

Empowering relationships...

OCTOBER 2018



# The Redwood Empire Therapist

## OUR OCTOBER MEETING

## The Silver Lining of Infidelity Talal H. Alsaleem, LMFT



Talal Alsaleem, LMFT, founder of the [Infidelity Counseling Center](#), has created this workshop to help clinicians of all levels conceptualize and treat infidelity from the framework of trauma. Working with couples in crisis can be overwhelming for new and seasoned clinicians, especially when it comes to working with clients struggling with infidelity who are often in extreme emotional distress and feeling lost and hopeless about the future of their relationship.

The knowledge base you will gain from this workshop as well as the clinical interventions you will learn are based on extensive clinical work with couples dealing with infidelity. Completing this workshop will expand your understanding of the process of healing and give you the clinical tools you need to help your clients recover individually or as a couple.

### About our speaker

[Talal H. Alsaleem](#) is an award-winning Marriage Counselor. He is an infidelity recovery specialist, and works exclusively with couples who are dealing with the impact of physical and emotional affairs. He developed a solution-focused method of infidelity counseling that has helped hundreds of couples navigate the challenges of the healing journey from affairs.

### October 5, 2018 - RECAMFT Meeting

10:30 – 11:00 social & sign in  
11:00 – 1:00 meeting

### The Silver Lining of Infidelity Talal H. Alsaleem, LMFT

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

*IF THE PARKING LOT IS FULL, YOU WILL FIND LOCAL LONG TERM PARKING ON THE STREETS ON THE SOUTH SIDE OF PACIFIC AVENUE.*

**November 2, 2018**

**Solution Focused Brief Therapy  
Fran Wickner, Ph.D, LMFT**

**December 7, 2018**

**My Client is Dying – What Do I Say and Do  
Jill A. Johnson-Young, LCSW**

**January 4, 2019**

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Fun, food, surprises and live music**

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

## *Check It Out*

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## **President's Message**

**Erica Thomas, LMFT**



### ***A Year of Sadness, Strength, and Hope***

I grieve for ALL the loss, all that others have lost, all that was ever lost, and all that I have ever lost. Then the guilt comes, what I have lost is so small in comparison to what others have lost. Comparison; such a stingy word, so calculating and quantitative. I get to be this much, feel this much, and you get to Be/feel this much. As if there's only so much and there isn't space enough for ALL that we Are and Feel. At a time like this it can seem so enormous that there could never be enough space for it all. If the ocean could not hold this grief then how could my heart? Maybe it's best to just forget some of it, leave it out. After all, does it really matter if I don't know that person? Never looked them in the eyes? Never smiled at them? Some how it does matter, they matter. If I matter then they MUST matter and my heart grieves for all of us. So no matter how I look at it I come back to sadness so big the ocean could not hold it. Maybe if I give it to the ocean, maybe the ocean can carry it to a place where it can be. I remember the beach, the sand pushing up through my toes, the waves pressing in. The grief had not arrived yet; it was waiting in the wings for my return. But the ocean was bringing me the strength, the peace I would need. How life prepares us, even when we don't realize it. The ocean says, I have a place, don't worry I have a place

where it can be. Oh to be one with the ocean, to have a place where it can be.

I wrote this at the Francis Weller conference last October. With the anniversary of the fires approaching I was inspired to revisit this writing and I have been thinking about all of you and all you have been through in the past year. I know there has been sadness, joy, triumph, defeat, and the whole spectrum of emotion and experience since the fires. I am incredibly proud of RECAMFT for how we have supported our community through this difficult year, and all we continue to do. I wonder if others would like to share stories or reflections from their experience. If so please feel free to send them to the newsletter for publication in future issues. Or you can just keep them in your journal. Whatever this anniversary means to you, I hope RECAMFT can be your ocean, a place to replenish your strength and bring the peace you will need as you venture out to do your work.

Our Francis Weller Conference in 2017 was a resounding success! As always we value your input, so what does our community need in the coming year? It's time to start planning for our 2019 Fall Conference, if you have ideas for a topic please email them to [Therapy@recamft.org](mailto:Therapy@recamft.org)

*Erica Thomas, LMFT has a Private Practice in Rohnert Park, she can be reached by phone 707-206-8698 or through her website, [www.growingpositivefamilies.com](http://www.growingpositivefamilies.com).*

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## *What You Missed* *By Doug Silberstein*

At the September 2018 RECAMFT meeting, Sherry Shockey-Pope, LMFT, gave a very clear and engaging presentation on how to build a successful private practice. With detail, humor and helpful suggestions, she de-mystified much of the process and provided a concrete map for how to build a private practice. Sherry breaks down this process or map into ten “Building Blocks” that help simplify and focus the therapist on



action steps to build a private practice, if that is what he or she chooses to do.

Block 1 helps therapists get clearer about what they truly want: what their “perfect day” is and how they define success. Then Block 2 supports the therapist in deciding whether to work for an agency or go into private practice: there are pros and cons to each and therapists need to look closely at which choice best fits who they are and what their needs and goals are.

Once the decision to start a private practice is made, the next step – Block 3 - is to set an income target and figure out the best ways to meet that target: sometimes adding groups, classes, renting out office space or hiring employees might be helpful or needed. Block 4 emphasizes the importance of having and promoting a specialty: knowing who their ideal client is can help therapists get clearer on their target audience and develop a niche in the competitive market-place.

Blocks 5 through 9 focus mainly on online presence and marketing. Sherry advocated for certain key components to an effective website, including the importance of positive photos of people, photos of the therapist’s office, a map to the office and videos that let the potential consumer get to “meet” the therapist before making an appointment. She shared how to upload videos to websites and how to improve and track SEO (search engine optimization) in order to attract more visitors to the website.



When discussing the use of social media (Block 8), Sherry stressed the importance of keeping personal and professional accounts separate and suggested therapists have a social media policy that they share with their clients. Throughout the presentation, she touted the benefits of blogging (Block 9) and promoted the blog as an efficient and effective way for therapists to share their expertise with current and potential clients. And the final

block – Block 10 - helps therapists go over the pros and cons of accepting insurance in order to decide whether to do so or not.

A significant part of the presentation dealt with the legal and ethical aspects of creating and marketing a private practice. All of the decisions the private practitioner makes, including those regarding outreach, must be seen and executed through the lens of legal and ethical best practices.

Counseling Services in Riverside, CA (951-778-0230). Along with supervising the staff, she sees clients and provides professional training. She is also creator of *Therapist Practice in a Box*, a guide to helping therapists build a successful private practice. She can be reached at 951-842-0365 or [info@therapistbox.com](mailto:info@therapistbox.com) (Members can download her power point at the videos area of our website [www.recamft.org](http://www.recamft.org))

*Doug Silberstein, MFT is in private practice in Santa Rosa and San Rafael. He focuses on working with couples, parents and individuals struggling with depression and anxiety. He primarily employs existential-humanistic, experiential and attachment-based approaches in working with his clients and can be reached at 707-583-2353 and at [doug Silbersteinmft.com](http://doug Silbersteinmft.com).*



Deborah Haarstad & JoAnn Consiglieri help attendees sign in at meetings And stay after to send each of us the evaluation so we can get CEUs!



**Diane Gleim, MFT, CST Presents**

**Being A Sex-Positive Therapist In A Sex-Negative World**

DATE: Saturday, Nov. 3. 2018      COST: \$100  
TIME: 9:30am – 12:30pm      PLACE: Santa Rosa

For more information, including registration:  
<https://www.dianegleimmft.com/for-therapists.html>

*Course meets the qualifications for 3 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and LEPs as required by the California Board of Behavioral Sciences.*

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## Couples' Corner: How Can I Feel More Connected To My Partner?

Presented by Doreen Van Leeuwen, LMFT,  
Certified Imago Relationship Therapist

Here is a simple skill-set adapted from Imago Relationship Therapy

1. **Start by making a daily Gratitude list** about your partner. Even one quality, behavior or characteristic a day is sufficient. When you have accumulated a few:
2. **Invite your partner to receive some appreciation** from you. Sounds like: "Honey, I want to tell you about something(s) I appreciate in you. Is this a good time?" If your partner says "Yes" then tell him/her the top three things you appreciate about them today.
3. **If your partner is willing, ask them to summarize what they heard.** Sounds like: "I want to make sure I got across what I like about you. Could you tell me back what you heard, so I that I am sure?"

Next month's Skill: *"Presencing"*

Doreen Van Leeuwen has a private practice in Santa Rosa and can be reached at 951-347-1837

## 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.**

# Free Advance Care Planning Workshop

## October 16

When someone is sick, it's natural to ask, "What can I do to help?" or "What can I do for you?" It feels good to fulfill someone's wishes. But if your loved one is so sick that he or she is unable to speak and you don't already know what he or she wants—that feels awful.

Yet roughly 50% of us are likely to be unable to speak for ourselves in a future medical situation. Advance care planning is the process of thinking about, talking about, and documenting your healthcare wishes and priorities—before a crisis occurs.

To help residents prepare, My Care My Plan: Speak Up, Sonoma County will host a **free advance care planning workshop, *Who Will Speak for You If You Can't Speak for Yourself?*** on Tuesday, October 16, 2-4 p.m., at the **Redwood Credit Union Community Room, 3033 Cleveland Avenue, Santa Rosa.** Register online at [MyCareMyPlanSonoma.org](http://MyCareMyPlanSonoma.org) under [Events](#), by phone at (707) 565-5950, or by email to [aasecretary@schsd.org](mailto:aasecretary@schsd.org).

"In my practice, I am commonly struck by the added burden families feel as they face the stress and conflict of choosing treatment strategies when they never had conversations with their loved ones ahead of time about the things that matter most to them in the context of life-threatening illness," says Gary Johanson, MD, Medical Director, Memorial Hospice and St. Joseph Palliative Care Services. "This added burden is so preventable through advance care planning."

"It might feel awkward to be the one to start that 'what matters most' conversation," adds Dorothy Foster, LMFT and co-chair of My Care My Plan: Speak Up, Sonoma County, "but it's a conversation you want to have on your own time--rather than in the emergency department under the pressure of a crisis."

Johanson and Foster will lead the October workshop, designed for anyone over age 18. Participants consider the type of care they would want in a health crisis, and how to make their wishes known through thoughtful advance care planning and clear, written, advance health care directives. The presenters will also offer ideas for

how to talk with family, loved ones, and healthcare providers about medical treatment options, tradeoffs, and wishes.

**My Care, My Plan: Speak Up, Sonoma County's** ([MyCareMyPlanSonoma.org](http://MyCareMyPlanSonoma.org)) vision is for every adult in the county to become educated and empowered to express his/her wishes about end-of-life care, to have the opportunity to do so, and to have their wishes honored in a medical crisis. This is an initiative of the Committee for Healthcare Improvement and Sonoma County [Health Action](#), which mobilize community partnerships and resources to achieve equity and improve health for all in Sonoma County. MCMP is a collaborative of organizations and individuals from the private, public, nonprofit, and volunteer sectors, including local healthcare and social service organizations and other community partners.

### Free Workshop on Advance Care Planning

Who Will Speak for You If You Can't Speak for Yourself?

**Tuesday, October 16, 2:00-4:00 p.m.**

**Redwood Credit Union Community Room, 3033 Cleveland Avenue, Santa Rosa**

Reservations: [MyCareMyPlanSonoma.org](http://MyCareMyPlanSonoma.org) / (707) 565-5950 / [aasecretary@schsd.org](mailto:aasecretary@schsd.org)

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[kmontgomery@schsd.org](mailto:kmontgomery@schsd.org)  
[www.sonomacounty.ca.gov/Human-Services/](http://www.sonomacounty.ca.gov/Human-Services/)



## ***Missing Michelle Mongini***

One of our colleagues, Michelle Mongini passed away peacefully in Petaluma, California on August 22, 2018. She earned a bachelor's degree in psychology from UC Davis. She moved to Petaluma in 1971. In the mid-'80s, she got involved in the Family Education Center, a local non-profit, working as a parent educator, and then administrative director. This led her to return to school at USF for a master's degree. She was licensed as a Marriage and Family Therapist in 1992 and had her own private practice in Petaluma for more than 20 years. She loved her work. It was her true mission in life. She held her clients in high regard always saying it was a privilege to work with them

She was generous and helpful, loved by many and will be missed by all. A memorial was held at Miwok Meadows in China Camp in Marin County on September 23 at 1 p.m. A donation may be sent in her name to The Sonoma County Food Bank, Redwood Gospel Mission, Hospice of Petaluma or a charity of your own choosing.

Michelle E. Minero  
[michelleelenaminero@gmail.com](mailto:michelleelenaminero@gmail.com)>



***Remembering all our colleagues and friends that have gone on before us and whose smiles and friendship we still so sorely miss...***

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**OCTOBER ISSUE**

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