

SCV-CAMFT News

VOLUME 30, NO. 6

NOVEMBER / DECEMBER 2011

SPECIAL POINTS OF INTEREST

- **President's Column by Nanette Freedland, MFT**
- **Introducing Kathleen Russ**
- **Pre-Licensed Corner Pg 3**

INSIDE THIS ISSUE:

Free Support Groups Updated with 2 New groups!	4
Compassion Fatigue, Self Care, and The Clinician	6
Calendar of Events	8
Upcoming Luncheons	10
Classifieds	20-21

President's Column—

It's Time to Flip the Hourglass Once Again

—President Nanette Freedland, MFT



I've been thinking a lot about time recently: how its quick passage catches you off guard, even when you knew to expect it. This summer, I had to travel back east several times to care for my ailing mother. Eventually, it became time to move her into an assisted living facility, and prepare her home for sale. I found myself repeatedly telling friends and family how difficult it was to see my mother so frail, confused, and dependent on others. During my childhood, she was the strong, independent, determined person in charge of our family. It seemed, somehow, all of a sudden, that I



Nanette Freedland
President, SCV-CAMFT
freedlandn@gmail.com

was making life-altering decisions on her behalf. When visiting, I had to remind her that everything would be OK, that I would take care of her. When did the child become the parent? Was it so long ago

that it was she soothing me? Time had seemed to rob us of our familiar roles. When it was necessary to clean out her home, I came across several shoeboxes of family pictures. I celebrated our family's passage of time through these—from my mother's youth on through the growth of my own children and their cousins. Pictures have a way of marking time like so few other artifacts can.

The pages of the calendar also show time advancing. Here I am, coming to the end of my term as

Cont'd on Pg 14

Introducing Kathleen Russ

—SCV-CAMFT Business Development Director



SCV-CAMFT's new Business Development Director, Kathleen Russ, will be responsible for helping our

chapter develop new business opportunities, and establishing strategic partnerships with other CAMFT chapters and other organizations. We are excited to have her join the board and look forward to her efforts in supporting the chapter.

Kathleen Russ received her master's degree in

Counseling Psychology, with an Expressive Arts Specialization from John F. Kennedy University. Her education combines her passions for psychotherapy and the creative process.

Kathleen's training began in the school-based

Cont'd on Pg 14

SCV-CAMFT Calendar

NOVEMBER

18 Chapter Luncheon
Mid Region; Mountain View

JANUARY

27 Chapter Luncheon
South Region; Los Gatos

FEBRUARY

24 Chapter Luncheon
North Region; San Mateo

MAY

3-6 CAMFT 48th Annual Conference
San Diego

Santa Clara Valley Chapter California Association of Marriage and Family Therapists Board of Directors

Nanette Freedland, President
650/947-4044
nanette@nanettefreedland.com

LaDonna M. Silva, President-Elect
408/358-2218 ext. 421
amitiel@earthlink.net

Terryann Sanders, Past-President
408/410-9370
terrysanderslmft@sbcglobal.net

Shazad Contractor, Chief Financial Officer
408/666-6791
shazad@jjacoustics.com

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

Carol L. Marks, Director (Ethics)
408/249-8047
markscarol2000@yahoo.com

Pamela Milliken, Director (Membership)
408/794-0440
pam@pamelamilliken.com

Judith E. McFarland, (Director Pre-licensed & Newly Licensed)
408/566-3119
jm@judithmcfarland.com

Pamela Eaken, Director (Special Events) 650/504-1982
pamelaeaken@gmail.com

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

Kathleen Russ, Director (Business Development)
408/219-2467
Katruss.expressivearts@gmail.com

Liaisons To Other Community Agencies

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

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

Committee Chairpersons

Disaster Preparedness:
Mary Kay Bigelow, 650/948-3400
Mentor/Mentee Program Coordinator:
Yvonne Blockie, 408/235-0872
North Region Luncheons::
Elaine Floyer, 408/358-2218 x416
Mid-Region Luncheons:
Wendy L. Wegeforth, 408/888-6630
South Region Luncheons Co-chairs:
Verna L. Nelson, 408/379-7747
Carol Marks, 408/736-5093

Editorial Staff

Vinutha Mohan, Editor
vinutham@gmail.com

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

Editorial Committee

Bonnie L. Faber
Vinutha Mohan
Terryann Sanders

SCV-CAMFT News (ISSN#010092) 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, 1389 McKendrie St., San Jose, CA 95126

Periodicals Postage Paid at Palo Alto, CA, and at additional mailing offices.
POSTMASTER: Send address changes to SCV-CAMFT News, 1389 McKendrie St., San Jose, CA 95126.

All material must be submitted either via e-mail to mail@scv-camft.org or via the chapter's Website at <http://www.scv-camft.org>. Articles & Announcements must be submitted typed and double-spaced.

Please see advertising policy and information on page 13.

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



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

Pre-Licensed Corner—Fringe Benefits by Howard Scott Warshaw

As you may know, I love being a therapist. It's not just the money; the thing that really attracts me is the benefits package. Specifically, I like the professional exchanges I experience in this community, and I mean "exchange" in the broadest sense, including occasional upsets and eruptions. Things come up when people work together. Shifts happen! But they happen differently in our world. I can think of one example in particular which illustrates my point.

Over time, I noticed a colleague seemed more distant, less connected than usual. So as not to be paranoid, I chalked it up to a number of things, none of which were my responsibility. Finally, she pulled me aside and explained how several of our recent exchanges left her feeling uncomfortable (and sometimes a bit attacked). Knowing this was never my intention, I became a tad defensive and received this feedback with active skepticism. I also did some creative blame-storming to assuage my discomfort with this news. In many work settings the story could end right there, or more likely lead to ongoing "bad blood" or some sort of passive-aggressive drama. Not here though, because this was someone whose perception I trusted and respected. I reexamined our history and my behavior. I began to see I was acting oddly toward her, and in ways reflecting feelings I ultimately identified as frustration and anger. But none of her behavior seemed to warrant my feelings in any reasonable way, and I hate being unreasonable. So I looked a little further back and then I remembered something interesting.

A while ago, I ran into her shortly after what I felt was a particularly fabulous session. I shared my enthusiasm over doing a good job in the room, and she immediately shot back, "You know, it's the client who did all the work, right?" All the wind deflated instantly from my sails. I know it's true, but there was something in the way I heard it that really stung. I was very hurt and I believe a little angry as well. To her

credit, she contacted me the very next day to apologize for the disheartening response, which was definitely not her intention. I really appreciated this and let it go, or so I thought.

But the truth is I wasn't just hurt or angry, I was triggered. This is why my feelings hung around and resurfaced later. It wasn't about her comment, it was about a narcissistic injury from childhood (my mother is a very accomplished narcissist). This is my plight as the only living therapist who sprang from a narcissistic parent. Upon realizing I'd been triggered, and that latent anger was motivating my behavior, I contacted my colleague and set up a meeting. I apologized for my behavior, and explained the anger I carried from our earlier encounter. Believing I'd forgiven her afterward, I hadn't revisited these feelings but there they were, showing up in some rather inappropriate ways. After I recalled the original event, admitting my feelings of deflation and anger, she said the most amazing thing. She told me that she, too, had been triggered by that first encounter. She shared with me, how when I first walked up, all full of my success, it brought to mind her narcissistic father and triggered her own narcissistic injury. The symmetry was astounding. I walked up and triggered her dad and she blithely returned the favor by triggering my mom. Just like in the textbooks. We each reacted true to form, caught in a game of dueling narcissists (each with our own parental banjo). But thanks to courage, awareness and a mutual willingness/desire to go deeper and get to the truth, we worked it all through. This is what I call a successful professional exchange, one in which we both benefit.

In other careers, my exchanges have led to improved products and techniques. I get that here too, but now I also become a more aware person in the process. I inherit this benefit simply by maintaining my place in the therapeutic community. In a client we might see this as secondary gain, but I assure you my gain is primary.



The
Newly Licensed
Support Groups are
designed to meet
the needs of those
just starting in the
field after licensure,
on up to
three years after
licensure.
You will find support,
great ideas, and
friendship with your
peers.

Support Group Calendar

North Region Newly Licensed—November 5 and December 3

South Region Newly Licensed—November 19 and NO December meeting

North Region / Peninsula Pre-Licensed— November 11 and November 9

South Region Pre-Licensed— November 4 and December 2

North Region and South Region Newly Licensed Support Groups

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

Free North Region Newly Licensed Support Group



North Region—The purpose of this group, which meets monthly, is to provide support to members who have recently become licensed. This support group meets the first Saturday of each month from 10:00 AM to 12:00 PM.

Jamie Moran, LCSW, is the current group facilitator. The location is 661 Live Oak Avenue, Suite One, Menlo Park, CA 94025. To RSVP, and for further information about upcoming meeting dates and times, please contact Jamie Moran at Jammoran@aol.com or 650/598-8877.

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



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

Free South Region Newly Licensed Support Group

South Region—This support group meets the third Saturday of each month from 12:00 PM to 2:00 PM. The purpose of this group is to provide support to members who have recently become licensed.

Verna Nelson, MFT, is the current group facilitator and meetings are held on the border of Campbell and Los Gatos, close to the intersection of 85 and 880. To RSVP, and for

further information, please contact Verna Nelson at 408/379-774 or email her

vernalnelson@gmail.com



2 NEW!!! Free Prelicensed Support Groups

Free South Region Pre-licensed Support Group

Judy Hanf, MFT has been leading our South Bay pre-licensed group and has handed over the reins to Karen Yvonne Taylor, MFT as of September 2011. Karen has been licensed for four years and is in private practice in Campbell, where she sees children, teens, and adults. Prior to starting her practice, she worked as a therapist for children and adults in a variety of diverse settings, including the public school system, county mental health, a psychiatric hospital, a rehabilitation center, and several non-profit agencies. Karen is looking



forward to leading this group and says, "I've really enjoyed being a part of CAMFT and find it rewarding professionally and personally. It wasn't that long ago that I went through the process of gathering internship hours, studying for and passing the two licensing exams, and getting my private practice up and running. I'm looking forward to meeting and working with those who join the group."

To get on an email list for this group, to ask for more information, or to give input about desired topics for upcoming meetings, please contact Karen at Karen@karentaylor.com, or by phone at 408-455-8220. Additional information about Karen, as well as directions to her office, are available at www.karentaylor.com.

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



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

North Region and South Region Pre-licensed Support Groups are a great way to connect with your peers and a great mentor.

Free North Region Pre-licensed Support Group

A new pre-licensed support group for the North Bay and peninsula has been formed to better meet the needs of our members. Debra Rojas, MFT, will lead this new group. Debra is a graduate of Trinity College of Graduate Studies, has



been licensed for three years, and has a private practice in Menlo Park. Debra's group will meet the second Friday of

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

To get on an email list for this group, RSVP, or obtain additional information, please contact Debra at debra@debrarojasmft.com.



Compassion Fatigue, Self Care, and The Clinician

— by Dennis Portnoy

The research on compassion fatigue and burnout with mental health professionals consistently emphasizes self-care. Charles Figley notes that dealing with our own vulnerability, being able to let go and get support, is key to preventing and healing “Compassion Fatigue.”

Self-care builds resilience and helps offset the stress of being exposed and empathically engaged with people who are suffering. Helping professionals are often more focused on helping others than they are at attending to their own needs.



Dennis Portnoy -

Dennis Portnoy is a licensed therapist who specializes in programs for people in the helping professions. He lectures and conducts trainings on burnout, compassion fatigue, and stress for social service agencies, universities and medical groups. He is the author of *Overextended and Undernourished: A self-care guide for people in helping roles*. For more information visit:

www.myselfcare.org



Self-care is not only about making healthy lifestyle choices. It is about practicing self-compassion, getting support, and committing to having a life outside of work that includes nurturing activities. Self-care involves maintaining clear boundaries and asking for help. You have an open heart, and you maintain healthy detachment in order to not take on your clients' emotional states.

Implementing self-care strategies re-

quires that you shift from being focused on others to being more self-referenced. People often equate being self-referenced with selfishness and narcissistic preoccupation. When you

“When you over-identify with the helper role, you can lose touch with your own needs.”

are externally directed, a lot of your energy is spent attending to others. When you are self-referenced, you actually increase your effectiveness when helping others. When you shift from being externally directed to becoming more self-referenced, self-care becomes a priority. You are connected to your feelings and body sensations, and are guided by an internal frame of reference, rather than by the expectations and dictates of others.

Authors, researchers, and workshop leaders offer a plethora of self-care prescriptions including meditation, exercise and mindfulness practice. Many helpers intellectually recognize the connection between self-care, their health, and their clinical effectiveness. Understanding the value of self-care doesn't necessarily lead to positive action. It is important to recognize the obstacles that prevent you from implementing self-care practices. Here are a few examples:

- 1) When you over-identify with the helper role, you can lose touch with your own needs. You also are at risk for emotional contagion—taking on the suffering of others. If you have an exaggerated sense of responsibility, your identity and self-esteem are linked to the good you do for others. You must be fixing, rescuing, solving, and helping, in order to feel adequate or worthy. It

Cont'd on Pg 18

Terryann Sanders, LMFT

Specializing in the treatment
of Eating Disorders

Individual Therapy

Reduce negative thought process and develop a
healthy relationship with food.

Group Therapy

Reduce isolation and increase social skills and
positive experience with others.

Family Therapy & Workshops

Learn how to support your loved one
with an eating disorder.

650 N Winchester Blvd, Suite 2
San Jose, CA 95128

terrysanderslmft@sbcglobal.net

www.terryannsanders.com

408 410-9370

ONGOING PSYCHOTHERAPY GROUPS



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

Strategic Family Therapy Center

**Solving family problems
Increasing family strengths**

The Strategic Family Therapy Center at the Mental Research Institute in Palo Alto offers psychotherapy services to families, couples, adults, and adolescents

- ♦ Affordable sliding-scale fees
- ♦ Focused on solving defined problems
- ♦ Approach based on over 30 years of experience and research at MRI and the Family Therapy Institute of Washington, D.C.

(650) 322-2252

**555 Middlefield Road
Palo Alto, CA 94301**

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

SCV-CAMFT 2011 Calendar of Events

November 15, 2011; Tuesday

January / February Newsletter Deadline

November 18th; Friday

SCV-CAMFT Mid Region Luncheon & Board Meeting

January 15, 2012; Sunday

March / April Newsletter Deadline

January 27, 2012; Friday

SCV-CAMFT South Region Luncheon & Board Meeting

February 15, 2012; Wednesday

May / June Newsletter Deadline

February 24, 2012; Friday

SCV-CAMFT North Region Luncheon & Board Meeting

May 3-6, 2012; Thursday—Sunday

CAMFT 48th Annual Conference in San Diego

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

Please Note Newsletter Deadlines:

THE DEADLINE FOR NEWSLETTER SUBMISSIONS IS SIX WEEKS PRIOR TO PUBLICATION. (THE DEADLINE FOR THE NOVEMBER / DECEMBER ISSUE IS SEPTEMBER 15TH.) IN ORDER TO GET THE NEWSLETTER TO YOU ON TIME, WE MUST STRICTLY ADHERE TO THIS TIME FRAME. SUBMISSIONS RECEIVED LATE WILL BE HELD OVER FOR ANOTHER ISSUE.

JANUARY / FEBRUARY 2012 ISSUE
DEADLINE NOVEMBER 15, 2011

MARCH / APRIL 2012 ISSUE
DEADLINE JANUARY 15, 2012

Change of Status

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

Have you recently been licensed? We want to congratulate you!

If you have received your notice of licensure, it is important to remember to inform your local chapter, as well as the state organization of CAMFT. Please inform our chapter coordinator of any status change as soon as possible by telephone, 408/235-0210, or by e-mail, mail@scv-camft.org.

Women's Group

Helping Women Access Their Inner Wisdom

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

Wednesday evenings

Bascom Avenue, San Jose
near Hamilton Avenue

Facilitated by:

Claire Adalyn Wright

408-998-7098

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

Call for details and for a pre-group interview

Young Adult Psychotherapy Groups

Young Adult Psychotherapy groups provide:

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

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

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

Marriage and Family Therapist
License Number: #20662

Certified Group Psychotherapist
License Number: #179092

Convenient, Affordable Couples Therapy Training with Dr. Ellyn Bader

Announcing a new training program
by internet and telephone
in your home or office.

**"The Developmental Model of
Couples Therapy: Integrating
Attachment, Differentiation,
& Neuroscience"**

includes 24 lessons and 12
conference calls in one year.



Visit:

www.couplesinstitutetraining.com/developmentalmodel
or email: admin@couplesinstitute.com

Thank you for
your continued
membership with
SCV-CAMFT.

*Creating a Community and
Culture of Connection*

SCV-CAMFT 2011 Calendar of Events

Mid Region Luncheon

(1.5 CEU hrs. available, PCE 1134)

Cinema Therapy - Using the Power of Films for the Therapeutic Process

Presented by Birgit Wolz, PhD., MFT

Note: New Time 11:15-1:30

Date: Friday, November 18
Place: Michael's at Shoreline, 2960, Shoreline Blvd, Mtn. View
Register: At www.scv-camft.org

Time: 11:15am—1:30pm
Menu: Buffet Lunch from 11:15am—Noon
Fee: Members—\$26 + \$7 for CEUs
 Non-members—\$30 + \$10 for CEUs

Register: Please make your payment by Monday, November 14 for the early registration fee, or just show up and pay the higher "Walk-in" fee. To volunteer to write the summary of this presentation for the Newsletter, and **receive a free lunch**, please email Sunnie Weber at mail@scv-camft.org.

"No form of art goes beyond ordinary consciousness as film does, straight to our emotions, deep into the twilight room of the soul." - Ingmar Bergman

In this workshop, Dr. Birgit Wolz explores the impact of movies on consciousness, and how to use movies as tools in therapy (together with more established therapeutic means). She shows how cinema can be an ally in our work, and... how the therapist can thoughtfully and creatively draw on the emotional and cognitive impacts of films. Dr. Wolz demonstrates:

- ◆ Why and how movies affect the psyche.
- ◆ How our clients' film experiences can be used in the context of therapeutic orientations.
- ◆ How to use cinema therapy with individuals, couples, families, and groups.
- ◆ Guidelines for helping clients in this realm.
- ◆ What the limitations of cinema therapy are.

Birgit interplays cinematic clips with participatory exercises. Come learn how to leash the power of film for yourself and your clients and enjoy "lunch at the movies" at the same time!

Birgit Wolz Ph.D., MFT was born in Germany and has lived in the United States since 1989. She holds a Ph.D. in Economics from the Universität Berlin, Germany, and an MA in Counseling Psychology from John F. Kennedy University. She has a psychotherapy practice in Oakland. Birgit's appreciation for the allegorical aspect of movies led her to start using the power of films as an adjunct to traditional therapeutic methods in her work with individual clients, couples, groups, and workshops. Her book,

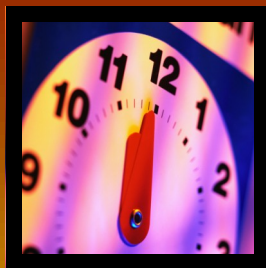
E-Motion Picture Magic – A Movie Lover's Guide to Healing and Transformation, is frequently used by both therapists and clients. In addition, she has written many articles on the subject, including a regular column for CAMFT's magazine, *The Therapist*. Dr. Wolz includes Cinema Therapy and other modalities in the courses she teaches for graduate students and therapists through continuing education seminars and online classes.

About herself, Dr. Wolz says, "I am not a movie expert, but I am a movie lover." She says that since childhood, "I have identified with movie heroes to find strength and courage, to appreciate my inner world through understanding my emotional reactions to movie scenes or characters, and to experience personal catharsis."

Directions:

From 101 Heading North or South: side). Exit Shoreline Blvd. Turn Left from 101 South, or Right from 101 North. Drive down to the end. Go through the gates at Shoreline Park. Drive about .5 miles. Turn Left into the parking lot. If you get to a white Victorian Building, you have gone too far.

Note: While there are sometimes a few seats left for walk-ins (\$33 / \$40), pre-registration is required. We give the food counts a few days before the luncheon and cannot be accurate without pre-registration. If you find you must cancel, please call the chapter voicemail (408/235-0210). **Refunds are not always available and are never available without this notification.** It **may** be possible to transfer your payment to the following month **if** you call at least 24 hours in advance. The contact persons are available to answer questions about the speaker and the topic. If you have questions about the procedure for registering, call the chapter voicemail. Guests are welcome to attend with you—please provide their names along with your payment. Also be sure to specify your entrée choice with your payment. See the back cover for more information on registration. **Please remember that telephone reservations cannot be accepted.**



FREE LUNCH!

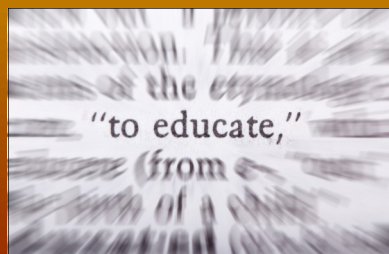
Familiar With the Expression

“There is no such thing as a free lunch?”

Well...It's Not Completely True...

SCV-CAMFT's Program Planning Committees Are Offering You
A Free Lunch!

If you are planning to attend an upcoming luncheon, our chapter is always looking for volunteers to write a summary of these presentations for the newsletter. These summaries benefit all those members unable to attend. After submitting your article, you will be entitled to ***one free meal*** at any future SCV-CAMFT luncheon.

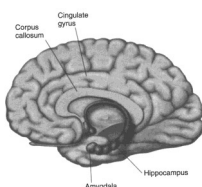


Please contact the chapter, 408/235-0210 or mail@scv-camft.org, if you are interested in getting a free lunch while doing something that feels great!

- ♦ Chapter board meetings are generally held on the fourth Friday of each month (some major holidays and other chapter functions move the date) from 9:00AM to 11:30AM at the same location as, and immediately prior to, the chapter's monthly luncheon event.
- ♦ All luncheon programs are held from 11:30AM to 1:30PM. Look for locations and other specifics in the newsletters, on the chapter's website, and in e-mail sent directly to those members who have e-mail.
- ♦ In order to make the luncheon registration process as efficient as possible, please register early. Send your payments, with your entrée selection noted, to the chapter by the Monday prior to the event.

PSYCHONEUROLOGY STUDY GROUP

Keeping the Brain in Mind:
How knowing more about the brain can help you
become a better therapist.



January 20 to Oct. 19, 2012
On the third Friday of each month
Summer Break for July & August

Are you intrigued by the wealth of **neuroscience research** available today & interested in exploring the clinical implications and applications of these findings to your own practice of psychotherapy?

Francine Lapidès, MFT * (831) 335-4830 *

FMLapides@aol.com

www.FrancineLapides.com

License # MFC 7414

California Institute
of Integral Studies
Public Programs & Performances

CERTIFICATE IN
**Mindfulness
and Compassion
in Psychotherapy**

FEBRUARY–
DECEMBER 2012

Announcing a new 150-hour certificate program that features leaders in the research, practice, and applications of mindfulness and compassion to the field of psychotherapy. This program is designed to help develop an inner presence as a psychotherapist and to teach specific skills and interventions to deepen and broaden the therapeutic encounter. CEUs are available.

INSTRUCTORS
INCLUDE:
Eugene Cash
Philippe Goldin
Rick Hanson
Willi Kabat-Zinn
Julie Murphy
Manuela Mischke Reeds

For curriculum, cost, and open house information:
www.cilis.edu/publicprograms • 415.575.6175

PROCESS THERAPY GROUPS

Led By:

KIM IVES BAILEY, CGP, MFT

License No. MFC32076

CERTIFIED GROUP PSYCHOTHERAPIST

No. 43150

Supervised by Dr. Irvin Yalom

Burlingame
(650) 737-1818

www.counselingforyou.com

Rachel Talamantez, LMFT



**Specializing in Supporting Infants,
Young Children and Parents**

Screening & Behavioral Assessment
Infant/Child Parent Psychotherapy
Parent-Focused Therapy
Parenting Groups
Reflective Facilitation/Consultation

San Mateo and Santa Clara Counties

T: 408.922.9025 F: 408.689.1025

www.nurturing-relationships.com

SCV-CAMFT News—Advertising Policy

Adopted by SCV-CAMFT, April 3, 1992; last revised August 2004

ALL ADVERTISING MATERIAL MUST BE SUBMITTED TYPED, BY DEADLINE, AND VIA E-MAIL OR THE CHAPTER'S WEBSITE NO LATER THAN THE FIFTEENTH OF ODD-NUMBERED MONTHS PRECEDING PUBLICATION.

e-mail: mail@scv-camft.org
Website: <http://www.scv-camft.org>

		<i>Members</i>	<i>Non-Members</i>
Full page	7 1/2" x 9 3/4" vert	\$200.00	\$400.00
Half page horiz.	7 1/2" x 5"	125.00	250.00
Half page vert.	3 3/4" x 9 3/4"	125.00	250.00
1/4 page	3 3/4" x 5" vert.	75.00	150.00
1/6 page	2 3/8" x 5" (or less) vert.	50.00	100.00

NEWSLETTER CLASSIFIED ADS:

- SCV-CAMFT members in good standing will be allowed one 35-word free ad per issue. Free ads from persons with lapsed memberships will not be accepted.
- Members running additional ads, beyond their free one-per issue will pay \$25 for each additional ad of 35 words or less.
- Non-members will pay \$50 per 35-word ad. This surcharge should be an incentive for current non-members to join the chapter
- **Members and non-members alike will pay \$1.00 per word for each word over 35.** The following units of information count as one word. Phone number, zip code, each degree or licensure abbreviation (e.g. "Tom Jones, MFT, Ph.D." = four words).

NEWSLETTER DISPLAY ADS:

- Display ads must be typeset, with a border, and not merely typewritten. See samples from this issue. Ads must be sized exactly and camera-ready (i.e. ready to be pasted into layout with no further copy or graphic manipulation necessary). Advertisements to be run in the newsletter and on the chapter's Website are double the amount below less 25% of the total. Discounts are available for purchasing multiple "flights" for the same ad.

ADDITIONAL ADVERTISING POLICY

- **Advertisements appearing in this newsletter do not imply SCV-CAMFT endorsement either of their content or of the persons placing them.**
- **Copy for classified ads should be typed and double-spaced.** Count words before e-mailing. You may pay for any words over the 35 allotted by using PayPal or credit card. Ads will be run for one issue only. If you wish to repeat ads., you must resubmit them by deadline each issue.
- **Members may only use free or member-rate display advertisements to promote only their own office space or services.**

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

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



If you are interested in contributing to the SCV-CAMFT Newsletter, please submit your article on our website at www.scv-camft.org, or send an email to mail@scv-camft.org.

We would be happy to review your submission!

— SCV-CAMFT News Editorial Committee

Guidelines for Authors of Articles

For the Chapter Newsletter

FORMAT FOR ARTICLES

- ⇒ Length: Articles 500-1,200 words; Announcements 75-250 words
- ⇒ Double-space to provide room for editing
- ⇒ Indent paragraphs
- ⇒ Do not right justify
- ⇒ Submit typed or printed copy only
- ⇒ Check punctuation and spelling, particularly of names
- ⇒ Please note deadlines, which the production staff must observe—the 15th of every odd month. The more time we have to edit and check facts, the better your article will be.

STYLE OF SUBMISSIONS

- ⇒ Use an active voice “*We have all experienced...*” rather than a passive voice “*An experience that has been had by all of us...*”
- ⇒ Use short sentences and short paragraphs. Avoid loading sentences with unnecessary words; in general, strive to make your points as briefly as possible, with each word adding something.
- ⇒ Avoid clichés (“*like a ton of bricks*”), slang (“*humungous*”), and hyperbole (“*the worst problem e all face...*”).
- ⇒ Document key assertions with which others may disagree (“(Farrell, 1933)” “Unified School District enrollment data”).

IN GENERAL

As you prepare your article or announcement, ask yourself:

- ⇒ What is my goal—to inform, to persuade, to motivate, to challenge,?
- ⇒ What exactly is this article about? What are the 2 or 3 key points?
- ⇒ Who is my audience? How much knowledge of this subject do I assume my readers have?
- ⇒ For announcements, please make sure you include all necessary information: what, why, when, where, how, and who.
- ⇒ Before submitting anything, please read it once more, making sure it says what you want it to say as clearly as possible.
- ⇒ Submit articles via the chapter’s Website, <http://www.scv-camft.org>, or email to mail@scv-camft.org.
- ⇒ For more information, email Vinutha Mohan, Editor, vinutham@gmail.com

Benefits of Your SCV-CAMFT Membership

In an effort to make sure all SCV-CAMFT members are aware of the many benefits available to chapter members, the SCV-CAMFT Board of Directors has decided to reprint the following list of your member benefits, which also appears on the chapter's website .

- **Networking** at monthly SCV-CAMFT luncheons. Chapter luncheons, held in Santa Clara and San Mateo counties, provide time for you to meet with colleagues, make and receive referrals, build new relationships and renew existing ones, all while enjoying up-to-date presentations.
- **Professional Development** through monthly luncheons and workshops that feature presentations on a wide variety of topics addressing the professional and business needs of our members. Additionally, SCV-CAMFT is a BBS state-approved provider of CEUs, so you can fulfill your BBS requirements for a nominal fee.
- **The Membership Directory** is a wonderful resource for referrals. It contains members' specialty listings, languages spoken, and identification of those who have handicap access or accept low fees. In addition, the directory is available to agencies in the community for their use in making referrals. The directory is published annually and is available to members for free in Adobe PDF format on the chapter's Website or at cost on a print-on-demand basis.
- **Our Bi-monthly Newsletter, SCV-CAMFT News**, keeps members up-to-date on job opportunities, legislative alerts and new developments in the field. Chapter members may place one classified advertisement per issue free of charge and receive discounted advertising rates.
- **SCV-CAMFT's Website, www.scv-camft.org**, contains information important for members and the community. As a chapter member you are entitled to a free listing in the online "Therapist Search" referral database. You may also sign up for an Expanded Web listing and get your own Web page! Additionally, members have access to the members' area of the Website and the SCV-CAMFT Chapter Exchange, which is a convenient means of distributing announcements and keeping involved with the chapter's membership.
- **SCV-CAMFT's Pre-licensed Support Services** are extensive. The chapter offers on-going support groups, a regular pre-licensed column in SCV-CAMFT News, and various pre-licensed focused events.
- **The Internship Directory** includes detailed information on internships in Santa Clara and San Mateo counties, contact numbers for pre-licensed support services, and information about the internship process. It is updated continuously and is available to members free of charge on the chapter's Website.
- **SCV-CAMFT's Mentoring Program** allows members at an early stage of professional development to connect with more experienced chapter members who offer support and guidance.
- **Involvement in Chapter Groups & Committees** allows you to effect solutions in an area that interests or concerns you. You are welcome to participate in any of the current groups (Newly Licensed Support, Pre-licensed Support), or committees (Editorial, Regional Luncheon), or to explore starting a new group or committee.
- **Volunteer Opportunities** abound. You are encouraged to join our board of directors, contribute articles to our newsletter, provide editorial input for the newsletter, and bring your expertise and leadership skills to one of our committees.

Again, these are just some of the many benefits of SCV-CAMFT membership. If you have any questions regarding any of the member benefits listed above, or are interested in a benefit not mentioned on the list, please feel free to contact any of the board members (listed on page 2 of this newsletter) directly, or contact SCV-CAMFT by email at mail@scv-camft.org or phone at 408/235/0210.

MARKETING WITH SCV-CAMFT

LUNCHEONS:

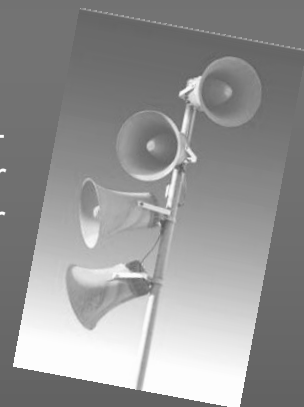
We encourage you to bring marketing materials and other information to place on the literature table at chapter events. Missed the last newsletter deadline? Then this table is the perfect place to advertise your upcoming conference, job opportunities available, or anything else you need to get the word out.

ONLINE:

Login to your account at www.scv-camft.org and you can submit your classified or display advertisement almost immediately. When your classified ad is submitted online, it is automatically included in the newsletter as well. Simply find the Advertisement Tab at the top of the webpage, and pull down to the Place a Classified Ad for quick and easy advertisement submission.

NEWSLETTER:

When you submit your classified advertisement online, it is automatically included in SCV-CAMFT News. The ads are free for members up to 35 words. You may also purchase a display ad for more visible advertising.



CHAPTER EXCHANGE:

Provides a fast way to communicate with other members of SCV-CAMFT. Members can post questions, seek or offer referrals, announce changes of address or opening of office locations, provide information on their own classes or workshops, and discuss topics or issues with other members. Login to www.scv-camft.org and select Chapter Exchange under the For Members Only Tab.

Please adhere to all guidelines posted on the website.

President's Column—
cont'd from page 1 -

President, and I am amazed that a year has already gone by. As you read this newsletter, the 2012 Board of Directors will have already been voted in at the Annual Meeting. I am sure they will serve the Chapter with the same professional integrity as the outgoing 2011 Board, whose members have been a privilege to serve with this past year. Each one brought dedication, expertise, sincerity, and care to their roles. Several leaders will be leaving the Board after this term: Judy McFarland, as our Pre and Newly Licensed Director, kept our eye focused on the needs of these fledgling members of our field. She was instrumental in developing innovative ways to reach out, refining our mentor program, monitoring how the website was used by this population, and advocating continued growth of the chapter's support groups. Pam Milliken, as our Membership Chair, had the vision to revamp our Annual Meeting into the more engaging and enjoyable event we have today. In addition to tracking new members and continuing to expand the ways we can involve our current membership, Pam organized the first New Members' Tea, an annual event that we hope will continue to grow. Shazad Contractor continually brought his accounting and business expertise to the job of CFO. I was grateful for his insight about the financial needs of our Chapter, and his ability to interpret critical information, so that Board members could understand and take action. Working with our bookkeeper, Shazad raised the level of financial oversight to a new standard. Our Ethics Director, Carol Marks, has been an outstanding member of our board for six years. Her primary responsibility was to chair the annual Law and Ethics workshop, but Carol's contribution didn't end there. Her past CAMFT experience offered unique insights to help maintain our solid footing within the larger organization. It was a privilege for me to see her earn much-deserved recognition

as the SCV-CAMFT Chapter Volunteer of the Year for 2011. Terryann Sanders leaves the board, too, finishing her term as Immediate Past President. She has been a trusted advisor, mentor and friend to me since I joined the Board, and the Chapter has been fortunate to have her in leadership roles for these past several years. I know she will continue to stay involved while serving on the Editorial Committee. We're lucky to have several key members continuing under the leadership of our incoming President, LaDonna Silva, including Debra Rojas as Secretary; Pam Eaken as Special Events Director; Elizabeth Basile as Programs and Evaluations Director; and Katherine Russ as Business Development Director. With the addition of several new members, the 2012 Board will certainly continue to serve and anticipate the needs of our chapter. I also want to acknowledge and thank Lara Windett, our Web Liaison, for helping to create and maintain our fantastic website, and for her constant commitment to the highest possible standard of technical assistance.

Time has passed quickly. And while I may not have boxes of photographs to remember this year of SCV-CAMFT events and initiatives, I'm so pleased to think back on the productive term that the 2011 Board of Directors has had. I wholeheartedly believe that the next year will hold more of the same investment in our present and future—in serving the members to the fullest extent of our capabilities. I'm eager for the opportunity to continue being part of that pursuit as your Immediate Past President.

Introducing Kathleen Russ—
cont'd from page 1 -

program at the John F. Kennedy Community Counseling Center. From there, she continued her training as an intern at Family Service Agency of the Central Coast in

Santa Cruz. Currently, Kathleen is an intern in private practice under the supervision of licensed professionals in both Los Gatos and Santa Cruz. She specializes in the existential, or transitional, concerns that surface in life such as leaving college, career decisions, divorce, empty nest, aging and long-term care, care-giving, and grief and loss. Additionally, as a photographer, she is captivated by the use of photographs in therapy, or PhotoTherapy.

A practicing visual artist and photographer, Kathleen has had several art businesses and marketed her work on a national level. She also worked as a manager for the American Cancer Society. In that capacity, she oversaw patient services, pediatric cancer services, and support groups in Silicon Valley. Kathleen also worked as a marketing director for assisted living and Alzheimer's care communities in Northern California for many years. Such prior marketing and community relations experience in both the nonprofit and public business sectors, places Kathleen in a unique position to serve as the Business Development Director. She is an entrepreneur at heart, and brings a certain creative spirit to her work.

Given her background, Kathleen understands that being a therapist is an artful practice and a business as well. Her aim is to support other therapists in the profession by expanding the business of therapy in the ever-changing economy of Santa Clara Valley. With enthusiasm, Kathleen is excited to be a member of the SCV-CAMFT team.

Compassion Fatigue...—
cont'd from page 6 -

is important to identify and affirm what qualities, **aside** from giving and helping, make you a worthwhile human being.

- 2) Your identity and self-worth are based on your strengths and achievements. You have high

self-expectations and feel inadequate when you fall short of those expectations. You believe you must “have it together” and want to be seen as strong, dependable and responsible. This often leads to over-work, taking on too much, and being cut off from your vulnerability and your needs for support. If you believe you are supposed to be a model of mental health and “professional”, you will be less likely to ask colleagues for help or share your struggles.

- 3) You feel guilty or selfish for paying attention to your own needs. Perhaps you grew up receiving messages (spoken or unspoken) from family, cultural, or religious influences, emphasizing always putting others’ needs first, and that focusing on yourself is selfish. You may be convinced (consciously or unconsciously) that you are entitled to leisure and pleasure only after all the work gets done.
- 4) Difficulty tolerating discord gets in the way of implementing self-care and making it a priority. It causes you to please, accommodate, and overlook your needs and limits, in order to avoid conflict or separation. You will not assert your truth, but instead, go above and beyond what’s expected in order to maintain harmony. You feel anxious and guilty about disappointing others. You become so focused on attending to other people’s happiness and needs, that you overlook your own limits and needs.

I have described some of the main obstacles to implementing self-care at work and in other areas of your life. One of the most effective ways to identify and work with your obstacles is to address the survival strategies you adopted growing up. Your strategies can cause you to be focused externally. You may have, for example, grown up having to be strong for family members, and relying on yourself to get your needs met. So, now as an

adult, it is much easier to give, than to receive support.

Reflecting on your upbringing, can help you identify the survival strategies you may have adopted in order to minimize shame, tension, rejection, as well as ensuring a consistent and healthy attachment pattern.

Once you have identified a survival strategy, notice if it has an impact on how well you take care of yourself.

The following questions can be helpful:

- How did you behave around your parents, authority figures, and peers that increased the chances of being appreciated, recognized, and valued?
 - What did you do to minimize tension in the family?
 - Were you compliant, helpful or invisible?
- What would life have been like for you, if you hadn’t behaved in these ways?

The next step is to recognize and remind yourself that your survival strategy is outdated and no longer necessary. Also, unlike when you were younger, you now have more effective inner and outer resources to deal with perceived consequences.

Many articles for therapists focus on ways to work more effectively with clients. This article shows therapists how to work with themselves in order to be more effective with clients. Self-care is essential for people who are in helping roles. Self-care protects you from the stress of being exposed to suffering. In order to take better care of yourself when you are with clients and away from work, you need to address the psychological obstacles that prevent you from implementing self-care.

Figley, CR (1995). Compassion Fatigue; Coping with secondary traumatic stress disorder in those who treat the traumatized. New York: Brunner/Mazel

Yes! We Take Them!



You may now use your credit card on the chapter’s website to register for chapter-sponsored events (luncheons, workshops, etc.), submit and pay for advertising, and renew your SCV-CAMFT membership. All you need to do is log in to the chapter’s website (<http://www.scv-camft.org>). You may renew your membership and submit ads from your “My Account” page or register for events from the event calendar.

Remember to log in so you may receive your member discounts.



We also accept PayPal payments to mail@scv-camft.org if you already have an account.



Or you can always mail your check payment to us at SCV-CAMFT, PO Box 60814, Palo Alto, CA 94306.

FOR CLINICIANS	GROUPS AND WORKSHOPS	GROUPS AND WORKSHOPS
<p>Resource for Clients Dealing with Divorce and Custody</p> <p>"Divorcing Peacefully: Why It's Essential and How To Do It", by Larry Stone, MFT. For anyone dealing with, considering, or recovering from divorce. www.DivorcingPeacefully.com. 510-964-1200.</p> <p>Psychoanalytic-Oriented Consultation Group</p> <p>Think analytically through case presentations focusing on primitive aspects of the patient as seen through the transference/countertransference in the here and now. Mondays at 1:45-3:00, \$45 weekly, Palo Alto. Contact Diane Strongwater, MFT 408-737-1337 or Carol Harrus, M.D. 650-328-8935.</p> <p>Neuro-Emotional Technique NET is a mind-body tool to help release old "stuck" emotions by using acupuncture meridians and muscle testing. Free half hour introductory session for therapists. Call Roberta Gelt at 650-558-9605/ netmindbody.com</p>	<p>Program. Contact Rachel Talamantez, LMFT, www.nurturing-relationships.com.</p> <p>Teen Depression Group</p> <p>Peace-It-Together now offers a Teen Depression Groups for teens and their parents. Teens meet twice a week for two hours, and the parents group meets once a week for two hours. The program is based on a Cognitive-Behavioral treatment model. Please contact Deborah Licurse for questions about the program at 408-774-1009.</p> <p>SUPPORT GROUPS- TEEN GIRLS- friendships, feelings, communication, self-esteem and stress using art and drama. WOMEN- relationships, depression, stress, transitions, parenting, balance and grief starting January 21 (8 weeks) Lori Levitt, MFT #43329. 650/794-4828 www.lorilevittmft.com</p> <p>Anxiety Coping Skills Class in San Jose</p> <p>Practical cognitive and behavioral skills for anxiety disorders. A great adjunct to individual therapy. Call Laura Johnson, LMFT, at (408) 596-1770 or visit www.lauralcjohnson.com/anxiety-group-san-jose.html.</p> <p>Women's Process Group for Sexual Abuse/Trauma Survivors</p> <p>On-going weekly group held at the Process Therapy Institute in Los Gatos. http://www.processes.org/womensuptgp.php Contact LaDonna Silva, MFT Intern (408) 358-2218 x421</p> <p>ONGOING PSYCHOTHERAPY GROUPS</p> <p>In this dynamic psychotherapy group</p>	<p>experience, clients explore relationship patterns and learn about healthy connection with others. Issues such as depression, dating, shyness, codependency, ACOA, and self-esteem, are explored with the support and feedback of peers. Leader: Nancy Wesson, Ph.D. with consultation from Dr. Irvin Yalom, M.D. Contact: Nancy Wesson, Ph.D. at (650) 965-7332 or Dr.NWesson@sbcglobal.net. Articles about group are on my website: www.wespsych.com</p> <p>Knowing Me, Loving Me</p> <p>Join a supportive circle of women and learn to create more of what you want in your life, through therapeutic dialog and supportive relationship. Mari-alena Malejan-Roussere, 408-702-7429 www.relationshipharmony.com</p> <p>Stepfamily Support Group</p> <p>Process Therapy Institute in Los Gatos announces this unique, educational/ support group that will focus on typical issues of stepfamilies. Facilitated by Janice Shapiro, MFT Intern and Supervised by Don Hadlock, LMFT – contact Janice Shapiro, MFT jlshapiro@att.net / 408 832 3474</p>
<p>GROUPS AND WORKSHOPS</p> <p>Single and Thriving Support Group</p> <p>Would you or someone you know benefit from a Singles Support Group? Wednesdays evenings starting Mid-August, 6:30-8pm San Jose (Rose Garden District). Please call for more information (408)963-9484.</p> <p>Groups for Parents of Children Birth - 5 years Now Forming</p> <p>8-week series, focuses on special topics aimed to support attachment utilizing The Circle of Security Parenting</p>	<p>GROUPS AND WORKSHOPS</p>	<p>JOB OPPORTUNITIES</p> <p>Paid PT or FT Internship</p> <p>Working with at risk population in San Leandro. \$15.63 per hour or \$18.09 plus 5% for Spanish-English bilingual. Pro-rated benefits. Contact Andrea Starn (510)667-3270 or astarn@acgov.org.</p>

JOB OPPORTUNITIES	OFFICE SPACE	OFFICE SPACE
<p>Licensed Therapist</p> <p>Mountain View/Los Altos Christian counseling cntr. is looking for a licensed therapist w/Christian values. Qualified candidates to co-partner group sessions & provide indiv. therapy. Please contact 650.776.6390.</p>	<p>negotiable. Near I-880/The Alameda. Please e-mail to: adelinamft@yahoo.com or call: 408-203-0135.</p> <p>Great Office Near Pruneyard</p> <p>Spacious full-time ground-floor office in attractive 3-office suite. Quiet, with furnished waiting room and shared office equipment. Includes janitorial service, easy parking, near 17 and 280.</p> <p>Anne Montagna 408-516-1926</p>	<p>Los Gatos</p> <p>A Great Place to Work! Los Gatos office space available for full day, partial day and hourly rental at reasonable rates in newly decorated professional office suite. Contact Gail Faris at 408-356-1414 ex. 4</p>
<p>FOR INTERNS</p>		
<p>INTERNSHIP ANNOUCEMENT</p> <p>1-2 Interns needed for a private practice setting in San Jose. Experience in alcohol/addiction and, preferably, sex addiction preferred. Dr. Elaine Brady is a licensed MFT, Certified Addiction Specialist & a Certified Sex Addiction Therapist- Supervisor. I trained directly with Dr. Patrick Carnes & follow a Task Model of recovery. Interested parties may contact me: 408-260-9305 or docelaine@elainebrady.com</p> <p>Paid PT or FT Internship</p> <p>Working with at risk population in San Leandro. \$15.63 per hour or \$18.09 plus 5% for Spanish-English bilingual. Pro-rated benefits. Contact Andrea Starn (510)667-3270 or astarn@acgov.org.</p>	<p>Office in San Jose</p> <p>Looking for therapist to sublease room in a psychotherapist office located at Bascom and Curtner. Low rent includes waiting room, private bath and janitorial. Call Nancy 408 493-5300 or nancy@nacyestes.com</p> <p>\$300 / 260ft² - Beautiful, quiet, spacious, office (San Jose West)</p> <p>Available 2 -3 days (negotiable). August - October available full-time at no additional rent. Corner office with large window, well lit, second floor (no elevator). Waiting room and mail-room. Easy parking. Very quiet. Saratoga Ave/Prospect Rd/Campbell Ave. 408-562-4878</p>	<p>Cupertino</p> <p>Available 2-3 days/week. Excellent location, near 280 & 85. Light, clean, quiet and comfortable. Suitable for seeing children, adults, families and small groups. Separate waiting room and exit. Call Jacki Moseley (408) 537-0747</p> <p>Chantell Bldg. Office Sublet</p> <p>Newly decorated and refurbished suite of offices in the Chantell Bldg S. Bascom Ave. Rent in blocks of time, by the day or hourly. Contact Susan Aiken, 408 316-9892</p> <p>Atherton/Redwood City</p> <p>Atherton/Redwood City –Quiet building with other professionals (mostly therapists). 164 sq. ft. \$490. Includes carpet, heating/AC, off-street parking, janitorial & utilities. Remodeled bathrooms. Waiting room available. Requires 3 mo. lease minimum. Also offices to share. Call Tom, 650-208-8624.</p>
<p>OFFICE SPACE</p>		
<p>Mtn View Office – Great Location</p> <p>Full-time office in beautiful business plaza. Amenities include waiting area, utilities, janitorial service, free Google WiFi, conference rooms and on-site deli. \$750/month. Contact Jim (650) 450-0102 jimarjani@yahoo.com</p> <p>San Jose Office Sublet</p> <p>Well-decorated first floor room overlooking beautiful courtyard garden with fountain. Sublet 2 days per week. Days are</p>	<p>Office Sub-rent</p> <p>Non-Smoking Psychotherapy Office for Sub-Rent Los Altos, CA 94022. Call: Seán at (650) 948-9989 or tubrid@stanford.edu. More info: www.sean-oriordan.com</p> <p>San Jose Furnished Office Space</p> <p>Very quiet first floor with excellent parking. Easy access to 280/880/85. Come join our other therapists in a comfortable setting with flexible hours. Contact Ed Momrow 408-249-8313.</p>	<p>Office Sublet</p> <p>S.Bay: lovely view; Near 880/87 on The Alameda. Copier; refrigerator; microwave. Call light in waiting room; private entrance. Available M,W,F& weekends. 408-294-5958 sdd@pobox.com http://drsueduenke.com</p>



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

Creating a Community and Culture of Connection



Friday, November 18

11:15 AM — 1:30 PM

Mid-Region Luncheon
Cinema Therapy
(1.5 CEU hrs. available, PCE
1134)

**Michael's at Shoreline
2960 Shoreline Blvd
Mountain View**

Chapter Events

Dates to Remember

- ◆ November 18—Mid-Region Luncheon in Mountain View
- ◆ January 27—South-Region Luncheon in Los Gatos
- ◆ February 24—North-Region Luncheon in Burlingame
- ◆ May 3-6—CAMFT 48th Annual Conference in San Diego

Friday, January 27

11:30 AM — 1:30 PM

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

**Los Gatos Lodge
50 Los Gatos/Saratoga Blvd
Los Gatos**

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