

Empowering relationships...

DECEMBER 2016



# The Redwood Empire Therapist

## OUR DECEMBER MEETING

### **Working with Life-Threatening Illness in Psychotherapy: Using Spiritual and Psychological Tools** Dale Borglum, Ph.D.

For thirty-five years I have been blessed to be in close contact with many people who were approaching death. Almost all of these people were reaching out for healing – healing in relationship to death, healing in relationship to illness, in relationship to a wounded heart, to separation from their own self. My consuming interest, both personally and professionally, has been the healing process. Why do some people experience



Wholeness as they approach death while others lose themselves in denial, depression, and distraction? Why is it that some of the most alive and awake Westerners I've known have been, almost without exception, people near death? Is there some powerful truth about life and about healing that you and I can receive from these few who, as they went through the process of dying, deeply realized their own wholeness?

This presentation will explore possibilities for realizing wholeness at the edge of life where illness, grief, and loss arise. Both psychological and spiritual tools will be used in the investigation of these profound and challenging issues. We will offer participants the opportunity to explore the deeper

### **December 2nd - RECAMFT Meeting**

**10:30 - 11:00 social & sign in**

**11:00 - 1:00 meeting**

### **Working with Life-Threatening Illness in Psychotherapy: Using Spiritual and Psychological Tools** Dale Borglum, Ph.D.

**ODDFELLOWS TEMPLE/MERCER HALL, 545 PACIFIC AVENUE, SANTA ROSA**

IF THE PARKING LOT IS FULL, PARK AT THE J.C. GARAGE ACROSS MENDOCINO AVE. FOR \$4 OR ASK PERMISSION TO PARK AT THE EGGAN AND LANCE MORTUARY. IF YOU DO NOT ASK THE TOWING COST IS \$225.

**January 6, 2016**

**9 - 11**

### **Holiday Breakfast and Party with Music and Comradery COME JOIN US TO CELEBRATE 2016 LEADERSHIP CIRCLE!**

**11:30 - 1:00**

### **Exploring Clients' Personal Narratives, Appropriate Use of Self- disclosure and Creating Transformations through Stories**

**Jan Ogren, LMFT**

**January 13**

### **Legal & Ethical Issues Workshop SEE PAGE 5 FOR MORE INFORMATION**

**1.5 CEUs AVAILABLE - RECAMFT CEU PROVIDER IMIS 57173  
MEETINGS ARE OPEN TO ALL ~ NON-MEMBERS FREE (\$15 FOR CEUS)**

questions surrounding death, healing, and the sacred, so that each of us can better embody an enlivened sense of being in the world in each moment rather than a sense of isolation and denial.

Dale Borglum founded and directed the Hanuman Foundation Dying Center in Santa Fe, New Mexico, the first residential facility in the United States to support conscious dying. He has been the Executive Director of the Living/Dying Project in Santa Fe and since 1986 in the San Francisco Bay Area. He is the co-author with Ram Dass, Daniel Goleman and Dwarka Bonner of *Journey of Awakening: A Meditator's Guidebook*, Bantam Books and has taught meditation since 1974. Dale lectures and gives workshops on the topics of meditation, healing, and spiritual support for those with life-threatening illness, and on caregiving as spiritual practice. He has a doctorate degree from Stanford University.

Dale can be reached at: Email: [dale@livingdying.org](mailto:dale@livingdying.org) Phone: 415 456-3357

### *What Else Is In Here This Month? Check It Out!*

**Page 2 ..... President's Message**

**Page 3 ..... RECAMFT Team Circle info**

**Page 3 ..... Election Fallout**

**Page 4 ..... What You Missed**

**Page 6 ..... Ads & Announcements**

**Page 7.....David Jensen, JD**

### **President's Message** **Bob Dalzell, LMFT**



As I sit to write my last president's message, I think of so many experiences that have shown me how much RECAMFT is a gift to our wider community. At our monthly meetings, and our board and committee meetings

I have felt deeply held by the love and care present in our gatherings. Consistently, I see that we are richly endowed with members who truly care for the people we serve. We are hurting, struggling people who sit with other hurting struggling people, and who do not look away. This is a gift that offers hope, brings true human freedom - that of loving when hurt.

On November 9<sup>th</sup> I woke up dreading going in to the office. I knew pain and fear abounded in our community. Entering my morning meditation I felt hopeless. Before I left for the office I'd found peace knowing that my small act of sitting, knowing my own pain and fear, with others in their pain and fear, and in my own small way celebrating that I am not done in by the darkness, makes some difference. I choose to feel my own pain, not looking away, and choose loving others in theirs. Because I can love me in this place and time, I can love each in her or his place and time. This composed me. I had a wonderful day.

RECAMFT has given its 2016 president such warmth and support. Thank you. I wish each member could take their turn as president (Oh, you CAN!! Hint.) so that you would experience what a gift our community of healers has to give. Truly, it was a privilege to take the role of president. I now confidently pass the baton to incoming president, Reyna Seminara. She has shone stepping into this role. Light comes through her. We will be warmly, gently led. Thanks in advance, Reyna.

I want to also thank all who have served this year—too many for an old guy like me to remember: first of all, members attending meetings, offering your presence, openness, experience and questions; board members serving in many behind the scenes ways; hospitality folks who prepared our rich food faire for the monthly meetings; conference committee-- special thanks to Annette Seibel, who is moving on after three years' service; Doreen Van Leeuwen and Gail VanBuuren, our new Disaster Response Team coordinators; membership; ethics roundtable; outreach committee; pre-licensed; website and technology; newsletter—Wow, Gail, great job!; programs committee, who choose our monthly speakers, and write up the summary article for the

newsletter; CFO; and special thanks to David Benoit, who completes his two years as secretary; Joe and Pam Ward, who are our admin support and videotaping/publishing; CEU's chair—Thanks to Alanna Taormina, who is stepping up to having a baby; all of our presenters!! Too many to remember.

Please put our Annual Meeting date, Friday morning, January 6, on your calendar so you can come and share food and fellowship, express your appreciation to all who have served this year, appreciate the leadership circle, and listen to some great live music provided by our own members!!

My parting word—RECAMFT is its members. RECAMFT is great because of its members. RECAMFT is led, fed, and served by its members. Consider service, you will be greatly rewarded.

*Bob Dalzell practices in Petaluma at 765-1009*

## RECAMFT Mentorship

### A no-cost benefit for RECAMFT interns

Volunteer licensed therapists are available to interns for up to two hours a month to discuss a variety of things. This is not a supervisory relationship. Interns are encouraged to contact different mentors.

**Learn more about the RECAMFT Mentorship program on our website at [www.recamft.org](http://www.recamft.org) under Intern Support.**

## JOIN RECAMFT'S LISTSERV

*It's easy. Just send your email request to join the RECAMFT listserv to:*

[recamft-subscribe@yahoogroups.com](mailto:recamft-subscribe@yahoogroups.com)

*Myron Walters will confirm your RECAMFT membership and admit you. We are now 137 strong.*

## RECAMFT TEAM CIRCLE

### BOARD OF DIRECTORS

**President:** Bob Dalzell 765-1009  
**President Elect:** L. Reyna Seminara 523-9192  
**Past President:** Kris Spangler 829-8293  
**Secretary:** David Benoit 480-8842  
**CFO:** Pat Hromalik 849-6204

### DIRECTORS-AT-LARGE

**Programs:** Erica Thomas, Chair 206-8698  
Michael Krikorian 579-0838  
Doug Silberstein 583-2353  
**Membership:** Kris Spangler 829-8293  
**Pre-licensed:** Adam Smith 888-1900  
& Jackie Mullis 818-300-4217  
**Crisis Response Team:** Doreen Van Leeuwen  
951-347-1837  
**Newsletter Editor:** Gail Van Buuren 494-4198

### COMMITTEE CHAIRS

**CEUs:** Alanna Taormina  
**Community Outreach:** Kim-Lien Chavez 324-9699  
**Conferences:** Cynthia Halliday 544-1513,  
Annette Seibel 537-3090 & Kristin Mills 527-6168  
**Ethics:** Kris Hall 544-4726  
**Hospitality:** Susan Hartz & Judith Peletz  
**Recharge Raffle:** Jan Ogren 544-7756  
**Website:** Laura Strom 889-9168  
**Emeritus:** F. Michael Montgomery 578-9385

### STAFF

**Administrative Consultant:** Pam Ward 575-0596

## Election Fallout! How can we help? Gail Van Buuren

I don't know about you, but I have both clients and friends who are depressed and anxious about the results of the election on November 8<sup>th</sup>. For the Trump supporters I want to note that this is not about politics but about our clients who are coming in for our help. Many folks are terrified about the future consequences of some actions promised by Donald Trump, which he seems to be setting up with his chosen



# *What You Missed*

## *By Michael Krikorian*

staff to follow through on. In many circles there is a climate of desperation and despair about what could happen to many people and to the country. I, too, am disturbed and concerned, but I am also a therapist and need to find a way to help my clients.

So, first things first, I look inside to see how I can find some center of peace and groundedness for myself. I do not like to feel ill at ease. Looking to my teachers I ask myself “What would the Dalai Lama do, or Gandhi or Peace Pilgrim?” For me the answer came quickly in my morning meditation after the election. I choose to hold Donald Trump in my love so he might find a higher road or be guided or influenced by wiser people or by Spirit. I choose to generate clear-headed support to protect what I feel are gains we have made that are in jeopardy. And I choose to generate a loving force to inspire and hold this country and all its people to make good choices. That feels okay inside me and brings me peace. From there I can take action in a good way.

So here come my clients, some of them, distressed and depressed. It only took a few this week to make me realized that I need to ask how they are doing with the change if they don’t bring it up. When a client is seriously stressed and uncentered/ungrounded, here are some of the things I have been doing that clients say helps them.

- Ask them to go inside and report how all this feels in the body
- Help them understand how the Sympathetic Nervous System is generating chemicals and conditions that are not healthy if chronic
- Guide them in activating their Parasympathetic Nervous System by breathing and grounding
- Anchor it somatically and cognitively
- Invite them to take the time and space to notice who they really are at core in that state
- Work with them from that state to find a way to access their personal power in the world
- Maybe assist this quest by asking them who they use as teachers and what those teachers would do in this case
- I encourage them to return to that place as often as they can each day

This is becoming quite a fascinating journey for me as we discover differing strengths. I wonder what others are doing to help clients with this change. I am starting a dialogue on the Listserv. Anyone care to join me there?

*Gail Van Buuren has a private practice in Sebastopol and takes Medi-Cal. 707-494-4198*

Today we had a very interesting and informative presentation on Relational Therapy by a psychologist from Israel who now practices in the Sacramento area. Dr. Haim Weinberg shared in a heartfelt way about how he evolved from using a psychodynamic approach to therapy to a relational approach in both individual and



group therapy settings. Dr. Weinberg explained how psychodynamic and relational therapies share some common features such as 1) a focus on affect and the expression of emotion, 2) an exploration of our defenses against those affects, 3) identifying patterns in our behavior, and 4) a

discussion of past experiences. Dr. Weinberg clarified that there are several significant differences between the two approaches. He dramatically showed how the traditional “blank screen” approach where the analytic therapist keeps his personal thoughts and feelings hidden from the client is very distressing for the client as it frustrates our natural tendency to seek connection. In relational therapy the therapist may bring their own subjective feelings out in the session as long as it is in service of the client, not to meet the therapist’s own needs. Relational therapy acknowledges that the therapist has an unconscious, too, and is, therefore, the co-creator of the therapeutic situation. Transference is not seen only as a distortion created by the client but is contributed to by the therapist. Resistance in relational therapy is seen as the client coping with a threat and is also seen as a non-verbal communication.

Dr. Weinberg gave an example of this approach when he told of his work with a very powerful executive. In one session, the executive said “when are you going to fix that lamp?” referring to a non-working lamp in Dr. Weinberg’s office. For the next week, Dr. Weinberg kept feeling uneasy about that lamp and started to plan on how to get it fixed before the client returned. Instead, he shared with his client how he had been preoccupied with what he said and had



been worried about what the client thought if he did not fix the lamp. The client then revealed that he had heard comments like this before from other people and wondered what he is doing that leaves others intimidated by him. Dr. Weinberg suggested that perhaps the client had felt like those other people (intimidated) when he was younger. The client then explored his own relationship with his father who had very high expectations of him.




Dr. Weinberg then got volunteers from our meeting and did a sample process group with us. He started by asking each member to share what they feel, think and sense in the here and now as they sit in the group. Dr. Weinberg skillfully brought these feelings out by creating a sense of acceptance and curiosity as well as by his own self-disclosure. He then directed the participants to reflect on what underlies that particular feeling and then to share that with whoever in the group that feeling is triggered by. For instance, one member commented that they desire more personal sharing with their colleagues, Dr. Weinberg “who in the group would you want to share more with?” It was apparent that Dr. Weinberg had quickly created a working therapy group that operated on a feeling level.

Dr. Weinberg cautioned against using a relational approach too soon with new clients or using it with “fragile” personalities.

Thank you, Dr. Weinberg, for openly sharing with us your theory and skillful practice of a relationally oriented therapy. Haim Weinberg, Ph.D. can be reached at (916) 212-6424 or by email at [haimw@group-psychotherapy.com](mailto:haimw@group-psychotherapy.com). His website is [www.group-psychotherapy.com](http://www.group-psychotherapy.com)


Michael Krikorian, MFT practices in Santa Rosa and sees adults and teens, individuals and couples. He brings a variety of approaches and 35 years of experience to his work. For more information, go to [www.mkrikorian-therapist.com](http://www.mkrikorian-therapist.com)

**Considering a residential treatment or outdoor program?**




**Collaborating with referring professionals, Bob Casanova, Psy.D. is a nationally respected educational consultant who specializes in providing recommendations for students with special needs of an emotional, behavioral or psychological nature.** Bob travels extensively throughout the year and has personally toured over two hundred schools and programs. As a Licensed Marriage and Family Therapist, Bob credits his clinical training and experience in deepening his understanding of a student's needs. Bob helps students and families dealing with issues such as:

- Depression
- Anxiety
- Drug or alcohol abuse
- Social concerns
- School failure or refusal
- Self-harm
- Oppositional and defiant
- PTSD / trauma
- Autistic spectrum / NLD
- Low self esteem
- Adoption / attachment issues
- Family conflict
- Loss and grief
- Divorce
- Learning differences



**Bob Casanova, Psy.D.**  
Educational Consultant  
Licensed Marriage & Family Therapist  
License Number: LMFT 37137  
707-544-7000

1260 North Dutton Ave.  
Suite 175  
Santa Rosa, CA 95401  
[drbob@bobcasanova.com](mailto:drbob@bobcasanova.com)  
[www.bobcasanova.com](http://www.bobcasanova.com)




**AS ALWAYS, INTRODUCTIONS ARE HOW WE GET TO KNOW EACH OTHER BETTER**



PAST PRESIDENT, KRIS SPANGLER & PRESIDENT, BOB DALZELL



RECAMFT MEMBER, BARBARA YOUNG

## *Ads and Announcements*

### *OFFICE SPACE*

**Spacious, large, sunny office** & closet. Very convenient location, Santa Rosa. Waiting room, kitchen, garden off-street lighted parking, free wi-fi, \$500/mo. Call (707) 953-7575, [gary@gsoden.com](mailto:gary@gsoden.com)

### *BULLETIN BOARD*

**PART-TIME DIRECTOR SENIOR PEER COUNSELING** Non-profit org. seeks LCSW or LMFT, 10-15 hours per week. Experienced in psychotherapy, group training and community outreach. Recruit, appoint and train volunteers to provide peer counseling to seniors. E-mail, fax or send resume to Konocti Senior Support, P.O. Box 6668, Clearlake, CA 95422. Fax [707 995-1411](tel:707-995-1411), or [lcspc@att.net](mailto:lcspc@att.net) [www.konociseniorsupport.com](http://www.konociseniorsupport.com) EOE

## RECAMFT Meetings 2016-2017

January 6, 2017

**Using Stories for Healing in Therapy: exploring clients' personal narratives, appropriate use of self-disclosure and creating transformations through stories**

Jan Ogren, MFT

February 3, 2017

**Working in the Transference with Individuals and Couples**

Dr. Peter Hobson

March 3, 2017

**Collaborative Couple Therapy: Turning Fights into Conversations and Problems into Opportunities for Intimacy**

Dan Wile, Ph.D.

April 7, 2017

**Healing Shame in Couples**

Bret Lyon, PhD and Sheila Rubin, LMFT, RDT/BCT

May 5, 2017

**Flashes, Gut Feelings and Hunches: Listening to the Healer Within**

Julie Stass PhD, LCSW

June 2, 2017

**When Eros Enters the Room: Erotic Transference and its Healing Nature**  
**Felicia Matto-Shepard, MFT, Jungian Analyst**



REDWOOD EMPIRE CAMFT PRESENTS ITS ANNUAL  
LEGAL & ETHICAL ISSUES WORKSHOP

**Shh, It's Confidential: Confidentiality of  
Mental Health Information Under California  
And HIPAA Laws**

**David Jensen, JD, CAMFT Staff Attorney**

*Those who have attended David Jensen's workshops in past years have been unanimous in praise of his thoroughness in exploring our complex legal and ethical considerations, while entertaining us with his humor and anecdotal material.*

**January 13, 2017  
9 am – 4 pm  
Lunch Included!**

**Mary Agatha Furth Center  
8400 Old Redwood Highway  
Windsor, CA 95492**

**Course Description:**

If confidentiality is the cornerstone of the therapist-patient relationship, it behooves therapists to have an accurate understanding of the laws that affect the confidentiality of patient information. What information must be kept confidential? What information could be shared without an authorization? How can we limit third-party access to outpatient information? What "things" does a practitioner have to do to secure patient information to keep it confidential? In this six-hour presentation, Dave Jensen, JD will review California and HIPAA laws regarding the confidentiality of patient information.

There will be time for networking during the sign-in and the lunch break. Feel free to bring business cards and information about your therapy practice.

**Learning Objectives:**

This workshop is designed to help you:

1. Compare the "building blocks" of patient information and confidentiality under California law and HIPAA.
2. Describe the structure of California Civil Code § 56.10 and the importance of written authorizations.
3. Explain the relationship between California Civil Code §§ 56.10 and 56.104 and why this relationship is so important for outpatient psychotherapists.
4. Apply the categories of "T-P-O" to patient information under HIPAA.
5. Assess how HIPAA handles the technical aspects of confidentiality differently than California law does.

**REGISTRATION begins 10/24/16 at [www.recamft.org](http://www.recamft.org)**

<b>Early (before 12/30)</b>	RECAMFT members	<b>\$89</b>
	RECAMFT pre-licensed	<b>\$26</b>
	Non-members	<b>\$139</b>
<b>Regular (after 12/31)</b>		<b>\$149</b>

***This workshop satisfies the Law and Ethics course requirement of six (6) continuing education units mandated by the BBS for LMFTs, LPCCs, LCSWs and LEPs for each license renewal cycle. Participants will be updated on changes in the law that affect professional practice. RECAMFT CEU Provider #57173***

**Disability Accommodation:** To request an accommodation for a disability, please email [therap@recamft.org](mailto:therap@recamft.org).

**CEU Certificate:** You must stay for the entire meeting to receive your certificate. Course certificates will be awarded at the end of the workshop, upon receipt of the completed course evaluation. Course meets the qualifications for 6 hrs of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences.

**Grievances:** direct grievances to [therap@recamft.org](mailto:therap@recamft.org), and/or the chapter president at [recamftresident@gmail.com](mailto:recamftresident@gmail.com).

Empowering relationships...



**Redwood Empire Chapter of California Association of Marriage and Family Therapists**  
is a California BBS CEU provider: License #2322  
RECAMFT.org - PO Box 2443 - Sebastopol, CA 95473  
E-mail: [therapy@recamft.org](mailto:therapy@recamft.org) Web: [www.recamft.org](http://www.recamft.org)

RETURN SERVICE REQUESTED

**DECEMBER ISSUE**

**NEWSLETTER COSTS & DEADLINES**

**Line ads and announcements:**

Members - \$5 per line  
Non-members - \$12 per line

**Display ads:** Full page - 9.75" x 7.5" = \$200  
Half page - 4.5" x 7.5" = \$110  
Quarter page - 4.5" x 3.5" = \$60  
Eighth page - 2" x 3.5" = \$35

10% discount for 5 month ad Commitment  
20% discount for 10 month ad commitment

**Deadlines:**

Articles (500 words max) - 15<sup>th</sup> of the month  
Advertisements - 15<sup>th</sup> of the month

For more information call or email:  
707 575-0596 or [therapy@recamft.org](mailto:therapy@recamft.org)  
Or submit ad to website at [www.recamft.org](http://www.recamft.org)

**NEWSLETTER DISCLAIMERS**

The opinions and points of view in the articles contained herein do not necessarily reflect that of the Board of Directors of RECAMFT or of CAMFT. Authors' contact information is included. Submitted articles may be edited and are published at our discretion depending on space and relevance to our readers' professional interests.

**RECAMFT HONORS PAST PRESIDENTS**

Kris Spangler	2015
Laura Strom	2014
Lani Lee	2013
Hal Forman	2012
Elaine Sohler Gayler	2011
Cynthia Halliday	2010
Susan Hartz	2009
Kate Maxwell	2008
Gail Van Buuren	2007
Diana Poulson	2005-2006
Joan Logan	2004
Judith Goleman	2003
Ange Stephens	2002
Christopher Doyle	2001
F. Michael Montgomery	2000
Julie Green	1999
Jan Lowry-Cole	1998
Rhaea Maurel	1997
Paula Hall	1996
Kitty Chelton	1994-1995
Don Scully & Randi Farkas	1993-1994
Hari Meyers	1992-1993
Grace Harris	1991-1992
Richard Alongi	1990-1991
Diana Young	1989
Andrew Leeds	1988
Carleita Schwartz	1987
Christine Bucholz	1986
Thomas Hedlund	1982-1985
Rick Mawson	1980-1982