

SCV-CAMFT News

Santa Clara Valley Chapter of the California Association of Marriage & Family Therapists

Volume 28, No. 4

www.scv-camft.org

July/August 2009

TECHNOPHOBIA: THERAPISTS, TECHNOLOGY, AND WEBSITES

— Chandrama Anderson, MFT

According to wikipedia.com, **technophobia** is “the fear or dislike of advanced technology or complex devices, especially computers. The term is generally used in the sense of an irrational fear, but others contend fears are justified.” I was surprised to find that technophobia is as old as the Industrial Revolution!

Many therapists are technology averse, don’t know where to begin, or don’t know what they don’t know... as opposed to being actually technophobic. However, don’t let these challenges stop *you* from harnessing technology to your advantage. We can joke all we want about using a desensitization process, or EMDR, but the bottom line is that technology can help you in your practice.

First, ask yourself, “What is the technology for? What results are you seeking? Do you want a website and/or do you want technology for business use (such as billing, tracking financials, writing reports, etc.)?” In this article, we’ll look at websites and discuss business uses separately.

Things to Consider for Your Website

Let’s break it down into small steps:

1. So you want a website. What features do you want and why?
You can have an information only website, or one that is interactive so clients can schedule appointments, pay online, etc. Many “bells and whistles” exist, so it’s important to keep focused on the results you’re seeking.
2. What’s your budget? \$500 or \$5,000?
3. Can/should you do it yourself or outsource it?
4. How do you find a website provider?

Consider what features you want and why you want them (this will save money). Just like writing a paper in school: answer who, what, where, when, and why. Personally, I want clients and potential clients to know what I do — my areas of specialty, where I am and how to get there, how I work, my general philosophy about therapy — and to provide them resources. I have sections specific to grief, to couples, and to Personality Mapping™, including a registration form that can be printed, completed, and faxed. You may want to include e-mail contact (consider legal and ethical issues of timeli-

(continued on page 11)

OPTIONS FOR DIVORCING COUPLES

— Lori Gortner, J.D., MFT

In our practices, we see couples in conflict. We try to help them resolve or manage their conflicts, but we do not always succeed. When we are apprised of a couple’s decision to split, we often note that partners have different emotional responses to the prospect of divorce. Couples seldom ask us about divorce options that embrace emotional difficulties. The intent of this article is to provide a brief review of three options for divorcing couples: litigation, mediation, and collaborative practice, with a bias for the two that provide emotional support — mediation and collaborative practice.

Litigation

Couples often choose to litigate their divorce. It is an obvious choice, given that the courts have jurisdiction over divorces. Even though litigation can be expensive, time consuming, and stressful, it can also work very well for parties who work well together, are open with their finances, and want the best for their children. Moreover, the fact that each party has someone working for their best interests may appeal to a person who has little experience standing up for himself.

Litigation has its merits. However, litigants are seldom prompted to examine their motives for what they ask. Resentments, negative beliefs about the other party, and other subconscious drives may account for how clients frame their requests. Problems can arise, resulting in drawn out proceedings, judgments that satisfy no one, and ongoing motions to modify child custody, child support, and spousal support. In such cases, neither party wins.

Mediation and Collaborative Practice

Both mediation and collaborative practice emphasize communication and negotiation. Both end if one party decides to litigate. Usually, mediation involves the couple and a mediator. Collaborative practice engages two attorneys, two divorce coaches, as well as a financial specialist, and a child specialist. Couples who choose either of these to options benefit from the fact that the agreements they create can alter what a judge would otherwise impose, tailoring it to their individual needs.

Importantly, mediation and collaborative practice focus on enabling the couple to create a new relationship that provides safety

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Creating a Community and Culture of Connection

SCV-CAMFT CALENDAR

JULY

- 15 **Newsletter Deadline**
September/October Edition
- 24 **Chapter Luncheon,**
South Region; Los Gatos

AUGUST

- 28 **Chapter Luncheon,**
North Region; Belmont

SEPTEMBER

- 15 **Newsletter Deadline**
November/December Edition
- 24 **Chapter Luncheon,**
Mid Region; Mountain View

OCTOBER

- 16 **SCV-CAMFT Annual Meeting**
Lucie Stern Center, Palo Alto

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Please see advertising policy and information on page 19.

Unsolicited manuscripts are welcome but the Editorial Committee accepts no responsibility for their return. We reserve the right to edit all articles. Opinions expressed are those of the authors and do not necessarily represent views of SCV-CAMFT.

THE NEW PTSD: PISSED AT THOSE STUPID DEDUCTIBLES

— Barbara Griswold, MFT

Deductibles may be the most confusing, annoying, and disruptive part of working with any client who seeks reimbursement from their insurance. So even if you have never signed a contract with an insurance plan, this is stuff EVERY therapist should know.

What's a deductible? This is the amount that a client with insurance has to pay out-of-pocket before the plan pays a dime.

Do all plans have deductibles? Thankfully, no. This is more common if a client sees an out-of-network therapist (one who has NOT signed a contract with the health plan), but many plans have a deductible for all providers.

What's changed? In the olden days, deductibles were usually \$100, maybe \$250 at the most. But lately I have seen clients with \$1,000, \$3,000, even \$8,000 deductibles. This coverage is great if you get hit by a bus, but not so great if you have a mental or physical illness.

Why the increase? Health plans are not making the huge profits they used to enjoy, so have developed this way to shift the high cost of health care to their members. Coupled with ever-increasing premiums and larger co-payments (often \$30 or \$40), therapy is becoming much more expensive for clients with insurance.

Why is this so important? Let's look at an example. You are a contracted provider with the client's health plan, which pays you \$60 per session. Your client pays her \$20 co-payment at each session. At the end of the month, you submit a claim. When the Explanation of Benefits (EOB) arrives six weeks later, you get no payment because the client has a deductible of \$600. Now ten weeks into treatment, you turn to your client to pay the \$400 balance (remember she paid \$20 at each session). At the very least your client may be ticked off. Even worse, your client may not be able to pay you, and may drop out of treatment. Worse yet, your client may have already ended treatment at the ninth session, making it harder to collect.

What if my client pays in full when she comes? Let's say she submits the bill to her insurance plan, and finds out when the claim is processed that the plan won't reimburse her because of the deductible. She may have counted on this reimbursement when choosing to see you. So, she might be annoyed that you didn't give her this important information ahead of time, and if she isn't going to be reimbursed, she may be unable to continue treatment.

There's more. Let's return to the example above. As a preferred provider, the plan will only count your \$60 contracted rate toward the deductible — you cannot charge more for any session you have with this client. If your client has a \$600 deductible, the plan will not start paying until the 11th session.

Let's say you are NOT a contracted provider with the plan. In our example, you charge \$125, but the plan caps its reimbursement at \$80 per session for an out-of-network provider. Due to your client's \$600 deductible and this \$80 cap, she will not be reimbursed at all until the seventh session. Starting at the eighth session, her plan won't reimburse her for \$20 of each session (this is her co-payment, the client's portion of the bill) AND won't reimburse the \$45 difference between the \$125 she paid you and the plan's \$80 cap. Final tally? Of the \$125 she paid you for the session, she will not be reimbursed for \$65 of her payment, or more than half.

Just to make this more annoying, some plans have a separate mental health deductible, which may be split between you and any

psychiatrist or other therapist (e.g., a couples therapist) the client is seeing. This means the client's visits to medical doctors may not reduce her mental health deductible.

One final complication: The deductible usually starts again at the beginning of the calendar year. This means when your client uses up her deductible, the whole out-of-pocket dance will start again in January.

My advice? Remember that *even if you've never signed a contract* with an insurance plan, this deductible stuff applies to your clients, too. This is one reason I STRONGLY advise ALL therapists to check coverage after the first session. In fact, I often get insurance information on the first phone call, telling my client that I want to be sure there are no surprises down the line. After this call, I'll be able to inform my client of any reimbursement for the first session(s). Then my client can decide if she can afford treatment — and I won't be stuck trying to collect for an unpaid session.

Barbara Griswold is the author of Navigating the Insurance Maze: The Therapist's Complete Guide to Working with Insurance — And Whether You Should (www.navigatingtheinsurancemaze.com). In addition to her private practice in San Jose and serving on the CAMFT Ethics Committee, she publishes a monthly insurance e-mail newsletter, and provides consultations to therapists with insurance questions.

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◆ REFLECTIONS ON WELLNESS ◆

SURVIVING YOUR INTERNSHIP YEARS & BEYOND

SELF-CARE TIPS FROM THE SOUTH REGION PRELICENSED SUPPORT GROUP

— Verna Nelson, MFT

The South Region Prelicensed Support Group has been discussing how interns and trainees can take care of themselves while facing the multitude of entrance barriers to becoming a licensed MFT.

The barriers the group discussed include working on their master's program, dealing with insights and issues from their own lives, getting a good work placement, being a volunteer while working a second job or borrowing to pay for it all, dealing with clients' crises, supervisor's expectation, family and friends' "feedback" about becoming a shrink, and finally studying for the licensing exams. On top of this comes self-doubt: "Can I really do all of this?" and "How can I be financially viable when I am finished?"

The primary areas that we decided need self-care were maintaining physical health, emotional well-being, meaningful connection with others, professional and personal growth, and creating financial stability.

How Do We Take Care of Ourselves Now?

These were what the members listed as their activities, intentions, and attitudes (when they remember) for self-care. Many of these overlap and help to create a more satisfying life experience.

"Being physical and having fun!"

- ◆ Yoga and walking
- ◆ Salsa dancing, line dancing, and ballroom dancing
- ◆ Running, biking, and gardening
- ◆ Drumming and playing music
- ◆ Going to spas or getting massages
- ◆ Snuggling with others: partners, kids, friends, and pets

"Spending time with others!"

- ◆ Cooking and eating with friends and family
- ◆ Talking with friends and colleagues
- ◆ Going to therapy or support groups
- ◆ Joining book clubs, bridge groups, dance troupes, and hiking clubs
- ◆ Making time to truly be with your significant others

"Spending quality time with ourselves!"

- ◆ Delighting in the freedom of following our own path
- ◆ Sun therapy or meditation
- ◆ "Fear-proofing my life" with faith
- ◆ Journaling and reflective writing
- ◆ Reading for fun or personal growth

The list above is not only for interns, as all MFTs need to remember to keep a healthy, balanced lifestyle. But these activities are easy to forget or "not have time for," especially during the traineeship and intern years. Many interns talk about running from their paid

job to their classes, then to their practicum, and then home to study and prepare for the next day.

Professional Self-Care

A very important issue for many of the members is how to get an appropriate placement for their field experience and internships. Some interns have found it very hard to find placements because their colleges didn't provide any support, while other schools have practicum fairs or have a placement coordinator who keeps lists of sites. There is also a listing of internship sites available on the SCV-CAMFT website.

We discussed that most internship placements interview between January and March. Other times that can be good to look are during the early fall to find sites that may have had some last minute openings. Openings can occur at any time, so keep calling places and be willing to be waitlisted. We also discussed networking with other interns to learn about openings at different sites and to get feedback on their experiences.

Other issues are whether to pick your area of specialty or your preferred therapeutic model during your internships and how diffi-

(continued on next page)

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cult it is to find exactly what you want. Some interns are accomplished at networking and found placements in their areas of interest. Many found that they discovered new areas of interest and new types of therapy by broadening the scope of their searches.

Financial Self-Care

The most difficult type of intern self-care is often financial, since most placements do not pay their interns. One solution is to volunteer for the county, for a hospital, or for another entity that pays healthcare workers. When the placement is successful and the trainee is known as a good worker, they are frequently hired. One problem is finding a setting where there are supervisors to train interns and sign off on client hours. Some interns were able to pay for a group like PTI (Process Therapy Institute) to provide supervision once they found a placement that fit their needs, even though that placement doesn't normally staff interns.

Some of the members talked about creative ways they have found to address their financial needs while continuing to grow. One member reported having problems finding a placement that suited her love of journaling as a creative method of personal growth. She tried several places during her time as an intern without the level of support she would have liked, so she decided to create her own. She was able to find a local recreation department that hired her to teach journaling. This fulfilled her dream of working with people who want to learn to journal. She called CAMFT's legal department to get guidance on how to ethically and legally get paid as a trainer as long as she wasn't doing therapy. She won't get hours for this, but she can see ways to use this experience for networking and getting exposure. This is only one example of the creative things that can be done to support yourself while finding your path.

Enjoy the Journey

Becoming a licensed marriage and family therapist can be a great impetus to growth and self-actualization. The barriers that we have discussed are analogous to all of the life challenges both we and our clients are face all the time. The key to success is in your hands, stay mindful and connected to your support network and enjoy the journey!

Verna Nelson graduated from Santa Clara University in 2002 and became licensed in 2005. She joined the SCV-CAMFT Board of Directors in 2006 and is currently serving as the Director of Programs & Evaluation. She leads the South Region Prelicensed Support Group and has a private practice in Los Gatos, www.vernanelson.com.



*Reflections on Wellness is a regular column from the Therapist Well-Being Committee and appears in every issue of SCV-CAMFT News. The committee welcomes your ideas or submissions about therapists and their real struggles and triumphs maintaining well being. We encourage you to give us feedback, write an article, be interviewed or suggest a topic for this column. Please contact **Cathy Hauer**, at 650/712-1930 or CathyHauer2@aol.com, for author guidelines or to discuss the column.*



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LOCATION CHANGE FOR AUGUST LUNCHEON!

THE IRON GATE IN BELMONT

The August 28th North Region Luncheon will be held at The Iron Gate, which serves fine French and Italian continental cuisine in the heart of Belmont.

The Iron Gate is fully wheelchair accessible. However, you will need to choose an entrée when you register (unlike at The Van's).

Location:

1360 El Camino Real, Belmont, CA 94002
Phone: 650-592-7893 or Online: <http://www.iron-gate.com>

Directions:

Take 101 to Ralston Ave. and go West. Turn Left at El Camino Real and go about ¼ mile. The Iron Gate is on the Right.

Questions? Send an e-mail to Pam Eaken, North Region Program Chair, eeekin_too@yahoo.com.

SCV-CAMFT PROGRAM EVENTS

SOUTH REGION LUNCHEON (1.5 CEU HRS. AVAILABLE, PCE 1134)

“Mindfulness Interventions for Individual and Couples Therapy”

— Lisa Dale Miller, MFT

Date: Friday, July 24, 2009, 11:30 AM – 1:30 PM
Place: Los Gatos Lodge, Los Gatos
Menu: Sirloin Tips and Noodles *or* Santa Fe Chicken Sandwich *or* Vegetarian Chef’s Salad
Register: For reservation information see below and back page. For information regarding the speaker contact **Karen Sumi, 408/323-9901.**

Though the use of mindfulness interventions has grown exponentially as treatment for a variety of mental and physical maladies, there is little information about the use of mindfulness in private practice settings with individuals, couples, and teens. Lisa will focus on practical training in formal and informal mindfulness interventions to treat a range of disorders, mindfulness techniques to increase the effectiveness of therapeutic modalities you already use, and mindfulness tools for clients to enhance symptom reduction and increase positive mind states. The training will be very experiential and interactive. Come prepared to share case examples for us to work with, and of course questions and misconceptions about mindfulness.

Lisa Dale Miller, MFT, is in private practice in Los Gatos. She is a frequent presenter at conferences on the clinical applications of mindfulness, and is a member of the Mindfulness-based Relapse Prevention (MBRP) clinical training team. She is a teacher of MBRP, MBCT, MBSR, and is a vipassana teacher in training. Lisa has been a yogic and Buddhist meditation practitioner for more than 30 years.

Directions:

From 280 Heading North or South: Exit I-880 South towards Santa Cruz. I-880 South becomes SR-17 S. Take the East Los Gatos exit. Merge onto Los Gatos-Saratoga Road. The Los Gatos Lodge will be on your right. There is plenty of parking. SCV-CAMFT luncheons will be located in the GARDEN ROOM.

NORTH REGION LUNCHEON (1.5 CEU HRS. AVAILABLE, PCE 1134)

“Transforming the System: Treating Co-Occurring Disorders”

— Clarise Blanchard, Ph.D., MFT

Date: Friday, August 28, 2009, 11:30 AM – 1:30 PM
Place: Iron Gate Continental Cuisine, Belmont
Menu: Chicken Marsala *or* Tortellini Alfredo *or* Capellini Primavera
Register: For reservation information see below and back page. For information regarding the speaker contact **Pamela Eaken, 650/571-6342.**

Have you ever had a depressed client who is using alcohol and/or drugs? Does your patient with an anxiety disorder use alcohol and/or drugs to lessen their anxiety? If you answered “Yes” to these questions, then this presentation is for you.

Dr. Blanchard’s presentation will be designed to help therapists in private practice screen clients who present with a mental health disorder in addition to a substance abuse/dependence disorder. Dr. Blanchard will outline how to assess for co-occurring disorders and identify a client’s stage of change for each disorder. Dr. Blanchard will provide the necessary tools for the therapist to develop a strength-based, stage-oriented, measureable treatment plan that can inform both the therapist and the client.

As a Department Director for Youth and Family Enrichment Services, and the Department of Recovery Services, Clarise Blanchard, Ph.D., MFT, has chosen to work very closely with San Mateo County Behavioral Health and Recovery Services, and currently serves as a co-facilitator for the San Mateo County BHRS Steering Committee.

Directions:

From 101 Heading South: Take the 412 exit toward Ralston Ave. Turn right at Ralston Ave (signs for Ralston Ave). Turn left at CA-82/El Camino Real. The restaurant will be on your right between Oneill and Broadway.

From 101 Heading North: Take the 412 exit for Marine Pkwy. toward Ralston Ave. Merge onto Island Pkwy. (signs for Ralston Ave.). Turn left at Marine Pkwy./Ralston Ave. Continue to follow Ralston Ave. and turn left at CA-82/El Camino Real. The restaurant will be on your right between Oneill and Broadway.

Note: While there are sometimes a few seats left for walk-ins, pre-registration is required. We give the food counts a few days before the luncheon and cannot be accurate without pre-registration. If you find you must cancel, please call the chapter voicemail (408/235-0210). **Refunds are not always available and are never available without this notification.** It may be possible to transfer your payment to the following month *if* you call at least 24 hours in advance. The contact persons are available to answer questions about the speaker and the topic. If you have questions about the procedure for registering, call the chapter voicemail. Guests are welcome to attend with you—please provide their names along with your check. Also be sure to specify your entrée choice on your check. See the back cover for more information on registration. **Please remember that telephone reservations cannot be accepted.**

SCV-CAMFT 2009 CALENDAR OF EVENTS

July 15, 2009; Wednesday

September/October Newsletter Deadline

July 24, 2009; Friday

South Region Luncheon/Board Meeting

*Mindfulness Interventions
for Individual and Couples Therapy*

Lisa Dale Miller, MFT

August 28, 2009; Friday

North Region Luncheon/Board Meeting

*Transforming the System:
Treating Co-Occurring Disorders*

Clarise Blanchard, Ph.D., MFT

September 15, 2009; Tuesday

November/December Newsletter Deadline

September 25, 2009; Friday

Mid Region Luncheon/Board Meeting

*Healing from Sexual Assault:
Today, Tomorrow and the Rest of Their Lives*

Jen Adler, M.A., NCC

October 16, 2009; Friday

SCV-CAMFT Annual Meeting

Lucie Stern Community Center, Palo Alto

October 23, 2009; Friday

South Region Luncheon/Board Meeting

*Living with Loss and Change:
Tools for Survival*

Janet Childs, M.A.

November 13, 2009; Friday

SCV-CAMFT Law & Ethics Workshop

Legal & Ethical Issues: Best Practices

David Jensen, J.D.

November 15, 2009; Sunday

January/February Newsletter Deadline

November 20, 2009; Friday

Mid Region Luncheon/Board Meeting

A Jungian Perspective
Patricia Sohl, M.D., M.P.H., Ph.D.

PLEASE NOTE NEWSLETTER DEADLINES:

THE DEADLINE FOR NEWSLETTER SUBMISSIONS IS SIX WEEKS PRIOR TO PUBLICATION. (THE DEADLINE FOR THE SEPTEMBER/OCTOBER ISSUE IS JULY 15TH. THE DEADLINE FOR THE NOVEMBER/DECEMBER ISSUE IS SEPTEMBER 15TH.) IN ORDER TO GET THE NEWSLETTER TO YOU ON TIME, WE MUST STRICTLY ADHERE TO THIS TIME FRAME. SUBMISSIONS RECEIVED LATE WILL BE HELD OVER FOR ANOTHER ISSUE.

SEPTEMBER/OCTOBER 2009 ISSUE
DEADLINE: JULY 15TH, 2009

NOVEMBER/DECEMBER 2009 ISSUE
DEADLINE: SEPTEMBER 15TH, 2009

("Divorcing Couples" continued from front page)

and sustenance for their children. This helps parents re-learn how to work together, as well as establishing a framework for future co-parenting. It is also true that once the couple has successfully negotiated how much physical custody each parent will have, it is often much easier to work through financial issues, such as child support, spousal support, and even property division.

There are differences between these options. For example, couples choosing mediation contract with one or sometimes two professionals (a lawyer and a mental health professional), which can be less expensive than collaborative practice. The mediator's role includes helping the clients express their needs in a respectful manner. She acts as the neutral party, sets the tone for positive communication, and facilitates the discussions. The mediator might be a lawyer or a psychotherapist, however, she will be trained in the mediation process, which focuses on listening to the clients' underlying interests.

Mediation is flexible, in that it can be used to resolve disputes that arise before marriage or post-divorce, when the parents face changing circumstances. Portions of a divorce, such as custody, support, or property issues can also be mediated. In fact, almost any issue that could result in an enforceable agreement can be mediated. Mediators provide their clients with a Marital Statement of Understanding, which will form the basis of their Marital Settlement Agreement, after review by attorneys.

As mentioned above, mediation is not necessarily conducted by an attorney. While mediators provide legal guidelines, they advise their clients to consult with an attorney, to ensure that each

party knows what a court-imposed judgment would provide. Collaborative practice does utilize attorneys. Both parties are represented by a collaborative attorney, who is trained in mediation and collaborative practice. This can be of benefit when a couple has a power imbalance.

The collaborative practice approach to divorce is based on three principles:

1. A pledge not to go to court
2. An honest exchange of information between spouses
3. A solution that takes into account the highest priorities of both spouses and their children

Collaborative practice is a team approach. A team might include a divorce coach, a child specialist, and a financial consultant. The divorce coach helps clients clarify concerns, manage their emotions, develop effective communication skills, develop effective co-parenting skills, and helps in post-divorce adjustment with follow-up meetings. The child specialist listens to each child, provides parents with information as to the needs of each child in the context of the divorce, and gives information to the coaching team to help with developing an effective co-parenting plan. The financial consultant gathers financial data, develops different financial scenarios for clients to evaluate, and provides financial guidance throughout the divorce process.

Collaborative practice provides comprehensive services, utilizing professionals who meet the variety of needs a divorcing couple may have. Mediation uses one or two professionals. Both models provide clients power over their final agreement, and a safe enough place to work through emotional concerns so as to clearly articulate the heart of their needs. Litigation, on the other hand, can result in judgments that satisfy the couple, or just satisfy the court.

Lori H. Gortner is a member of the California State Bar, a marriage and family therapist, a mediator, and a collaborative practice divorce coach. For more information, visit <http://www.lgortnerjdmft.com>.

New Location

Multi-disciplinary psychotherapy practice

Monica Princevalle, LMFT
CCM Counseling Associates
901 Campisi Way, Suite 310
Campbell, CA 95008

(888) 600-9840 x1 Monica Princevalle, LMFT
(888) 600-9840 x2 Evelyn Ortiz, MFT-I
(888) 600-9840 x3 Carole Fisher, MFT-I

Multi-disciplinary private practice team that offers a broad spectrum of counseling and adjunct services.

Affordable counseling for children, teens and families. Sliding scale fees and flexible hours to fit your needs.

Visit website: MonicaPrincevalle.com for additional information and driving directions.

SCV-CAMFT News Submission Guidelines

In order to publish the chapter's newsletter, *SCV-CAMFT News*, in a timely manner and in multiple formats, beginning January 1st, 2008, all materials submitted for publication in this newsletter (including, but not limited to, articles, advertisements, and announcements) must be submitted either via the chapter's e-mail address, mail@scv-camft.org, or via the chapter's website, <http://www.scv-camft.org>. Please see the boxed text on page 2 and the advertising information on page 19 of this newsletter for more information. Please call 408/235-0210 or e-mail the address above with any questions. Thank you!

Announcing SCV-CAMFT's Annual Meeting!!!

Friday, October 16, 2009
4:00 PM - 6:30 PM

Lucie Stern Center, Palo Alto

Cocktail Party

Hors d'oeuvres

Vote in New Board Members for 2010

Dr. Julie Kriegler will present on the contributions of interpersonal neurobiology and relational work to our knowledge of human development and the applications to individual therapy, parenting, and couples work

One Free CEU

We look forward to seeing you there!

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The Essentials for Starting and Leading a Successful Psychotherapy Group

*A joint program presented by Santa Clara County Psychological and
the Northern California Group Psychotherapy Society*

Presenter: Nancy Wesson, Ph.D.
Licensed Psychologist
Certified Group Psychotherapist
July 11, 2009 – 8:45 A.M.-12:00 P.M.

**Pacific Graduate School of
Psychology Clinic**
The Gronowski Clinic, Classroom 1
5150 El Camino Real, Building D,
Los Altos, CA 94022



CE Units: 3.0 hours
(for psychologists and MFTs
pending approval by CPA)

Course Overview:

Participants will learn:

- 1) The essentials for starting a psychotherapy group including the selection, screening, and preparation of clients for group psychotherapy.
- 2) The advantages and disadvantages of different types of psychotherapy groups.
- 3) Methods for handling clinical dilemmas which arise in psychotherapy groups.
- 4) Strategies for maximizing the therapeutic factors and benefits of group psychotherapy.

Course Fee: \$50 regular or **\$35** for SCCPA, SMCPA, and NCGPS members and those who join NCGPS at the time of the program.

Registration: Preferred method of registration via www.SCCPA.org, click on: **Calendar** (at left side-bar), then scroll right to **July**, click on **July 11** and then on **Register Now**. Or send a check payable to **SCCPA** (note on the check that it is for the **Group Psychotherapy program**) and mail it to **SCCPA, P.O. Box 419, Santa Clara, Ca. 95052**.

Early registration is recommended as space is limited.

Nancy Wesson, Ph.D. (Psy9621), is a licensed psychologist in private practice for 23 years. Dr. Wesson has 20 years of experience leading psychotherapy groups and receives consultation from Dr. Irvin Yalom. Dr. Wesson is the author of several articles, and has given several professional presentations on group psychotherapy. NWesson@sbcglobal.net or call 650-965-7332.

(“Technophobia” continued from front page)

ness), online payment, appointment scheduling, databases, etc. Use technology to support your business the way you want to conduct your business.

Your Budget

What are you willing and able to spend on your website? This will help determine the features you select and whether you build it yourself or have someone else build it. Keep it simple, especially at first. Beware of “feature creep” — this can happen in any project. For example, say you’re updating your kitchen — just new knobs and paint. The next thing you know you’re tearing out cabinets and putting in granite countertops! This happens with technology all the time, too. Decide what is essential and what would be nice to have.

Can/Should You Do It Yourself or Outsource It?

There are really two parts to this question: are you comfortable enough and do you have the time to build your own website? Outsourcing is a fancy way of saying that you’re hiring someone else. Trust your intuition in this decision.

Finding a Website Provider

Here are a few important tips for finding a website provider:

- ◆ Look at sites you like; who did them?
- ◆ Remember that when you search the internet for providers, the first providers are usually the ones that pay to be first.
- ◆ Ask your network of colleagues for referrals to three website vendors.
- ◆ Check references and be sure to ask how problems were resolved, if the site was done in a timely manner, etc.
- ◆ How long has the provider been in business?
- ◆ Check the Better Business Bureau
- ◆ Check your local chamber of commerce

There are three parts to having a website:

1. The domain name (the URL or www.yourwebsite.com),
2. Hosting the website itself (a server that has your website on it), and
3. Developing the website (the features and content structure).

Providers offer one, two, or all three services. For example, I use Network Solutions. I was able to search for and have them register my domain names (www.chandramaanderson.com and www.personalitymap.com), my website is on their servers, and I used their simple drag-and-drop system to create my site with the features I wanted. One can also pay them to custom develop your website.

What Options Are There For Therapists?

Canned Solutions

Just like in cooking, you can buy broth for your base, or you can buy a chicken and make broth. Any feature you want for your website already exists: e-mail, e-commerce, appointment systems, etc. If you feel comfortable, you can put together a website yourself by finding a provider that has drag-and-drop canned solutions. You select the overall look of your site, easily add content, additional

pages, and so on. Doing the basic setup is pretty quick; it can be done in a couple of hours. If you want it to look just so, it takes time to tweak it. You should plan on spending several hours if you do it yourself.

Vendor Using Canned Solutions

A middle-of-the-road solution is to hire a Web developer who will set up your website using existing modules. This is probably the best bang for your buck.

Vendor Personalizes a Website for Your Business

Another middle-of-the-road option is to find a local provider who will meet with you to determine your needs. You provide the images or logos and your content and the provider will build a two-to three-page site for you. This may cost in the \$500-800 range, plus hosting, which is about \$15-20/month. Anything more than two to three pages of content can climb over the \$1,200 mark, depending on design, functionality, etc.

These two types of vendor solutions are probably the best choices for most therapists, since they are the most cost-effective (other than DIY — doing it yourself) and will provide the results you want.

Proprietary Website Development

Proprietary development means hiring a Web developer who will write software code to provide the features you want. You need to know very specifically what you want, what you want those features to do, etc. A large company may have strategic reasons for wanting proprietary code. As therapists, most of us just want to provide information to make it easy for clients to find us.

Next Steps

Hopefully by now you have the terminology to ask yourself what you want and need, what your budget is, whether to be a DIYer or to hire a vendor, and what to ask when you interview providers for your website.

So, pick up your phone and call your trusted colleagues to ask who they used for their website. Knowledge is power; you don’t have to be technophobic any longer!

Chandrama Anderson, MFT, technical editor of Webmastering for Dummies and co-author of the Stanford Professional Education Workbook, Building an eCommerce Website, is located in Palo Alto and specializes in grief and loss, couples therapy, and is the creator of Personality Mapping™.

MARKETING & INFORMATION TABLE

We encourage you to bring marketing materials and other information to place on the literature table at chapter events. Missed the last newsletter deadline? Then this table is the perfect place to advertise your:

- Workshops
- Office Space
- Job Opportunities
- Conferences

If you want your brochures and business cards back, be sure to pick them up after the event is complete.

WE WELCOME THESE NEW AND RENEWING MEMBERS!

The board wishes to thank those members in the Sponsor, Sustaining, Supporting, and Supporting Prelicensed categories for graciously choosing to support the chapter by giving more than the regular dues.

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FREE PRELICENSED SUPPORT GROUPS

South Region – The group meets the second Saturday of each month from 10:00 AM - 12:00 PM. The current facilitator is **Verna Nelson, MFT**. The group is held on the border of Campbell and Los Gatos, close to the intersection of 85 and 880. Please call Verna at 408/379-7747 or e-mail her at VNelsonLMFT@aol.com, if you are interested in taking advantage of this valuable support group!

FREE NEWLY LICENSED SUPPORT GROUPS

North Region – The purpose of this group, which meets monthly, is to provide support to members who have recently become licensed. **Jamie Moran, LCSW**, is the current group facilitator. The location is 661 Live Oak Avenue, Suite One, Menlo Park, CA 94025. To RSVP, and for further information about upcoming meeting dates and times, please contact Jamie Moran at Jammoran@aol.com or 650/598-8877.

South Region – This newly launched support group meets the third Saturday of each month from 1:00 PM - 3:00 PM (March 21st and April 18th). The purpose of this group is to provide support to members who have recently become licensed. **Meg Keller, MFT**, is the current group facilitator and meetings are held at Meg's office near the intersection of Almaden Expressway and Camden Avenue, 6475 Camden Avenue, Suite 102-B, San Jose, CA 95120. To RSVP, and for further information, please contact Meg Keller at megkeller@sbcglobal.net or 408/271-6999.

FREE THERAPIST SUPPORT GROUP

The meetings are held from 1:00 PM - 2:30 PM on the second Friday of each month (May 8th and June 12th), at JFK University Counseling Center, 572 Dunholme Way, Sunnyvale. Meetings are sponsored by the Well-Being Committee and hosted by **Ani Martin, MFT**, and **Mary Jo Trusso, MFT**. Please call Ani at 408/629-2234 or e-mail her at ani@mncservice.com, if you plan to attend.

Chapter board meetings are generally held on the fourth Friday of each month (some major holidays and other chapter functions move the date) from 9:00AM to 11:30AM at the same location as, and immediately prior to, the chapter's monthly luncheon event.

All luncheon programs are held from 11:30AM to 1:30PM. Look for locations and other specifics in the newsletters, on the chapter's website, and in e-mail sent directly to those members who have e-mail.

In order to make the luncheon registration process as efficient as possible, please register early by sending your payments, with your entrée selection noted, to the chapter before the Monday prior to the event.

SPREADSHEET AVAILABLE FOR COUNTING INTERN HOURS

— Susan Owicki, MFT

Keeping track of those 3,000 hours in all the BBS categories can be quite a chore. When I was an intern I developed an Excel spreadsheet that let me keep track of hours in all categories and at multiple sites. It gave me a running report on the total each week, and even kept track of the maximum hours allowed in each category.

I am making the spreadsheet available free to prelicensed members of SCV-CAMFT. To use it, you need to have the Microsoft Excel program and know how to enter data in an Excel spreadsheet. If you are interested in giving it a try, call me at 650/327-2129.

CHANGE OF STATUS

SCV-CAMFT would like to acknowledge those members who recently negotiated the difficult task of completing the MFT licensing process.

Congratulations!

If you have received your notice of licensure, it is important to remember to inform your local chapter as well as the state organization of CAMFT. Please inform our chapter coordinator of any status change as soon as possible by telephone, 408/235-0210, or by e-mail, mail@scv-camft.org.

CONGRATULATIONS TO THE FOLLOWING RECENTLY LICENSED MEMBERS:

- Laura Brash, MFT
- Tracy De Soto, MFT



Announcing SCV-CAMFT's Annual Meeting!!!

Friday, October 16, 2009
4:00 PM - 6:30 PM

Lucie Stern Center, Palo Alto

Cocktail Party

Hors d'oeuvres

Vote in New Board Members for 2010

Dr. Julie Kriegler will present on the contributions of interpersonal neurobiology and relational work to our knowledge of human development and the applications to individual therapy, parenting, and couples work

One Free CEU

We look forward to seeing you there!

LOCATION CHANGE FOR AUGUST LUNCHEON!

THE IRON GATE IN BELMONT

The August 28th North Region Luncheon will be held at The Iron Gate, which serves fine French and Italian continental cuisine in the heart of Belmont.

The Iron Gate is fully wheelchair accessible. However, you will need to choose an entrée when you register (unlike at The Van's).

Location:

1360 El Camino Real, Belmont, CA 94002
Phone: 650-592-7893 or Online: <http://www.iron-gate.com>

Directions:

Take 101 to Ralston Ave. and go West. Turn Left at El Camino Real and go about ¼ mile. The Iron Gate is on the Right.

Questions? Send an e-mail to Pam Eaken, North Region Program Chair, eeekin_too@yahoo.com.

Introducing SCV-CAMFT's New Website!

We are pleased to announce the launch of our new website, www.scv-camft.org. The new site is the result of many months of planning and implementation on the part of the Technology and Communications Committee and our website development partner, Kethyr Solutions.

The chapter's new website includes so many features we can hardly list everything here. However, as a preview, your new chapter website includes:

- ◆ A new professional look;
- ◆ Secure online credit card payment processing;
- ◆ Online event registration directly from an improved chapter events calendar;
- ◆ An improved online membership database, including the ability to apply for membership, upgrade or renew your membership, and change your membership information and preferences at any time;
- ◆ The ability to save time and trees by automatically receiving your membership renewal notifications by e-mail;
- ◆ Enhanced member communication tools such as The Chapter Exchange Listserve; and
- ◆ Banner-style display ads to market your practice, workshops, and/or groups, which will be visible from almost every page of the website.

Many existing features from the previous website remain and are even more user-friendly, including:




- ◆ The chapter's searchable therapist listings database, allowing potential clients to find you online using the major search engines
- ◆ An ability to view, search, download, and print the SCV-CAMFT Membership Directory from PDF format;
- ◆ SCV-CAMFT's online Internship Directory to help you find the perfect internship as quickly and easily as possible;
- ◆ A classified advertising section for members and non-members to market products, services, office space, etc.; and
- ◆ Multiple opportunities to become more involved with your local CAMFT chapter.

Please take a few moments to review the other features of the site, and if you have any question or problems send an e-mail to mail@scv-camft.org or call the chapter's voicemail at 408/235-0210.

We hope you enjoy the chapter's new website and we look forward to your feedback!

Make a difference...
Join your North
Region Luncheon
Committee Today!



-  Use your creativity to locate speakers and topic presentations
-  Use your organizing talents to manage luncheon locations
-  Develop your network on a committee of fellow MFT's

And Have Fun!

Contact Pam Eaken, Committee Chair
E-mail: eeikin_too@yahoo.com
Phone: 650-571-6342



Santa Clara Valley Chapter
California Association of Marriage and Family Therapists

SCV-CAMFT IS SEEKING A FEW GOOD VOLUNTEERS

Seeking SCV-CAMFT Website Editorial Team

Your chapter is looking for enthusiastic individuals who want to help make the new SCV-CAMFT website dynamite! Most of the discussion will occur via e-mail, a bit by phone, and an occasional face-to-face meeting. We would love to have you on our committee.

Please contact **Chandrama Anderson, MFT**, Director of Technology & Communications for SCV-CAMFT at: mail@scv-camft.org, attn: Chandrama Anderson.

We look forward to your help and input.

AND...

Seeking SCV-CAMFT Editorial Committee Members

SCV-CAMFT's Editorial Committee meets six times a year to edit submitted newsletter articles.

We eat, drink, read, and edit articles over lunch while having a good time. If you'd like to join us, please contact **Kim Ives-Bailey, MFT**, Editorial Committee Chair at mail@scv-camft.org, attn: Kim Ives-Bailey.

Guidelines for Authors of Articles for the Chapter Newsletter

FORMAT FOR ARTICLES

- Length: Articles 500-1,200 words; Announcements 75-250 words
- Double-space to provide room for editing**
- Indent paragraphs
- Do not right justify
- Submit typed or printed copy only
- Check punctuation and spelling, particularly of names
- Please note deadlines, which the production staff must observe — the 15th of January, March, May, July, September and November. The more time we have to edit and check facts, the better your article will be.

STYLE OF SUBMISSIONS

- Use an active voice "*We have all experienced...*" rather than a passive voice "*An experience that has been had by all of us...*"
- Use short sentences and short paragraphs. Avoid loading sentences with unnecessary words; in general, strive to make your points as briefly as possible, with each word adding something.
- Avoid clichés ("like a ton of bricks"), slang ("humungous"), and hyperbole ("the worst problem we all face...").
- Document key assertions with which others may disagree ("(Farrell, 1933)" "Unified School District enrollment data").

IN GENERAL

- As you prepare your article or announcement, ask yourself:
- What is my goal — to inform, to persuade, to motivate, to challenge, to respond?
 - What exactly is this article about? What are the two or three key points I wish to make?
 - Who is my audience? How much knowledge of this subject do I assume my readers have?
 - For announcements, please make sure you include all necessary information: what, why, when, where, how, and who.
 - Before submitting anything, please read it once more, making sure it says what you want it to say as clearly as possible.
 - Submit articles via the chapter's Website, <http://www.scv-camft.org>, or e-mail to mail@scv-camft.org.
 - For more information, call Kim Ives Bailey, Editor, 650/737-1818.
 - Please observe the deadline dates. We strive to make the delivery as timely as possible and depend on strict adherence to the deadlines. Again, articles are due by the 15th of each odd-numbered month (January, March, May, July, September) for publication two months hence.***

BENEFITS OF YOUR SCV-CAMFT MEMBERSHIP

In an effort to make sure all SCV-CAMFT members are aware of the many benefits available to chapter members, the SCV-CAMFT Board of Directors has decided to reprint the following list of member benefits, which also appears on the chapter's Website and in the member application and renewal packets the chapter mails each month:

- ◆ **Networking** at monthly SCV-CAMFT luncheons. Chapter luncheons, held in Santa Clara and San Mateo counties, provide time for you to meet with colleagues, make and receive referrals, build new relationships and renew existing ones, all while enjoying up-to-date presentations.
- ◆ **Professional Development** through monthly luncheons and workshops that feature presentations on a wide variety of topics addressing the professional and business needs of our members. Additionally, SCV-CAMFT is a BBS state-approved provider of CEUs, so you can fulfill your BBS requirements for a nominal fee.
- ◆ **The Membership Directory** is a wonderful resource for referrals. It contains members' specialty listings, languages spoken, and identification of those who have handicap access or accept low fees. In addition, the directory is made available to agencies in the community for their use in making referrals. The directory is published twice annually and is available to members for free in Adobe PDF format on the chapter's Website or at cost on a print-on-demand basis.
- ◆ **Our bi-monthly newsletter**, SCV-CAMFT News, keeps members up-to-date on job opportunities, legislative alerts and new developments in the field. Chapter members may place one classified advertisement per issue free of charge and receive discounted advertising rates.
- ◆ **SCV-CAMFT's Website**, www.scv-camft.org, contains information important for members and the community. As a chapter member you are entitled to a free listing in the online "Therapist Search" referral database. You may also sign up for an Expanded Web listing and get your own Web page! Additionally, members have access to the members' area of the Website and the "Chapter Exchange," the chapter's listserve, which is a convenient means of distributing announcements and keeping involved with the chapter's membership.
- ◆ **SCV-CAMFT's Pre-licensed Support Services** are extensive. The chapter offers on-going support groups, a regular pre-licensed column in SCV-CAMFT News, and various pre-licensed focused events.
- ◆ **The Internship Directory** includes detailed information on internships in Santa Clara and San Mateo counties, contact numbers for pre-licensed support services, and information about the internship process. It is updated continuously and is available to members free of charge on the chapter's Website.
- ◆ **Involvement in Special Interest Groups (SIGs)** allow you to personally effect solutions in an area of the profession that interests or concerns you. You are welcome to participate in any of the current groups: – Mentor-Mentee, Well Being, Newly Licensed – or to explore gathering a new group.
- ◆ **Volunteer opportunities** abound. You are encouraged to join our board of directors, contribute articles to our newsletter, provide editorial input for the newsletter, and bring you expertise and leadership skills to one of our committees.

Again, these are just some of the many benefits of SCV-CAMFT membership. If you have any questions regarding any of the member benefits listed above, or are interested in a benefit not mentioned on the list, please feel free to contact any of the board members (listed on page 2 of this newsletter) directly, or contact SCV-CAMFT by e-mail at mail@scv-camft.org or phone at 408/235-0210.

GROUPS AND WORKSHOPS

Psychotherapy Groups for Young Adults and Adults — These ongoing mixed groups are for people who wish to understand and improve their interpersonal functioning. Many members struggle with anxiety, depression, and long-term patterns of social under-functioning. The groups meet weekly and are facilitated by Alice J. Sklar, Certified Group Psychotherapist, MFT. For information please call 650/961-3482.

Process Group for Women in Transition — Examining internal, external, second-half-of-life changes. Redwood City. Now forming. Please call Deborah Dowse Runyeon, MFT, at 650/363-0249 ext. 111 for information.

Women's Process Group for Sexual Abuse Survivors — On-going weekly group held at the Process Therapy Institute in Los Gatos. <http://www.processes.org/womensuptgp.php>. Contact LaDonna Silva, MFT Intern, 408/358-2218 ext 421.

Process Groups — Openings in process groups in Burlingame, led by Kim Ives Bailey, a nationally certified group therapist supervised by Dr. Irvin Yalom. Call 650/737-1818.

GROUPS AND WORKSHOPS

Teen Girls' Support Groups AND Women-in-Transition Group — Teen groups focus on relationships, self-esteem, communication and body image using art/drama. Women's group deals with relationships, co-dependence, parenting and health. Starts September 12th. Lori Levitt, MFC 43329, 650/794-4828.

Ongoing Psychotherapy Groups — In this dynamic psychotherapy group experience, clients explore relationship patterns and learn about healthy connection with others. Issues such as depression, dating, shyness, codependency, ACOA, and self-esteem are worked on in the group with the support and feedback of peers. Leader: Nancy Wesson, Ph.D., with consultation from Dr. Irvin Yalom, M.D. Contact: Nancy Wesson, Ph.D., at 650/965-7332, Dr.nwesson@sbcglobal.net, or www.wespsych.com.

Anger Management Group — Eight, 90-minute sessions. 1588 Homestead Road, Santa Clara, CA 95050. For more information, contact Judy Hanf, MFT, at 408/440-6274.

GROUPS AND WORKSHOPS

Sex and Love In Recovery: A Men's Group — This small, straight-talking group of men with a history of drug and alcohol abuse will focus on issues of love, sexuality, and repairing relationships. We will address cravings, slips, and temptations to switch addictions, as well as help each other redefine love and sexuality while sober. Group now forming. Los Gatos. Thursdays. Call Alan Javurek, Ph.D., MFT, at 408/354-4068 for further information.

Forming Therapist Mommies Group — Juggling work & baby? For therapists with children under six years old, once a month commitment, case consultation & networking, non-crawling babies welcome. Contact: Mary Deger Seevers, M.A., MFT, at 650/655-2718 or seeversmd@aol.com.

Sex Addiction Counseling — Individual & couples counseling for sex addiction issues: cybersex, affairs, pornography, compulsive masturbation, etc. Certified Sex Addiction Therapist with 25 years of counseling experience. Elaine Brady, Ph.D., MFT, CSAT, www.elainebrady.com, 408/260-9305, or docelaine@msn.com.

ADVERTISING OPPORTUNITIES AND PRICES!

Since the launch of the chapter's Website in the fall of 2004, all classified advertisements have been published on the Website concurrently with their run in the chapter newsletter. Now, your display advertisements can as well! The following is a list of the new prices, effective August 1, 2005, for display advertisements for publication in SCV-CAMFT News. Please remember, you can always receive an additional discount by paying for multiple publications of your advertisement in advance.

Newsletter or Online Display Ad.	Member Advertising Rates			Non-member Advertising Rates		
	2 months	6 months	12 months	2 months	6 months	12 months
Full page	\$200	\$510	\$900	\$400	\$1,020	\$1,800
Half page	\$125	\$319	\$563	\$250	\$638	\$1,125
Quarter page	\$75	\$191	\$338	\$150	\$383	\$675
Eighth page	\$50	\$128	\$225	\$100	\$255	\$450
Combined	2 months	6 months	12 months	2 months	6 months	12 months
Full page	\$300	\$765	\$1,350	\$600	\$1,530	\$2,700
Half page	\$188	\$478	\$844	\$375	\$956	\$1,688
Quarter page	\$113	\$287	\$506	\$225	\$574	\$1,013
Eighth page	\$75	\$191	\$338	\$150	\$383	\$675

These prices are also available on the chapter's Website, www.scv-camft.org.

If you have questions or comments, please contact the chapter at 408/235-0210 or mail@scv-camft.org.

GROUPS AND WORKSHOPS

Confidential, Low-Cost Counseling For All Ages — Teen & Family Counseling Center's Campbell Clinic — INITIAL COUNSELING SESSION FREE — one per family. Services provided by registered interns, supervised by licensed professionals. TFCC: 408/370-9990; info@teenfamilycounseling.org; www.teenfamilycounseling.org.

Women's Therapy Groups — For women who want to improve their relationships, develop healthy communication skills, and pursue personal development. Issues addressed include assertiveness, self-esteem, grief and loss, anxiety, depression, and childhood concerns. Please contact Claire Wright at 408/998-7098 for details. Thank you for your referrals!

Women's Sexual Compulsivity Group — Break free from the isolation! Group therapy for women struggling with compulsive sexual behaviors: cybersex, affairs, anonymous sex, compulsive masturbation, porn, etc. Combines psychoed with group psychotherapy. Please contact Michele Lei Caban, MFT, at 650/223-0315.

Mailing Labels: A Great Way to Market Your Practice

Are you aware that, as a benefit of membership, you can buy a copy of the chapter mailing labels for \$50 to market a special event, workshop or conference? The availability of this benefit is especially helpful between newsletter editions. Just send a check for \$50 to P.O. Box 60814, Palo Alto, CA 94306 and the labels will be mailed to you right away. You may also pay using PayPal. Remember to specify if you want the labels sorted alphabetically or by zip code.

SCV-CAMFT also sells its chapter mailing labels to selected non-members (people or organizations who have an interest in our profession) at a cost of \$100 per mailing. We do not accept random commercial interests. If you would like to be omitted from these labels, please call 408/235-0210 or send an e-mail to us at: mail@scv-camft.org.

FOR CLINICIANS

Licensed Therapists' Support Group — Ongoing, self-led support group for licensed therapists, meeting the first Friday of each month in midtown Palo Alto. Call Verne Rice for details, 650/856-0232.

Eating Disorder Consultation Group For Therapists — Now forming in San Jose. Peer group, no fees, office available to meet at Hillsdale and Meridian. Time and day to be determined. E-mail terrysanderslmft@sbcglobal.net for more information.

Consult Group Opening — Private practice marketing & case consult group in San Mateo has an opening. Monthly commitment, first Fridays, 12:15-2:15PM, \$50. Contact: Mary Deger SeEVERS, M.A., MFT, at 650/655-2718 or seEVERSmd@aol.com.

Medication Consultant — Could your client benefit from medication? Does she/he have severe symptoms that keep her/him stuck? Psychiatrist Misao Kusuda, M.D., only does med management, will collaborate with you in your client's care. 25+ yrs. experience. 408/930-CALM (408/930-2256).

EMDR Consulting — Could your client benefit from EMDR treatment? I would like to offer collaboration with you to see if your client is a good candidate for this effective short-term treatment. 650/857-1477, www.soudabehmft.com.

Consultation Group Forming — Want to deepen your work, enlarge your circle of colleagues, and learn in a warm & caring environment? Tuesdays at 12:30PM in Palo Alto. \$40/week. Call for interview. Carol Campbell, MFT — Graduate of Palo Alto Psychoanalytic Psychotherapy Training Program. 408/297-4652.

Would You Like A Full Practice? — Use the Internet to build your ideal practice quickly and inexpensively. There's no need to feel overwhelmed or underinformed. Contact Sean Eric Armstrong at 888/538-4971, visit www.kethyr.com/therapists.htm, or e-mail sean@kethyr.com, for more information and a free consultation.



JOB OPPORTUNITIES

Part-Time MFT for K-8 Cupertino School — Licensed therapist needed this fall for part-time position in K through 8 Cupertino Catholic school. Experience working in school setting required. Contact Barbara Valdez at BarbValdez@aol.com or at 408/252-5108.

Clinical Program Manager (Mental Health Services) — Rebekah Children's Services, a private non-profit organization located in Gilroy, California, is currently accepting resumes for a Clinical Program Manager. This position oversees the provision of all Out-patient Mental Health Services, Youth Empowered for Success (YES) program, First Five and School-based Mental Health Services. This position will assist in the development & implementation of additional programs to meet the needs of the community, carry a minimal caseload of 2-3 cases, while overseeing functions of clinicians and trainees. Qualification: Licensed clinician required (LCSW, LMFT, Ph.D.), Management experience, Bilingual/bicultural (Spanish/English) preferred, and clean DMV printout.

OFFICE SPACE

Burlingame — Downtown, two interior, adjoining spaces: 100 sq. ft. & 350 sq. ft. Perfect for private waiting room, groups, or play therapy. Also available is a shared waiting room with other therapists. Fully serviced. \$995.00 per month. Call Kathy, 650/348-1051.

Burlingame — Psychotherapy office available for rent on Tuesdays, Wednesdays, and Thursdays with an affordable monthly rate of \$135 per day furnished. Located conveniently near both 280 and 101 in Burlingame. Please call Azizeh at 650/692-9664.

MARKETING & INFORMATION TABLE

Missed the newsletter deadline? We encourage you to bring marketing materials to place on the literature table at SCV-CAMFT events. It is the perfect place to advertise your: workshop, job opportunity, office space, or conference. And don't forget to pick up your materials after the event is complete!

OFFICE SPACE

Campbell — Office share and rooms available. Office share: 2 evenings, 5:00-10:00PM, \$150/month, 3 evenings, \$250/month. 1.5 hourly rate also available. Seats 2-5 people. Individual office space also available full time. Downtown Campbell. Contact espe@wired4peakperformance.com for details.

Campbell — Downtown Campbell office for rent; attractive, clean building; \$350/mo.; 130 sq. foot office; adequate seating area for clients; building attached to parking garage; no handicapped access; upstairs office; other therapists in building; call Gene Litle at 408/966-5052.

Los Altos — Sunny office in a two-office suite in prime location with shared waiting room. Available full or part time beginning August. Large window and ample parking near downtown. Hal Lynne Micali, MFT, 650/917-9100, hlmicali@pacbell.net.

Los Gatos — Space available in a wonderful office close to downtown with ample parking in a suite of therapy offices. Available 2 days/week or 1/2 days also. \$200/month per day. E-mail Diana at d_wieck@yahoo.com or call 831/685-8333.

Los Gatos — A Great Place to Work! Los Gatos office space available for full day, partial day and hourly rental at reasonable rates in newly decorated professional office suite. Contact Gail Faris at 408/356-1414 ext. 4

Morgan Hill — Park Plaza Professional Ctr. Quiet office space with window available full time or part time. Handicap availability near bus stop. Shared suite with three other therapists. Fax, copier, and group room available. Contact Roberta, 408-778-3243.

Mountain View — Great Location! Join established therapist in three-office suite. Share space and be part of peer consultation group. The suite is located in a beautiful professional plaza close to Google. The offices are available full time and have windows. Amenities include spacious waiting area, utilities, conference rooms, janitorial service, parking, and on-site deli. For more information contact Jim at 650/450-0102.

San Jose — Great Location! Best price! Quiet! First-floor office space, Saratoga Ave. — easy access to 280, 880, & 85. Part time or full time. Flexible sched-

OFFICE SPACE

uling. Psychiatrist on board. Call Ed Momrow, 408/249-8313.

San Jose — Quiet, large psychotherapy office, elegantly furnished, sandplay material, private waiting area, well-maintained professional building, daily cleaning. Available: Tuesdays, Thursdays, & weekends. Excellent Location: On Moorpark near Saratoga Avenue and 280. Reasonable rent. Call Steven: 408/821-7500.

San Jose — Good Samaritan area. Lovely, spacious window office in 3-therapist suite available Monday day/evening, Tuesday evening, Wednesday morning. Kitchen, call-light, great location near Bascom/85/17. pam@pamelamiliken.com, 408/794-0440.

OFFICE SPACE

San Jose — Three offices available on prestigious The Alameda in San Jose. Available individually or in combination on a monthly basis, including utilities, weekly janitorial, parking. From \$400-\$595/month. No pets. No smoking. 408/307-8871.

San Jose — Office available three days a week and weekends in three-office suite near 280/Winchester. Appropriate for children or adults, sandplay and art materials available. Comfortable waiting room with call light, good soundproofing. 650/364-4670.



SCV-CAMFT News — ADVERTISING POLICY

Adopted by the SCV-CAMFT Board, April 3, 1992; last revised August 2004

ALL ADVERTISING MATERIAL MUST BE SUBMITTED TYPED, BY DEADLINE, AND VIA E-MAIL OR THE CHAPTER'S WEBSITE no later than the fifteenth of odd-numbered months preceding publication, e-mail: mail@scv-camft.org, Website: <http://www.scv-camft.org>.

CLASSIFIED ADS:

- **SCV-CAMFT members in good standing will be allowed one 35-word free ad. per issue.** Free ads. from persons with lapsed memberships will not be accepted.
- **Members running additional ads. beyond their free one-per-issue will pay \$25 for each additional ad. of 35 words or less.**
- **Non-members will pay \$50 per 35-word ad.** This surcharge should be an incentive for current non-members to join the chapter.
- **Members and non-members alike will pay \$1.00 per word for each word over 35.** The following units of information count as one word: Phone number (10 digits) — zip code — each degree or licensure abbreviation — "Tom Jones, MFT, Ph.D." = four words.

DISPLAY ADS:

- Display ads. must be typeset, with a border, and not merely typewritten. See samples this issue. Ads. must be sized exactly and camera-ready (i.e., ready to be pasted into layout with no further copy or graphic manipulation necessary). Advertisements to be run in the newsletter and on the chapter's Website are double the amount below less 25% of the total. Discounts are available for purchasing multiple "flights" for the same ad.

		Members	Non-Members
Full page	7 1/2" x 9 3/4" vert.	\$200.00	\$400.00
Half page horiz.	7 1/2" x 5"	125.00	250.00
Half page vert.	3 3/4" x 9 3/4"	125.00	250.00
1/4 page	3 3/4" x 5" vert.	75.00	150.00
1/6 page	2 3/8" x 5" (or less) vert.	50.00	100.00

ADDITIONAL ADVERTISING POLICY

- **Advertisements appearing in this newsletter do not imply SCV-CAMFT endorsement either of their content or of the persons placing them.**
- **Copy for classified ads. should be typed and double-spaced.** Count words before e-mailing. You may pay for any words over the 35 allotted by using PayPal or credit card. Ads. will be run for one issue only. If you wish to repeat ads., you must resubmit them by deadline each issue.
- **Members may only use free or member-rate display advertisements to promote only their own office space or services.**

SCV-CAMFT News

Attention: Editor

P.O. Box 60814

Palo Alto, CA 94306

PERIODICALS
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Chapter Events

Fri., July 24,

11:30 - 1:30 pm

Lunch served promptly at 11:45

“Mindfulness Interventions for Individual and Couples Therapy”

Lisa Dale Miller, MFT

Los Gatos Lodge

50 Los Gatos-Saratoga Rd, Los Gatos

Cost: \$26.00 (CEUs add \$7, PCE 1134)

Menu: Sirloin Tips and Noodles *or*

Santa Fe Chicken Sandwich w/ Bacon and Jack Cheese *or* Vegetarian Chef’s Salad

Register directly with SCV-CAMFT (see below). For specific information regarding the speaker contact **Karen Sumi, 408/323-9901.**

DATES TO REMEMBER

- July 15, 2009
Sep./Oct. Newsletter Deadline
- July 24, 2009
South Region Luncheon
- August 28, 2009
North Region Luncheon
- September 15, 2009
Nov./Dec. Newsletter Deadline
- September 25, 2009
Mid Region Luncheon

Fri., August 28,

11:30 - 1:30 pm

Lunch served promptly at 11:45

“Transforming the System: Treating Co-Occurring Disorders”

Clarise Blanchard, Ph.D., MFT

Iron Gate

1360 El Camino Real, Belmont

Cost: \$26.00 (CEUs add \$7, PCE 1134)

Menu: Chicken Marsala *or* Tortellini Alfredo *or* Capellini Primavera

Register directly with SCV-CAMFT (see below). For specific information regarding the speaker contact **Pamela Eaken, 650/571-6342.**

LUNCHEON RESERVATIONS: Please send check, payable to SCV-CAMFT, with entrée selection noted, to SCV-CAMFT, P.O. Box 60814, Palo Alto, CA 94306. You may also pay online using your credit card or PayPal. Payment must be received by noon on the Monday before the luncheon. Reservations will be held until noon. Lunch will be served promptly at 11:45. If seating is available, “standby” persons can pay \$33.00 at the door to attend the luncheon. **Please note: telephone reservations cannot be accepted.** Call the chapter voicemail, 408/235-0210, for reservation information and the chapter’s cancellation policy.