

ARTICLES

- **President's Column Pg 1**
- **Community Focus - Dana Backstrom Pg 1**
- **In Practice with Howard Scott Warshaw Pg 3**
- **Broken Love—Dina Haddad Pg 7**
- **August Luncheon Review – Autum Hyde Pg 10**

EVENTS

- **Mid Region Luncheon Pg 4**
- **Annual Meeting Pg 5**
- **Calendar of Events Pg 9**
- **Support Groups Pg 15**

OTHER

- **Advertising and Article Guidelines Pg 17**
- **Classified Ads Pg 18**

President's Column—Jewels Everywhere

Zen master Seng-ts'an taught that freedom is being "without anxiety about imperfection." That teaching is one I bring into my work with most of my clients, as well as into my own life. I recently learned that this master's name, given to him by his teacher, means "Jewel of the Community."

Looking back over the year in which community has been my focus, it is easy to see imperfections and harder to see the jewels. That's the way "the imperfection of all things" always works, of course, and that's the point of Seng-ts'an's observation.

A year ago, as I was setting my goal of building community in our chapter, larger



Pamela Eaken, LMFT
President, SCV-CAMFT

CAMFT community issues were getting ready to take center stage. We have now put an enormous amount of effort and anxiety into a community theater production we could call "The By-laws Imperfections," which at this point looks more like "Waiting for Godot" than "All's Well that Ends Well," though I believe we'll eventu-

ally arrive at the latter. One person said to me, "The cliché is that your in-laws are a challenge. Turns out your by-laws are even more so."

Reframing the notion of "imperfection" is key to understanding the bigger picture and seeing where the jewels are shining. One of the positive aspects of the by-law controversy was the way so many members became engaged with their passion and dedication to the profession. We've also learned a lot about by-laws and CAMFT history, and we've become involved with members from other chapters as a larger community. In the end, we are reminded

Cont'd on Pg 11

Community Focus—Interview with Dana Backstrom, LMFT



Dana Backstrom runs our Innovative Programs, an offshoot of our Luncheon Programs. This program is free to members, and provides a variety of events at a variety of places and times.

The board created this program to address the needs of members who cannot attend the Friday luncheons.

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

Dana: I would definitely say my personal therapist. She helped me see the proverbial silver lining - that I could take painful experiences and transform them into hope, compassion, creativity, and joy. I became a therapist so I could give to others what she has

given to me.

CF: What is the most frequent word you find yourself using with clients during sessions? **Dana:** I have two: process and compassion.

CF: What did you do before you became a therapist?

Dana: I was a sales and marketing professional in Silicon Valley for twenty-plus years. I went through a mid-

Cont'd on Pg 16

SCV-CAMFT Calendar

NOVEMBER

- 8 **Annual Meeting**
Mountain View
- 22 **Chapter Luncheon**
Mid Region; Mtn. View
- 15 *Newsletter Submission
Deadline*

DECEMBER

Winter Break

JANUARY

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

FEBRUARY

- 28 **Chapter Luncheon**
North Region; Burlingame

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

In Practice with Howard Scott Warshaw:

An Artistic Science



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

I'm feeling very blessed these days. My wife, practice, and well-being are all healthy and improving. What's more, I just received word my long-time dream has come true: the New York Museum of Modern Art selected one of my video games for exhibition. I am now a MoMA artist. OMG! When I created this game 30 years ago, I never imagined it would bring me here.

This accomplishment did many things for me. One is to finally answer the long-standing question: Are video games an art form? According to MoMA, yes they are! In the entertainment technology field we are very aware of the boundary between art and science; we just don't know where it is.

Why am I telling you? Because of a more recent question posed by one of my video game colleagues. He asked me if psychotherapy was an art or a science. Hmmm. It's an interesting question, and one I'm giving some thought.

How much of what we do is actually scientifically based? Science is about repeatability, consistency, and reducing variation. Science would dictate being the structured practitioner. But isn't the variation in life experience, situation, background, and personal composition something to be utilized rather than minimized?

While chatting enjoyably with colleagues, I find Gut, Presence, Feel, and Intuition are among the most frequently cited "effective" modalities in the room. These are tricky things to teach and regulate (standardize). Here lies the Art.

It's a classic conundrum-- the tangible versus the ephemeral. Spontaneity on demand. Scheduling feelings. Science speaks to the body. Art speaks to the mind. Therapy must accommodate both.

Typically, when people want results they seek a scientist. Insurance companies rate various modalities against each other and the demand for Empirically Verifiable Therapy (EVT) seems to push the "therapy as science" stance. Providers must conform to scientific standards of repeatability, formatted reporting, and consistency of practice.

This argument is not without merit. It carries the weight of a major source of compensation for many therapists. There is also the educational benefit since it's easier to train scientists than artists. It also addresses the idea of getting the most care to the most people, just not tailoring the experience on an individual basis.

But what is the real cost of moving toward EVT? By reducing our flexibility are we lowering the level of care we provide? Are we losing the high end of what practice can be by moving toward a standardized version of therapeutic practice to get blessed by insurance carriers and the health care bureaucracy? Or are we just creating different market segments and new opportunities?

It has long been acknowledged that many modes of therapy cannot be studied empirically. Are we creating a world in which the only valid modes of therapy are the ones we can study?

In an attempt to answer one question I wound up with many. Here's another: it seems to me the more we focus on standardizing the process the more we remove the human factor, the you-me-here-now component. If we believe the research, which states rapport and client connection are the *most significant* determinants of positive outcomes, then aren't we stepping away from best practices by moving toward standardization?

It's possible the issue of Art vs. Science gets confused along the same lines as Process vs. Content. Asking if something is an Art or a Science may be inviting ourselves to get stuck in content. Art and Science can be styles of approach and simply treatment possibilities rather than absolutes. They may be processes for therapy and may coexist comfortably (and in our therapeutic heart of hearts, I believe they frequently do).

Art or Science? The truth is usually in the middle so let's call therapy a Medium. A medium that allows for the expression of both Art and Science. This leaves practitioners a larger field with the freedom to choose the best approach for each client. For me, this is a very happy medium. ■

SCV-CAMFT November Mid Region Luncheon

(1.5 CEU hrs. available, PCE 1134)

THE STIGMA OF MENTAL ILLNESS

Presented by Stephen Hinshaw, Ph.D.

Date: Friday, November 22
Place: Michael's at Shoreline, 2960 Shoreline Blvd., Mtn. View
Register: At www.scv-camft.org, or mail your payment to
 SCV-CAMFT, PO Box 60814, Palo Alto, CA 94306

Time: 11:15 am—1:30pm
Menu: Buffet Lunch
Fee: Members—\$26 +
 \$7 for CEUs
 Non-members—\$33 +
 \$7 for CEUs

Register: Please make your payment by Monday, November 18 for the early registration fee, or just show up and pay the higher “walk-in” fee. Lunch is not guaranteed for walk-ins, but is available on a first-come, first-served basis. Please visit our website at www.scv-camft.org to review detailed CE info and Refund Policy.

Mental illness is a subject that effects each and every one of us, both through the experiences of our clients and directly as practitioners. In his stimulating and informative presentation, Dr. Hinshaw will focus our attention on the stigma that clings to mental illness despite greater public awareness. He will educate us on how stigma adds fuel to the fire of impairment and distress, limiting life options, decreasing the seeking of care, and implicating family members and mental health professionals. Dr. Hinshaw will define stigma, including self-stigma and courtesy stigma (stigma from being related to someone with an illness), and will discuss the ways in which stigma has actually worsened across the past 60 years. He will also bring in developmental aspects through discussion of mental health issues in children and parents. He will present a vivid case example, the story of him and his father. His presentation will raise a host of issues about silence vs. communication and the many levels at which stigma needs to be overcome.

More about the presenter:



Stephen Hinshaw, PhD., past psychology department chair, UC Berkeley, is currently vice chair, psychiatry, UC San Francisco, and has published over 275 articles, chapters, and reviews and nine books. He has received numerous federal research grants. His body of work focuses on many areas in developmental psychopathology: relationships, risk factors, interventions for children with ADHD, problems in teenage girls, today's topic, and international training efforts. He is past president of the International Society for Research in Child and Adolescent Psychopathology and the Society for Clinical Child and Adolescent Psychology. He is editor of the prestigious Psychological Bulletin, and is the recipient of the Distinguished Teaching Award from the College of Letters and Sciences at Berkeley. He is a fellow of the American Psychological Association, the Association for Psychological Science, and the American Association for the Advancement of Science. He was awarded the Distinguished Scientific Contribution Award for the California Psychological Association, and was named as “Top 10” Author with Respect to Empirical Productivity in 2007.

- ◆ Chapter board meetings are generally held on the fourth Friday of each month (some major holidays and other chapter functions move the date) from 9:00AM to 11:15AM at the same location as, and immediately prior to, the chapter's monthly luncheon event.
- ◆ All luncheon programs are held from 11:15AM to 1:30PM. Look for locations and other specifics in the newsletters, on the chapter's website, and in e-mail sent directly to those members who have e-mail.
- ◆ In order to make the luncheon registration process as efficient as possible, please register early. Send your payments, to the chapter by the Monday prior to the event.

SCV-CAMFT Annual Meeting and Membership Appreciation Event

Join us on Friday, November 8
Doors open at 4:00 PM
Enjoy Appetizers and Drinks,
and a Special Presentation by
Elaine Brady (1 free CEU).

SCV-CAMFT wants to thank you for your continued membership.
Please come out and join your colleagues for networking,
food, cocktails and a dynamic speaker.

Register Online at www.SCV-CAMFT.org for this
FREE membership appreciation event.



More about the Presenter:

Elaine Brady, Ph.D., MFT, CAS, CSAT-S, is the founder and Director of *Net Worth Recovery, Inc.*- a treatment and training center for Internet addictions, located in San Jose. She is a Certified Addiction Specialist as well as a Certified Sex Addiction Therapist Supervisor. She has published a number of articles on addiction and Internet-related issues, served as an expert on these topics both on television and in numerous court cases, teaches at several local colleges, and is a frequent presenter at professional conferences.

ONGOING PSYCHOTHERAPY GROUPS

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Nancy Wesson, Ph.D. CGP (Psy9621) is a licensed psychologist in private practice for over 25 years. Dr. Wesson has 25 years of experience leading groups using a group process–interpersonal approach. She was trained by Dr. Irvin Yalom and the American Group Psychotherapy Association.

To discuss or make a referral, contact Nancy Wesson, Ph.D. at (650) 965-7332 or Dr.NWesson@sbcglobal.net. Articles about group psychotherapy can be found on her websites at: www.wespsych.com and <http://www.shynesshelp.com>.

Wishing you and yours all the very best!
Grateful for so many wonderful and caring people that are dedicated to this important work of providing therapy.

May you have a blessed Thanksgiving and a wonderful holiday period!

In community spirit,

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Graduate of the Palo Alto Psychoanalytic Psychotherapy Training Program class of 2013.

Kent volunteers his time with *Amigos de las Americas (AMIGOS)* -- a group that enables high school students from Santa Clara County to serve as community health leaders in Latin America. Call Kent to order your case of grapefruit as part of their fundraiser.

Broken Love: The Intersection of Divorce and Therapy

A Legal Perspective by Dina Haddad, Esq. LLM

Putting Your Clients Back in the Driver's Seat of Their Divorce



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

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

Occasionally, I have the opportunity to step in as a temporary judicial officer for personal property arbitrations. I enjoy working with these parties because the cases are litigated the parties are often having their first opportunity to mediate – albeit at the tail end of their case. Recently, I was poignantly reminded how important the client's role is in the divorce process. Jennifer and Mark (not their real names) had not spoken to each other for over a year. Jennifer was not even sure why she was before me, and I soon learned that Mark was not sure either. Both believed they had resolved the out-standing issues related to personal property and were beyond ready to settle all remaining issues. In fact, they genuinely assumed the other was unwilling to settle, based on the information they received from their attorneys.

I was disheartened. Here, both Jennifer and Mark wanted to treat each other fairly, and desperately wanted a safe space to speak with one another to resolve their case. However, the only way they

communicated was through their attorneys. Somehow the parties' messages were lost. Divorcing parties need to actively participate in their divorce, or risk losing their decision-making power.

How can you equip your clients in a divorce to stay in the driver's seat?



First, the client should understand the process. How does it start, what has to happen, and how does it end? There are many re-sources available through the courts, online, and in print. Additionally, I have written past columns on this topic that are available at www.scv-camft.org. Most divorcing parties are fearful because they simply do not know what to expect, and then "lawyer-up," or make fear-based decisions. Knowledge is power.

Second, encourage your client to have a divorce process vision. A few examples of this vision

might be: a cost-effective divorce, a fair resolution, or a secure financial future. Remind them of that vision throughout the process. When the client sees that the divorce is no longer in line with their vision, (s)he should immediately find out why, and how it might be corrected.

Third, your client should know what the divorce professionals are doing on his/her behalf. Are the attorneys working towards settlement? What are the conversations between the attorneys? What is the billing structure?

Fourth, help your client understand what (s)he wants, and why. If he knows why he wants 50/50 custodial time, or she wants the family home, they will be better able to express it to an ex-spouse, attorney, mediator, or judicial officer. When wants are substantiated, an ex-spouse may be more inclined to agree, and if not, your client can be assured that (s)he has been an active participant in the process. ■

CONSULTATION GROUP FORMING

Would you like to learn how to:

- think about and talk about transference issues
- utilize countertransference with your patients
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SCV-CAMFT 2013 Calendar of Events

November 8, 2013, Friday	SCV-CAMFT Annual Meeting
November 22, 2013, Friday	SCV-CAMFT Mid Region Luncheon & Board Meeting
January 31, 2013, Friday	SCV-CAMFT South Region Luncheon & Board Meeting
February 28, 2013, Friday	SCV-CAMFT North Region Luncheon & Board Meeting

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

Please Note Newsletter Deadlines:

THE DEADLINE FOR NEWSLETTER SUBMISSIONS IS SIX WEEKS PRIOR TO PUBLICATION.
(THE DEADLINE FOR THE JANUARY / FEBRUARY 2013 ISSUE IS NOVEMBER 15.)
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 2014 ISSUE
DEADLINE NOVEMBER 15, 2013

MARCH / APRIL 2014 ISSUE
DEADLINE JANUARY 15, 2014

Change of Status

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

Congratulations to Elizabeth Dunckel!

If you have recently completed licensure, let us know so we print our congratulations to you in SCV-CAMFT News!

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.

August Luncheon Review:

Understanding & Treating Sexual Addiction

By Autumn M. Hyde



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.

Contact your luncheon coordinator or the chapter coordinator at mail@scv-camft.org if you are interested.



On Friday, August 23, 2013, Donald D. St. Louis, D. Min., LMFT, CSAT, addressed attendees at the SCV-CAMFT luncheon, held at Crystal Springs Golf Course. The title was: *Understanding and Treating Sexual Addiction*.

Dr. Donald St. Louis is a licensed psychotherapist (MFC 31106) in private practice, with offices in San Francisco and Santa Clara. He is a Certified Sexual Addiction Therapist (CSAT-) and a CSAT Supervisor, and founded the California Institute for Sexual Recovery in 2002. Donald teaches in two graduate programs at Santa Clara University: the Graduate Program in Counseling Psychology and Pastoral Ministries. He is also presenter in Santa Clara University's Center for Professional Development providing continuing education for licensed clinicians in the areas of professional ethics and in the assessment and treatment of sexual addiction and sexual anorexia.

During the presentation,

Donald defined sexual addiction and sexual anorexia, discussed contributing factors and etiology, and made suggestions for conceptualization and treatment. Donald also acknowledged stereotypes and assumptions attributed to this population, and of the greater society.

Donald began the Luncheon by inquiring about clinicians who were familiar with sexual addiction. He also invited us to share our thoughts and feelings with the group. Donald acknowledged the taboo that has been associated with sexual addiction, and mentioned three typical reactions to this topic/disorder: avoidance, shame or disgrace, and sarcastic comments that undermine the reality of this disease by glorifying sex. Donald points out that this disorder is real, not fun, and that it's destroying people's lives.

The issue was framed as an addiction disease model; however the importance of conceptualizing one's addiction as a solution to underlying core issues was emphasized. Donald provided examples of sex addiction from compulsive masturbation and use of pornography to compulsive use of prostitutes, voyeurism and exhibitionism. He points out that "...the defining feature is the addict's inability to control or stop the behavior, and escalating use

despite significant negative consequences". Contributing factors to sexual addiction include shame, the development of arousal template, family of origin dynamics, and an increasingly high history of abuse amongst this population.

Donald points out that in the same way shame leads to compulsions such as binge eating, substance use, spending, and risk taking behaviors, it can also lead to compulsive sexuality. He referenced the shame cycle and David H. Olsen's Circumplex Model of Marital and Family Systems. This model measures family cohesion, flexibility and communication within the family system. According to this model 77% of families of sex addicts are considered rigid, 87% disengaged, and 65% report coming from both rigid and disengaged families. Of this population, 72% have experienced physical abuse, 81% sexual abuse, and 97% emotional abuse.

Specific case examples of sexual addiction were shared. Donald spoke of intelligent, successful, and respected community members; He also spoke of individuals with spouses, families, and young children. We heard detailed accounts of the progression of compulsive

Cont'd on Pg 13

President's Column

Jewels Everywhere—Pamela Eaken, LMFT

Cont'd from Page 1

of the importance of open, clear, and compassionate communication.

Now as we end this year and move into a new year, I would like to acknowledge our community for the successes of this year and point out just a few of the jewels that are shining around us. We certainly have jewels on our local SCV-CAMFT board. Some board members' terms are up, so we say goodbye to them and welcome new board members. I am confident they will serve the chapter with the same professional integrity as this current board has shown. I have been privileged to serve with wonderful people and a very cohesive board. Each director brought dedication, expertise, professionalism, and care to their respective roles.

We have two board members leaving this term whom we will miss very much. LaDonna Silva, past president, will be leaving the board now that her term is up. She has been a trusted advisor, mentor, and friend to me in my role as president, and has provided guidance, perspective, and wisdom throughout the years. We will all miss her focused and caring attention in our board meetings.

Diane Patton, our membership chair, will also be leaving the board. She organized a lovely New Member's Tea this year, as well as an exciting Annual Meeting coming up this month. We will miss her professionalism and

valued perspective during our board meetings.

We have two board members shifting roles next year. Debra Rojas will become our new president-elect. Debra has served as secretary for a couple of years and brings a high level of integrity and understanding of the organization to her new job. Michael Sally will move into the role of secretary and will be leaving the pre- and newly-licensed director job. He has kept

and Nancy Andersen as business development director. With the addition of several new members, the 2014 Board will certainly continue to serve and anticipate the needs of our chapter. I also want to acknowledge and thank Lara Windett for her ongoing support of our web efforts and for her constant commitment to the highest possible standards of technical assistance.

In addition, three of our board members also serve on the editorial committee for our newsletter. The team has done an outstanding job of rethinking the newsletter's purpose and presentation. The plan for a re-vamped newsletter is moving along with the hiring of a graphic artist, who will give a new look-and-feel to the newsletter. Joanne Shurter, chief editor, launched a program to provide support for and encourage members in our community to submit articles.



"We certainly have jewels on our local SCV-CAMFT board."

our eye focused on the needs of these fledgling members of our field. He was instrumental in advocating continued growth of the chapter's support groups.

We're lucky to have several key members continuing under the leadership of our incoming president, Kate Viret. Kate has a background in finance and organizational expertise; she brings a balanced, caring equanimity to her new position. Also continuing on the new board is Merrett Sheridan as our chief financial officer; Jane Kingston as our ethics director; Robin Ginsberg as special events director; Elizabeth Basile as programs and evaluations director;

Time has passed very quickly this year, and while our larger community has encountered some bumps in the road (aka "imperfections"), our SCV-CAMFT community has continued our focus on events and initiatives that support our profession. I'm pleased to think back on the productive term that the 2013 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 past president. ■

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 coordinator mail@scv-camft.org, if you are interested in getting a free lunch while doing something that feels great!

PSYCHONEUROLOGY STUDY GROUP

Keeping the Brain in Mind:
How knowing more about the brain can help you
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Therapist, Certified Gottman Couples
Therapist, Certified Addiction Specialist.

Email: Info@MenloMarriageWorks.com
Phone: 650-325-4347 VM

August Luncheon Review:

Understanding & Treating Sexual Addiction—cont'd from pg 10

behaviors and sexual rituals, and the negative impact this has on the lives of those with and affected by this disorder. We also heard about internal conflicts and attempts at recovery, healthier functioning and relationships, and a greater sense of self. It was at this point that I began to feel true compassion for the struggle, conflict, and complexity of sexual addiction.

Although the cases provided were male clients, Donald pointed out the high prevalence of sexual addiction in women as well. He distinguished male behaviors as having a tendency to objectify partners, little emotional investment in compulsions, and experiencing emotional isolation. He indicated that manifestations of sexual addiction in women “tend to be excessive in behaviors that distort power, use sex for power, gain control over others, become the victim, or to get attention”. Throughout the presentation, Donald interwove sexual anorexia and discussed similarities to sexual addiction, such as contributing factors, the process of addiction, and treatment model. Donald defined sexual anorexia as “an obsessive state in which the physical, mental, and emotional tasks of avoiding sex dominate one’s life”. Similar to sex addiction, the experience of trauma, families of origin, and core beliefs about self perpetuate sexual dysfunction. And although manifestations of each lie on opposite ends of the spectrum, goals and approach to treatment for sexual addiction and anorexia are similar.

Donald addressed treatment in stages, starting with a dialectical behavioral approach and moving to psychodynamic and family of

origin exploration. Donald spoke of three overarching goals of reclaiming a healthy and vibrant sexuality, dealing with sex-negative messages, and restructuring beliefs. The key areas of clinical focus include shame, history of abuse, attachment, grief and loss, addiction interaction, and sexual orientation issues.



Dr. St. Louis stated that clinicians have a very important role in the process of helping clients work through shame, especially in the beginning stages of treatment. Clients will likely test and weigh heavily the clinician’s response to the reality of their compulsive and taboo external behaviors. It is vital for the client to feel accepted, supported, and receive encouragement. In the early stages of treatment, clinicians will help clients confront denial, connect them with additional support programs such as a 12-step program, and introduce disease as a concept. Clients will likely experience crisis issues such as withdrawal, depression, suicidality, and the loss of something so strong and familiar to them it feels like a best friend.

The middle stages of treatment focus on deconstructing the addictive cycle: preoccupation, ritualization, and belief systems.

“Therapist confronts addict’s gross defenses and impaired thinking by developing feedback mechanisms to keep reality in focus...”; this feedback happens through individual and group therapy, 12-step, and a sponsor. The client is helped to change and better understand acceptable sexual behaviors through three circles exercises, and the use of contracts and injunctions. The client identifies core beliefs about self and therapeutically restructures a new set of beliefs that reinforce new, healthy sexual thoughts and functioning. At this point, it is important to address underlying psychodynamics, explore, and work through experienced trauma and history of abuse.

Dr. St. Louis stated that the later stages of treatment focus on recovery, spirituality, the integration and strengthening of new beliefs and behaviors, reparation of relationships, and “living the new life recovery makes possible”. He emphasized creating and changing one’s relationship with sex—finding a balanced and functional sexuality – assuming this will have different meaning for each unique individual. This treatment was differentiated from a sobriety focus often taken in the treatment of addiction.

I found the presentation to be informative and educational. For me, in my continued work with children and adolescents, it further emphasizes the importance of understanding formational messages, influences, and experiences. ■

PROCESS THERAPY GROUPS

Led by:

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

Supervised by:

DR. IRVIN YALOM

Burlingame

(650) 737-1818

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

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*For women 40 years old+
to explore and embrace the
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***CGP: Certified Group Psychotherapist**



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the needs of those
just starting in the
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and up to
three years after
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You will find support,
great ideas, and
develop
relationships with
your peers.



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

Support Group Calendar

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

North Region Newly Licensed— November 2 and December 7

South Region Newly Licensed— November 16 and No December Meeting

North Region / Peninsula Pre-Licensed— November 1 and December 6

South Region Pre-Licensed— November 8 and December 13

Free Newly Licensed (within 3 years) Support Groups

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

Jamie Moran, LCSW, is the group facilitator. The location is 661 Live Oak Avenue, Suite One, Menlo Park, CA 94025. To RSVP, and for further information about upcoming

meeting dates and times, please contact Jamie Moran at Jammoran@aol.com or (650) 598-8877.

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

South Region—This support group meets monthly from 10:00 AM to 12:00 PM. The purpose of this group is to provide support to mem-

bers who have recently become licensed within the last three years.

Verna Nelson, MFT, is the group facilitator and meetings are held on the border of Campbell and Los Gatos, close to the intersection of 85 and 880. To RSVP, and for further information, please contact Verna Nelson at (408)379-7747 or email her

vernalnelson@gmail.com



Free Pre-licensed Support Groups

North Region —

Debra Rojas, LMFT, facilitates our pre-licensed support group for the North Bay and Peninsula. Debra is a graduate of Trinity College of Graduate Studies, has been licensed for over four years, and has a private practice in Palo Alto.

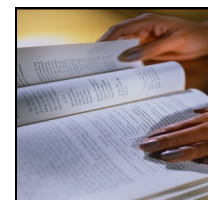
Debra's group meets the second Friday of each month from 10:00am to 12 Noon, at Debra's home in Menlo Park.

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

South Region —

Janis Seiberlich, LMFT, facilitates the South Region pre-licensed meeting. This group meets at her office in San Jose. The address is 4100 Moorpark Ave., Suite 212. Meetings are held the

first Friday of every month from 10:00am to 12 Noon.



Community Focus Cont'd from Pg. 1

life crisis of sorts. At the end of the day, I asked myself, "When I reach my deathbed, what will I wish I had done in my life if money and time weren't obstacles?" The answer was loud and clear. I went back to school to get my master's degree and began the lengthy licensing process. It was a long road but well worth it. One of the nice things about this field is that your life experiences can be assets.

CF: What is something unique about your practice?

Dana: I travel to my clients and provide in-home and on-site psychotherapy. My goal is to make counseling accessible and client-friendly. I see individuals, couples, and families, most of whom have difficulty getting to an office. My clients range in age from 5 to 94, though I specialize in the needs of older adults and caregivers. I also see clients in my Mountain View office two days per week.

CF: When was the last time you thought, "Really?"

Dana: Actually, there have been many times! But, one experience still stands out. Years ago, I worked in a therapeutic classroom with Emotionally Disabled students. I had a very sweet 16-year-old client with psychotic features who used to follow my every move. One evening, I realized that I was missing one of my earrings. Next morning, I met my client at her bus stop and discovered, to my horror, that she had a new body piercing, and my missing earring was dangling from her lower lip! In case you're wondering, I did not ask for my earring back.

CF: Where are you going on your next vacation?

Dana: I'm going to Maui next year. Hawaii is my favorite vacation destination. I love exploring the islands.

CF: Where do you go when you need quiet time?

Dana: I love to hike in the hills near my home. I practice principles of mindfulness while hiking. It's a time when I try to open my heart and mind to messages from God and get great exercise at the same time.

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

Dana: I joined to be part of a *community*. Being a therapist can be isolating at times. I enjoy the comradeship that SCV-CAMFT provides, and I appreciate the professional learning opportunities. Membership also gives me the opportunity to contribute my skills and expertise to something bigger than myself. In the bigger scheme of things, therapists are uniquely positioned to identify needs in our communities. We have an opportunity, as a local chapter, to foster grassroots solutions -- A win-win for everyone.

CF: Why the innovative programs committee?

Dana: It's fun to work with other members of the committee to develop innovative programs for our membership. Our goal is to provide creative and useful offerings at convenient times for our membership. One size does not fit all. Many members cannot attend the Friday luncheons, so we're offering events at alternative times. Friday Movie Night was well received, and we have additional events coming.



It's That Time of Year !!



The annual, printed **SCV-CAMFT Directory** will be created soon.

Be sure to login to your account at www.scv-camft.org and verify your office information, email address, phone numbers, education, and certifications are all current by **December 1!**

ADVERTISING OPPORTUNITIES AND PRICES!

Since the launch of the chapter's Website in the fall of 2004, all classified advertisements have been published on the Website concurrently with their run in the chapter newsletter. Now, your display advertisements can as well! The following is a list of the prices, effective August 1, 2005, for display advertisements for publication in SCV-CAMFT News. Please remember, you can always receive an additional discount by paying for multiple publications of your advertisement in advance.

	Member Advertising Rates			Non-member Advertising Rates		
Newsletter or Online Display Ad	2 months	6 months	12 months	2 months	6 months	12 months
Full Page	\$200	\$510	\$900	\$400	\$1,020	\$1,800
Half Page	\$125	\$319	\$563	\$250	\$638	\$1,125
Quarter Page	\$75	\$191	\$338	\$150	\$383	\$675
Eighth Page	\$50	\$128	\$225	\$100	\$255	\$450
Combined	2 months	6 months	12 months	2 months	6 months	12 months
Full Page	\$300	\$765	\$1,350	\$600	\$1,530	\$2,700
Half Page	\$188	\$478	\$844	\$375	\$956	\$1,688
Quarter Page	\$113	\$287	\$506	\$225	\$574	\$1,013
Eighth Page	\$75	\$191	\$338	\$150	\$383	\$675

These prices and more information about our advertising policies, are also available on the chapter's Website, www.scv-camft.org. If you have questions or comments, please contact the chapter at 408/235-0210 or mail@scv-camft.org.

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

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



- ⇒ Length: Articles 500-1,200 words; Announcements 75-250 words
- ⇒ Double-space to provide room for editing
- ⇒ Indent paragraphs
- ⇒ Do not right justify
- ⇒ Submit typed or printed copy only
- ⇒ Check punctuation and spelling, particularly of names
- ⇒ Please note deadlines, which the production staff must observe—the 15th of every odd month. The more time we have to edit and check facts, the better your article will be.
- ⇒ Submit articles via the chapter's Website, <http://www.scv-camft.org>, or email to mail@scv-camft.org.
- ⇒ For more information, email Joanne Shurter, Editor, joanne.shurter@gmail.com
- ⇒ All submissions are subject to review and approval by the SCV-CAMFT Editorial Committee of the SCV-CAMFT Newsletter.

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

GROUPS AND WORKSHOPS

Psychotherapy Groups

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

Groups for Survivors of Sexual Trauma

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

Divorce Group for Men

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

Process / Support Group

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

Deepening the Psychotherapy

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

New LBGT Adult "Coming Out" group

Tuesday's 5-6:30pm; Process Group for Sexual Abuse Survivors Wednesday's 6-7:30pm. Both are on-going weekly

GROUPS AND WORKSHOPS

groups, \$40/session, San Jose www.ladonnasilva.com/therapy-services.html LaDonna Silva, LMFT (408)412-1207

Women's Therapy Group

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

Knowing Me, Loving Me

An on-going process group for women, which uses therapeutic dialog and supportive relationship to help create a deeper understanding and acceptance of self and others.

Women's Process Groups

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

Mindful Mondays, 12-1

Eat lunch. Find peace. Connect with your body and breath. Learn mindfulness techniques \$100 four weeks. Monthlong classes starting soon! Co-leaders: Bridget Bertrand, MA, MFT Registered Intern #68069 Ari-Asha Castalia, MA, ATR, MFT Registered Intern #66562 650.762.8602 bgamegrouptherapy@gmail.com

Adolescent groups in Los Altos

Adolescent process groups forming (Fridays and Saturdays). Learn to improve interpersonal effectiveness and establish and follow personal goals. Los Altos. Contact Ildiko Ran, MFT Intern #67355, (650)814-2697, ildiko@innerexperience.com

GROUPS AND WORKSHOPS

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 January 25th. Lori Levitt, MFT #43329. 650-794-4828 www.lorilevittmft.com

Mediation and Co-Parenting Counseling

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

FOR CLINICIANS

Psychiatric Evaluations

Psychiatric/medication evaluations available for your clients, collaborative care. Misao Kusuda, MD; 408-930-2256.

Divorce Mediation

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

Psychotherapy Groups

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

Register Now for the Upcoming 2013-2014 courses at the MRI!

2-DAY INTENSIVE Day 1 Practical Tips to Help Families With a Child on the Autism Spectrum Day 2 Long-term Gains from Short-term Therapy Pre-

FOR CLINICIANS

sender: Lynn Loar, Ph.D., LCSW November 1 & 2, 2013 Cost: \$400 2-DAY INTENSIVE Mindfulness Based Experiential Couples Therapy Workshop Presenter: Rob Fisher, M.F.T. February 7 & 8, 2014 Cost \$400 2-DAY INTENSIVE Fundamentals of Advanced Ericksonian Hypnotherapy Presenter: Eric Greenleaf, Ph.D. February 21 & 22, 2014 Cost \$400 MRI is approved to provide continuing education for MFT's and/or LCSW's. *Call for student and group rates View our other upcoming courses at www.mri.org Location: MRI Conference Room at 555 Middlefield Rd, Palo Alto, CA 94301 For more information please call (650) 321-3055 or email Maria Pia Allende at mariapiaallende@mri.org.

FOR INTERNS

Intern & Trainee Therapy Group
Process Therapy Institute offers a personal therapy group for MFT interns, trainees and students (\$30.00 a session, times and dates determined by demand). Contact me at carmackbeth@gmail.com.

Process/Support Groups for Interns

Therapy: cross cultural couples, depression in men, executive communication/coaching, stress/anxiety. Process/Support groups for interns www.dellafernandes.com Burlingame, San Francisco, Lafayette, San Ramon

JOB OPPORTUNITIES

Youth & Family Therapist II

The Alameda County Sheriff's Office Youth and Family Services Bureau www.acsoyfsb.org has openings for provisional Youth and Family Therapist I's at its San Leandro clinic (outpatient therapy) and at Santa Rita Jail (case management). \$15.18-\$18.45 Hourly. Applicants must be Registered MFT Interns. Cultural

JOB OPPORTUNITIES

competency is a must and Spanish-speaking is a plus. Applications open 8/8 and will be posted on the Alameda County website: www.acgov.org or call Milianne Chin (510) 667-3276 for more information.

OFFICE SPACE

Downtown Historic Campbell

Downtown Campbell location, walk to all restaurants, Starbucks, etc private small office great for MFT. 120 sq ft with window and small waiting area. Lots of parking and lots of therapists in the building - 408-502-2600

Historic Campbell Downtown

Small private quiet offices in downtown Campbell with waiting areas. I have 20 therapist in the building now, come and network. walk to all restaurants, Starbucks and parking on site, all utilities included. Contact Gene at 408-966-5052 to see

Cupertino

Large, light office with separate waiting room. Suitable for seeing individuals, couples, children and small groups. Close to 280 and 85. Available 1 to 2 days/week. Call Jacki (408) 537-0747

Los Gatos- Part-time Office

available for rent
Quiet, private office in a charming building in Los Gatos available for part-time rent. Walking distance to downtown, and the high school. Please call (408) 264-0100

Los Gatos Office for Rent

Full time office on LG Blvd. in charming, small, therapist-only building. Newer landscaping, patio, WiFi, waiting rooms, utilities included. Fridge/microwave avail. \$675./mo. Contact Pat (831) 818-7915 pmorette@scu.edu

OFFICE SPACE

Great Place to Work

Upscale offices for rent part-time and hourly near 85 and 17. Come join us. Contact: gfaris2408@earthlink.net 408-356-1414 ex4

San Jose Office available

Part-Time

Office in San Jose available part-time. Quiet building. Two windows and setup for seeing both adults and children. Rate is negotiable. 408-410-5029

roberta@fishonwheelstherapy.com
Roberta Faust

San Jose/ Campbell office space

Large, bright, private office of two office suite. Ground floor of pleasant looking building near 880/85. Office/waiting room furnished. Available 2/3 days a week. Call Judy Collins-Wolfe@408-559-6603.

San Jose Office

Part-time/full-time office in charming building near 880 and The Alameda. Wood floors, group room, kitchen, copier, wireless. Friendly group, optional monthly consolation group. David Marcus 408-313-3365

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



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

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



Friday, November 8

**Annual Meeting
4:00 PM—6:30 PM**

(1.5 CEU hrs. available, PCE 1134)

***Special Presentation by
Elaine Brady, Ph.D.***

Voting in of new Board Members

Michaels at Shoreline
2960 Shoreline Blvd.
Mountain View

Chapter Events

Dates to Remember

November 8—SCV-CAMFT
Annual Meeting

November 22—Mid Region
Luncheon

January 31—South Region
Luncheon

February 28—North Region
Luncheon

Friday, November 22

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

(1.5 CEU hrs. available, PCE 1134)

The Stigma of Mental Illness

Presented by:
Stephen Hinshaw, PhD.

Michaels at Shoreline
2960 Shoreline Blvd.
Mountain View

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.**