

Empowering relationships...

MARCH 2018



# The Redwood Empire Therapist

## OUR MARCH MEETING

### **Flashes, Gut Feelings and Hunches: Listening to the Healer Within Dr. Julie Stass, LCSW**

This 90-minute session reaches out to clinicians who hesitate to trust the power and clarity that comes from their intuitive gut responses: what I call our inner healer. We'll look at research that: 1) explains why emotional connections and clinical intuition are so effective in therapy and 2) confirms that clinicians who



respond intuitively and develop strong trusting connections find that their clients are highly motivated and are able to sustain the positive changes they've made. We will explore how to integrate a right-brained clinical practice into a left-brained performance focused marketplace. Finally, I'll recommended daily practices that cultivate, motivate and sustain our inner healer.

Julie Stass is a licensed clinical social who has been in practice since 1992. She received her MSW from San Jose State School of Social Work in 1987. She completed her doctorate in psychology from the Southern California University in Irvine in 2005. Julie specialized as a play and family systems therapist, treating children recovering from trauma. Julie has provided clinical supervision hours for pre-licensed MFT and MSW interns for about 15 years. About seven years ago, Julie focused on experiential therapies and began using dogs and horses in therapy. In 2010, she started a canine facilitated therapy group for the San Luis Obispo

### **March 2nd - RECAMFT Meeting**

**10:30 – 11:00 social & sign in**

**11:00 – 1:00 meeting**

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

**Dr. Julie Stass, LCSW**

**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.*

**April 6, 2018**

**Surrogate Partner Therapy Demystified  
Annie Chen, LMFT Barbara Ochsner-Walsh, LMFT &  
Cheryl Cohen Green, DHS**

**May 4, 2018**

**The Effect of Gender on Male Depression and Suicide:  
Diagnostic Issues and Integrative Therapeutic Approaches  
Dr. Bruce Feingold, PhD,**

**June 1, 2018**

**Psychotherapy for a Changing Planet  
Leslie Davenport, LMFT**

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

Hospice Center. Currently, Julie provides Equine Facilitated Learning workshops and retreats for all types of groups: Mother and Daughters, people in Recovery, Leadership trainings and families. Julie is also a private contractor for Advent Health, seeing clients via telemedicine, three days a week. Julie's passion focuses on training clinicians how to connect to their intuitive inner wisdom and compassion with the intention of infusing care and compassion back into the current behavioral health care system.

Julie Stass can be reached by email, [juliestass@netscape.net](mailto:juliestass@netscape.net) Her Website address: [www.Primal~Connection.com](http://www.Primal~Connection.com); [www.mytherapisteatsgrass.com](http://www.mytherapisteatsgrass.com): [www.Healingcliniciansdotcom.org](http://www.Healingcliniciansdotcom.org)

**RECAMFT is now accepting proposals for the 2018-2019 season. The proposal form can be found on our website under events. Please email completed proposals to [therapy@recamft.org](mailto:therapy@recamft.org).**

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

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

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**Page 5 ..... What You Missed**

**Page 6 & 7 ..... Our Sponsors' Ads**

**President's Message**  
Erica Thomas, LMFT



***Dedicated  
to Excellence***

Last month I talked about how Love makes our chapter special, so of course that got me thinking about ALL the things that make our chapter great. This month I was struck by the great training that we provide for our members. Last spring we provided an excellent training on White Privilege in the therapy room, an important topic especially for these times. Then in October, as the fires still burned we pulled together 2 disaster response trainings so that our members and others could respond to the needs of the

community. Then most recently L&E which is a RECAMFT staple.

RECAMFT's Law and Ethics training gets rave reviews every year and this year was no exception. With 142 registered we set a new CAMFT record for largest number of attendees at a chapter L&E event. This was the first chapter event attended by our new CAMFT Executive Director, Nabil El-Ghoroury, and, of course, Dave Jensen was informative and engaging as always. I talked with more than one person who said they attend this workshop every year just because it is so informative and Dave really makes the topic interesting.

I noticed, one of the things that make Dave's presentations so worthwhile is that rather than giving just a broad overview of the topic, each time he picks a specific focus and thoroughly examines the legal and

ethical concerns for that particular facet of our work. This year Dave's focus was on suicidality, a life and death issue that can leave many of us; I include myself here, feeling anxious about doing the right thing and doing enough. In fact at times this topic can have us running scared. My first counseling job was as a drug and alcohol counselor. You remember that feeling, right, sitting with your first clients, all the excitement, the fear, and the wondering, "Will I be good enough?"

I had this young man come into my office for his first session, he proceeded to tell me that almost every time he drank he became suicidal, just a few nights before he had attempted to kill himself while drunk. Needless to say as soon as he left I was in my supervisor's office, wondering how do I help this man stay alive? I was shocked by her response, I don't remember what she said but I will never forget that moment because I realized that she was afraid and she didn't know what to do either. I am happy to say that I had much better experiences with my supervisors after that. I do believe the nature of our work is that we will have times when all we can do is sit in the not knowing with our client, but concerns about suicide do not have to be one of those times. Dave provided us with a protocol for assessment and clear guidelines to follow regarding this issue. For me this type of information takes some of the stress out of the work. The nature of our job is that at times it will be stressful but having good information when it counts makes all the difference. RECAMFT is devoted to bringing these vital topics to our members so that we can do our best work.

I will be at the CAMFT Chapter Leadership Conference this weekend where RECAMFT is again nominated for a Chapter Excellence Award because of our response to the wildfires. An exceptional chapter like ours takes all of us, so thank you for being a member, thank you for attending our events, and thanks to those of you who volunteer your time to make all of this happen. This past year especially, I have seen the positive impact we have on the community and I know it is worth every bit of effort.

If you have been thinking about how you might participate more with RECAMFT, there are many opportunities, big or small, and we would love to have you.

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

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**NABIL EL-GHOROURY, CAMFT E.D.; ERICA THOMAS, PRESIDENT RECAMFT; BOB CASANOVA, PRESIDENT CAMFT; AND LAURA STROM AT THE LAW & ETHICS WORKSHOP IN JANUARY.**

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BOB CASANOVA AND ERICA THOMAS FLANKED BY CONFERENCE CO-CHAIRS ANNETTE SEIBEL & KRISTIN MILLS – GREAT JOB!!!



BOB AN ERICA WITH OUR GREAT PRESENTER, DAVID JENSEN

# WHAT YOU MISSED

By Doug Silberstein

At the February 2018 RECAMFT meeting, Sarah Zeff Geber, PhD, gave a lively and informative presentation on understanding the challenges people over age fifty



face, and how to help them effectively deal with those challenges. She focused on those who don't have adult kids to help them navigate retirement and aging – a demographic she refers to as "Solo Agers". The presentation,

along with breaking participants into small groups, encouraged personal reflection on issues related to aging.

Since people are living longer these days, there is potentially much more time spent in the retirement years than previously, which can amplify and prolong challenges. Many face loss of meaning, loss of identity, loss of connection and loss of health and/or physical capabilities, and, therefore, would greatly benefit from getting support in how to have what Dr. Zeff Geber refers to as a "successful retirement".

In her work, Dr. Zeff Geber helps people explore the foundations for a successful retirement. Finances are only part of it and she focuses more on supporting the psychological and, for many, spiritual ingredients: identity re-orientation, self-awareness, commitment to



health and well-being, a positive attitude about aging, finding purpose and strengthening social networks. Retirement can be a time of rediscovering shelved passions, engaging in meaningful volunteer work, having new adventures and

starting new relationships.

This time of rediscovery, however, can be more difficult for men as their identities are often tied up in the job or career they've had. A man's self-esteem might be tied to the sense of professional competency they feel – a competency they might not feel in the interpersonal realm. At the same time, a much higher percentage of women over the age of sixty-five live alone, which can lead to a sense of isolation.

This can be particularly true for women who don't have kids. All solo agers are vulnerable to missing out on the many functions adult children serve, including medication management, financial decision-making, legal support and, of course, emotional support and companionship. Spending time with grandchildren and perhaps even playing a caregiver role with them can increase meaning and decrease aloneness. Society and those working with solo agers can cultivate living situations and environments for them that promote connection and vitality: creating actual and cyber villages for the aging, co-housing arrangements and retirement communities may all provide a context for greater engagement and meaning.



Dr. Zeff Geber emphasized that even for people with children, those in retirement would benefit from developing networks of important people: family, friends, fellow congregation members, former colleagues, doctors, caregivers, and other community members all play essential roles in ensuring a vibrant and enriching life after fifty.

Sarah Zeff Geber, PhD, is the owner and founder of Life Encore, and provides coaching in retirement and later life planning. Prior to starting LifeEncore, Dr. Geber was an HR and organization development consultant. She has worked with dozens of Fortune 500 companies helping leaders be more effective and run more successful organizations. She can be reached at 408-355-0101 or through her website, LifeEncore.com.

*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 dougsilbersteinmft.com.*



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As Treatment Placement Specialists, our philosophy begins with an appreciation for the people with whom we work, and our authentic wish to help them heal. We know that people who are seeking treatment undoubtedly feel lost in one way or another, uncertain about what the future holds and confused about where they should be looking for answers. Without having words to accurately describe what is wrong, many individuals feel hopeless in their search for solutions. We are dedicated to taking away this sense of hopelessness and, instead, instilling a sense of confidence in knowing that the care they need is available to them.

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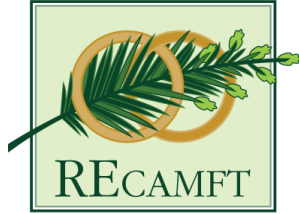


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