

Sacramento Valley Chapter

California Association of Marriage & Family Therapists

Outgoing Newsletter Editor: Dezaree Finch, MFT Registered Intern

newslettereditor@sacramentovalleycamft.org

November 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

Since this will be my last letter to the membership as the 2011 president let me first and foremost say thank you. Thank you to all of those that have made this year an amazing experience. I have been able to see the chapter continue to grow, collaborate and come together in times of need. On an individual note I cannot express enough gratitude to those that supported me through this year both personally and professionally.

With the end of the year quickly approaching it is that time again for our annual membership drive and ballot for board member positions. Please take a moment to consider volunteering your time with this wonderful organization. That being said the holiday season is also quickly approaching. This time of year reminds me to reflect on what has been accomplished, what is still ahead of me and to count my blessings that have already occurred. What will you reflect on?

Have a happy and safe holiday season...

Kami Storck

President SVC-CAMFT 2011

Calendar of Events

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

October Presentation Summary



How to Help Midlife Siblings Move Towards Forgiveness to Form a team to Care for an Elderly Parent

Cathy Cress, MSW

Cathy Cress MSW invited Marriage and Family Therapists to collaborate in the effort to support adult siblings while caring for family members. She engaged the audience with drama, role-play and inspiration to shine a light on this often misunderstood experience for the aging family. The overall message was for everyone to consider their own sibling relationships and how everyone plays a role in the aging transition for family. Reflecting on one's own childhood relationships with their siblings and how the relationship has changed into adulthood is imperative to understanding how clients will bring these concerns to the therapy session. Being aware of sibling conflict (past and present), sibling order and gender roles enhances the communication and forgiveness required in order for healing to begin. The definition has changed with the rise of divorce, remarriage and long-distance family members. Voicing past hurts (sibling may not even be aware of) and tapping in to the secret language of siblings (childhood, memories together) enable each sibling to be heard and to remember the special bond that they share. The goal is for siblings to seek and find forgiveness with the support of a therapist in 10 steps:

1. Put your pain on paper (tell and write your "I hate you" story)
2. Be in the Here and Now- Move into the Present to Care for Yourself
3. Break the Rule- Uncover Your Family Rules
4. Putting Yourself in Their Old Shoes- Explore What Led Sibling to Hurt You
5. Expose the Wound to the Here and Now Say it Out Loud
6. Love is All You Really Need- Find Ways to Value Yourself & Your Sibling then Change
7. We Can Work It Out- Tell Your "I Hate You" Story
8. Letting the Sun Shine on Your Life
9. Seeing How You Are Surrounded by Love
10. Mom Can Love Us Both Best

Cathy invited MFTs to consider expanding professional expertise by attending workshops on the aging experience and consulting with Geriatric Care Managers. As MFTs, we know that the family system tends to resist change and facilitating family meetings can support the change needed to repair the damage from past interactions and experiences. This opportunity with your clients can heal old wounds, enhance their own aging process, and create a new family legacy for the next generation. You can check out the [Six Types of Siblings](#) and her books, blogs and calendar at www.cathycress.com.

Submitted by Stefani R. Wilson, MS, MFT

November Pre-Licensed Members' Meeting

Date: Friday, November 18, 2011, 8:30 am-9:15 am

Location: TBA. Please visit our website at www.sacramentovalleycamft.org for map and directions.

Speaker: Caroline Benard, LifeSTAR

Topic: "Sexual Addiction and Certified Sex Addiction Therapist"

November Monthly Meeting

Date: Friday, November 18, 2011, 9:30 am-12:00 noon

Location: TBA. Please visit our website at www.sacramentovalleycamft.org for map and directions.

Speaker: Carol Odsess, Ph.D.

Topic: "An Introduction to Energy Psychology for Trauma Treatment"

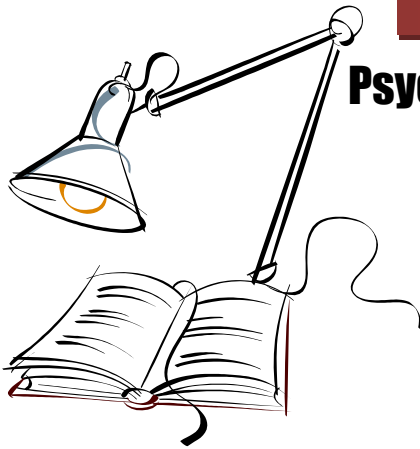
This presentation will introduce the most popular form of Energy Psychology, Emotional Freedom Techniques (EFT). EFT is a powerful mind/body treatment technique that is a form of "emotional acupuncture." EFT addresses the body, mind and emotions simultaneously to rapidly decrease negative emotions so it is an invaluable method for clients who have experienced trauma and are hyper aroused. EFT quickly reduces stress, fear and anxiety, while it increases feelings of resilience, confidence and peace. EFT is a simple yet powerful tool that is easy to learn. This technique can be integrated into other psychotherapeutic methods, can be used as an independent treatment approach, and can easily be taught to clients for symptom management at home.

Carol Odsess, Ph.D., is a licensed psychologist in private practice in Albany, California and her practice emphasizes EMDR and EFT. She has practiced EMDR since 1992 and is both an EMDRIA Approved Consultant and EMDRIA certified in EMDR. Call Eva Tak 916-605-6629 for more info.

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 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.



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: The Forever Child: A Tale of Anger and Fear

Author: Clark and Post

Copyright: 2003

Reviewer: Merrilee Vuscovich, MFT Registered Intern



Adoption, Foster Care, Trauma, RAD, Therapy and Neurology! All in One Place? IMPOSSIBLE, YES? NO, leave it to a fairy tale!

My professional experience these past 6 years has been exclusively with traumatized children and their caregivers & parents. This little gem of a book has traveled the path with me, is well used and warmly appreciated by all. Metaphors abound, normalizing the feelings the child is having and “forever parents” are an integral part of the healing.

“You are loved, you have feelings, the feelings will not harm you and we love you and all of your feelings. We are your forever family!” That’s the theme and the authors include a wonderful prescription for caregivers & parents in the back, a Parenting Guide, sharing solid, research based tenants for loving these special little people and even an introduction to Bruce Perry, M.D. and the implications of trauma on the brain.

Just one note, consider the developmental level of the child, pace the reading, and advise the caregivers & parents of the same.

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: newslettereditor@sacramentovalleycamft.org



Advertising & Announcements

Need A Referral for Low Cost Counseling in English and Spanish with both Male and Female therapists?

Areas of expertise include: Holiday stress reduction, depression, anxiety, trauma, major life transitions, parenting/co-parenting, children and youth with attachment issues, couples counseling, pre-marital counseling, posttraumatic stress, grief and loss, spirituality, chemical and sexual addictions, anger management issues, men's issues, human performance (e.g. music, theater, sports, etc.), adults molested or abused as children, adults (male and female) in past domestic violence situations, and Christian counseling. Our location is also equipped with addiction recovery programs, marriage classes and groups, anger management groups, among others.

We additionally accept Victim Witness Compensation insurance and Veterans (CHAMPVA) insurance. Please reach us below with any inquiries.

Phone: 916-570-3199, **Email:** ccs@ccnow.com, **Website:** <http://www.ccnw.com/ccs-staff>

Working Alone? MFT group practice has Employment or Sublet opportunities

Solace Counseling Marriage and Family Therapy is a small group practice in East Sacramento. Our landscaped single story building has parking, a bus stop, internet and an ADA bathroom. The push button "client waiting" notification system has slots for six therapists' names. Three comfortable consultation rooms are perfect for a part-time therapist who is either building a new practice or slowing down an established one. M-W-F or M and F options are available, but this is flexible. To discuss employment or sublet options call Debra at (530) 713-1285.

Clinical Program Manager Opening @ Stanford Home

At Stanford Home, we are intensely determined to do whatever it takes to create success for youth. The CPM position is in our Flexible Integrated Treatment (FIT) program and supervises therapists and facilitators as well as manages all aspects of the day-to-day operations of the FIT program to ensure regulatory compliance. CPMs must have an MFT(I - as long as in testing phase) and supervisory experience. For more information or to apply, visit www.stanfordhome.org.

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 on 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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