

HAPPY ST. PATRICK'S DAY

Sacramento Valley Chapter

California Association of Marriage & Family Therapists

Newsletter Editor: Dezaree Finch, MFT Registered Intern
newslettereditor@sacramentovalleycamft.org

March 2011



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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

The board recently attended the annual leadership conference in Costa Mesa, CA where chapter leaders came together to get updated on current legislative issues, learned ways to improve services at our local chapter level, and shared how we have been successful in our individual chapters. We also recognized a board member for outstanding service. The Sacramento Valley Chapter nominated Dezaree Finch, our Newsletter Editor. She has done an amazing job revamping our Newsletter to better serve our members. She takes pride in her work and cares about how our chapter is represented. Thank you again Dezaree for all your hard work!

During the conference we were able to interface with other chapters. Other Chapter leaders were very complimentary of our chapter and its members. Sacramento Valley is looked at in a very positive light and I can't tell you how proud I am to represent you and be a part of this innovative chapter. It was awesome to see our board come away excited about how we can improve our chapter and to be enthusiastic to implement changes. Some of the changes we are exploring; continuing to improve our website, developing our community outreach (which is part of our vision statement) and volunteerism. We encourage you to let us know what you see as important for our chapter in the coming years. Thank you all again for making us a chapter that stands out to others and represents our mission statement with pride, "Our mission at the Sacramento Valley Chapter California Association of Marriage and Family Therapists is to focus on relationship building with clients, our members, and our community. Our Chapter in the California Association of Marriage and Family Therapists serves members in furthering professional excellence as agents of change in enhancing individuals and families and exerting a positive, humanizing impact on the larger society."

Kami Storck
SVC-CAMFT President 2011

Calendar of Events

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



February Presentation Summary

Transcranial Magnetic Stimulation (TMS) Richard Bermudes, MD

Dr. Richard Bermudes, MD discussed the latest clinical research on a new non-invasive, non-systemic therapy from NeuroStar for treatment of Major Depressive Disorder (MDD). Since the late 1990's, more than 30 randomized clinical trials worldwide have studied the efficacy of Transcranial Magnetic Stimulation (TMS) therapy used to treat adults resistant to four or more anti-depressant medications. Those clinical trials have shown that TMS therapy can significantly reduce MDD symptoms in most adults treated.

Available only by prescription and administered under the care of a psychiatrist, TMS treating clinicians use a specialized treatment coil to send a pulsed magnetic field, similar in type and strength to magnetic fields produced by a magnetic resonance imaging (MRI) machine into the area of the brain thought to regulate mood. TMS Therapy is a highly targeted treatment protocol that reaches 2-3 centimeters into the brain, directly beneath the treatment coil. The magnetic field generated passes through a patient's hair, skin and skull and into the mood-regulating area without distortion. This methodology allows for a precisely, targeted pulsed magnetic field, that minimizes stimulating adjacent brain tissue not involved in mood.

TMS therapy is an outpatient procedure performed under the supervision of a psychiatrist and may be used in conjunction with psychotherapy and anti-depressant medication. The typical TMS treatment course consists of 5 treatments per week over a 4-6 week period for 20-30 treatments. Each treatment session lasts approximately 37 minutes. Several insurance carriers have approved use of TMS therapy for adults with MDD where four or more anti-depressant medications have failed. For clients without insurance coverage for TMS treatment, costs run between \$8,000 and \$12,000.

While not curative, TMS therapy has shown to significantly reduce symptoms of MDD in adults where medication is not effective. Dr. Bermudes offers TMS therapy in his practice and welcomes further inquiry <http://www.sacramentotms.com/>.

Submitted by Linda Sessions, PhD, LMFT

Chapter Announcements:

COME YE VOLUNTEERS!

Wanted to get Involved in our Chapter, but Didn't Know How?

Date: Wednesday, March 23, at 7:00 p.m.

Location: El Dorado Hills

Host: Eva Tak

Please join us for an informal gathering of wine and appetizers. Find out about the fun positions and tasks that help keep our chapter running and are waiting for you. An example of some of the responsibilities: helping set up our meeting room, greeting presenters and members, monthly book club coordinator, mentor new members, assisting with newsletter, pass out CEU certificates, and many more. This is an exciting way to get to know others and build your professional network. Learn about additional volunteer benefits. There is something for everyone. To RSVP and get directions, call or email Eva Tak at (916) 605-6629, evamich@me.com.

We Want to Hear From You!

In a few days we will be putting out a survey to you members in order to further our mission of focusing on relationship building with clients, our members, and our community. We want to serve 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.



Pre-Licensed Members' Meeting

POSTPONED UNTIL APRIL

Catherine Zanzi, MFT Intern

SVC-CAMFT Prelicensed Chair

prelicensechair@sacramentovalleycamft.org

March Monthly Meeting

Date: Friday, March 25, 2011, 8:30 am-12:00 noon

Location: Rancho Cordova City Hall, 2729 Prospect Park Drive, Rancho Cordova, CA 95670

Speaker: Lynne Azpeitia, MFT

Topic: Create & Sustain a Successful Private Practice & Career-An AAMFT-CAMFT Collaborative CEU Workshop

Find out what you can do today, whether you are a licensed therapist, intern, trainee or student, to create, maintain or revitalize your private practice using practical and cost-effective tools and approaches to networking, finding and developing referral sources, marketing, building relationships and partnerships, and getting and keeping clients. Take heart. Whether you want a full time practice with your own office or sharing one, or a part time practice renting space by the day or hour, this presentation will help you move forward to build a successful business and to sustain a practice that is ideal for you--it will also help you find the jobs you want and to make advances in your career.

For further information contact Marian Sheppard, LMFT, Chair, AAMFT, Sacramento Networking District at lakepepl@jps.net, or 916-737-1763

This course meets the qualifications for 2 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences. BBS Provider # 91

Cost: \$20 for licensed members, \$15 for pre-licensed members, and \$35 for non-members if paying before the Tuesday of this meeting. If you sign up after Monday of the meeting week, the meeting will be an additional \$5. Late registrants will be charged a \$5 fee. Student/Intern Special: Bring a paying MFT and get in FREE. There will be a continental breakfast provided.

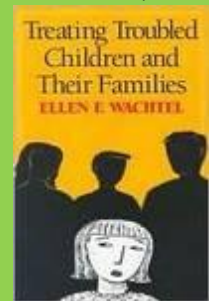
Reservations required: You can register and pre-pay online by clicking [here](#) or going to <https://www.formstack.com/forms/?1049410-xWaEfBPmyJ>. You do not have to be a member of AAMFT to register. Please help AAMFT contain the cost of presentations by making reservations in a timely manner (by Monday prior to this CEU workshop). This is much appreciated.

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!
Catherine Zanzi, MFT Intern
Pre-Licensed Chair



Title: Treating Troubled Children and Their Families

Author: Ellen F. Wachtel

Copyright: 2004

Reviewer: Jamie Chin

This book is an excellent resource for working with children and their families. Wachtel presents an integrative model for child therapy where the best of psychodynamic, systemic, and behavioral therapies come together to provide insight to the therapist—and relief to the child. The therapist’s psychodynamic hypotheses about what is going on are used to create interventions that change the family system and assist the child with their conflicts. Symptomatic behavior is improved through the use of both behavioral and cognitive techniques. Wachtel’s use of concrete examples and case studies make this book a very enjoyable read.

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 Catherine Zanzi: czanzi@frontiernet.net



Advertising & Announcements

Somatic Counseling in Midtown Sacramento

Low-fee Somatic Counseling for clients seeking a Holistic, Embodied approach to therapy. Please call with any inquiries.

Phone: 916.444.2170 Ext.3
Email: dmillerfroh@yahoo.com.

[Deborah Miller-Froh](#), Marriage and Family Therapist Trainee, Supervised by Darlene Davis #40875.

Open House Event - Hopemore Counseling Group 3808 Auburn Blvd. Suite 57

Please join Melissa Frazier, LMFT and Linda Sessions, LMFT in celebrating our new practice on March 5, 2011 from 10:00AM to 2:00PM. Join us for appetizers and meet the therapists. Hopemore is dedicated to providing affordable counseling services for a multitude of client needs. RSVP although not necessary is appreciated. Contact us at info@hopemore.org or visit our website at www.hopemore.org

Embodied Expressive Writing Group

New counseling group forming in Midtown Sacramento. [Use Embodied Expressive Writing](#) to develop self-awareness, courageous expression and authenticity in relationship. Cultivate insight, curiosity, reflective listening skills and connection with others in the group. We will not give writing critiques in this group. No previous writing experience is necessary, only a willingness to explore. If you have clients who are interested in, or already use writing or journaling as part of their process, this group will support and deepen their writing practice and can offer them new tools to write from the body.

Monday nights 6:30-8:30pm beginning March 21st for six-weeks. Space is limited to eight participants. Fee is \$20 per session. Location is Midtown Sacramento. Facilitated by Deborah Miller-Froh, MFT Trainee at HOPE Counseling Center, Supervised by Darlene Davis MFT #40875. For more information please go to www.hope-counselingcenter.org, call 916.444.2170 Ext. #3 or email dmillerfroh@yahoo.com.

Marriage, Pre-marital, Pre-Engagement, and Relationship Counseling

I love counseling couples! And they love having their relationships restored! My number one goal is to move couples away from wanting to divorce their partner to wanting to divorce their relationship problem! If you are looking for a great couples therapist to refer clients to and that also offers affordable fees, please contact me at 530-848-1561, dezareecounsels@dezareefinch.com, www.dezareefinch.com. Marriage and Family Therapist Registered Intern #57508, Supervised by Darlene Davis, MFC #40875 at HOPE Counseling Center.

Mindfulness Relapse Prevention Group

Group goals:

- 1.** Develop awareness of triggers for addictive/compulsive behaviors and learn ways to create a pause in the seemingly automatic process, while building awareness of the range of choices available in each moment
- 2.** Build a new relationship with discomfort, reduce reactivity, learn to hold challenging emotional, mental and physical experiences, and respond in a more skillful flexible manner
- 3.** Foster a nonjudgmental compassionate approach to yourself, others and your experiences
- 4.** Build a lifestyle that supports both mindfulness practice and freedom from chronic life limiting behaviors

DATE: Groups forming now: call facilitators for more info

MEMBERS: Men and women active in their recovery from addiction and compulsion

TIME: Thursdays from 6 to 7:30 PM

COST: \$40 per weekly session, commitment to 10 weeks is required. Some insurance accepted.

PLACE: 2618 J St, Suite 1, Sacramento, 95816

CONTACT: Paul Innerarity, LMFT 690.7422 or Meika Hamisch, LMFT 447.5426

Re-ignite Your Sexuality

A workshop for women in the peri/menopausal mid-life transition focusing on yoga & wellness to rejuvenate your life & boost your sensual self.

Saturday May 7, 2011, 1 - 4:30 PM, co-facilitated by Lesley Schroeder, MD & Ann DaPrado, RYT500 at Rise Yoga Studio in South Sac. \$40/\$50 for 3 hrs CEUs.

For more info or to register: 916.764.4388 or www.riseyoga.com. Yoga Kegels anyone?

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:

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membership@sacramentovalleycamft.org

We're on the Web!

See us at:

www.sacramentovalleycamft.org

To post to the listserve, please write to this

Email:

svccamft-owner@yahooogroups.com.