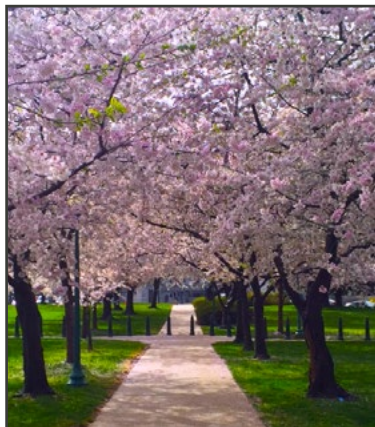
By Debra D. Rojas, M.A. | *Licensed Marriage and Family Therapist and President, Santa Clara Valley Chapter of California Association of Marriage and Family Therapists*

My first trip to Washington DC was in 2007, when I accompanied my husband and one of his Councilmen as they attended a Mayor's Conference. I tagged along as they also lobbied representatives for legislation concerning the city he worked for in southern California. It was a great experience being escorted through our nation's Capitol by their lobbyist, who explained how our government works, and what they can expect for their efforts.

That week we were entertained by The Capitol Steps, a singing group who performs satirical song parodies and skits about current headlines concerning Capitol Hill. Some of the performers actually included a number of Capitol Hill staffers! It was quite entertaining. We also heard speeches by Hillary Clinton, Mitt Romney and Joe Biden. It doesn't matter which side of the aisle you choose, hearing them speak

was extremely enlightening.

While the husbands were at the conference the wives got to play. We went to the zoo, visited the White House, went to Georgetown and saw the homes of the various embassies. We toured the underground museum at Ford's Theatre where President Lincoln was shot and saw the room across the street where he died. It doesn't look anything like the photos I've seen.



Cherry blossoms in Washington D.C.

We ate in wonderful restaurants and traveled all over using the Metro. We visited some museums and art galleries and a return visit was a must. The memorials gave me time to pause and reflect about our great country and those who gave their lives for our freedom.

Several years later we traveled to Washington again to meet our son and his family during spring break. (I advise choosing other time year due



The CAMFT delegation to Washington D.C.

to the crowds). We visited Arlington National Cemetery and watched the guards at the Tomb of the Unknowns as well as all the other memorials with our son, a combat veteran. It is a very sobering experience to visit the memorials with your child who is a combat veteran.

My experiences in Washington DC, though few, have been very positive and I truly love the area.

Earlier this year I was invited by CAMFT to be part of their delegation to lobby representatives to co-sponsor and support two bills, the Mental Health Access Improvement Act of 2015 (HR2759/S1830) and the Marriage and Family Therapists for Veterans Act (HR 2639).

I was excited to participate and

continued on p. 2

President, continued from p. 1

do my part for our profession, and I agreed to go back to Washington. The delegation included Jill Epstein, Cathy Atkinson and 13 other LMFTs from California, along with CAMFT's



Debra and David Connolly, CAMFT Lobbyist

lobbyist, David Connolly.

What an experience! We left Easter morning and arrived in Washington DC that evening. The next morning I met the CAMFT delegation and we began our work, first with an overview of the two bills we would be addressing, then training about the lobbying experience. We were divided into 4 teams and my team included Daren Lawe, LMFT from Granada Hills, Karen Ziccardi, LMFT from Cerritos and Olga Rocklin, LMFT from San Francisco along with CAMFT's lobbyist, David Connolly.

It was a beautiful day, the cherry blossoms were in full bloom and the crisp air was refreshing as we walked to the Capitol building after lunch. The Capitol Building is huge and is made up of three buildings. Since our lobbyist knew where we were going I wasn't paying attention to what floor we were on, or which building we were in. There were a number of signs which said Internal Relocation Site. I was curious about the meaning and it wasn't long before I found out what they meant.

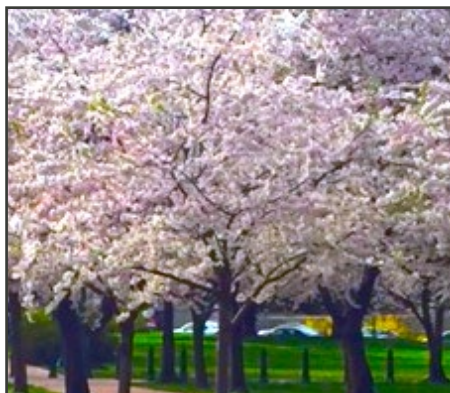
Settled in a small break room

across the hall from a small cafeteria, our lobbyist stepped away for about 10 minutes. Also in the break room and sitting across from our table were two Capitol employees and in the next booth, a police officer.

We were chatting, when suddenly I heard over the intercom, "Active shooter, employees report to your internal relocation site." Next I heard, "Gunshots reported in the Capitol Visitors Center, stations in place, stations in place."

"Wait, wait, did you just hear that?" I asked. "There's an active shooter!" The employees across from our table said there was supposed to be a drill that day, but the message continued announcing an active shooting. Next thing I realize those people were gone as was the police officer. I tapped my colleague and told her to scoot over so I can get out of the booth. (If I'm gonna die, I'm gonna die standing, I thought. "What? Where did that thought come from.")

I looked out into the hallway and there was nobody in sight. Everyone was gone! I noticed an employee closing the glass doors to the cafeteria and she said they were closing. I



challenged her because it was 2pm and the sign said they're open until 4pm. I told her "there's a shooting and we're visitors please don't lock us out."

TABLE of CONTENTS

President's Message	PAGE 1-3
Luncheon Review	PAGE 4-5
Membership Director Message	PAGE 5
Professional Wills	PAGE 6-7
LMFTs: Shining Community Leaders	PAGE 8-9
Law and Ethics Workshop	PAGE 9
New Support Group Facilitator	
Volunteers	PAGE 10
In Memoriam	PAGE 10
Mid-Region Luncheon	PAGE 11
South Region Luncheon	PAGE 12
Annual Workshop	PAGE 13
Get Published	PAGE 14
Advertising and Prices	PAGE 14
Display Ads	PAGES 15-17
Classified Ads	PAGES 18-19
Chapter Events	PAGE 20
Support Groups	PAGE 20
Board of Directors	PAGE 21
Contact Information	PAGE 21

She looked like a deer in the headlights and just then our lobbyist returned and said we would be staying in that break room, so we met with the legislator's staff. I noticed the other two employees returned and the police officer came in and instructed us to lock the doors and not open them until police return.

"Great, I thought, lock the doors, what about the glass? Will that stop a bullet?" Meanwhile, they continued to announce "Active Shooter in the Visitors Center, employees report to your internal relocation site, stations in place, stations in place." I wondered where the Visitors Center was in relation to where we were.

continued on p. 3

President, continued from p. 2

Once the doors were locked I took my seat in the booth against the wall. Relatively safe, I suppose, because the staffers seemed to be calm. CNN was on the television monitor and one of my colleagues tweeted, or texted someone, and within a short period of time a reporter phoned her! They wanted to know who we were and where we were and what's happening inside the building. She said she couldn't talk with them and hung up.

Wow, the power of social media. Could that be a help or hindrance? We just didn't know what was happening, was there one shooter, or several? Are they contained? Where is the rest of the CAMFT delegation?

No way to get answers to my questions, I texted my family so they wouldn't worry if they saw the news.

After about an hour and a half a police officer instructed the staffers to unlock the door and the next thing I heard was a loud and commanding voice say "Everyone put your hands up and employees show your badges!" Four officers wearing SWAT gear had their automatic weapons ready and believe me, nobody even blinked! After they examined employee badges and explained who we were we were then able to leave the room and proceeded to our next meeting.

Later we learned Jill Epstein and her team were just entering the visitors center when they were told to leave due to the shooting. It was quite frightening and chaotic, and you might have already read about it in a CAMFT press release. Jill was interviewed by Brian Williams of MSNBC and you can hear the interview at this link:

<http://on.msnbc.com/1qbXKXV>

(you will have to listen to a brief commercial first).

I learned a few things that afternoon: My first internal feeling was flight, but where to run? Where to hide? I just didn't have enough



Debra's Team from left to right: Olga Rocklin, Daren Lawe, Lobbyist David Connolly, Debra, and Karen Ziccardi.

information to make a decision. When I heard "Employees Report to your Internal Relocation Site" I now realize they do have a plan in place, but I wondered, were we collateral damage?

The shooting in the visitors center could have ended very badly for innocent bystanders. There were families with children, as well as the CAMFT delegation. So many people who could have been injured. Later that evening as I reflected on the events, I truly felt the impact that we never know when or how our life will change. Am I ready to handle unexpected change in my life?

The legislative analysts and assistants for SCV-CAMFT's district include Congresswoman Anna Eshoo from Palo Alto, Congresswoman Jackie Speier from San Mateo, and Senator Dianne Feinstein.

These bills will probably not pass this year and we're hoping they will be re-introduced next year. CAMFT

will keep us updated on any legislative action.

Other News: I've had contact with other chapter presidents in the bay area and we are discussing co-hosting events together. Details still need to be worked out such as type of events, location, and CEUs. The chapters agreed to reciprocate advertising events that are of benefit to our respective members.

I recently had coffee with Barbara Kirsch, Ph.D. a member of SCCPA and we also discussed reciprocal advertising of events. MFTs can receive CEUs from their events but psychologists cannot receive CEUs at our events, so our members benefit from reciprocal advertising more than theirs, but its always a great experience to network with other mental health professionals.

SCCPA is hosting "The Emotion Behind the Thought: Introduction to Compassion Focused Therapy" with Yotam Heineberg, Psy.D. on June 5th from 1:30pm-5:45pm at the Gronowski Clinic, 5150 El Camino Real, Los Altos. Here's a link for more information and to register:

http://www.sccpa.org/content.aspx?page_id=87&club_id=956131&item_id=518878.

One last thought, if you would like to become more involved in our chapter, we would love for you to volunteer to help out at an event, or join a committee. The board desires to meet your needs as members and we invite you to email any one of us with your suggestions, or desire to participate in any way. You can find our email addresses on [page 21](#) of the newsletter.

See you at the next luncheon!



Luncheon Review

by Amy Hublou, LMFT

Amy reviews the presentation "Emotional Leadership: How Therapeutic Work with Horses Helps Us Discover Our Inner Leader" presented by Beth Anstandig Killough, MA, LMFT.

On February 26th, 2016, SCV-CAMFT came together at Michael's on Shoreline for yet another great lunch and wonderfully informative presentation. While feasting on delicious food, we had the pleasure to meet Beth Killough, MA, LMFT, and listen to her present on the topic of Equine Assisted Psychotherapy. Now, for those of you not familiar with this term, equine is a horse.

We've all heard of Animal Assisted Therapy, but most often it is in the context of dogs and cats and sometimes even dolphins. But we might not be as familiar with how horses factor into the therapeutic process. The questions that naturally come to mind include: Where does this type of therapy happen; Do you ride the horse? What if you are scared of horses? What can a horse teach me about myself?

After Beth's presentation it all became crystal clear. Let's begin with the basics. It happens at a barn, with horses (and your therapist) on the ground, for the purpose of learning about ourselves and possibly others through an interactive experience with a horse, in a way that takes away the client's self report of symptoms and issues and allows for real time and objective observation of behavior and patterns as they emerge.

Phew, now let's go into a little more detail...which is what Beth did so eloquently.

First, did you know that you have an animal body? As Beth pointed out, some people are not super comfortable with this idea, but the fact of the matter is that if you are alive, then you are an animal. Or a plant, but probably not.

As human animals that live in this world, we experience environmental factors such as noise, crowding, technology, time constraints, stress and general overstimulation. For many, overstimulation leads to a sense of pressure that ultimately can result in "pain."

Horses are clear, honest, and congruent... they refuse to accept what is not true for them.

As an example, Beth shared her experience of simply driving from her peaceful and secluded ranch located in Morgan Hill to the heart of Silicon Valley for this particular luncheon. As she turned the corner she was suddenly immersed in traffic and her senses are bombarded with sounds, sights, and smells that were not present moments before. Her instinct was to retreat, to run, to escape.

However, as human animals we have learned to conform to social rules, to not express our feelings, to not show our weakness



Beth Anstandig Killough, MA, LMFT and one of her equine therapy partners.

and to manage the onslaught of sensory overload. We have become accustomed to sitting in traffic, working in small offices, fighting crowds, and multi tasking.

In order to do this, most of us have learned to shut out certain inputs. We "shut down," "numb out," "suck it up," "check out," or simply "get through." But when we are not honest with even ourselves about our experience of overwhelm, it begins to build up and starts feeling like increasing pressure, often resulting in physical symptoms such as anxiety and depression.

So what is the alternative? Instead of shutting down, we need to get honest with ourselves. In order to manage the pressure we need to acknowledge it's there, understand where it's coming from and address it.

And herein lies the lessons of the horses: You see, horses do not share our coping mechanisms. When they

continued on p. 5



First New Member Luncheon a Success

by Chandra Rai, MFTI, Director of Membership

I enjoyed hosting, along with other board members, the first quarterly luncheon to welcome new members to SCV-CAMFT. We had 26 new members join SCV-CAMFT during the first quarter of 2016. New members met in Mountain View for an informal meet and greet on April 9, 2016. We shared our journey as a therapist, celebrated our career aspirations, and also shared family pictures over delicious pizza.

Most of the attendees were



From Left: Julia Tilsdale, Brett Johnson, Dalia Sileem-Naguib, Michal Sadoff, Chandra Rai

pre-licensed trainees and Interns, and we wished we had a few more

experienced licensed therapists to collaborate with us. Joining me was Michal Sadoff (Board Secretary). We talked about SCV-CAMFT events and opportunities that are available to members to support their professional growth. We also explored opportunities for members to become active participants of the SCV-CAMFT community. It was fun to share our struggles, laughter, hopes, and dreams as budding therapists.

Review, continued from p. 4

feel pressure, they in fact retreat, run, escape. They are clear, they are honest, and they are congruent, meaning their outside behavior matches their inside experience, and they refuse to accept what is not true for them. So when they feel pressure in their environment, whether from another horse, a predator, or a human, they respond accordingly.

As a prey animal, they have an acute awareness of their surroundings. They have the ability to read body language, smell adrenaline, sense your heart rate, detect eye dilation and they rely on these instincts for their survival.

If they feel pressure, they release it by moving away from it. In turn, they teach us that to release pressure for ourselves, we need to also be clear, honest, and congruent. But we don't necessarily need to run away from it. Human animals have

the unique capacity to access our neocortex, which is the thinking and reasoning part of the brain.

So, on her drive up 101, Beth had to first notice the sense of pressure coming up in her chest, that tightening sensation, and that feeling of not having quite enough air to breathe. And Beth had to be honest that this was her experience, and then become congruent with how she chose to manage it. She decided to breathe through it. She had to consciously bring air into that part of her body that was holding the stress; she needed to release the feelings of anxiety that were increasing. She needed to acknowledge that she was out of her comfort zone and reassure herself that she would be ok.

Utilizing this process we can learn to manage a myriad of different emotional experiences. Horses are great role models, offering real time feedback of how we are showing up and whether we are being honest or

not. Through the horse's feedback, we are invited to dive deeper and gain more self awareness, as well as body awareness, acknowledge our feelings, stop stuffing our emotions, and make different choices. This ultimately leads to improved communication, deeper connections, and a more honest and authentic experience for us in our lives and our relationships with others.

So, to answer that last question... what can a horse teach me about myself? Everything!

Amy Hublou is a Licensed Marriage and Family Therapist and Co-founder of Gallop Ventures. She studied at Pepperdine University and has been licensed for 15 years, with 10 years of pre-licensed training. She provides traditional therapy as well as a variety of Nature Based Therapies with a special emphasis on Equine Assisted Psychotherapy through Gallop Ventures.



PROFESSIONAL WILLS: WHAT'S IT GOING TO TAKE TO GET YOU TO ACT?

by Gadi Zohar, Esq., LMFT

At this point, it seems to me that following the rules of conventional article writing is useless. I'm done with the rules. Why? Because you still don't have a professional will. (For the tiny minority of you who do have a professional will, I'm not talking to you. I'm talking to just about everyone else.)

I've written articles in third person with citations. I've shared real life stories of people who died without a professional will and my advising their survivors that they need to start the statute of limitation clock ticking, because someone can now sue the estate for malpractice. I've cited to real cases where estates were sued for negligence for much less than failing to leave a professional will. (There's a citation for you.) I've explained to people how the law creates a right to sue your estate for your malpractice even if you're dead. (There. I just did it again.) I've given talks. Advertised in The Therapist. Maybe I just need to break the rules and tell it like it is.

Do we really need to wait for a colleague to die and cause "newsworthy" damage from failing to leave a professional will? Because it seems to me that even a death of a colleague alone isn't even enough to motivate most people to get this done. Every time I mention this topic to a group of therapists, someone walks up to me with a story of how a colleague died without a professional will and the aftermath was trying for that person's survivors.

What's it going to take to get you to sit down and get your professional will done? Hopefully this article will do it, because that's my ultimate goal

here. Maybe you're annoyed by my tone right now, but I hope you don't use that as your excuse to continue putting this off. Clearly I'm not trying to win a popularity contest. You can focus on my tone or you can focus on getting your professional will taken care of once and for all. You decide.

I do not recall knowing about professional wills when I was practicing as an LMFT. Maybe you've been in the same boat until this moment. I happen to be a wills and trusts attorney and that is how I came to realize the gravity of this issue.



Professional Wills 101: Why You Need One

If you're not informed about professional wills, I'll give you the quick explanation now. CAMFT Rule 1.3 effectively requires that you create a professional will. Unfortunately there are no guidelines for what a "professional will" should look like. On top of that, a Licensed Marriage and Family Therapist must maintain clinical records (in

accordance with HIPAA of course) for a minimum of 7 years after termination of treatment. In the legal field, a common truism is that without a remedy, there is no law. In other words if I say "stealing is illegal" but there is no legal consequence for stealing, it's effectively legal to steal. The converse applies here. There is no statute that says you have to have a professional will per se. But the rules and laws cited in this paragraph that create a remedy – you or your estate can be sued if you fail to create a professional will. These rules and laws are the basis that forms a de facto requirement that you create a professional will. Because if you (or your estate) can be sued for not doing it, you're effectively required to do it. Thus I would submit that where there is a remedy, there is a law.

But do you really need rules and laws here? I'm going to take a leap here and guess that you genuinely care about your patients and loved ones. I know you do. For no other reason than you just plain care.

Recommended Content for Your Professional Will

The point of a professional will is straightforward. If you die or become incapacitated, a clinician needs to be assigned to refer your patients out to appropriate care as soon as possible. And then someone needs to take control of your clinical files in accordance with relevant privacy laws. It's a lot better for everyone if you leave some basic instructions. Enter the document we're calling a "professional will." Although I am not

continued on p. 7

Wills, continued from p. 6

the biggest fan of the “DIY” approach for this type of thing, I’d rather you do it yourself than do nothing if those are the only two options. So I’m giving you some guidelines.

There is no particular set of rules dictating the elements necessary for a valid professional will. But I’ll give you one imperative: Don’t over think it! I’ve seen too many people get mired in thinking of just the right clinician to refer patients out, contacting the clinician, considering what to do about a funeral service, etc. Done is better than perfect. Get something done now and do your deep thinking later. The purpose and nomenclature tells us that a professional will is substantially similar to a will or living trust that an estate planning lawyer would create. Years of experience (and litigation) have yielded a number of best practices for drafting wills and trusts, which I have adapted into my recommendations for your professional will. Some of these best practices in the context of a professional will can be summed up as follows:

1. Identification of the creator. It is a good idea here to use the name most people know you by, whether or not that happens to be your legal name. You should also include your office address(es), and license number(s) so that it is absolutely clear who you are.

2. Appointing a “clinical executor.” Generally, attorneys advise that only one person act as executor, because one does not want to slow down the administration process with disagreements among multiple executors. This is not to say that the executor is not allowed and encouraged to seek outside assistance. But there should be one person who has the final word where judgment calls are needed. You should also name at least one

and preferably two alternate clinical executors in case your first choice can’t/won’t act.

3. Authority of the clinical executor. The clinical executor should have express authority to access physical and electronic clinical files and to contact active patients. It is always a good idea to spell that out, since this is probably the clinical executor’s most important function.

You or your estate can be sued if you fail to create a professional will.

4. Outside assistance. This is very important in my opinion. You should take steps to ensure that the clinical executor has quick access to clinical files. It may be a good idea to name one or two people (a family member or close friend) who can help with non-clinical issues like access to the premises where clinical files are located and reimbursement for out of pocket expenses.

5. Compensation of the clinical executor. This is tricky, because a professional will does not necessarily have the same force and effect of a traditional will. Nevertheless, I feel strongly that some intent and authorization (whether or not legally enforceable) should be expressed for the compensation of the clinical executor because he or she is taking on personal liability by referring patients and taking possession of patient records.

6. Overriding clauses. Estate planning attorneys make a lot of money off of people who try to do their own estate planning, because often in such cases people write in terms that are unclear, incomplete, or unlawful. This risk can be

somewhat mitigated by clauses that instruct clinical executors to override any directives that turn out to be unlawful, unethical, or inappropriate under unforeseen circumstances.

Estate planning attorneys could add many more terms like a HIPAA release in case of incapacity to permit doctors to speak with your clinical executor, various contingency clauses, and so on. You should seek professional help from an attorney or an attorney-created template in order to incorporate some of these more technical clauses.

Frankly, having a non-attorney complete this task makes me nervous. I see a lot of plans go bad when people do their own estate planning. But I’d rather you do it yourself than do nothing.

Just get it done. PLEASE!

I have thought long and hard about this both from the perspective of a former clinician and as a practicing trusts and estates attorney. I don’t need to preach to this audience about the tendency to avoid the topic of our mortality. I’m not throwing stones from my glass house. But at a certain point, you just have to sit down and get this done, because your patients and loved ones are counting on you. Now it’s up to you. You can focus on my unprofessional tone. You can put this off for tomorrow. Or you can do a little research and get this done.

Gadi Zohar, Esq., LMFT is the CEO of TherapistWill.com, an online professional will solution. He also practices as a trusts and estates lawyer in Palo Alto, California. He no longer provides professional psychotherapy or psychological counseling. This article is for information purposes only, and does not constitute an attorney-client relationship. The opinions of the author are not a guarantee of any particular outcome.



LMFTs: Shining Community Leaders

by Laura Strom, LMFT

On September 12, 2015, just 35 miles northeast from my home, the Valley Fire began in Lake County; by evening it exploded to 10 thousand acres. The following morning I walked outside and smelled smoke. I checked online and discovered nearly the entire community of Middletown, California had been immolated while I slept.

The fire grew to a massive 76 thousand acres throughout Lake, Napa, and Sonoma counties. The Redwood Empire CAMFT (RECAMFT) Chapter serves those counties along with Mendocino county. A massive crisis was looming, and RECAMFT had no plan in place for how to assist those traumatized by the fire.

With some 40,000 California Licensed Marriage and Family Therapists (LMFTs), LMFTs represent the largest group of mental health providers in the state. Our training in family systems gives us a unique edge whether serving families, children, elders or first responders who have seen too much. LMFTs need to be networked into our local emergency response systems so when disaster strikes, we are prepared and trained to answer the call.

Crisis response mental health interventions are different. First we assess the basics: shelter, food, first aid, water. Once we have people's survival needs addressed, we provide psychological first aid – normalizing the experience of those suffering acute stress. After the crisis is over,

some who suffer posttraumatic stress symptoms will seek us out for additional services. Reactions vary given the impact of the crisis (for example, losing a loved one or one's home will likely be far more stressful than simply being displaced for a time).

Our nation was shocked by the terrorist attack in San Bernardino on December 2, 2015. Inland Empire CAMFT Chapter was suddenly in the same place RECAMFT had been - a disaster unfolding with no chapter trauma response team.

We provide psychological first aid – normalizing the experience of those suffering acute stress.

- CAMFT Chapters are in a unique position to lay the groundwork for a disaster mental health team in every county. Every CAMFT chapter can take a lesson from RECAMFT and IE-CAMFT and start a crisis response team now. My wish is for every LMFT to take at least one continuing education (CE) class in disaster mental health counseling in the coming months.

- RECAMFT worked quickly to provide services to the community, identifying those trained in crisis response, and ultimately creating a



The Valley Fire called RECAMFT to help the victims and create an emergency response team.

list of over 50 members willing to give 3-5 sessions of free counseling to anyone affected by the fire. Chapter member, Doreen Van Leeuwen, subsequently took on the task of organizing a chapter crisis response team. It starts with every willing LMFT joining the Red Cross, taking their disaster mental health courses, and FEMA's free online classes. The chapter crisis response team will organize additional training, communication trees, and network with county agencies.

- Marin CAMFT has had a trauma response team for two decades. They have responded to traumatic deaths, child abductions, shootings, earthquakes, fires, and floods. The Marin trauma team chair, Jacque Ladrech, is a wealth of friendly information and advice.

CAMFT's Crisis Response Education and Resource Committee (CRERC) provides outstanding resources on the CAMFT website,

continued on p. 9



At Last, Guidance on Your Client Treatment Records

by Nancy Andersen, LMFT, Ethics Chair

Confused about what to include in your treatment records? What is legally required versus what is best practice? Where do you keep records and for how long?

Get answers to these questions and more at the 2016 Law and Ethics Workshop, Friday, October 21. CAMFT staff attorney David Jensen will present a brand-new program, "Using the Language of the Law to 'Salt and Pepper' Your Treatment Records." The all-day workshop will be at Michael's of Shoreline in Mountain View.

As ethics chair and planner of the L&E workshop, it is my privilege to select the speaker and topic from the options offered by CAMFT at no cost to our chapter. I choose Dave Jensen, just as my predecessors have, because he earns rave reviews from our attendees. The 2015 evaluations

for Dave were outstanding and went something like this: best thing: Dave/worst thing: the topic. Dave uses his sense of humor, personal stories and occasionally music to enliven the material.

Registration information will be announced later in the year, but this is your chance to save the date and start thinking about the questions you have. The presentation meets the Board of Behavioral Science requirement of at least 6 hours of continuing education in law and ethics as a condition of each license renewal for marriage and family therapists. Breakfast and lunch are included. Snacks will be provided at the afternoon break. Networking is optional.

Law & Ethics Workshop

6 CEUs available, PCE113

Friday, October 21

"Using the Language of the Law to 'Salt and Pepper' Your Treatment Records"

**Presented by
Dave Jensen, J.D.**

**Location:
Michael's at Shoreline,
Mountain View, CA**

Leaders, continued from p. 8

including links to pertinent trainings. The people on this committee are some of the top experts in the state. CAMFT's Annual Conference will be an opportunity to get training in disaster mental health. After my initial shock about the smell of smoke, I found myself on the phone with people who knew exactly what to do, and gave great advice. It was a comforting feeling, in the face of a fire burning out of control.

Chris Hadfield said, "Ultimately,

leadership is not about glorious crowning acts. It's about keeping your team focused on a goal and motivated to do their best to achieve it, especially when the stakes are high and the consequences really matter. It is about laying the groundwork for others' success, and then standing back and letting them shine."

The stakes have never been higher or mattered more. Together we can bring our talent and expertise to shine in our local communities when disaster strikes.

Laura is a Licensed Marriage and Family Therapist (MFC 49174), Licensed Professional Clinical Counselor (LPC 149) and Certified Rehabilitation Counselor (CRC 00113822). She is in private practice in Santa Rosa and specializes in trauma utilizing Stanford cue-centered treatment along with transformational sandplay and EMDR. She is a member of the Redwood Empire Chapter and is currently president of CAMFT.



For many years, SCV-CAMFT has supported our pre-licensed and newly licensed members by offering free monthly support groups for them. Some of our most dedicated volunteers have served as facilitators for these groups, committed to the support our newest members of the MFT community. We deeply thank them for their service.

New Support Group Facilitator Volunteers

Retiring in the past year from their long-term service as facilitators are Janice Seiberlich, LMFT and Verna Nelson, LMFT. They both served many years in this capacity. Thank you both for your dedication!

New on board this year is Michelle Farris, LMFT. Michelle facilitated the South Region Pre-licensed Support Group for a few months after Janice left and has recently become the facilitator for the South Region Newly Licensed Support

Group. Thanks to Ilkido Ran, LMFT for her service to this group the past year as well.

Our newest members of the support team are Tomilu Stuart, LMFT, who will take over the South Region Pre-licensed Support Group starting in June and Bridget Bertand, LMFT and Ari-Asha Castalia, LMFT, who will co-facilitate the North Region Pre-licensed Support Group starting in June. Welcome and thank you!

In Memoriam: Jean Madsen Hollands and Louise Mary Smith



Jean Madsen Hollands, LMFT, a long-time chapter member passed away April 23, 2016 in Cupertino. According to her friends, Jean was somewhat of a celebrity in our chapter. She authored 6 books and was a frequent guest on Oprah and

Good Morning America, and has been interviewed by a number of national publications.

She started a counseling center called the Good Life Clinic in Mountain View, and later changed the name to the Growth and Leadership Center, a community counseling center that provided executive coaching and consultation and trained many interns.

A memorial celebrating Jean's life was held Saturday May 7 at Alta Mesa Memorial Park in Palo Alto. You can read more about Jean's life and accomplishments through the following link:

<http://www.lastingmemories.com/image/view/jean-madsen-hollands/publication/Hollands.pdf>

Louise M. Smith, LMFT, was a lifetime member of CAMFT and a longtime member of SCV-CAMFT. She passed away from complications associated with Aplastic Anemia.

Louise was born and raised in San Pedro, California. She entered religious life as a Presentation Sister when she was a young adult. She was involved as an educator and principal during that part of her life.

After 25 years, Louise transitioned from religious life and continued her studies in Religion, Spirituality and Psychiatry at The Menninger Clinic. She received her Master's Degree from San Jose State University and began her work as a lay person in the mid-1980s at Chemical Dependency Institute in Campbell. In the early 1990s, Louise began a full time private practice in Saratoga, later moving her office to San Jose. She continued her career/ministry until she became too ill to work, in November, 2015.

Louise was a brilliant, accomplished professional woman who led from deep spiritual values. She was an inspiration to many of us who knew her professionally and a devoted friend to those of us who knew her personally.

She will be missed by us all.



(1.5 CEUs, PCE 1143)

MID-REGION LUNCHEON

Betrayal, Secrets and Lies: Rebuilding Trust and Healing Sex Addiction Induced Trauma

Presented by Kate Parkinson, MFT, CSAT, CHFP, CEMDR



Sexual Addiction, whether it manifests as compulsive viewing of pornography or prostitution, induces trauma for the partner/spouse. If a couple chooses to stay together, the compulsive behavior must stop and trust must be restored. The addict (ironically) is in a unique position to contribute to her or his partner's healing process, although she or he initially caused the damage.

This presentation will address the following topics:

- Overview of Sexual Addiction
- Overview of Sexual Addiction Induced Trauma (SAIT)
- Therapeutic Disclosure and the need for truth
- There is Hope
- Helping Her Heal

Questions are encouraged.

About the Speaker

Kate Parkinson, MFT, CSAT, CHFP, CEMDR, is the founder of Recovery of Self Counseling and Intensives in Palo Alto. She is a licensed Marriage and Family Therapist (MFC41470), Certified Sex Addiction Therapist (CSAT), Certified Hope and Freedom Practitioner (CHFP), and is EMDR certified. Her practice is dedicated primarily to the healing of relationally traumatized couples and families devastated by sexual addiction, sexual anorexia, and other intimacy disorders.



Friday, May 20, 2016

11:15 a.m. – 1:30 p.m. (presentation begins at noon)

Place: Michael's at Shoreline, 2960 N. Shoreline Blvd.

Mountain View, CA 94043

Menu: Buffet Lunch

Registration Deadline: Monday, May 16 for pre-registration fee.

Register: Online at www.scv-camft.org

LUNCHEON FEES

PRE-REGISTERED BY MAY 16:

Members - \$26

Non-members - \$33

CEUs: Members/non-members - \$7

WALK-IN FEES:

Members - \$33

Non-members - \$40

+ CEUs

Lunch is not guaranteed for walk-ins, but is available on a first-come, first-served basis. Auditing the event without lunch is available. 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 information and our 24 hour cancellation policy.

(1.5 CEUs, PCE 1143)

SOUTH REGION LUNCHEON

Special Needs: Special Families

Presented by Elizabeth Batson, LMFT

When clients walk through your door, they bring the complexities of their entire family system with them. For more and more clients, this includes a child or sibling who has special needs. In fact, more than one-fifth of American families have at least one child with a physical, intellectual, developmental, or emotional disability. You may never have a client with autism, severe learning disabilities, or childhood cancer, but you are almost certain to see clients whose child or sibling has significant disabilities or special needs.

There are many resources on how to deal with children with special needs. However, there is much less on how to help parents and siblings deal with the impact of those special needs on their own lives. This presentation will help you be more effective in working with these clients.

In this talk, you will:

- Understand common problems encountered by families whose child has special needs
- Gain insight into how to help a family with a recent diagnosis adjust to the "new normal" and how to deal with the potential guilt, blame, and anxiety that may arise
- Learn about general strategies for helping overwhelmed parents as well as indicators to recognize times of special stress
- Enhance your cultural competency in working with the special needs community
- Be better prepared to help clients who are part of a special needs family, even if you never treat a child with special needs

**About the Speaker**

Elizabeth Batson is a licensed marriage and family therapist with an interest in working with adults (both individuals and couples) who are parents of children with special needs. Elizabeth completed internships at Parents Helping Parents, working with parents of children with special needs, and at the Silicon Valley Independent Living Center, counseling adults with disabilities. Elizabeth is the author of *I Have Needs Too! Supporting the Child Whose Sibling Has Special Needs*. Her private practice is located in west San Jose. She offers resources for parents of children with special needs at her website <http://www.batsonmft.com/>.

Friday, June 24, 2016

11:15 a.m. – 1:30 p.m. (presentation begins at noon)

Place: The Los Gatos Lodge, 50 Los Gatos-Saratoga Blvd.

Los Gatos, CA 95008

Menu: Buffet Lunch

Registration Deadline: Monday, June 20 for pre-registration fee.

Register: Online at www.scv-camft.org

LUNCHEON FEES**PRE-REGISTERED BY JUNE 20:**

Members - \$26

Non-members - \$33

CEUs: Members/non-members - \$7

WALK-IN FEES:

Members - \$33

Non-members - \$40

+ CEUs

Lunch is not guaranteed for walk-ins, but is available on a first-come, first-served basis. Auditing the event without lunch is available. 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 information and our 24 hour cancellation policy.



Santa Clara Valley Chapter

CALIFORNIA ASSOCIATION OF MARRIAGE AND FAMILY THERAPISTS

Neurobiology and Neuropsychological Aspects of Trauma: Understanding Trauma and Treatment

SCV-CAMFT Annual Workshop

9:00am – 4:00pm

Friday, July 29th, 2016

Michael's at Shoreline

2960 Shoreline Blvd., Mountain View, CA 94043

SCV-CAMFT Presents Our Annual Workshop with Richard P. Olcese, Psy.D.

As technology is becoming more advanced in medicine we are better able to identify and tract the neuroendocrine process that takes place when an individual or group suffers trauma. Knowing has changed the way we understand the emotional and psychological effects of trauma and therefore how we assist patients working through trauma in treatment.

This workshop will present:

- The neurochemical process one goes through when traumatized
- How this process can disrupt synaptic communication effecting emotions, cognition and somatic systems
- Considerations for diagnosis
- Considerations for treatment:
 - Neurobiological treatment including nutrition, supplements and medications
 - The Benefit of Exercise
 - Cognitive-Behavioral interventions
 - Self-Care in the midst of a stressful culture

To register, go online to Calendar Events at www.scv-camft.org or email us at mail@scv-camft.org. Event includes continental breakfast and luncheon.

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



Dr. Rick Olcese is licensed as a clinical neuropsychologist in California. He has served as Clinical Director of Neurological Rehabilitation at Casa Colina Hospital in Pomona, CA, North Coast Rehabilitation Center and Santa Rosa Memorial Hospital in Santa Rosa, CA. He has presented at National Academy of Neuropsychology, Southwest Brain Injury Conference and for the Brain Injury Resource Center of the Redwood Empire on various topics in Neuropsychology.

He co-founded Brain Injury Resource Center of Redwood Empire in 2005. Currently, Dr. Olcese consults to both Santa Rosa Junior College and Sonoma State University in their athletic departments for students suffering traumatic brain injury/concussion. Dr. Olcese provides neuropsychological evaluations for individuals dealing with acquired brain injury, dementia, post traumatic stress disorder, and deficits in neuropsychological functioning.

Accommodations for Disability: The SCV-CAMFT chapter is committed to providing a presentation that is accessible to all who wish to attend. If you have a special need and plan to attend, please notify us at mail@scv-camft.org or 408-235-0210. Requests must be made one week in advance.

Refund Policy: Refunds will be issued if a request for cancellation is received prior to the close of online registration. No refunds will be issued if a request for cancellation is received after the close of online registration. To cancel, please send an email to mail@scv-camft.org or call the chapter voicemail at (408) 235-0210. Refunds will be issued within ten (10) business days. Any concern or grievance can be emailed to the chapter coordinator at mail@scv-camft.org.

Continuing Education: This course meets the qualifications for 6 CEU's credit for MFTs, LPCCs, and/or LCSWs as required by the California Board of Behavioral Science (#052466, CAMFT - Santa Clara Valley Chapter). SCV-CAMFT maintains responsibility for this program/course and its content. This presentation is suitable for all clinical levels. Certificates will be emailed 2-3 weeks after the event.

Get Published!

Now is your chance to get published and share your thoughts with your fellow therapists. You all have a unique experience that could become a movie or book review, an article, or a review of an SCV-CAMFT event.

Editorial committee members are available to discuss ideas with you and answer questions. Their contact information is listed on [page 21](#).



Advertising Opportunities and Rates

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 for sponsor level members.

Find out more about the [advertising options](#) at our website. Advertising rates for display ads are listed below:

	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.

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

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



Gottman Couples Workshop

The Art & SCIENCE of Love

Two California Locations!

SF Bay Area ~ Mill Valley, CA

May 14th - 15th, 2016

Also Sept. 24th - 25th and Dec. 3rd - 4th, 2016

LA ~ Orange County, CA

November 12th - 13th, 2016 ~ Newport Beach

2 days filled with practical research-based tools
to confirm & strengthen your relationship!

Therapist Discounts
13.5 CE Credits Available

See Website for Registration
and Additional Information!



www.aCouplesWorkshop.com

Presented by Senior Certified Gottman Therapists
Lisa Lund, CRC, MFT (33393) & Bob Navarra, PsyD, MFT (15997)

Gottman Professional Training

Next Training:

Level 3 - Practicum Workshop in Gottman
Couples Therapy ~ July 7th-9th, 2016

Upcoming Workshops:

Level 1 - July 22nd-23rd, 2016

Level 2 - October 6th-8th, 2016

Level 3 - July 7th-9th, 2016

Co-Presented with Dr. Bob Navarra

Intimate Retreats
in Sonoma Wine Country
~ Limited to 16 Participants ~

TrainingForCouplesTherapy.com

Presented by a Master Certified Gottman Therapist
Lisa Lund, CRC, MFT #33393 • (707) 547-0401 • CEU's Available

KIM IVES HICKS, CGP, MFT

Lic No. mfc32076

**NATIONALLY CERTIFIED GROUP
PSYCHOTHERAPIST**
trained by Dr. Irvin Yalom

Accepting new members now

**112 W. 25th Avenue, Ste 1
San Mateo, CA 94403
(650) 737-1818**



www.counselingforyou.com



CENTER FOR THE STUDY OF
GROUP PSYCHOTHERAPY

A nonprofit group therapy training organization (CSGP.org).

**CSGP's Mission is to promote group therapy
and to offer group therapy training.**



- Training for students/interns as well as for advanced group leaders.
- CE units for MFTs, LPCCs, LCSWs, and Psychologists.

Courses in 2016

May 14, 2016:

The Essentials for Leading Successful Psychotherapy and Psychoeducational Groups.
For more info: CSGP.org

Saturday October 1, 2016 9:30-A.M. - 1:45 P.M. Place: Mountain View.

Enhancing the therapeutic benefits of Clinical dilemmas in groups.

Monopolizing, conflict, scapegoating, and subgrouping are all dilemmas which every group leader faces. In this course you will learn how to use these dilemmas therapeutically to enrich and deepen the group experience.

Course fee: \$60, \$40 for nonprofit employees and students/interns. Onsite: add \$10.

Four CE units for MFTs, LPCCs, and Psychologists. For registration: CSGP.org.

Course Instructor: Nancy Wesson, Ph.D., CGP, licensed psychologist, has 25 years of experience leading groups and 17 years of experience training group therapists. She was trained by Dr. Irvin Yalom, the American Group Psychotherapy Assoc., and the NYC Center for Group Studies. She is the founder of the Center for the Study of Group Psychotherapy.
DrNWesson@CSGP.org

CSGP is approved by the California Psychological Association to provide continuing professional education for psychologists and BBS licensed professionals. CSGP maintains responsibility for this program and its content. Provider No. PCE5391. For further info and refund policy: CSGP.org



TherapistWill
They require it. We make it easy.

The **easiest** way to deal with your **professional will** obligation.



The **best** way to deal with your **professional will** obligation.



Create your **Therapist Will** in minutes and relax for years...



Check out our demo video at
TherapistWill.com/get-started.html

Your professional will:

- Your ethical code requires it (CAMFT Rule 1.3)
- Your patients and loved ones are counting on you
- We've made it easy for you
- For just \$79

www.TherapistWill.com

Integrating Somatic Psychotherapy with EMDR Therapy

Tracking Resiliency • Pacing the Work • Deepening Processing

June 10-13, 2016 Monterey, CA • 28 CE Hours CA BBS, ASWB, NBCC; EMDRIA 24 CEU's



A unique four-day advanced training for EMDR- trained clinicians

You are invited to join 4 very full days of dynamic presentation, demonstration/video, discussion, and extended practicums, learning how to integrate EMDR Therapy and Somatic Psychotherapy.

This training is designed to meet you at the edge of your own growth and expertise and is limited to 27 participants, to provide a more intimate and personal experience.

Integrate the effectiveness of both somatic therapy and EMDR to engage with your clients' natural propensity for resolution and growth.

Presenter: Craig Penner, LMFT, SEP
EMDRIA Approved Consultant

Craig has been in private practice since 1982. He has been avidly using EMDR for the past 22 years, integrating it into a somatically focused process-oriented therapy.

This training has been receiving outstanding reviews in cities across the US.

Detailed course descriptions, reviews and registration at www.naturalprocessing.org

Local Sponsor: Meg Grundy, LCSW, EMDRIA Approved Consultant (831) 920-1240



Detailed information about the training, reviews and registration at: www.naturalprocessing.org

GROUPS & WORKSHOPS

Process group offered!

LGBT Adults "Coming Out" Tuesday's 5-6:30pm On-going weekly group, \$40/session, San Jose <http://www.ladonnasilva.com/therapy-services.html>
LaDonna Silva, LMFT (408)412-1207

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

When Do I Do When...

This is the most common question I am asked as a trainer, teacher and supervisor. The answer is "everything you can think of, that invites, follows and respects the client's journey." This class will provide invitations to help impact change with individuals and systems. A workbook of 25 invitations will be provided, discussed and practiced among us. The class will start Saturday, February 20, 2016 from 10am to 3pm. 6 CE units. Cost is \$90. Following this class, those of you who want more practice and more invitations can attend a once a month class (3rd week) continuing on with this topic. From 10:15 am to 11:45 am. Starting March 17th. Cost is \$30/meeting. Contact Don Hadlock at 408/234-3305 for reservations.

Therapy Group

Long term group, all genders, ages 25 and up. San Mateo, Tuesday's 6:30-8. Please contact us or send along

GROUPS & WORKSHOPS

to clients: bridget@bridgetbertrand.com / aactherapist@gmail.com. More @ <http://www.bridgetbertrand.com/group>

Support Group in Mt View

Creative Support Group in Mt View runs on Monday nights starting in Feb 2016, 6.30 to 8 pm. Contact Dr. Kozlova (831) 297-0567 or e-mail: elumen2000@yahoo.com

Menlo Park Men's Groups

Monday evening Gay/Bi group & mixed sexual orientation group. Men fostering connection, community and growth led by seasoned therapist. Jamie Moran, LCSW, CGP, 415.552.9408, jammoran@aol.com, www.jamiemoran.com.

Women's Bibliotherapy Group

This group offers processing life choices through the stories of fiction. Enhances self-understanding while opening up new possibilities for change. Interested? Contact: Janice Shapiro, MFT#86051; 408 596-4810; jlshapiro875@gmail.com.

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 September 22. Lori Levitt, MFT #43329. 650-794-4828 www.lorilevittmft.com

South Bay Anxiety Group

Put Anxiety in Its Place, an 8-week mindfulness and CBT group, begins

GROUPS & WORKSHOPS

in February. Members learn practical tools for managing anxiety on the spot while establishing a mindfulness practice to shift their relationship with anxiety. Therapists who've joined report being more skilled in managing their own anxiety and working with anxious clients. If interested, contact Victoria Swenson (408-375-7320) to schedule a complimentary screening session.

FOR CLINICIANS

Do you want to expand your practice and generate passive income? Save time and money by using Private Practice Launchpad's proven systems and paperwork to hire, retain and manage quality clinicians. Learn more at privatepracticelaunchpad.org

Got insurance questions?

Find answers in the newly-updated Navigating the Insurance Maze: The Therapist's Complete Guide to Working With Insurance (2015), by Barbara Griswold. Buy book/claims, view workshop schedule, schedule consultations: www.theinsurancemaze.com

Experienced Mediator, Specializing in Divorce and Custody Issues

Co-Parenting Counseling, Reconnection Therapy, Therapeutic Supervised Visitation, Custody Evaluations, Parenting Coordination, high conflict couples, EFT. Websites: StoneMFT.com, MediateCustody.com, DivorcingPeacefully.com. Email: MFT@StoneMFT.com; Tel: 831-600-7665.

continued on p. 19

FOR CLINICIANS

Substance Abuse Treatment

Office-based medical detox and relapse prevention for substance abuse and co-occurring disorders. Board Certified Addiction Medicine physician with 20 years clinical experience. (408) 374-7600

FOR INTERNS

Internship/Traineeship Opportunities

Internship Opportunity: Our main office is in Santa Clara. Our internship program supports at-risk youth and children who are in need of social and emotional support. We are searching for motivated, enthusiastic interns/trainees who want to make a difference in our community. Internship opportunities Include: Gaining experience with adolescents (at-risk youth), parents, children, psychotherapy, group work, knowledge of school system, community collaboration, resource referral and case management. We are seeking individuals to start their internship immediately. Training is included. A one year commitment is expected, since we work with at-risk youth. In addition to our Teen Dating and Family Violence Intervention program, we have a new program that treats sexual offender and sexual abuse victims, (SO/SA) which is conducted at Juvenile Hall and at the William Holden Ranch. Concurrent individual and group therapy is provided to incarcerated youth. Bilingual Spanish/English preferred. Stipend available for Spanish/English bilingual candidates. Our Clinical Services offers trainees/interns experience treating children, individuals and couples. Peace-It-Together, recently became a Medi-Cal provider and we are in the

FOR INTERNS

process of implementing Medi-Cal. Supervision will be provided by licensed MFT's with many years of experience in the field. Applicants must be a MFT trainee, registered MFTI or ASW with the BBS, carry malpractice insurance and commit to a one year contract. Positions are available immediately. If interested, please email your resume to info@peace-it-together.org.

OFFICE SPACE

Affordable Shared Office Space - San Jose

Near Pruneyard - 3 rooms - 3 kind/congenial/flexible therapists - Contact: nancy@nancyestes.com or 408-493-5300

Needed: Office Space

I am looking for a full time office in a suite of therapists on or before April 30. Prefer Campbell-Los Gatos-West San Jose-Saratoga-Santana Row area. Please contact Joanne Shurter (408) 340-8885, joanne.shurter@gmail.com.

Internal Office, \$750/mo (Full Time)

120 sq ft, unfurnished. Beautiful suite. Separate therapist entrance/exit. Weekly consultations (Thursdays 9am). Full Time (M-F 8a-8p). \$750/mo. 1-4 year lease. Mary Cannon (408)859-4983 or mascannon@hotmail.com

Office Space for Rent

Lovely office to sublet all day Fridays and weekdays after 5:30. Case consultation also available on Thursdays mornings. If interested, phone Karen at (408) 886-7143.

OFFICE SPACE

LMFT

San Jose -- Sunny, furnished office available to lease full-time in March. Central location off Highway 280 near Saratoga Ave. Professional building with many therapists. Shared conference room open for sign-ups free of charge. Ample parking. Office space includes waiting room and storage room with sink, copier, shredder, microwave. \$621 per month. Contact Pam Montgomery at 408-930-2557 or pamela408@aol.com.

LMFT

Affordable lovely Victorian second floor office to sublet. Monday, Tuesday and Friday available at present. Contact Gene Morrison at 408-984-3851

Seeking Office Space

San Jose. Seeking ADA-accessible office, full-time or 2-day sublet, in Rose Garden or Willow Glen area; with sandtray or space for one. Furnished or unfurnished OK. Kaye-Ailsa Rowan, 408-390-3680.

San Jose/Campbell Office

Full-time office in 3-office suite is \$950/month and includes furnished waiting-room, shared office equipment and kitchenette, utilities, cleaning service and easy parking. Photos at <http://tinyurl.com/gq95hx4>. Contact Anne Montagna 408-823-8233.

Palo Alto Office

Part-time office space available immediately. Join other therapists in suite with four offices. Atrium building, recently renovated. Second floor, bright and cheerful. PatBlumenthal@yahoo.com or cleareye@earthlink.net

CHAPTER EVENTS

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

MAY

- 6 South Region Newly Licensed Support Group
- 7 North Region Newly Licensed Support Group
- 12 North Region Pre-Licensed Support Group
- 13 South Region Pre-Licensed Support Group
- 15 **Newsletter Submission Deadline**
- 20 **MID-REGION CHAPTER LUNCHEON:**
Betrayal, Secrets and Lies: Rebuilding Trust and Healing Sex Addiction Induced Trauma, Mountain View

JUNE

- 2 North Region Pre-Licensed Support Group
- 3 South Region Newly Licensed Support Group
- 10 South Region Pre-Licensed Support Group
- 11 North Region Newly Licensed Support Group
- 24 **SOUTH REGION CHAPTER LUNCHEON:**
Special Needs: Special Families, Los Gatos

JULY

- 29 **ANNUAL WORKSHOP:** *Neurobiology and Neuropsychological Aspects of Trauma: Understanding Trauma and Treatment Issues, Mountain View*

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 7, June 11

Facilitator: Jamie Moran, LCSW

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

RSVP and contact: Jammoran@aol.com or 415-552-9408 .

South Region Newly Licensed Support Group

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

Upcoming dates: May 6, June 3

Facilitators: Michelle Farris, LMFT

Location: San Jose, CA

RSVP and contact: mft@counselingrecovery.com or 408-800-5736.

FREE PRE-LICENSED SUPPORT GROUPS

North Region Pre-Licensed Support Group

Thursday, May 12, 11:30 a.m. - 1 p.m. with facilitator Ildiko Ran, LMFT

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

Thursday, June 2, 11 a.m. - 1 p.m. with facilitators Bridget Bertrand, LMFT and Ari-Asha Castalia, LMFT

Location: 112 West 25th Avenue, #1, San Mateo, CA 94403

RSVP and contact: bridgetbertrand.com or 650-539-HEAL (4325)

South Region Pre-Licensed Support Group

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

Upcoming dates: May 13, June 10

Facilitator: Tomilu Stuart, LMFT

Location: 6489 Camden Ave., Suite #103, San Jose, CA 95120

RSVP and contact: www.tomilustuart.com or 408-832-6172

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.

OUR 2016 BOARD OF DIRECTORS

OFFICERS:



Debra D. Rojas, LMFT
President
650-485-3624
president@scv-camft.org



Eleanor Scott, LMFT
President Elect
408-659-6887
president-elect@scv-camft.org



Michal Ruth Sadoff, MFTI
Secretary
650-424-0852
secretary@scv-camft.org



Ernie Chu, LMFT
Chief Financial Officer
650-898-7820
cfo@scv-camft.org

DIRECTORS:



Nancy Andersen, LMFT
Director of Law and Ethics
650-833-9574
ethics@scv-camft.org



Elizabeth Basile, LMFT
Director of Luncheons and Innovative Programs
831-594-3085
programs@scv-camft.org



Melissa Risso, LMFT
Director of Pre-Licensed and Newly Licensed Support Groups
650-295-0919
support-groups@scv-camft.org



Kim Panelo, LMFT
Director of Special Events
408-579-9487
events@scv-camft.org



Chandra Rai, MFTI
Director of Membership
408-475 2311
membership@scv-camft.org



Jacqui Gerritsen, LMFT
Director of Communications and Technology
650-315-7207
communications@scv-camft.org

VACANT

Director of Continuing Education Operations

Chapter Coordinator

Nancy Orr
mail@scv-camft.org

Editorial Committee

Debra D. Rojas, LMFT
president@scv-camft.org
Mary Deger Seevers, LMFT
seeverismd@aol.com

Committee Chairpersons

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

SCV-CAMFT News (USPS#10092) is published bi-monthly in January, March, May, July, September and November for \$10 per year by the Santa Clara Valley Chapter of the California Association of Marriage and Family Therapists, 2875 Middlefield Road, Suite 8, Palo Alto, CA 94306. Periodicals postage paid at Palo Alto, CA. POSTMASTER: Send address changes to SCV-CAMFT News, PO Box 60814, Palo Alto, CA 94306.

Newsletter deadline for the July/August 2016 issue is May 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**

Mid-Region Chapter Luncheon

Friday, May 20
11:15 a.m. – 1:30 p.m.

***Betrayal, Secrets and Lies: Re-
building Trust and Healing Sex
Addiction Induced Trauma***

Presented by
Kate Parkinson, MFT, CSAT, CHFP, CEMDR
(1.5 CEU hrs., PCE 1134)

Michael's at Shoreline
2969 N. Shoreline Blvd.
Mountain View, CA

CHAPTER EVENTS

South Region Chapter Luncheon

Friday, June 24
11:15 a.m. – 1:30 p.m.

***Special Needs:
Special Families***

Presented by
Elizabeth Batson, LMFT
(1.5 CEU hrs., 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 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.