

Empowering relationships...

APRIL 2017



The Redwood Empire Therapist

OUR APRIL MEETING

HEALING SHAME IN COUPLES: A WORKSHOP FOR THERAPISTS AND OTHER HELPING PROFESSIONALS **Sheila Rubin, LMFT, RDT/BCT & Bret Lyon, PhD, SEP, BCC**

The more we care about each other, the more vulnerable we are to shame. Intentionally or unintentionally, we poke each other in the tender spots. Couples can shame each other multiple times a day, often without



realizing what is happening. This can become a highly reactive cycle, preventing

both people from getting their basic safety and attachment needs met. And shame can distort how we hear each other; the received message may have little to do with the message the partner is attempting to send. In this workshop we will explore the blame/shame game couples can fall into and how to help them stop shaming each other and work together to create a secure base and heal the wounds of the past. We will: - Look at some of the many subtle ways shame can be triggered. - Explore shaming moments with great care so we can teach our clients how to avoid shame-based reactivity. - Learn the gentle art of "counter-shaming", how to actually help a partner with his or her feelings of inadequacy. - Help a person give back shame to the original source with their partner's full support. If we can free the energy that has been stuck in blame and shame, couples can increase their vitality, joy and intimacy.

April 7th - RECAMFT Meeting

10:30 - 11:00 social & sign in

11:00 - 1:00 meeting

Healing Shame in Couples **Bret Lyon, Ph.D. and Sheila Rubin, 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.

May 5, 2017

Flashes, Gut Feelings and Hunches: Listening to the Healer Within **Julie Stass, Ph.D., LCSW**

June 2, 2017

When Eros Enters the Room: **Erotic Transference and its Healing Nature** **Felicia Matto-Shepard, MFT, Jungian Analyst**

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

Sheila Rubin and Bret Lyon have co-led workshops on Healing Shame in many cities in the US and Canada, including New York, Toronto, Phoenix and Minneapolis. Both have trained in EFT with Sue Johnson and AEDP with Diana Fosha.

Sheila Rubin, MA, LMFT, RDT/BCT is a Marriage and Family Therapist and Registered Drama Therapist who integrates somatic, expressive and attachment modalities to work with couples, adults and children who have shame and trauma. She has trained also in Hakomi. Sheila is an alumna of the CIIS Drama Therapy Program and is an adjunct faculty at CIIS and JFK.

Bret Lyon, PhD, SEP, BCC has been a consultant/ teacher of Somatic and Emotional Mindfulness for over 25 years and holds doctorates in both Psychology and Drama. He is certified in Focusing and Somatic Experiencing and has trained extensively in Reichian Breathwork. Bret is a board certified coach

What Else Is In Here This Month? Check It Out

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President's Message L. Reyna Seminara, LMFT



Community Is Where You Find It

Recently, I experienced an unexpected turn in regards to community. I overheard a conversation between a mother and her middle school aged daughter that went something like this:

"Shouldn't we leave now, mom" the girl asked in her high pitched voice. "It's getting dark"

"No," said the mom, "We never used to walk in this park at night. Someone would come towards me and I'd never feel safe. Now I see people focusing on their phones, walking, playing Pokémon Go and I know they are not here to accost me. We are all part of the same community, and I feel safe."

I heard the little girl sigh with relief.

I overhear many conversations like these as I walk in the parks in Santa Rosa at dusk with my phone out also playing Pokémon Go with my millennial daughter and our friends. The conversations are in English, Spanish,

Farsi, Russian, Italian, and Mandarin. The sentences that I don't understand are peppered with words like Clefairy



(seen left,) Eevee, Goldeen, Hoppip, or Ledyba. (These are just a few Pokémon Go creatures.) Everywhere we go, we see families with little kids, groups of Millennials, young couples, teenagers, lesbians, gay men, and seniors, all from different races, ethnicities and cultures. They all have their phones in hand.

Everyone acts friendly, sharing information about the game, sharing smiles, talking with each other, and feeling safe. This is community at its best. This is what is possible, a truly engaging mix up of all people on the same "wavelength" of shared interaction while freely helping each other. It gives me hope for our society.

Yes, we are engaged in a fantasy reality, and yes, we are "catching" non-human fantasy creatures, but we are learning so many things! We are learning the power of GPS software and software updates. Mostly, we see

others for who they are and how they act and treat each other and not how they may look.

This is a challenge in our society which is so invested in looks, in fearing differences in appearance. So, if Pokémon Go can move people beyond that, perhaps other games can, too! As therapists, we are taught the value of laughter, self-love and connection. We encourage our clients to find fulfillment in work and play. We are relational beings.

So, pick up your phone, call a friend or family member. Then fire up Pokémon Go and head out for a walk with the community around you.

L. Reyna Seminara, LMFT
RECAMFT 2017 President

Reyna has a private practice in Santa Rosa. It is best to reach her by email. LRS-MFT@att.net

Redwood Psychological Association
PRESENTS

**Serving Undocumented
Migrant Families in an
Anti-Immigrant Era**

Karen Roller, PhD, MFT

Wednesday, April 26
6:00 – 7:00 Sign-in and Social
7:00 – 8:30 Present and Discuss

Hilton Sonoma Wine Country
3555 Round Barn Blvd
Santa Rosa, CA 95403

Information & registration by April 21
Early bird pricing before April 14

www.rpa_workshop.eventbrite.com

RECAMFT TEAM CIRCLE

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RISING TO THE OCCASION

While I've never developed any expertise at making my own breads, I'm quite drawn to places where they

are made. Some of my earliest memories were formed in the small bakery shops call "Warme Bakker" that could be found anywhere in the villages and cities of Holland. The strong yeasty aromas of freshly baked bread greeted my grandma and me long before we even walked into the warm shop bustling with customers. "Good morning, Mrs. Huyssoon!" "Half a loaf of whole wheat please!" "Would you like that sliced, Mr. Van Delft?" "Two loaves of white bread, and one raisin, please." "That will be one guild, ten." Neighbors would chatter on while breads were cut, sliced and wrapped in paper. My little head was already anticipating a thick slice of crusty white bread, slathered in farmer's butter, and covered with little chocolate sprinkles called "hagelslag".

These memories surfaced as I pondered what to write about the evolution of our Disaster Response Team. In the "making of something", like bread, or a team, there are steps and stages on the journey toward a finished "product". Much like assembling flour, salt, sugar, milk and yeast, then mixing the yeast into the liquid and adding the sweetener (the food for the yeast), there is research to be done, people to be consulted with, and training resources to obtain for the process to begin.

The dough needs to be worked thoroughly to develop the properties of the gluten, which gives the bread lightness, by allowing small pockets of air to disperse evenly throughout the cellular structure of the ingredients. Our team members are working through the application process with the Red Cross, and embarking on a number of online and in-person classes, to refine the knowledge and skill-set necessary to apply mental health work to disaster settings.

For dough to become bread, it must "prove" or "rise", after which the mixture might be broken into smaller pieces and shaped into rolls, or woven into braids for challah, etc.



After a second period of "proving", these creations are popped into hot ovens for the final transformation! As our team continues to increase in numbers and in

response-readiness, we too are im-"proving" our abilities to rise to the occasion when the terrible unexpected happens.

I'm so very proud of our cohort of colleagues who are taking on this very special mission, and thankful for your desire to prepare to serve those self-same neighbors you might meet in the corner bakery shop. Steps on how to join the American Red Cross follow. Please let Doreen (951-347-1837) OR Gail (707-494-4198) know if you are interested in joining our RE-CAMFT team.

- A. If you are interested, here's a step by step of what YOU do to qualify:
 1. Enter this url into your browser: www.redcross.org/SonomaCounty
 2. Click on "Volunteers"
 3. Click on "Adult Volunteers"
 4. Complete the application
 5. Sign and complete "Intellectual Properties"
 6. Initiate Background Check
 7. Complete Code of Conduct
- B. Once you have completed the Application above, you must attend an Orientation on line or at Chapter Headquarters (dates TBA). *I did mine online and it took about 45 minutes or less.*
- C. Once you have submitted your application you will be contacted by e-mail to set up a New Volunteer Interview, which is supposed to last about 30 minutes. Patty Hlinka, Volunteer Services, was my initial contact with ARC, and we had such a good time our meeting lasted...um, well, let's say we certainly exceeded 30 minutes. But, Patty is a joy, it was fun, and we had so much to talk about!
- D. Since you are interested in becoming a Disaster Mental/Behavioral Health Services Provider, you will likely meet with Tanya Sullivan for the Disaster Services Cycle Overview for 90 minutes. Although Tanya is "new" to ARC, she's quick, bright and exceptionally knowledgeable about ARC. A delightful woman who likes to get things done, and is very responsive.

Get on board, so we can make our team a reality!

If you have questions, or difficulty with the "on-boarding" process, call me at 951-347-1837 or email me at doreen@imago-love.com.

Doreen Van Leeuwen

What You Missed

By Doug Silberstein

At the March 2016 RECAMFT meeting, Dan Wile, PhD, gave a very informative and clearly articulated presentation on his approach to working with couples, *Collaborative Couple Therapy* (CCT). Dan has developed his approach upon the perspectives that the main problem couples have is being in adversarial or withdrawn cycles and that what would most help them shift out of these distressed dynamics into a more collaborative state is having a conversation of reconciliation and/or reconnection.



In this way, Dan does not focus on the content or “problem” the couple is in discord about; he focuses on helping the couple have a collaborative conversation. Dan believes that within any distressed dynamic, “intimacy is often just a sentence away.” In CCT, the therapist works to help the partners find that sentence; to find their way to a more intimate encounter. This intimacy is largely based on each partner having his or her voice in the conversation,

and in particular giving voice to what Dan refers to as his/her “leading-edge feeling.”

Though Dan uses a number of techniques, including specific types of questions designed to nurture self-exploration and bring the partners closer to the truth of their experiences, the main method he uses to help partners express their feelings is an adaptation of Jacob Moreno’s psychodrama technique, *doubling*. The CCT therapist uses doubling to transform a harsh or disconnected expression into a more vulnerable one – one that strives to be accurately attuned to the doubled partner’s experience. The therapist works collaboratively with the partners to find the most accurate interpretations of their feelings in the hope that they can each feel more deeply heard and understood.

Another one of the major interventions in CCT is the use of meta-perspective: creating a platform from which the partners can look from an optimal distance at their struggle. Creating this perspective “above the fray,” rather than just being stuck in the midst of it, can help couples have a more compassionate view of their

dynamics, which can then soften them toward each other.



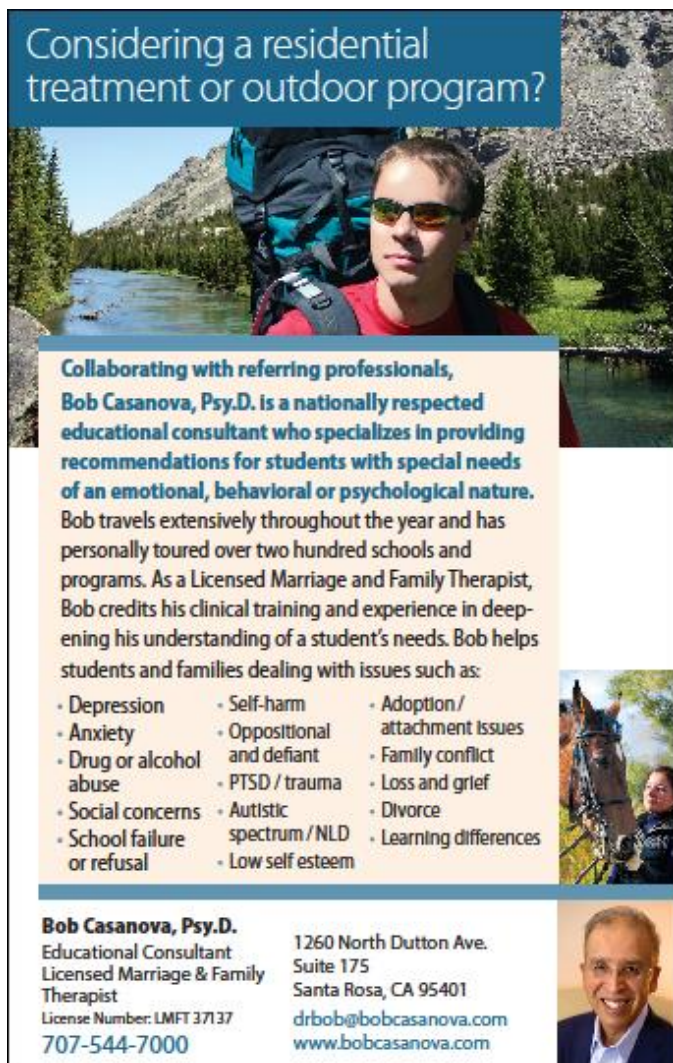
It is important for a couple counselor is to accurately attune to and empathize with both partners. This can be difficult to do and Dan believes that siding with one partner against the other is the major countertransference problem for the couple counselor. In CCT, the therapist strives to be aware of lapses in empathy for either partner and when s/he identifies that deficit, s/he focuses on becoming a “spokesperson” for that client, working to help that partner feel more understood and supported.

During his presentation, Dan called upon two courageous volunteers to play intimate partners so he could demonstrate how he works with couples to help turn fights into an intimate conversations and mutual withdrawal into connection. In the demonstration, Dan focused on showing how doubling can help partners feel seen and supported, which increases safety, and therefore, capacities for vulnerability and deeper intimacy.



Along with his clinical work, Dan Wile trains therapists in CCT and gives couple workshops internationally. He is the author of three acclaimed books on couple therapy and can be reached at dan@danwile.com or at 510-654-7390.

Doug Silberstein, MFT is in private practice in Santa Rosa and San Rafael. He focuses on working with couples, parents and individuals struggling with depression and anxiety. He uses CCT as his foundation in working with couples and in general employs existential-humanistic, experiential and attachment-based approaches in working with his clients. He can be reached at 707-583-2353 and at doug Silbersteinmft.com.



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
- PTSD / trauma
- Autistic spectrum / NLD
- Low self esteem
- Adoption / attachment issues
- Family conflict
- Loss and grief
- Divorce
- Learning differences

Bob Casanova, Psy.D.
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 Licensed Marriage & Family Therapist
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A Rude Awakening By Susan Hartz

It happened twice this last year. And twice I was under-prepared. "It" is an accident requiring a trip to the ER and subsequent long medical leave. I'll bore you with details at another time; my purpose in writing is to alert you from my hard-won wisdom.

I thought I was prepared. I followed the guidelines on professional wills, including making a list of my clients and their phone numbers, designating a colleague to handle my professional affairs should I be incapacitated, and letting her know where to find this in my files. When the first misfortune happened in February 2016, I was up-to-date with my client list and was able to call everyone and explain what was going on. What I hadn't thought of was a list of insurance companies I'm contracted with, which all require notification if I'm unable to accept new clients. In fact, I didn't even think of it. Although my outgoing message explained that I was on a medical leave, I still got several calls from new clients and had to explain why I wasn't available.

Since about fifty percent of my practice is Brief Therapy and EAP, my client list changes frequently. When I returned to work, updating my list got lost in the busyness of catching up with more urgent matters. Besides, lightning doesn't strike twice, right?

Wrong. Fast forward to the end of 2016. To my disbelief another accident. Another ER visit, another long medical leave. This time I was even less prepared. I had not kept my client list up to date. My files were not in proper order. I hadn't made a list of insurance companies and the web-sites and passwords needed to contact them. I'm lucky in that I share an office suite with a very kind and good-natured woman who is also my professional designee for professional will matters. She had to go through my files and find names and phone numbers of the clients not on my original list and bring them to me in the hospital where I could then call them. This time I was acutely aware of the need to let the insurance companies know (have you gotten those update requests that site a new law in California about keeping availability current? They seem to come every week.) But I had no access to a computer for three weeks, nor had I

made a comprehensive list. I did, however, make sure that my message stated I was not taking new clients and why, so I haven't had to follow-up on any calls.

I'm hoping this makes clear what I'm trying to convey. Keep an up-to-date client list including phone numbers. Have at least one colleague who knows where this is and can either bring you the list, or do the necessary calls for you should you become incapacitated. Keep a comprehensive insurance company list including websites and passwords, if you work with insurance. Review the material on professional wills. The need for this has become very clear to me this last year.

Susan has been in private practice for 25 years and can be reached at 538-2011 or lmftsuzhartz@att.net

Speaking of Professional Responsibilities

Gail Van Buuren

I checked out our beautiful In Memorium page on the RECAMFT website after Kristina Carey's tragic death a few weeks ago and was reminded once again how important it is to be sure that both my family and my clients will be taken care of if something happens to me. So here is a reminder for all of us to get that Professional Will in place.

I know none of us wants to even think about this stuff and we are deeply reluctant to approach the process, but I am here to tell you (as my Aunt Phyllis always used to say) that it is not that bad when you finally get down to doing it. RECAMFT has made it as easy as possible for us with the help of MaryClare Lawrence J.D., who participated in our wills workshop last year.

On our website www.recamft.org members will find four documents to download either by scrolling down to the bottom right hand corner of the Home page and following the link for them or by signing in and going to the Members Only menu. Either way will lead to the following documents.

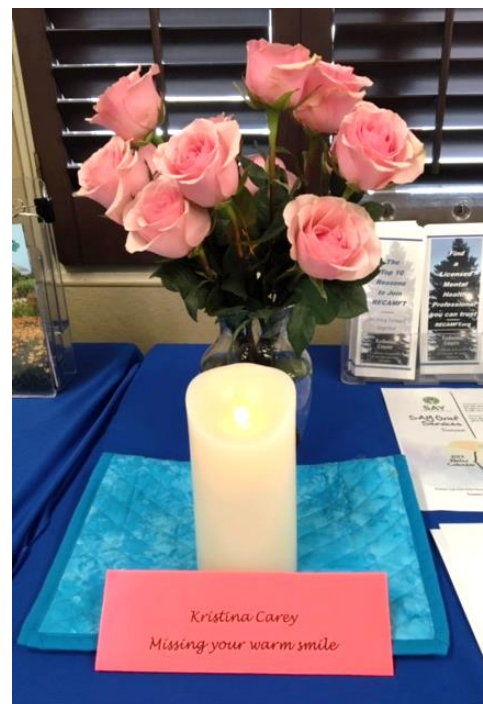
Wills Pre-Workshop instructions helps you think through what information and materials you need to gather to be ready to fill out your will.

Wills Template word doc is the will with blanks that you can fill in on your computer and print out in its complete form.

Wills Template pdf is the will in a pdf form that you can print out to fill in by hand if you prefer.

Wills Client Contact Template is a single sheet that you will fill out for each client with contact information and any instructions your Executor will need to help the client. These papers can be kept in a single file folder separate from your client files so those files remain confidential. When closing a file, the contact sheet can be removed from that folder and placed with their file. You will see that there is a place at the bottom of each sheet to check off that you have updated the information each January.

Here is how you get past your resistance and intense anxiety about making a Professional Will. Find two or three colleagues who are as scared and reluctant as you are, but know they have to do it, and make a date to spend two or three hours "getting it done." Download the docs from RECAMFT's website ahead of time so you can collect what is needed and read through the Template so you can think a little about the answers. Meet up on your date with papers and/or computers and help each other think through the process and fill out your wills. The last thing you need to do is put a card into your wallet informing To-Whom-It May-Concern who to contact in emergency and be sure that contact person knows how to connect with your Professional Executor Team so they can step in to take care of your clients. Pat yourself on the back. YOU GOT IT DONE!!!



White Privilege in the Therapy Room – Let’s Raise Our Consciousness

Kris Spangler, MFT



I thought I was pretty conscious about race, for a white person. This past year or so, however, has been a time of increasing awareness and understanding for me, and a new urgency has grown in me to act to create change regarding what skin color means in this country and this county.

I’ve had the honor to work as a therapist with a number of people of color in my 17 years of clinical work, and with most of them I have brought up the topic of skin color and power, and invited examination of the effects of racism in their lives. I’ve worked with clients at various places in their understanding of the racial forces at play in their lives. But three years ago I began work with a deeply traumatized client who has opened my eyes about what can *really* happen in the room between white therapist and client of color.

For my client, living as a mixed race, genderqueer person in a small town in Sonoma County was a source of pain. They were not shy about expressing this to me, or about calling me out any time I said something that might have been an assumption based on my privilege, or about their anger at white people, including me. This person gave me the greatest gift. I could make mistakes and repair them and represent white oppression while also loving them and being loved in return. Together we forged a container in which the client could explore their rage with a white person who was safe and loved them unconditionally. It wasn’t perfect – I wasn’t perfect. Probably the biggest gift was in understanding how far I had to go, how much yet to learn.

Meanwhile, police shootings of Black people were finally making headlines, and Black Lives Matter was formed. By the time Donald Trump took the national stage I knew I had to do something about institutionalized racism.

I decided to ask RECAMFT to sponsor a ½ day workshop for white therapists like me to help us expand our awareness of how our skin tone, attendant acculturation and privilege affect our work with clients who are on the receiving end of racism. Kristin Mills and Erica Thomas jumped on board to help. We have invited Liz Abrams, MFT to guide us in this work on Friday May 12, 8:30am-12:30. The workshop will be largely experiential, and for that reason we are limiting it to 25 participants. Three of those spots are available for work trade. I believe this is

important world work for white therapists to do. If you fit that description, please join me.

Kris Spangler can be reached at 829-8293 or Krislinkk@earthlink.net

Pat Hromalik Chosen for RECAMFT’s Outstanding Chapter Leader of the Year Award

Pat Hromalik has been RECAMFT CFO for the past year. In that time she has managed our accounts, budgets and Monthly reports like a corporate comptroller. She is precise, thoughtful and wonderful to work with. She has modernized our bookkeeping and reporting methods so that the next person to take on the position will be able to seamlessly take on the position. Pat is patient and always willing to take the time to be sure everyone understands the overall budget or just a line item before moving on to another topic. She is honest and above board in handling our finances. To put it simply, she is the best!



GROUP ADS INSERT IN NEWSLETTER Editor, Gail Van Buuren

The RECAMFT newsletter is planning to have a Group Advertising Insert in the newsletter 3 or 4 times a year which will be produced by Renee Owen for the newsletter. As an appealing and readable insert, members will be able to pull it out or download it from the website for easy reference. The cost for members will be \$20 for the first listed group and \$15 each for additional groups. We hope you will be interested in doing this with us. I know we have groups offered on the Listserv but, if you are like me, they get lost in the nether reaches of my email list.

This will be a way to have a hard copy handy or to access it on our website. We can also have copies at the meetings to pick up. Furthermore, it will help offset costs for the newsletter. And it may encourage more of us to offer groups or refer to them.

If you are interested in participating, would you drop me a note saying so, or call. Doing so would really help us decide if this is worth the effort for us.

gailvb13@gmail.com or 707-494-4198

How to navigate dating effectively – for mature women + baby boomers

by Ondina Hatvany, LMFT

With divorce rates higher than ever before and Baby Boomers hitting their 50s, 60s and up, more and more mature women are finding themselves single and facing the choice whether to go back into the dating pool or not. Social mores and the media do not make it easy for older women. While older men are still often conveyed as sexy and desirable, older women are usually given a shelf life. While it seems to be common and socially acceptable



for older men to date younger women, an older woman dating a younger guy is called a “cougar.” Why aren’t men given derogatory nicknames for doing the same thing a woman does? None of this helps, of course, when a mature woman is considering going back into the dating pool. That is why I think it is so important that women work on addressing their mindset before venturing forth into the dating world. Otherwise, it can be brutal!

I have two friends who started dating again in their 60s, and so I got to witness their whole process around dating on a very close and personal level. This is what I learned.

First, the timing has to be right.

One of these friends, whom I’ll call Andrea*, had spent many years grieving an old love and was finally ready to move forward with her love life. She was scared but she was also ready to meet “that special someone.” She joined a Meet Up hiking club because she loved to hike, and very soon after met someone she really liked. They

started dating nearly immediately. It became a serious relationship pretty fast!

Honestly, I was astounded how my go-to single friend became part of a couple so quickly! When I asked her about this she told me it was because they were both ready and knew what they wanted. **In her case, her age helped. After six decades on the planet she knew what she wanted. When she found the right person she did not take them for granted. She nurtured and fostered the relationship and it very quickly blossomed.**

Second, attitude and intention are key.

Andrea was not ready to start dating until she was done with her grieving process around her ex-partner. But when she was ready, she put herself in alignment with her intention and actively put herself out there. She told the world through her actions: **“I’m here and I’m ready to meet that special someone.” I think because she was so clearly aligned with her intention to meet that someone special there were few obstacles and it simply flowed.**

My other friend, Martha*, was not so clearly aligned with her intention as Andrea. She was lonely but she also had self-esteem issues and didn’t like her body. She was afraid to put herself out there. She complained that she was too old, too fat, too.... And the list went on!

Martha had some work to do around shifting her attitude. She decided to join a gym, found a trainer she liked, and started getting her body back in shape. She also paid closer attention to what she was feeding herself. She cut back on alcohol and comfort foods. She went back into therapy to address her fear of rejection. Pretty soon she started to feel better about herself and more confident. She decided to try online dating. She put a picture and a profile on a dating site for 50+ people called www.Ourtime.com. She’s now dating and having a blast!

Martha tells me: “You have to appreciate your body or at least be pretty comfortable with it; otherwise you can’t relax and enjoy sex.” She is a good example of someone who put some effort into shifting her attitude about herself, and it paid off. She tells me that when she is with her lover she feels like a teenager again. When I see her these days she is so vibrant and alive, she positively glows!

“Why is dating so hard?” – Women in Transition + Obstacles to Dating Effectively

I work with a lot of women who are in transition, either starting or leaving an important job or relationship. **During transition times attitude is extremely important, and a strong, positive attitude can really help. However, so often this is not what women experience during transitions; instead, old traumas and big fears surface. I bring this up because so often traumas and fears can completely derail mature women getting ready to date. If this happens, it is important to find a professional well versed in working with trauma to help, because trauma does not go away by ignoring it.**

The good news is that if old traumas and big fears do surface, this provides an opportunity to clear them out once and for all. This is such an important first step before a woman can really get in alignment with her intention and move forward towards what she wants.

Another big obstacle to dating happily and effectively is a **scarcity mentality**. This is the belief that there are a finite number of suitable people for you and they are all taken! **Moving into an abundance mentality is key to being able to date effectively. This is a state of being in your power and aligned with your intention and purpose so that what you need and want can flow towards you. Andrea, Martha, and numerous clients, as well as my own experience, have shown me that this mindset of abundance is key to a successful dating experience.**

My friend Martha is an example of someone who had to do some work to get back in her power. She did this by tackling her self-esteem issues and shifting her fears around rejection. Once she felt better about herself she was able to define more clearly what she wanted in a partner, and she was more able to feel like she deserved that someone special. Martha told me that this is what she likes about online dating. “All the power is in the women’s hands—we get to pick!” Now there is a woman in her power!

For Martha, clearing out her own obstacles and fears also opened the door to getting more in alignment with what her intentions were with regards to dating. All these preliminary steps helped shift Martha into that abundance mentality so important for dating. Indeed, when she finally got her online dating profile out there

she received an abundance of responses! She was able to have fun with the dating because she felt good about herself, and she was able to navigate effectively through a few “frogs” because she was clear about what she was looking for in a partner.

In closing, I hope Martha’s and Andrea’s stories and my own reflections have helped clear out some fears and provide direction if you or a loved one is battling fears about dating later in life. Working with yourself to clear out obstacles and old traumas, getting in alignment with your intention for dating, being in your power, and shifting from a scarcity mentality to a mindset of abundance will all ensure that you can not only navigate dating more effectively but maybe even have fun with it! Enjoy... :)

*Names changed to protect confidentiality.

JOIN RECAMFT'S LISTSERV

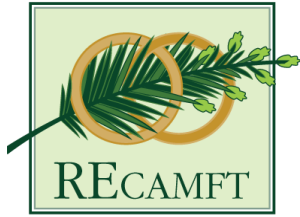
It's easy. Just send your email request to join the RECAMFT listserv to:

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