

Empowering relationships...



MARCH 2021

The Redwood Empire Therapist

MARCH ONLINE MEETING

PROVIDING EFFECTIVE THERAPY TO CLIENTS WITH AUTISM

Presenter: Haleigh Scott, PhD

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

- *Friday, March 5, 2021*
- *10:30 am - 1:45 pm*
- *Zoom Webinar*
- *3 CEU Event*
- *Register at www.recamft.org*



Autism Spectrum Disorder (ASD) is a diagnosis that has gained increased attention over the past few decades, largely due to the rapid increase in cases. According to the latest CDC numbers, 1 in 54 children has an ASD diagnosis. This is a lot of children and adults that need services! While many people think that people with ASD only need disability specific care, such as Applied Behavior Analysis (ABA), nothing could be further from the truth. Children and adults with ASD have high rates of co-occurring mental health disorders such as anxiety, depression, and PTSD.

Unfortunately, people with ASD face barriers in accessing the mental health care that they need for these conditions. While there are many complex reasons that people with ASD struggle to obtain needed care, one component of this problem is that mental health care providers often feel they are not qualified to treat these clients. In this presentation participants will learn about ASD, debunk common myths about people with ASD and therapy, and begin to build the confidence and competence to provide essential mental health care to this population.

[Haleigh Scott](#), Ph.D. is a licensed clinical psychologist specializing in assessment and treatment of people with developmental disabilities and co-occurring mental health disorders. Haleigh is currently Assistant Professor at California Northstate University and owner of a small private practice. She graduated from The Ohio State University in 2016 with a Ph.D. in Intellectual and Developmental Disabilities Psychology and completed postdoctoral training at the University of Illinois at Chicago and the UC Davis MIND Institute.

Dr. Scott started [Ascend Diagnostic and Support Services](#) to provide services for disabled children and their families throughout their lives.

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: *RECAMFT is abuzz!*

As I write I am grateful for a number of things. I received my first vaccine as a healthcare provider at Kaiser in Richmond. I am hopeful I will receive the second on February 25th as scheduled. When I logged into my Kaiser account, and saw the message I could schedule my vaccine, I started weeping. I hadn't realized how weighed down by worry I was until the lifting of it was in sight. They had appointments available for the following day, so I rearranged my clients and went. I got a Moderna vaccine, and other than a sore arm, felt fine. I felt profound gratitude for all the hard work and sacrifice that went into putting this vaccine into my arm.

It's raining tonight, and I am grateful for the rain. But I am already thinking about August, September, October, and November. **We need a new committee chair and some new members for our Crisis Response Committee** soon. Is it you? Please send a note to therapy@recamft.org and let us know you're interested in this vitally important committee.

RECAMFT had another great event with over 120 participants when Diane Gleim presented her 3-hour workshop on porn and relationships. I was not able to attend at the last minute, and Past President and **Rock Star Tara D'Orazio** covered for me, along with the rest of the **Superstar Programs Committee** (my new nickname for them =). I'm grateful RECAMFT programs are videos which can be watched from the comfort of my home so I can see Diane, too. In March we are expecting a dynamite presentation from an expert on autism, Dr. Haleigh Scott. I hope as many of you as possible can attend. RECAMFT is setting new records with these Zoom trainings, with well over 100 attendees every time – very exciting!

Mark your calendars for two Law & Ethics events! The first will be **Friday, June 25th**, 9 am to 12:15 pm and will cover Record-keeping and Testifying. The second is currently planned for **Friday, July 23rd**, 9 am to 12:15 pm, and the topics will be Writing Letters and Opinions, and Treatment of Minors. CAMFT staff attorneys will be doing the presentations. Get your 6 CEs of Law & Ethics with ease in your favorite chair! We will have our first Ethics Roundtable of the year on March 19th. That will be followed by an event for our Prelicensed folks on the Road to Licensure on March 20th. Both events are a **great opportunity for prelicensed members** to ask questions, and get help with some of the situations that arise during internships, and beyond. The Road to Licensure event will be available as a video afterwards from 3/22/21 to 4/12/21.

The Members Only page has been updated with recent financials. I'm proud to say we closed out 2020 only \$2225 over budget, which was mostly a result of switching to Zoom and getting training for a few key people. Another adjustment we made was paying bills through the bank, rather than writing checks signed by two people as this limited our potential Covid exposure. The overage was easily handled by RECAMFT's healthy reserves. Our Board of Directors takes our responsibility to ensure our funds are well-handled very seriously. We are **extremely grateful to Kira Kayler** for accepting a one-year position as CFO in 2021, and miss Erica Thomas, the 2020 CFO who moved to the East Bay (lucky for the EB-CAMFT chapter!).

One of our newest Board members, **Dr. Jean Hayes**, brought in some great new ideas for ways to expand our vision of hospitality. She suggested outreach to new members in the form of welcoming calls, and cards, and volunteered to undertake this task. Thank you, Jean!

Our brand-new Secretary, Vicky Rohrer, is busy making sure you can read the Agenda and Minutes for every Board of Directors meeting on the Members Only page. **Vicky is doing a terrific job!** Please take a look, and if you feel motivated, send her a note of thanks. You can always send any comments to therapy@recamft.org and **Joe Ward**, our administrative consultant and lifesaver will get it to the right person.

In conclusion, I am incredibly grateful for RECAMFT, which is running like a well-oiled machine, or perhaps a better metaphor is a healthy beehive producing lots of sweet honey. I don't have to worry about everything myself, as there are lots of helper bees buzzing around doing their parts: programs, website, newsletter, listserv, funds, Ethics Roundtable, and events for members to just chat and hangout together, like our Prelicensed Collaborative events, and our online crafting groups. Luckily, I get to brag about all the great things we do, and everybody makes it easy for me to shine as RECAMFT's Acting President (Queen Bee?). If you haven't joined yet, come see what all the buzz is about!

Buzzingly yours,

Laura Strom, PsyD, LMFT
2021 Acting President, RECAMFT

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

Once your RECAMFT membership is confirmed address emails to the group to recamft@groups.io

2021 Schedule At-A-Glance

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

March 5 10:30-1:45 Haleigh Scott 3 CEUs
Providing Effective Therapy to Clients with Autism
\$30 for non-members

March 12 9-11 RECAMFT Board Meeting

March 12 11:30 Members Crafting Group

March 19 12:00 Ethics Roundtable

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

RSJC EDUCATIONAL RESOURCE RECOMMENDATIONS

“Systemic Racism Explained” a four minute video by Act.Tv on https://www.youtube.com/watch?v=YrHIQIO_bdQ

Me & White Supremacy by Layla F Saad

How to Be an Anti-Racist by Ibram X. Kendi

Raising White Kids: Bringing up children in a racially unjust America by Jennifer Harvey

White Fragility by Robin DiAngelo

My Grandmother’s Hands by Resmaa Menakem

Between the World and Me by Ta-Nahisi Coates

13th, free on YouTube courtesy of Netflix. A must see to grasp how slavery exists today.

“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>

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Collaborating 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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JOB OPPORTUNITY

We are in search of someone to join our team in Healdsburg. We have a group practice focusing on children and families, as well as see individuals of all ages. I am looking for a long-term person(s) to be with us as we continue to grow.

Benefits include yearly 2% pay increases, the possibility of year-end bonuses, education stipend as well as company payment of any required trainings, paid time off, flexible schedule, weekly paid individual and group supervision, paid admin time, overhead costs paid for, office space fully furnished and supplied with tools/materials, electronic health recordkeeping, and if an associate upon licensure a pay increase of up to 10%. Additional supervision for play therapy hours towards credentialing included if on this track.

We are looking for a licensed individual or associate. This position is for approximately 24 hours per week. The ideal candidate would feel comfortable with telehealth service platforms as well as in-person, work with children/teens/families as this is our primary niche, and have familiarity with evidence-based practices. We will fully panel clinicians with insurance companies.

If interested, please submit your resume/CV to bridgestounderstanding@gmail.com.

Christy L. Livingston, LMFT, RPT-S
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(707) 395-7550

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Office space available in beautiful building near Montgomery Village in Santa Rosa with easy access from Highway 12. This unfurnished office shares the suite with psychotherapists and is perfect for other professionals as well. The space features plenty of natural light, large communal waiting room, central heating and air, private tenet bathroom, kitchen, tenant storage and ample free parking



This second story office is available to rent for \$610.00/month. The office suite is approximately 150 sq ft and the rent includes utilities and weekly janitorial services.

For more information contact, Marilyn Stender, LMFT at 707 495 -6657.

What You Missed

Gina Culver

On February 6th, Diane Gleim, LMFT, CST, CST-S (www.dianegleimMFT.com) presented “Porn and Relationships: Taking a Sex-Positive Approach.” Diane explained what pornography is and is not, what the issues are, how pornography impacts clients, and how to work with both individuals and couples. She defined what pornography is, other related terms, and explained the different types/formats of pornography. One point that Diane shared is that porn is



“not addictive, it does not cause erectile dysfunction (ED), is not sexual education, and is not real.” She also shared what pornography can be, “a form of entertainment, satisfy curiosity, a vicarious experience, solo sex/sexuality, or to enhance arousal between couples.”

A common problem with porn, especially free porn sites, per Diane, is that it is made for “the cis straight guy” and does not reflect everyone (e.g., women, gay men, lesbians, POC). Diane emphasized that “how we talk about something matters” and encouraged to not say “using porn” but rather, say “view or watch” porn. She informed that “language creates reality and labels.” Diane shared some research concluding that there is “no evidence of porn consumption being either adaptive or maladaptive when it comes to relationship closeness or loneliness.”

Diane discussed “moral incongruence” and “erotic conflict” being the problem issues with porn rather than addiction. She defined erotic conflict as “I like X and I shouldn’t like X.” She also shared that there are populations that don’t have problems with porn: “LGBTQ+ individuals and couples” though research is lacking for POC. Diane reiterated several times throughout her presentation that if a client is reporting use of illegal porn (i.e., child pornography) that is a mandated reporter report. She shared that there are ethical websites and that the free porn sites are for profit and not as ethical as they do not demonstrate asking for consent, as one example she gave is that on CAMFT’s website, one can search “sex” in EBSCO host and get a list of articles and research for further reading (camft.org/Education/EBSCO).

Diane informed that when working with individuals and clients (second half of her presentation), the question to ask is “what was behind the decision?” In this framework we choose, “sitting with them [clients] in their pickles” and “not fill in the blanks.” She encouraged to explore with them, be curious about their motivation and sexual decision-making, and help clients “to decrease their sexual shame.” Diane shared vulnerabilities that contribute to “problematic porn viewing” – what to assess for when working with clients. One point Diane stated when working with couples is to not reinforce the accusing partner, as “we are set up for triangulation” and we are seen as the “fixer or rescuer.” Our role is to “help them identify relationship agreements about sex.” Diane also discussed “solo sexual,” both for individuals and within a relationship.

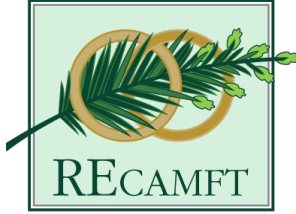
Watch the recording for the in-depth information Diane provided. Clients want to be able to talk about sex as it can be an issue for them. In my experience, many therapists shy away from the topic, especially when porn is involved, as it is uncomfortable. I found that this training provided me with more confidence to discuss the issue, or to refer out if it is too complicated for me, without judgment.

Check out Diane’s blog on Psychology Today, “Underneath the Sheets.” Diane is available for consultation in addition to trainings and supervising sex-therapists-in-training. Check out her website for more information. *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 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 (March, April, May and June) that a member of RECAMFT writes the article: 4 months = 4 members. Please email Patrick or Gina at RECAMFTprograms@gmail.com p4 months = 4 members. Please!

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MARCH ISSUE

Patrick or Gina at RECAMFTprograms@gmail.com to volunteer or ask questions

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Display ads: Full page - 7.5" x 9.75" = \$200
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