



Sacramento Valley Chapter

California Association of Marriage & Family Therapists

Newsletter Editor: Dezaree Finch, MFT Registered Intern

newslettereditor@sacramentovalleycamft.org

October 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

It is that time again... Time to renew your membership with SVC-CAMFT. In the next few weeks you will be getting your membership renewal in the mail along with non members getting an invitation to join. As you can imagine, as the board president I am quite biased about how wonderful I think this organization is. It is a place for you to inform colleagues about your activities and specialties and to learn about resources available to you. Our Pre-licensed group continues to address issues specific to the licensing process, job hunting, and getting established. All members can advertise free in our monthly Newsletter and use the Chapter listserv to email all members with announcements, requests for referrals, or questions. You can, if you wish, be included in our Website Directory and our print Membership Directory.

All of the above listed benefits are great but in my opinion what makes our organization so wonderful is the human factor. You, our members and the relationships that have followed are invaluable. Whether your choice to be involved in this organization is personal or professional I am sure your needs will be met.

If you will be returning welcome back... If you are going to be joining for the first time I know you will enjoy the benefits of your membership. I look forward to interacting with all of you soon... Take care,

Kami Storck
President SVC-CAMFT 2011

Calendar of Events

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

September Presentation Summary

Hold Me Tight: Conversations for Connect A Live Video Conference with Sue Johnson

Sue Johnson, Ph.D., is one of the principle creators of Emotionally Focused Therapy (EFT). She was the first to integrate attachment theory into the model, thus, producing a highly effective and empirically tested method of working with couples. EFT is used in many countries throughout the world, known for its efficacy in various cultural settings. She holds professorships at Alliant University in San Diego, and the University of Ottawa. Sue (*as she told us to call her*) is also the director of the Ottawa Couples and Family Institute, and the International Center for Excellence in Emotionally Focused Therapy (ICEEFT). Sue's warm and passionate delivery held our attention for over two hours, as she presented an overview of EFT and the Hold Me Tight curriculum for small group couples work, via Skype.

Carolyn Rich Curtis, Director of the Relationship Skills Center was instrumental in "bringing" Sue Johnson to our region. This presentation was collaboration between the Relationship Skills Center, Marian Sheppard – AAMFT and the Sacramento Valley Chapter of CAMFT. The focus of the presentation was not only to increase clinician awareness of EFT, but also to inspire the formation of groups in our area to provide the Hold Me Tight program.

Hold Me Tight is a relationship education and enhancement program, based upon the EFT model. EFT is a systematic approach that assist couples in reducing distress and conflict, but more importantly, building a more trusting and secure relationship. EFT views the primary problem in relationships as the lack of secure emotional attachment and the perpetuation of negative interaction cycles, which reinforce the disconnection of the couple. Sue presented examples of negative patterns of interaction with video from couple sessions. She highlighted some of the common patterns that prevent couples from responding to each other with love and compassion. She referred to these patterns as "Demon Dialogue" – i.e., "Find the Bad Guy", "Protest Polka" or "Freeze and Flee".

The goals of the eight-week Hold Me Tight program: (*taken from Facilitators Guide*)

- Better understand romantic love – the pivotal moves and moments that define a relationship
- Better understand their own and their partner's emotional responses and needs
- Be able to describe and control negative interactions/spirals that create pain and distance
- Be able to shape the positive moments of reaching and responding that create a secure bond

Submitted by Eva Tak, MFT

Pre-Licensed Members' Meeting

Date: Friday, October 21, 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: Caroline Benard, LifeSTAR

Topic: "Sexual Addiction and Certified Sex Addiction Therapist"

October Monthly Meeting

Date: Friday, October 21, 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: How to Help Midlife Siblings Move Towards Forgiveness to Form a team to Care for an Elderly Parent

Topic: Cathy Cress, MSW

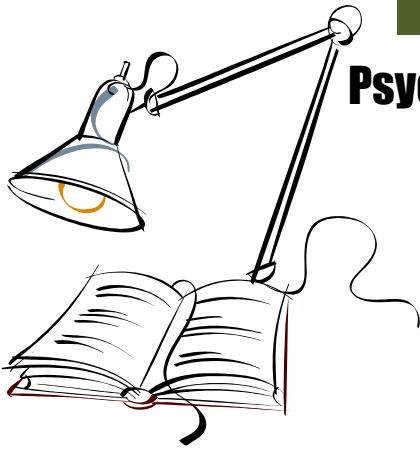
Midlife sibling conflict left over from childhood often disrupts a midlife family and emotionally affects each individual family member. Learn how to help siblings resolve sibling differences end brother and sister squabbles and help siblings and families work together to care for aging parents. The presentation is based on geriatric care manager Cathy Cress MSW and gerontologist Kali Cress Peterson's new book ***Mom Loved You Best, Forgiving and Forging Sibling Relationships***. 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!

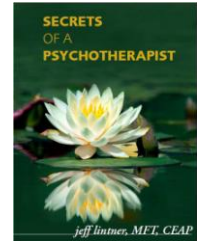


Title: Secrets of a Psychotherapist

Author: Jeff Lintner, MFT, CEAP

Copyright: 2009

Reviewer: Julie Jorgenson, MFT Registered Intern



In his e-book Jeff Lintner sets out to help the reader “become a more confident, resilient and respectful therapist” (p.5). In a highly interactive format, filled with wit and encouragement, Lintner instructs and challenges the reader to: BE confident (“You will have confidence by being confident and acting like a confident therapist,” p.20); foster resilience while still allowing oneself to be affected by the client (which, Lintner asserts, grows out of a small change in perspective as well as having faith in yourself and your clients); and excel in expanding and nurturing respect for – and with – all clients (as Lintner explains, this involves believing the client in the expert in his or her own life and treating clients the way you want them to treat you). *Secrets of a Psychotherapist* can be purchased online at www.become-an-effective-psychotherapist.com/Secrets-of-a-Psychotherapist.html.

About the Reviewer:



Julie Jorgenson is a MFT Intern in private practice. She works with a wide range of emotional as well as behavioral issues and especially enjoys treating codependency as well as mid- to late-adolescent clients (ages 14-22) and couples. For more information, please visit Julie’s website at JulieJmftintern.com or feel free to contact her directly at (916) 802-4198.

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

Summer Stream's Crossword Puzzle Answers:

Across:

- This statement is a part of SVC's what? "...to focus on relationship building with clients, our members, and our community". **Mission**
- The extent to which a person identifies with his or her group of origin and its culture or with the mainstream dominant culture. **Acculturation**
- A form of psychotherapy whose end point is defined either in terms of the number of sessions or in terms of specified objectives and directed toward a specific problem or symptom. (2 words) **Brief Psychotherapy**
- These disorders form a major category of DSM-IV and cover most of what used to be referred to as the neuroses. (2 words) **Anxiety Disorders**
- A disorder in which hypomanic episodes are experienced, and the depressive component is more pronounced. (3 words) **Bipolar II Disorder**
- A syndrome characterized by rapidly shifting and unstable mood, self-concept, and interpersonal relationships as well as impulsive behavior and transient dissociative states. **BPD**
- Feelings of deprivation, desolation, and grief at the loss of a loved one. **Bereavement**
- 4.1 of the CAMFT Code of Ethics deals with MFT's and their influential position with respect to students, supervisees, and having _____ relationships. **Dual**

Down:

- The street address and room number for the Roseville AAMFT and SVC collaboration on September 16th (hint: "Drive" is abbreviated "Dr") (4 Words) **516 Gibson Dr 112**
- Abbreviation. The goal of this type of therapy is to process completely the experiences that are causing problems, and to include new ones that are needed for full health. **EMDR**
- Viennese psychiatrist, founder of the school of individual psychology. (2 Words) **Alfred Adler**
- A teen program that provides a setting in which the children may receive group support in achieving an understanding of their parents problems with alcohol and in learning better methods of coping. **Alateen**
- The three common types of these psychotropic drugs are monoamine oxidase inhibitors, tricyclics, and selective serotonin reuptake inhibitors. (2 words) **Antidepressant Drugs**
- Realization of one's full potential. **Actualization**
- Yes or No? If your client, a minor 14 yrs of age has consensual sexual intercourse with their partner who is 12 yrs of age, is a report mandated? (hint: answer with either "y" for yes or "n" for no). **Y**

And the winner is.....*no one*. Bummer!



Advertising & Announcements

Liberty Kovacs

I am seeing clients again in my home and I am very close to all three freeways. My fees are on a sliding scale. My book, *Building a Reality-based Relationship* is for sale at \$15, incl. Tax. You can get more information on my website at www.libertykovacs.com.

Contact Number: 916-452-0483
Email: libbykov@sbcglobal.com

Employment at Stanford Home

At Stanford Home for Children in Sacramento, we are intensely determined to do whatever it takes to create success for youth. If this sounds like somewhere you'd thrive, we want to hear from you. We are currently looking for qualified therapists and therapist interns to support our mission. Visit our website: www.stanfordhome.org for more information or to apply for open positions.

Shared Office Needed

Dear Colleagues,
I will need to move my office from Rancho Cordova at the beginning of November, since it no longer meets my needs. I'm wondering if anyone has an idea about shared office space that's not too expensive, close to Placer County, but not necessarily in Roseville (perhaps in the area of Sunrise just south of the Placer County Border or the eastern edge of Folsom near Granite Bay).

Any ideas you have to share would be greatly appreciated. (916) 247-7997~Bijili Elizabeth Abbey, bijilit@aol.com

New Intern Now Taking Referrals in Supervised Private Practice

Christine Cipperly, MFT Intern is now taking new clients in Sacramento and Davis under the supervision of Deborah Cohen, MFT. Specializing in Couples Therapy and Later Life Transitions, also see individuals, families and children. Special niche for Catholic clients. Hours in Sacramento all day on Fridays; Davis hours, Saturdays and Sundays. Please see my website at www.christinecipperlytherapy.com or phone (916) 329-7219. Sacramento office located at 2620 J Street and Davis office located at 601 Fourth Street.

Need A Referral for Low Cost Christian Counseling in Sacramento?

Community Counseling Services, bringing hope and healing to individuals, couples, and families in Sacramento for the past 18 years.

Our areas of expertise include: 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, and adults (male and female) in past domestic violence situations.

Each of the interns and trainees are Christian, offering low cost clinical Christian counseling (\$50/session), and being under a Christian supervisor and director. We additionally accept Victim Witness Compensation insurance and Veterans (CHAMPVA) insurance. Please reach us below with any inquiries.

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

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

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We're on the Web!

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www.sacramentovalleycamft.org

To post to the listserve, please write to this

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