



The Redwood Empire Therapist

OUR MAY MEETING

The Narcissistic Enchantment Meagan Pugh, LPCC, D, Min., ATR-BC, SEP



The Narcissistic Enchantment is an emotional structure and contract imposed on a preverbal child for the benefit of the parent. The child is effectively put into a trance state, ensuring that he or she serves the emotional needs of the narcissistic parent and gets little positive mirroring for an autonomous existence. It is common and one of the most insidious of developmental traumas because both parties are caught in the enchantment.

Trying to move out of it creates a sense of chaos and a real terror of death, especially if a child shows signs of individuating. In many cases, repercussions can be severe.

Due to the nature of this wounding, the healing journey can be challenging for both client and therapist. This movement to autonomy for the client is fraught with dangers that are not seen in normal development, and both client and therapist can be caught in the entanglement of the trance state. But there is hope. By naming, recognizing, and supporting the parts of ourselves that are caught, one can heal the effects of the Narcissistic Enchantment and thrive.

Through a power point presentation and case study with art slides, participants will understand the components of the Narcissistic Enchantment and learn how to support a client through the levels of healing. The journey has obstacles to maneuver and road signs to follow allowing a person to shift from a powerless and childlike sense of self to an empowered, manifesting adult.

May 6th RECAMFT Meeting
10:30 - 11:00 social & sign in
11:00 - 1:00 meeting

The Narcissistic Enchantment
Meagan Pugh, LPCC, D. Min., ATR-BC, SEP

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.

June 3, 2016
Behind the Mask: Working With Men in Psychotherapy
Gary Gross, LMFT

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

Dr. Meagan Pugh is a licensed Clinical Counselor, Internal Family Systems Therapist and Certified Somatic Experiencing Practitioner with a private practice in Sebastopol, serving individuals, couples and groups. She specializes in helping others heal from emotional, physical, and sexual traumas and learn to thrive. She invites anyone wanting to move into a joyous relationship with their self and others to explore their own creative process and deep knowing. She is the author of the book and companion CD, *The Spiral of Healing: A Journey Through the Chakras to Awaken Creativity and Body Wisdom*. She also offers Somatic Art Therapy trainings. Meagan can be reached through her website, www.art-2-heart.com

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

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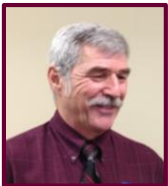
All the Pages Pictures, Ads, Notices of Meetings and Other Opportunities

Page 4What You Missed

Page 5 John Donohue Poem

President's Message

Bob Dalzell, LMFT



Where do I get fed?

Ok, fasten your seat belt, I'm going to get personal. It may not all be pretty.

I love my wife. I know she loves me. We share talk and touch and feelings and prayer and hiking/backpacking and eating and traveling and family get-togethers and laughing and gardening and worry and joy about our offspring and movies and growing (older, not fatter) together. I'm a lucky man, and so is she (a lucky person). We know it and try not to take it for granted. We aren't the perfect marriage. We have had our times of pain and sorrow, tough times--intimacy is not for sissies. We have mostly grown through those times, learning new levels of acceptance, patience, tolerance and forgiveness.

Faith is one of my gifts (and I have lots of doubts, almost all the time!). I believe in God, a good god who loves us all and sends us all we need. I pray and meditate every day, attend church on Sundays, participate in 12-Step program, work steps with my sponsor and sponsee, pray at the Lakota Sioux sweat lodge, and read and re-read the Dalai Lama on compassion and forgiveness (I see convergence in these aids to walking a human/spiritual path, different rituals, no contradictions). I try to be

grateful, but sometimes I'm so busy being self-centered I can't see the ample "daily bread" God sends me, constantly. Funny, how I'm asking for it and so often miss the beauty of the fare God sends. Those are the times my wants seem to trump (not a political reference) my clear-sighted simple faith. My parents taught me to pray, by praying, not preaching. I try to follow that example (how am I doing?).

I love the High Sierras, especially at or above the timber line. I love the quiet and solitude (sometimes 2-3 days seeing no people except those in our group). I really like the just me and the still water reflecting yon mountain peak at sunrise. I love the majesty of white granite peaks and tables, cold blue lakes, snow fed streams. I even love the grunting step-by-painful-step of carrying my backpack, for days, switch backing to the top of that pass, walking across that meadow. Hiking through rain, sun, hail, snow, all in the same day. Moonlight as bright as day. Getting lost off-trail--can produce anxiety but also some new level of tenderness, hope when not optimistic.

I love my death. Not the pain and sickness part. That kind of scares the crap out of me, but the stark finality of it. Makes me want to be awake to every moment and live fully in the unique ways that make sense to me in my depths. Living my life from the viewpoint of my deathbed (my plan, in case you want to know, is to die at 96, in bed) I look at my choices and try to make sure I'm

engaged in the most important matters, contact with people, with this beautiful planet we live on, with life, in all its mystery and formlessness.

And I love my work. As long as I am open, and take time to be fed myself (thank you to all the therapists, friends, mentors, spiritual directors, pastors, family, and RECAMFT leaders, who have witnessed my rebirths) I get to witness others, like me, healing, rebirthing in hope, rediscovering wonder within, just past their own pain and fear. LIFE.

Bob Dalzell has a private practice in Petaluma - 765-1009



DAVID BENOIT, SECRETARY, & BOB DALZELL GETTING SNACKS BEFORE THE BOARD MEETING AT JUDITH PELETZ'S HOUSE

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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 under Intern Support.

JOIN RECAMFT'S LISTSERV

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

recamft-subscribe@yahoogroups.com

Myron Walters will confirm your RECAMFT membership and admit you. We are now 137 strong.

What You Missed by Michael Krikorian

Today we heard a very informative and useful presentation on “Working the Body Knot” from Kitty Chelton, MFT and Theresa Beldon, MFT. The Body Knot approach came out of Bodydynamic Analysis and combines somatic and verbal techniques. The purpose of the approach is to give clients a way to identify and begin to separate out the assumptions and expectations from their past experience that are now coloring how they are perceiving and reacting to a present situation. The approach is especially helpful to people who are very emotionally reactive such as trauma victims or those with borderline traits. It can be used in individual, couples or group settings.

To use the technique, the therapist lays out a piece of paper on the floor labeled “CONTENT: past experiences that you draw on to make sense of the present.” Then, around that paper, the therapist lays out 8 other papers all labeled with a different micro-aspect of how we get from perceiving something to how we finally act in response to that perception. The 8 micro-aspects are 1) THE FACTS (what I actually see, hear, taste, touch, smell), 2) PERCEPTION/ORGANIZATION (what I imagine, interpret, fantasize in reaction to the facts), 3) INNER SENSING (what is the body sensation/experience I have in response to that fact?), 4) EMOTIONS (what I feel in response to what I perceive), 5) IMPULSE TOWARD ACTION (do I have the urge to move towards, away from or freeze?), 6) ANALYZE THE CONSEQUENCES OF DIFFERENT IMPULSES (think through the outcomes of my various impulses), 7) CHOICE/DECISION (what have I decided about how to respond) and, 8) ACTION (how am I actually acting in response?).

Kitty and Theresa explained that when they see a client especially reactive or feeling stuck in a particular reaction to a certain situation, they take the client through the Body Knot exercise. They have the client literally stand on each of the 8 micro-aspects of their experience (usually starting with #1) and get in touch with that aspect, speak it and then move to the next. They help the client eventually become aware of the center aspect which is for them to identify the past experiences they have had that color their response to the current situation. When possible, they help the client identify their core wounds and decisions that came from those past experiences. The hope is that by breaking their current reaction down into all these separate aspects,

the client will begin to be aware of how their reaction is influenced/distorted by the past and be better able to respond less reactively and more openly to the current situation.

Kitty and Theresa had us get partners and practice working with the first 2 aspects. A member then volunteered to take part in a demonstration where Kitty and Theresa took him through the full 9 part process. The RECAMFT members present seemed very activated by the demonstration.

Thank you, Kitty and Theresa, for taking your time to educate us on this very useful tool to add to our skills. Kitty and Theresa offer in-depth workshops on this and other somatic approaches. Kitty can be reached at (707) 823-8203 and Theresa Beldon can be reached at (707) 823-5216.

Michael Krikorian, MFT practices out of Santa Rosa and sees individuals and couples, adults and teens. For more information, see his website at www.mkrikorian-therapist.com.

Sex in the Summertime

Sex Therapy Consultation Group facilitated by Diane Gleim MFT CST

As Sonoma County’s only Certified Sex Therapist, Diane is frequently asked by colleagues to provide consultation for their difficult or perplexing cases involving sexuality and relationships. So she is offering these groups as a way to help you work more effectively with sexual issues in therapy. Each attendee is asked to bring either a specific case or a question to stimulate group discussion, sharing of ideas, and learning. Expand your knowledge and comfort in how to work with sexual issues!

**3 Mondays: June 13, July 11, August 8
10am-12noon**

Cost: \$150 per person for each group

This is NOT a series, you can attend one, two, or all three dates!

**Limited to 4 attendees on a first come, first served basis
All licenses and experience levels welcome**

Contact: Diane Gleim MFT CST

[707.535.9650](tel:707.535.9650) or

dianegleimMFT@gmail.com to sign up

Considering a residential treatment or outdoor program?



Collaborating with referring professionals, **Bob Casanova, Psy.D.** is a nationally respected educational consultant who specializes in providing recommendations for students with special needs of an emotional, behavioral or psychological nature.

Bob travels extensively throughout the year and has personally toured over two hundred schools and programs. As a Licensed Marriage and Family Therapist, Bob credits his clinical training and experience in deepening his understanding of a student's needs. Bob helps students and families dealing with issues such as:

- Depression
- Anxiety
- Drug or alcohol abuse
- Social concerns
- School failure or refusal
- Self-harm
- Oppositional and defiant
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- Autistic spectrum / NLD
- Low self esteem
- Adoption / attachment issues
- Family conflict
- Loss and grief
- Divorce
- Learning differences



Bob Casanova, Psy.D.
Educational Consultant
Licensed Marriage & Family
Therapist
License Number: LMFT 37137
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Ads and Announcements

Office Space

Beautiful Psychotherapy Office. Private garden view, with opening windows is available now. Share kitchenette, internet & copier with 3 other therapists. Plenty of parking, & wheelchair accessible. Join us in building a collegial community. \$425/mo FMI: [707-887-0588](tel:707-887-0588) or email: TotalBeingPsychotherapy@comcast.net

Sunny & spacious, very convenient location, Santa Rosa. Waiting room, kitchen, off-street lighted parking, free wi-fi, garden, \$525/mo
Call [707953-7575](tel:707953-7575), gary@gsoden.com

A BLESSING OF SOLITUDE

*May you recognize in your life
the presence,
power and
light of your soul.*

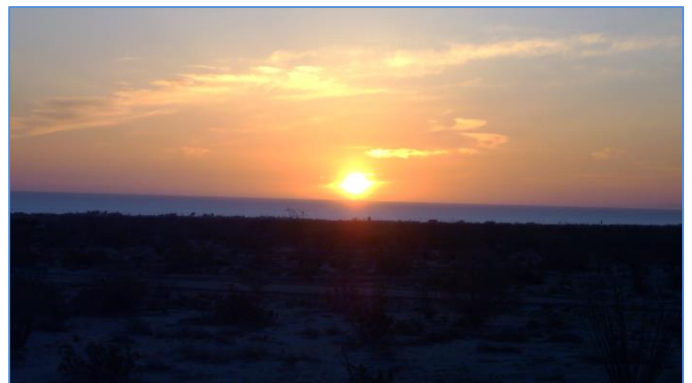
*May you realize that you are
never alone,
that your soul
in its brightness and belonging
connects you intimately with
the rhythm of the universe.*

*May you have respect for
your own individuality
and difference.*

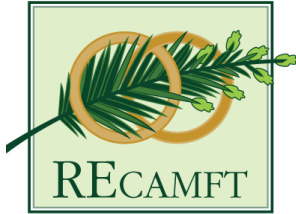
*May you realize that the shape
of your soul is unique,
that you have
a special destiny here,
that behind the facade of your
life there is something
beautiful,
good, and
eternal
happening.*

*May you learn to see yourself
with the same delight, pride,
and expectation with which
God sees you in every moment.*

John O'Donohue (submitted by Bob Dazell)



Empowering relationships...



Redwood Empire Chapter of California Association of Marriage and Family Therapists
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RECAMFT.org - PO Box 2443 - Sebastopol, CA 95473
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MAY 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) - 15th of the month
Advertisements - 15th of the month

For more information call or email:

707 575-0596 or therapy@recamft.org

Or submit ad to website at www.recamft.org

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