



## PRESIDENT'S MESSAGE

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

I love the summer months. I love everything about them. Daylight savings, warm days, refreshingly cool evenings, and vacations. When the sun is shining I have more energy and my creativity is heightened. The problem is, there aren't enough hours in my day to do all I desire. As I was riding my bike this week I remembered the lyrics to "Those Lazy Hazy Crazy Days of Summer" (Tobias, 1963) recorded by Nat King Cole:

*Roll out those lazy, hazy, crazy days of summer  
Those days of soda and pretzels and beer  
Roll out those lazy, hazy, crazy days of summer  
Dust off the sun and moon and sing a song of cheer...*

As the lyrics played in my mind I remembered the summertime of my youth, singing along with my mother to her favorite albums as we prepared to go to the beach. She would make meatloaf from which we made sandwiches (on white bread, oh my). Then we would pile in the car with our bounty and off we would go with all the windows down because the car had no air conditioning. It was hot and it didn't matter to us

because we would soon be cooling off in the Pacific Ocean and later tanning in the sun. We were very tan in those days. We didn't use sunscreen, it was suntan lotion, baby oil or cocoa butter. No tanning booths for us.

**I remembered the  
summertime of my  
youth, singing along  
with my mother to  
her favorite albums  
as we prepared to go  
to the beach.**

*Just fill your basket full of sandwiches and weenies  
Then lock the house up, now you're set  
And on the beach you'll see the girls in their bikinis  
As cute as ever but they never get 'em wet...*

It was a simpler time then, no computers, no internet and no cell phones. To see a friend one would have to call on the phone, dialing the

number on the rotary phone which was wired into the wall. Then we would ride our bikes or walk to one another's home, or to the mall, which was very small by today's standards. Fast food restaurants were limited and drive-throughs were rare at that time. We were all thin in those days, probably because we ate most of our meals at home and walked wherever we wanted to go.

We walked to school every day unless it rained. Today, we drive our kids to school. All the neighbor kids played outside every day until dark. And we knew the names of all the kids in our elementary, junior high and high schools. Bullies were fewer then, although the girls broke off into their own cliques in junior high school. By high school, it seemed the cliques were no longer as clearly defined.

Throughout high school I recall a good deal of competitiveness in sports but not against one another academically as I hear in my current practice. I don't recall feeling stressed about my school work which is the opposite experience described by my current teen clients. Summer was a time of freedom, dating, beach

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*President, continued from p. 1*



parties, socializing with friends and no homework.

*Don't hafta tell a girl and fella about  
a drive-in  
Or some romantic movie scene  
Right from the moment that those  
lovers start arrivin'  
You'll see more kissin' in the cars  
than on the screen...*

Back to the present. My thoughts switched from memories of the summer days of my youth to focusing on my cycling. Climbing hills on my bike requires all my attention. Switching gears, pedaling, thighs burning, and breathing deeply and rhythmically as I pedal, up...up...up... (does this hill ever end?)

At the top of the hill I feel great personal satisfaction but it's short lived. Another hill, and another and another. While riding I'm able to enter a state of deep focus, one with my bike, pedaling and breathing, and coaching myself as the climb becomes more challenging. Using my body and mind together helps me come to a place of well being. I'm more present with myself, with my family, and in my work. Exercising outdoors brings magical renewal to my body, mind and spirit. I return from my ride feeling optimistic and excited to take on new challenges.

As I write this message I realize September is just around the corner

and my attention turns to the board of directors and the work we need to do. Finalizing the details of the law and ethics workshop and planning our annual meeting. There are a number of board positions to fill for the 2016-2018 term and its time to convene a nominating committee. This will be a time of transition for our board.

In the January 1986 newsletter, President Pat Burbank wrote about the new board, and the period of transition, as those who answered the call, worked to shape and form the next two years of chapter activity. Here we are, thirty years later and there are 5 openings on our board. We need that same leadership today. There are 5 opportunities for you to answer the call and help SCV-CAMFT sustain our organization into the future.

I'm inviting anyone who is interested in joining the board to read the announcement on page 3 of this newsletter and apply for a position that interests you. If you are not interested in board service, there are volunteer opportunities where you can contribute to shaping and forming our chapter for the future.

To volunteer you can email [past-president@scv-camft.org](mailto:president@scv-camft.org) and have your name placed on the volunteer list. You can join a committee or volunteer for one specific event or task.

Now that vacations are over and the summer months are behind us, I hope you'll take some time to read the newsletters from 1986 on our website. If you have any ideas that come to mind while reading about our early chapter activities, I invite you to send them my way by emailing me at [president@scv-camft.org](mailto:president@scv-camft.org). In

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the meantime, enjoy the remaining days of summer.

*Roll out those lazy, hazy, crazy days  
of summer  
Those days of soda and pretzels and  
beer  
Roll out those lazy, hazy, crazy days  
of summer  
You'll wish that summer could al-  
ways be here.*





## Board of Director's Positions Open

Dear Members,

The SCV-CAMFT board of directors has 4 openings for the two-year term beginning January 2016 and applications are now being accepted.

Membership on the SCV-CAMFT board of directors is exciting, challenging and demanding. It provides an opportunity to shape our chapter while fostering deep community with your professional colleagues.

The board of directors is a "governing" board, responsible for creating the vision, mission, values, and policies for the chapter and ensuring that the principles and finances are properly managed.

Board members are expected to attend 11 monthly meetings, an annual meeting, two planning sessions, the annual CAMFT Chapter Leadership Conference and as many luncheons as your schedule permits throughout your term.

Board meetings are held monthly on the 4th Friday at 9am, prior to the monthly luncheon. There are no meetings in the month of December.

Board members are expected to utilize the internet and email to conduct business.

### **TO APPLY FOR A POSITION ON THE BOARD:**

Completed applications must be received by the SCV-CAMFT administrative office by midnight on Friday, September 25, 2015. Applications received after midnight on Friday, September 25, 2015 will not be accepted.

- Request an application from our chapter coordinator at mail@scv-camft.org.
- Email your completed application to mail@scv-camft.org by the deadline date.
- Application deadline is midnight on Friday, September 25, 2015.

The nominating committee will interview applicants in October and newly-elected board members will be voted in at the annual meeting on November 6, 2015.

If you have questions, please contact Kate Viret, past-president at past-president@scv-camft.org.

Thank you for your interest in serving SCV-CAMFT!

### **OPEN POSITIONS FOR 2016-2018**

Chief Financial Officer (CFO)  
Business Development Director  
Law and Ethics Director  
Membership Director

### **CFO (The CFO is an officer of the corporation)**

- Prepares the annual report and final budget by the close of the fiscal year (December 31)
- Prepares and submits all information to accountant for the filing of yearly taxes by April 15th (taxes are due May 15th of each year)
- Important: Ideal candidates will have some basic accounting knowledge and understand how to read and interpret financial statements. Experience with QuickBooks is necessary. Prior management experience is preferred as the CFO is responsible for supervising the bookkeeper

### **Business Development Director**

- Develops appropriate business relationships to encourage corporate sponsorship of designated events and activities hosted by the Chapter
- Establishes strategic partnerships with other CAMFT chapters, nonprofit agencies, institutions, etc.

### **Law and Ethics Director**

- Coordinates the annual Law and Ethics workshop as a revenue generator
- Acts as the contact person for chapter members and the Board of Directors regarding ethics questions. (Does not give advice but may call state CAMFT for direction and clarification)
- May write a regular newsletter article pertaining to law and ethics

### **Membership Director**

- Enhances and expands chapter membership and coordinates the annual chapter membership meeting
- Assesses and addresses membership dues increases and decreases
- Actively recruits new chapter members (along and in conjunction with the Director of Newly Licensed and Pre-licensed)
- Proposes events/programs aimed at obtaining new members, such as staffing booths at local graduate schools



## COMMUNITY FOCUS

## Parallels to Fabric Dyeing and Being a Therapist

By Kathleen Russ, LMFT

My summer was full of unexpected lessons. Seeking balance I enrolled in an intensive Indigo Fabric Dyeing class. I was looking for something creative to do and feeling cut off from my art. Self-care for me is doing something with my hands and heart. Long before becoming a therapist I was passionate about surface design of fabric and I yearned to immerse myself back into the art form. Since I was a child, simply handling fabric has been therapeutic for me and can transport me into another realm.

I discovered surprising parallels between the art of indigo dyeing and the therapeutic process. The two practices have comparable steps: entering into the experience with a beginner's mind, submerging into the unknown, and then finally integration into something new. These are the gifts of the creative process. Imaginative engagement allows your mind to meander, sinking into a dreamlike state where the unconscious emerges and something new surfaces through self-expression. Carl Jung would call this the third thing, or the transcendent third. It could also be likened to a shifting from one attitude toward another or into new a level of being.

### Beginner's Mind

I started my indigo dyeing experience with a beginner's mind. While I am well-practiced in fabric painting I had never done indigo dyeing. The procedure requires an open-mind and tremendous patience as the artist takes a blank piece of fabric through a series of steps, dipping it over and over again into the dye bath. The more times it is dipped the more

intense the beautiful blue-violet hue. Learning the recipe for mixing the dye is an alchemical procedure done in a large vessel and over a fire. In preparing the fabric, you are presented with infinite choices from crimping, to folding, or stitching (the Japanese technique known as Shibori). There are many techniques to choose from and flowing through the experience can be quite humbling. You develop a relationship to the different fabrics as you learn how each of them accept the dye.

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**The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.**

**- Carl Jung**

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All of this could be compared to how we are faced by so many theoretical stances as therapists. I suspect you will agree that clearing your mind of any preconceived notions about a new client walking through your door is good practice. We start fresh every time, every session even, and what ultimately matters most is the relationship between therapist and client.

A few months ago I had the good fortune to attend a lecture by Irvin Yalom, the distinguished psychiatrist and author from Stanford. He stated: "There are over 1000 clinical articles

examining the efficacy of traditional psychotherapy founded on the principles of Carl Rogers, who did so much research in the 1960's on this. Maintaining the importance of the therapeutic alliance, the relationship between therapist and client is the most important thing determining successful psychotherapy."

We can get hung up on theory or particular methods when so many studies have shown us that in the long run it doesn't matter much. A colleague of mine told me that she creates a new theory for each client. This fresh approach seems to be the ultimate execution of beginner's mind. From the onset, therapy is an alchemical process as therapist and client together find the right ingredients along the way and discover what is going to be most fruitful.

### Immersion

When the white fabric is immersed into the vat of indigo dye it is green at first, then it becomes indigo blue as it oxidizes in the sunlight. Such transformation due to the exposure of light is magical and mysterious. Likewise, we observe as clients dip into the waters of the unconscious, swimming in that liminal place where imagination dances them from darkness into the light. So much about psychotherapy remains mysterious because we are operating on the level of soul. Similar to lead turning into gold, therapy is an alchemical process with the power of transformation. It is a metaphor, a metamorphosis of the soul being released from a heavy or

*continued on p. 5*



*Community Focus, continued from p. 4*

deadened state of mind to lightness of spirit. The client's true nature lifts to the surface.

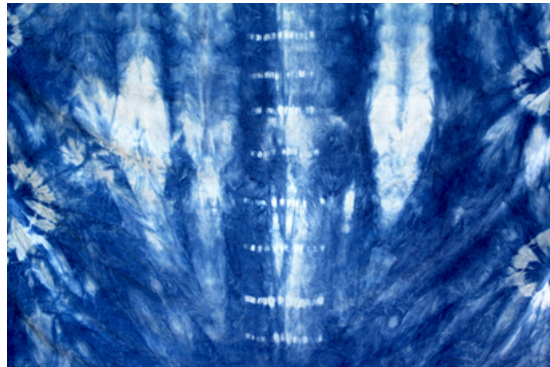
As people have natural temperaments so do the various kinds of fabric. In my dyeing class, we experimented with an assortment of fabrics and I was thinking about how clients are also incredibly diverse. Each person is woven so differently and takes to therapy according to their life experience and character. I remember an extraordinary teacher, Jim Walt, MFT, asserting once: "The meaning is in the response." In other words, if you want to know if a particular intervention or question is working then pay attention to the response from the client. These words often come to mind when I am sitting with a client and it gives me the ease and freedom to respectfully move on to the next best question, or to simply let them be and rest in the space between us, remaining submerged in the present moment. So, as we immerse into the process of psychotherapy with another human being we try things out, we experiment, and we do our best to remain open-minded and flexible about the outcome.

**Chaos**

The creative process and the journey of the soul are beset with twists and turns. Things continually get messy and chaos ensues before meaning arises. Success requires diving into the soup and taking risks. Dealing with mistakes and failures, getting incredibly messy, tolerating confusion, things seldom turn out as expected yet the "mistakes" can sometimes be your most cherished work in the end. This is a valuable lesson. Typically the finished product turns out to be nothing like you had imagined. It is perseverance that brings satisfying results. Then again, sometimes, no matter how hard you try, a piece just does not

work out and it is shelved for a time. As in life it is in therapy.

Another gem gleaned from Yalom's lecture: "I tell everyone at the beginning of therapy that our relationship is key. I encourage them to take a risk every session. This will help them to grow. If they're not taking a risk, I might ask them, was there a time in this session where you were



*"Indigo Dye on Velvet" by Kathleen Russ, LMFT*

almost going to say something and you didn't? Just try it, go back to that." Entering into relationship, whether it is a new art medium or psychotherapy is a precarious venture.

**Integration**

Indeed, it takes risk to engage in the creative process of life. In my experience, so often the questions along the way are existential in nature involving the desire for connectedness, quest for meaning, some sense of personal agency, and, finally, acceptance of death. In Yalom's parting words he said that his overarching goal at this point in his life is: "trying to help people live life now, as if they knew they had a terminal illness such as cancer. How would you live your life differently? What would your life look like?" This calls for a certain bravado on behalf of both therapist and client. For the therapist, it is the courage to dive in and ask the tough questions and to know when to be silent. For the client, it is the courage to swim into the unknown, trusting to reach

the other shore with newfound understanding. We are at our best when we can entirely lose ourselves in the process and time slips away as clients slowly weave their stories.

The threads of an individual's life story are as varied as those of us who consider being a psychotherapist as a calling. The goal of depth psychotherapy is to tap into, investigate, and integrate the unconscious in search of soul. Dyeing fabric allowed me to bathe in that mystery for a while. I cherish my summer of dipping into indigo dye and I continue to make connections between my expressive arts life and my practice as a therapist. I have also been working diligently in my own personal psychotherapy and am very grateful to have a wise attendant there. I feel transformed as a result.

Chances are that whatever sparked you as a child will still carry the power to rejuvenate you as an adult. For your own balance and self-care, I encourage you to play with your passions and revisit things you did in your youth that inspired and energized you.

*Irvin Yalom quotes are from personal notes from "A conversation with Dr. Irvin Yalom" presented by The Center for the Study of Group Psychotherapy on March 14, 2015.*

*Kathleen Russ is a Jungian-oriented LMFT in private practice in Los Gatos. She teaches in the Expressive Arts program at John F. Kennedy University. Her areas of specialization are Creativity and the Arts, Aging and Caregiving, and the Psychology of Men. Russ hosts seasonal Stitching Soul workshops for healing professionals as well as a monthly Jungian Circle. She is also an artist with a heartfelt passion for the creative process. You can learn more about Kathleen at [www.kathleenruss.com](http://www.kathleenruss.com).*



## LUNCHEON REVIEW

# Effective Interventions for Hostile, Angry Couples

By Kera Burdick, MFTI and PCCI

Michelle W. Joy, LMFT with The Couples Institute in Menlo Park, presented Effective Interventions for Hostile, Angry Couples at our South Bay Luncheon on June 26, 2015. Michelle has been with The Couples Institute for 15 years, and has completed advanced training with founders Ellyn Bader, Ph.D. and Peter Pearson, Ph.D.

Michelle explained that blaming, fighting, angry couples are the most difficult to treat because we, as therapists, have to do so much in the moment. We need to be strong leaders with this type of couple.

The developmental model of couple's therapy is based on the notion that couple relationships pass through developmental stages that mirror early human development. The hostile-angry couple is arrested in the first developmental stage, the Symbiotic stage.

With hostile-dependent couples, the focus is on the first two stages: Symbiosis (stage 1) and Differentiation (stage 2).

Hostile, angry couples have difficulty moving from symbiosis to differentiation. While in symbiosis, their boundaries are merged, differences are minimized, and similarities are emphasized. The emphasis in this stage is on bonding. As couples move into differentiation, they begin to notice each other's flaws. When the individual in each emerges, disillusionment and disappointments occur. Often the couple is tempted to return to symbiosis.

Hostility is a pervasive aspect in the hostile-dependent relationship and couples expect their partner will meet all their needs. Each is sensitive to confrontation and exhibits a minimal level of self-responsibility. They often lack skills to repair relationship ruptures and tend to

search for symbiotic solutions. These couples will demand intimacy and then push their partner away.

Some of the reasons these couples are so challenging to work with include:

1. Sensitivity to confrontation
2. Pervasive search for symbiotic solutions
3. Lacking skills to repair relationship ruptures
4. Triggering trauma in each other



How do we work with these couples? Michele said the therapist must:

1. Establish leadership
2. Define their role as someone active and intrusive in the couple's system
3. Explain that it takes both of them to fix their negative cycle
4. Gather information from their family of origin, present challenges and future vision
5. Set effective individual goals to create the relationship they want to have
6. Facilitate positive interactions

In early sessions, Michelle

talks to the couple about the brain chemistry. By explaining the function of the amygdala and the fight, flight and freeze responses, the therapist normalizes these human responses that do not work well in intimate relationships.

It is also important for the therapist to gather data from the couple about their past, present, and future. Finding out about trauma or negative experiences and how emotions were handled in their respective families of origin is crucial. Asking the couple about what kind of future they want to create and what will be required from each is also helpful with a hostile, angry couple.

The next step is to help the couple set future goals. These couples resist setting self-focused goals. By helping them identify the most common coping strategies and explaining how they are a problem, directs the couple to a solution. The couples will then discuss what attitudes or habits each will need to release and what each partner will do to make it easier for the other.

Michelle taught the Initiator-Inquirer exercise. This exercise is an effective communication exercise to support differentiation by helping couples develop skills and teaching them how to talk about their problems differently.

### Initiator-Inquirer Exercise (I-I)

Initiators start the conversation, expressing their own thoughts, feelings, wants and desires clearly and without blame. Initiators start being accountable for moving toward their partner.

Inquirers listen and inquire, manage their own reactions, and understand without having to agree.

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**Luncheon Review, cont. from p. 6**

Inquirers learn to delay gratification and manage their own reactivity thereby developing an increased ability to tolerate anxiety.

The Initiator learns “differentiation of self”, the ongoing ability to identify and express important aspects of their self, their thoughts, feelings, wants and desires. The Inquirer learns “differentiation from partner”, the ability to be curious about their partner’s self-disclosure while managing their own reactions.

The therapist will get a clear picture of the couple’s dynamics and developmental level. When couples can manage reflexes, they are able to have a good discussion for the first time in years.

When explaining the I-I exercise, it is important to emphasize it is not problem solving. It is slowing down, learning how to talk about problems and how to manage their reactivity.

The Initiator will bring up one topic; be open to self-discovery; and create a psychologically safe space for their partner. The Inquirer will listen and ask questions like a journalist, getting to know their partner. The therapist monitors and watches the Initiator for any triggers, blaming, criticizing or guilt inducing, and staying with one issue. With the Inquirer the therapist monitors and watches for arguing, trying to change the partner, defensiveness, recapping accurately or becoming too triggered to stay in their role.

I have recently enjoyed reading “In Quest of the Mythical Mate” A Developmental Approach to Diagnosis and Treatment in Couples Therapy by Ellyn Bader, Ph.D. & Peter T. Pearson, Ph.D. which fully explains the developmental stages with examples of different types of couples in therapy sessions.

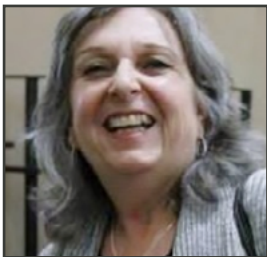
Michelle referred us to the Couples Institute website at [www.couplesinstitute.com](http://www.couplesinstitute.com) for packages of

I-I exercise cards to use with clients, as well as packages of “Stepping Stones to Intimacy,” which succinctly describe the five developmental stages.

Here are more resources from The Couples Institute:

- For more Articles and Resources or online training program: [www.couplesinstitutetraining.com/developmentalmodel](http://www.couplesinstitutetraining.com/developmentalmodel)
- How to get the most from couples therapy: [www.couplesinstitute.com/getthemost/](http://www.couplesinstitute.com/getthemost/)
- On-site training programs and workshops (Menlo Park): [www.MichelleJoyMFT.com](http://www.MichelleJoyMFT.com)

*Kera Burdick, MFTI #81082 and PCCI #1349, Supervised by Kirsten Kell, LMFT #41953, works in Private Practice in San Mateo, and loves working with individuals, couples, children and teens.*



## Mary Deger Seevers to Join Newsletter Committee

SCV-CAMFT News has a new committee member. Mary Deger Seevers has

joined the newsletter committee and we’re so excited to have her on our team.

Mary joined CAMFT as an intern while attending Notre Dame de Namur when it was still College of Notre Dame. She has been licensed since May, 1999 and is in private practice. She has two offices, in San Mateo and Pacifica. Mary is not new to volunteering within our chapter. She has served on the SCV-CAMFT Board in the early 2000’s as the pre- and newly-licensed director and CFO.

She is a CAMFT-Certified Supervisor and leads a long-standing private practice consultation group.

Mary is originally from the midwest, is a SF Giants fan and a proud mother and grandmother.

Thank you Mary for your willingness to volunteer and your long-standing commitment to the chapter.

## Save the Date!

### Don’t miss the SCV-CAMFT Annual Meeting

**This event is FREE for members!**

Eat, drink and socialize! This is a great opportunity to network, see old friends, and make new ones. More details coming soon.

### Presentation by Ronald Mah, MA, PhD

**Date:** November 6, 2015

**Time:** 4:00pm - 8:00pm

**Location:**

Michael’s at Shoreline  
Mountain View, CA





## All Diagnosis Codes Changing October 1, 2015 to ICD-10 Codes

By Barbara Griswold, LMFT

The DSM-5 came out in 2013, and some of us are still getting used to changes in some of our most frequently-used diagnoses. Well hang on, and spread the word: ALL diagnosis codes are changing on October 1, 2015. This affects ALL therapists, both network providers and out-of-network providers.

First, a little context: Think of DSM codes as the psychiatric section of an extensive list of all medical diagnoses called the International Classification of Diseases (ICD). So, if you are asked for an ICD diagnosis, don't worry – you can use a DSM code and it will be the same.

Right now the DSM codes we are using are from the ICD-Ninth Edition, or ICD-9. But these codes are changing to a new code set, the ICD-10. This means for all session dates October 1, 2015 and after, you must transition to the ICD-10 diagnosis code numbers for the same diagnoses we've been using. To clarify: If you've been using the DSM-5, the diagnoses themselves aren't changing, just the codes.

But here's some good news: For each diagnosis in the DSM-5 you will see listed both the ICD-9 codes in black and bold (for use prior to October 1st), as well as the ICD-10 codes (in gray and parentheses, starting with a letter) for use starting October 1st.

But warning: Looking only at category headings may lead to claim denials. For example, if you look up "Post Traumatic Stress Disorder," you will see the current code 309.81, followed by an ICD-10 code F43.10. However, this is the ICD-10 code for "Post-Traumatic Stress Disorder, Unspecified." You should avoid "Unspecified" diag-

noses, as plans may not reimburse for them. Also, while it may seem from looking at the heading that PTSD has only one code, there are sub-codes within this and many other diagnosis categories. Examine the criteria for each subcode to find the best diagnosis for your case. Tip: Page 839 of the DSM-5 has a helpful and easy to use Alphabetical Listing of diagnoses, with both the ICD-9 and ICD-10 codes for each.

One other important caution: Many plans won't pay if you only list a "phase of life issue" (what was a

ber 1st?"

**A:** Use ICD-9 codes for dates of service prior to October 1st, and ICD-10 codes for sessions October 1st and after. Use separate claims for any pre-October dates of service and one for those October 1st and after.

**Q:** "I thought the Codes just changed in 2013?"

**A:** Those were the CPT Codes, which are the codes for the type of therapy provided (couple/family, diagnostic intake, psychotherapy 45 minutes, etc), not for diagnoses.

**Q:** "What should I do to prepare for the transition?"

**A:** If you use claims software, a claims clearinghouse, or a billing service, make sure it is ready for the transition. And it may be time to shell out for your DSM-5 if you haven't already. You can get your copy from the American Psychiatric Association or from Amazon.com (save money by ordering the paperback).

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**If you use claims software, a claims clearinghouse, or a billing service, make sure it is ready for the transition.**

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V-code in the ICD-9, now a Z-code in the ICD-10).

Coding on the CMS-1500 claim: Put the new diagnoses in Box 21. Don't include parentheses or write the diagnosis name on the claim. However, in the upper right-hand corner of Box 21 where it asks for ICD-In (ICD Indicator), for sessions starting October 1st you should put a "0" (not a "10") where you currently put a 9 — just before the vertical dashed line -- to indicate you are using the ICD-10.

**Q:** "What if I submit claims after October 1st for sessions prior to Octo-

*Barbara Griswold, LMFT is the author of Navigating the Insurance Maze: The Therapist's Complete Guide to Working with Insurance – And Whether You Should, now out its 6th edition. She has a private practice in San Jose, California, and she invites you to contact her with your insurance questions and problems. Visit her website at <http://navigatingtheinsurancemaze.com/> to subscribe to her free monthly e-newsletter, to read helpful articles, to view her workshop schedule, or to schedule a consultation.*



(1.5 CEUs, PCE 1143)

## MID-REGION LUNCHEON

***High Functioning Autism Spectrum Disorder/Asperger's in Adults:  
A Developmental and Clinical Perspective***

Presented by Laurie Leventhal-Belfer

Dr. Leventhal-Belfer will share with us autism spectrum disorder (ASD) in adults, and how behaviors characteristic of ASD in children present themselves in adults. Attention will be given to the impact on adult's development, relationships, role as parents, and partners in the workforce. Dr. Leventhal-Belfer will also discuss the strengths and challenges for the clinician.

**Agenda**

- What led me to understand and work with adult ASD
- The inclusion of adults in every child assessment
- The Friends Program, which requires parent participation
- The diagnoses and how it applies to adults
- SPECS with clinical examples and YouTube videos about adult characters
- Adults' advantages and challenges
- Partners' stories
- Intervention; individually, couples and groups

**About the Speaker:**

Laurie Leventhal-Belfer, PhD began her journey as a child psychologist at the Elliott Pearson School of Child Development at Tufts University. While there she learned the importance of understanding neurotypical development before working with children who were experiencing difficulties adjusting to medical problems or social environments. She learned the value of understanding a child in the natural setting, rather than in the isolation of a clinician's office. She began to see the role of genetics in understanding the diagnosis. She recalls, "I've never made the diagnoses of a child with asperger syndrome or high functioning autism (HFA) without a parent pointing to their partner and saying, 'That is you, or me, or your father.'"

In her private practice, Dr. Leventhal-Belfer evaluates and provides therapy for children and adolescents with anxiety, depression, stress, and coping with medical problems, school, divorce, and loss. She also works with adults with asperger/HFA and their partners and offers

a group for women who are married to men who have behaviors similar to or have been diagnosed with asperger/HFA.

Dr. Leventhal-Belfer is the director of The Friends Program, a therapeutic group program for young children on the autistic spectrum and their parents. She is an adjunct clinical assistant professor at Stanford University and has spoken at conferences.

**Date:** Friday, September 25, 2015**Time:** 11:15 a.m. – 1:30 p.m.**Place:** Michael's at Shoreline, 2960 North Shoreline Blvd., Mountain View, CA 94043**Menu:** Buffet Lunch**Registration Deadline:** Monday, Sept. 21 for pre-registration fee.**Register:** Online at [www.scv-camft.org](http://www.scv-camft.org)**LUNCHEON FEES****PRE-REGISTERED BY SEPT. 21:**

Members - \$26

Non-members - \$33

CEUs: Members/non-members - \$7

**WALK-IN FEES:**

Members - \$33

Non-members - \$40

+ CEUs

Lunch is not guaranteed for walk-ins, but is available on a first-come, first-served basis. Auditing the event is available. Continuing Education: This course meets the qualifications for 1.5 hours of continuing education credit for LMFTs, LPCCs, LEPs and/or LCSWs as required by the California Board of Behavioral Sciences (PCE 1134).

Please visit our website at [www.scv-camft.org](http://www.scv-camft.org) to review the CEU info and our cancellation policy.

(2.0 CEUs, PCE 1143)

## SOUTH REGION LUNCHEON

## *The ICD-10 and The Changing World of Insurance: What EVERY Therapist Should Know*

Presented by Barbara Griswold, LMFT

**THIS PRESENTATION WILL FINISH AT 2:00pm TO ALLOW MORE TIME FOR THIS IMPORTANT INFORMATION!**

This is a time of great changes in the healthcare industry, including a new DSM-5 and healthcare reform. And effective October 1st, 2015, ALL current diagnosis codes are being replaced by new ICD-10 codes. In addition, due to the Affordable Care Act, more clients now have insurance, and are looking for therapists who accept their coverage. Is a private-pay only practice still viable?

This entertaining workshop gives you the latest updates, and addresses what all therapists should know, even if you never sign a plan contract. Out of network providers can still have their treatment reviewed, so what you don't know can hurt you and your clients.

Time permitting, topics may include:

- What you need to know about the Affordable Care Act – and what it could mean for your practice
- New participation options, and how to get in the door at “full” health plans and Medi-Cal
- How to turn first-time callers into clients – even if you aren't on their health plan
- What you need to know about the newly implemented ICD-10 diagnosis codes to avoid denials
- The 13 essential questions to ask about your client's coverage
- A sample CMS-1500 claim form
- Time permitting: The secret to successful treatment reviews: “medical necessity”



### About the Speaker:

Barbara Griswold, LMFT, is the author of *Navigating the Insurance Maze: The Therapist's Complete Guide to Working with Insurance -- And Whether You Should* ([www.theinsurancemaze.com](http://www.theinsurancemaze.com)), now out in its fifth edition and updated yearly. In private practice in San Jose, California, she has been a provider for more than dozens of insurance plans for over 23 years. She has been interviewed on National Public Radio's “Morning Edition” and for Psychotherapy Finances magazine, and her articles have appeared in magazines including Psychotherapy Networker and The Therapist. She has taught over 50 workshops like this one to California therapists, and in her free time, she writes a free monthly insurance e-newsletter. Barbara invites therapists to visit her website to subscribe or to contact her with their insurance questions and problems.

**Date:** Friday, October 24, 2015

**Time:** 11:15 a.m. – 2:00 p.m.

**Place:** The Los Gatos Lodge, 50 Los Gatos-Saratoga Blvd.  
Los Gatos, CA 95008

**Menu:** Buffet Lunch

**Registration Deadline:** Monday, October 20 for pre-registration fee.

**Register:** Online at [www.scv-camft.org](http://www.scv-camft.org)

### LUNCHEON FEES

#### PRE-REGISTERED BY OCTOBER 20:

Members - \$26

Non-members - \$33

CEUs: Members/non-members - \$7

#### WALK-IN FEES:

Members - \$33

Non-members - \$40

+ CEUs

Lunch is not guaranteed for walk-ins, but is available on a first-come, first-served basis. Auditing the event is available. Continuing Education: This course meets the qualifications for 2 hours of continuing education credit for LMFTs, LPCCs, LEPs and/or LCSWs as required by the California Board of Behavioral Sciences (PCE 1134).

Please visit our website at [www.scv-camft.org](http://www.scv-camft.org) to review the CEU info and our cancellation policy.

(6.0 CEUs, PCE 1143)

## LAW AND ETHICS WORKSHOP

**Law and Ethics Workshop: Are You Ethical? Are You Sure?**

Presented by Dave Jensen, JD

In this new presentation, CAMFT staff attorney Dave Jensen reviews the 10 fundamentals of the psychotherapy profession and compares and contrasts key sections from the CAMFT Code of Ethics and the National Association of Social Workers. This is a stand-alone presentation that will satisfy the BBS's on-going requirement of six CEUs in law and ethics.



The workshop is designed to help attendees:

1. Identify the 10 fundamentals of practicing legally, ethically, safely and confidently.
2. Describe ethical conduct within the therapist-patient relationship.
3. Compare how confidentiality is addressed differently under law and ethical codes.
4. Identify what it means to be ethical in terms of personal conduct.
5. Describe particular ethical standards and how they relate to supervisor, student, and supervisee relationship and responsibilities.
6. Describe the ethical obligations that you may owe to colleagues.
7. Identify ethical obligations you owe to your profession.
8. Identify ethical obligations you owe to the legal system.
9. Describe the ethical standards and how they relate to your financial arrangements with your patients.
10. Compare and contrast the laws pertaining to advertising with the ethical standards pertaining to the same subject.

The event includes continental breakfast, a buffet luncheon and 6 CEUs. Our venue, Michael's at Shoreline offers a spacious meeting room and outdoor patio for breaks and meals. Please join us and enjoy being a part of the SCV-CAMFT community.

**Workshop Handouts:** An email with a link to the handouts will be sent to workshop registrants the week of the workshop. We will not provide paper handouts. If you want them, you will have to print them and bring them yourself.

**About the Speaker:** Dave Jensen has been a CAMFT staff attorney since 2002. In this role, he consults with CAMFT members regarding their legal and ethical dilemmas. He is a regular contributor to The Therapist magazine, and he gives numerous law and ethics presentations to chapters, schools, and agencies each year. Dave received his law degree from the Thomas Jefferson School of Law in San Diego, California. He is currently working on a master's degree in English from Fort Hays State University.

**Date:** Friday, October 9, 2015**Time:** 9:00 a.m. – 4:00 p.m.**Place:** Michael's at Shoreline

2960 North Shoreline Blvd.

Mountain View, CA 94043

**Menu:** Continental Breakfast, Buffet Lunch**REGISTRATION FEES****Members - \$130****Non-members - \$155****Registration Deadline:**

Monday, October 5 (walk-in fee is \$30 higher)

**Register:** Online at [www.scv-camft.org](http://www.scv-camft.org)

**Registration:** Register and pay online with a credit card, PayPal, or check. Checks must be received by Oct. 5. Please allow 7-10 days to process check payments. Mail checks to: SCV-CAMFT, P.O. Box 60814, Palo Alto, CA 94306.

**Walk In Registration:** If space is available you can register as a walk-in. This can be done online Oct. 6-8, or at the event. The registration price increases by \$30 for this option.

Please visit our website at [www.scv-camft.org](http://www.scv-camft.org) to review the CEU info and our cancellation policy.





## Got Something to Share?

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

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

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

## ADVERTISING OPPORTUNITIES AND PRICES

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

Find out more about the advertising options at our website, [www.scv-camft.org](http://www.scv-camft.org). Log-in, click the button **Advertisements**, then click **How to Advertise**.

Advertising rates for display ads are listed below:

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

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

## Men's Support Group

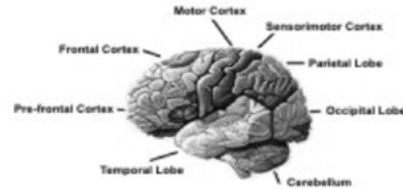


General ongoing support for men in San Jose and Palo Alto. All ages, a variety of issues and life circumstances, Mr. Nice Guy syndrome, relationships and divorce, parenting, and life transitions.

*Led by Antoine*  
certified group facilitator  
[www.southbaygroups.com](http://www.southbaygroups.com)  
(510) 206-0225

## PSYCHONEUROLOGY STUDY GROUP

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



**January 15 to Oct. 21, 2016**  
Roughly the third Friday of each month  
Summer Break for July & August

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

**Write for a brochure!**

**\* Francine Lapidès, MFT \* (831) 335-4830 \***  
[FMLapides@aol.com](mailto:FMLapides@aol.com)  
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License # MFC 7414

## Newsletter Deadlines

The deadline for newsletter submission is six weeks prior to the publication date. 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.**



Nov/Dec 2015 Issue  
**Deadline: Sept. 15, 2015**

Jan/Feb 2016 Issue  
**Deadline: Nov. 15, 2015**

## Adult and Young Adult Psychotherapy Groups

- ♦ Safe Peer Environments
- ♦ Interpersonal Feedback
- ♦ New Perspectives
- ♦ Trust and Understanding
- ♦ Social Skills

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

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

Marriage and Family Therapist      Lic. # 20662  
Certified Group Psychotherapist      Lic. # 179092

## Women in Transition

*A process group  
for women in the second half of life*

*Explore and embrace the  
challenges of growing older.*

**Mondays or Wednesdays 6:30–8 pm  
in Redwood City**

*See how the group experience  
can enrich your personal journey.*

**Deborah Dowse Runyeon, MFT, CGP\***  
**650-363-0249 x111**

[www.counselingforwomeninredwoodcity.com](http://www.counselingforwomeninredwoodcity.com)

License #MFC 39178  
CGP License #048707

*\*CGP: Certified Group Psychotherapist*

## Los Gatos Health & Wellness

SUMA SINGH, MD  
ADDICTION MEDICINE



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- RECOVERY STABILIZATION
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- SUGAR ADDICTION
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## FAMILIES FIRST MEDIATION

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

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

**Give us a call!**

**Dina Haddad**  
**Family Law Mediator**  
**(408) 357-3486**  
[www.ffmediation.com](http://www.ffmediation.com)





Fall 2015!!

CENTER FOR THE STUDY OF  
GROUP PSYCHOTHERAPY

presents:



## Integrating Mindful Self-Esteem Practices with Process Group Therapy

Saturday, September 26, 2015 ~ 9:30 AM - 5:00 PM

Nancy Wesson, Ph.D. and Janetti Marotta, Ph.D.

This course integrates group therapy interpersonal process with a mindfulness-based model of self-esteem development as described in the book, *50 Mindful Steps to Self-Esteem*. Participants will learn mindful self-esteem practices and group psychotherapy leadership skills such as, increasing therapeutic alliance and shaping the culture of a group, to process the group experience. This workshop will be both experiential and didactic. There will be a live demonstration training group.

**Place:** 2665 Marine Way, Conference Rm; Mountain View, CA 94043.

**Course fee:** \$115 Class size limited to 12. **CE Units:** 6 CE units for LMFTs, LCSWs, LPCCs, & Psychologists.

**For registration:** CSGP.org | **For further information contact:** Janetti@Janettimarotta.com or DrNWesson@CSGP.org.

## The Ins and Outs of Professionally Led Support Groups &amp; Psychoeducational Groups

Saturday, November 7, 2015 ~ 9:30 AM - 5:00 PM

Janetti Marotta, Ph.D. and Cathy Miller, LCSW

Many mental health professionals lead support and psychoeducational groups for bipolar illness, parents of teens, and infertility in HMO, agency, medical, and community settings. This workshop will focus on the formation, leadership skills, clinical dilemmas, and therapeutic factors of support and psychoeducational, interpersonal process groups, and hybrid group models. This workshop will be both didactic and experiential.

**Place:** 2665 Marine Way, Conference Rm; Mountain View, CA 94043.

**Course fee:** \$115 Class size limited to 12. **CE Units:** 6 CE units for LMFTs, LCSWs, LPCCs, & Psychologists.

**For registration:** CSGP.org | **For further information contact:** Janetti@Janettimarotta.com or DrNWesson@CSGP.org.

## Workshop Leaders:



**Nancy Wesson, Ph.D., CGP, (Psy9621)** has been in private practice and leading psychotherapy groups for over 25 years. Trained by Dr. Irvin Yalom she has been teaching group psychotherapy courses for 16 years. She is the founder of the Center for the Study of

Group Psychotherapy (CSGP.org).



**Janetti Marotta**, has been leading psychotherapy and support groups over 25 years and mindfulness-based groups over 10 years. Along with her private practice, she is Coordinator of the Mind-Body Program at

PAMF Fertility and author of the book: *50 Mindful Steps to Self-Esteem*.



**Cathy Miller, LCSW (Lic#13175)** is an Advanced Clinical Social Worker at Stanford Health Care where she co-chairs the Social Work Internship program and serves on the Heart Transplant Patient & Family Advisory Council. Ms. Miller has led

psycho-educational and support groups in medical settings for over 20 years.

CSGP is approved by the California Psychological Association to provide continuing professional education for psychologists as well as MFTs, LPCC's, and LCSWs. CSGP maintains responsibility for this program and its content. Provider No. PCE5391.

**For further information and refund policy:** CSGP.org

## GROUPS &amp; WORKSHOPS

**Tackling Anxiety Classes Teens & Adults**

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

**TEEN GIRLS and WOMEN'S GROUPS**

TEEN GIRLS-Friendships, feelings, communication, self-esteem and stress using art and drama. WOMEN- relationships, depression, stress, transitions, and parenting starting Sept 24th. Lori Levitt, MFT #43329. 650-794-4828 [www.lorilevittmft.com](http://www.lorilevittmft.com)

**Process group offered!**

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

**Lifestyles Conference: Navigating the NEW DSM-5**

We are excited to invite you to the upcoming Lifestyles Conference Navigating the New DSM-5 6 CEU Units TO REGISTER VISIT: [lifestyleintervention.org/series](http://lifestyleintervention.org/series) \$25 Registration Fee\* INCLUDES BUFFET BREAKFAST AND LUNCH CALL 800.508.1489 FOR REGISTRATION AND PAYMENT QUESTIONS Presented by Gerald D. Shulman, MA, MAC, FACATA Wednesday • June 24, 2015 CROWN PLAZA PALO ALTO 4290 EL CAMINO REAL • PALO ALTO, CA 94306

**Psychotherapy and Consultation Groups**

Psychotherapy Groups for Men and Consultation Group for Group Leaders facilitated by seasoned group

therapist. Mondays in Menlo Park. Contact Jamie Moran, LCSW, CGP, 415.552.9408, [jammoran@aol.com](mailto:jammoran@aol.com), [jamiemoran.com](http://jamiemoran.com).

**Reigniting Intimacy**

Wednesday, July 8th, 6-9pm. [www.larawilling.com/couple-group/](http://www.larawilling.com/couple-group/) A special evening to rekindle your love. Lara Willing, Registered MFT Intern #82289 and experienced group leader. Supervised by Mike Brown, LMFT #45570

## FOR CLINICIANS

**Got insurance questions?**

Find answers in the newly-updated Navigating the Insurance Maze: The Therapist's Complete Guide to Working With Insurance (Barbara Griswold). View Barbara's workshop schedule, buy books/claim forms, schedule consultations: [www.theinsurancemaze.com](http://www.theinsurancemaze.com).

**Office-based Addiction Treatment**

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

**Experienced Mediator, specializing in Divorce and Custody Issues**

Co-Parenting Counseling, Reconnection Therapy, Therapeutic Supervised Visitation. Available for appointment as Custody Evaluator / Parenting Coordinator. Work with high conflict couples. Websites: [StoneMFT.com](http://StoneMFT.com), [MediateCustody.com](http://MediateCustody.com), [Divorcing-Peacefully.com](http://Divorcing-Peacefully.com).

**Jungian Circle Consultation Group**

Jungian psychotherapist consultation/

support group. Monthly meeting of people who appreciate the Jungian path of metaphor, intuition, creativity and depth. Contact Kathleen Russ, MFT at [kathleen@kathleenruss.com](mailto:kathleen@kathleenruss.com). (408) 219-2467

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

Save time and money by using Private Practice Launchpad's proven systems and paperwork to hire, retain and manage quality clinicians. Learn more at [privatepracticelaunchpad.org](http://privatepracticelaunchpad.org)

## FOR INTERNS

**Paid Intern Neurofeedback Position**

Palo Alto Neurofeedback seeking committed licensed MFT intern to provide Neurofeedback treatment. No prior experience needed. Must be Computer savvy. Start 10-20 hours/week. Supervision included. Experience dictates pay. Need evening and weekend availability

**INSPIRED INTERNS process group**

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

## JOB OPPORTUNITIES

**Multidimensional Treatment Foster Care (MTFC) Supervisor**

Bill Wilson Center ([www.billwilson-center.org](http://www.billwilson-center.org)) in San Jose has an IMMEDIATE opening for a Multidimensional Treatment Foster Care (MTFC) Supervisor to work in our Foster Care program. Must have a MA in Social Work or related field and 2+ years of experience. To review a full job description please visit <http://www>.

## JOB OPPORTUNITIES

[billwilsoncenter.org/about/employment.html](http://billwilsoncenter.org/about/employment.html) To apply send cover letter & resume to [resumes@bwcmail.org](mailto:resumes@bwcmail.org)

**Therapist/Case Manager**

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

**New Skills and Choices Parenting Program**

New Skills and Choices is a twelve-week skill-building group intervention program for families in the Family Court system whose children are at risk due to high conflict. We help parents build new skills in communication and parenting and to make constructive choices for their family. Group interventions include role plays, videos, peer learning and didactic information to assist them in learning. This group assists parents with co and parallel parenting. Groups are \$25.00 for a two hour session. 408-774-1009 or [info@peace-it-together.org](mailto:info@peace-it-together.org)

## OFFICE SPACE

**Lovely 357 sq ft office by 280/Saratoga Ave**

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

**Los Gatos office available for rent**

Private, quiet psychotherapy office in Los Gatos available for rent Mondays, Fridays, weekends. The office is walking distance from the high school and downtown area. [dbolandi@yahoo.com](mailto:dbolandi@yahoo.com), 408-264-0100

**Campbell Downtown, Historic**

100 sq ft office in downtown Campbell. Parking on site, all utilities included, walk to all 14 restaurants, currently 20 therapist in building/ Contact Gene to see 408-502-2600

**Office Space for Rent**

Los Gatos office space available. Lovely location in walking distance of downtown LG. Mondays and Fridays all day, and evenings past 6pm. Contact Linda Galdieri 408-399-6443, or Vicki Swenson 408-375-7320

**Office in Menlo Park**

Menlo Park office space available part time. Comfortable, quiet, and convenient. Downtown location, close to stores and restaurants. Second floor in well maintained building with elevator. Please contact Barbara 650 326-2020

## OFFICE SPACE

**LMFT**

Victorian second floor office available to share with one therapist. Quiet, furnished, beautiful office available for \$125 per day. Wednesday is not available. Not ADA accessible. Call Eugene M. at 408 984 3851.

**Santa Clara office available**

Historic Victorian second floor office to share in Santa Clara near SC University. Quiet, comfortable, not ADA accessible, furnished and available for \$125 per day any day except Wednesday. Contact Eugene M. 408 984 3851.

**Office Space Available**

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



**Place your own free classified ad at our website and reach hundreds of people!**



## CALENDAR OF EVENTS

For more information and to register for events, please visit our website at [www.scv-camft.org](http://www.scv-camft.org).

### SEPTEMBER

- 11 South Region Pre-Licensed Support Group
- 11 North Region Pre-Licensed Support Group
- 15 Newsletter Submission Deadline
- 17 **Mid-Region Chapter Luncheon:** *High Functioning Autism Spectrum Disorder/Asperger's in Adults*, Mountain View, CA
- 19 South Region Newly Licensed Support Group
- 19 North Region Newly Licensed Support Group

### OCTOBER

- 3 North Region Newly Licensed Support Group
- 9 **Law and Ethics Workshop:** Part Four, Mountain View, CA
- 9 South Region Pre-Licensed Support Group
- 9 North Region Pre-Licensed Support Group
- 17 South Region Newly Licensed Support Group
- 23 **South Region Chapter Luncheon,** *The ICD-10 and The Changing World of Insurance: What EVERY Therapist Should Know*, Los Gatos, CA

#### The Newly Licensed Support Groups

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

### FREE NEWLY LICENSED SUPPORT GROUPS

#### North Region Newly Licensed Support Group

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

Upcoming dates: September 19, October 3

Facilitator: Jamie Moran, LCSW

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

RSVP and contact: [Jammoran@aol.com](mailto:Jammoran@aol.com) or 415-552-9408 .

#### South Region Newly Licensed Support Group

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

Upcoming dates: September 19, October 17

Facilitator: Verna Nelson, LMFT

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

RSVP and contact: [vernanelson@gmail.com](mailto:vernanelson@gmail.com) or 408-379-7747

### FREE PRE-LICENSED SUPPORT GROUPS

#### The Pre-Licensed Support Groups

are designed to support interns.

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

#### North Region Pre-Licensed Support Group

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

Upcoming dates: September 11, October 9

Facilitator: Ildiko Ran, LMFT

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

RSVP and contact: Ildiko Ran at [ildikoran@gmail.com](mailto:ildikoran@gmail.com) or 650-353-8885

#### South Region Pre-Licensed Support Group

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

Upcoming dates: September 11, October 9

Facilitator: Michelle Farris, LMFT

Location: Address given upon rsvp - Evergreen area of San Jose

RSVP and contact: [mft@counselingrecovery.com](mailto:mft@counselingrecovery.com) or 408-800-5736

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## Santa Clara Valley Chapter

CALIFORNIA ASSOCIATION OF MARRIAGE AND FAMILY THERAPISTS

### SCV-CAMFT News

Attention: Editor

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[www.scv-camft.org](http://www.scv-camft.org)

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

### Mid-Region Chapter Luncheon

Friday, September 25  
11:15 a.m. – 1:30 p.m.

#### **“High Functioning Autism Spectrum Disorder/Asperger’s in Adults: A Developmental and Clinical Perspective”**

Presented by  
Laurie Leventhal-Belfer, PhD  
(1.5 CEU hrs., PCE 1134)

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

## CHAPTER EVENTS

### Law & Ethics Workshop

Friday, October 9  
9:00 a.m. – 4:00 p.m.

Presented by David Jensen, J.D.  
(6 CEU hrs. available, PCE 1134)

Michael’s at Shoreline  
Mountain View, CA

### South Region Chapter Luncheon

Friday, October 23  
11:15 a.m. – 2:00 p.m.

#### **“The ICD-10 and The Changing World of Insurance: What EVERY Therapist Should Know”**

Presented by  
Barbara Griswold, LMFT  
(2.0 CEU hrs. available, PCE 1134)

Los Gatos Lodge  
50 Los Gatos-Saratoga Blvd.  
Los Gatos, CA 95008

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