

Sacramento Valley Chapter

California Association of Marriage & Family Therapists

Newsletter Editor: Dezaree Finch, MFT Registered Intern

newslettereditor@sacramentovalleycamft.org

June 2011



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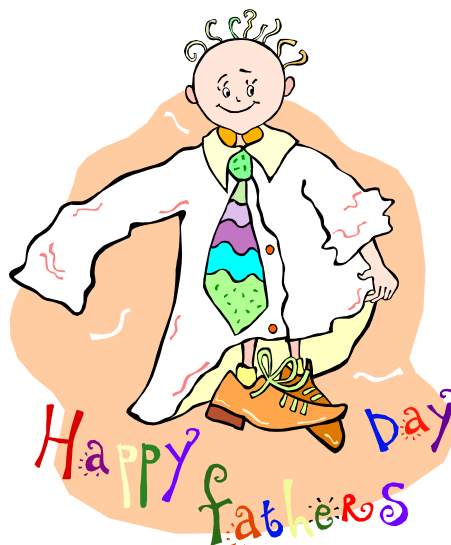
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SVC-CAMFT shall focus on relationship building with clients, our members, and our community. Our Chapter serves members in furthering professional excellence as agents of change in enhancing individual and family life and in exerting a positive, humanizing impact on the larger society.

Letter from the Board

TBA



Calendar of Events

To see future events, please visit www.sacramentovalleycamft.org



May Presentation Summary

Working with Sexuality in Couples Therapy

Sharon Thompson-Wilson, MFT and case consultant with Esther Perel, MFT and author of Mating in Captivity

How do you effectively address the issue of couples who report that they have “lost the sparkle” in their marriage? This presentation was an eye opening training about the importance of being comfortable talking to couples about the intimate details of their sex lives. Discussing sexuality and pleasure at the intake is the start. Not labeling or judging sexual behaviors and instead looking at the purpose of the behavior is helpful as the therapist explores the meaning of sexuality in the couple’s relationship.

Sharon works primarily from Family Systems and Rogerian perspectives to find out what is happening in the relationship when sexual issues come to the forefront. She made the point that one cannot be an effective couple’s counselor without being comfortable addressing the area of the couple’s sexuality. The topic of pleasure and erotic intimacy is often something that couples as well as therapists shy away from, but it is vital to be addressed. It takes vulnerability and courage to openly discuss intimate topics and it is necessary because a couple’s connection reflects the level of aliveness and health between them. She stressed the point more than once that the quantity is not as important as the quality of the couple’s intimate interactions. Helping them to define how they feel close and co-create their own answers to their issues with intimacy are keys to satisfaction in their relationship.

A wealth of information regarding the topics of desire, eroticism, and sensuality in couple’s work was shared. The concept of a continuum from affection and sensual touch to eroticism and sex was presented as a valuable framework to start the discussion about how couples relate in these different areas. There were many questions she posed to the audience that can be used with clients to help them go deeper in understanding of their relationship. These included: When are you most drawn to your partner? How do you invite your partner to be close to you? How do you express your sexuality? What do love and sex mean to you?

After hearing Sharon talk about her work to restore and sustain the intimacy in couples’ relationships, it was apparent that this is an important area of competency for couple’s therapists and that she is a valuable resource to all therapists in this area. She not only has a private practice but also offers trainings and has ongoing clinical consultation groups in Sacramento. She recommended getting better at what you love to do as a therapist and you will feel more confident, be enthusiastic about your work, and as a result receive more referrals.

Submitted by Margaux Rooney, Director of Programs at WEAVE, Inc

Pre-Licensed Members' Meeting

Date: Friday, June 17, 2011, 8:30 am-9:15 am

Location: University of Phoenix, 2860 Gateway Oaks Drive, Sacramento 95833, Room 102. Please visit our website at www.sacramentovalleycamft.org for map and directions.

Speaker: TBA

Topic: "TBA"



Margaux Rooney, Director of Programs at WEAVE, Inc
May Pre-License Speaker

June Monthly Meeting

Date: Friday, June 17, 2011, 9:30 am-12:00 noon

Location: University of Phoenix, 2860 Gateway Oaks Drive, Sacramento 95833. Please visit our website at www.sacramentovalleycamft.org for map and directions.

Speaker: Shoshana Bennett, Ph.D. Author of Postpartum Depression for Dummies and radio host, Dr. Shosh

Topic: "Postpartum Depression"

Shoshana Bennett will present on recognition of symptoms, co-occurring diagnosis, therapeutic interventions and resources in the treatment of postpartum depression.

Cost: \$20 for licensed members, \$15 for pre-licensed members, and \$30 for non-members if paying before the Wednesday of each meeting. If you sign up after Tuesday of the meeting week, the meeting will be an additional \$5. The meetings include a full hot buffet style breakfast that is catered and 2 CEU'S. For those of you paying at the door, please be prepared to pay via cash or check, as we cannot take credit cards on-site. A \$5.00 charge will be added for "at-the-door" registrations.

Reservations required: You can register and pre-pay online by June 14th at www.sacramentovalleycamft.org, or contact Laura Frederick at (916) 350-1577 or email membership@sacramentovalleycamft.org to register and pay at the door. Please help us contain the cost of presentations by making reservations in a timely manner (by Tuesday before the meeting). This is much appreciated.

*Disclaimer: University of Phoenix is a trade name and registered trademark of the Apollo Group, Inc. Its use herein by SVC- CAMFT to identify the event location is not intended to imply affiliation with, sponsorship or endorsement of the event by University of Phoenix or Apollo Group, Inc.

Special Trainings

Date: Fridays, June 3rd and 10th, 2011, 8:30 am-4:30 pm

Location: University of Phoenix, 2860 Gateway Oaks Drive, Sacramento 95833. Please visit our website at www.sacramentovalleycamft.org for map and directions.

Speaker: Salvatore Garanzini, MFT, Executive Director of the Marriage and Relationship Counseling Institute, and Certified by John and Julie Gottman to teach Gottman Method Couples Therapy.

Topic: Professional Training in Gottman Couples Therapy: Level 1 – Bridging the Couples Chasm

When couples enter the therapy office, they sting with pain and despair. They look to the clinician to referee chronic conflicts, fix their partners, and rebuild burned bridges. Now, based on Drs. John and Julie Gottman's 35 years of compelling research with over 3,000 couples, there's a practical and highly effective approach to guiding these couples across the chasm that divides them. In this workshop, Salvatore Garanzini, MFT, provides you with a research-based road map for helping couples to compassionately manage their conflicts, deepen their friendship and intimacy, and share their life purpose and dreams.

This workshop also serves as a prerequisite for Gottman Level 2 training.

Salvatore Garanzini is a professor of counseling psychology at the University of San Francisco. The Marriage and Relationship Counseling Institute also maintains its own research department, conducting empirical studies in conjunction with John Gottman's Relationship Research Institute.

Cost: (includes the \$200, 300-page Gottman Institute clinical manual)

- Standard Registration: \$425 (register 20 or fewer days prior to workshop)
- Student Rate: \$80 Discount Refund (After registering below, contact us with school/program information, or intern number)

SVC-CAMFT Member \$25 Discount: SVC-CAMFT members receive a discount: contact Eva Tak at evamich@me.com for promo code. Enter discount code at checkout.

Continental breakfast and 13 CEU's for LCSW/MFT/Psychologists included.

Reservations required: Please click this link to learn more, or to register: <http://www.marriagecounselinginstitute.com/gottman.training.htm>.

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Date: Friday, July 29, 2011, 9:00 am-4:00 pm

Location: University of Phoenix, 2860 Gateway Oaks Drive, Sacramento 95833. Please visit our website at www.sacramentovalleycamft.org for map and directions.

Speaker: David Jensen, J.D., Staff Attorney for CAMFT

Topic: CAMFT Law and Ethics Training

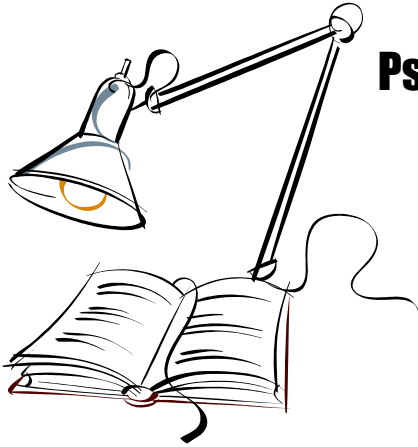
What Does the Law Expect of Me? Part II: As a psychotherapist you have probably heard references to the "standard of care" or the "reasonably competent therapist," but you may not have a clear understanding of how such concepts affect you on a day-to-day basis. Consequently, you may not have an accurate understanding of what the law expects of you as a psychotherapist. In this six-hour workshop, which is Part II of a multi-course series on this subject, you will learn about what the law expects of you regarding advertising, scope of competence, scope of practice, confidentiality, child abuse reporting, termination of the therapist-patient relationship, and forms of business practice.

Dave Jensen, JD, has been a Staff Attorney with CAMFT since April 2002. He was born in Flint, Michigan, but was raised in Tustin, California. Dave graduated from Brigham Young University with a Bachelor's Degree in History, and he received his law degree from the Thomas Jefferson School of Law in San Diego, California. Dave passed the California bar examination in February 1999, and he did it on his first try! Before joining CAMFT, Dave worked for Foley & Lardner, a large national law firm, where he regularly established and advised nonprofit organizations. As an attorney with CAMFT, he consults with its members regarding their legal and ethical dilemmas, and he is a regular contributor to *The Therapist* magazine. Dave gives numerous law and ethics presentations to chapters, schools, and agencies, and his popular What Does the Law Expect of Me? Series, which includes Parts I, II, III, and IV, have helped therapists to better understand their legal and ethical obligations. This is a lecture-format course that will satisfy the BBS's on-going requirement of six (6) CEUs in law and ethics.

Cost: \$75 for licensed members, \$50 for pre-licensed members, and \$85 for non-members if paying by Tuesday July 26th. If you sign up after Tuesday, the meeting will be an additional \$5. The meeting includes a continental breakfast and 6 CEU'S. For those of you paying at the door, please be prepared to pay via cash or check, as we cannot take credit cards on-site. A \$5.00 charge will be added for "at-the-door" registrations.

Reservations required by Tuesday July 26th: You can register and pre-pay online at www.sacramentovalleycamft.org, or contact Laura Frederick at (916) 350-1577 or email membership@sacramentovalleycamft.org to register and pay at the door. Please help us contain the cost of presentations by making reservations in a timely manner (by Tuesday before the meeting). This is much appreciated.

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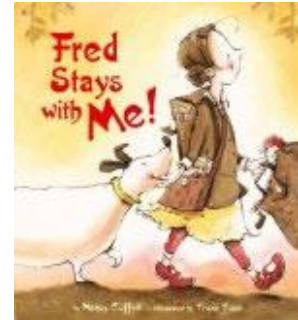
Psyched About Books and Movies

Welcome to “Psyched about Books and Movies!” Each month we include a book or movie review by one of our readers. Please see below for guidelines on submitting a review.

Happy reading!



Title: Fred Stays with Me!
Author: Nancy Coffelt and Tricia Tusa
Copyright: 2007
Reviewer: Merrilee Vuscovich, MFT Registered Intern



OUCH! Being a kid isn't supposed to be painful! Divorce wasn't supposed to happen! This is a great book, delightfully illustrated, to help normalize some of the changes effecting children; moving between Dad's house and Mom's house; what happens to my pet goldfish? Will we keep the dog? Or is he being divorced too?

Many things stay the same and Coffelt/Tusa go on to reassure the child that indeed some things will change, all the while gently teaching the parents the importance of constancy, hence the title Fred stays with me, (not you Mom and not you Dad, me).

So the parents show the child how to constructively solve issues (train Fred), and the whole family benefits! A strong message for the child that you will be okay, Fred can change and so can you!

Book/Movie Review Submission Policy

All reviews are not to exceed 1000 key strokes.

Your review should include the title, a short synopsis about why you like or dislike it, and the author's name & publication date. You can also include a picture of the book and/or movie. After review, we will publish your review in our next newsletter. Reviews submitted that are longer than 1000 characters will be returned for editing. It is best to type your review in a Microsoft Word document to note how many key strokes (characters with spaces), how big your review is, and for your own record keeping. You can then copy and paste it into the online [form submission\(click here\)](#). [Click here to learn more about checking your review for key strokes, spelling, grammar, and size.](#)

It is your responsibility to check for spelling and grammar errors.

Reviews must be received **by the 20th** of the month in order to appear in the next newsletter. **You can submit your review by:**

Visiting our webpage: www.sacramentovalleycamft.org
 Mailing it in: P.O. Box 163385, Sacramento, CA 95816
 Emailing Dezaree Finch: newslettereditor@sacramentovalleycamft.org



Advertising & Announcements

Job Ad

Medical/Psychiatric office in Folsom/Roseville looking for Psychiatrists, Psychologists, NP, LCSWs, LMFTs & provides consulting groups. Supervision available. Please fax 916-608-0717 or email at admin@echildpsychiatry.com your resume.

A CREATIVE CLINIC ON COUNTERTRANSFERENCE: USING ART TO UNBLOCK A THERAPEUTIC RELATIONSHIP

By far, the most creative Legal and Ethical continuing education units you have ever received! Access the gold mine of information that nonverbal images carry. Learn to translate your nonverbal expressions into problem solving ideas. August 26, 2011, 9am-4pm. \$150. The Art Therapy Studio in Fair Oaks, California. Lisa Mitchell, MFT, ATR has 14 years experience facilitating trainings for therapists. Questions? (916) 276-0455. No art experience necessary. PCE3497
trustart@sbcglobal.net
<http://thearttherapystudio.com>

PSYCHOTHERAPY & SPIRITUALITY: THE TEN CHALLENGES - STARTS JUNE 20!

Our group is specially designed for therapists to explore spirituality both personally and for professional application. Our basic text will be Dr. Leonard Felder's The Ten Challenges - a wise and practical "psychological exegesis" of the universal truths contained in The Ten Commandments. The course also includes group discussion, reflective reading, journaling, meditation, and discussion on implementing spiritual interventions. All backgrounds welcome. MidTown location, Monday mornings, 10 am-noon, June-December 2011. \$110 per month. Commitment to full course is required in order to maintain group continuity. For more information, or to register, contact Rabbi Shula Calmann at 916-442-7315 or rabbishula@inreach.com.

USING ART IN THERAPY SAFELY AND EFFECTIVELY

Is a 4 part training series for therapists who want to experience the transformative quality of art-making and learn to use creative expression to enrich their work. Over 500 therapists have taken this course and have celebrated the positive effects it's had on them both personally and professionally. Taught by Lisa Mitchell, MFT, ATR in Fair Oaks, CA at The Art Therapy Studio. First Friday of every month for 4 months starting in August 2011. Dates are: 8/5, 9/2, 10/7, 11/4. 9am-12pm. \$90/month. Questions? (916) 276-0455. PCE3497. trustart@sbcglobal.net
<http://thearttherapystudio.com>

Advertising Policy for the Newsletter

All ads and reviews are not to exceed 1000 key strokes. Chapter members advertise at no cost. Non-members can advertise about employment opportunities at no cost. Non-members, non employment-related ads follow these rates:

\$10 for 200 key strokes
\$20 for 201-600 key strokes
\$30 for 601-1000 key strokes

Full page and 1/2 page ads are not accepted.

All ads contain text only; no graphics will be included.

Ads submitted that are longer than 1000 characters will be returned for editing. It is best to type your ad in a Microsoft Word document to note how many characters, how big your ad is, and for your own record keeping. Please visit our site to find more information how to use Microsoft word for editing. You can then copy and paste it on our [online submission form](#)(*click here*).

It is your responsibility to check for spelling and grammar errors.

Ads must be received **by the 25th** of the month in order to appear in the next newsletter. Ads are placed in the order that they are received.

You can submit and pay for your ad by:

Visiting our webpage: www.sacramentovalleycamft.org

Mailing in payment: P.O. Box 163385, Sacramento, CA 95816

Emailing the Newsletter Editor: newslettereditor@sacramentovalleycamft.org

Thank you for contributing to the newsletter!

SVC-CAMFT

CONTACT US

MAIL:
P.O. Box 163385
Sacramento, CA 95816
PHONE:
(916) 916.350.1577
EMAIL:

membership@sacramentovalleycamft.org

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www.sacramentovalleycamft.org

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