

# California Association of Marriage and Family Therapists

News

Santa Clara Valley Chapter

July, 1984

## ELECTED OFFICERS

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## STUDENT REPRESENTATIVES

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Maggie Macro  
1579 Oriole Avenue  
Sunnyvale 94087  
408/739-0642

## CALENDAR To Be Aware, Share & Attend

July 13th, Friday, 7:30 P.M.

**CHAPTER BOARD OF DIRECTORS MEETING:** At Norma Etter's, 21301 Columbus Avenue, Cupertino. Interested Members welcome. Call Norma at (408) 253-2956 for directions.

July 20th, Friday, 7:30 P.M.

**MINI-PROGRAM ON INSURANCE REIMBURSEMENT:** (Please see article elsewhere in this issue.)

August 19th, Sunday, 2-6 P.M.

**SWIM PARTY & POTLUCK:** Bring something to barbecue and food to share. A wonderful opportunity to have fun, meet and chat with Board Members & others in the hot tub. All members, spouses and adult friends welcome! At 14720 Farwell Avenue, Saratoga, Lucille Belomy, (408) 867-9267.

October 19th, Friday, 7-9:30 P.M.

**TOWARD HEALTHY COUPLE RELATIONSHIPS:** "A Search for the Positive Creative Force in Couple Life". This presentation will be given by Martin Kirschenbaum, Ph.D. at the ~~United Methodist Church in Los Altos (655 Magdalena, Corner of Magdalena & Foothill Expwy)~~. By using the innovative methods of integrative, growth-oriented family therapy, Dr. Kirschenbaum will show how it's possible to quickly enter into a couple's system and assist the couple in making appropriate changes. Common themes and difficulties that most couples struggle with will be reviewed. Specific techniques for couple diagnosis and working with couples will be presented with an exploration of the impact of family of origin upon current couple relationships. In every couple system, healthy and dysfunctional patterns exist side by side at different levels of awareness. The healthy, growth-oriented patterns need to be identified, labeled, anchored and put into concrete expression, so that the creative, dynamic, positive force within us and in every couple system can be unleashed for a fuller, richer life.

This workshop will focus primarily upon couple systems wherein both members are basically healthy individuals. Life stresses which can be debilitating to couple systems will be examined with special attention focused upon family of origin material. Dr. Kirschenbaum will demonstrate ways to track and stay focused on both dysfunctional process in the couple system and the strengths that are present and available (or potentially available) to the couple.

**FEE:** \$4, Members; \$7, All Others. A Chapter fund raising event.

## COMING EVENTS

TALK ON TYPOLOGY IN MARRIAGE & FAMILY COUNSELING: On December 7th at 7 P.M., Dr. June Singer will present a lecture on typology in Marriage and Family Counseling, using the new Singer-Loomis Inventory of Personality (SLIP). Location: United Methodist Church of Los Altos. FEE: \$4, Members and \$7 Others, for this Chapter Fund Raising Event.

## PRESIDENT'S MESSAGE

He is slender, with a narrow back, small. The piping shows white on his denim pants from many washings. "The wheels are stuck", he says softly about the little tractor in his hand. Looking down at it, he continues, "I fell off my bicycle and I broke my muscle." He holds up his elbow, "They put it in a cast today." He is not wearing a cast now. I wonder if he wants to impress us. He is four. He breaks his brother's toys by jumping on them, he is mean to other children and he killed a goldfish at his nursery school by taking it out of the bowl and beating it against his leg. I have worked with his parents, but he is so young I am not sure what to do. I decide to learn about child therapy by working with a skilled colleague. She tells me, "We will go slowly, letting him set the pace. Children change more slowly than adults because they are so much more vulnerable and need to protect themselves. We don't want to stiffen his resistance. We'll let him develop trust with us before we bring his parents in." I am surprised, "I always thought that children, being more flexible, would move more quickly?" "No, they make small changes - but big to them."

I watch him bury two rubber snakes in the sand tray. "I went in the water with two alligators when they were sleeping," he tells us. His words are big and strong, if he is not. His cruel, aggressive behavior is an eruption of tension, something he can't express any other way. He doesn't need more spankings for his being mean, because these symptoms are not what they appear. I keep reminding myself if I get stuck on the symptoms, I miss the deeper meaning, just like with adults. What is he saying indirectly? Rage? About what? Abandonment? His own worthlessness? Is his anger towards his parents and their problems? I feel alert to every clue. What is going on with him? Now he's back over with the toy cars. "I dreamed I was with the alligators in the water", he says looking at the shelf of toy cars, "but, I couldn't get across. There was no dirt to put my feet on." He is isolated and marooned in his feelings, but he has reached out to us, two strangers. His back turned, but he spoke his dream.

The room is full of unexpected feelings - sadness, vulnerability - ours and his. He needs us, yet he is closed up, protected. He only makes a small sound when he is the siren for the toy ambulance. Yet, he is here, so we all have a chance.

Mary Ellen Edwards.

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## Creative Therapy

The Creative Therapy process is the "creation" of Helene Rothschild, licensed Marriage, Family and Child Counselor and Director of the Institute for Creative Therapy. I have been training in and practicing Creative Therapy for 2-1/2 years under Helene's supervision.

This unique process contains elements from several therapy modes including Transactional Analysis, Bioenergetics, Gestalt, Psychosynthesis and Redecision. Clients participating in this experimental process work while lying down with eyes closed to encourage an experiencing of the inner self at a deep level and to minimize transference to the therapist.

The process provides the opportunity for clients to move fluidly and as needed through time and space while experiencing and physically releasing strong emotions; dialoguing with others or with parts of the self; becoming aware of old, now limiting decisions about the self and life; and making new decisions from the vantage point of released emotions and a heightened clarity and strengthened caring about the self. At this important point in the process cycle clients are ready to experience visualizing themselves creating their lives the way they want them to be, based on their new decisions. Creation of positive affirmations is a part of this constructive building phase. Clients may move through one or several process cycles during a therapeutic session and it is the client who paces the session.

Bodily tensions and pains and their location, intensity and movement in the body during the process cycle are used as an indicator of the thoroughness of emotional release or of a change from one predominant emotion to another. A frequent verbal checking in with clients during the process regarding their body state is an integral and essential part of Creative Therapy.

Clients who participate in the Creative Therapy process work either in private sessions or in small therapy groups. Many come as individuals who feel they are somehow holding themselves back from experiencing the success they desire in relationships or career. They have an awareness that they are limiting or sabotaging themselves and they are experiencing emotional pain because of it. Others who participate in the process may come as part of a couple or family unit desiring therapy. Along with working as a part of that unit in a predominantly Virginia Satir mode of couple and family therapy to develop better interrelational skills and tools, they frequently also work on individual issues which are impairing their ability to relate in the way they desire.

As a therapist using the Creative Therapy process I have the opportunity to work at a deep level with clients in a manner that is constantly challenging and stimulating. While acting as a guide and a catalyst for their change and growth, I grow and learn as well.

Please contact me at (408) 947-5705 if you would like further information about Creative Therapy or if you might be interested in training in this process next fall.

Barrie O'Brien.

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## MINI-PROGRAM - INSURANCE REIMBURSEMENT

A representative of the State Board has been invited to be available at the July 20th meeting mini-program for our members to discuss and answer questions about insurance reimbursement for MFTs. This is our second mini-program, a new direction for the chapter, designed to provide a time for us to get together for an informal evening to share information and social interaction. It will be held on Friday, July 20th at 7 P.M. at Dennis Facchino's, 16425 La Chiquita, Los Gatos (Take 17 to Lark Blvd., then go east to Los Gatos Blvd., then turn right, then left on Shannon, and right on La Chiquita, across from the Presbyterian Church.) Contact Pat Burbank, (415) 321-3126.

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## From the Membership Chair

Welcome to summer! This is our first News edition prepared for Members Only, and I'm delighted to be speaking to an unprecedented number of you: We are 189 STRONG, including 62 therapists and therapists-in-training joining us for the first time this year! HOORAY for all of us. I dearly hope we will see more of you than your signature on your check! Two notes this month:

1) Please understand that our memberships are tallied on a calendar-year basis. It's impossible for us to do otherwise without any administrative staff. What that means is that even those of you who have joined us recently, can expect to receive your renewal requests for 1985 near the end of 1984. The sooner you respond, the sooner we can make and implement our plans for each year. This year, another first: in November you will be urged to attend an Annual Membership Event, and to renew for 1985 at that time. Our vision for that event will be taking shape in the next few months. Please contact me if you're willing to help create it. (Rough idea: a Wine-and-Cheese-type reception).

2) Please remember that Board meetings are open and we urge you to become involved with us. A board meeting's a good way to start -- sort of a potpourri of our work! Next board meeting, Friday, July 13th, 7:30 P.M. (See Calendar).

Thanks again for your Membership and Support!

Lynn Wiese: (415) 494-2084 or (415) 856-3761

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## NEW MEMBERS - WELCOME!

Kaye Bishop, Elaine Brady, Mary F. Griffith, Elizabeth E. Myers, Jaqueline Payne, Kate Pizor, Ellen Pulleyblank, Bonnie Scheinman, Elise R. Zentner, Merry Astor, Don Hadlock, Alicia P. Herman, Rachel Vasiliev, Gwen Marvin, Kathleen Nyhan, Terri White, Zoe Alexander, John L. Greer, Ingrid Kepler-May, Meg Paris, Frieda Porat, Ph.D., Allen S. Bartu, Dee Piva Carter, Alice M. Collier, Pat Elliott, Lunn Fossum, George Gottlieb, Dr. Ralph Gram, Shelley Barlas Nagel, Ph.D., Martina Puente de Cavazos, Janet S. Robinson.

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## MEET YOUR LOCAL COUNSELOR (MYLC)

On May 24th we held the first MYLC at Career Outreach, San Jose YWCA. Several members participated. Although we had a limited turnout, I believe we established that people seeking a Counselor or Therapist will come to such an event. Most people visited all of our members' tables. Further MYLC's are being planned in our service area. Please call me if you have questions or would like to discuss coordinating such an event. Dale Porter, (408) 370-3995.

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## LOU PAMBIANCO'S PRESENTATION

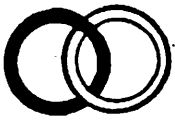
Our June 1st fund raiser with Lou Pambianco filled the Fireside Room at the United Methodist Church, with over sixty in attendance. Lou's demonstration was moving, touching and skilled. We were all grateful to have experienced his presentation.

## UPDATE ON NAME CHANGE BILL

As of this printing, the Name Change Bill, AB 2892, has emerged successfully from committee and will probably be voted on by this time. "Thanks to all of you for your help in calling", from Susi Mandell, CAMFT San Diego, via telephone.

## FOOTHILL/CAMFT CONFERENCE, MARCH, 1985

Berget Jelinch, Vice President and Chair of the combined CAMFT/Foothill Conference is looking for people interested in working on a committee to plan and organize another successful conference in March. Please contact Berget at (408) 255-2783 or 725-0392 if you have time and energy to contribute to this important event. Ideas, suggestions, and other contributions are welcome.



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**TAKE NOTE:** \*Thank-you to Laura Crabb, an MFCC student at the University of Santa Clara, who did the calligraphy for the NEWS and who did layout and production coordination for this and the last issue. \*New Directory of Members: Our new Directory is out! Lynn Weiss has done a superb job of editing. If you don't yet have a copy, it will be mailed to you soon. Please note that on P. 17, the following work number should be used to replace the current one listed for Meg Paris, (408) 356-7935. Please delete the home number listed. \*Northern California Chapters Meet: Our chapter will be participating in a Northern California Meeting of other chapters in this half of the state on Sunday, July 15th. We'll keep you posted on the cross fertilization from this meeting. \*ONTOS is still considering adding part-time staff members. For information, call Mary Ellen Edwards at (408) 243-1200. \*Mediation Training, New Family Center Summer Schedule: July 27, 28, 29, Palo Alto; August 17, 18, 19, Honolulu, Hawaii. Trainer: Isolina Ricci, Ph.D., author of Mom's House, Dad's House. For brochure on courses of 20-40 hours, internship, supervision and certification, contact the New Family Center, 210 California Avenue, Suite J, Palo Alto, CA 94306; (415) 328-3218. \*Dynamic Growing Psychotherapy Center in San Jose seeks Therapists with such specializations as children, substance abuse and bioenergetics. Development of strong multi-disciplinary group a prime objective. Well furnished. Access off of Moorpark, near 17 and 280. Contact Linda Janowitz, Delta, A Center for Interpersonal Growth, (408) 288-7744.\*

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**Child Abuse Reporting and Psychotherapist-Patient Privilege:** Penal Code 11666(a) requires you to report incidents of child abuse to the authorities. No privilege applies. However, where the therapist saw the victim, made the required report, and thereafter saw the defendant (no intervening acts of abuse occurred), the therapist's communications with the defendant were held to be privileged. The Penal Code requires only a single report, not continuous reporting. People v. Strizinger (1983 California Supreme Court). - From attachment to Santa Cruz CAMFT Newsletter, Editor, Linda Rose-Haley, LEGAL ISSUES FOR FAMILY THERAPISTS, by Clark M. Dixon-Moses, Santa Cruz Attorney.

**EDITOR'S NOTE:** Good News: Sixteen new members joined us following the last issue of the NEWS.  
AND: Apologies to contributors et al on any errors in the May NEWS. Deadline for next issue: Monday, August 6th, 12 NOON. ALL MATERIALS must be typed, double spaced.  
Please mail to ONTOS, C/O NEWS, 160 Saratoga Ave., Ste. 42, Santa Clara, CA 95050.

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