

SCV-CAMFT News

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

Volume 28, No. 6

www.scv-camft.org

November/December 2009

PRESIDENT'S COLUMN

— Lara Windett, MFT



Doing Too Much

This is not a novel topic in our society, and many therapists have written about the subject and how helping professionals are prone to piling too many projects into their lives. Recently, I have come face to face with the idea of doing too much, in a very concrete way.

I was driving out of a parking lot and hit a parked car, this just after the August board meeting when I had a number of things on my mind. My county colleagues all assumed that I was backing up and hit someone; but no, I was driving straight ahead. Clearly my mind was elsewhere. I left a note with my contact information for the car's owner — who I imagined was playing soccer with his child in the field nearby — and a big part of me just wanted to drive away. Just drive away and leave the scene of what I had caused. Of course, I would not want that done to me and, besides, it was my fault and I expect my clients to be accountable and I need to practice the same. The man whose car I hit called and said that he showed his son my note because “that is what people do when they make a mistake — they admit it and take responsibility.” It was good for a laugh. I had the claim started already and gave the owner of the parked car the information — it made me thankful that I had paid the insurance premium that I “never” used. Fortunately, I have not done something like this in 20 years, and now that my car is fixed it seems like a big part of my daily routine is back to “normal.” I kept saying to myself that this is why I buy insurance. So within a week, my car was fixed and I am still working on slowing down and watching where I am going.

In thinking about the last year, I have a number of things for which to be thankful. My family and animals are healthy. I still have my county job and am working with the same team of talented people after watching some severe cuts to mental health and alcohol and drug services. Many of my county colleagues have been moved to different positions. April through June were difficult months. A number of MFT positions were eliminated, which, while distressing to the therapists, is worse for the clients who no longer receive certain

mental health and other services. Clinics were closed and patients transferred. I was always wondering if I was going to get “bumped” into a different position. Management changes have been stressful. My first manager at the county was a good clinician as well as very supportive. Fortunately, the new management (who is not new to the county or to managing people) is also supportive and the team is relieved that we, as well as our clients, have an advocate.

As this will be my last column, I wanted to reflect on some of the chapter successes of the past year:

- ◆ We launched a new chapter website that has a number of additional features and is cheaper to operate than the last website.
- ◆ We held a number of successful workshops that had been requested by members.
- ◆ We continue to have a vibrant luncheon program with interesting speakers and topics.
- ◆ Our monthly support groups help members in all stages of their professional needs and continue to be free of charge to all members.
- ◆ We discussed and took feedback about the marriage equality issue and communicated with the membership and CAMFT about this topic.

I appreciate the time donated by all chapter volunteers because without all of this time donation, the chapter would not be able to offer as many services to our members. All board members appreciate hearing from chapter members and your feedback is valuable in making decisions that affect everyone.

In closing, I want to thank the board for all of their support; I will miss seeing many of you next year during my last board term.

Lara Windett, M.A., MFT,
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President SCV-CAMFT 2009
www.scv-camft.org

Creating a Community and Culture of Connection

SCV-CAMFT CALENDAR

NOVEMBER

- 13 **Law & Ethics Workshop**
Michael's, Mountain View
- 15 **Newsletter Deadline**
January/February Edition
- 20 **Chapter Luncheon,**
Mid Region; Mountain View

JANUARY

- 15 **Newsletter Deadline**
March/April Edition
- 22 **Chapter Luncheon,**
South Region; Los Gatos

FEBRUARY

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

MARCH

- 15 **Newsletter Deadline**
May/June Edition

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Please see advertising policy and information on page 21.

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.

LETTERS TO THE EDITOR

The Newsletter Editorial Committee is very pleased to have the opportunity to again present the "Letters to the Editor" section. We encourage all of you to let us know when you have a response to some feature of this newsletter. We will happily do what we can to share it with the readership.

We believe the function of the committee is to edit submissions for grammatical errors and readability while maintaining the integrity of the author's intent. We do not believe the function of this committee is to censor submissions and exclude or include them based on our values and beliefs. Please let us know your thoughts.

Kim Ives Bailey
Editor, SCV-CAMFT News

Dear Editor,

In April 2009, I was fortunate to have the opportunity to present my work on the psychological and systemic processes encoded in sacred religious texts, the Bible and the Koran, at MIT's International Media Conference. In preparation for my talk, it was necessary to reflect upon the problem of shadow projection and resultant world violence. Close to that time, the Spring SCVCAMFT newsletter arrived. The Well Being committee was featured with writings on how each committee member kept herself healthy and balanced. Each piece was skillfully written, and offered worthy models for well being in general, but the more pertinent question for me was unanswered. That is, "How does each member track her own unconscious processes that otherwise left unscrutinized, might enable her to project her own dark side and subsequently view it in another — rather than emanating from herself"? Given that this committee is in a position to judge others as competent — or not — the issue is essential.

History has shown time and again that a check with "consensus reality" is insufficient. Across aeons, Christian persecutions, Salem Witch trials, the holocaust and countless other tragic events were carried out by usually upstanding citizens.

As a result of decades interest in Jungian psychology, my own six year analysis, five years supervision with the late Jungian analyst, June Singer, assisting in the Dream Work and Depth Psychology course at Santa Clara University for six years — thus spending long days examining a dream with each graduate student — as well as examination of my own and my client's dreams, I believe that constant study of one's own inner life is essential. Given that the unconscious, according to Jung, is constantly emergent and produces new imagery, the way to track one's own shadow sides, is to continually monitor the darker figures and situations in one's dreams and imagination. Further, when one finds another individual problematic and disturbing, it may be that person threatens to evoke and expose his or her own shadow sides. Of course, these processes, like "scapegoating", are mutually causal. Nevertheless, whenever one experiences intense reactions to another, self-reflection is in order.

Given that therapists are trained to accept counter-transference as a normal part of the psychotherapeutic process, this fact may blind us to the need for self-examination of our own unconscious dynamics — not just inside of our professional work, but outside of psychotherapeutic sessions as well.

I hope for a follow up article from the Well Being Committee that answers my question.

In case of interest in my work, it is on the MIT Media in Transition Website under abstracts and papers section under my name: web.mit.edu/comm-forum/mit6.

Sincerely,
Bette Kiernan, MFT

To clarify the purpose of the Well-Being Committee, the following is taken from SCV-CAMFT's website: "The Well-Being Committee aims to promote and expand awareness of personal and professional well-being among members and colleagues of SCV-CAMFT. The committee designs and creates supportive and educational programs and services which encourage, enhance, and maintain wellness and effective functioning of SCV-CAMFT members."

— Kim Ives Bailey, Editor, SCV-CAMFT News

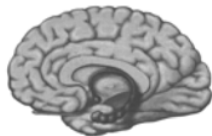
The Well-Being Committee welcomes all submissions to the Reflections on Wellness column. Anyone inspired to address Bettie's ideas is encouraged to contact us (see page 2 for contact information).

— Cathy Hauer, for SCV-CAMFT's Well-Being Committee.

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Dear Editor,

I appreciate our chapter board for the work it does and the many services that it provides. I was however disappointed by the last newsletter. I had hoped to read how the board planned to deal with the same-sex marriage issues raised in the May/June issue of *The Therapist* magazine. The absence of a response was conspicuous.

The June/July issue of *The Therapist* made it clear that the CAMFT board would not take a stand on same sex marriage. Instead they restated CAMFT's ethical standards regarding discrimination in general. Although I agree completely with their restatement I do not think that this action was sufficient. The membership was asking CAMFT to represent its views regarding a particular civil rights issue; not to restate its ethics policy.

Unlike most political issues, marriage is an issue on which MFTs are in a unique position to comment. We are the only profession specifically licensed to treat marriages and families! The Psychiatric, Psychological, and Social Work professional organizations have all taken pro-same sex marriage positions and we alone have remained silent.

I hope that the SCV board does not think that remaining silent on issues of this import is seen as neutral. It is actually supportive of the status quo. And sadly, that consists of depriving a minority group, same sex couples, of the same rights and privileges that heterosexual citizens enjoy.

What are chapter members to do? We have expressed our will in a chapter poll. Now we need our elected leaders to represent us and (1) issue a pro-same-sex-marriage statement as the East Bay Chapter has done, (2) provide a chapter forum at which the membership can discuss how to influence CAMFT to take a stand, and (3) continue to attempt to influence CAMFT to take a pro-same-sex-marriage position as the Marin, East Bay, and San Francisco chapters have done.

I know that our board works hard. I feel sure that other members, including myself, will assist you if you provide the much needed leadership in this important matter.

I hope to read soon that the board is taking positive steps.

Sincerely,
Alice Sklar, MFT, CGP

Dear Alice,

Thank you for your letter and we appreciate hearing your thoughts and opinions regarding marriage equality. Your letter was forwarded to the SCV-CAMFT Board of Directors.

We can certainly understand your position that the SCV board's silence may have seemed supportive of the status quo, and we should have informed the chapter membership of our work and discussions on marriage equality sooner.

Earlier this year, the board created the Marriage Equality Committee to address this topic, discuss how to proceed with the survey results, and work on the proper language before releasing our statement.

Since the conversation you had with one of our committee members, Matt Larkin, the committee presented a recommendation to our board of directors at the August board meeting. The SCV-CAMFT board voted to support marriage equality and has formally sent a letter to CAMFT urging them to vote in support of marriage equality.

We appreciate the e-mails and letters from our chapter membership.

Warm regards,
Chandrama Anderson, Matt Larkin, LaDonna Silva
SCV-CAMFT's Marriage Equality Committee

All of the articles in this newsletter are the opinion of the authors and do not necessarily represent the views of SCV-CAMFT. SCV-CAMFT encourages readers to submit letters or articles agreeing or disagreeing with anything printed herein. We value the diversity of the chapter's membership and welcome a lively professional exchange. Please send your submissions to SCV-CAMFT News Editor, P.O. Box 60814, Palo Alto, CA 94306, or fax to 888/625-1536, or e-mail to mail@scv-camft.org. SCV-CAMFT reserves the right to edit submissions for clarity and length and accepts no responsibility for their return.

CAMFT NEEDS YOUR HELP

Having problems getting reimbursed by a managed health care plan?

Has the Insurer or Plan lost your claim one too many times?

Dropped by a plan for requesting a higher reimbursement rate?

CAMFT continues to work with the Department of Managed Health Care ("DMHC") to resolve ongoing provider-plan administrative problems, complexities, and unfair business practices that violate the law ... BUT CAMFT NEEDS YOUR HELP!

Next time you file an appeal with a health care plan and/or file a grievance with the DMHC or Department of Insurance, PLEASE also fax a copy of this letter to CAMFT so that we can utilize this information as empirical data when fighting for your rights.

NOTE: We will redact (or blackout) any and all identifying information that relates to you and your client (if not already redacted).

Please fax the copies of your appeals or grievances to Cathy Atkins at 858-292-2666. Thank you for helping CAMFT fight for your rights as providers in the managed health care system!!

◆ REFLECTIONS ON WELLNESS ◆

ACTIVISM AS SELF-CARE:

HOW GETTING INVOLVED COULD IMPROVE YOUR HEALTH

— Cathy Hauer, MFT, with Claudette Bergman, MFT

The Back Story

Almost 15 years ago, Claudette Bergman and I were new members of our chapter's board of directors, eager to be involved and make a difference. We were paired together for an exercise at a board retreat, which I found invigorating and inspiring. This launched a strong collegial relationship which has grown into a sweet personal friendship.

Fast-forward to a not-so-average morning in May 2008. Claudette phoned me and said breathlessly, "Did you hear? The court just voted for marriage equality! If you and Nancy get married, I want to come to the wedding!!" And just like that, Claudette showed herself to be a 'straight ally' who completely gets why this issue matters; a woman who wants to show up, who wants to be there when it counts.

What Happened Next

What happened on the phone next is that I got all choked up. But what happened over the next year and a half in California is a long story and you probably already know most of it. At the time of this writing, there may be another court decision and/or another ballot measure for marriage equality in California. Supporters of civil rights for all are very, very disappointed and angry.

At first, CAMFT declined to join with other professional organizations in support of marriage equality. In an effort to address this (misguided, as they later admitted), CAMFT produced a controversial issue of their magazine (*The Therapist*, May/June 2009) which published disreputable and inflammatory articles alongside scholarly and compassionate ones, as if matters of social justice and equal rights can be appropriately debated in this way.

Admittedly, not everyone cares about this particular issue. Some do and discover other emotions that may sometimes get in the way. The story here is less about the content of the issue and more about the process being described: transforming helplessness into positive action and restoring wellness.

Disempowerment = Stress

There were many responses to the feelings of outrage that individuals and groups were feeling during the many agonizing months of encouraging CAMFT to take a public stand. One idea was to hold town hall meetings in August. By that time, Claudette had been hearing about the problem, had written a few e-mails to people in charge, even a letter to Mary Riemersma. She seethed when she saw the magazine articles and could not believe how CAMFT could *not* get it, and was starting to feel her blood pressure rising.

Meanwhile, as a member of Gaylesta (Gay, Lesbian, Bisexual, Transgender Psychotherapists Association of the Greater San Francisco Bay Area), I was hearing about numerous, frustrated attempts to communicate with CAMFT, seeing multiple postings by disappointed and hurt members and watched as they and many others (gay and non-gay) organized California Therapists for Marriage

Equality. Although I also wrote e-mails and made phone calls to the appropriate local and state folks, instead of feeling righteously angry, I was saddened and depressed about the situation; my own particular version of stress. I also wanted people to work on their own stuff so they would 'get it' without me having to be their educator. The whole situation made me numb.

Being Proactive = Wellness

Claudette phoned me in late July and said, "I'm thinking about going to the town hall meeting in Oakland. Are you going?" That woke me up from my inert state. Of course. Show up! Be counted! Be heard! Her invitation mobilized my depressed feelings into the will to take action.

We made plans to carpool. I made some notes in case I would be able to speak. Several other gay and straight ally chapter members went. The meeting was dynamic and empowering. Why? Claudette and I talked about that on the way home and want to share our musings with you. Although this experience is about a specific issue, we agree that there is a universal truth: the journey from passivity to action directly influences healing from stress into wellness.

(continued on next page)

EATING DISORDER GROUPS *For Women*

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(every other week)
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reducing negative thought process,
and finding healthy ways to cope with anxiety.

Terryann Sanders, MFC-41760

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How Getting Involved Helps Your Health

Notes from Claudette:

- ◆ Inaction creates stress because negative feelings build up
- ◆ My blood pressure went up reading the oppressive articles in *The Therapist*
- ◆ I took some action: e-mails, letter to Mary – but that wasn't satisfying enough
- ◆ Frustration and anger were not diminished by reading about what others are doing in proactive ways
- ◆ I kept ruminating in my head; the thoughts just sitting there
- ◆ Clearly, **not** speaking up but having strong feelings, not acting on anything, was not good for me
- ◆ Deciding to go to the town hall meeting felt powerful
- ◆ Going to the meeting was an opportunity to listen to other people express similar feelings
- ◆ The anger and frustration began to dissipate
- ◆ Showing up, to be counted and to witness is empowering

Notes from Cathy:

- ◆ Feeling defeated on this issue made me feel hugely discouraged, tired, and blue
- ◆ Also, disappointed because my professional license has the "M" word – why don't they understand the significance of that?
- ◆ This hurts so much I can scarcely talk about it

- ◆ A few e-mails and phone calls help me feel a bit better – just trying to do my part
- ◆ Still feeling unheard, unseen, unsupported, and misunderstood
- ◆ Deciding to go to the town hall meeting felt empowering – I CAN do something
- ◆ Deciding to speak, choosing which points to make, getting up and doing it – felt exhilarating
- ◆ The fog is lifting; speaking truth to power makes me feel alive again

Cathy Hauer is in private practice in San Mateo and is involved with the Outlet Program for gay youth on the Peninsula. Claudette Bergman has been in private practice in Menlo Park for 23 years.

Please Note: This article has not been edited due to time constraints. — Kim Ives Bailey, Editor, SCV-CAMFT News

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*Reflections on Wellness is a regular column from the chapter's 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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SCV-CAMFT'S MARRIAGE EQUALITY STATEMENT

Without addressing the issue in the last newsletter we understand how it could look like we (the SCV-CAMFT Board of Directors) were not doing anything to state our position on same-gender marriage equality. We would like chapter members to know the following:

1. We have formed a Marriage Equality Committee (Chandrama Anderson, Matt Larkin, and LaDonna Silva) to formally address our chapter statement and responses to CAMFT.
2. Board members attended a town hall meeting regarding same-gender marriage held by the East Bay chapter of CAMFT, which included Mary Riemersma and several state board members also attended.

SCV-CAMFT Marriage Equality Statement

Since the recent election and debate over Proposition 8 (overturning the legalization of same-gender marriage) there has been a tremendous amount of attention and focus on our statewide CAMFT association. Based on the SCV-CAMFT survey conducted in March, in which 170 of our approximately 600 members responded, SCV-CAMFT's Board of Directors has voted to post the following announcement:

SCV-CAMFT supports the right of same-gender couples to have legal access to civil marriage and to all its attendant benefits, rights, and privileges. SCV-CAMFT acknowledges that the denial of civil marriage rights to same-gender couples constitutes discrimination and that such discrimination and prejudice has been shown to be detrimental to the psychological, physical, social, and economic well-being of individuals, couples, and families. SCV-CAMFT encourages MFTs to support eliminating all discrimination against same-gender couples in their practice, research, education, and training.

To see all the survey results, please go to <http://www.scv-camft.org/resources/ArticleDetail.aspx?ArticleID=201>. Below are highlights:

- ◆ 76.3% of SCV-CAMFT members who responded agreed that, if the existing CAMFT non-discrimination policy does not include same-sex marriage, it should "definitely be included" and an additional 10% agreed that it should "probably be included." 6.3% voted that it should "probably not be included" and 7.5% voted that it should "definitely not be included."
- ◆ 65.1% of SCV-CAMFT members who responded felt that CAMFT should "definitely weigh in on and use its influence in support of same-sex marriage" and an additional 15.1% reported that CAMFT should "probably weigh in and use its influence." 7.2% declared that CAMFT should "probably not use its influence" and an additional 12.7% voted that CAMFT should "definitely not use its influence."

We hope you'll consider sharing your opinions and get involved on the chapter and/or state level so that your voice is heard; all voices are welcome. We encourage feedback be sent to mail@scv-camft.org.

MARRIAGE EQUALITY & CAMFT: EVEN NOW, A CALL TO ACTION!

— Chandrama Anderson, MFT

By the time you're reading this newsletter, weeks will have gone by since today, September 14th, when CAMFT sent out the e-mail supporting marriage equality. But today, I am overwhelmed with feelings about this momentous change within CAMFT: joy and amazement, pride in our chapter board of directors for having taken a survey of members about marriage equality, for forming a Marriage Equality Committee, and having voted to take a stand for marriage equality (joining seven other chapters that urged CAMFT to take a stand). It is an honor to be part of a grassroots effort of caring, smart, articulate, dedicated therapists who worked tirelessly to fight for CAMFT to take a stand for the civil right of same-gender marriage.

Every one of us works with our clients to feel empowered to bring about changes for a healthier life. As a group, we have modeled this practice.

Where do we go from here, and how can you be a part of it? I hear a lot of therapists say they care about marriage equality and social justice issues, but they're just too busy to get involved. There are big and small ways to make a difference. Let's look at a couple of the open issues and potential means to respond (you will undoubtedly think of more ideas on your own).

(continued on next page)

My heartfelt gratitude to you, my colleagues and friends, for the work you do and for who you are. How blessed we are to be able to do this work and contribute to life in this way.

***Happy Thanksgiving
And
Happy Holidays to all!***

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(Marriage Equality & CAMFT continued from previous page)

1. Cultural Competency Issues: How will marriage equality and competency (training on LGBT issues, inclusion, etc.) become woven into our SCV-CAMFT chapter, and into CAMFT?

2. Political/Legal Issues: What is being done at this level, and what groups are working toward legal change in California?

We can we do to influence how our profession is being shaped?

- ◆ Participate in the chapter and/or state listserves. Daily digest versions are available so your e-mail inbox is not overwhelmed, and hopefully neither are you (www.scv-camft.org and www.camft.org)
- ◆ Join SCV-CAMFT's Marriage Equality Committee to determine and implement initiatives at the chapter level (send an e-mail of interest to: mail@scv-camft.org). Two of the initial three committee members (Matt Larkin and I) end our board term December 31, and at least two new committee members are needed immediately!
- ◆ Seek a position with the SCV-CAMFT Board of Directors (send an e-mail of interest to: mail@scv-camft.org).
- ◆ Seek a position with the CAMFT Board of Directors (visit www.camft.org for more information on the process).
- ◆ Become further educated about LGBT therapeutic issues and resources.
- ◆ Learn about California Therapists for Marriage Equality (CTME) (www.ct4me.org). For those of you unfamiliar with CTME, it "is a coalition of mental health professionals that was created after the passage of Proposition 8 in California in response to CAMFT's silence on the issue of Marriage Equality." Given CAMFT's recent statement of support for marriage equality, the focus of CTME will continue to evolve. Check it out!
- ◆ Get politically involved at the state level to help change the law about same-gender marriage.

I have purposely chosen not to include the history of the nearly year-long efforts by specific individuals and chapters to bring CAMFT around to supporting marriage equality, as it is beyond the scope of this article. But please know that the September 2009 CAMFT board meeting was the third meeting in which the board was asked to support marriage equality. We can and do make a difference.

The decision by the board to support marriage equality makes good business sense for our profession, and I for one can again feel proud to claim my professional title: Marriage (for all) and Family (in all configurations) Therapist.

Chandrama Anderson, MFT, is SCV-CAMFT's Director of Technology and Communications and a member of SCV-CAMFT's Marriage Equality Committee (along with Matt Larkin and LaDonna Silva). Chandrama has a private practice located in Palo Alto, and specializes in couples therapy, grief and loss, and is the creator of Personality Mapping™.

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

“A Jungian Perspective: Cultural Archetypes of Our Times”

— Patricia Sohl, M.D., M.P.H., Ph.D.

Date: Friday, November 20, 2009, 11:30 AM – 1:30 PM
Place: Michael’s at Shoreline, Mountain View
Menu: Breast of Chicken Florentine *or* Crabmeat and Shrimp Cannelloni *or* Grilled Vegetable Brochette
Register: **Register using your credit card at www.scv-camft.org!** (See below and back page for more information.) For information regarding the speaker contact **Wendy Wegeforth, 408/888-6630.**

Patricia Sohl is a certified Jungian Analyst (graduate of the C.G. Jung Institute in Zurich and a member of I.A.A.P.). Reflecting her twin interests in symbolic expression in healing, she is Curator of the Archive for Research in Archetypal Symbolism collection at the C.G. Jung Institute in San Francisco, where she also serves as Associate Director of its Clinic. Her research has centered upon the spiritual aspects of archetypal images in the dreams of individuals, the deeply unconscious nature of somatic symptoms, and the use of “landscapes of childhood” in healing trauma.



Directions:

From 101 Heading South: Take the Shoreline Blvd. Exit. Turn Left onto Shoreline Blvd. Go all the way down Shoreline Blvd. to the end. Go through the gates at Shoreline Park. Drive about .5 miles. Turn Left into the parking lot. If you get to a white Victorian Building, you have gone too far. There is extra parking to the left of the main parking lot.

From 101 Heading North: Take the Shoreline Blvd. Exit. Turn Right onto Shoreline Blvd. Go all the way down Shoreline Blvd. to the end. Go through the gates at Shoreline Park. Drive about .5 miles. Turn Left into the parking lot.

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

“Suicide Assessment/Crisis Intervention: What Every Therapist Needs to Know”

— Edward Subega, MFT

Date: Friday, January 22, 2010, 11:30 AM – 1:30 PM
Place: Los Gatos Lodge, Los Gatos
Menu: Chicken Parmigiana *or* Teriyaki Mahi Mahi *or* Vegetarian Lasagna
Register: **Register using your credit card at www.scv-camft.org!** (See below and back page for more information.) For information regarding the speaker contact **Verna Nelson, 408/379-7747.**

Every therapist needs to have tools to assess the risk factors for suicide and other crisis situations plus techniques to intervene quickly and appropriately. Mr. Subega will share his 30 years of experience as a crisis counselor with both adolescents and adults in this important presentation.

He will guide us through the process of doing a suicide assessment and appropriate intervention. In addition, he will be prepared to address questions that you may have had in your own clinical experience with both adolescents and adults in crisis.

He will share crisis intervention techniques that he has found useful when working with clients and their families, including some of the available community resources.

He will also present ideas of how you can take care of yourself while working with a crisis situation so you can be more comfortable and effective in your work. Please come with questions that you have regarding this important subject.

Edward Subega has been a licensed marriage and family therapist since November 1995. He has practiced crisis intervention with adolescents and adults for over 30 years in school and for the county. He is currently the Program Lead/Clinical Supervisor of Santa Clara County’s Suicide and Crisis Hotline.

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.

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 payment. Also be sure to specify your entrée choice with your payment. See the back cover for more information on registration. **Please remember that telephone reservations cannot be accepted.**

SCV-CAMFT 2009-2010 CALENDAR OF EVENTS

November 13, 2009; Friday

SCV-CAMFT Law & Ethics Workshop
Legal & Ethical Issues: Best Practices, Part I
David Jensen, J.D.

November 15, 2009; Sunday

January/February Newsletter Deadline

November 20, 2009; Friday

Mid Region Luncheon/Board Meeting
A Jungian Perspective:
Cultural Archetypes of Our Times
Patricia Sohl, M.D., M.P.H., Ph.D.

January 15, 2010; Friday

March/April Newsletter Deadline

January 22, 2010; Friday

South Region Luncheon/Board Meeting
Suicide Assessment/Crisis Intervention:
What Every Therapist Needs to Know
Edward Subega, MFT

February 26, 2010; Friday

North Region Luncheon/Board Meeting
An Introduction to the Clinical Applications
of Systemic Family Constellation Work
Brigitte Essl

March 15, 2010; Monday

May/June Newsletter Deadline

March 26, 2010; Friday

Mid Region Luncheon/Board Meeting
To Be Determined

April 23, 2010; Friday

South Region Luncheon/Board Meeting
To Be Determined

May 15, 2010; Saturday

July/August Newsletter Deadline

May 21, 2010; Friday

North Region Luncheon/Board Meeting
To Be Determined

PLEASE NOTE NEWSLETTER DEADLINES:

THE DEADLINE FOR NEWSLETTER SUBMISSIONS IS SIX WEEKS PRIOR TO PUBLICATION. (THE DEADLINE FOR THE JANUARY/FEBRUARY ISSUE IS NOVEMBER 15TH. THE DEADLINE FOR THE MARCH/APRIL ISSUE IS JANUARY 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.

JANUARY/FEBRUARY 2010 ISSUE
DEADLINE: NOVEMBER 15TH, 2009

MARCH/APRIL 2010 ISSUE
DEADLINE: JANUARY 15TH, 2010

THE MARRIAGE EQUALITY DEBATE

— Carol Campbell, MFT, and Alice Sklar, MFT

You are probably aware that our profession has been caught up in a contentious debate about whether the board of the California Association of Marriage and Family Therapists (CAMFT) should issue a formal statement of support for marriage equality in California. Such statements were offered by all other prominent mental health organizations in California. The current CAMFT board members followed a different path. Some were personally opposed to marriage equality. For others it was a question of not offending anyone, by ducking the issue. A few did not see the relevance of the issue to our organization.

Not surprisingly, the strategy of trying to pacify all sides by representing them equally in the May/June issue of *The Therapist* backfired and resulted in anger and hurt. Some long-term members and leaders who support marriage equality resigned from CAMFT. Some chapters, like our SCV-CAMFT chapter, took the unusual but commendable action of taking a stand in favor of marriage equality independent of CAMFT.

At the time this article is being written (September), pressure from the membership and local chapters for the CAMFT board to change its earlier refusal to support marriage equality had mounted. In an exciting reversal of its earlier position, the CAMFT board voted to make a clear declaration of support for marriage equality! Past-President Patrick Healy voted against the resolution and James Sanders abstained.

As past presidents of SCV-CAMFT and past board members of CAMFT (Carol as president), we would like to share our perspective regarding why it matters that the CAMFT board support a pro-marriage-equality position.

Organizations pass through developmental stages similar to those of human beings. What makes sense at one time does not necessarily make sense later. New needs arise as circumstances change. The marriage equality issue has posed a developmental challenge to CAMFT. It caused a temporary “developmental crisis” because it aroused strong feelings for many members. Additionally, it was difficult for the association to respond to the ground swell of member opinion without altering its long-standing strategic mission.

Marriage equality raised the question of whether CAMFT, which had not taken public stands on political issues in the past, could or would take a public stand on an issue that does not bear directly on our mutual business and professional interests. It was clear that the resolution of this crisis would either strengthen or weaken our association. It could stimulate us to grow or doom us to meaningless repetition of the past. We believe that CAMFT did the right thing by resolving the crisis in favor of marriage equality and it will now need to amend its outdated mission.

The “growing pains” that faced CAMFT reminded us how important it is to elect chapter and state board members who are wise and capable of adapting to change. In future local and state elections, we urge you to find candidates who pledge themselves to objectives that are important to you. We will be reading candidates’ statements to see if they intend to lead our association toward implementing and promoting our new pro-marriage-equality policy.

Marriage equality is a civil rights issue. Every citizen in this

state has the right to defend or oppose it as an individual and should exercise that right. However, we think that those individuals and organizations who remain silent need to realize that they are not neutral. In reality they are silent supporters of the current discriminatory status quo. CAMFT had to decide if it could continue to claim its members specialize in the treatment of marriages while remaining silent about marriage equality.

Public perception of our association matters. Therefore, members of the Bay Area chapters, which are among the more progressive chapters of CAMFT, need to make sure that their views always have a strong voice within the association. We would all have suffered if CAMFT had become known as the one major mental health organization that couldn’t get on board the train that will inevitably bring marriage equality to California. With the word “marriage” in both our license and our organization’s name, we need leaders who can shape the future meaning of marriage, not just sit on the sidelines watching. We encourage interested SCV-CAMFT members to consider making themselves available for board service.

Credible leaders know how to think creatively. In Wilfred Bion’s sense, thinking involves being jarred by the unexpected and being open to being changed; then finding links to truth in the spaces between certainty and the unknown. Our leaders must be able to do this. They must side with liberty, justice, and intellectual honesty. They must be able to declare support for the civil, emotional, historical, and social benefits on issues such as marriage for all couples, regardless of their sexual orientation. To do less is to fail at a critical moment in time.

Issues change and the credibility of our profession is always at stake. It is up to every member to do their part.

Familiar With The Expression “There is no such thing as a free lunch?”

Well... It’s Not Completely True...

SCV-CAMFT’s Program Planning Committees Are Offering You A Free Lunch!

If you are planning to attend an upcoming luncheon, our chapter is always looking for volunteers to write a summary of these presentations for the newsletter. These summaries benefit all those members unable to attend. After submitting your article, you will be entitled to one free meal at any future SCV-CAMFT luncheon.

Please contact the chapter, 408/235-0210 or mail@scv-camft.org, if you are interested in getting a free lunch while doing something that feels great!

SAVE THE DATE!! SAVE THE DATE!! SAVE THE DATE!! SAVE THE DATE!! SAVE THE DATE!!

SCV-CAMFT PRESENTS

“Legal and Ethical Issues: Best Practices, Part I”

Presented by David Jensen, J.D., CAMFT Staff Attorney

Friday, November 13, 2009

9:00 AM — 4:00 PM

(Registration Begins at 8:30 AM)

(Continental Breakfast, Lunch, and 6 CEU Hours Included!)

David Jensen, CAMFT's staff attorney, is returning to present SCV-CAMFT's Law & Ethics workshop. As many of you know, David has divided the course into four parts and spends a full day on each part. This has allowed him to go into the kind of depth that attendees have found both comprehensive and extremely valuable.

SCV-CAMFT has been fortunate to have David present the entire complement of his four part program over the past three years. And, on November 13, 2009, David will once again join us to start from the top as he presents, *Legal and Ethical Issues: Best Practices, Part I*, which will cover: advertising, scope of practice, scope of competence, informed consent, consent to treatments, confidentiality, record keeping, dangerous patients, the psychotherapist-patient privilege, dual relationships, therapist-patient sex, and the standard of care.

Those of you who know David and have attended his workshops know that we are in for another thought-provoking, fun, and educational presentation. So whether you've attended before or are considering coming for the first time, this is sure to be one workshop you don't want to miss. And we encourage you to sign up early, as David's workshops often sell out in advance!

COME AND CONTEMPLATE THE MOST COMPLEX ISSUES OF OUR TIMES, JOIN YOUR COLLEAGUES FOR AN EXCITING WORKSHOP EXPERIENCE, AND FULFILL YOUR REQUIREMENT FOR LICENSURE RENEWAL.

Location:

Michael's at Shoreline
2960 North Shoreline Blvd.
Mountain View, CA 94043
www.michaelsatshoreline.com

Cost:

Register by October 15th

Chapter Members \$115.00
Non-Members \$130.00

Register after October 15th

Chapter Members \$125.00
Non-Members \$140.00

(Continental Breakfast, Lunch, and 6 CEU Hours are Included!)

Directions:

From Hwy 101 Heading South: Take the Shoreline Blvd. Exit. Turn Left onto Shoreline Blvd. Go all the way down Shoreline Blvd. and through the gates at Shoreline Park. Drive about .5 miles. Turn Left into the parking lot. If you get to a white Victorian Building, you have gone too far.

From Hwy 101 Heading North: Take the Shoreline Blvd. Exit. Turn Right onto Shoreline Blvd. Go all the way down Shoreline Blvd. and through the gates at Shoreline Park. Drive about .5 miles. Turn Left into the parking lot. If you get to a white Victorian Building, you have gone too far.

Payments may be made by personal check, credit card, or PayPal. Please use the chapter's e-mail address: mail@scv-camft.org for PayPal payments, or make check payable to SCV-CAMFT and mail to: SCV-CAMFT, P.O. Box 60814, Palo Alto, CA 94306.

Register early to save money and guarantee your place! For reservation information, contact 408/235-0210 or mail@scv-camft.org. For information on the workshop, please contact Carol Marks at 408/249-8047 or markscarol2000@yahoo.com.

Cancellation Policy: Due to the contracted costs of offering this event, cancellations must be received no later than 7 days prior to the date of the event in order to ensure a refund, less a \$25 administrative processing fee. Cancellations received after that date will be credited to your account if we are able to sell your seat for the event. By sending payment you are agreeing to this cancellation policy. We appreciate your cooperation. Cancellations may be sent to mail@scv-camft.org or left on the chapter's voicemail.

Special Needs: The Santa Clara Valley Chapter of CAMFT is committed to providing a presentation that is accessible by all who wish to attend. If you have a special need and plan to attend, please request an accommodation by contacting SCV-CAMFT at 408/235-0210 or mail@scv-camft.org so the chapter has ample time to arrange your accommodation.

THE LANGUAGE OF GRIEVING

— Chandrama Anderson, MFT

Everyone will eventually find him or herself in the role of offering condolences to someone that is bereaved. There are words that offer comfort and words that, while well intentioned, may be ineffective or resented. This article and the accompanying “A Brief Guide to Comforting the Grieving” address what to say to comfort a bereaved friend or loved one. I refer to this as “The Language of Grieving.” The pamphlet, in a beautifully designed PDF format, is available free on my website: www.chandramaanderson.com.

As difficult as it may be to face our own feelings and responses to death, we receive unimaginable gifts by helping the bereaved. Leonard M. Zunin, M.D., and Hillary Stanton Zunin, authors of *The Art of Condolence* describe it as: “Responding heartfully to one in grief possesses vast potential to deepen our understanding, sympathy, courage, and to enlarge our visions . . . Condolence helps us to build a stronger foundation of coping abilities in order to face more openly the losses that are around the corner in our own life (p. 221).”

Due to the discomfort of not knowing what to say, things are said to a grieving person that inadvertently cause hurt, make things worse, trivialize the loss, shut down the grief process, imply judgment, or are simply resented. Zagdansky, in *Stuck for Words*, refers to these as, “The Pain Fixers — The Grief Busters (p. 3).” Saying nothing hurts the bereaved as well.

It is common for would-be condolers to fear saying something that will “bring back the pain.” Bereaved people say that they welcome a discussion about their loved one, and that the pain is present whether or not it is talked about. The greater issue to the bereaved person is that when their loved one is not talked about it is as if his or her existence is being erased.

“The Language of Grieving” has two parts: what to say immediately following a death and what to say longer-term. Immediately following a death, a bereaved person needs to have the death acknowledged, to have empathy, care, and support offered, and most importantly, to hear words that allow them to feel whatever they are feeling in the moment. Use words to express your sorrow, compassion, shock, and caring for the bereaved.

Comfort comes from a variety of people who fall into three categories. Acquaintances may not talk with the bereaved about the loss once the initial condolences have been offered. The second group is friends that will bring by a casserole and ask how the bereaved is doing. Lastly, a small number of people become part of a support system as the journey through grief progresses.

Any condoler may bring up and speak about the loved one by name. Often asking permission makes a discussion less awkward for the condoler, “Is it okay with you if I talk about ____ once in awhile?” Being with the bereaved and asking something as simple as, “How are you feeling *today*?” honors the bereaved in the process of grieving since the question is focused on the present.

As one woman whose mother died wrote, “My advice is that the rules and conventions of conversation still hold. The grieving person has not changed, even though his or her circumstances have, and it helps to be treated in as usual away as possible ... The need to express grief comes and goes, often without rhyme or reason. Take your cues from the mourner. If the person you are trying

to converse with doesn't respond with conversation, don't push it. Sit silently nearby, if that feels comfortable. If not, excuse yourself and go away ... If the mourner is carrying on a normal conversation and, yes, even laughing, don't coddle. Be genuine, be yourself, be supportive, let the mourner be whoever they are at the moment.”

One's religious or spiritual beliefs, or lack thereof, are usually evaluated during the process of grieving. Research indicates that religious platitudes are poorly received by the bereaved. According to Janice Harris Lord in *Beyond Sympathy: What to Say and Do for Someone Suffering an Injury, Illness or Loss*, the second-most resented comment made to the bereaved is, “It was God's will (p. 97).” (The most resented is, “I know how you feel.”) Here is a list of other religious comments that were reported as not helpful:

- ◆ Now she's in a better place.
- ◆ God only gives you what you can handle.
- ◆ This is a blessing.
- ◆ We have no right to question God's will.
- ◆ Now you have an angel in heaven.

If you say something to a bereaved person that seems to hurt their feelings or you notice that they shut down emotionally, it's not the end of the world. It's okay to say, “It seems maybe I have said something that upset you, I'm sorry.”

A Brief Guide to Comforting a Grieving Friend or Loved One

“The Language of Grieving Guide” covers both words that offer comfort and words, that while well-intentioned, may be resented by, or stifle, the grieving person or make the journey through grief more difficult. Condolence etiquette includes keeping the following in mind:

- ◆ **Acknowledge the loss.** Say nothing, or pretending the death didn't happen hurts the person.
- ◆ **Show that you care.** Immediately following a death, a bereaved person needs to have the death acknowledged, to have empathy, care, and support offered, and most importantly, to hear words that allow them to feel whatever they are feeling at the moment. Sharing stories and memories of the person who has died, and using his or her name, whether in person or in a note, are greatly appreciated.
- ◆ **Allow the grieving person to take the lead in conversations.** To help comfort someone, keep in mind that it's helpful for the bereaved to talk with you as they normally would. Laughter is okay, too.
- ◆ **The Narrative of Grieving** is the story told by the bereaved person of the death of a loved one. The goal and intent of the Narrative of Grieving is for the bereaved to try to make sense of the death. The bereaved needs to tell the story repeatedly as they work through their grief and mourning.
- ◆ **Remember the loved one.** Whether one is an acquaintance or a close friend, talking about the person who has died helps for

(continued on next page)

(The Language of Grieving continued from previous page)

two reasons: first, because the bereaved often feel isolated, and secondly, even though their loved one is dead, it helps to know that he or she has not been forgotten. This could be as simple as, "I was thinking about you and ___ the other day, and that she taught you about gardening." Often asking permission makes a discussion less awkward for the condoler, "Is it okay with you if I talk about ___ once in awhile?"

◆ **The journey through grieving has no roadmap or timetable.**

Over time, people close to the bereaved become part of a support system as the journey through grief progresses. Being with the bereaved and asking something as simple as, "How are you feeling today?" honors the bereaved in the process of grieving. Remembering and talking about the loved one on important dates such as birthdays, anniversaries, and holidays can bring solace and comfort to the bereaved.

◆ **Avoid religious or philosophical platitudes.** While saying, "It was God's will," may comfort some people, this statement and other religious platitudes may deny permission for the bereaved to feel what they feel.

For a list of words that do, and do not, comfort, please visit www.chandramaanderson.com/images/Grieving_brochure.dist.pdf.

Chandrama Anderson, MFT, is SCV-CAMFT's Director of Technology and Communications. Chandrama has a private practice located in Palo Alto, and specializes in couples therapy, grief and loss, and is the creator of Personality Mapping™.

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Online Payments Available via Credit Card!

You may now use your credit card on the chapter's new website to register for chapter-sponsored events (luncheons, workshops, etc.), submit and pay for advertising, and renew your SCV-CAMFT membership. All you need to do is log in to the chapter's website (<http://www.scv-camft.org>). You may renew your membership and submit ads from your "My Account" page or register for events from the event calendar. Remember to log in in order to receive your member discounts. Check it out!

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: eeekin_too@yahoo.com
Phone: 650-571-6342



Santa Clara Valley Chapter
California Association of Marriage and Family Therapists

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.

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 **Judy Hanf, MFT**. The group is held on the border of Campbell and Los Gatos, close to the intersection of 85 and 880. Please call Judy at 408/440-6274 or e-mail her at judy@betterlivingtherapy.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 support group meets the third Saturday of each month from 12:00 PM - 2:00 PM. The purpose of this group is to provide support to members who have recently become licensed.

Verna Nelson, MFT, is the current group facilitator and meetings are held on the border of Campbell and Los Gatos, close to the intersection of 85 and 880. To RSVP, and for further information, please contact Verna Nelson at 408/379-7747 or vernalnelson@gmail.com.

FREE THERAPIST SUPPORT GROUP

The meetings are held from 1:00 PM - 2:30 PM on the second Friday of each month (November 13th and December 11th), 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:

- Andrea Carandang, MFT
- Nasrin Farr, MFT
- Amy R. Swenson, MFT
- Sophie Yost, MFT

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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Santa Clara Valley Chapter
California Association of Marriage and Family Therapists

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 listserv, 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.
- ◆ **SCV-CAMFT's Mentoring Program** allows members at an early stage of professional development to connect with more experienced chapter members who offer support and guidance.
- ◆ **Involvement in Chapter Groups & Committees** allows you to effect solutions in an area that interests or concerns you. You are welcome to participate in any of the current groups (Therapist Well-Being, Newly Licensed Support, Pre-licensed Support), or committees (Website/Technology, Editorial, Marriage Parity, or Ethics), or to explore starting a new group or committee.
- ◆ **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

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.

Teen Girls' Groups AND Women-in-Transition Group — Teens focus on relationships, self-esteem, and body image using art/drama. Women focus on relationships, co-dependence, parenting and health. Starts Jan 14th. Lori Levitt, MFT #43329. 650/794-4828.

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 doceleine@msn.com.

L.I.V.E. — Life - Interventions - Visions - Empowerment. Ongoing support/process group for women moving beyond their mental illness. Now forming. Redwood City. Call Deborah Dowse Runyeon, MFT, at 650-363-0249 ext 111.

GROUPS AND WORKSHOPS

Intervention Services — Help for clients who want to compassionately confront an alcoholic or addict about the need to get treatment. Contact Julie Herman, MFT, at 408/872-0222.

Women's Therapy Groups — For women who want to improve their relationships, develop healthy communications 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!

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.

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.

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.

Training/Consultation Group — For Non-Directive Play Therapy. Meets Monthly. Please call Jacki Moseley at 408/537-0747.

DBT Skills Groups for Eating Disorders — Now forming in San Jose. Mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness skills adapted for eating disorders. Contact Laura Johnson, MFT Intern, lauralcjohnson@gmail.com or 408/596-1770.

Is Anger Harming Your Relationship or Career? — It doesn't have to. Learn key skills you need to break the anger habit. For free articles and information call Michael G. Quirke, MFT, 415/820-3943 or visit www.michaelgquirke.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

Children's Divorce Support Groups — Addresses family changes and the dynamics of divorce as experienced by children. Allison Petersen, MFT Intern, Supervisor Jamie H. Duddy, MFT. Groups forming October/February/June. Contact Allison Petersen at allisonrpetersen@gmail.com or 650/532-0515.

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.

Binge Eating Disorder Group for Adults — Adults with this disorder can benefit from this unique group, which uses adherent DBT and Art Therapy to reinforce skill concepts. Starts in January. Patti Dolan, MFT, 408/893-7331 or patti@mindfulartpsychotherapy.com.

Post-Bariatric Surgery Group — Bariatric surgery patients often require support to deal with dietary restrictions, changing body sizes, and reactions from friends/family. NEW GROUP offered by Dr. Ellyn Herb, Ph.D., 408/296-9600.

GROUPS AND WORKSHOPS

DBT Group for Teens — Mid-Peninsula DBT offers ongoing DBT skills groups for teens. 611 Veterans Blvd., Suite 109, Redwood City, CA 94063. For more information, contact: Helen Selenati, 650/596-0807.

Sex, Love, and Relationship Addiction Counseling for Women and Men — Individual, couples, and family treatment for sex and relationship addiction related issues, and underlying trauma. EMDR trained. Kate Parkinson, MFT, CSAT(3), 650/380-0526 or info@recoveryofselfcounseling.com or www.recoveryofselfcounseling.com.

FOR CLINICIANS

Got Insurance Questions? — Schedule a personal consultation with Barbara Griswold, MFT, author of *Navigating the Insurance Maze: The Therapist's Complete Guide to Working With Insurance – And Whether You Should*. For info. www.navigatingtheinsurancemaze.com or 408/985-0846.

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.

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).

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.

Let's Collaborate! — Recently licensed MFT expanding private practice and taking intakes for the Women In Transition Group. Referrals welcome. Call Heena Parikh, MFC 41732, at 650/823-4537.

Opening in Private Practice Consultation Group — Marketing & Case Consultation. Meets once a month on Friday in San Mateo. \$50. Facilitator Mary Deger Seevers, MA, MFT, www.marydegerseevers.com, 650/655-2718 or seeversmd@aol.com.

FOR CLINICIANS

Therapist Mommies Consultation Group Forming — Clinicians with children under five years old balancing work life and family. Meets once a month in San Mateo. \$50. Facilitator Mary Deger Seevers, MFT, seeversmd@aol.com, or www.marydegerseevers.com, or 650/655-2718.

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.

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.

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.

FOR INTERNS

Intern Position Open — Two days a week at the elementary school level in the Evergreen School District. Mondays and one additional day. Stipend is \$15/hour. Contact: Cathy Waldron, MFT, at chwaldron@sbcglobal.net or 408/829-4105.

Seeking Intern — Peace-It-Together is seeking an Intern to co-facilitate a Teen Domestic and Family Violence group. Intakes and orientations would also be required. Please send your resume via e-mail if interested: peace-it-together.org.

Opening in Intern Therapy Group — Collect your hours faster. Group meets first Friday from 3:45-5:15PM. Counts triple toward licensure hours. \$25/session. Facilitator Mary Deger Seevers, MA, MFT, www.marydegerseevers.com, 650/655-2718, or seeversmd@aol.com.

OFFICE SPACE

Belmont — Office for lease; \$473/mo.; 182 sq. feet; Sun drenched office with SEPARATE waiting room, storage closet with sink, on Ralston Road within walking distance of train and bus, FREE parking. E-mail: Franceem@aol.com.

Los Gatos — Part-time charming psychotherapy office, walking distance to the Los Gatos High School and downtown area, private waiting room, sound proof, group room available. Call 408/264-0100.

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.

San Jose — Available October 1st. Full-time office 12x13 with window. Share suite with great therapists. 4100 Moorpark at Saratoga. Unfurnished or buy it. Kitchen, conference room, fax, copier. Deposit required. Lynn Kennedy, 408/985-0766.

San Jose — Almaden Valley. Lovely private, quiet therapy office (approx 200 sq. ft.) available full-time in two-office suite with shared waiting room. Window, carpet, parking, full janitorial. Attractive professional building in great location. Monthly rent \$585.00. 408/858-0745.

OFFICE SPACE

San Jose — Spacious (190 sq. ft.), quiet, window office in three-office psychotherapy suite. Custom paint, new carpet, call lights, kitchen. Ample parking. Available full-time. Good Samaritan area. Call Pam, 408/794-0440.

San Jose — Great Location! Best Price! Quiet! 1st floor office space. Saratoga Ave – easy access to 280, 880, & 85. Part time or full. Flexible scheduling. Psychiatrist on board. Call Ed Momrow, 408/249-8313.

San Jose — Be part of supportive group in Willow Glen. Part-time space, Mon., Wed., Thur. afternoon, Fri., Sat. Call lights, weekly case consult, child therapy set-up, janitorial & utilities. Reasonable rates. Carmen, 408/271-9779.

OFFICE SPACE

San Jose — Willow glen. Furnished office close to 280/17. Large waiting room, wheelchair access, conference room, kitchen. Two-day minimum. Alliance Counseling Center, 408/293-4489 ext. 11.

San Jose — Three rooms with waiting area on Bascom and Curtner. Share with other part-time therapists. Low hourly rent includes utilities and janitorial. Part-time hours available. Call Nancy at 408/493-5300 or e-mail nancy@nancyestes.com.



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., November 20,

11:30 - 1:30 pm

Lunch served promptly at 11:45

“A Jungian Perspective: Cultural Archetypes of Our Times”

Patricia Sohl, M.D., M.P.H., Ph.D.

Michael’s at Shoreline

2960 N. Shoreline Blvd., Mountain View

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

Menu: Breast of Chicken Florentine *or* Crabmeat and Shrimp Cannelloni *or* Grilled Vegetable Brochette with Wild Rice

Register with SCV-CAMFT (see below).

For information regarding the speaker contact Wendy Wegeforth, 408/888-6630.

DATES TO REMEMBER

- November 13, 2009
Law & Ethics Workshop
- November 15, 2009
Jan./Feb. Newsletter Deadline
- November 20, 2009
Mid Region Luncheon
- January 15, 2010
Mar./Apr. Newsletter Deadline
- January 22, 2010
South Region Luncheon

Fri., January 22,

11:30 - 1:30 pm

Lunch served promptly at 11:45

“Suicide Assessment/Crisis Intervention: What Every Therapist Needs to Know”

Edward Subega, MFT

Los Gatos Lodge

50 Los Gatos-Saratoga Rd, Los Gatos

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

Menu: Chicken Parmigiana *or* Teriyaki Mahi Mahi *or* Vegetarian Lasagna

Register with SCV-CAMFT (see below).

For information regarding the speaker contact Verna Nelson, 408/379-7747.

RESERVATIONS: *You can now register online using your credit card!* Go to our website at www.scv-camft.org, enter the “Calendar of Events” page and click on the event to find the luncheon registration page. You can also register by PayPal or by sending a check, payable to SCV-CAMFT, with entrée selection noted, to SCV-CAMFT, P.O. Box 60814, Palo Alto, CA 94306. Payment must be received by 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.**