

California Association of Marriage and Family Therapists  
News  
Santa Clara Valley Chapter  
September, 1984

ELECTED OFFICERS

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Palo Alto 94301  
415/328-4395 or 415/322-1866

Maggie Macro  
85 Montclair Drive  
Santa Cruz, CA 95060  
408/438-3554

CALENDAR To Be Aware, Share & Attend

September 24, 7:30 - 9:30 P.M.

Ruth McClendon to speak at the Santa Cruz Dominican Hospital. "Multiple Family Therapy & Chocolate Pudding" is her topic. Sponsored by Santa Cruz chapter of CAMFT. Fee charged. Call Paula Rotman, (408) 425-5211 for information.

Friday, October 19, 1984; 7:00 - 9:30 P.M.

NOTE: NEW LOCATION: Sunnyvale Presbyterian Church  
728 W. Fremont Avenue  
Sunnyvale (Cross Street is Hollenbeck)

TOWARD HEALTHY COUPLE RELATIONSHIPS: "A Search for the Positive, Creative Force in Couple Life." Presented by Martin Kirschenbaum, Ph.D. By using the innovative methods of integrative, growth-oriented family therapy, Dr. Kirschenbaum will show how it's possible to quickly enter into a couple's system to make appropriate changes. Common themes and difficulties that most couples struggle with will be reviewed along with specific techniques for couple diagnosis and intervention. Special attention will be given to exploring the impact of the families of origin on current couple relationships, with both healthy and dysfunctional patterns involved. Dr. Kirschenbaum will assist you in identifying, labeling, anchoring, and putting into concrete expression the healthy, growth-oriented patterns, so that the creative, dynamic, positive force within us and in every couple system can be unleashed for a fuller, richer life.

Martin Kirschenbaum, Ph.D., is the founder and president of the California Graduate School of Marital and Family Therapy in San Rafael and San Jose. He is one of the leading clinicians and teachers of couple and family therapy in Western Europe and the United States.

FEE: \$4, members/spouses; \$7, non-members of CAMFT.  
This is a fundraising Chapter event.

December 7th, 7:00 - 9:30 P.M.

UNITED METHODIST CHURCH OF LOS ALTOS

JUNE SINGER, Ph.D., will present a conference to introduce the new Singer-Loomis Inventory of Personality. C. G. Jung's work, Psychological Types has provided a theoretical basis for personality inventories used over the last 40 years. More recently, empirical findings in personality research have raised questions concerning some of the assumptions upon which earlier inventories were based. After a decade of research, June Singer, Ph.D., and Mary Loomis, Ph.D. have developed a completely new instrument. The Singer-Loomis Inventory of Personality effectively combines Jung's theoretical framework with recent empirical findings.

Dr. Singer is a Jungian analyst in private practice in Palo Alto. She is a founder of the C. G. Jung Institute of Chicago, where for many years she was a training analyst and a founder of the Inter Regional Society of Jungian Analysts. She is a member of the core faculty of the California Institute of Transpersonal Psychology in Menlo Park and is Clinical Director of the Transpersonal Center. She is the author of Boundaries of the Soul: The Practice of Jung's Psychology; Androgyny: Toward a New Theory of Sexuality; and many other articles.

This will be an unusual opportunity to learn about Dr. Singer's inventory from her in person, and also to hear about its application in marriage and family therapy.

FEE: \$4, Members/Spouses; \$7, Others.  
This is a Chapter fundraising event.

#### PRESIDENT'S LETTER

My client is angry with me because I am raising my fee. Her voice is loud and harsh.

"Breathe", I tell myself. "Don't take it personally...." Her eyes flash and she raises her voice even louder. She is furious with me. Will she walk out? I wonder. Several memories from the past come back, clients stomping out of my office, slamming the door hard, or slamming the phone down hard. I sigh. Sometimes I dislike being a therapist. I remember there are clients who hold onto their anger for weeks, even months, acting it out, being late, delaying payment, forgetting appointments. I sigh again.

It's all material for the work, food for the therapeutic process. But there must be easier ways to earn a living. Briefly I wonder what it would take to renew my teaching credential....

My client's chin juts out as she concludes "So I refuse to pay your fee increase and that's why!" I look at her evenly and reflect back her feelings. She can afford my fees. "What's really going on here?" I ask her quietly. At first her anger made me feel anxious, then weary and now I'm slightly annoyed. I make a mental note to tell her how her anger affects me, later when she's calm. I think of my own financial picture: office increase, tuition for one child, child support for another, car payments, mortgage, etc. ad nauseum. "You've got a lot of nerve," I say to her in my mind. Then "let go". I tell myself. "This is her stuff". Maybe it's time to become more formal and detached in my way of doing therapy. But that is just not my mode!

Someone, and I'll bet he was not detached, wrote a book called The Impossible Profession. He was right. The longer I practice, 11 years now, the more I am struck by how difficult and demanding the work is. There is so much to learn, and to keep learning about the sea of encounters that is "therapy".

Mary Ellen Edwards, President.

## Gestalt Therapy

He's enraged about her easy way with guys. His lips flare, baring his teeth as his eyes narrow piercingly. His speech falters, the tension building as he spits the words. She sits, arms and legs crossed, face restrained, eyes staring blankly ahead. He complains that her eyes tease with the guys who make passes. She waits. He becomes awkward, then angry again. She looks disgustedly, straight at him. He looks at me. I have waited, observing, silently respectful of their presence; now I affirm what I see--in his eyes, his lips, his body at this moment, and I encourage him to continue. She looks apalled, protesting that he does this all the time. I acknowledge her with my eyes, encouraging her to notice how she holds her body, diminishes her expression, and I ask her to observe the feelings that accompany her affect, and also to be aware of the feelings that are not being expressed. Without a sense of options, the two sustain their activity, noticing now what they believe I notice.

"What's happening?" "Nothing. He's yelling. His body is angry." She's still defending herself, reporting to me. The pace slows as non-expressive verbiage is ignored or discouraged. "You're always looking for me to do something wrong and--and--I see you looking at me now--why are you looking at me--what do you want from me?" she asks.

"What are you feeling now?" "I feel like screaming, leave me alone!" she says.

"And you're not screaming." "No." "How do you hold back that scream?" (I reflect).

(pause) "I'm holding my breath." "Continue holding your breath. What are you aware of now?" "I'm feeling tense. And vulnerable". "Now breathe normally." (pause) "What are you aware of now?" "I feel stronger now. I'm not so aware of him. I'm more aware of me."

We continue to focus on sensations in the present moment, and as we do, fear and anxiety surface. Each is confronted with his/her freedom to endure the emptiness or to express. Gradually they learn to reckon with the obvious, not by attending only to the other's behavior, but also realizing (making real) their own actions. Now there's laughter and self-conscious embarrassment. Each is surprised by his/her own preferences of expression.

"I'm feeling giddy. This is confusing." "This is confusing?" (I reflect). "I am confused. I want you to be annoyed!" "Say it again." "I want to annoy you. I am annoying. I might not be able to keep you interested in me otherwise."

I manipulate experimentally, as an artist manipulates colors. I avoid manipulating their communication towards a goal, knowing that their expressions point to their own existence when there's no intention to elicit my approval.

The techniques of Gestalt therapy are eclectic; more significantly the attention is on the actuality of the moment, with awareness sustained so that responsibility is assumed for one's experience. I feel comfortable being a Gestalt therapist because the attitude I can assume is one of respect, care and contact, with a commitment towards synthesizing human experience into growth beyond the fears and limitations of conflict.

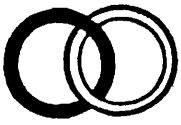
Norma Etter, M.A.

Marriage, Family, and Child Therapist

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FOOTHILL CONFERENCE: March 9, 1985

Call for papers: Following our successful conference at Foothill last February, we are planning a larger and more successful event this year. More information is presented in a letter which you may have received. The topic is "CHANGE: Relationship Issues of the 80's."



# California Association of Marriage and Family Therapists

## News

## Santa Clara Valley Chapter

### FOOTHILL CONFERENCE (cont.)

We have selected seven types of relationships and four aspects of change that we hope will provide for a stimulating conference. The seven types of relationships are: families, couples, children and adolescents, parents, women, men, and work. We are interested in how these different relationships are affected by these four aspects of change: changing roles, signals and symptoms, crisis, and coping strategies. We encourage you to tailor your presentation in consideration of one of these relationships and one aspect of change. Please design your presentation for the total community. Submit your proposal, Attention Foothill Conferences, Ontos, 160 Saratoga Avenue, Suite 42, Santa Clara, CA 95050, no later than September 14, 1984.

#### TAKE NOTE:

ONTOS is interested in adding a compatible part time (15 hours per week) staff member at \$370 per month. Call Mary Ellen Edwards for details; (408) 243-1200.

Just published: Clean Margins by Mary Ellen Edwards. Poetry/prose/photographic/autobiographical/family therapy case study. \$7.00 post paid from ONTOS, 160 Saratoga, #42, Santa Clara, CA 95051.

The BBSE is looking for 1 qualified MFCC and several interested lay people to fill openings on the board. If you know of anyone who might be appropriate call Pat Maher at CAMFT, Suite 200, 2605 Camino del Rio, South San Diego, CA 92108; (619) 297-7121.

Patricia Burbank will be offering movement therapy groups and professional training to integrate movement into psychotherapy this fall. Call (415) 321-3126 for information and specifics.

The Process Therapy Institute has an opening for one intern in its training-internship program. Other training programs include Child Sexual Abuse Training and Orals Preparation Workshops. Call Don Hadlock at (408) 356-8200 for more information.

Anti-burnout for therapists! Time share San Francisco apartment. Well located, \$97/mo. Phone Pat Elliott (408) 353-2809.

Never used Systematic Training in Effective Parenting kit for sale. Includes tapes, tracking manual, flyers, text, etc. Best offer. Phyliss Williams; 252-4751 or 554-1051.

Custom Resumes. Developed by Dale Porter. They work great, but they aren't inexpensive. (408) 370-3995.

Openings are available in two women's therapy groups, limited to four participants each. A playful approach is taken in dealing with a variety of issues. One will be held in Los Gatos, the other in Aptos. Call Pat Elliott, LMFT, 353-2809.

Peer Consultation Group: I'm interested in joining with other private practitioners in the Mid-Peninsula/Santa Clara Valley area to establish a peer consultation group. Please call Maris Smith (415) 494-7995.

#### OFFICE SPACE:

High quality office space to share on Stevens Creek near Saratoga Avenue. Access to large conference room also available. Call Phyliss Williams, (408) 252-4751 or 554-1051.

Santa Clara. Beautifully furnished, includes receptionist, conference, group and play rooms. Monthly or hourly rates. Call Diamond Associates; 408/554-0110.

Available in excellent Los Altos location. \$185.00 per month. Contact Pat Corcoran, L.M.F.C.C. at 415/961-7714.  
Palo Alto. Spacious office available Wednesday evenings and Fridays. Excellent location, Middlefield near San Antonio. Lynn Wiese, 415/856-3761.

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