

Empowering relationships...



FEBRUARY 2020

# The Redwood Empire Therapist

## OUR FEBRUARY MEETING

## Understanding How Military Service Affects Families John Schempf, LMFT

What kind of person decides to join the military for low pay, arduous duty, separation from loved ones and inherent danger from life threats? What kind of person decides that marrying a military person is a good idea? Separation from and loss of loved ones, frequent moving, and a new job are standard operating procedure for military members and their families, often with young children, on an annual basis.

Furthermore, the military presents a cornucopia of diversity issues including hyper-masculinity (sometimes called "toxic masculinity"), locker room mentality, sexual assault, power and control, homophobia and transphobia. As an active duty member of the US Coast Guard, specializing in domestic violence issues in



families, marriage and family therapist, John Schempf, will be able to provide an intimate look on the unique problems encountered when working with families who have a member serving in our military.

John's presentation will cover the challenges of military life and its effect on relationships, what resources the military has and challenges involved in accessing them, and approaches to providing counseling therapy to military and their families.

John W. Schempf, LMFT is employed by the US Coast Guard Health Safety and Work-Life Division as a Sexual Assault Response Coordinator (SARC), Family Advocacy Specialist (FAS), and Employee Assistance Program Coordinator (EAPC). He specializes in sexual assault, domestic violence, child abuse, and suicide. John received his Master's Degree in Psychological Counseling MFT Track from the Saybrook Graduate School and Research Center in 2010.

### February 7th, 2020 – RECAMFT Meeting

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

### Understanding How Military Service Affects Families

John Schempf, LMFT, Active Duty US Coast Guard

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.**

**January 31, 2020 8:30 – 4:00**  
**Staying on the Good Side of the BBS**  
**David Jensen, JD**

*{For future speakers see box on page 6}*

1.5 CEUs AVAILABLE – RECAMFT CEU PROVIDER IMIS 57173  
Save Time – Pre-Register at [www.recamft.org](http://www.recamft.org)

MEETINGS ARE OPEN TO ALL ~ NON-MEMBERS FREE (\$15 FOR CEUS)

As an Active Duty member of the US Coast Guard, John provides drug and alcohol counseling, develops and implements substance abuse prevention programs, and provides case management for the US Coast Guard. Additionally, he provides training, education and counseling for active duty US Coast Guard young men and women, as an Emergency Medical Technician (EMT) and Federal Law Enforcement Officer and subject matter expert instructor/trainer and course developer in both emergency medicine and law enforcement as well as engaging in numerous search and rescue and law enforcement cases. John works with [Hope Counseling Petaluma](#) to provide low-fee counseling for Sonoma County residents.

## *What Else is in Here This Month? Check It Out*

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## **President's Message**

**Tara D'Orazio , LMFT**



We had a wonderful time at the **Annual Members Meeting** this year. **Michael Krikorian, Richard Baudrand and Paul Schweibel** opened the event with some energizing music and the spread provided by the Board was above and beyond! Doreen Van Leeuwen gave a presentation highlighting the accomplishments of the past year and honored our numerous Volunteers, Committee Members, Chairs, Directors, and Board Members with small gifts for their go-bags in line with the theme of Disaster Preparedness. The tiara passed from Doreen to me and we kicked off the first monthly meeting of the decade. Looking around the room I saw enrapt eyes attentive on **Jane Kennedy** and the bobbing of many pens taking notes. Bringing the conversation about **hormones** into the therapy room seemed to resonate personally and professionally with many in attendance. I feel grateful and excited that our Programs Committee, Chaired by Patrick Armstrong, has prepared such a valuable selection of presenters this year. The event felt to me like both celebrating the end of another year well served and the beginning of committing to an even better one ahead.

The first **board meeting** of the year was well attended by members and visitors who shared their voice and vision for RECAMFT's continual self-improvement. It was so

encouraging that our members came to share their passion for a brighter future and committed to participating in building up this community.

**Climate change** has been increasingly on people's minds and discussions are showing up everywhere: at our board meetings, during monthly meetings, in your feedback about the food provided and concerns about waste and the impact our choices have on the health of our planet. Clearly this is an important issue that you want to see RECAMFT consider in its decision-making processes. We have already begun considering ways to reduce our impact on the environment at our events. The first place you may see the influence of climate mindfulness is at our **Law and Ethics workshop on January 31<sup>st</sup>** from 8:30am to 4pm at the Agatha Furth Center. We are delighted David Jensen will be returning to teach us about Staying on the Good Side of the BBS. Register now, spaces are filling up!

Fred Rogers said, "Love isn't a perfect state of caring. It's an active noun, like 'struggle.'" Change can be tumultuous and we won't always get it right, despite best intentions, but if we continue to align our actions with our values, we will be headed in the right direction. And since it's February, and because Mr. Rogers is so wise, I'd like to end with three lessons he taught me about love:

1) “Love seems to be something that keeps filling up within us. **The more we give away, the more we have to give.**”

2) “**Listening is where love begins:** listening to ourselves and then to our neighbors.”

3) “As human beings, our job in life is to help people realize how rare and valuable each one of us really is, that **each of us has something that no one else has** – or ever will have – something inside that is unique to all time”

Be good to yourself, be kind to others,  
Tara D’Orazio

*Tara D’Orazio has a private practice in Santa Rosa and can be reached at 707-992-5008 or Tara@AthenaCounseling.com*

## *What You Missed* *By Patrick Armstrong*

At our January 3, 2020 meeting, we were fortunate to have Jane Kennedy, CFNP, present on the topic, “Identifying the Effects of Hormones and Metabolism throughout the Life Cycle.” Jane trained as a Nurse Practitioner at UCLA and also has a Master of Public Health degree from Loma Linda University. She has over 30 years of clinical practice in Family Practice, Women’s Health, and Dermatology. Jane says she has always focused on disease prevention. After a midlife crisis, Jane spent the past 18 years helping women and men regain their health and vitality after experiencing hormonal imbalance and decline. She says her extensive training and experience with experts in the field of Integrative Medicine have made her into one of the leading hormonal health practitioners in our area. Practicing as a Nurse Practitioner in California, Jane is in a professional collaboration with Gail Dubinsky, MD.

Jane began by giving us a broad overview of why hormones are important in our body. She explained how hormones are all about balance. We need to have



hormone balance and make appropriate life decisions to help us maintain mind-body balance. Jane gave an overview of how our bodies change hormonally over time and that we can develop physical ailments and mental health issues when hormonal imbalances occur.

Common causes of hormonal imbalances are stress, illness, infection, genetics, diet, exercise, and toxins.

Jane talked about the need for medicine to take an integrative and functional approach to treatment looking at everything physically and mentally. We, as mental health professionals, have an obligation to ensure our clients are seen by their physicians for proper physicals that include lab tests of hormone levels; particularly for hormones that can cause or negatively impact mental health issues. Jane explained that often the physical ailments and mental health issues can be misdiagnosed because doctors often miss the connection to hormonal imbalance; this is especially true with mental health issues.

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Joe Ward 707-575-0596

Jane talked about sex hormones (testosterone, estradiol/estrogen, progesterone) and their impact on our aging process. Jane touched briefly on menopause and myths of menopause as well as on andropause and myths of andropause. Jane explained how often doctors fail to consider testosterone levels in women and estradiol and progesterone levels in men. She said there is a common myth of equating irritability to high testosterone when, in fact, high estradiol is more often the culprit (men and women). Jane reminded us to think beyond sex hormones and described how other hormonal systems play key roles in our mind-body balance: thyroid, adrenals, insulin and glucose dysregulation, neurotransmitters, HGH, and methylation/lyme, for example. She described our bodies' natural life cycle and how, as we age, our sex hormone levels change resulting in a gender neutralizing of our bodies.

Jane talked about thyroid issues (hyperthyroidism and hypothyroidism) and gave examples of what kinds of health conditions can contribute to low thyroid. She pointed out that there are two main types of thyroid hormone and that doctors commonly prescribe one when perhaps a patient might need the other for more effective treatment. Jane also mentioned pregnant women commonly experiencing hypothyroid.

Jane took time to talk about hormone testing. She described the different ways tests are performed and the importance of patients paying attention to instructions as to time of day they need to do a particular test and if the test requires fasting or not. Jane reminded us again that "standardized levels" for tests are often controversial since effective treatment may vary from one individual to another. Jane gave examples of doctors often under treating men with low testosterone because the standardized levels are skewed and ineffective for most men.

Jane spent time talking about Hormone Replacement Therapies (HRT). Jane talked about the use of synthetic (one size fits all) as opposed to bio-identical hormones and described how bio-identicals match the needs of the individual. She also talked about compounded medications, when they are necessary and how they can be superior to other types of drugs. Jane assured us that compounded meds are FDA approved, are standardized, are regulated, are consistent, and often better than pre-made for patients.

Jane described three reasons for considering Bio-Identical Hormone Therapy (BHRT): better control of symptoms, slowing aging process, prevention or reduction of chronic diseases such as heart disease,

osteoporosis, memory loss (dementia and Alzheimer's), obesity, diabetes, inflammation, and cancer.

Jane also touched on the use of supplements in general, but especially with BHRT.

Jane took time to use several of her case studies to demonstrate how BHRT worked on her own patients to achieve mind-body balance. She had the audience describe a few cases and suggested possible hormonal issues such a client might be experiencing.

In ending Jane reminding us that we have an obligation as mental health clinicians to be proactive and refer our clients for medical assessment; particularly of hormone levels and possible HRT treatment. If a client goes onto HRT, we need to support them and help them through roadblocks.

Jane Kennedy, CFNP's website is [hormonebalancecal.com](http://hormonebalancecal.com) which is a great resource about hormones, supplements, articles, research, and Jane's monthly newsletter with up-to-date information and tips on maintaining mind-body balance. Jane does regular workshops (see site for schedule) for the public on hormones, aging, HRT, and mind-body balance.

**Gottman Couples Workshop**  
*The Art & SCIENCE of Love*

**A Special Valentine's Weekend!**  
**February 8th & 9th, 2020**  
*(Also May 2nd & 3rd ~ See website for additional dates...)*

**New Level 2 ASL!**  
**February 22nd & 23rd, 2020**  
*(Couples must have attended Level 1)*

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**HONORING OUR VOLUNTEERS**

At our annual celebration when we install newly elected officials, board members and committee members and thank those who have served in the past years, RECAMFT always includes gifts and certificates of appreciation. This is a picture of Reyna Seminara accepting her gifts of a battery operated pop-up lantern and a multi-use knife, both inscribed with the RECAMFT logo. I made good use of my knife the very next day when I needed the handy little scissors accessory on it. My grandson fell instantly in love with the lantern. Much appreciated and being on the Board is great.

Gail Van Buuren



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## **SCHEDULE OF UPCOMING RECAMFT PRESENTERS**

(See [recamft.org](http://recamft.org) for details and to pre-register)

**March 6, 2020 11:00 – 1:00**

**Psychedelic-Assisted Psychotherapy – The New  
Frontier: A Highly Effective Treatment for Depression,  
Anxiety, PTSD, Suicidality and End of Life Existential  
Angst**

**Christian Ingenito, LCSW and Jim Matto-Shepard, PhD**

**April 3, 2020 9:30 – 2:00 NOTE 4 CEUs**

**The Changing World of Insurance: What Every  
Therapist Should Know**

**Barbara Griswold, LMFT**

**LONGER MEETING! BE SURE TO PLAN AHEAD!**

**May 1, 2020 11:00 – 1:00**

**The Hidden Epidemic of Shame: Identifying and  
Treating Chronic Shame**

**Kristine Jensen, LCSW**

**June 5, 2020 11:00 – 1:00**

**Winnocott Gone Viral? A Look at Early  
Relationships through Viral Videos**

**Orit Weksher, LMFT**

**1<sup>st</sup> and 3<sup>rd</sup> Saturdays 10:00 – 12:00**

**Pre-licensed Walk & Talks in Sebastopol  
See website for details**

**March 20, 2020 12:00 – 1:30**

**Ethics Roundtable at Oddfellows  
Members only, please.**

**GOT A STICKY CASE? COME  
DISCUSS IT WITH COLLEAGUES -  
CONFIDENTIALLY - AT THE ETHICS  
ROUNDTABLE, FREE CASE  
CONSULTATION EVENT!**

**03/20/2020**

**12:00 PM - 1:30 PM**

**Odd Fellows Hall, 545 Pacific Ave., Santa Rosa  
Registration *REQUIRED* at website: *RECAMFT.org*  
RECAMFT members only**

## **Laurel Parnell Gives Us EMDR for Non-EMDR Trained Psychotherapists**

This is not a review, but a recommendation, of Laurel Parnell, PhD's latest book in its 2020 second edition. The title is **Rewiring the Addicted Brain with EMDR-Based Treatment**. Laurel is a favorite EMDR trainer with an attachment focus for working with abused and otherwise traumatized patients. But this book is for use with folks who are not necessarily trained in EMDR protocols. I have been reading it and put her instructions to use right away with great results.

The book is oriented toward addiction recovery but the technique works with anyone. The real value is that we can teach our clients this tool and they can start using it in their lives right away. It is mainly a tool for accessing and using their own resources because it helps them anchor the resource in their bodies and minds and they can tap it back up when they need it (if they remember.)

I will use an example of a fake client who gets triggered easily by social stressors. Her mother was abusive without provocation. I ask her to think of times when she felt really safe and secure and maybe she says being held in her granny's lap while she fell asleep. So I ask her to bring that image up as deeply felt as she can make it with all her senses. When she says she has it, she crosses her arms and begins Bilateral Stimulation (tapping the left arm and then the right) and continues until she feels it is strongly imbedded in her brain. It can take as little as 6 sets of taps or as many as 20, but that is all. She returns the next week saying whenever she began to feel triggered, she tapped some sets and the safe feelings kicked in. Just saying, check out this book. Feel free to email or call with questions. Gail Van Buuren

**To our readers.** The newsletter has to be an even number of pages so it is like a puzzle to put together. Fortunately, I like puzzles or I could not do this for these 14 years. So the trouble is that I only have the small space in the right hand column of this page to tell you about Laurel's book. Hope you understand the brevity.

Gail



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**2020 Law & Ethics**

**"Staying on the Good Side of the  
BBS"**

**David Jensen, JD**

**Register at [www.recamft.org](http://www.recamft.org)**

*Friday, Jan. 31, 2020, 8:30 am - 4:30 pm*

*Furth Center, Windsor, CA - [map](#)*

*6 CEs for LMFTs, LPCCs, LCSWs & LEPs*

*Lunch/snacks included!*

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