



PRESIDENT'S MESSAGE

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

Our annual meeting this year will be held on November 6th and before you know it the holidays will be upon us. The year has sped by and the board is in a flurry to finalize all our preparations for the annual meeting and end of year business.

As always the annual meeting is our opportunity to recognize all our volunteers who have given their time to chapter events throughout this year. Last year we unveiled our new logo and all in attendance received a gift and some promotional items. How do we top that?

This year we planned a festive evening beginning with an hour of socializing and networking with live music and a photo booth as our activity. All our past presidents have been invited and we will introduce them to the membership and publicly thank them for their dedication and service to our chapter and profession.

I've met some of our earliest past presidents and am in awe of their foresight as leaders of our organization. I've read the early newsletters and am impressed with the amount of volunteer hours they so generously gave to the chapter. These past presidents know the history of our chapter's early years

and are a great resource for all of us. My hope is that by getting more acquainted with them we can tap into their wisdom because, after all, they are the sages of our profession.



Here is a list of our past presidents and the years they served:

Chuck Eudy, 1981
Vicki Lee, 1983
Mary Ellen McTamane, 1984 & 1985
Patricia Burbank, 1986 & 1987
Berget Jelane, 1988 & 1989
Elsie Shaw, 1990 & 1991
Marti Baerg, 1992 & 1993
Alice Sklar, 1994 & 1995
Jane Kingston, 1996 & 1997
Carol Campbell, 1998 & 1999
Denise Leffers, 2000 & 2001
Maureen R. Johnston, 2002 & 2003
Mary R. Logan, 2004 & 2005
Benjamin A. Medved, 2006

Russell Wilkie, 2006 & 2007
Bonnie L. Faber, 2008
Lara Windett, 2009
Terryann Sanders, 2010
Nanette Freedland, 2011
LaDonna Silva, 2012
Pamela Eaken, 2013
Kate Viret, 2014

Wouldn't it be great to have a sit down conversation with some of these early members and listen to their stories about their work for the chapter and as therapists? I'd love to tap into their wisdom about our profession and hear about how it has evolved throughout the years.

As I've mentioned before I've been reading through all newsletters dating back to 1980. Most recently I came across a list of the membership as of April 28, 1980. Did you know we had 27 members that year? And by 1988 the chapter had grown to 400 members. This is an accomplishment worth celebrating. Without these dedicated leaders SCV-CAMFT would not be the chapter it is today.

I hope you will join me on Friday November 6th and celebrate our past presidents.



BOARD HIGHLIGHTS

August

- An Innovative Program is confirmed for January 23, 2016 on the topic of millennials.
- Debra stated she would like our chapter to honor all past SCV-CAMFT presidents at the next annual meeting with a gift.
- CEPA Update. Michal reported on the progress of our application to CAMFT for approval of our chapter as a CE provider. She still needs more information from board members prior to reviewing the chapter's overall policies to ensure our chapter meets the requirements for approval.
- The board discussed gift items for the past presidents and members. Other plans include a photo booth for an activity and possible live music.
- Plans for the 2016 summer workshop have begun. Our presenter will be Dr. Robert Olcese who specializes in trauma, neuropsychological evaluations and treatment.
- A spring workshop will be scheduled in 2016. Kim proposed a half-day spring event related to working with transgender clients.
- North region luncheons have experienced lower attendance in the past year. The board will prepare a survey to determine alternatives to Friday luncheons.

September

- This year's annual meeting is confirmed for November 6 from 4-8pm. Our speaker this year is Ronald Mah presenting the topic of recognizing dangerous clients.
- CEPA Update. Most information from board members has been received and now a review of our policies is required.

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Save the Date! SCV-CAMFT 2016 Events

Get ready for an exciting year
ahead with programming to
inform and educate you!

Spring Workshop with Kris Spangler, LMFT

presenting "Pink and Blue? Not So Black and White: What Therapists Need to Know About Sex, Gender, and Transition"

10:00am - 2:00pm, Saturday, March 19

Location: TBD

Summer Workshop with Richard P. Olcese, Psy.D

presenting "Neurobiology and Neuropsychological Aspects of Trauma: Understanding Trauma and Treatment Issues"

9:00am - 4:00pm, Friday, July 29

Michael's at Shoreline, Mountain View, CA



Annual Workshop Review

by Kimberly Panelo, LMFT

SCV-CAMFT's Annual Workshop in July 2015, was fortunate to bring Jerrold Lee Shapiro, PhD as this year's guest presenter to speak on one of his recent books, "Finding Meaning, Facing Fears: In the Autumn of Your Years."

Dr. Shapiro is a professor in the Department of Counseling Psychology at Santa Clara University (1982-present) and managing partner of Family Business Solutions. In total, he has authored and edited twelve books including two that have won literary awards. An experienced speaker, he has appeared on well over one hundred radio and television programs, including The Oprah Show, CBS Morning Show, ABC-TV, Sonya Live, NPR, PBS, and CNN.

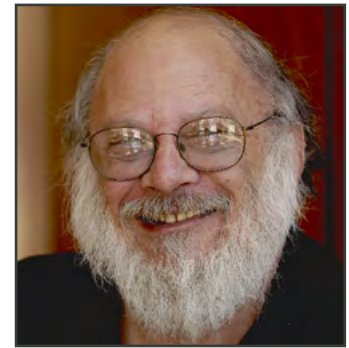
This workshop explored the many opportunities this time of life affords clinicians and our clients: opportunities to stretch in our capacities, to face and conquer old demons, and to meet new challenges with greater resources. Dr. Shapiro discussed the 45-65 year-old group, The Generative Years, defined as a new stage of development occasioned primarily by the added longevity afforded to people today.

Dr. Shapiro explained that because there is no longer a standard life cycle, there is potential to live a customized life cycle. The vast amounts of opportunities to grow psychologically and spiritually now exist. The Generative Years now allow us to recapture those skills and avocations that were set aside to take care of adult responsibilities. He highlighted this trait as the "Yes We Can" attitude of the Boomers. However, with these new opportunities to experiment with fantasies, new careers, and avocations, Dr. Shapiro also emphasized how this new exploration

brings with it great fears of the unknown. This imbalance of tension between one's freedom and security can go awry and new adaptations may be needed.

Dr. Shapiro pulled the audience into a discussion regarding how therapists can explore multiple stages during this complex adjustment with our clients. He explained how the failure to deal with earlier crises and issues could call for a more complex older adjustment. Loss and acceptance of loss are the most challenging difficulties our clients can face – limits of career, physical limits, predictability, aging parents, the increasing number of unknowns, and the big fear of one's own mortality. He identified these "tectonic shifts" as periods where relative stasis is interrupted until a new equilibrium is established. As therapists, we can enter into our client's process to help them maintain real security while becoming a little more experimental. This stage brings the opportunity for clients to gain significant change.

Following these discussions, Dr. Shapiro opened the workshop up to live demonstrations providing interactive input and suggestions. A pretend client would role play issues such as: addressing deaths of friends and family, fading physical appearance, end of dreams and expectations developed twenty to forty years ago, or disconnection from new technologies. Other issues addressed included the challenges and changes of relationships, single and post-midlife, and the spectrum of change ranging from parenting and the renewal of primary relationships to widowhood, divorce, dating, and sexuality. He emphasized the importance of therapists being very comfortable with these topics. If we as clinicians cannot sit in the



Dr. Jerry Shapiro

depths and discomforts of these conversations, we then rob our clients of the opportunity to take that journey.

As the workshop came to a close, Dr. Shapiro quoted Carl Sandberg, "Time is the only coin we have to spend in life...there is danger in allowing others to spend one's personal time." How our clients choose to allocate their time is a conversation we need to be ready to have. While they may have deferred gratification for success while growing a life in their earlier years, we as therapists hope to introduce the idea of reconnection with this "shadow side of life" that was once left behind.

Dr. Shapiro highlighted the importance of doing the right thing for ourselves versus doing what we think is right from what we are told. It is never too late to make room for vulnerability, conversation, and opportunity to embrace real change. In Dr. Shapiro's own words, "Therein lies the therapy."

Kimberly Panelo, LMFT has a private practice in Santa Clara specializing in sexual trauma and recovery. She is a board member and special events director of SCV-CAMFT. She can be reached at kvpanelo@gmail.com.



Expanding Your Practice: **The Pro's and Con's**

By Beth Proudfoot, LMFT

When we're just starting out, we dream of success. And then, when we finally reach our goals, it turns out that success brings its own challenges. It's like we're on a hike and we finally reach the top of the mountain. From that vantage point, we can see all the other, higher peaks ready to be climbed. For therapists who have worked hard to build successful practices it seems wasteful to refer out when we simply can't see any more clients and the referrals are still coming in. The question then becomes, "should I expand my practice by hiring other therapists to work for me?"

Because I successfully expanded my own practice five years ago, I get asked this question a lot. The answer is complicated and depends on your goals for how you want to spend your time, your past experience in business and management, your risk tolerance, your bank roll, and the number and quality of referrals you have coming in.

Many therapists believe that hiring other people to work for them would mean that they would be able to work less. The opposite is true. Hiring employees adds a layer of complexity that increases your time commitment exponentially with each hire. It was not uncommon for me to work 60-hour weeks when I first expanded my practice, and after five years, I still work many 12-hour days managing the business and seeing clients despite the fact that I do leverage my time with a part-time office manager and a clinical director.

Experience and training in marketing, business operations, and, most importantly, managing employees are key factors for success in creating an expanded practice. As a business owner, you are going to

be spending at least half your time reading and interpreting spreadsheets of data, refining procedures, and managing employees. When I began my practice, I thought I would be good at managing people because I'm good with communication and relationship-building. This is only a small piece of management in a business setting, however. One also must be comfortable with setting expectations in a very concrete way, and evaluating and encouraging performance.

Like any other business venture,

Experience and training in marketing, business operations, and, most importantly, managing employees are key factors for success in creating an expanded practice.

expanding your practice will require an initial investment. It's an investment in yourself, it's true, but since most small businesses fail, this whole startup nest egg is at risk from the get-go. Office space is expensive in Silicon Valley, and you'll have to rent and furnish additional offices for your employees, usually with at least a five-year lease. Using professional help to set up systems for bookkeeping, contact management, scheduling, filing, etc. will all cost



money. To change the status of your business from Sole Proprietor to Professional Corporation will require the services of both your CPA and your attorney. Now, the good news is that all of your start-up costs can be designated as a loan to your business, for which you can receive interest and eventually a pay-back. This may be a very long time in coming, however, if ever. Unlike other businesses, it is extremely difficult to sell a private practice, even an expanded one, when you are ready to retire or move. So you'll have to create a business model that pays back your initial investment and makes a good profit relatively quickly.

Before I go on, I should pause, here, to say a bit more about sole proprietorship vs. incorporation. I am not a CPA, and you definitely should consult yours before making any decision to change the status of your business. Much depends on your own unique financial situation. For me, the benefits of incorporation have been worth the initial cost, the hassle of the yearly corporate meeting, and the mandatory minimum of \$800 per year in California State Corporation tax, which you have to pay regardless of whether you have any profit at all. Incorporation limits your personal liability, and your business can pay

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SCV-CAMFT's Newly-Licensed Support Groups

By Jamie Moran, LCSW, CGP

It has been an exciting and rewarding experience, witnessing newly-licensed therapists come into their own power, expertise, know how and confidence.

In 2007 I responded to a request for a volunteer to lead one of SCV-CAMFT's newly-licensed support groups. Being passionate about group and doing my best to "give back" to the therapeutic community, and noticing it was a two-hour a month commitment (who doesn't have two hours?), I volunteered. Lisa Yawn, MFT and I started the group and soon after Lisa moved to Southern California.

It has been an exciting and rewarding experience, witnessing newly-licensed therapists come into their own power, expertise, know how and confidence. The heart of the group are the members who show up, willing to share both their knowledge in helping colleagues and request their own specific and general needs toward developing their private practice goals. Some anxiety is present in the group; reflecting often the overwhelming tasks of starting a practice when practicalities were often not addressed in graduate school or internships.

Group members have modeled well, chipping away at the task list and creating less overwhelm. I always ask first-time attendees

how their group experience was, and mostly they feel seen, heard, validated and reassured; many have made connections first formed in this group, or have renewed those that began in graduate school and internships. Although private practice is the mainstay of group members' goals, all newly-licensed therapists are welcome, no matter what their practice setting may be or what goals they are working on.

Although open ended in format and thus, any topic is encouraged, these groups have focused on explorations of:

- Marketing
- Networking (including applying these both to introverts/extroverts and individual style)
- Insurance vs. private pay only
- Practical needs (forms, NPI/EIN, business licenses, phone numbers, super bills, business cards, etc.)
- Advertising, elevator speeches/"niche practice"/ introductions to new people
- Consultation groups
- Part time jobs
- Finding an office
- Professions to connect with
- Web site development/do you need a website?
- Creating flyers
- Whether/not to do a professional presentation, amongst many other topics

In reviewing the attendance sheets from eight years ago, it's a wonderful feeling to see those newly-licensed therapists' names now



leaders in the community, our chapter and in their particular specialties. Many I know have thriving practices. For those newly-licensed therapists out there, keep in mind that everyone started with zero clients. Groups, like those offered through our chapter, offer support, community and nurturance around a myriad of topics and foster connections that help us thrive in our work.

Jamie Moran, LCSW, CGP is in private practice in Menlo Park and San Francisco. He specializes in psychodynamic group work with gay and bisexual men and currently leads six long-term groups weekly, as well as offering group consultation and supervision. Other areas of specialization include grief and loss, HIV/AIDS, caregiving, burnout, and dating issues. He has presented over 350 workshops, groups, staff in-services and lectures on a variety of mental health topics. Learn more about Jamie at www.jamiemoran.com.

Practice, continued from p. 4

you a salary, which mitigates the typical ebb and flow of income most therapists in private practice experience. Your CPA can tell you if the trade-off is worth it for your situation.

I made some big mistakes when I first expanded my practice, but the biggest was over-estimating the relationship between the number of calls I was getting and how that translated into clients for my employees. Making a study of how many referrals you get per month, and how many of them are actually potential clients, would be valuable before you move ahead. In my own experience, when people call because they were referred to me and I give them to someone else, I lose a few. Because my employees don't necessarily engage and keep their clients as quickly or as long

as I do, I lose a few more. Most importantly, because my employees don't necessarily stay for as long as their clients need therapy, I lose a few more long-term clients, which are the lifeblood of any successful private practice. The bottom line: Don't use your own success rate to predict how well your employees will do.

Reading back over this article, I've realized that it sounds a bit negative about creating an expanded practice. Let me balance that out, here, by talking about the true joy my practice brings me. I'm thrilled that I've created a clinic where over 300 families a year are getting the help they need. Working with a team is fantastic! I love being able to just chat in the kitchen with a colleague about a difficult case. I also love the variety in my day, where I see clients, write articles, talk to employees, scan the budget, and wash the dishes, and dream about the next mountain peak.

Healthcare is very much in flux in this country, with "Obama-care" just now making its impact felt and a lot of push-back on the horizon. Physicians are finding it much harder to survive in solo private practice, and I have a feeling that therapists would be well-advised to band together, forming networks or clinics where costs are shared and each task is accomplished by the person with the best skills in that particular area instead of one person trying to do everything with various levels of success. So, if you're considering expanding your practice, and feel you have the necessary skills, you will be at the head of the wave as you go for it.

Beth Proudfoot, LMFT is Director of the Child & Family Counseling Group, Inc, a private mental health clinic for children in San Jose. Website: www.childfamilygroup.com



"You have got to want to change."



MENTOR CORNER

Mentoring Rules of Engagement

By Catherine Rodriguez, LMFT, Mentor Program Chair

For those SCV-CAMFT members now engaged in a mentoring relationship, Congratulations! This could be a pivotal experience for you, and your mentee. So what happens now that you're in a mentoring relationship? How do you get it off to a great start? One place to begin is to establish some ground rules and clarify expectations, which will help to enhance the experience.

There are some basic logistical agreements to establish at the beginning of the process. For example,

1) Decide how often you will meet. It sounds basic, but being clear about your scheduling needs is critical. If a mentee has an expectation that you'll meet every week but the mentor is only available once a month there could be some misunderstandings from the outset.

2) Determining where to meet is also important. Do you meet in your office? Do you meet at Starbucks?

3) How much outside contact (email or texting) is available to the mentee? A mentor may only be able to reply to emails once a week and prefer not to receive or send texts. In today's world we've come to expect 24/7 access to services or connections. As therapists, it's important to set boundaries

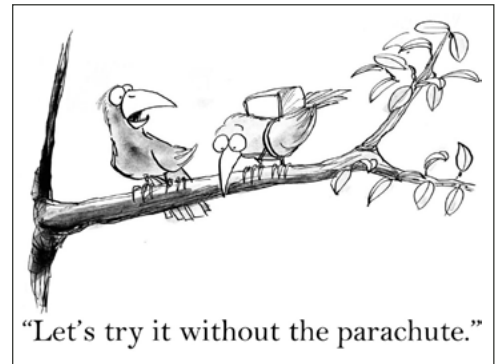
(modeling for your mentee) regarding these issues.

4) Confidentiality is our stock in trade as therapists, and it is an important component within a mentoring relationship. The mentee may be enthusiastic about the agreement and desire to share it with others. However, both parties should agree at the outset about the parameters of confidentiality in the mentoring relationship.

5) The mentoring relationship is not therapy, supervision or case consultation. Lines can be hazy and boundaries can become blurred in a mentoring relationship. Sometimes personal issues may be discussed and advice may be sought, but keep the focus on how those matters relate to the mentoring goals that are at the center of the relationship.

6) Feedback is another important element of mentoring. Discuss how feedback will be given and received. For example, if the mentee has committed to making 3 networking contacts per week but later reports he wasn't able to follow through, the mentor may help the mentee reconsider a more realistic goal.

To ensure that mentoring is a positive experience for both mentor and mentee, both parties must act with integrity and keep the commitments made to each other in the mentoring agreement.



Clearly setting agreements and goals at the beginning of the relationship will result in shared and reasonable expectations. It establishes respect for each others' intentions, commitments and boundaries, and will help minimize misunderstandings down the road. And while this article covers several ground rules that could be discussed and agreed upon, your own process may look very different. However it develops, it is always good practice for the mentoring relationship and helps get it off to a good start.

Next time in the Mentoring Corner, we'll talk about *How to Make the Most of Mentoring and Suggested Mentoring Activities*. Until then, Happy Mentoring!

Catherine Rodriguez, LMFT provides psychotherapy to midlife and older adults who are struggling with difficult life transitions. She is in private practice in Los Altos, and you can reach her at www.insight4growth.com.

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Cultivating Mindful Attention

By Moby R. Coquillard, LMFT

The use of the word “mindful” appears across many sectors of the media, our culture, and our society these days. Phrases such as “mindful parenting” “mindful eating”, “speaking or acting mindfully” all represent intentions to pay close attention to what we are doing in our lives. However, to truly integrate this desire into our lives requires ongoing practice. The analogy of cultivation is useful because the practice requires feeding, it benefits from consistent attention and observation, and it actually does grow with care. There are multiple ways to learn to be more mindful.

Mindfulness Based Cognitive Therapy (MBCT) is one such opportunity, and it is based on the work of three psychologists: Zindel Segal, PhD, J. Mark Williams, PhD, and John D. Teasdale, PhD. Their text Mindfulness Based Cognitive Therapy for Depression is the basis for an 8-week training program designed to help people utilize mindfulness in managing mood and anxiety. Specifically, their program has been demonstrated to reduce the incidence of relapse into depression and to reduce the incidence of escalating anxiety.

There are multiple mindfulness practices such as body scan meditations, walking meditations, mindful eating practices, yoga or mindful movement, and listening meditations. The most traditional of all of these is a seated, meditative practice where the intention during the specified time is to pay attention to the present moment and to notice the mind while doing so. This article will focus on some basic elements of MBCT training, utilizing a seated breath-focused practice, and the potential benefits for

managing depression and anxiety.

Mindfulness means to pay attention to the present moment with openness, curiosity, and a willingness to be with what is. Stated more simply, it means to pay attention to the present moment without judgment. Because we are trained in western ways of learning, when we read this latter definition of mindfulness, we think, “to be mindful, I should not judge.” This is only partly true. Our

When we learn to be present with what is, we give our minds the opportunity to develop healing and healthy coping responses.

minds judge all the time, so the practice of mindfulness involves seeing the judgment, and learning to be with that as it happens. The practice of “being open, curious, and willing to be with what is” guides us to experiment with a non-judgmental stance toward whatever judgment is naturally occurring. In practice when we see the judgment happening we are being mindful. In effect, it’s never too late to be mindful once you see what your mind is doing!

Paying attention to what is happening and learning to simply “be” with it is difficult and can often be

experienced as a counter-cultural practice. This kind of attention is not so difficult when things are going well. But when life is uncomfortable, painful, or distressing, it is a very human instinct to avoid what doesn’t feel good. We are taught to avoid through activity, medication, work, drugs & alcohol, technology, sex, or in whatever way possible. In fact, our mind has many strategies to try and avoid what is happening by asking “why,” by ruminating over and over about the situation, or by engaging in thought patterns that resist accepting what is.

When we learn to actually be present with what is we give our minds and our brains opportunities to develop healing and healthy coping responses. Often, simply paying attention to what the mind is doing brings relief, because we are not creating anxious or depressive reactions that stem from avoidance!

Mindfulness Based Cognitive Therapy offers a structured and clear training of the mind through developing three core habits of the practice:

- 1) Recognizing when our minds are on autopilot,
- 2) Practicing not judging (being open and curious) what we discover in our minds, and
- 3) Learning to make a choice about where to direct our attention, once we see what our mind is up to.

Autopilot occurs when our mind is focused anywhere but where our body is. When our minds are on autopilot, all kinds of depressive and anxious thoughts can operate below our consciousness all day long. At the end of the day, we end up feeling the

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Mindfulness, continued from p. 8

cumulative effect of these, without really knowing what hit us. In mindfulness training we begin practice by paying attention to the breath, and inevitably our mind wanders. Once we catch this wandering, we have the opportunity to observe what our mind is thinking underneath. We notice the patterns of thought that arise as we sit, and we develop our ability to really see what our mind is up to. It can be fascinating to see that our mind will go on autopilot while we are practicing to be present with the breath in a seated meditation. Simply observing those underlying currents of thought gives us an opportunity to have a different response. This is where we can have an influence on our well being.

The next step is to respond to these thought patterns with an attitude of equanimity. This practice involves an active willingness to be with what is and to engage with an openness and curiosity. In essence, this is the practice of learning to not judge what you discover happening in your mind. However, we also want to see whatever judgment is happening, because our judgmental thinking is at the core of what affects our mood and anxiety. Once we see it as judgment, we practice not judging the judgment! We try to cultivate our internal, impartial observer in response to what we notice. It is as if we are seeing a new piece of art for the first time and trying to decide whether we like it or not.

Once we have seen what our mind is up to and tried to be open and curious, we have a choice. We can continue to think whatever we were thinking, we can analyze it, judge it, or continue to “think” critically about it in a myriad of ways, or we can try to come to the present moment. The choice that we learn in MBCT is to

gently guide our attention back to the present moment, in this case to the breath. There is a saying in the field of neurosciences, “neurons that fire together, wire together”. With this choice to actively return to the present moment, to the breath, we are creating a new neurological pathway that is drastically different than the depressive and anxious thinking that has been going on beneath our awareness. This learning is not easy and requires ongoing practice!

Through seated meditation with a focus on the breath, we have repeated opportunities to practice this cycle over and over again, which actually teaches us a healthy way to be with ourselves during our daily lives. We learn over time to develop and strengthen our ability to observe, to practice non-judgment, thereby reducing our emotional reactivity. We also learn a form of “letting go” by developing the option to choose to return our attention to the present moment, away from the thoughts that often hijack our emotional world.

As mentioned earlier, the learning is ongoing, and that is precisely why mindfulness is referred to as a practice. It is a practice that is fed

IMPORTANT INFORMATION:

LICENSING EXAMINATIONS ARE CHANGING effective January 1, 2016. Additionally, the month of December 2015 is the Examination Blackout Period.

Read about the examination

changes, the blackout period, and more on the Board of Behavioral Sciences website at http://www.bbs.ca.gov/exams/exam_news.shtml.



and cultivated by regular meditations and attempts to be mindful in our daily lives. A little bit of mindfulness is better than none at all. We can begin right now by noticing the way we are sitting, the sounds around us, the taste or texture of our food, or the sights in front of us. The list is really endless, and the practice is intentional and active. We begin with what is.

Moby R. Coquillard, LMFT has been licensed since 1991 and began practicing mindfulness in 1999. Moby received training through the Center for Mindfulness at UC San Diego and has taught Mindfulness Techniques for Healing Depression for over 10 years. He taught in the graduate counseling program at San Francisco State for 4 years. Moby has a private in San Mateo working with adults, couples and older adolescents. He specializes in trauma, anxiety management and depression. Moby can be reached at www.mobycoquillard.com.

(1.0 CEUs, PCE 1143)

ANNUAL MEETING

SCV-CAMFT Annual Meeting and Celebration

with a presentation by Ronald Mah, MA, PhD, LMFT

SCV-CAMFT wants to thank you for your continued membership. Please come out and join your colleagues for socializing, food, fun, cocktails and a dynamic speaker. You will hear exciting chapter business from our president and we will celebrate our chapter and most importantly, YOU! Register at SCV-CAMFT.org for this FREE membership appreciation event.

**From Difficult to Dangerous: Acting Out, Aggression, Volatility versus Danger or Violence Potential in Clients****Presented by Ronald Mah, MA, PhD, LMFT**

“How dangerous is my client?” Therapists are often presented with difficult clients to treat. Among the presenting issues are aggressive, impulsive, and violent behaviors. There may also be aggressive, obsessive, and violent thoughts or writings. Sometimes both are present. How dangerous is the client? And what is the likelihood of physical assault on another person?

There are often complex issues and circumstances that make a child or teen (and adult) “act out” or become moody. Effective treatment comes from appropriate assessments of client personality, issues, and circumstances that lead to theoretical clarity. This clarity subsequently guides the treatment approaches and interventions.

Fifteen or more specific criteria will be introduced to help clinicians differentiate danger potential as well as treatment and intervention processes. This information gives guidance for both treatment and preventative work for children and teens. While the seminar will focus on children, this information is applicable for assessing the potential for domestic violence, child abuse, physical assault, and emotional, psychological, economic, financial, and social attacks by adults.

About the Speaker:

Ronald Mah, MA, PhD, LMFT, combines concepts with practicalities. He is the author of *Difficult Behavior in Early Childhood*, *The One-Minute Temper Tantrum Solution*, & *Getting Beyond Bullying and Exclusion*, 20 e-books on couples and couples therapy, trainer/speaker-dvds on child development and behavior (Fixed Earth Films), community mental health, SED programs, other social services programs, Head Start, high school mental health clinic, private practice in San Leandro, formerly served on the board of directors of the California Association of Marriage & Family Therapists and of the California Kindergarten Association, 16 years in ECE, elementary & secondary credentials, college instructor, consultant for PrivateTree - an online confidential communication technology program.

Date: Friday, November 6, 2015**Time: 4:00 p.m. – 8:00 p.m.****Place:** Michael's at Shoreline, 2960 N. Shoreline Blvd., Mountain View, CA 94043**Menu:** Appetizers and drinks**THIS EVENT IS FREE FOR MEMBERS****Registration Deadline:** Monday, November 2

Walk-ins are welcome, but pre-registration is encouraged and appreciated

Register: Online at www.scv-camft.org

This course meets the qualifications for 1.0 hours of continuing education credit for LMFTs, LPCCs, LEPs and/or LCSWs as required by the California Board of Behavioral Sciences (PCE 1134).

Please visit our website at www.scv-camft.org to review the CEU information and our 24 hour cancellation policy.

(1.5 CEUs, PCE 1143)

MID-REGION LUNCHEON

Working Implicitly in Psychotherapy: What Decades of Neuroscience Study Has Taught Me About Being a Psychotherapist

Presented by Francine Lapides, LMFT

Infants are primarily right brain beings and in the first few years of life the neural circuitry of the right brain expands at somewhere near the speed of light. In the safety and stability of loving & attuned resonance, children learn the most important life lessons of how to be present in their bodies, in their first relationships and eventually in the world, in a neutrally integrated and regulated way. Early childhood trauma, especially that sustained relationally, disrupts those growing capacities, and leaves implicit (unconscious and body-based) imprints in the sub-cortical right brain that create much of the suffering we address as psychotherapists.

While the overwhelming bias in western psychotherapy has been a “top down” primarily left brain model of conscious and verbal attempts at change, neuroscience is increasingly confirming that we must work in this right brain, unconscious, body-based arena as well. In this luncheon talk, using a combination of vignettes, experiential exercises and clinical tools, we’ll look at ways that we, regardless of our clinical orientations, can add more implicit and “bottom-up” approaches to the way we work.



About the Speaker

Francine Lapides has been a licensed MFT since 1974. She is a decades-long member of SCV-CAMFT, was a supervising therapist through the 1970's, and has been in private practice in San Jose and Santa Cruz, California since 1980. She has trained extensively with Daniel Siegel, is a 10-year member of Allan Schore's Berkeley study group, and has been strongly influenced by relational principles developed at The Stone Center at Wellesley College. She is a founding member of the Santa Cruz Society for Psychoanalytic Psychotherapy (SCPPS), teaches at workshops and conferences across the U.S, and is a repeat presenter at the Cape Cod Institute and at the New York City Affect Regulation Conference. She offers small, personal monthly study groups in her office in Felton for clinicians wishing to learn more about applying neuroscience findings to their practices. For more information Francine can be contacted at 831-335-4830.

Friday, November 13, 2015

11:15 a.m. – 1:30 p.m.

Place: Michael's at Shoreline, 2960 North Shoreline Blvd., Mountain View, CA 94043

Menu: Buffet Lunch

Registration Deadline: Monday, Nov. 9 for pre-registration fee.

Register: Online at www.scv-camft.org

LUNCHEON FEES

PRE-REGISTERED BY NOV. 9:

Members - \$26

Non-members - \$33

CEUs: Members/non-members - \$7

WALK-IN FEES:

Members - \$33

Non-members - \$40

+ CEUs

Lunch is not guaranteed for walk-ins, but is available on a first-come, first-served basis. Auditing the event without lunch is available. This course meets the qualifications for 1.5 hours of continuing education credit for LMFTs, LPCCs, LEPs and/or LCSWs as required by the California Board of Behavioral Sciences (PCE 1134).

Please visit our website at www.scv-camft.org to review the CEU information and our 24 hour cancellation policy.

(3.0 CEUs, PCE 1143)

INNOVATIVE PROGRAM

Working with Millennials: Exploring Connection and Intimacy

Presented by Marty Klein, Ph.D. and Christina Villarreal, Ph.D.

This workshop is for therapists who want to enhance their knowledge and skills in working with clients aged 18-34. Seating is limited, so register now! Refreshments will be served.

3.0 CEUs available - MORE INFORMATION ON THIS EVENT AT OUR WEBSITE.

Real Sex in a Virtual World: Supporting the Sexuality of Millennials Presented by Marty Klein, Ph.D., LMFT



They grew up with computers, cell phones, and social media. In this seminar, you'll find out what Millennials need in the area of sexuality and intimacy and how to better provide it. And with Master Presenter Dr. Marty Klein, you'll be laughing while you learn.

You'll learn how to help Millennials:

- * Assess the effect of conducting relationships via digital media
- * Identify how pornography affects their sexuality, how to develop their sexual self
- * Become more comfortable with conflict in relationships, learn how to "fight fair"
- * Assess, acknowledge and resolve their ambivalence about intimacy

Dr. Marty Klein has been a Certified Sex Therapist for over 30 years. He is the author of seven books about sexuality, including, *Sexual Intelligence*. Audiences across the U.S. and internationally consistently call his presentations practical, thought-provoking, and entertaining. His blog & website are at www.SexEd.org.

Cognitive Behavioral Therapy in the Treatment of Millennials Presented by Christina Villarreal, Ph.D.



Learning Objectives:

- * Establish and support meaningful treatment goals
- * Build rapport and tailor communication style to connect
- * Challenge commonly held assumptions held by Millennials and teach positive reframing
- * Understand and respect interpersonal style within relationships
- * Create opportunities to reflect, learn and celebrate wins

Dr. Christina Villarreal is an executive coach, therapist, and professor of psychology at UC Berkeley. She works with the tech community, helping individuals expand their emotional intelligence. Dr. Villarreal has been a mental health expert and consultant for international publications and television networks including The Wall Street Journal, Techcrunch.com, BBC, ABC, CBS, and more. She is the mental health writer for examiner.com in Oakland CA. Dr. Villarreal's website is drchristinavillarreal.com.

**Saturday, January 23
10:00 a.m. – 1:00 p.m.**

The workshop will start promptly at 10am!

Arrillaga Family Recreation Center
700 Alma Street
Menlo Park, CA 94025

Registration Deadline:

Wednesday, January 20

Register online at

www.scv-camft.org

FEES:

Members - FREE

Non-members - \$15

CEUs (3.0): \$15

(members and non-members)

This course meets the qualifications for 3 hours of continuing education credit for LMFTs, LPCCs, LEPs and/or LCSWs as required by the California Board of Behavioral Sciences (PCE 1134).

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

This course meets the qualifications for 3.0 hours of continuing education credit for LMFTs, LPCCs, LEPs and/or LCSWs as required by the California Board of Behavioral Sciences (PCE 1134). Visit our website to review the CEU info and our 24 hour cancellation policy.



Got Something to Share?

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

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

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

ADVERTISING OPPORTUNITIES AND PRICES

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

Find out more about the advertising options at our website, www.scv-camft.org. Log-in, click the button **Advertisements**, then click **How to Advertise**.

Advertising rates for display ads are listed below:

Newsletter or online ad	Member Advertising Rates			Non-member Advertising Rates		
	2 months	6 months	12 months	2 months	6 months	12 months
Full page	\$200	\$510	\$900	\$400	\$1,020	\$1,800
Half page	\$125	\$319	\$563	\$250	\$638	\$1,125
Quarter page	\$75	\$191	\$338	\$150	\$383	\$675
Eighth page	\$50	\$128	\$225	\$100	\$255	\$450

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

FAMILIES FIRST MEDIATION

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

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

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

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13.5 CE Credits Available



See Website for Registration
and Additional Information!

www.aCouplesWorkshop.com

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

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Gottman Professional Training

2015:

Level 2- Assessment, Intervention, & Co-Morbidities
December 3rd-5th, 2015

2016:

Level 1- Jan. 29th-30th or July 22nd-23rd, 2016

Level 2- March 3rd-5th or Oct. 6th-8th, 2016

Level 3- July 7th-9th, 2016

Co-Presented with Dr. Bob Navarra



Intimate Retreats in Sonoma Wine Country

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TrainingForCouplesTherapy.com

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

PSYCHONEUROLOGY STUDY GROUP

Keeping the Brain in Mind:

How knowing more about the brain can help you
become a better therapist.



January 15 to Oct. 21, 2016

Roughly the third Friday of each month
Summer Break for July & August

Are you intrigued by the wealth of **neuroscience research** available today from Schore, Siegel, van der Kolk, Porges, etc. & interested in exploring the clinical implications and applications of these findings to your own practice of psychotherapy?

Write for a brochure!

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

FMLapides@aol.com

www.FrancineLapides.com

License # MFC 7414

Adult and Young Adult Psychotherapy Groups

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Many people feel relieved after joining a Psychotherapy Group. Meeting others who have overcome similar problems offers hope and new determination. For more information, contact:

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

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www.counselingforyou.com

GROUPS & WORKSHOPS

Process group offered!

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

Interpersonal Groups

Interpersonal Group Psychotherapy These Groups offer a safe and caring place to learn relationship skills for developing friendships, becoming closer to others and building self-esteem. Issues such as social anxiety, social isolation, assertiveness, and codependency are explored with the support and feedback of peers. Nancy Wesson, Ph.D. LMFT, psychologist has 25 years of experience leading groups, 16 years of teaching group psychotherapy. Trained by Irvin Yalom, M.D., she is the founder of the Center for the Study of Group Psychotherapy. For info (650) 965-7332 or Dr.NWesson@sbcglobal.net. For articles about group psychotherapy: wespsych.com, shynesshelp.com. Fee: \$70/some sliding scale.

Creative expression process group for anxiety and support

A CE process group for soc. anxiety and support is ongoing in Mountain View area on Friday evening. Contact Dr. Kozlova (831) 2970567; e-mail: elumen2000@yahoo.com

Women: Our Bodies, Beliefs, & Relationships

6-Session Workshop provides a nurturing, experiential environment for women struggling with body issues. 9/23-10/28 Wednesdays 7:00pm-8:30pm 595 Millich Dr, #102, Campbell, 95008 \$50/session Sara Gifford, LMFT: 650-283-5778

New Skills and Choices Parenting Classes

The New Skills and Choices Parenting Program is a comprehensive and integrated continuum of care consisting of three levels: prevention, intervention, and intensive intervention.

GROUPS & WORKSHOPS

Program objectives: To help parents build new skills in communication for co-parenting/parallel-parenting; and to help parents make constructive choices for their family. Group interventions include role plays, videos, peer learning and didactic information to assist them in learning the ability to: Develop empathy for children and the other parent; Learn constructive ways to solve problems; Learn new communication techniques, especially clarifying and listening; Learn value of parallel parenting when appropriate; Understand effects of conflict on children and on each other; Recognize ways that stress, anger, violence, substance use, and intense emotions may cause problems. Please contact: 408-774-1009. Classes are 25.00 each for twelve weeks.

Psychotherapy and Consultation Groups

Psychotherapy Groups for Men and Consultation Group for Group Leaders facilitated by seasoned group therapist on Mondays in Menlo Park. Contact Jamie Moran, LCSW, CGP, 415.552.9408, jammoran@aol.com, jamiemoran.com.

TEEN GIRLS and WOMEN'S GROUPS

TEEN GIRLS-Friendships, feelings, communication, self-esteem and stress using art and drama. WOMEN- relationships, depression, stress, transitions, and parenting starting Jan 23rd. Lori Levitt, MFT #43329. 650-794-4828 www.lorilevittmft.com

Tackling Anxiety Classes Teens & Adults

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

FOR CLINICIANS

Office-based Addiction Treatment

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

Experienced Mediator, specializing in Divorce and Custody Issues

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Do you want to expand your practice and generate passive income?

Save time and money by using Private Practice Launchpad's proven systems and paperwork to hire, retain and manage quality clinicians. Learn more at privatepracticelaunchpad.org

Got insurance questions?

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

Supervisory Position-LMFT

Our 501c3 agency is seeking a licensed MFT to hire as a contractor. This is a part-time position. This position would be ideal for someone who is seeking extra income to supplement their private practice. You must have at least one year of experience working with at risk-youth. Our dedicated staff works with vulnerable populations. Please submit resume to info@peace-it-together.org.

FOR INTERNS

INSPIRED INTERNS process group

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

JOB OPPORTUNITIES

Therapist/Case Manager

Case Manager/Mental Health Therapist (2 openings) Provide case management services to residents including: verbal, written communication with collaterals, assessments, treatment planning and maintain required treatment records and reports. Provide individual, group and family therapy for resident children. Gain ACSW or MFTI supervision hours towards licensure. Must pass DOJ clearance. Experience working with Emotionally Disabled children. Medical experience ideal. Must have a Master's degree. Send resume to amy@chamberlaincc.org or contact 831-636-2121 x 234

Internship

Internship Opportunity: Our main office is in Santa Clara. Our internship program supports at-risk youth and children who are in need of social and emotional support. We are searching for motivated, enthusiastic interns/trainees who want to make a difference in our community. Internship opportunities Include: Experience with adolescents (at-risk youth), parents, children, psychotherapy, group work, knowledge of school system, community collaboration, resource and referral, case management. We are seeking individuals to start their internship immediately. Training is included. A one year commitment is expected, since we work with at-risk youth. In addition to our Teen Dating and Family Violence Intervention program, we are also looking to hire MFT registered interns/ASW's for our

JOB OPPORTUNITIES

Sexual Offender and Sexual Abuse Treatment program (SO/SA) in Juvenile Hall and William Holden Ranch. Individual and group therapy will be provided to incarcerated youth. The SO/SV Treatment program will commence in August, however, training will begin in July. Bilingual Spanish/English preferred. Stipend available for Spanish/English bilingual candidates. Supervision will be provided by a licensed MFT with 20 years of experience in the field. Must be a registered MFTI or ASW with the BBS, carry malpractice insurance and commit to a one year contract. Positions are available immediately. If interested, please email your resume to info@peace-it-together.org.

Mental Health and Disabilities Consultant

The Community Child Care Council of Santa Clara County Inc. is searching for a licensed Mental Health and Disabilities Consultant. Will provide supplemental mental health and disabilities services and related educational, technical, and consultative support to children, families, and Early Head Start staff. Bilingual Spanish preferred. Consultation need is 20 hours a week. Send resume to jobs@4c.org

OFFICE SPACE

Lovely 357 sq ft office by 280/ Saratoga Ave

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

Beautiful Cupertino Office Available

Mondays and Wednesdays Well furnished, clean and bright, second floor, private waiting room, ideal for adults and teens. Please contact Kalpana at 408-808-1490.

OFFICE SPACE

Beautiful extra-large (270sf) RWC office just off 101

Two windows, soundproofing. Beautiful building. Shared waiting room with call light, kitchen, free wifi, parking lot. Rent \$1180 can be split between two clinicians. Start anytime between now and mid-Jan. Contact Sunny@SunnySabbini.com at 415-895-0786

Two Offices Available

Pleasant offices in a quiet suite available to a licensed practitioner. Complex has easy access to 85/17 and 280, just south of Santana Row. Garden setting, ample parking, clean with new carpet and paint, updated waiting area. In-suite restroom and kitchenette. Reasonable rent. For info. contact, Karen Wride, LCSW (408) 886-7143.

Available: Therapy Office for Rent

Quiet office suite, 200 square feet, in lovely downtown Palo Alto building on Lytton Avenue, one of several offices of mental health professionals. Office is nicely furnished. Dedicated parking for therapists. Building manager on site. Office includes waiting room, kitchen and private bathroom for therapists. Available Monday and Saturday. Please call Marsha Anderson, 650-326-6422

Office space in Menlo Park

Part time office space available (weekends, weekdays, and evenings). Excellent location downtown MP. Near shops, parking, and restaurants. Well appointed, soundproof, elevator access, kitchen available. Call Barbara at 650 326-2020

Winchester Blvd Fabulous Garden

Setting Professional Office to Share 2-office suite, inviting decor, waiting room, kitchenette, amenities included. Available Mondays and Fridays \$300/month. Safe/ professional location by Santana Row. Contact Sheila at (408)249 3606

CALENDAR OF EVENTS

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

NOVEMBER

- 6 **Annual Meeting and Celebration,**
Mountain View, CA
- 6 South Region Pre-Licensed Support Group
- 13 **Mid-Region Chapter Luncheon:** What Dec-
ades of Neuroscience Has Taught Me About
Being a Psychotherapist, Mountain View, CA
- 13 North Region Pre-Licensed Support Group
- 14 North Region Newly Licensed Support Group
- 15 **Newsletter Submission Deadline**
- 21 South Region Newly Licensed Support Group

DECEMBER

- 4 South Region Pre-Licensed Support Group
- 5 North Region Newly Licensed Support Group
- 11 North Region Pre-Licensed Support Group

2016 EVENTS

March 19

SCV-CAMFT Spring Workshop: *Pink and Blue? Not So Black and White: What Therapists Need to Know About Sex, Gender, and Transition*

July 29

SCV-CAMFT Summer Workshop: *Neurobiology and Neuropsychological Aspects of Trauma: Understanding Trauma and Treatment Issues*

The Newly Licensed Support Groups

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

FREE NEWLY LICENSED SUPPORT GROUPS

North Region Newly Licensed Support Group

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

Upcoming dates: November 14, December 5

Facilitator: Jamie Moran, LCSW

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

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

South Region Newly Licensed Support Group

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

Upcoming dates: November 21, no December mtg.

Facilitator: Verna Nelson, LMFT

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

RSVP and contact: vernanelson@gmail.com or 408-379-7747

FREE PRE-LICENSED SUPPORT GROUPS

North Region Pre-Licensed Support Group

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

Upcoming dates: November 13, December 11

Facilitator: Ildiko Ran, LMFT

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

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

South Region Pre-Licensed Support Group

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

Upcoming dates: November 6, December 4

Facilitator: Michelle Farris, LMFT

Location: Evergreen Area of San Jose - address given with rsvp

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

The Pre-Licensed Support Groups

are designed to support interns.

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

OUR 2015 BOARD OF DIRECTORS

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seeversmd@aol.com**Committee Chairpersons****North Region Luncheons:**

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650-396-7116

soad@soadtabrizi.com**South Region Luncheons Co-chairs:**

Verna L. Nelson, LMFT

408-379-7747

Carol Marks, LMFT

408-249-8047

Innovative Programs:

Dana Backstrom, LMFT

650-257-5000

dana@counselingtoyou.com**Useful Contact Information****CAMFT**

7901 Raytheon Rd, San Diego, CA, 92111

Phone: 858-292-2638

Email: InfoCenter@camft.orgWebsite: www.camft.org**Board of Behavioral Sciences**

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

Phone: 916-574-7830

Email: bbswebmaster@bbs.ca.govWebsite: www.bbs.ca.gov**American Red Cross Silicon Valley**

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

Phone: 877-727-6771

Website: www.redcross.org

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

Newsletter deadline for the January/February 2016 issue is Nov. 15. All articles and advertisements must be submitted either via e-mail to mail@scv-camft.org or via the chapter's website at www.scv-camft.org. Articles and announcements must be submitted typed and double-spaced. We reserve the right to edit all articles. Opinions expressed are those of the authors and do not necessarily represent views of SCV-CAMFT. Article guidelines are available online. Advertising guidelines are available online.



Santa Clara Valley Chapter

CALIFORNIA ASSOCIATION OF MARRIAGE AND FAMILY THERAPISTS

SCV-CAMFT News

Attention: Editor

P.O. Box 60814

Palo Alto, CA 94306

www.scv-camft.org

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

Annual Meeting and Celebration!

Friday, November 6
4:00 p.m. – 8:00 p.m.

***“From Difficult to Dangerous:
Acting Out, Aggression, Volatility
versus Danger or Violence
Potential in Clients”***

Presentated by
Ronald Mah, MA, PhD, LMFT
(1.0 CEU hrs., PCE 1134)

Michael's at Shoreline
2960 Shoreline Blvd.
Mountain View, CA 94043

CHAPTER EVENTS



SCV-CAMFT

Mid-Region Chapter Luncheon

Friday, November 13
11:15 a.m. – 1:30 p.m.

***“What Decades of Neuroscience
Study has Taught Me about Being
a Psychotherapist”***

Presented by
Francine Lapidès, LMFT
(1.5 CEU hrs., PCE 1134)

Michael's at Shoreline
2960 Shoreline Blvd.
Mountain View, CA 94043

RESERVATIONS: YOU CAN REGISTER ONLINE USING YOUR MASTERCARD, AMEX, or VISA CREDIT CARD or PayPal. Go to our website at www.scv-camft.org, click the “Calendar of Events” page and click on the event to find the luncheon or workshop registration page. You can pay with credit card, paypal, or check. Send your check, payable to SCV-CAMFT, to SCV-CAMFT, P.O. Box 60814, Palo Alto, CA 94306. Payment must be received by the Monday before the event. Reservations will be held until noon. If seating is available, “walk-in” persons can pay at the door to attend. Please note: telephone reservations cannot be accepted. Please visit our website at www.scv-camft.org to review CEU information and our cancellation policy.