

**SPECIAL
POINTS OF
INTEREST**

- **President-Elect's Column by LaDonna Silva, MFT Intern**
- **Becoming Culturally Competent is a Journey**
- **Pre-Licensed Corner Pg 3**
- **Upcoming Lunch-eons Pg 10**

**INSIDE THIS
ISSUE:**

Diversity and Multi-Cultural Competency Workshop 5

June Luncheon Review 6

Annual Meeting 7

FREE Movie Night 7

Support Groups 12

Legal and Ethical Issues Workshop 13

Classifieds 20-21

SCV-CAMFT News

VOLUME 30, NO. 5

SEPTEMBER / OCTOBER 2011

President's Column—

Opening My Heart to Diversity

—President-Elect LaDonna Silva, MFT Intern

Several years ago, two students and I were awarded a grant at JFKU to create an event that embraced diversity in the community. Our creative ideas lead us to our first and only event ~Open Your Heart to Diversity. We opened with poetry, and then experienced an African led dance that embraced our visible and invisible differences in the room. We learned about Ethiopian food and filled our bellies with Injera, the unleavened bread prepared today as it was a thousand years ago. Zeni's, a local Ethiopian Restaurant, donated all of the food and fed close to



LaDonna Silva
President-Elect, SCV-CAMFT
ladonna@processes.org

ninety participants. We filled the room with booths displaying local services, so that the participants could experience the rich, diverse population sur-

rounding our greater community. The night was memorable, hearts were touched, and connections were made.

This event, and several other experiences in my life, inspired me to explore ways to create another enriching experience. This idea was discussed last year and again at our board strategic planning meeting, and the board got excited. We launched the idea to create our upcoming workshop, Diversity and Multi-Cultural Competency for Therapists. Pam Eaken, our Special Events

Cont'd on Pg 14

Becoming Culturally Competent is a Journey

—Lee Mun Wah

The author of this article, Lee Mun Wah from Stirfry Seminars, will be the speaker at the Cultural Competency for Therapists workshop on September 30, 2011. To register for the workshop contact visit our website at www.scv-camft.org. Or contact the Chapter Coordinator, Sunnie Weber at scvcamft@gmail.com or phone 408-235-0210.



The issue of cultural competency in the past few years has become a constant buzzword for workplaces, schools, and social agencies. There is not an

easy answer or a quick solution to how to become culturally competent, but rather it is a process or more exactly, a journey that takes a lot of time, curiosity and a desire to widen the scope of one's experiences. The Buddhists say that we do not learn from experience, but

Cont'd on Pg 4

SCV-CAMFT Calendar

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

SEPTEMBER

- 9 Free Movie Night**
The Color of Fear
The Enlightened Mind in
Campbell
- 15 Newsletter Deadline**
November / December
Edition
- 30 Workshop—Diversity and
Multi-Cultural Competency
for Therapists**
Mountain View

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

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

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

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

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

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

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

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

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

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

OCTOBER

- 14 Annual Meeting**
Guest speaker Peter Pearson
of The Couple's Institute
Voting in of Board of Directors
- 21 Law & Ethics Workshop**
Mike Griffin, J.D.,
CAMFT Staff Attorney
Mountain View
- 28 Chapter Luncheon**
South Region; Los Gatos

Liaisons To Other Community Agencies

Red Cross (Santa Clara County):
Judith Boore, 650/948-9138
Jane Kingston, 650/726-6774

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

Committee Chairpersons

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

SCV-CAMFT News (ISSN#010092) is published bi-monthly in January, March, May, July, September and November for \$10 per year by the Santa Clara Valley Chapter of the California Association of Marriage and Family Therapists, 1620 Villa Street, Mountain View, CA 94041.

Editorial Staff

Vinutha Mohan, Editor
vinutham@gmail.com

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

Editorial Committee

Bonnie L. Faber
Vinutha Mohan
Terryann Sanders

Periodicals Postage Paid at Palo Alto, CA, and at additional mailing offices.
POSTMASTER: Send address changes to SCV-CAMFT News, 1620 Villa Street, Mountain View, CA 94041.

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

Please see advertising policy and information on page 21.

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



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

Pre-Licensed Corner—Therapist in the Room by Howard Scott Warshaw

I am a therapist. It took a lot of time and effort to make this true. I graduated. I'm seeing clients. Bring on the rights and privileges thereto appertaining! I'm finding the things I get out of being a therapist are the same things that brought me to it: Gifts and Miracles.

I've enjoyed the gift of fabulous teachers (I suppose this makes me a gifted student). I feel the best teachers do more than teach. The best teachers are also students. They engender skillful application, and garnish it with an earnest quest for knowledge, thus enticing me to join. Be it professors, administrators, colleagues or supervisors, I've been blessed with the best from the best. I'm honored to say it's actually my job to pay this forward. And I'm proud to say, thanks to their generous tutelage, I'm increasingly capable of doing just that.

My father gave me the gift of humor; my mother the gift of intense focus and commitment. I have struggled to balance the two, and now I bring this balance into the room.

My clients model strength, vulnerability, courage, trust, and every once in a while, miracles. They expose me and challenge me to be more aware, less defensive and more authentic. They push me to be better as I strive to better serve them. They give so bounteously I almost feel guilty collecting a fee. Almost. The fee keeps me mindful to repay the gifts I'm receiving. I do this by offering clients a present in exchange for their gifts. I offer them the gift of presence.

Clients are a miraculous gift, but no one has taught me more about manifesting miracles than my dear wife, Sherri. Whereas I'm basically a Type A, she is more of a Type C: Courageous, Creative and Congruent. But these are just her gifts, let me tell you about the miracle: Years ago, the best medical advice left us no reasonable expectation of a first anniversary. Yet here she is, with me at the culmination

of a journey she in large part facilitated. We faced a difficult choice: focus on living what life we had left, or focus on the problem threatening it. We chose to live our life fully, and by focusing on life we created it. Every day is a gift. This is our miracle. And a new gift is created every time we share it.

Since high school I wanted to be a therapist but I kept hearing, "People only go into psychology to solve their own problems." Stigma kept me away. Ultimately I pursued it. Now, with benefit of hindsight I revisit the question: Do people become therapists to work on their own issues? You bet your Asperger's they do. I certainly did. And thank God! Becoming a therapist enabled me to make tremendous personal progress. Crucial progress. It did so by providing me one thing I desperately needed: Plausible Deniability. Becoming a therapist requires committing to a substantial course of personal therapy without having to admit there is a problem. I knew I had things to work on, I just wasn't ready to know I knew it. By deciding to walk this path I was empowered to take the steps I needed to become the person (and the therapist) I always believed I could be. Along the way a fabulous job materialized, seemingly out of nowhere, which smoothed my road considerably. Apparently the universe was ready to admit I had a problem even if I wasn't quite there yet, and in my moment of need the universe offered a hand. What a miracle. What modeling! What an amazing gift to receive.

I'm filled with gratitude and every day it grows (well, most days). And how could it not? My appointment book is a bouquet of intimate moments. My colleagues are a network of skilled empathizers. My cost of doing business is self-care and personal development. In the service of helping others, I help myself. Where else could I find a situation where I get so much value for giving so much value? I learn. I grow. I love to inspire. I am a therapist.

Becoming Culturally Competent is a Journey——cont'd from pg 1

rather by our willingness to experience. In the Western cul-ture, which often boasts of being multicultural, there is still so much learn about each other and so much that is taken for granted. And so, the journey that is needed begins with first acknowledging what we don't know and being open to what it is that we need to learn.

To me, cultural competency requires many facets of understanding. For many, awareness is often just the first level of cultural competency. Becoming more aware of the social issues and contexts surrounding another's cultural history and upbringing is also needed. For example, asking, "What's good about being Latino and what's hard about being Latino? Or when did you first learn you were different? How did it affect you? How does it affect you today?" Though at first, these may seem like very simple questions, they are seldom asked and inherently have many layers of emotions and experiences that can have a profound effect on one's self-esteem and perception of the world.

Here are some important ways to become more culturally competent:

- a) Begin where they are, not where you want them to be.
- b) Learn to correctly pronounce the name of someone from another culture. Don't abbreviate or change their names. Their names are an important link to their past and family history. Honor their names and you honor their ancestors and their heritage.
- c) Learn about the important folks in someone's place of origin such as artists, musicians, dances, philosophers, and writers, not just their foods or holidays.
- d) Share your culture, so folks from other cultures don't think they are the only ones who are different. If you don't know much about your

culture ask your relatives, go the library or internet and discover about yourself and your people. Many have a culture that they've abandoned or had erased because of historical events such as racism and genocide.

- e) Invite folks who do not look like your culture into your home for dinner or other occasions. In other words, widen your circle of friends. If your area has few cultures represented, view films, books, pictures, and television programs, music and artwork depicting other cultures into your home.
- f) Notice and appreciate the colors, rhythms and spirituality of other cultures.
- g) Let folks know that you see their color and acknowledge yours. Colorblindness is just an-other form of denial and marginalizing.
- h) Talk about racism, sexism, and classism. Even though you may not believe it exists, doesn't mean it doesn't happen. Be curious, empathetic and open to another reality outside of your own.
- i) Be prepared when someone brings up your ethnicity and what it means to them. Try not to take it personally if they say something negative, rather listen and ask lots of questions. Be open to how they are feeling, even it takes the form of anger or hurt. They need to talk and trust that you will listen and be understanding.
- j) When someone talks about racism or any of the other isms, believe them, be curious, and be supportive and not a part of the problem.

Cont'd on Pg 14

SCV-CAMFT Workshop—September 30th



SCV-CAMFT Presents

DIVERSITY & CULTURAL COMPETENCY FOR THERAPISTS

With internationally renowned filmmaker, author, poet, Asian folk teller,
educator, therapist, and master diversity trainer

LEE MUN WAH

As featured on the Oprah Winfrey Show

Plus Lynn E. Fritz, LMFT, Karuk Tribal descendant, public speaker and educator.
Lynn will lead a Native American welcoming ceremony and closing drumming ceremony.

- 👤 Learn practical skills for a wide range of clients
- 👤 Learn assessment and interventions for effective, culturally sensitive communication
- 👤 Enjoy a day of culturally diverse experiences

FRIDAY, SEPT. 30TH, 2011

Where: Michael's at Shoreline—2960 North Shoreline Blvd, Mtn. View, CA
Cost: All fees include CEU's, breakfast, and buffet lunch
SCV-CAMFT members \$130
Non-chapter members \$140
How: Must register by September 19, 2011.
Register online at www.scv-camft.org/calendar
by phone (408)235-0210 or email mail@scv-camft.org.

**For information on the workshop call Pam Eaken
at (650)504-1982 / pamelaeaken@gmail.com**

Cancellation Policy: Due to the contracted costs of offering this event, cancellations must be received at least 14 days prior to the date of the event in order to ensure a refund, less a \$35 administrative processing fee. Cancellations received after that date will be credited to your account if we are able to sell your seat for the event. By sending payment you are agreeing to this cancellation policy. Cancellations may be sent by e-mail to mail@scv-camft.org or voicemail (408)235-0210.

Special Needs: SCV-CAMFT is committed to providing a presentation that is accessible by all who wish to attend. If you have a special need and plan to attend, please request an accommodation by making contact with us at (408)235-0210 or mail@scv-camft.org so the chapter has ample time to arrange your accommodation.

June Luncheon Review—by Michal Sadoff

Demystifying Transference-Countertransference: What Might We Be Missing?

On Friday, June. 24, 2011, Dr Teri Quatman addressed attendees at the SCV-CAMFT luncheon held at Michael's at Shoreline. The title was: *Demystifying Transference-Countertransference: What Might We Be Missing?*

"It is difficult to talk to patients about the relationship in the room," said Teri. "It's scary, it's vulnerable, it brings out our humanness." Nonetheless, it is a powerful therapeutic technique. The next ninety minutes were spent discussing why it is important, why it is challenging, and ways to make it a little less difficult.

The importance of the relationship in psychotherapy is illustrated in an article published twenty-five years ago in the American Journal of Psychiatry entitled "Can We Talk".

A patient with schizophrenia gave an account of how her therapy had helped her, and given her hope in her desperate struggle with mental illness. She said, "For a long time, I wondered why my psychiatrist insisted on talking about our relationship. Our relationship was not the problem. The problem was my life." But she came to understand that the relationship with her psychiatrist was her first real relationship. She was able to bring that experience into her life in such a way that she finally felt like a part of the world and felt safe in it. In other words, the key to success in her therapy was the relationship between herself and her therapist, and talking about that relationship.

Why is it so difficult for therapists to talk about the relationship? One reason is that it is hard to recognize transference and to acknowledge how thoroughly all our relationships are built on our own fabrications as

much as on reality. Another reason is that the patient often does not want to talk about it. Teri recalled the time, years ago, when her own therapist asked her how she thought the relationship was going. "It was a straightforward question, and I remember feeling completely undone by it. The fact was that I had come to respect, idealize, and (by that time even in some respects) love my therapist. I felt seen, I felt tolerated, and I wanted to emulate her. But I also felt like a psychological cretin in her presence." With a comedian's pause, she revealed to the audience the very brief answer she gave to

her therapist's question. "I remember my answer in the moment. I think I said, 'Fine'," she dead-panned. The audience laughed appreciatively and knowingly. "But that wasn't the truth of it -- not by a long shot," she continued. The point is that talking about the relationship can be threatening to the patient.

Early on, Teri turned the audience into the familiar territory of a classroom, complete with small-group discussions, to explore what we do as therapists. Specifically, do

we bring the relationship into the room; how do we do it; what are the difficulties; what is its impact? A show of hands among this audience gave the result that only a few discuss the patient-therapist relationship frequently. The large majority of therapists in attendance rarely, or only occasionally, discuss it.

It is a given that our patients have a relationship with us. Not only may a patient experience the first real intimate relationship with his or her therapist; but it may be multiple relationships, such as his mother, his wife, his sister, or his lover. Simply put, transference is the imaginary relationship

Cont'd on Pg. 15

Michal Sadoff -

Michal Ruth Sadoff is a graduate student in counseling psychology at Santa Clara University, and is excited to be making a change from a long-time career in the healthcare technology field. She is interested in working with adults and concerns arising from parenting, life transitions, grief and loss, and work-related issues. She can be reached at michalsadoff@sbcglobal.net.



SCV-CAMFT 2011 Annual Meeting

Friday, October 14

4:00 to 6:30 PM

Michael's at Shoreline

2960 Shoreline Blvd.

Register online at www.scv-camft.org

Have you ever sat in a session with a high conflict couple and wondered:

- (a) what in the world do I do now?**
- (b) how much longer is this session?**
- (c) is it too late to become an accountant?**

If you answered *yes* to any of these questions, you won't want to miss this year's Annual Meeting.



The guest speaker will be Dr. Peter Pearson of the Couples Institute. Dr. Pearson is an expert at working with couples, and his topic for this event is "Couples in Conflict – Making Your Couples Work Harder Than You Do." Anyone who has seen him in action working with a couple, heard him talk about couples, or read his book "In Quest of the Mythical Mate," knows that he really understands how to work with and challenge the couples he sees. Whether you currently work with couples, or just want to learn more, he is one of the leading experts in this challenging field.

**This is also your opportunity to vote in
your new 2012 Board of Directors.**



In addition to hearing Dr. Pearson, you will have the opportunity to **mingle** with old friends and **network** with colleagues, while enjoying appetizers and beverages. You will also **meet** the Board of Directors and learn more about your chapter's accomplishments and plans for the future. All of this while enjoying the beautiful setting of Michael's at Shoreline.

SCV-CAMFT 2011 Calendar of Events

September 7; Friday

Free Movie Night—The Color of Fear

September 15, 2011; Thursday

November / December Newsletter Deadline

September 30; Friday

WORKSHOP: Diversity and Multi-Cultural Competency for Therapists

October 14th; Friday

Annual Meeting with Peter Pearson of The Couple's Institute
Voting in of Board Members

October 21st; Friday

Law and Ethics Workshop

October 28th; Friday

SCV-CAMFT South Region Luncheon & Board Meeting

November 18th; 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 NOVEMBER / DECEMBER ISSUE IS SEPTEMBER 15TH.) IN ORDER TO GET THE NEWSLETTER TO YOU ON TIME, WE MUST STRICTLY ADHERE TO THIS TIME FRAME. SUBMISSIONS RECEIVED LATE WILL BE HELD OVER FOR ANOTHER ISSUE.

NOVEMBER / DECEMBER 2011 ISSUE
DEADLINE SEPTEMBER 15, 2011

JANUARY / FEBRUARY 2012 ISSUE
DEADLINE NOVEMBER 15, 2011

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:

Pamela Eaken and

Wendy Taylor

Newly Licensed MFTs

If you have received your notice of licensure, it is important to remember to inform your local chapter.

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

Are you up to speed on the wonders of Imago Therapy?

Do you know of or have you read
Getting The Love You Want

By
Harville Hendrix, Ph.D.
and
Helen Hunt, M.A., M.L.A.?

Well, just wanted to be sure you're aware that
Adrian R. Medina,
after training, supervision, and tape submissions became a
certified Imago couples therapist last fall.

Hurray Adrian!!

Adrian R. Medina, MA, LMFT
"When you're serious about change"
Individuals. Couples. Families.
1754 Technology Dr., Suite 133
San Jose, CA
(408) 582-2121

Convenient, Affordable Couples Therapy Training with Dr. Ellyn Bader

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

**"The Developmental Model of
Couples Therapy: Integrating
Attachment, Differentiation,
& Neuroscience"**
includes 24 lessons and 12
conference calls in one year.



Visit:

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

Young Adult Psychotherapy Groups

Young Adult Psychotherapy groups provide:

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

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

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

Marriage and Family Therapist
License Number: #20662

Certified Group Psychotherapist
License Number: #179092

SCV-CAMFT 2010 Calendar of Events

South Region Luncheon

(2 CEU hrs. available, PCE 1134)

Thriving in a Recession: Is Insurance Worth the Hassle?

Presented by Barbara Griswold, MFT



Date: Friday, October 28
Place: Los Gatos Lodge, 50 Los Gatos-Saratoga Road
Register: At www.scv-camft.org

Time: 11:15am — 1:45pm
Menu: Buffet
Fee: Members—\$26 + \$7 for CEUs
 Non-members—\$30 + \$10 for CEUs

Note: New Time 11:15am - 1:45pm and 2 CEUs offered.

Lunch will be served 11:15am—11:45am
Presentation will be from 11:45am—1:45pm

Register: Please make your payment by Monday, October 24 for the early registration fee, or just show up and pay the higher "Walk-in" fee. To volunteer to write the summary of this presentation for the Newsletter, and **receive a free lunch**, please email Sunnie Weber at mail@scv-camft.org.

Whether you are an insurance novice or veteran, join us as we discuss one of the most emotional subjects in our field. This entertaining presentation will address what EVERY therapist should know about insurance (even if you never sign a plan contract), and help you avoid the costly mistakes many therapists make when working with their client's insurance company.

This will be a two-hour luncheon, so that there is time to address more of your insurance questions, including:

- How to turn first-time callers into clients – even if you aren't on their health plan.
- How recent legislation (parity laws and health care reform) may affect your practice.
- Insider tips for quick reimbursement, and the most common mistakes therapists make.
- The 12 essential questions to ask about your client's coverage.
- How to join – and sell yourself to – a health plan, since many are full.
- How to reach a human being when you call a health plan.

Barbara Griswold, MFT, is the author of "*Navigating the Insurance Maze, the Complete Therapists Guide to Working with Insurance – And Whether You Should*" (www.theinsurancemaze.com) and is a local expert in the field of working with insurance. She is a proud 25-year member of the SCV-CAMFT chapter and a past member of CAMFT's State Ethics Committee. In addition to her private practice in San Jose, she provides individual insurance consultations and trainings for therapists around the state. She can be reached at barbgris@aol.com or www.theinsurancemaze.com.

Directions:

From 101 Heading North or South: Take Highway 880 South to Highway 17. Take the exit towards East Los Gatos. Merge onto Los Gatos / Saratoga Road.

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

SCV-CAMFT 2011 Calendar of Events

Mid Region Luncheon

(1.5 CEU hrs. available, PCE 1134)

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

Presented by Birgit Wolz, PhD., MFT

Note: New Time 11:15-1:30

Date: Friday, November 18

Place: Michael's at Shoreline, 2960, Shoreline Blvd, Mtn. View

Register: At www.scv-camft.org

Time: 11:15am—1:30pm

Menu: Buffet Lunch from 11:15am—Noon

Fee: Members—\$26 + \$7 for CEUs

Non-members—\$30 + \$10 for CEUs

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

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

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

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

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

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

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

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

Directions:

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

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



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

*North Region and
South Region
Newly Licensed
Support Groups
are a valuable tool
when you're just
getting started.*



Free Prelicensed Support Group

South Region—This group meets the second Saturday of each month from 10:00 AM—12:00 PM. The current facilitator is **Judy Hanf, MFT**.

Cancelled thru December

Free North Region Newly Licensed Support Group



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

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

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



Free South Region Newly Licensed Support Group

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

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

further information, please contact Verna Nelson at 408/379-774 or email her vernalnelson@gmail.com



SCV~CAMFT presents...

Legal and Ethical Issues Workshop

Presented by Mike Griffin, J.D., CAMFT Staff Attorney

Mike Griffin, one of CAMFT's staff attorneys, will be presenting the Law and Ethics workshop again this year. Last year's audience was wowed by Mike's tremendous humor, as well as his thorough knowledge of the curriculum that he presented. ***This year, his extensive handouts will be available on a disc, as well as on paper.***

Mike's workshop covers all of the Legal and Ethical issues that we need to know and understand. He stresses that we need not be afraid to practice, but we need to be smart and careful. Mike relies on the actual laws that govern us, and makes them real and interesting. You can look forward to a valuable learning experience, and a very fun day.

MORE ABOUT THE PRESENTER



Michael Griffin, J.D., LCSW, is an attorney at law, and a licensed clinical social worker. A 1980 graduate of the USC School of Social Work, Michael attended law school at Chapman University, where he earned his J.D. in 1998. He received his LCSW in 1982, is a Board Certified Diplomat in Clinical Social Work, and has worked in numerous mental health settings as an agency administrator, child/adolescent outpatient clinic director, and a clinical supervisor for therapists in training. He has considerable experience as a psychotherapist working with children, adolescents, and adults, and is a practicing psychotherapist in Laguna Niguel, California. In addition to his clinical practice, he is a staff attorney with the California Association of Marriage and Family Therapists (CAMFT), where he consults with CAMFT's members regarding legal and ethical issues.

This is sure to be one workshop you don't want to miss!

Come and contemplate the most complex issues of our times. Join your colleagues on October 21, 2011, for an exciting workshop experience and fulfill your requirement for licensure renewal.

- When:** Friday, October 21, 2011 9:00am - 4:00pm Registration 8:30am
- Where:** Michael's Restaurant, 2960 North Shoreline Boulevard, Mountain View
- Cost:** All fees include 6 CEU's, continental breakfast, and buffet lunch
Before September 17: SCV-CAMFT members \$115
 Non-chapter members \$130
After September 17: SCV-CAMFT members \$125
 Non-chapter members \$145
- How:** **Must register by October 17, 2011.**
 Register online at www.scv-camft.org/calendar

Cancellation Policy: Due to the contracted costs of offering this event, cancellations must be received at least 14 days prior to the date of the event in order to ensure a refund, less a \$35 administrative processing fee. Cancellations received after that date will be credited to your account if we are able to sell your seat for the event. By sending payment you are agreeing to this cancellation policy. Cancellations may be sent by e-mail to mail@scv-camft.org or voicemail (408)235-0210.

Special Needs: SCV-CAMFT is committed to providing a presentation that is accessible by all who wish to attend. If you have a special need and plan to attend, please request an accommodation by making contact with us at (408)235-0210 or mail@scv-camft.org so the chapter has ample time to arrange your accommodation.

Speakers at SCV-CAMFT events are provided as a service to members & non-members of our chapter and represent their own professional work and opinions.

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

Director, took some of the initial ideas and visions, and has been running full speed ahead. I invite all of us to spend September 30th with Lee Mun Wah, our keynote presenter. My hope is that we will each take the opportunity to connect with our own differences, biases, and curiosity about ourselves and others. Each one of us sitting around the table will be different in some way, and I trust Lee Mun Wah will provide lots of opportunities for us to face our assumptions, while honoring our differences and similarities. With these experiences, may we each walk away with an expanded view of our own limitations, and continue creating a sense of connectedness with authenticity and greater harmony. I believe this all will translate to the therapeutic setting, and not only will our clients benefit, but we will benefit as our hearts open and expand to others in our own lives.

Just two weeks ago, I was in China volunteering as the liaison between the women's travel company and the Chinese tour guide. I'm still continually stunned and impacted by the intimate experience of being there and connecting with the culture. I feel that my heart has opened to another part of the world, a country that in some perspectives is a country I'm supposed to fear. Before leaving for my trip, I saw how this perspective and my own fears were impacting my anticipation of the experience. I imagined that I'd be afraid. I pictured a strong military presence; and my creative mind also imagined I would lose my sense of power because women might be considered less privileged. I continued to wonder how this history and perspective would impact my own willingness to stay open and curious while traveling.

After arriving, I felt excitement to have landed half way across the world. My fears had already softened. I reconnected with my sense of ease and comfort, while

knowing I was facing many uncertainties. I was determined to have my own experience of China. It took consciousness to stay curious and open with our cultural differences, and to continue observing my own assumptions I made about their culture. Just the experience of being in line or in a vehicle in China was different. I watched my instant translation that the culture felt "chaotic" in the way they push each other and move in the direction they are going regardless of what's in the way. This is their way -- it's their way of survival, and it relates to a deeper experience (perhaps much bigger than the issue of traffic or lines) that only they can really understand.

I've returned home with a new perspective and appreciation for the tradition and history of a culture I felt so uncertain about. I notice I'm looking through a new lens and have expanded my understanding of the Chinese culture. I am curious about the traditions and history of other Asian countries, which are all so uniquely different. I'm also reminded that we live in a melting pot and have amazing opportunities within our own diverse communities. The diversity is right here and I don't need to travel across the world to continue learning and experiencing new cultures.

I feel continually inspired to ask questions, share my understanding, challenge my perspectives, and open the dialogue to explore our differences or similarities during the moments that make up my every day experience.

I hope to see you in September at the diversity workshop. Let's explore together....

Becoming Culturally Competent—
cont'd from page 4 -

- k) Avoid making fun of other cultures or telling ethnic jokes. All stereotypes whether negative or positive are simply generalizations and marginalizing.

- l) When someone is upset, reflect back what it is they said. Use their words.
- m) Notice what someone is saying and what they are not.
- n) Try to understand how someone's past affects who they are and how those experiences might affect their relationship with you.
- o) Stay with the process and the relationship, not just the solution.
- p) Be curious and open to what they are trying to say.
- q) Emotionally relate to how they are feeling. Nurture the relationship.
- r) Be present, not too far back or too far ahead. Stay in the moment.
- s) While communicating, notice the impact of your words and not just your good intentions.
- t) When someone is angry, try asking, "What angered you about what happened? What hurt you about what happened? What's familiar about this? What do you need or want?" Listen without interrupting. Reflect back what you hear. Stay neutral and be empathetic.

Most folks are often afraid of discussing diversity issues for fear of saying something wrong that might hurt or offend someone. Good luck. This country has had five hundred years of a "don't ask, don't tell policy" when it comes to diversity issues. More than likely you will say something that will hurt or be painful to someone. The important thing is to take responsibility for your mistake and to be open to talking about it. Sincerity is far more forgiving when it comes out of love and caring.

Secondly, stay in the room. Developing a trusting and understanding relationship takes time, especially when there have been past hurts and hundreds of unfinished conversations that took place long before they ever met you. Yet, all relationships, like good gardens take a while to grow and to blossom. They can't be rushed. They grow and develop at their own time and place. There is an old Buddhist saying, "If you knew someday you were going to be very happy, would you be in such a rush?" Take your time and let go of your expectations. A good and trusting relationship with someone is something to treasure and to nurture. The time you take now to develop the friendship will be the foundation that they will rely on and remember in the years ahead when there is a misunderstanding or crisis. Enjoy the journey.

Copyright © 2005 StirFry Seminars and Consulting
2311 8th Street • Berkeley CA
94710 • 510-204-8840 •

June Luncheon Review—
cont'd from page 6 -

that we all experience, especially with those who have power over us. It is imaginary because it is built more on our imagination than on how the relationship actually is. Transference is hidden in plain sight, discernible in the patient's anxieties. Anxieties arise from the inevitable misses in the interactions between child and caregiver. Parents, even good parents, can only approximately "get us". We respond in a predictable pattern to those misses, and unconsciously carry that attachment style into adulthood. In one study, even in good enough homes, micro-misses were recorded at the astonishing rate of one in every 17 seconds. Nonetheless, in those homes, the misses are tolerable. However, in others, the misses are egregious

and chronic, and can cause a range of anxieties that we handle by anticipating them and bracing for them, to a greater or lesser degree.

"All of us have been practicing our counter-moves since we were born," said Teri. We super-impose familiar ways of relating onto new relationships. We also, without being conscious of it, exert pressure on others to behave in ways that are familiar to us, especially on those persons upon whom we most depend, including our therapist. This makes us feel more secure because we know what to expect.

From the first contact with us, our patients begin to have impressions of us, shaped by their own early relationship experiences. Those impressions can be startlingly disparate from one patient to another. An illustrative case: at the end of one quarter, Teri did an experiment by asking her students to each give a one word description of how they saw her. The diverse answers that came back were: wise, smart, controlling, open, elusive, kind, engaged, present and obsessive-compulsive.

The therapist can use these impressions, in other words the transference, in the therapy, because in one way or another, the patient's world outside replicates itself inside the room. So instead of having to try to handle patients' problems remotely, the therapist can deal with them directly in the relationship that is in the room.

Since using transference and talking about the relationship is so important, and yet so difficult, how do we do this? We can use both transference and counter-transference, and ask ourselves these kinds of questions: What does it feel like to my patient to be in my presence? What is my sense of myself in this patient's presence? What is the feeling in this room? Are they deferential? Are they trying to obliterate the

divide between us? What does it feel like to me to be on the receiving end of this patient? How does my body feel in his or her presence?

This work is delicate and cannot be rushed. "We are inviting our patients to disarm in a war zone," said Teri. There must be a profound respect for what that client has had to deal with, and recognition that the set of assumptions they are using has saved their emotional lives. But in the end, as Freud said, "It is on the field of transference that the victory must be won."

It is not always necessary to inquire into transference, for example when the energy in the room is fine and secure. But if there is anxiety in the air, if something is different, or off, there is no option except to go to the relationship, because if you don't, you will not be able to do anything else. Also, if a patient does not respond to an overture to talk about the relationship, the therapist should wait for the right time to emerge. In Teri's experience, it always does, sooner or later.

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

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

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

Strategic Family Therapy Center

**Solving family problems
Increasing family strengths**

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

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

(650) 322-2252

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

Terryann Sanders, LMFT

Specializing in the treatment
of Eating Disorders

Individual Therapy

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

Group Therapy

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

Family Therapy & Workshops

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

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

terrysanderslmft@sbcglobal.net

www.terryannsanders.com

408 410-9370

ONGOING PSYCHOTHERAPY GROUPS



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

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

Leading Successful Psychotherapy Groups

Presented by the Northern California Group Psychotherapy Society

Saturday, September 17, 2011, 1 to 4:15 pm

Participants will learn:

- The essentials for starting a psychotherapy group including the selection, screening, and preparation of clients for group psychotherapy.
- Common pitfalls in forming and running groups.
- Methods for handling clinical dilemmas which arise in psychotherapy groups.
- Strategies for maximizing therapeutic factors and benefits of group psychotherapy.

Early registration is recommended as space is limited

Course fee: \$35 (\$25 for NCGPS members) pre-register by 9/10/2011. After 9/10, costs are \$40 (\$30 for NCGPS members) if space is available. The workshop fee will be waived if you are joining NCGPS as a new, first time member.

CE Units: 3 units for MFTs, RNs, LCSWs and Psychologists (pending MCEP approval).

Nancy Wesson, Ph.D., CGP (Psy9621), licensed psychologist in private practice in Mountain View, has been leading two weekly psychotherapy groups for over 20 years, and has taught several group psychotherapy workshops. She has been trained by Dr. Irvin Yalom. For more information about her groups visit wespsych.com.

Jamie Moran, LCSW, CGP (LCS 14447) is in private practice in San Francisco and Menlo Park, CA, and has led groups since 1984. He currently leads four long term groups weekly for gay and bisexual men. Jamie can be reached at www.jamiemoran.com.

Please mail your check: payable to NCGPS, send to Jamie Moran, LCSW, CGP, 425 Gough St., San Francisco, CA 94102.

Location: Bayside Business Plaza, Conference Room, 2665 Marine Way, Mountain View, CA 94043 (between Garcia and Casey Sts.).

For more information: Nancy Wesson, PhD, CGP, e-mail: Dr.NWesson@sbcglobal.net, (650) 965-7332; or Jamie Moran, LCSW, CGP, e-mail: Jammoran@aol.com, (650) 598-8877.

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.

PSYCHONEUROLOGY STUDY GROUP

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



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

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

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

FMLapides@aol.com
www.FrancineLapides.com

License # MFC 7414

California Institute
of Integral Studies
Public Programs & Testimonials

CERTIFICATE IN

Mindfulness and Compassion in Psychotherapy

FEBRUARY-
DECEMBER 2012

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

INSTRUCTORS
INCLUDE:

Eugene Cash
Philippe Goldin
Rick Hanson
Wil Kabat-Zinn
Julie Murphy
Mansueta Mischke Reeds

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



**Women's
Recovery
Association**

"I have a life today as I never have before. My mother and I have a relationship again. My dad is proud of me and my kids trust me." -Julie



Our individualized and integrated substance abuse and addiction treatment services are designed to address the full spectrum of women's needs during recovery.

Call (650) 348-6603
www.womensrecovery.org

WRA • 1450 Chapin Avenue • Burlingame, CA 94010

**Proudly celebrating
National Recovery Month because we
believe that recovery happens!**

**National
Recovery Month**

Prevention Works • Treatment is Effective • People Recover

SEPTEMBER 2011

Guidelines for Authors of Articles For the Chapter Newsletter

FORMAT FOR ARTICLES

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

STYLE OF SUBMISSIONS

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

IN GENERAL

As you prepare your article or announcement, ask yourself:

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

Familiar With the Expression

"There is no such thing as a free lunch?"

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

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

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

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

ONLINE PAYMENTS AVAILABLE VIA CREDIT CARD!

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

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

GROUPS AND WORKSHOPS

Teen Depression Group

Peace-It-Together now offers a Teen Depression Groups for teens and their parents. Teens meet twice a week for two hours, and the parents group meets once a week for two hours. The program is based on a Cognitive-Behavioral treatment model. Please contact Deborah Licurse for questions about the program at 408-774-1009.

Upcoming Workshops at the Mental Research Institute!

5-DAY INTENSIVE - "Comprehensive Strategic Family Therapy Training" Monday, August 22, - Friday, August 26, 2011 Presenters: Eileen Bobrow, LMFT and John Frykman, M. Div., MFT, Ph.D

1-DAY INTENSIVE - "Using Brief Techniques in Business and with Teams" Saturday, August 27, 2011 Presenter: Lucy Gill

3-DAY INTENSIVE - "Brief Treatment with Challenging Adolescents: Strategies for working with the high risk adolescent and the family" Thursday, September 29th - Saturday, October 1, 2011 Presenter: Jerome A. Price, M.A. Co-director and founder of the Michigan Family Institute.

For more information please call (650) 321-3055 or email Maria Pia Allende at mariapiallende@mri.org.

Six-Week Healthy Mom's Group

In this group we will cover topics such as stress management, finding balance, communication and setting healthy boundaries. Groups in Santa Clara and Newark. Call Amber Hawley, (510)342-3263 or visit www.amberhawley.com for more information.

L.I.V.E. Life-Interventions-Visions-Empowerment. Ongoing support/process group for women moving beyond their mental illness. Now forming in Redwood City. Call Deborah Dowse Runyeon, MFT at 650-363-0249 x111.

SUPPORT GROUPS- TEEN GIRLS- friendships, feelings, communication, self-esteem and stress using art and drama. **WOMEN-** relationships, de-

GROUPS AND WORKSHOPS

pression, stress, transitions, parenting, balance and grief starting September 24 (8 weeks) Lori Levitt, MFT #43329. 650/794-4828 www.lorilevittmft.com

Anxiety Coping Skills Class in San Jose

Practical cognitive and behavioral skills for anxiety disorders. A great adjunct to individual therapy. Call Laura Johnson, LMFT, at (408) 596-1770 or visit www.lauralcjohnson.com/anxiety-group-san-jose.html.

Openings In Psychotherapy Group

for gay men, Menlo Park, focusing on intimacy, relationships, communication and other issues. Jamie Moran, LCSW, has been leading groups since 1984. www.jamiemoran.com Jammoran@aol.com 650 598 8877

Process Groups-

Openings in process groups in Burlingame, led by Kim Ives Bailey, a nationally certified group psychotherapist, 43150, supervised by Dr. Irvin Yalom. Call (650) 737-1818 or see www.counselingforyou.com.

Is Anger Harming Your Relationship or Career?

It doesn't have to! Learn key skills you need to break the anger habit. Ongoing Co-ed skills groups in San Mateo and San Francisco. Call Michael G. Quirke, M.F.T. @ 415 820-3943 or visit www.michaelquirke.com.

Women's Process Group for Sexual Abuse/Trauma Survivors

On-going weekly group held at the Process Therapy Institute in Los Gatos. <http://www.processes.org/womenstupg.php> Contact LaDonna Silva, MFT Intern (408)358-2218 x421

ONGOING PSYCHOTHERAPY GROUPS

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

FOR CLINICIANS

back of peers. Leader: Nancy Wesson, Ph.D. with consultation from Dr. Irvin Yalom, M.D. Contact: Nancy Wesson, Ph.D. at (650) 965-7332 or Dr.NWesson@sbcglobal.net. Articles about group are on my website: www.wespsych.com

Knowing Me, Loving Me

Join a supportive circle of women and learn to create more of what you want in your life, through therapeutic dialog and supportive relationship. Marialena Malejan-Roussere, 408-702-7429 www.relationshipharmony.com

Equus and the Psyche-Equine Facilitated Psychotherapy Training

Register: at www.sccpa.org When: July 9, 2011, 9:30AM to 1:00PM Where: BOK Ranch, in the Woodside Horse Park, 3674 Sand Hill Road, Woodside, CA 94062, CE Units 3- Pending Approval

Stepfamily Support Group

Process Therapy Institute in Los Gatos announces this unique, educational/support group that will focus on typical issues of stepfamilies. Facilitated by Janice Shapiro, MFT Intern and Supervised by Don Hadlock, LMFT - contact Janice Shapiro, MFT jlshapiro@att.net / 408 832 3474

Divorce Group

Divorce Group for individuals pre-mid-post divorce transition now forming to begin mid-September for eight weeks. Call Nancy Klimp 650 493-1935 X2

Psychoanalytic-Oriented Consultation Group

Think analytically through case presentations focusing on primitive aspects of

FOR CLINICIANS

the patient as seen through the transference/countertransference in the here and now. Mondays at 1:45-3:00, \$45 weekly, Palo Alto. Contact Diane Strongwater, MFT 408-737-1337 or Carol Harrus, M.D. 650-328-8935.

Neuro-Emotional Technique NET is a mind-body tool to help release old "stuck" emotions by using acupuncture meridians and muscle testing. Free half hour introductory session for thera-

FOR CLINICIANS

pists. Call Roberta Gelt at 650-558-9605/ netmindbody.com

Feeling Stuck?

If you are stuck in paperwork, it's time to get out. We will change how you spend your time and think about your business. LaVergne Poe, M.A., Your Personal CFO (650) 529-1489

OFFICE SPACE

Los Gatos/Campbell Office for Rent – Medical Park!

Large, attractive 2nd floor corner office (windows/view of trees) available to rent F/T available soon. Located in recently recarpeted six-therapist office suite with shared waiting room, call lights and kitchen area. Wheelchair access. Prime location near Highways 17/85, Los Gatos/Campbell border. Contact: Verna (408) 832-2448 or Cheryl 379-3370.

San Jose Office Sublet

Well-decorated first floor room overlooking beautiful courtyard garden with fountain. Sublet 2 days per week. Days are negotiable. Near I-880/The Alameda. Please e-mail to: adelinamft@yahoo.com or call: 408-203-0135.

TWO Full-Time Offices \$565 - August 1 and September 1

South Winchester; 8 established therapists. Large waiting room, Call lights, Playroom, Kitchen, Wifi, Janitorial, IN-HOUSE REFERRALS, consultation, warm collegial atmosphere. Gail 408-296-2926

Great Office Near Pruneyard

Spacious full-time ground-floor office in attractive 3-office suite. Quiet, with furnished waiting room and shared office equipment. Includes janitorial service, easy parking, near 17 and 280. Anne Montagna 408-516-1926

Office in San Jose

Looking for therapist to sublease room in a psychotherapist office located at Bascom and Curtner. Low rent includes waiting room, private bath and janitorial. Call Nancy 408 493-5300 or nancy@nacyestes.com

OFFICE SPACE

Prime Location

Spacious Cupertino office in light-filled second-story suite. Newly occupied by four therapists looking for a fifth. Well-kept office building set back from street. Elevator, ample parking, 24-hour access. Louise Burton, 408-255-0056

Palo Alto

Comfortable Office with ambiance Palo Alto for counseling / psychotherapy. \$80.00 per month per 4-hour block of time. Month-to-month agreement. Call Nancy Klimp 650-493-1935 X2

Office Space Needed (Campbell)

Office space desired in the Campbell Area for one evening per week. Please call 408-838-1202 or e-mail Danya-maree@aol.com

Los Altos

479 square feet- waiting room and 2 interview rooms (one slightly larger than the other) close to downtown Los Altos available 7/1/2011. For more information please call Zorica Ljaljevic, M.D. cell 650 303-8121.

\$300 / 260ft² - Beautiful, quiet, spacious, office (San Jose West)

Available 2 -3 days (negotiable). August - October available full-time at no additional rent. Corner office with large window, well lit, second floor (no elevator). Waiting room and mail-room. Easy parking. Very quiet. Saratoga Ave/Prospect Rd/Campbell Ave. 408-562-4878

Office Sub-rent

Non-Smoking Psychotherapy Office for Sub-Rent Los Altos, CA 94022. Call: Seán at (650) 948-9989 or tubrid@stanford.edu. More info: www.sean-oriordan.com

Los Gatos

A Great Place to Work! Los Gatos office space available for full day, partial day and hourly rental at reasonable rates in newly decorated professional office suite. Contact Gail Faris at 408-356-1414 ex. 4

MARKETING WITH SCV-CAMFT

LUNCHEONS:

We encourage you to bring marketing materials and other information to place on the literature table at chapter events. Missed the last newsletter deadline? Then this table is the perfect place to advertise your:

- ♦ **Workshops**
- ♦ **Office Space**
- ♦ **Job Opportunities**
- ♦ **Conferences**

ONLINE:

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

NEWSLETTER:

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

CHAPTER EXCHANGE:

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

Please adhere to all guidelines posted on the website.



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

Creating a Community and Culture of Connection



**Friday, October 14
4:00 PM — 6:30 PM**

Registration at 3:30 PM

SCV-CAMFT Annual Meeting
Presented by Dr. Pearson
(1 CEU hr. available, PCE 1134)

**Michael's at Shoreline
2960 Shoreline Blvd, Mtn View**

See Page 7 for Details

Register by October 10

Mingle, Munch and Vote!
Mingle with old friends and network with
colleagues, while enjoying appetizers
and beverages.

This is also your opportunity to vote in
your new 2012 Board of Directors!

Chapter Events

Dates to Remember

- ◆ September 7, 2011
MOVIE NIGHT—The Color
of Fear by Lee Mun Wah
- ◆ September 30, 2011
WORKSHOP: Diversity and
Multi-Cultural Competency for
Therapists
- ◆ October 14, 2011
SCV-CAMFT Annual Meeting
- ◆ October 21, 2011
Law and Ethics Workshop
- ◆ October 28, 2011
South Region Luncheon

**Friday, October 21
9:00 AM — 4:00 PM**

Registration at 8:30 AM

Legal and Ethical Issues Workshop
Presented by Mike Griffin, JD, CAMFT
Staff Attorney
(6 CEU hrs. available, PCE 1134)

**Michael's at Shoreline
2960 Shoreline Blvd, Mtn View**

See Page 13 for Details

Menu: Continental Breakfast and Buffet
Lunch will be Served

Register by October 17

For more information regarding the
speaker, contact
Carol Marks—408/249-8047

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 registration page. You can also register by PayPal or by sending a check, payable to SCV-CAMFT, with entrée selection noted, to SCV-CAMFT, P.O. Box 60814, Palo Alto, CA 94306. Payment must be received by the Monday before the luncheon. Reservations will be held until noon. Lunch will be served promptly at 11:45. If seating is available, "standby" persons can pay \$33.00 at the door to attend the luncheon. **Please note: telephone reservations cannot be accepted. Call the chapter voicemail, 408/235-0210, for reservation information and the chapter's cancellations policy.**