

SPECIAL POINTS OF INTEREST

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President's Column—Loving Our Children, Facing My Fears

As an intern, I worked in a few alternative schools where the children who were challenged by the main stream system were transferred. These kids were identified as gang affiliated, high risk, "emotionally disturbed," drug using, law breaking, and just checked out. One of my intentions at the time was to face my fear of the kids that "scared me." I knew they'd each provide me with great learning opportunities. For those that presented a "hardness," I wanted to stay curious and work with what was behind that protection, armor and pain, and help create a safe space for them to explore.

We've all worked with clients whom we have reac-



LaDonna Silva, LMFT
President, SCV-CAMFT

tions to and struggle with, and I truly believe countertransference is our responsibility to work through, and sometimes use in the therapeutic work with our clients. When in supervision as an intern, I appreciated the guidance of not getting lost in my clients' systems, and when it came to a gang lifestyle, the stories were sometimes diffi-

cult to listen to, especially when I knew there were issues I would need to report. I could actually frighten myself with their life stories. At one point, I was needing to report an incident of physical abuse, and clearly saw the discomfort of my client once I decided to disclose the need to call CPS. The following week I was sitting with this client and he was obviously upset about my decision. I worked on staying open to him, acknowledging and inviting his anger in the room. My client asked which city I lived in, and I naively answered the question without realizing what he was alluding to. After I left the school site, I realized that this student

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Innovative Programs Workshop—September 8

Working with Resistance in the Therapeutic Setting, Don Hadlock, M.A., LMFT



Saturday, September 8, join SCV-CAMFT and Don Hadlock, M.A., LMFT.

Come for an hour and a half of education on the topic of resistance in the

therapeutic setting. Then stay for a half hour of discussion on the topic. 2 CEUs are available for \$10.

Have you wondered what the Process Therapy Institute has been teaching for the last 30 years? Come get an hour and a half of creative and experiential ways to work with resistance in the room.

The instructor will focus on identifying resistance in understanding ourselves and our clients, and understanding the nature of resistance and how we can use it in our work learning to allow and transcend resistance in ourselves and in our clients.

Find out more, and register online!
www.scv-camft.org

SCV-CAMFT Calendar

SEPTEMBER

- 8 Innovative Programs Workshop**
Santa Clara Police Dept.
- 28 Chapter Luncheon**
Mid Region; Mtn. View

OCTOBER

- 19 Legal & Ethical Training**
Michael's at Shoreline
Mountain View
- 26 Chapter Luncheon**
South Region; Los Gatos

NOVEMBER

- 9 Annual Meeting**
Michael's at Shoreline
Mountain View
- 30 Chapter Luncheon**
Mid Region; Mtn. View

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

The Waiting Room As A Rorschach Test—Carol Campbell, MFT



Carol Campbell, MFT, has a private practice in Palo Alto doing psychoanalytic psychotherapy, psychoanalysis, couple counseling, and clinical consultation. She is a former board member and president of both the California Association of Marriage and Family Therapists and of SCV-CAMFT.

My patient's heels are clicking loudly down the hall as she approaches the door to my suite, each step sounding the alarm: "Here I come, ready or not!" Rather than hold the door handle as she closes it so as to minimize the metal-on-metal sound, this patient lets the door slam behind her. Then she opens the door to the private waiting room inside the suite, and lets it remain open as she pushes my call light button and slips into a chair to wait for my signal to come into my office. Catherine has arrived for her session.

Catherine has a pressing, sometimes desperate, need to be heard, seen and understood. So to her it seems internally congruent and thus unnoticeable to that she creates noise, speaks in a loud voice, and ignores the common sense rule of closing doors behind her that she has opened. It would not occur to her that the door is kept closed to ensure the privacy of everyone coming and going through our suite. She wants the door open so that she can strain her ears to hear any sounds that might be coming from my office – tantalizing hints of who I might be when we are not together.

Catherine is anxious, and often has trouble holding her feelings inside, so they leak out. She tends to quickly give in to the urge to get rid of feelings, rather than actually feel them and think about them. She greets another person who is in the waiting room awaiting her visit with my suitemate. "What are you in for?" Catherine asks the woman, as if making jokes about prison might relieve her ambivalent feelings of being in therapy, and of being seen by another person there. Catherine enjoys the attention and caring I give her, but she is also humiliated to need me. Her shame at her dependency on me leads to her aggressive entry into my space.

Peter's arrival for his session looks much different. Peter likes to sit in the parking lot in his car for half an hour before his session, often in the same

parking spot. He has a routine of coming into the building at precisely 15 minutes before his scheduled time. He wears soft-soled shoes, and does his best to be invisible as he makes his way up the stairs and down the hallway. He slips into the waiting room as quietly as a mouse. He puts himself into the tortured position of listening for my previous patient to leave my office, a cruel reminder of how he is one of a number of others who see me for therapy. At exactly 5 minutes before his time, Peter turns on my signal light. I imagine him sighing with deep relief. He has made it through another week. Peter was adopted at birth, and has gone through his life constantly searching for evidence that he is not important, has been discarded, and must not really matter much anyway. He soothes his terror that I, too, will leave him, or not show up, by coming to the premises so early, and by having a calming ritual of waiting for me to be ready for him. He uses the waiting room as a protective cave where he imagines being momentarily safer from the torment of his unresolved grief over his sad beginning in life. And yet by doing so, he puts me in the position of someone else in his life who makes him suffer.

Marissa sees the waiting room as her enemy, so she spends as little time in it as possible. She times her arrival there down to the minute. For Marissa the waiting room is a glaring reminder of how separate she and I are, that we have different roles in our therapeutic relationship, and that I shut her out of my personal life. So the waiting room becomes fair game for Marissa's skill in finding faults and problems. Where did I ever get the idea that that color of yellow is suitable for the walls? Is there nothing more interesting to read than The New Yorker? Would it kill me to keep a box of tissues on the table during allergy season? What year was I planning to have the carpet cleaned again? Could I please think of a less ridiculous system than having to turn on a call light to signal her arrival? Why

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Dina Haddad, Esq., LL.M., is the founder of Families First Mediation, a family law mediation boutique in San Jose. She is a panel neutral for Agency for Dispute Resolution, headquartered in Beverly Hills, and sits as judge pro tempore for the Santa Clara County personal property arbitration program. She may be reached through her website — www.ffmediation.com.

Broken Love: The Intersection of Divorce and Therapy

A Legal Perspective by Dina Haddad, Esq., LL.M



In our last column, I discussed the basic process for initiating a divorce and the three options available to couples to process their divorce: litigation, kitchen table divorce, and alternative dispute resolution options such as mediation and collaborative law.

In this column, I'd like to take a close look at the difficulties couples may encounter during the divorce process - particularly litigation, and what you can do to help them. If you have a client who is currently in the throws of a divorce battle, as a therapist, you can assist him or her in the following ways: talking about what the divorce process looks like, suggesting other options through motivational interviewing, or working with other professionals specializing in divorce, whom your client has selected. Let's look at these in some detail.

Legal Stuff Makes Me Nervous So How Can I Help?

The law can be frightening for practitioners and clients alike. Yet, you don't need to be a legal scholar to give real help. First, educate yourself about the different processes available to your client seeking a divorce, or find out which one your client has elected. In the last column, we went through these in detail. The most amicable was mediation, and most adversarial was litigation. Understanding where the client is in the divorce process, and being able to reflect back the difficulty with a given process, will help the client navigate through his or her healing journey. Some specific challenges in a divorce include: spreading one income over two households, new costs like attorneys, accountants and court fees, false allegations directed at each of the spouses, child's behavioral problems, new parenting challenges, new marital status, and the drawn-out nature of a litigated battle. Keep in mind, that although budgeting and parenting are private issues, these issues become quite public in a litigated divorce. If the couple does not limit the court's involvement, through mediation or collaborative law, the judge (not the parents) might be answering questions

such as: *Should the stay-at-home parent be required to work? Should the mother stop breast-feeding so that the father has more time with his infant? Has one parent's religion become a detriment to the children?* The Tom-Kat divorce is a prime example. Tom Cruise and Katie Holmes settled their case in 11 days. Many speculate, including insiders, that the quick-fire settlement was to prevent a media spectacle or public scrutiny into Scientology.

They are in a Nasty Divorce Battle and Unhappy. What Can I Do?

What happens when you have a client who comes in every week distraught about their divorce battle? "The lawyers said 'X,' my ex said 'Y,' and I am over it." It is never too late for your client to try another divorce process. *If a spouse can stomach the challenging years of an unhappy marriage, he or she should be able to exercise some additional patience to work through his or her divorce in mediation or collaborative law.* Try to motivate this client to change by seeing the mismatch between where they are and where they want to be. Is litigation working for you? Why not? Since you, as the practitioner,

now know about the different processes, the advantages and disadvantages of each, you can effectively lead the client to a more healthy process. This process is called motivational interviewing: a collaborative, person-centered form of guiding to elicit and strengthen motivation for change.

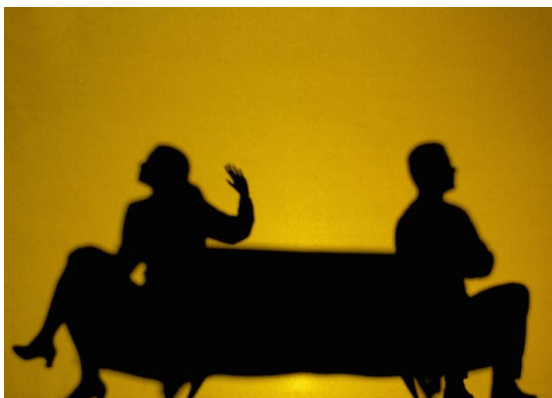
clients would even argue, "If you spoke to our couple's therapist, you'd find out my ex is..." feel free to fill in the blank here - bipolar, OCD, not taking medication, or plain crazy. The point is not to call the attorneys and tell them "Your client is crazy," but instead, you can work with your client to challenge his or her perception. With the

child's weekend time. This desire does not really need to be a 50/50 schedule, so there may be other parenting plans that would meet your client's interest and help settle his or her case.

Whatever the Process, Keep The Client Focused on the Children.

Unfortunately, children are often overlooked in divorce. Parents are hit with the emotional, financial and legal storm all at once and struggle to manage. Parents also have new parenting and discipline challenges. At the same time, their children might be dealing with the divorce without their parents really being present for them. You can help your clients remember their children by focusing the divorce conversation on the children. One way to do so might be placing a picture of the child in front of you during the session. Keep in mind that often the parent who wanted the divorce will minimize his or her child's struggle, but the parent who did not want the divorce will believe his or her child is really in despair.

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



They are in a Nasty Divorce Battle But Resistant to Change.

What if your client is unwilling to change or cannot change the process? It's very understandable and in that situation you can still be very effective in assisting your client through the divorce. As stated above, just understanding the process can be significant aid. You can also assist your client by bridging the gap between his or her perception and reality. As a former divorce litigator, I usually had only one side of the story or two extreme versions (my client's and opposing counsel's). Rarely, did the emotional intensity in a case subside so that I had a solid idea of what really was going on. My

appropriate release, you might even consider speaking with your client's attorney, mediator, or collaborative lawyer to help these professionals focus on reality or at least question their client's perceived reality. A mediator can work closely with both parties and their therapists to provide workable agreements that reflect the actual situation. This has been incredibly helpful. You might also focus your client on his or her interests in the divorce, not just their stated goals. For example, the client may state he or she will accept nothing less than 50/50 custodial time, but what your client is really interested in is being a part of the child's school day not just the

"If you have a client who is currently in the throws of a divorce battle, as a therapist, you can assist him or her in the following ways: talking about what the divorce process looks like, suggesting other options through motivational interviewing, or working with other professionals specializing in divorce, whom your client has selected."

SCV-CAMFT 2012 Calendar of Events

September 15, 2012; Saturday

November / December Newsletter Deadline

September 8, 2012; Saturday

Innovative Program Workshop— Suicide and the Aftermath: Tools for Response and Recovery

September 28, 2012; Friday

SCV-CAMFT Mid Region Luncheon & Board Meeting

October, 19 2012; Friday

Legal and Ethical Issues Workshop with David Jensen, JD

October 26, 2012; Friday

SCV-CAMFT South Region Luncheon & Board Meeting

November 9, 2012; Friday

SCV-CAMFT Annual Meeting

November 15, 2012; Thursday

January / February Newsletter Deadline

November 30, 2012; Friday

SCV-CAMFT Mid 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 2012 ISSUE
DEADLINE SEPTEMBER 15, 2012**

**JANUARY / FEBRUARY 2013 ISSUE
DEADLINE NOVEMBER 15, 2012**

Change of Status

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

Congratulations to George Mageles — Newly Licensed MFT

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

Legal and Ethical Issues Workshop

What Does the Law Expect of Me? (Part I)

David Jensen, J.D.

October 19, 2012 - 9:00 a.m. to 4:00 p.m.

Michael's at Shoreline

Register early and save money!

www.scv-camft.org/calendar

Before September 15

Members: \$115

Non-members: \$130

After September 15

Members: \$125

Non-members: \$145

Includes 6 CEUs (PCE1134), continental breakfast, and a buffet lunch.

Location:

Michael's at Shoreline
2650 Shoreline Blvd., Mtn View

October 19, 2012. Check-in begins at 8:30am



Presenter, David Jensen, J.D., is a CAMFT Attorney and regular contributor to *The Therapist* magazine.

David Jensen's presentations have always been well received by our chapter. Previous attendees have said,

"Bring him back!"

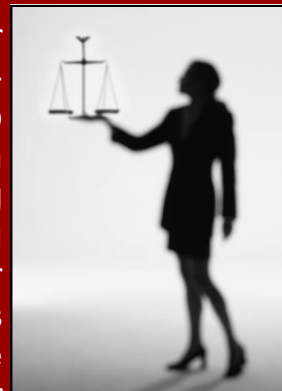
"Great sense of humor."

"Well presented."

"Even though the topic is dry and technical, he makes it interesting."

And everyone seems to love the venue at Michael's. It has been described as a mini-vacation, especially if the weather is nice and people can eat lunch outdoors.

Your SCV-CAMFT chapter annually presents a workshop on law and ethics to keep us up to date with these ever evolving issues, and to help you fulfill your requirements for license renewal. This year, the workshop will be on October 19th at the ever



popular Michael's restaurant in Mountain View. David Jensen, Staff Attorney with CAMFT since 2002, will present the first of a 4-part series titled, "**What Does the Law Expect of Me?**"

You have probably heard references to the "**standard of care**", or the "**reasonably competent therapist**", but how do these concepts affect you on a daily basis in your practice? In this six hour workshop, you will learn the details of **what the law has to say** regarding:

- ♦ A therapist's obligation to be a competent practitioner.
- ♦ The importance of properly assessing and diagnosing your patients.
- ♦ The right to privacy, including the definition of confidentiality and privilege.
- ♦ Patients who may be dangerous to themselves.
- ♦ Patients who may be dangerous to others.
- ♦ Dual relationships.

Contact Jane Kingston at 650-726-6774 if you have questions.

SCV-CAMFT September South Region Luncheon

(1.5 CEU hrs. available, PCE 1134)

MAXIMIZING THE POWER OF GROUP PSYCHOTHERAPY

Presented by Dr. Nancy Wesson, Ph.D., CGP

Date: Friday, September 28

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

Register: At www.scv-camft.org, or mail your payment to
SCV-CAMFT, PO Box 60814, Palo Alto, CA 94306

Time: 11:15 am—1:30pm

Menu: Buffet Lunch

Fee: Members—\$26 + \$7 for CEUs
Non-members—\$30 + \$10 for CEUs

Register: Please make your payment by Monday, September 24 for the early registration fee, or just show up and pay the higher "Walk-in" fee.

The multiple interactions which take place in group psychotherapy present countless opportunities for therapeutic change through skillful facilitation of the group and the effective application of clinical concepts.

This presentation will cover several important clinical methods for maximizing the therapeutic power of group psychotherapy. An emphasis will be placed on the interpersonal model of group psychotherapy as articulated by Irvin Yalom, M.D. (2006).

The topics covered in the presentation will include:

- Defining and articulating the group norms and group process
- Methods for facilitating discussion within group interactions and maximizing the benefits of these interactions.
- Managing group conflict therapeutically.
- Handling difficult clinical dilemmas in group psychotherapy and using these dilemmas to maximize the benefits of group psychotherapy. These dilemmas include issues such as: premature termination, absenteeism, scapegoating, subgrouping, and monopolizing.
- A comparison of short-term and long-term group psychotherapy.

Clinical case material in the form of interactions and case histories will be described to illustrate the therapeutic change process as it takes place in group psychotherapy.



More about the presenter:

Nancy Wesson, Ph.D., MFT, CGP is a licensed psychologist, MFT and a Certified Group Psychotherapist. Dr. Wesson has been leading groups for 23 years and currently leads two weekly psychotherapy groups in Mountain View.

She was trained by Dr. Irvin Yalom and has led groups in schools, agencies, residential treatment, and hospitals. Dr. Wesson has taught several courses on group psychotherapy and is the author of several articles on group psychotherapy.

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 October North Region Luncheon

(1.5 CEU hrs. available, PCE 1134)

6 STEPS TO CONSTRUCTING THE EXECUTIVE FUNCTIONS: OVERCOMING PLANNING AND ORGANIZATIONAL STRUGGLES FOR YOU AND YOUR CLIENTS

Presented by Dr. Damon Korb, M.D.

Date: Friday, October 26
Place: Los Gatos Lodge, 50 Los Gatos—Saratoga Blvd., Los Gatos
Register: At www.scv-camft.org, or mail your payment to
 SCV-CAMFT, PO Box 60814, Palo Alto, CA 94306

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

Register: Please make your payment by Monday, October 22 for the early registration fee, or just show up and pay the higher “Walk-in” fee.

Therapists of children and adults with conditions that include executive dysfunctions, including autism and ADHD will benefit from the practical solutions offered by Dr. Korb. The Executive Functions govern the process of thinking in a logical and playful manner; including the ability to take perspective, be flexible, and consider multiple possibilities. As such, organized people can manage materials, understand order, plan behavior, and succeeds socially. This talk provides an overview of early brain development, as it relates to organization, and provides a logical construct for the neurodevelopmental functions that contribute to organization. The audience will be shown how dysfunctions in these neurodevelopmental systems can interfere with everyday activities. Therapists of young children can use this information to immunize their clients against future organizational struggles, and therapists that work with older children and adults that are already plagued by their disorganization will find strategies for tackling executive dysfunctions.

More about the Presenter:

Damon Korb, M.D., a board certified behavioral and developmental pediatrician, examines the neurodevelopmental brain functions that determine how a child learns, behaves and socializes. With the opening of the Center for Developing Minds in 2005, Dr. Korb has held pivotal roles in the establishment of three unique clinics in Santa Clara County that serve children with developmental variations.

During 2004-2005, Dr. Korb served as the pediatric consultant at the Autism Spectrum Disorder Clinic, Kaiser Permanente, Santa Teresa. While at Kaiser, he assisted with the development of a prototype multidisciplinary clinic for children with autism and related disorders, which will be replicated throughout the Kaiser system.

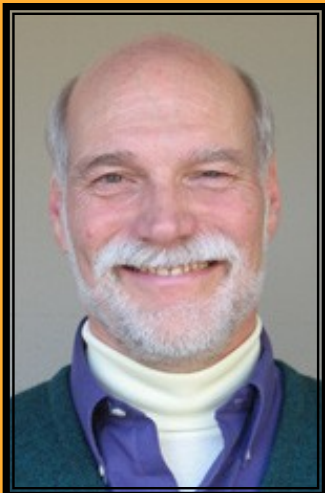
In 2000, Dr. Korb joined the Santa Clara Valley Medical Center and created the Center for Learning and Achievement (CLA). This program brought educational and developmental services to a previously underserved population in Santa Clara County. At the CLA, he directed the educational rotation in behavior and development for the Lucille Packard Children's Hospital pediatric residents.

Dr. Korb is a frequent speaker, having lectured to parents and professionals on a wide range of neurodevelopmental topics. Prior to specializing in child behavior and development, Dr. Korb worked as a primary care pediatrician in New York, California, and North Carolina.

Dr. Korb completed his behavioral and developmental fellowship training at the Center for Development and Learning, University of North Carolina, Chapel Hill, under the direction of Mel Levine, M.D., who is internationally recognized as the pediatric pioneer in the neurodevelopment of learning. Dr. Korb finished his pediatric internship and residency at Vanderbilt University Medical Center in Nashville, Tennessee, and earned his medical degree in 1994 from the University of Rochester School of Medicine in Rochester, New York. Dr. Korb received a B.S. in psychobiology from the University of Southern California in 1990.

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

The 4 Levels of Trauma Defenses — by Steven Kessler, MFT, EFT Expert & Trainer



Steven has been a licensed therapist for 25 years, incorporating many different modalities, including Character Structure, the Enneagram, NLP, energy work, Thought Field Therapy, and EFT into his work. He is certified as an Expert and Trainer in Emotional Freedom Techniques.

Any journey is easier if you have a map that shows you where you are, and how to get to your destination. This is especially true on the journey of psychological healing, since some of the territory you must navigate is buried in the unconscious. Whether you are healing yourself or guiding someone else, having a good map is often essential to your success.

For complete psychological healing, we must heal not only the original core wounds, but also all the defense mechanisms that the person has created to protect themselves from feeling those core wounds. Those defense mechanisms can be quite complicated. They are often organized in layers, with each layer imperfectly solving the problems created by the layer just beneath it, and leaving problems to be solved by the layer above it, or not solved at all.

It is those remaining problems, the ones not solved at all, that show at the surface. Those are what people typically see and want to solve when they buy a self-help book or come to therapy. They start by thinking that all they need to do is solve the surface problem and they'll be done. When that doesn't work, they may feel lost and confused. But if you have a map, you can tell by looking at the surface problems what parts of the territory you will probably have to traverse, and what sort of defense layers you may encounter along the way.

I have created a simple map for understanding the various layers of defense mechanisms. Starting with the simplest and proceeding to the most complex, it looks like this:

- 1) a single, isolated hurt --> defense is ego dystonic --> phobia
- 2) big or repeated hurts --> defense is ego syntonic --> trauma
- 3) trauma + numbing habit --> addiction
- 4) trauma + self-negation --> self-defeating behavior

I hasten to point out that in real life the different levels and layers are not so distinct and separate, and one level may blur into another. The map is simplified so that what's important stands out, but real life is rarely so simple. The map is useful, but the map is not the territory. Keeping that in mind, let's go through the layers one at a time, and unpack each one.

The 1st Level -- Phobias

The simplest kind of wound is a single, isolated hurt. The person's life up to that time has been basically good. There may have been upsets and disappointments, but they were small enough, and they healed well enough that there are no major lasting effects, at least in the area of this latest hurt.

For instance, suppose the person is a well-enough functioning adult. They do adult things, including driving their car on roads and bridges. Then something happens. After that, they become anxious every time they drive over a bridge. They begin to sweat; their hands shake. They tell themselves there is no reason to feel this way, this is childish, it's 'not me'. But it continues. To avoid the feelings, they begin avoiding bridges.

They have developed a phobia: a fear of a particular situation. They can feel the fear, they can name the situation that arouses it and what they do to avoid the feeling, and they view this feeling and behavior as uncharacteristic of them. In psychological jargon, the feeling is 'ego dystonic'. They have not identified with this feeling or behavior, and it has not become part of their personality or identity.

They will say things like, "I know I shouldn't feel this way" or "This just isn't me."

This is the simplest kind of wounding. The hurt and the attempts to avoid it are close to the surface. The person

Cont'd on Pg. 19

Terryann Sanders, LMFT

Specializing in the treatment
of Eating Disorders

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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.**

CASE CONSULTATION AND STUDY GROUP

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DEEPENING THE PSYCHOTHERAPY

Led by Alan Kessler, Ph.D.

In my experience, deeper treatment in terms of addressing fundamental psychological conflicts is much more beneficial to the individuals we treat and gratifying to us as therapists. At the same time, it is much more difficult for the patient and therapist, as intense transference and counter-transference, inseparable and essential components, threaten to bury the gaining of insight. Mining the interaction between patient and therapist as it progresses so that good occurs, and harm does not, requires the ability to formulate what is going on, and the technical skills to turn it into words that will emotionally and cognitively move the patient in a beneficial direction. It is in a spirit of acknowledging both the potential rewards of deep work and how complex, and emotionally difficult it is, that this consultation group proceeds.

Group Framework:

Members will rotate in the presentation of process notes with a particular individual they are treating. Ideally, these presentations will last for at least a month, so as to allow for the development of a deeper sense of the individual being presented and the consolidation of a sense of having learned something by the presenter and the group. In-between each case presentation will be a meeting devoted to discussion of readings. The topics for reading will be chosen by the group as particular interests develop out of the case presentations.

It is my experience that being a member of a group of therapists, especially when presenting, can be a very vulnerable experience. For this reason, a premium will be placed on mutual respect for each other's clinical work and opinions. Members of the group will have been interviewed beforehand so as to maximize the cohesiveness of the group.

My Background:

I am a certified psychoanalyst, licensed clinical psychologist and licensed marriage and family therapist. In addition, I am a supervising and training analyst, as well as faculty member at the San Francisco Center for Psychoanalysis. Over the past twenty-five years, I have worked in a diversity of settings (e.g., in-patient, HMO) with a psychologically and ethnically diverse group of individuals. For the past fifteen years, I have been exclusively in private practice. The perspective I predominantly work from emphasizes the influence of relationships, particularly early relationships on an individual's psychological functioning. Similarly I highly value the therapeutic relationship as a tool for psychological change.

The proposed time of the group is Wednesdays from 2 to 3:30 P.M; depending on the schedules of the group. The fee for the group will be \$50.

For further information please call me at (408) 358-5777.

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North Region Newly Licensed—September 8 and October 6

South Region Newly Licensed— September 15 and October 13

North Region / Peninsula Pre-Licensed— September 15 and October 20

South Region Pre-Licensed— No meetings until further notice.

Free Newly Licensed (within 3 years) Support Groups

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

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

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

Verna Nelson, MFT, is the 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

vernaNELSON@gmail.com



Free Pre-licensed Support Groups

North Region— Debra Rojas, LMFT, facilitates our pre-licensed support group for the north bay and peninsula. This group meets the needs of our pre-licensed members in the north region. Debra is a graduate of Trinity College of Graduate Studies, has been licensed for three years, and has a private practice in Menlo Park.

Debra's group will meet the second Friday of each month from 10:00am to 12

Noon, at Debra's home in Menlo Park.

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



SPECIAL NOTICE:

South Region—The South Region pre-licensed meeting run by **Karen Taylor, LMFT** will not be meeting until further notice. Please check the SCV-CAMFT Calendar for the most recent information.

Ask a Mentor—a New Series

Brought to you by Yvonne Blockie and Vinutha Mohan



Welcome to the “Ask a Mentor” column. Below are questions that have been posed to the SCV-CAMFT mentoring community, and their responses:

1. I've heard how important it is to find a "niche" if you're interested in going into private practice. How do I do that? Practical hints would be much appreciated.

Yvonne Blockie—LMFT & Career Counselor Private Practice – San Jose SCV-CAMFT Mentoring Coordinator

The idea of a “niche” is very practical. It becomes your brand, and how people connect your name to what you do. It is similar to medical doctors and their specialties. So, how do you determine your niche? For some, it just evolves from your internships, and what issue you enjoyed working with and felt competent doing. For some, a “niche” finds them, meaning you may get a cluster of clients with a particular problem (a happenstance), and you realize this is something you do have a passion about. For others, it might have something to do with your own life, and what you

have worked on a lot and have extensive amounts of knowledge on the topic. To have a “niche” does not mean you won't have a general practice, but it does mean you are very knowledgeable and competent in that area. It is important to get additional training in this area, and supervision to do it well.

Once you have decided on a niche, build your marketing materials around that special interest area, do the marketing, and network with that niche in mind. Also, when starting a practice, do some research first. What “niches” have a lot of therapists already doing that work? What geographic area needs therapists? What age groups do you prefer to work with? What do you NOT want to do? As you get clear about who you are, the “niche” will evolve. It does not mean you cannot add other specialties later.

The idea of a “niche” is getting clear on what your talent and passion is in this profession.

Writing a book is also a great way to let the world know about your mission.

Edna Wallace—Edna Wallace, LMFT Licensed since Aug. 2008

As a mentor, I would suggest that first you find a “niche” that appeals, then you tell the world. How to do that? Via a virtual and real-world blast: your business cards and mar-

keting materials, face-to-face networking, your website, relevant web listing sites, consulting groups, pertinent workshops or presentations in the community, other therapists specializing in that niche, and the organizations for that particular niche. For example, say your chosen niche is the geriatric population. That populace has a world associated with it: geriatric task-force meetings and monthly networking groups at senior recreational and day-care centers; the National Council on Aging, and the countless events and projects that they promote; dedicated geriatric psychiatrists, psychotherapists, art and occupational therapists, law firms with a geriatric focus, community and private older adult case management, geriatricians in private practice, senior focus fairs and days, and even senior days held at local YMCAs. The same goes for the world of couples therapy. Or sex therapy. Or any of a myriad of other interests. You want to be a sex therapist? If it were me, I'd talk with people I know or have heard speak at events who promote themselves as sex therapists; concurrently, I'd contact AASECT, then join AASECT, and follow their advice on the next steps to take, up to and including (if so inclined) getting certified as an AASECT-certified Sex Therapist. Step out and plant yourself in the world that you'd like to become intimately acquainted with and soon your name will be known in that world.

Cont'd on Pg 19

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- **Members and non-members alike will pay \$1.00 per word for each word over 35.** The following units of information count as one word. Phone number, zip code, each degree or licensure abbreviation (e.g. "Tom Jones, MFT, Ph.D." = four words).

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1/6 page	2 3/8" x 5" (or less) vert.	50.00	100.00

President's Column—
cont'd from page 1

was probably on some level wanting to threaten me and feel his power again. My fear danced around trying to reconnect to my sense of ease and security. On one level, I knew this client and I were connected on a deeper level and I truly wasn't threatened, and yet another part of me was questioning my personal safety. My fear was definitely triggered, and this particular student was quite a gift in working with that uncertainty.

I appreciated seeing the vulnerability of these students somewhat parallel to mine, which always brought the humanness right into the room. Behind what I imagined was scary was often a frightened little child that I could relate to and connect with. Most of my clients really wanted to be cared for and seen as capable and lovable. That experience continued to open my own heart and I noticed my own courage to relate, take some risks in making connection, and a new willingness to challenge them when therapeutically appropriate.

You might wonder how this prior experience relates to my current life. My partner and I have recently decided to invite her nephew into our home to finish his senior year of high school. He's been given several diagnoses, has been seen as the family "problem", and has challenged his family and school system continually.

I felt confident we could do this. I felt reassured that I knew this population well, and that we would find ways to work with him in our home. Our main job here is to love him even when he makes choices we don't like. Well, this has been an interesting process, and really what surfaced for me is the same fear I felt years ago. I continue having to make friends with my fear. My fear imagines the worst, brings up a sense of powerlessness, and triggers an old body response of fear or stuckness. Unless I work on settling in, finding my voice, making my

own choices, and standing up for myself, I stay in an ongoing subtle triggered state. I notice a part of me feeling uptight while worry is lying in the background of my everyday life.

Now this scenario has challenged my sense of ease and safety in my own home, and I'm absolutely convinced I can work with my fear so I can feel the same ease and inner peace before he arrived. It's a different experience working with clients in the office versus bringing someone new into the family system, and into our home. This space is my comfort zone. I'm used to the empty nest, quiet time when I want it, not feeling like I need to keep tabs on anyone, and the freedom to do what I want, when I want. I felt a new sensation of freedom I never would have expected after the loss of my mother, and after my daughter moved out to attend school.

I can feel the power struggles arise on a daily basis, along with the option to push against the struggle or find a better solution. Having taught Parent Project classes, and of course, being a parent myself for over two decades, I'm truly having to practice everything I know. But once again, it comes back to parenting my inner self. Staying connected to myself, and committed to staying conscious, always seems to pull me out of overwhelm and the feeling of stuckness.

We are practicing offering choices, negotiating, staying open and flexible, and not taking any of his choices personally. Staying consistent and firm, and yet not joining in power struggles is another huge factor in balancing the relationship. This is quite a task at hand, and I notice I'm struggling at times. We've made this decision to house him, and yet at times when I think about being responsible "for" him, I feel a burden and stress with some pressure that we somehow must do this "right" so he has a positive experience. When I consider being responsible "for" him, I imagine we are taking on far more than necessary. When I make a shift and I relate to our experience as being responsible "to" him, I feel a lightness and return to a trusting state of ease and love. He is responsible for his own

decisions, even the extreme ones. We have not raised this child from birth, and he truly comes to us as a young adult at 17 years of age. He can face the consequences for his decisions and choices, and we'll certainly hope the best for him while witnessing and loving him along the way.

We're practicing not having any expectations, and on some level assuming his self-destructive behaviors will continue to be his choices until they no longer serve him, and until he's ready to heal on his own journey in his own way. Of course, he mentioned that he hates therapists since he's been forced to see them in the past, and I actually could hear that with a great deal of compassion. I always advocated for the students in the schools, and felt that unless they wanted to be there, it was counterproductive to force them into my office. In this situation, he's actually making a choice to live with us. He could be on the streets, which may in some ways feel like an opportunity to have some freedom, but I'm convinced he actually wants to feel the structure, the security we provide as his aunties, and the love we are committed to offering.

So, making friends with my fear has been given another opportunity. I'm practicing caring for this younger part of myself that instantly turns to fear. I'm inspired how life presents itself, and how fear continues to need attention and support.

The essence of trusting myself is one key factor. I'd like to trust I will take care of myself, be gentle and tend to myself along the way, and stay committed to this parenting role with loving kindness to self, then others.

Warm wishes, LaDonna

The Waiting Room...
cont'd from page 3

am I too lazy to just be waiting for her there in the first place? Would I please get a floor lamp instead of a table lamp so that people can see what they are trying to read?

Nothing about the waiting room will feel welcoming and reassuring to Marissa until we do a lot of therapy around her painful early childhood. Her parents had little ability to do the essential work of acknowledging her natural desire as a baby to be merged with her mother, and then gradually helping her move toward the reality that she is separate. They were too caught up in their own issues to be of much help in leading Marissa to a place of being happy to be a separate person herself, capable of pursuing her own dreams. Until then, Marissa will need to rage at all the symbols of my keeping her out of my personal life, and at not being able to control me and have me think and feel what she thinks and feels.

Each person who comes to therapy will have important reactions to the waiting room. My own journey as a patient has prepared me to deeply understand what transpires, because I can relate from my own experience. Each idiosyncratic response helps me better understand what it is I need to do as the therapist to help heal this particular patient's wounds. A wise therapist will be on the alert for the treasure trove of information about the patient that can be discovered in talking about being in the waiting room.

4 Levels of Trauma Defenses

cont'd from page 10

experiences little or no secondary gain from the feelings or behaviors, so getting rid of them brings uncomplicated relief.

Because phobias are the simplest kind of wounding, they are the easiest to heal. I often use a new therapeutic approach called Emotional Freedom Technique, or EFT, which directly heals the energy body, where the trauma is stored. EFT allows you to locate the trauma and quickly and painlessly dissolve it. It is in healing phobias that EFT got its reputation for "one minute wonders". Usually, all you need to do is find the core incident that created the phobia and collapse it, testing your work thoroughly to make sure you've collapsed all of its aspects. Since there

is typically only one core incident, this is fairly easy to do.

The 2nd Level -- Trauma

The next, more complicated level, is what we typically call trauma. Here the wounding incidents are big enough and/or repeated enough that they have reorganized the person's relationship with the world. The person's whole life may now be organized around making sure 'that' never happens again, and they feel justified in feeling the way they do. In psychological jargon, the feeling is 'ego syntonic'. If they have been coping with this wound for a long time, it usually has become an identity structure, and they identify themselves by referring to it, as in "I'm an incest survivor" or "I'm an adult child of an alcoholic."

Often, a deep healing of the core wounding incidents through the use of EFT will cause such a cognitive shift that the person spontaneously disidentifies from them. For instance, a client of mine who had been repeatedly molested by her father and who had decided as a child that she must have deserved such treatment, paused to reflect during an EFT session and then spontaneously stated, "You know, this had nothing to do with me. I was a wonderful little girl. He was a sick man." Her whole psyche had just reorganized itself.

What differentiates this second level from the first level is the relative size of the trauma and its defense, and how much the person identifies with it. In the first level, the trauma and defense are smaller than the rest of the person's life, which is free of this feeling and behavior. In most of their life, the person is okay, but in certain situations, they 'have a feeling.' In the second level, 'the feeling has them.' The feeling and defense against it are so large that they typically color and organize the person's entire life, and may have become part of their identity, causing them to say things like "That's just who I am."

In the next edition of SCV-CAMFT, I will review the 3rd and 4th Levels of Trauma Defenses.

Mentor Column
cont'd from page 15

Lara Windett—Lara Windett MA, MFT, LPCC
Private Practice - San Jose
Certified Addiction Specialist (CAS), Certified Eating Disorders Specialist (CEDS)

As a mentor, I would suggest that interns discover who they like working with as a population and then look for additional training. Many of the specialties have clinical and medical trainings. I know my practice has benefitted from the additional trainings and certifications that I have worked to receive after licensure.

I would strongly suggest that a mentee contact a person who has experience in their specialty for guidance, and the "pros and cons" of an additional certification, as there are both.

Michael Sally—Michael Sally, LMFT; Private Practice in Redwood City; Adolescents, Families and Men - specialties

Finding a niche is always as a great way to set yourself out from the rest of the pack, and publicize that you are an "expert" in something - be it a modality, a population, or a specialized technique. What is key to finding a "niche" is discovering something you feel passionate about. Perhaps you are passionate about, or have first-hand experience with, couples with an aging parent, or recovery issues, or working with borderline adolescents. The key is finding a niche that does not define you so much that it is a small, specialized population that will limit you, but not have it be too broad so that it gets lost in the glut of other general therapists out there. Once you have your niche, get training, read books, do presentations, write articles for the SCV-CAMFT newsletter...let people know that this is what you "specialize" in. Above all, it has to be authentic for you.

GROUPS AND WORKSHOPS

Women's Therapy Group

Ongoing group for women who want to improve their relationships, develop healthy communications skills, and pursue personal development. Issues addressed include assertiveness, self-esteem, grief and loss, anxiety, depression, and childhood concerns. Please contact Claire Wright, MFT, CGP at 408/998-7098 for details.

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, www.relationshipharmony.com, 408-702-7429

Psychotherapy Groups - For Adults and Young Adults who want to improve their interpersonal skills. These weekly ongoing groups offer support, new perspectives, safe interpersonal experiences, opportunities to help and be helped. Contact Alice Sklar, MFT, CGP for details: 650-961-3482. Two low fee spots available for women.

Is Anger Hurting Your Relationship? - It doesn't have to! Learn Keys skills to break the anger habit. Ongoing groups for women and men. San Mateo/San Francisco. Call Michael G. Quirke M.F.T. 415 820-3943 or www.michaelquirke.com

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

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Object Relations Consultation Group - Object relations consultation group has openings. Meets Tuesdays 11:30-1:00. \$55/week includes simple lunch. Please call Carol Campbell, MFT: (650) 325-2576.

GROUPS AND WORKSHOPS

Women's Process Group for Sexual Abuse Survivors - Ongoing weekly group held in Los Gatos on Wednesday evenings. www.ladonnasilva.com/therapy-services.html
Contact LaDonna Silva, LMFT (408)358-2218 x421

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Women Who Love Too Much - A group for Women Who Love Too Much, based on Robin Norwood's book, has openings. The group meets Mondays from 6:30-8:00 in Redwood City. For more information contact Lori Gortner at 650-248-3122 or lgortner@gmail.com

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

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Divorce Mediation - Have a couple who can't reconcile? Mediator Dina Haddad, divorce attorney, provides couples a confidential and safe space to finalize divorce without going to court. (408) 357-3486. Visit www.ffmediation.com

FOR CLINICIANS	FOR CLINICIANS	OFFICE SPACE
<p>Resource for Clients Dealing with Divorce and Custody – Larry Stone - "Divorcing Peacefully: Why It's Essential and How To Do It", by Larry Stone, MFT. For anyone dealing with, considering, or recovering from divorce. www.DivorcingPeacefully.com. 831-600-7665.</p> <p>Consultation Group - Two spaces will become available in September for an ongoing consultation group for licensed therapists. The group meets twice monthly in Los Altos on Thursdays from 1:30 to 3 PM. The fee is \$45 per session. No charge for planned absences. Long and short case presentations, professional issues and mutual support are a part of most sessions. Alice Sklar, MFT, CGP; 650-961-3482</p>	<p>Psychotherapy Groups - Openings in ongoing Adult and Young Adult psychotherapy groups meeting in Los Altos. Both groups deal with interpersonal issues, depression and anxiety. They support individual therapy goals. Call Alice Sklar, MFT, Certified Group Psychotherapist. 650-493-1239</p> <p>Practice Management - No time for the business of being a therapist? Get help now! Having a Practice Manager means having someone looking out for you and your business. It also means having someone to help you set goals, assess progress and solve problems as they arise. Call now to discuss how working together can add dollars to your bottom line.</p>	<p>amenities. Play therapy ready. \$150/day per month. Please contact Lisa Sullivan at 408-440-9047.</p> <p>Lovely Spacious Fremont Office - SPACIOUS FREMONT OFFICE FOR LEASE; Beautiful full time office for lease in 3 office suite. Comfortable waiting room and copy/mail center. Amenities include janitorial service and paid utilities. Call Julia 510-790-1428</p> <p>MENLO PARK SUBLET - 2 days per week available in quiet, furnished office with window on courtyard, waiting room, kitchenette, secure internet, parking. Walk to downtown restaurants and shops. Gail Price 650-329-0233</p>
<p>EXTERNSHIP TRAINING OPPORTUNITY FOR CLINICIANS</p> <p>*Now accepting applications for 2012. The Strategic Family Therapy Training Center is offering a 6-month Externship Training Program in 3 modalities:</p> <ul style="list-style-type: none"> • Strategic Family Therapy, • Ericksonian Hypnotherapy and Hypnosis • Gestalt Therapy from a systemic perspective. <p>The program meets every Tuesday US Residents Tuition: \$2,500</p> <p>In exchange for this six month comprehensive training, clinicians licensed in California and registered interns must be available to provide therapy at the Strategic Family Therapy Clinic, up to 2 cases per week and pay tuition. Clinicians may set their own schedule.</p> <p>Trainers: Eileen Bobrow, LMFT, Lucanna Grey, LMFT, Carol Erickson, LCSW, MFCC.</p> <p>Tentative starting date: September 15th, 2012 – March 19th, 2013. For more information, please contact the MRI Director Maria Pia Allende at mariapiaallende@mri.org. Our direct phone line is (650) 321-3055. Or visit www.mri.org</p>	<p>FOR INTERNS</p> <p>Psychotherapy Group for Interns and Trainees - Through Process Therapy Institute I co-facilitate a personal therapy group for interns and trainees. We ask for a six week commitment and the price is \$25 a week. Please email me at carmackbeth@gmail.com or go to: http://processes.org/client-classes/personal-psychotherapy-group-for-interns-and-trainees-2/</p> <p>OFFICE SPACE</p> <p>Atherton/Redwood City- Office available July 1 in building with other psychotherapists. Quiet building, ground floor, lots of light, spacious 246 sq. ft., \$760/mo., includes utilities, off-street parking, waiting room, carpeting, janitorial service. Remodeled bathrooms. Call Susan at 650-599-2129 or 650-464-1654, or Tom at 650-208-8624.</p> <p>Fabulous Office Space for Rent in Campbell - Tastefully furnished office in a client convenient location available to sublease 1-3 days, Tuesdays, Wednesday afternoons, Fridays and Sundays. Conference rooms available for groups. Lots of</p>	<p>Psychotherapy office Mountain View/Palo Alto border - Office(s) in prime location. Waiting room, utilities, janitorial, WiFi included. Full-time \$700/month. Part-time 25 hours per week, \$350/month. Additional information: http://sfbay.craigslist.org/pen/off/3045596742.html</p> <p>Mountain View Office – Great Location! - Full-time office in beautiful business plaza. Amenities include waiting area, utilities, janitorial service, free Google WiFi internet, conference rooms and on site deli. \$650/month. Contact Jim (650) 450-0102 jimarjani@yahoo.com</p> <p>San Jose - A furnished office with waiting room is available on Fridays, Saturdays and Sundays. \$100 per day; shorter times negotiable. The office is on The Alameda by Hedding in San Jose.</p> <p>For rent - Office in Victorian house with alot of light and back door. Share house with 2 therapists. Available Mondays, Fridays, weekends. Roberta Gelt 650-558-9605/regmft@gmail.com</p>



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

Creating a Community and Culture of Connection



**Friday, September 28
11:15 AM — 1:30 PM**

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

**“Maximizing the Power of
Group Psychotherapy”**

Presented by:
Dr. Nancy Wesson, Ph.D. CGP

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

Chapter Events

Dates to Remember

- ◆ September 8—Innovative Program Workshop: Suicide and the Aftermath
- ◆ October 19—Legal and Ethical Issues Workshop
- ◆ October 26 — South Region Luncheon in Los Gatos
- ◆ November 9—SCV-CAMFT Annual Meeting
- ◆ November 30—Mid Region Luncheon in Mountain View

**Friday, October 26
11:15 AM — 1:30 PM**

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

**“6 Steps to Constructing
the Executive Functions:
Overcoming Planning and
Organizational Struggles for
You and Your Clients”**

Presented by:
Dr. Damon Korb, M.D.

Los Gatos Lodge
50 Los Gatos-Saratoga Blvd
Los Gatos, CA

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