

Sacramento Valley Chapter

California Association of Marriage & Family Therapists

New Newsletter Editor: Dezaree Finch, Registered MFT Intern – dezannsherm@yahoo.com



January 2010



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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

First I would like to thank members who voted for me and other board members for 2010. We look forward to seeing you at our January meeting. Remember we will have a general meeting first to vote on our 2010 budget. We encourage your questions and feedback. As we look forward to the year 2010 (besides wondering how each of you has decided to pronounce it!) it's also important to look back at 2009. What have we experienced that gave us joy, what have we experienced that brought us sorrow, and what will we take into 2010. There are lessons to be embraced and learned through every experience. Sometimes we need the experience to hit us upside the head before we learn the lesson but being gentle with ourselves knowing life is a journey that sometimes takes the high road and sometimes takes the muddy, rut filled road can bring peace. Our upcoming winter social on January 23rd has a theme of restore and renew. This is open for interpretation to each individual but for me it's going to be focused on restoring my physical well-being (I had neck surgery last April) which I am happy to say is going great!! Renewing personal vows of kindness and love to those close to me and those I may not know yet. I invite you to take a moment and ask yourself what will renew and restore mean for you in the year 2010. Okay spend a few minutes on how you will pronounce 2010 – twenty ten or two thousand ten!

I look forward to serving you,

Darlene Davis

Calendar of Events

Please note: There is no pre-license members meeting this month

General Meeting

Date: Friday, January 15, 2010, 9:00 am-9:30 am.

Location: University of Phoenix, 2860 Gateway Oaks Drive, Sacramento 95833

There will be an annual membership meeting and is open to all svc-camft members. The agenda includes voting on the 2010 budget. We will also introduce board members for 2010.

January Monthly Meeting

Date: Friday, January 15, 2010, 9:30 am-12:00 noon

Location: University of Phoenix, 2860 Gateway Oaks Drive, Sacramento 95833

SHAME AS THE CORE OF COMPULSIVE BEHAVIOR

Attachment and Affective Neuroscience Research reveal the impact of toxic shame and trauma on child development and adult function. Shame is now considered to be the master emotion. This unprocessed neglect, fear and pain become the psychological and emotional core of many compulsive behaviors. How shame is acquired and affects our function is explained. What can be done to recognize and heal shame will be discussed.

Thomas Hedlund, MFT, a national and international trainer and speaker, has been in private practice for over 25 years and works as a communications and family systems consultant as well as co-facilitator for the Family Intervention Institute. He has been affiliated with John Bradshaw for the past 10 years as clinical supervisor for John Bradshaw seminars in California. John Bradshaw, Emmy nominated talk show host, 3-time New York Times bestselling author said: "Tom is one of the select group of therapists who thoroughly understands the dynamics of emotional healing. I consider him to be one of the most skilled and compassionate therapist I know."

Cost: \$15 for students and interns, \$20 for SVC-CAMFT members, \$30 for non-members. This includes continental breakfast 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: Contact Anna Osborn at (916) 955-3200 or email a_ozz@ymail.com. You can also register and pre-pay online at www.svc-camft.org. Please help us contain the cost of presentations by making reservations in a timely manner (by Tuesday before the meeting). This is much appreciated. Please see website (www.svc-camft.org) for map and directions.

Winter Social

When: January 23, 2010, 5:05 pm

Where: Family Christian Center in Club Retro
6521 Hazel Avenue
Orangevale, CA 95662

RSVP by January 8, 2010. If you didn't get an invite, please contact Darlene Davis at dardav2@earthlink.net.

Come join your fellow colleagues to eat, play, drink, and relax! The Sacramento Valley Chapter of CAMFT is excited to host a Winter Social to provide its members the opportunity to rejuvenate themselves with great food, entertainment, and activities. You can participate as little or as much as you feel inspired to.

Dinner will be a beautiful sit down meal, which will begin promptly at 6:00 pm, provided by a professional chef. Please be sure to respond to the poll stating which entree you would like. Entertainment will include various activities throughout the evening. Music and dancing is all part of the fun! Attire is elegant casual.

This is an evening for adults only to celebrate the incoming year and replenish one's energy to adopt new beginnings or restore oneself to continue moving forward in the New Year. We hope you will take this time for yourself and enjoy the evening we have planned for you.





In keeping with the spirit of generosity of the season we invite you to donate one or more items to one of the following charities: Lilliput Kinship Care, Loaves & Fishes, or Gospel Union Mission. Under "Items to Bring" there is a list of requested donation items for each organization. Please bring your item(s) to the party where there will be a designated area for you to leave your item(s).

We hope to see you there!

REGISTRATION DEADLINE APPROACHING FOR “Eye of the Storm” Disaster Training. SEATS ARE LIMITED. REGISTER SOON!!!

When: February 26th from 8:00 am-5:00 pm, and the 27th from 8:30 am-5:00 pm

Where: The University of Phoenix, Sacramento

Early Registration Deadline: Friday, January 22nd. Cost: \$200 Late

Registration Deadline: Friday, February 1st. Cost: \$250 (14 CEU's Provided)

2-day workshop presented by Diane Myers, RN, MSN, CTS. The workshop will provide participants with essential knowledge and skills for intervening effectively with mental health needs in the complex and intensive aftermath of a disaster (One of the 3 trainings required to become a member of CAMFT'S Trauma Response Network.)

Flyer and Registration can be obtained by clicking [here](#)

or going to:

www.camft.org

click on the Chapter Information Tab

click on Trauma Response Network Tab

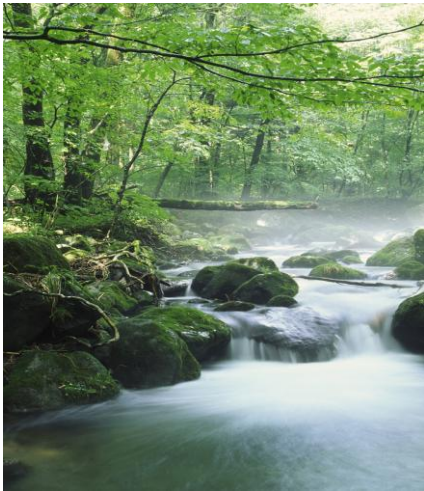
go to Workshops/Trainings download flyer and registration form

or

you can contact Andrea Orr, Trauma Response Chair @ (916)803-3781 or by email: aorr@surewest.net



*"In a way Winter is
the real Spring - the
time when the inner
things happen, the
resurgence of
nature."
- Edna O'Brien*



Advertising & Announcements

Trainees/Interns: Reduced Fee Individual or Group Therapy. Gain therapy hours by joining a group specifically designed to help you not just "survive" but "thrive" on your journey toward licensure. Learn skills and strategies to reduce stress. Get the support of others who know what you are going through. Groups meet for 8 sessions 6:30-8:00pm. Monday group starts February 1, 2010 and Thursday group starts February 4, 2010. Cost: \$240 (\$30/group). Contact Betsey Williams, MFT at (916) 548-9919 or bwillmft@sbcglobal.net www.bwilliamsmft.com

HOPE

Healthy Outcomes for Personal Enrichment Counseling Center, a 501(c) non-profit agency, offers affordable professional counseling in a comfortable, safe, and supportive environment. Our fees are on a sliding fee scale, which is based upon the client's ability to pay. If you are looking for a referral for clients that are not able to pay the standard fee rate; at HOPE Counseling Center, we are here to meet that need. We have locations in Folsom, Roseville, and downtown Sacramento. To learn more about HOPE Counseling Center, please visit www.hope-counselingcenter.org and you can also call 916-780-1059 or 915-444-2170 and reach us by email at hopecounseling@earthlink.net. Darlene Davis, MFT, Executive Officer of HOPE; Healthy Outcomes for Personal Enrichment Counseling Center.

Family Law Center, A Professional Corporation, Attorneys at Law

"Divorce Done Differently"

1722 Professional Drive, Sacramento

916-488-5088 * www.FamilyLawCenter.us

Family Law Services: including divorce mediation, collaborative family law, limited legal services, child custody, legal separation, co-parent plans, child and spousal support, property and retirement division.

Attorneys at Family Law Center are committed to changing the way people obtain a divorce or co-parent plan and help to resolve conflict in a meaningful and satisfying way.

The Most Creative and FUN CEU's are at The Art Therapy Studio!

New Trainings starting in January: Using Art in Therapy Safely and Effectively; The Creative Lens: A Reflective Art Process for Therapists; Handwork: Old Methods, New Lessons. Give yourself and your clients an energy boost with creativity, new ideas and valuable experiences. Visit www.thearttherapystudio.com for more information. Or call Lisa Mitchell, MFT, ATR (916) 276-0455 for more information. PCE3497.

Law & Ethics in Psychotherapy: 21st Century Challenges

with Jules Burstein, PhD, Sat., Feb. 20, 2010, 10-5, Trinity Cathedral, 2620 Capitol Av., 95816.

This interactive workshop includes confidentiality such as record-keeping dilemmas brought on by technology (electronic health records, HIPAA); ethical issues in phone therapy; malpractice suits, licensure complaints & expert witness testimony as well as social justice issues (e.g. privacy implications of the PATRIOT act) & much more.

“ People left the workshop smiling & I've never seen that before after an L&E workshop. “

“Sensational presenter. VERY dynamic, a lot of case examples, very interactive, makes dry material incredibly interesting... perspective is progressive. A very good packet of handouts. “

“ I can't imagine you'd be anything but utterly pleased.”

Go to: www.therapistsforsocialresponsibility.org under Meetings or Special Events to register & details.

6 CE Units: MFTs, LCSWs, RNs: \$75 by Feb. 1; \$85 after; Psychol.: \$95/85

SVC-CAMFT**CONTACT US****MAIL:**

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(916) 955-3200

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info@svc-camft.org

We're on the Web!

See us at:

www.svc-camft.org

Advertising Policy for the Newsletter

All ads 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:

Ads submitted that are longer than 1000 characters will be returned for editing. Ads must be received by the 25th of the month in order to appear in the next newsletter. You may submit your ads to Dezaree Finch at dezannsherm@yahoo.com.

\$10 for 200 key strokes,

\$20 for 201-600 key strokes

\$30 for 600-1000 key strokes

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

All ads contain text only; no graphics will be included