



The Redwood Empire Therapist

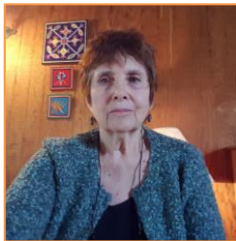
OUR MAY MEETING

Aging Happens: Dealing with it Wholesomely in Ourselves and in our Clients **Judith Goleman, LMFT**

Some cultures hold elders in esteem for their life experience and wisdom. Not ours. As we age our clients and we may fear becoming culturally invisible.

As signs of aging inevitably appear we need tools to support ourselves and our clients through them.

We will draw on encouraging findings of brain science and strategies to maximize an inner "push toward fulfillment:" and other tools that can help clients deal with the challenges and losses and gains that aging can bring.



Judith Goleman, MFT, has been in practice, doing individual and couple counseling, and aging in place since 1978. At the age of 61 she followed

her love of Jewish spirituality and became ordained as a chaplain. At her current undisclosed but not young age she is about to get married to her sweetheart of 50 years ago.

Judith Goleman is a long-time member of RECAMFT and has a private practice in Sebastopol. She can be reached through the Psychology Today's Web listing at therapists.psychologytoday.com

May 5th - RECAMFT Meeting **10:30 - 11:00 social & sign in**

11:00 - 1:00 meeting

Aging Happens: Dealing with it Wholesomely in Ourselves and in our Clients **Judith Goleman, LMFT**

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.

June 2, 2017

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

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

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

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[CLICK HERE FOR A LINK TO RECAMFT GROUP LISTINGS!!](#)

President's Message

L. Reyna Seminara, LMFT



***Taking our
Temperature at
RECAMFT***

As the year enters my fifth month as your president, it seems like a good time to take the temperature of RECAMFT. I can tell you that the Board of Directors feels strong and united with everyone in the Leadership Circle working hard to fulfill their responsibilities. Many changes and improvements are in the works, changes that should further strengthen and streamline our organization. For those not on the Board, you may be surprised at the number of changes focused on keeping RECAMFT going strong. Of course, being part of our state organization CAMFT really helps.

Erica Thomas, our President-Elect, and I got together after the most recent inspiring CAMFT Leadership Conference in February and have created an Annual Calendar of all the reports and actions board members need to take throughout the year. The calendar can be referenced each year and easily modified as needed. Each committee is in the process of creating Committee Calendars with tasks specific to their mission. These calendars should help with organizing conferences, selecting great programs for the year and managing our outreach to our community. Another improvement to RECAMFT is the implementation of online registration

for our monthly meetings. We are seeing more and more of you using the website to register. We hope to add

content to the registration form, such as a place for you to indicate how you might want to get more involved in RECAMFT.

We recently moved our P.O Box to Santa Rosa for convenient access and to save time and money on long trips to pick up mail. Our new mailing address which is posted on the website, in the newsletter and the e-blasts is below.

**RECAMFT
P.O. Box 2732
Santa Rosa, CA 95405**

How are we doing so far? Do you think we're at 98.6 or heating up? There's more!

At the CAMFT Leadership Conference, we listened to what the other 28 CAMFT chapters are doing and hope to implement many of their ideas in our chapter. Many of these ideas involve engaging Pre-licensed members, like possibly creating a "3000 hours Club," whose motto will be something like "Friday, Free, Food & Fun". Another idea is to have a "listening meeting" sometime during the year to get together with all our members. This would be a RECAMFT version of a town hall meeting and would be an open meeting for all members to express your ideas about how we can make RECAMFT serve you better.

Being responsive to our community is very important. To that end, we are trying to create a new configuration for Oddfellows Hall seating arrangement for the monthly members' meeting. We'll keep changing it until we get it right! We are listening to your feedback about our monthly meetings, about what you like, don't like and feel neutral towards. You have told us that you want access to the snack table, and improved ability to see and hear the presentation without squeaking feedback from the sound system. To that end we will keep trying new room configurations until we get it right. Your overall critique on the monthly programs has been great, and we know that most of you really like getting gifts with the monthly Recharge Raffle! So we will keep doing that.

In closing, RECAMFT still needs more volunteers to implement all these great ideas and to help on all committees. I think this is the Board's main struggle we face right now. So, join in, participate, and together we will make RECAMFT better than ever! If you are interested in volunteering for a short term project, to help with snacks, work on the newsletter, participate on a committee or for the board of directors, talk to one of the board members at the monthly meeting or email us at therapy@recamft.org

Help us keep our temperature warm and healthy.

L. Reyna Seminara, LMFT
RECAMFT 2017 President

Reyna has a private practice in Santa Rosa. It is best to reach her by email. LRS-MFT@att.net

JOIN RECAMFT'S LISTSERV

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

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: L. Reyna Seminara 523-9192
President Elect: Erica Thomas 206-8698
Past President: Bob Dalzell 765-1009
Secretary: Laura Strom 889-9168
CFO: Pat Hromalik 849-6204

DIRECTORS-AT-LARGE

Crisis Response Team: Doreen Van Leeuwen
951-347-1837
Director-at-Large: Adam Smith 888-1900
Pre-licensed Chair: Ann Clark 666-1611
& Jackie Mullis 818-300-4217

COMMITTEE CHAIRS AND MEMBERS

CEU Co-Chairs: JoAnn Consiglieri
Deborah Haarstad
Community Outreach: Bob Engel 861-0441
Conference Co-Chairs: Annette Seibel 537-3090
& Kristin Mills 527-6168
Ethics: Kris Hall 544-4726
Hospitality Chair: Linda Collette
Susan Hartz, Judith Peletz
Membership: Tara D'Orazio 992-5008
& Gayle Whitlock 387-4146
Newsletter Editor: Gail Van Buuren 494-4198
Programs: Erica Thomas, Chair 206-8698
Michael Krikorian 579-0838
Doug Silberstein 583-2353
Tara D'Orazio 992-5008
Recharge Raffle: Jan Ogren 544-7756
Website: Laura Strom 889-9168
Emeritus: F. Michael Montgomery 578-9385

STAFF

Video Production and Administrative Consultant: Joe Ward 575-0596

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

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What You Missed By Tara D'Orazio

At April's meeting we continued to focus on skills valuable to couples work. Sheila Rubin and Bret Lyon presented on the ways couples get stuck in highly reactive cycles of shame-triggering which undermines their basic safety and attachment needs. The lecture gave us a framework for understanding the dynamics at play in the "blame/shame game" and the personal stories and role play provided a live example of how to work on identifying and healing shame wounds.

The first framework we discussed was the dynamics of the distancer and pursuer roles. Pursuers in a relationship wonder on the surface "What's wrong with my partner? Why can't they get it together?!" but quietly hold deeper worries, "What's wrong with me? Am I ever

going to get my needs met? I feel so alone, do I matter?" Through blame and criticism ("attachment protests"), they attempt to get their partner to meet needs for connection and attunement. The withdrawer is weighted down with personal shame, feeling they must hide their true self so their partner won't discover how "awful they really are." They shut down and pull back when they feel their partner getting too close to their shame triggers. The cycle intensifies as pursuers try to close the distance and the withdrawer draws further and further back.

The cycle is perpetuated by four distinct Reactions to Shame which Sheila and Bret outlined as Denying, Withdrawing, Attacking the Self, and Attacking the Other. Noticing these common reactions to shame can help the therapist identify when shame is being triggered in a session and points to the strategy used by each client to cope with the discomfort. The shame underlying these reactions can go unnoticed by the patient if they are unconscious of the connection between shame and their behavior.

Briefly, denying uses dissociation, minimization, and addictions of all types to numb out from the pain. Withdrawing pulls inward away from the painful stimulus and tends to isolate and be mistrustful. Attacking the self takes the form of the inner critic who demands perfection and chastises any perceived mistake. Attacking the other turns shame outward and pushes the blame onto someone else. Bret and Sheila say that people bring their shame into the relationship and then trigger each other. For example, the one who feels ashamed by their loneliness may blame their partner for working too much, triggering the other to feel incompetent in relationship and react by losing hope and pulling away.



SHEILA, BOB ENGLE, JUANITA RUSSEL, AND BRET DEMONSTRATING SHAME WORK WITH A COUPLE

The lesson ended with two brave actors participating in a scripted role play of an actual couple Sheila once helped. In the demonstration, Sheila focused on restoring the interpersonal bridge of the relationship by

increasing empathy and understanding. She expertly kept pace with the shame reactions as they arose and met them with counter-shaming responses. When one of the clients didn't have words for what they were feeling, she allowed that to be and met him with acceptance and compassion. Bret points out that when someone doesn't know what they are feeling there's usually shame coming through. Sheila says that when one person sits in their shame it is isolating and painful, but when two people meet shame together and the supportive person is not belittling or minimizing, healing can occur within the shame experience itself. If we get stuck on the reactions (e.g. the withdrawing, blaming, denying) we miss the opportunity to heal the shame itself. Both Bret and Sheila emphasize that it's not enough to simply vow to not shame the client, clinicians need to be actively counter-shaming by meeting the client with curiosity and compassion.

In the end, Bret says he wants to move his clients toward "healthy shame," a phrase he uses to describe the appropriate feelings of guilt and embarrassment that signal alignment/misalignment with one's values. Healthy shame encompasses responsibility, humility, and makes room for meeting the discomfort with self-compassion.

Husband and wife team Sheila Rubin and Bret Lyon co-lead workshops for helping professionals on Healing Shame. Sheila is an LMFT working with couples, adults, and children through somatic, expressive, and attachments based therapies. Bret holds doctorates in Psychology and Drama and is certified in Focusing and Somatic Experiencing.

Tara D'Orazio, LMFT is in private practice at Athena Counseling in Santa Rosa. She is a Beacon Medi-Cal provider and works with Victims of Crime and the VA Choice program. Athena Counseling helps teens (14+) and adults heal trauma wounds and manage anxiety through Cognitive Behavioral Therapy. For more information go to www.athenacounseling.com or call 707-992-5008



SHARING GOOD NEWS WILL FELLOW THERAPISTS

Gottman Couples Workshop
The Art & SCIENCE of Love

13.5 CE's Available!

SF Bay Area ~ Mill Valley, CA
Next Workshop: June 3rd & 4th, 2017

Additional Dates:
 August 26th & 27th, 2017
 and December 2nd & 3rd, 2017

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

Discounts for Therapists!

See Website for Registration and Additional Information!

www.aCouplesWorkshop.com

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



THE WISH

*I wish for you a gentle world
 Kind words
 Tender touches
 Loving gazes
 Soft caresses.*



*Never harsh.
 Never hurtful.
 Never hateful.
 Never harming...*

*Always holding
 body and soul
 in perfect shade and shelter.*

-Ann Clark. March 2017
 Registered MFT Intern

Ann works with trauma survivors and penned this wish holding in mind all who suffer at the hands of others.

COLLABORATING WITH MEDICAL HEALTH PROFESSIONALS

While studying for our MFCC oral exams (yes, I'm that old--think "1991") we, in our study group, practiced reciting that we would confer with our clients' doctor, and/or psychiatrist, and, with appropriate releases signed, consult as needed to coordinate client care. Then, in the real world, after leaving many messages for the doctor or psychiatrist, getting only an occasional return message, we, or at least, I, became disheartened, and put less effort into making that collaborative care conversation happen. For many years now managed care and insurance companies suggest, and sometimes require, releases between mental and physical health care providers be signed and ask if the collaborative care conversations have taken place. Every other year at our required Law and Ethics Conference, we hear about documenting those collaborative conversations.



But let's be honest, IT'S REALLY HARD TO GET THOSE CONVERSATIONS TO HAPPEN. In my experience, when they do happen, it's helpful for me, the Doctor, or other medical professional, and certainly benefits the clients. Sadly, though, the conversations don't happen enough.

In March Petaluma Health Center invited providers of mental health services to their Petaluma offices over breakfast to explain their new model for delivery of mental health services. They are changing how they provide this part of the care for their patients, and wanted to augment and update their referral lists. Previously, they had mental health professionals, hired, and on staff at PHC. Patients came and saw their therapist or attended group in the mental health department, and could essentially continue to get that care as long as it was medically necessary. As their clinics have grown, they discovered they could not adequately provide all the care needed, so they decided to limit the number of sessions provided at the clinics, and refer out to other mental health care providers in the communities.

At the same time, instead of continuing to sequester mental health providers in their own unit (think, "corner"), they are embedding their mental health staff in the medical units, so that mental health providers along with doctors, PA's and nurses attend rounds (review scheduled case work for the day, trouble shooting needs) and in real time, every day, because the mental health providers man/woman their desk in the same cluster with the medical health providers, both components of the staff consult. Thus, when Ms Jones comes to see her doctor, with the same complaints, after several unsuccessful medicinal interventions, she will be seen by the mental health 'partner' that day, in the exam room. The mental health care providers are really going to become partners with the medical staff--day to day working together for the benefit of their mutual clientele.

Bob Engel, RECAMFT's Outreach Committee Chair, and I visited with Dr. Jennifer MacLeamy, PHC's director of Mental Health on March 15. Jennifer designed the new system of care delivery, now used at PHC, emphasizing how important the 'warm hand off' is to get patients involved in seeking their mental health care. She explained in detail how their model works, and expressed willingness to dialogue with and assist other medical clinics and group practices to create more collaboration between medical and mental healthcare providers. I am hopeful that the barriers between providers can be dismantled, but it will take some work. RECAMFT is well positioned to become an influential partner in the dialogue towards true collaboration. It's an opportunity to further educate the community about LMFT's, what we do, as well as to meet our counterparts providing medical healthcare.

I'm writing this article to invite anyone who has interest in joining in the conversation about how to converse better with our medical health partners to contact me, RECAMFTPastPresident@gmail.com.

Thanks for reading. Any comments, suggestions, questions are welcome.

Bob Dalzell, LMFT
RECAMFT Past President

Gottman Professional Training
Acqua Hotel · Mill Valley

Next Training:
Level 2 - Assessment, Intervention, and
Co-Morbidities ~ June 22nd-24th, 2017

Upcoming Workshops:
Level 1 - September 15th-16th, 2017
Level 2 - June 22nd-24th, 2017
Level 3 - July 20th-22nd, 2017
Co-Presented with Dr. Bob Navarra



*Intimate Retreats on the
San Francisco - Richardson Bay*

TrainingForCouplesTherapy.com
Presented by a Master Certified Gottman Therapist
Lisa Lund, CRC, MFT #33383 - (707) 547-0401 - CE's Available



Ads and Announcements

OFFICE SPACE

Gudrun Zomerland, MFT, CCPS, [707-575-8468](tel:707-575-8468)
gzomerland@chinnstreetcounseling.com

I'm retiring and ending therapy with clients by the end of July. I will be out of my usual office space by end of May. I would like to rent two days a week (Mondays and Tuesdays, or Tuesdays and Wednesdays) for June and July. If you happen to have only one of those days available, please let me know since the other day might get covered by somebody else's offer.

Office Space

Anita M. Eliot MFT
[707 480-4558](tel:707-480-4558)
tinkercreek@sonic.net

I will be subletting my office on Mondays and Tuesdays. It is a very nice space with built ins in a vintage building on Cherry Street. There is a large waiting room, a small kitchen and copier, and parking in back for tenants. It's beautiful, quiet, and pleasant and we are all therapists. My office is upstairs and has a bathroom across the hall. The cost will be \$225/mo.



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 2732 – Santa Rosa, CA 95405
E-mail: therapy@recamft.org Web: www.recamft.org

RETURN SERVICE REQUESTED

MAY 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) - 15th of the month
Advertisements - 15th of the month

For more information call or email:
707 575-0596 or therapy@recamft.org

Or submit ad to website at 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

Bob Dalzell	2016
Kris Spangler	2015
Laura Strom	2014
Lani Lee	2013
Hal Forman	2012
Elaine Sohier 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
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