

Empowering relationships...



FEBRUARY 2021

# The Redwood Empire Therapist

**FEBRUARY ONLINE MEETING**

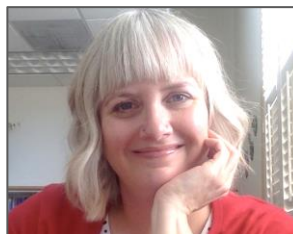
## **Porn and Relationships: Taking a Sex-Positive Approach**

**Presenter: Diane Gleim, LMFT  
& AASECT Certified Sex Therapist and Supervisor**



**Free to RECAMFT MEMBERS - \$30 for Non-CAMFT Members**

- **Friday, February 6, 2021**
- **10:30 am - 1:45 pm**
- **Zoom Webinar**
- **3 CEU Event**
- **Register at [www.recamft.org](http://www.recamft.org)**



In the 21st century pornography has become the lightning rod where sexuality, technology, and morality all collide. As a result, it is a confusing subject for most, including the mental health profession. As therapists we live in the same sexually illiterate, sexually oppressive, and sex-negative society as our clients and we too can be harmed by overt and covert cultural messaging about any and all topics related to sex. In addition, our profession marginalizes sex: there is and has been a profound erotophobia across the field for generations. Furthermore, it has been difficult for our profession to see the role morality plays in our understanding and treatment of human sexuality issues.

Current research shows that therapist training in sexuality is often limited in scope and depth and this directly impacts a clinician's comfort and competence in working with any sexual issue. Without critical thinking and additional specialized training, therapists can default to sex-negative and traditional gendered stereotypes about all things sex. This, of course, includes ideas about pornography. The thoughtful therapist is aware of this but may not know what else to think, where to turn for more information, or how else to treat pornography issues.

In this three-hour intermediate-level training attendees will get a primer on porn literacy - a new way to conceptualize and relate to pornography without pathologizing or shaming. Recent research about pornography viewers and a client-centered perspective on pornography will be also presented. Attendees may find their previous assumptions challenged

and their biases identified. Finally, attendees will learn some tools for their sex-positive toolkit to help both individuals and couples where pornography is causing conflict.

Diane Gleim is a Licensed Marriage and Family Therapist and AASECT Certified Sex Therapist and Supervisor practicing in Santa Rosa, California. As the first Certified Sex Therapist in Sonoma County, Diane treats the many diverse issues related to sexual identity, sexual expression, sexual behavior, and sexual relationships. Her clients include everyone with a sexual concern: individuals and couples ages 18-81, and the LGBTQ+, kinky, and poly populations. In addition to her private practice, Diane's work also includes speaking at mental health and medical organizations on a variety of topics related to sex and therapy; providing consultations to therapists on their challenging sexuality-related cases; being a CAMFT-approved CE provider; writing the blog *Underneath the Sheets* on Psychology Today's website; and supervising sex-therapists-in-training as the only AASECT Certified Sex Therapist Supervisor in Sonoma County. She has been quoted in *The Press Democrat*, *Sonoma Magazine*, *The Buzz by Pure Romance*, *Quartz*, *MEL Magazine*, *CNN.com*, and a guest on podcasts. Diane has been voted Sonoma County's Best Sex Therapist by the readers of the *North Bay Bohemian* three times. [www.dianegleimMFT.com](http://www.dianegleimMFT.com)

**Zoom Webinar - \*Please note that once you have RSVP'd for this event you will receive a link to register for the Zoom Webinar. You must complete this second step to gain access to the event link.**



## *2021 Acting President's Message: Sorrow and Hope*

As I contemplated this President's message, it is after having seen our US President on January 6, 2021 give his message - the fallout leading to his followers marching on the US Capitol. On Epiphany, a holy day in many religions, the group forced their way into the building, leading to multiple deaths, the destruction of our collective heirloom property, and the legislators within had to be hidden for their safety. As I watched the news, I felt tears welling up, seeing this happening in one of our most sacred democratic landmarks. I remembered the awe I felt standing inside the Capitol rotunda as a 12-year-old girl. My parents, brother and I went upstairs to watch the lawmakers at work staying quiet as church mice to not disturb them. I felt and still feel heavy grief over a trying year, leading to this shocking and horrific incident, a grotesque contrast to my childhood memories of standing in the heart of democracy, sure my country was the brightest shining beacon for the whole world. Every day since January 6<sup>th</sup> I find my tears are never far away.

Last March I taught all my clients how to have a video visit with me while trying to contain my rising inner feelings of dread. Then suddenly we were all scrambling to convert our practices to video or phone. I went into my local grocery store around the first week of April and after the shock of the toilet paper and cleaning supplies aisle, I burst into tears when I walked into the fruits and vegetables section, and it was nearly empty.

"How are *you* doing?" my clients ask. "This is hard," I reply with a look of sorrow. This conversation seems to be set on repeat and replays itself often.

My parents are in their 80s living in Texas. I started calling with alarming frequency. I begged them to let me have their groceries delivered. My father insists on going out once a week to buy them, and I live with the anxiety brewing in my chest, thankful I do not have *the virus* today. My privilege allows me to work from home while others take a chance shopping for me. I feel guilty and ashamed I can sequester myself, while at the same time relieved and perhaps a more than tiny bit of agoraphobia?

In Iowa, my cousin and her children, spouse and parents caught *the virus*. My 85-year-old aunt was extremely sick, and after a long hospital stay, transferred to a skilled nursing facility where she has not seen her children or husband for months. The woman who taught me to love

creativity now thinks she is a small girl on a farm, looking for her mother and father. My heart aches over her isolation and retreat into dementia, enhanced by the coronavirus gift of neurological brokenness. I know each of us has a story like this, whether one we heard or experienced.

On the RECAMFT Board we found ourselves scrambling and unable to effectively respond in April, May, and June. We realized other chapters were bringing online CEs to their members and felt badly we were behind the curve. And then August arrived with flames. So did September. But working hard behind the scenes Patrick Armstrong, Gina Culver, and Michael Krikorian (the Programs Committee) along with our President Tara D’Orazio and our Administrative Consultant Joe Ward, magically pulled off an amazing online event in October while the smoke was clearing. They did it again in November, December, and January. Somehow, they have saved RECAMFT in its mission to provide high quality continuing education for our members. And these events were much bigger and more well attended than any of our previous monthly in-person events.

At the January 2021 Brainspotting CE event, Patrick told me, “When the Zoom window features you at 10:30 am, it’s your job to welcome everyone.” It was so strange to be looking at only myself on the screen and speaking to all of you. As I spoke, I imagined us all sitting around the tables at Odd Fellows Hall. You are smiling at me, as you have done so often over the years. Your smiles cause hope to spring up, permeating and enfolding my heart. I feel lighter because of your gift. Thank you!

We have transformed a lot in the last twelve months as a chapter, as clinicians, and as individuals in families and communities coping with one of the most stressful years imaginable. We learned how to use video to work with clients. We got more computer savvy. During a missed session, I can wash the dishes, or take a break in my yard, something I never did before, and I really like that about my new life working from home.

When I think of us as a community, we are a microcosm of the greater communities that make up the United States. We are navigating through a storm which is still raging. But there is a glimmer of light on the horizon filling me with hope for a new day, a renaissance of the ways in which we work, and how we care for each other. I believe hope is the most important gift we give to our clients – hope for change, for better relationships, hope

we will care no matter what. Hope acknowledges and loves me in my sorrow. Hope lifts and transforms us all. May we find our country transformed through our collective hope as it springs forth from our collective sorrow. May our journey through this storm bring about the understanding that healthcare, including mental healthcare, is a fundamental human right. Lastly, may we be inspired world-wide to live up to our highest democratic ideals. This hope is my gift for all of you!

*Laura Strom, LMFT, Ph.D is in private practice in Santa Rosa and can be reached at 707-889-9168*

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## JOIN RECAMFTS LISTSERV

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

*[therapy@recamft.org](mailto:therapy@recamft.org)*

*Once your RECAMFT membership is  
confirmed address emails to the group to  
[recamft@groups.io](mailto:recamft@groups.io)*

## 2021 Schedule At-A-Glance

\*Subject to change: details will appear on our events page as they are finalized\*

**February 6** Daine Gleim 3 CEUs  
Porn & Relationships: Taking a Sex Positive Approach

**February 12 9-11** RECAMFT Board Meeting

**February 12 11:30** Members Crafting Group

**March 5** Haleigh Scott 2 CEUs  
Providing Effective Therapy to Clients with Autism

**April 2, 2021** Orit Weksler 2 CEUs  
Winnocott Goes Viral: A Look at Early  
Relationships through Viral Videos

**FREE TO RECAMFT MEMBERS ON ZOOM  
REGISTRATION REQUIRED – WWW.RECAMFT.ORG**



Alaska Glacier from a trip. Have you ever stood in front of one? It is awesome! Just sharing to fill a space.

## Considering a residential treatment or outdoor program?



**C**ollaborating with referring professionals, we are nationally respected educational consultants who specialize in providing recommendations for students with special needs of an emotional, behavioral or psychological nature. We travel extensively throughout the year and have personally toured over two hundred schools and programs. As Licensed Marriage and Family Therapists, we credit our clinical training and experience in deepening our understanding of a student's needs.



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**RSJC EDUCATIONAL RESOURCE  
RECOMMENDATIONS**

**13<sup>th</sup>**, free on YouTube courtesy of Netflix. A must see to grasp how slavery exists today.

**"Systemic Racism Explained"** a four minute video by Act.Tv on [https://www.youtube.com/watch?v=YrHIQIO\\_bdQ](https://www.youtube.com/watch?v=YrHIQIO_bdQ)

***Raising White Kids: Bringing up children in a racially unjust America*** by Jennifer Harvey  
***My Grandmother's Hands*** by Resmaa Menakem  
***White Fragility*** by Robin DiAngelo  
***How to Be an Anti-Racist*** by Ibram X. Kendi  
***White Supremacy & Me*** by Layla Saad

**"Racism is Real"**  
<https://www.youtube.com/watch?v=fTcSVQJ2h8g>

**Uncomfortable Conversations with a Black Man**  
<https://www.youtube.com/watch?v=pM-HpZQWKT4>

**Miss Representation** full documentary on YouTube:  
<https://youtu.be/3syOGI2nbbs>

## RECAMFT's Virtual Crafting Circle!

**Calling all fiber artists, painters, crafters, quilters, woodworkers, come all! Bring your work in progress to RECAMFT's virtual crafting circle!**

February 12 11:30-12:30  
Register [www.recamft.org](http://www.recamft.org)

**You should receive a confirmation e-mail after registration that contains the Zoom link to join the day of the event. If you do not receive a Zoom link, please e-mail [recamftmembership@gmail.com](mailto:recamftmembership@gmail.com)**



## WHAT YOU MISSED ~ JANUARY 2021

### *What You Missed*

*Gina Culver*

***Happy 2021 everyone! We have started the year with a bang with Lisa Larson, LMFT's presentation on "BRAINSPOTTING: TRAUMA THERAPY THAT WORKS!"***

*that occurred on January 8<sup>th</sup>. Ms. Larson is with the Pacific Counseling and Trauma Center in Folsom, CA ([www.pacifictraumacenter.com](http://www.pacifictraumacenter.com)) and brainspotting is one of the methods she uses with her clients. She is a trainer in this modality.*

From the discussions I've had with several other members since last week, we have all thought this presentation was phenomenal. I, myself, have already recommended brainspotting to two of my families and cannot express how impacted I was by the training and observing brainspotting in practice with Programs co-chair, Patrick Armstrong, LMFT. A couple of the guiding principles that Ms. Larson shared are that the brain knows how to heal itself so our job is to guide and to observe where a client looks in their visual field, how that "effects how they feel, how they process trauma, and where they feel it in their body." Essentially, as Ms. Larson described it, brainspotting "harnesses the visual field to heal underlying trauma." She shared that she uses a pointer, bilateral music, and looks into the client's eyes: "profound attunement, send love and connection."



Ms. Larson shared that she is trained in EMDR (eye movement desensitization and reprocessing) and that when she learned brainspotting, she saw so many benefits that she pursued training. She is one of 70 international trainers and there are about 17,000 trained therapists in this modality.

Ms. Larson described brainspotting as "healing from the bottom up" and has found great success using it with performance enhancement. Referring back to the brain knowing how to heal itself, Ms. Larson explained that when clients "feel off" (dysregulated), brainspotting allows them "to move to regulation" and this is referred to as "coherence."

Ms. Larson explained how the subcortical brain is affected and defined a brainspot as "an activity in response to focus on activation and eye position." She shared that there are three options during treatment: go for the activation (trauma/pain), go for the resources

(how to decrease the trauma/pain), or utilize both. Ms. Larson described a body resource as “an area that feels grounded, neutral, or calm. For example, find the spot where the pain is as high as a client can handle; then find the area in their body that is a resource so a client can focus on the pain then come back to the resource spot to ground/calm then go back. This was demonstrated throughout the 45- minute session with Patrick.

An analogy of our work that Ms. Larson shared is to visualize this as a comet; our client is the head of the comet and we are the tail following behind. She encouraged us to “observe everything and assume nothing.” Ms. Larson explained that the client’s job is to “observe with curiosity, no judgment, and to give themselves time and space to see what happens.” She also shared that when a client informs that they are now a zero on a SUDS scale (10 is high activation, 0 is low/no activation), to “squeeze the lemon,” to have the client see if they can push the spot they were working on as high as they can and resource themselves to see if there is still some activation to work on. Amazingly, Ms. Larson shared that many times, clients need only one or two 90-minute sessions. She also shared that brainspotting is “super easy” via telehealth (Zoom or telephone) and eye contact of the therapist is not required. Ms. Larson also explained that brainspotting can easily be integrated with a variety of other modalities, it works well with internal family systems, and can be used with groups.

To see the recording of this training if you missed it or to watch it again, check out the members only area of the RECAMFT website. You can also watch previous CE workshop recordings there too.

The Programs Committee is always looking for presentation ideas and speaker recommendations. Email the committee at [RECAMFTprograms@gmail.com](mailto:RECAMFTprograms@gmail.com) with ideas!

**Due to the new demands of managing the Zoom webinars (such a great tool!), the Programs Committee is in need of volunteers to write the What You Missed Articles each month. These are not super hard to write, we will provide the guidelines, and we are asking that each month until summer (February, March, April, May and June) that a member of RECAMFT writes the article: 5 months = 5 members. Please email Patrick or Gina at [RECAMFTprograms@gmail.com](mailto:RECAMFTprograms@gmail.com) to volunteer or ask questions.**

*attending the monthly workshops!*

*Gina Culver, AMFT #99539 is a registered associate MFT that works at Lifeworks of Sonoma County in the behavioral services department’s*

*child abuse prevention and therapeutic behavioral services programs. She graduated in 2014 with her MS in Counseling Psychology and previously worked for over 20 years in the medical field before entering a graduate program. Gina is a member of the Redwood Empire CAMFT chapter, is the co-chair of the Programs committee, a newly elected Director-at-Large for 2021, a member of the Racial and Social Justice committee, and a member of the Prelicensed Committee. She is an ongoing contributor to the RECAMFT newsletter. [Gina.culverms@yahoo.com](mailto:Gina.culverms@yahoo.com)*



## 2021 CAMFT Presentation

### "Road to Licensure"

Presented by:

**Kristin Roscoe, Esq.**

**Live Event: Saturday, March 20, 2021, 10:00 am**  
**- 12:00 pm**  
**Zoom Webinar**  
**Non-CE Event**

This two-hour presentation will provide an overview of the laws and regulations applicable to pre-licensurees as they work toward licensure in marriage and family therapy. Topics to be discussed include the marriage and family therapy licensing process, supervised experience requirements for applicants, supervisor qualifications and supervision requirements, licensing examinations, and common employment issues pre-licensurees encounter with their supervisors. This course will also discuss any current waivers as they may impact pre-licensurees.

**Cost: Free to attend**

#### **About Kristin W. Roscoe, Esq.**

*CAMFT Staff Attorney, takes CAMFT member phone calls regarding law and ethics issues and contributes articles on those subjects to CAMFT’s Therapist Magazine. Before joining CAMFT’s legal team, Kristin represented healthcare systems and professionals in professional negligence litigation. Since entering the legal profession, Kristin has worked in various capacities presenting to and advocating on behalf of her clients both in and outside the courtroom.*

**Post-Event Recording Available from Monday, March 22,**  
**2021 to midnight on Monday, April 12, 2021.**  
**Recording Non-CE Event**

RECAMFT Picnics like this one, gathering as friends and colleagues will come again. I had a mostly open page so included these.



These were taken at our summer picnic in 2019 hosted by your editor Gail Van Buuren. It was a beautiful summer day of relaxed fun and companionship together. These days will come again, but until then, the memories are still here.



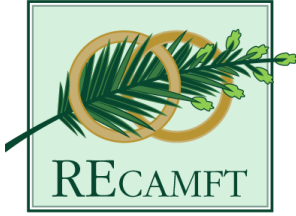
### **CAMFT LAW & ETHICS ZOOM EVENTS**

**March 20, 2021 – 10am – 12pm** No CEs  
Kristin Roscoe, Esq. “Road to Licensure”  
Free to Attend for Pre-Licensed

**June 25, 2021 - 9am - 12:15pm** 3CEs  
Part 1: Kristin Roscoe, Esq. “Testifying”  
Part 2: Luke Matthew Martin, Esq.  
“Record Keeping”

**July 23, 2021 – 9am – 12:15pm** 3CEs  
Part 1: Mike Griffin, JD, LCSW “Writing Letters”  
Part 2: Alain Montgomery, JD “Treatment of Minors”

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**Redwood Empire Chapter of California Association of Marriage and Family Therapists**  
is a California BBS CEU provider: License #2322  
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**FEBRUARY ISSUE**

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**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.

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