



# The Redwood Empire Therapist

## OUR FEBRUARY MEETING

### **Focusing and Expressive Arts: Tools for Self-Compassion, Self-Regulation and Accessing the Body's Wisdom** Laury Rappaport, Ph.D., MFT, ATR-BC, REAT



Focusing and expressive arts offer a powerful combined therapeutic approach for bringing mindful awareness into the body's felt sense, cultivating self-compassion, and harnessing the body's wisdom

toward growth and change. Focusing, developed by

Eugene Gendlin, provides a gentle process for accessing our somatic experience in a way that attends to safety both within the client and the therapeutic relationship. It helps therapists attend to the moment-to-moment unfolding of the client's experience in a way that honors the client's knowing and authenticity. The expressive arts provide an outer expression of the felt sense, which helps carry the experience further. The expressive arts also help to enhance empathetic understanding between client and therapist, and promote positive attachment within the client's experience.

### **February 5th RECAMFT Meeting**

**10:30 - 11:00 social & sign in**

**11:00 - 1:00 meeting**

### **Focusing and the Expressive Arts** Laury Rappaport, Ph.D., LMFT

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

*IF THE PARKING LOT IS FULL, PARK AT THE J.C. GARAGE ACROSS MENDOCINO AVE. FOR \$4 OR ASK PERMISSION TO PARK AT THE EGGAN AND LANCE MORTUARY. IF YOU DO NOT ASK THE TOWING COST IS \$225.*

**March 4, 2016**

### **Group 101 - The Basics**

**Lois Friedlander, LMFT, Certified Group Psychotherapist**

**March 12, 2016**

### **Treatment and Care of Traumatized Children**

**Hilton, Santa Rosa (see website)**

**Dr. Daniel Hughes – 9am-4 pm**

SEE PAGE 7 FOR THE REST OF THE SCHEDULE

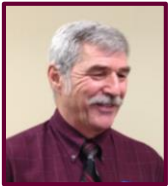
**1.5 CEUs AVAILABLE – RECAMFT CEU PROVIDER IMIS 57173  
MEETINGS ARE OPEN TO ALL ~ NON-MEMBERS FREE ( \$15 FOR CEUS)**

Laury Rappaport is currently an integrative Psychotherapist and a Guided Imagery Therapist at Sutter Health Institute for Health & Healing; and the Founder/Director of the Focusing and Expressive Arts Institute in Santa Rosa. She is also the author/editor of *Mindfulness and the Arts Therapies: Theory and Practice*; author of *Focusing-Oriented Art Therapy: Accessing the Body's Wisdom and Creative Intelligence*; and numerous book chapters and articles. Laury has been training others internationally as well as nationally in Focusing, Mindfulness, and the Expressive Arts Therapies. She has expertise working with individuals, couples, families, and groups with a broad range of clinical issues in a wide variety of settings, including day treatment, mental health clinics, and private practice.

Laury can be reached at (707) 569-6264 or by email: laury@focusingarts.com

## President's Message

Bob Dalzell, LMFT



### News and Reviews

Wow! What a celebration we had! Didn't know we could have so much fun so early in the day! Kris Spangler and Laura Strom organized and prepared the Annual Meeting we had January 8. Thank you Kris and Laura! Live music by "Axis II" (Kitty Wells named the band consisting of Hal Forman, Richard Baudrand, Don Ross, Michael Krikorian, and David Benoit--all members of our chapter. Thank you, musicians!) Cynthia Halliday was recognized as our Outstanding Chapter Leader for 2015. Congratulations, and thank you, Cynthia! Your talent, leadership, and WORKWORKWORK enrich us immeasurably. Newly elected Board members and committee members were welcomed (Reyna Seminara Pres. Elect, Pat Hromalik CFO, Erica Thomas and Doreen Van Leeuwen Directors at Large). We got three leadership positions filled by volunteers, Kristin Mills volunteered to co-chair the Conferences Committee with Annette Siebel, and Jan Ogren offered to revive the Recharge Raffle (if you know related service providers who may like to market their service by a giveaway at our monthly meeting, call Jan), and Adam Smith has agreed to co-lead the Pre-Licensed Group.

More good news. Azure Acres is a Gold Sponsor (\$1000 to help with RECamft's expenses!) at the up-coming Law and Ethics Conference (Jan 29 at Mary Agatha Furth Center in Windsor--see you there). Thank you Clare Brown and Ashly Thompson and your associates at Azure Acres!

The Dan Hughes Consortium is gearing up for Dan's visit (March 8-12). There is still room for both the 4-Day DDP

Training and the one day conference for therapists and parents, 3/12.

The best news about RECamft is always the easily overlooked. Day after day much healing happens in all of our offices, before our (hopefully humble, but acutely attentive eyes). RECamft only exists to be a service organization to the wonderfully rich and diverse group of local psychotherapists. But there is also a deep sadness on us at this moment as we mourn the loss of one of our own, Myra Polikoff. Myra's presence reminded us of the dedication, focus, continued study, and integrity our work and art demand of us. Her passing reminds us of the destructiveness of the illnesses we face, and ultimately of our own powerlessness. Myra, thank you for your love and service. We will miss you.

*Bob Dalzell has a private practice in Petaluma and can be reached at 765-1009*



Axis ii – HAL FORMAN, RICHARD BAUDRAND, DON ROSS, MICHAEL KRIKORIAN AND DAVID BENOIT – Played for the Party

## **RECAMFT TEAM CIRCLE**

### **BOARD OF DIRECTORS**

**President:** Bob Dalzell 765-1009  
**President Elect:** L. Reyna Seminara 523-9191  
**Past President:** Kris Spangler 829-8293  
**Secretary:** David Benoit 480-8842  
**CFO:** Pat Hromalik 849-6204

### **DIRECTORS-AT-LARGE**

**Programs:** Erica Thomas, Chair 206-8698  
Michael Krikorian 579-0838  
Doug Silberstein 583-2353  
**Membership:** Kris Spangler 829-8293  
**Pre-licensed:**  
**Crisis Response Team:** Doreen Van Leeuwen  
915-347-1837  
**Newsletter Editor:** Gail Van Buuren 494-4198

### **COMMITTEE CHAIRS**

**CEUs:** Alanna Taormina  
**Community Outreach:** Kim-Lien Chavez 324-9699  
**Conferences:** Cynthia Halliday 544-1513,  
Annette Seibel and Kristin Mills  
**Ethics:** L. Reyna Seminara 523-9192  
**Hospitality:** Susan Hartz & Judith Peletz  
**Recharge Raffle:** Jan Ogren 544-7756  
**Website:** Laura Strom 889-9168  
**Emeritus:** F. Michael Montgomery 578-9385

### **STAFF**

**Administrative Consultant:** Pam Ward 575-0596

## *What You Missed by Michael Krikorian*

Today we had an interesting and thought-provoking presentation by Scott Nelson, Ph.D. on "Reciprocal Exchange Dynamics," a model of psychotherapy that he has developed over the last few years of his 40 year career in this field. Scott told us of his history which included a position as Director of Research at Palo Alto's Mental Research Institute. There he worked with Francine Shapiro as she developed EMDR. He also worked with Fritz Perls and spent his early career working in psychiatric hospitals with teens and young adults. His personal life included witnessing his father nearly die in front of him when Scott was 9 years old. He later raised his 2 sons as a single parent. Scott feels that all these experiences informed his approach to helping others.



Scott told of how he came to see that filling his life with nourishing activities such as spiritual practices, good friends, physical fitness, service work and ongoing learning all helped him have a rich, good life. This plus his study of Positive Psychology (particularly the work of Dr. Barbara Fredrickson) led him to question the traditional focus of therapy sessions of working on "problems." He realized that working to give the client a positive experience and to increase their strengthening resources rather than "focus on the minutiae of their problems" may be the most helpful way to improve the life of his clients within the time limitations of the therapy hour. As Scott says, "If you are happy, you can't be sad."

Scott decided that the goals for working with his clients are 1) establish trust, hope and engagement, 2) allow authenticity both from the client and the therapist, 3) be

## **JOIN RECAMFT'S LISTSERV**

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

[recamft-subscribe@yahoogroups.com](mailto:recamft-subscribe@yahoogroups.com)

*Myron Walters will confirm your  
RECAMFT membership and admit  
you. We are now 187 strong.*

a supportive connection for the client, and 4) both parties leave the office with increased energy and skills. Scott stated that humor is helpful and touch is very important so he is willing to touch and give hugs when he sees it as helpful to the client. Scott states that he self-discloses enough so that the client feels safe self-disclosing, too. He tells of being willing to do “street therapy,” meaning joining the client in topics and activities of natural interest to the client.



As Scott studied the field of Positive Psychology, he sought to help clients increase their daily experience of the positive emotions of joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe and love. To do this, he would use such techniques as searching for and mirroring competencies he sees in them; giving positivity prescriptions for the client to carry out between sessions; having them daily identify what they are grateful for; and encouraging them to create something in their home that, when they see it, will evoke awe in them. He also would “prime” himself for a positive experience with the client by imagining what the client’s strengths are before they arrive at his office which, he believes, leads to the client behaving differently in his presence.



MICHAEL KRİKORIAN WITH A QUESTION FOR SCOTT

Scott clarified that he did not avoid dealing with client’s problems, he just did not make that the expected task of

the therapy hour. “It’s not about being Pollyannaish, it’s about authentic experiencing (of positive emotions).” Thank you, Scott, for sharing with us your evolving sense of how to be a healing agent in our client’s lives while increasing our satisfaction in our work. Scott practices in Mill Valley and can be reached at (415) 383-9254.

*Michael Krikorian, MFT, is part of the Programs Committee of RECAMFT and sees adults and teens, individuals and couples at his Santa Rosa office. For more information, go to [www.mkrikorian-therapist.com](http://www.mkrikorian-therapist.com).*

**Referring to an Outdoor or Residential Treatment Program?**

Educational consultants, in collaboration with referring mental health professionals, work with families to identify appropriate therapeutic treatment options for struggling students. Bob Casanova is an experienced, licensed marriage and family therapist (MFT) who provides realistic, comprehensive recommendations to Therapeutic Schools, Residential Treatment Centers and Outdoor Therapeutic Treatment Programs for teens and young adults who need help coping with such challenges as:

- Drug or alcohol abuse/dependence
- Learning differences
- Social, emotional or psychiatric concerns
- Self harm
- Eating disorders
- School failure or refusal
- Adoption/attachment issues
- Asperger’s/PDD/NLD
- Family conflict
- Loss and grief
- Divorce

**BOB CASANOVA** Educational Consultant  
and Licensed Marriage & Family Therapist  
Affiliated with McClure Mallory & Baron  
1160 North Dutton Avenue, Suite 250 | Santa Rosa, CA 95404  
**707.526.5800**

**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.**

## Gottman Professional Training

### Next Training:

Level 2- Assessment, Intervention, and  
Co-Morbidities ~ March 3rd-5th, 2016

### Upcoming Workshops:

Level 1 - July 22nd-23rd, 2016

Level 2 - March 3rd-5th or Oct. 6th-8th, 2016

Level 3 - July 7th-9th, 2016

Co-Presented with Dr. Bob Navarra

## Intimate Retreats in Sonoma Wine Country

~ Limited to 16 Participants ~

TrainingForCouplesTherapy.com

Presented by a Master Certified Gottman Therapist  
Lisa Lund, CRC, MFT #33393 • (707) 547-0401 • CEU's Available

### RECAMFT's Website is now MOBILE RESPONSIVE!

Thanks to our amazing webmaster, Laura Strom, our website has been reworked so that we can access and use it on our Mobile devices. Check it out!!! Laura rocks!

## ETHICS ROUNDTABLE

*The Ethics Roundtable meets once each in the Fall, Winter, and Spring. Topics may come from our clinical practices, or be generated by other ethical concerns brought in by one of us. The meetings are informative, stimulating and enjoyable. RECAMFT members are invited to attend. No ongoing commitment is required.*

**Next Meeting – Friday, February 12<sup>th</sup>, 2016**

**10 AM to 11:30 AM**

**Want more information?**

**Email (preferred) Reyna Seminara at**

**LRS-MFT@att.net**

**Or Call 707 523-9192**

## On Creating a RECAMFT Crisis Response Team (CRT) by Doreen Van Leeuwen

*~Out of suffering have emerged the strongest souls~ K, Gibran*

Almost as soon as I had settled into my cozy room, in a charming cottage on Georgia Street, I found myself invited to not only participate in, but lead, the formation of a permanent RECAMFT CRT. Inhaling, I instinctively drew back, thinking “Arrgggh, not so fast...!” Exhaling, I thought, “What an exciting opportunity! This is right up my alley.”

I’m Doreen Van Leeuwen, a licensed marriage and family therapist ('86), and one of your newest members here at RECAMFT. I served as program coordinator, president and past president of the Inland Empire CAMFT (Southern California), along with running my successful private practice, A Better Way Center for Wellness.



However, the birth of Lily Joy, my now-9-month old granddaughter, tugged me to Sonoma County. She is a happy sprite who adorns my life with radiant smiles on the Wednesdays and Thursdays now devoted to growing and maintaining our relationship. (Read: I babysit her 2 days/week). And, while I really do cherish that time, I am also eager to resume my vocational interests, including private practice, and a deep and abiding interest in crisis/disaster mental health.

My interest in crisis response and management began in 2002, when I somewhat randomly signed up for a two-day training in CISM, mostly to complete my expected quota of CEUs. What a serendipitous addition to my training!

Upon completing the course, I applied to become a *critical incident provider* for Crisis Care Network (recently renamed R3Continuum, LLC\*). That opened the way to hundreds of opportunities to give immediate, in-the-moment psychological first aid to people who’d suffered the trauma of robbery, witnessed the horrific injury or death of co-workers, unexpectedly lost their jobs, or were mourning the death of long-time, beloved colleagues, in the workplace.

While I’m also trained in *disaster mental health*, I’ve not yet had the chance to be part of an immediate response

in such a situation, as some of you recently had with victims of the Lake County Fires. Such events really bring home the need for the existence of a well-trained and organized corps of licensed therapists who can be mobilized at a moment's notice. So it fully makes sense that this group is prepared to move forward and make this a reality!

Furthermore, as people who are devoted to caring for others, reducing suffering, and increasing health and wholeness, you will discover this kind of work is rewarding and satisfying. Those you attend, coping with or recovering from a crisis or disaster, are grateful for your presence and support. Even while you may not always know that you are making a difference, frequently those you assist will let you know that your listening has helped, that your normalizing their thoughts and feelings allows them to not feel crazy, and that your understanding helps them feel they matter.

Another reason to get involved is that, when something bad happens, we all want to go, but if we're not trained, we get in the way! Can you imagine how good you'll feel, knowing that you are part of properly prepared team that is organized and ready to respond?

Please stay tuned for our first meeting in early April, when we hope to answer your questions, and roll out the development plan for RECAMFT's own Crisis Response Team. If you already *know* you want to join us, call or e-mail Doreen Van Leeuwen (951-347-1837; [doreen@abetterwaycenter.com](mailto:doreen@abetterwaycenter.com) ) or Gail Van Buuren (707-494-4198; [gailvb13@gmail.com](mailto:gailvb13@gmail.com)) and get on board!



PARTY TIME – Jan Ogren & Kate Maxwell – Enjoying the music (Below)



## Outstanding Chapter Leader: Cynthia Halliday, MFT

At the end of each year CAMFT asks its chapters to submit to them our choice for Outstanding Chapter Leader. Those we choose will receive an award from CAMFT at the Chapter Leadership Conference early in the next year. For the year 2015, RECAMFT chose Cynthia Halliday and this is why:

Cynthia Halliday became President in 2010 after having only recently joined RECAMFT. She jumped in with great enthusiasm, even though she was so new here and knew few people and even though she did not have the year as President Elect to learn the job. After her term as President, Cynthia stepped in the role of



Conference Committee Co-Chair concurrent with serving as Past-President. In 2012 Cynthia became Conference Committee Chair. In that capacity, she has organized at least two and often more all-day trainings each year for RECAMFT members and community members. Cynthia learned and mastered online registration systems, managing budgets, providing CEUs and catered lunches, organizing volunteers, working with venues and speakers and much more to pull off the highest quality professional trainings we could imagine on behalf of RECAMFT. She has graciously and generously offered her help to other workshop organizers navigating this territory, as well. Cynthia has consistently enabled RECAMFT to offer a wide variety of high-quality trainings, presentations and workshops at a very reasonable cost to members while generating income for the chapter.

In 2014 and Cynthia took her vision to new heights. RECAMFT was approached by a member (Mervin Maier) to be part of a consortium of mental health agencies he was forming to host a four-day training by attachment psychologist Daniel Hughes.

The intent was to offer training to professionals and to the general public – some parts free. Cynthia believed in the importance of this information and this service and volunteered to represent RECAMFT in the consortium. So in 2014 and 2015, on top of the enormous amount of work she put into two trainings in she created for RECAMFT, she put in countless hours working on this important joint project. When it was all over, she

volunteered to do it again for a 2016 Dan Hughes session!

Cynthia is stepping down as Conferences Committee Co-Chair this year and we will miss her incredible energy and talent for the job. We know we still have her with us, though. At RECAMFT we have more than a board of directors; we have a Leadership Circle, in which all are welcome and all opinions respected. This is a culture Cynthia has helped create -- one of her many gifts to RECAMFT. Cynthia is always ready to welcome new members to our monthly network and training meetings with a genuine smile and gladness, adding immeasurably to the quality of members' experience of RECAMFT.

We honor Cynthia Halliday for her wonderful example of dedication and professionalism, and for bringing a contagious joy, creativity and friendship to her chapter. Thank you, Cynthia!

## *Ads and Announcements*

### *Office Space*

**Private downtown SF office space** (303 sqft) for sublet Wednesdays and/or half-days on Mondays, or Saturday/Sunday in charming historic building, on the corner of Sutter and Montgomery. Available Feb 1st. Lovely office, with waiting room, high ceilings. Easy access from BART and Muni. Accessible parking. Monthly rent for one day Weds= \$303.00

Half day Mondays= Monthly \$151.50 Saturday/Sunday= Monthly \$100/day lindathorson@comcast.net 415-563-2892

**Two office spaces available** for rent in a newly renovated second story Psychotherapy Suite near Montgomery Village. Offices include shared ample free parking, waiting room, work/storage space, kitchen and private bathroom. Rent is \$450 per month and includes utilities. Available now. Contact Marilyn Stender, 586-1991.

**Office Sublet in lovely vintage building** on Cherry Street. Upstairs office, best for individuals and couples. 150 sq. ft. Mondays and Tuesdays. \$200/mo. Please email Anita at tinkercreek@sonic.net, or text me at 707 480-4558

## **Azure Acres: A Hidden Jewel** **By Laura Strom**

On December 22, 2015 I had the good fortune of having lunch with Clare Brown. Afterwards she took me out to Azure Acres for a tour of the facility. Clare works for Acadia Healthcare (<http://www.acadiahealthcare.com>) and represents three of their recovery facilities: Azure Acres, The Camp Recovery House and Skyway House.



Ashly Thompson, former rep for La Ventana, works in partnership with Clare for Acadia Healthcare. When asked about what she does, Ashly said, "I'm a Treatment Placement Specialist for Northern California, which means I assist providers, families and individuals find appropriate treatment for addiction and mental health concerns. There are roughly two dozen Treatment Placement Specialists employed by Acadia throughout the country, so we work as a team to find the best fit clinically, financially and geographically for each individual needing treatment. We place people into the treatment facility that makes the most sense, whether or not it's an Acadia facility. We really do value and rely on collaboration and community connectedness because of this unique fact."

Azure Acres (<http://www.azureacres.com>) is located in Sebastopol at 2264 Green Hill Road, near the intersection of Graton Road. It was originally a lovely vacation lodge home built on a hill overlooking a picturesque valley. Built in 1906 the views around the lodge look into tree canopy. With its quaint rustic furnishings, and views into the trees, it feels a little like being in a treehouse, or memories of summer camp.

In 1959 Azure Acres became an alcohol treatment center – the first one of its kind, making it the longest running treatment center in the US. They have detox, residential, outpatient, family and aftercare programs. Residents can receive individual and group therapy. Experiential therapies are offered including qigong, role-playing and expressive arts. A swimming pool and hiking trails are available to residents. Plans are underway to add a new building below the lodge in the near future. Recently an A-frame was added above the lodge to house the business office.

Azure’s model is based on 12-step philosophy. They hold 12-step meetings open to the public including Alcoholics Anonymous (AA) and Narcotics Anonymous (NA). The minimum length of treatment is 30 days with people encouraged to stay as long as possible, to help their recovery stabilize.



The staff works to treat substance abuse/dependence including alcohol, heroin, cocaine, opioids and prescription drugs. Some co-occurring disorders are treated as well. Their website says over 20,000 people have been helped by treatment at Azure Acres since its inception.

I met a number of staff during my visit. They were very friendly and welcoming and fulfill a variety of counseling, intake and case management duties. See the staff photo below.

It was great for me to realize we have such a beautiful, long-running, experienced substance abuse treatment center right here in our backyard. If you get a chance to visit I encourage you to take a peek at this jewel, hidden in the woods of West County.



Top row, left to right: Jody Ressio, and Genevieve Dupuy-Reyes.  
Bottom row, left to right: James Canter, Linda Terry, and Clare Brown

Laura Strom, LMFT, has a private practice in Santa Rosa and can be reached at 889-9168, [LCStrom@gmail.com](mailto:LCStrom@gmail.com), <http://lauracstrom.com>. Lasting Transformation.

## Myra Polikoff A Brief Explanation

Our dear friend and colleague, Myra Polikoff, took her life the evening of January 14<sup>th</sup>. The note she left for us explained how the depression of 3.5 years had finally exhausted her.



Myra was always kind, thoughtful, and so present whenever we met. I truly appreciated the perspicacity of the questions she posed our speakers and of her perspective in our consultation group. She will be deeply missed.

Her family is respectful of her choice and celebrating her journey while also grieving. We will let you all know when the service will take place. It may be put off for a while.

Gail Van Buuren



# Reserve your Spot- Space Limited to 36 Attendees

Dyadic Developmental Psychotherapy (DDP)

With

## Dan Hughes, PhD

Clinical Treatment of Children & Youth with Attachment & Trauma Issues



March 8-11, 2016 (Tues-Fri)

1202 Apollo Way Santa Rosa CA

8:30am-4:30pm

Dan's treatment model, Dyadic Developmental Psychotherapy, is family-based and focused on facilitating the child's ability to establish a secure attachment with his/her caregivers. Developmental attachment theory and research is the primary model used for relationship development and trauma resolution. Dan blends various approaches into his treatment modality. These include family therapy, Ericksonian hypnotherapy, psychodynamic principles, psychodrama, and interventions congruent with Theraplay and narrative work. He actively communicates PACE in order to co-regulate the affect associate with past experiences and to co-construct new meanings of these experiences.

Beginning Level 1 4-day workshop open to clinicians who are providing services to children and youth with attachment and trauma issues. Training includes live cases, role playing in small groups, videotapes, discussions and handouts.

Cost: \$475.00 for Early Registration, November 1, 2015-Feb19, 2016

\$525.00 for Registration after February 19, 2016

28 CEUs available for MFTs, LCSWs

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

*RECAMFT is the CEU Provider Provider for this event IMIS 57173*

Event Sponsors:

\*Parents Place \*TLC Child and Family Services

\*Sonoma County Family, Youth and Children's Services Division California Department of Social Services \*Mervin Maier, MFT, Certified DDP Therapist \*A Home Within \*Redwood Empire California Association of Marriage and Family Therapists ([RECAMFT.org](http://www.recamft.org)) \* Region A, NASW-CA Chapter

# Recovery Division of Acadia Healthcare



IMPROVING LIVES  
THROUGH INFORMED  
TREATMENT GUIDANCE

SOME LIVING BY THE SEA

SIERRA TUCSON

FOUR CIRCLES



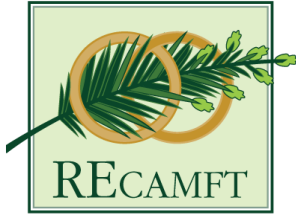
Acadia employs a national team of educated Treatment Placement Specialists dedicated to helping professionals, families and individuals find appropriate treatment for addiction and co-occurring disorders, trauma and PTSD, eating disorders, chronic pain, mood disorders, and other behavioral health issues. For assistance with treatment placement, please call your local Treatment Placement Specialist, Ashly Thompson: 415-688-0240, or [asthompson@crchealth.com](mailto:asthompson@crchealth.com)



AZURE ACRES  
RECOVERY CENTER

Acadia Healthcare is proud to have Azure Acres Recovery Center as part of its network of preferred residential treatment centers. As the sun rises over the secluded hills of Sebastopol, California, residents of Azure Acres wake up for a new day filled with recovery-based activities that are conducted in an atmosphere of comfort, safety, and serenity. Azure Acres is a truly special place, with a rich history that features more than a half-century of successfully helping men and women overcome the compulsion of addiction. Treatment options at Azure Acres include detox, residential care, partial hospitalization (PHP), and Intensive Outpatient (IOP) in Santa Rosa and Sacramento. For more information, please call Clare Brown: 707-483-9583 or [cbeczkowski@crchealth.com](mailto:cbeczkowski@crchealth.com)

Empowering relationships...



**Redwood Empire Chapter of California Association of Marriage and Family Therapists**  
is a California BBS CEU provider: License #2322  
RECAMFT.org - PO Box 2443 - Sebastopol, CA 95473  
E-mail: [therapy@recamft.org](mailto:therapy@recamft.org) Web: [www.recamft.org](http://www.recamft.org)

RETURN SERVICE REQUESTED

**FEBRUARY 2016 ISSUE**

**NEWSLETTER COSTS & DEADLINES**

**Line ads and announcements:**

Members - \$5 per line  
Non-members - \$12 per line

**Display ads:** Full page - 9.75" x 7.5" = \$200  
Half page - 4.5" x 7.5" = \$110  
Quarter page - 4.5" x 3.5" = \$60  
Eighth page - 2" x 3.5" = \$35

10% discount for 5 month ad Commitment  
20% discount for 10 month ad commitment

**Deadlines:**

Articles (500 words max) - 15<sup>th</sup> of the month  
Advertisements - 15<sup>th</sup> of the month

For more information call or email:

707 575-0596 or [therapy@recamft.org](mailto:therapy@recamft.org)

Or submit ad to website at [www.recamft.org](http://www.recamft.org)

**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.

**RECAMFT HONORS PAST PRESIDENTS**

Kris Spangler	2015
Laura Strom	2014
Lani Lee	2013
Hal Forman	2012
Elaine Sohler Gayler	2011
Cynthia Halliday	2010
Susan Hartz	2009
Kate Maxwell	2008
Gail Van Buuren	2007
Diana Poulson	2005-2006
Joan Logan	2004
Judith Goleman	2003
Ange Stephens	2002
Christopher Doyle	2001
F. Michael Montgomery	2000
Julie Green	1999
Jan Lowry-Cole	1998
Rhaea Maurel	1997
Paula Hall	1996
Kitty Chelton	1994-1995
Don Scully & Randi Farkas	1993-1994
Hari Meyers	1992-1993
Grace Harris	1991-1992
Richard Alongi	1990-1991
Diana Young	1989
Andrew Leeds	1988
Carleita Schwartz	1987
Christine Bucholz	1986
Thomas Hedlund	1982-1985
Rick Mawson	1980-1982