



Sacramento Valley Chapter

California Association of Marriage & Family Therapists

Newsletter Editor: Dezaree Finch, MFT Registered Intern

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May 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

Well April was sure a wild weather month for those of us around the Sacramento Region. Let's hope that the old saying of "April showers bring May flowers" holds true. This got me thinking about how often we let life pass us by and "not stop to smell the roses." As mental health providers we spend so much time taking care of other people we sometimes forget about ourselves. When was the last time you did something that was purely for your own relaxation? If the answer is something like "what is relaxation" or "I don't remember" it may be time to take inventory of your self-care. I realize this is easier said than done for most of us. With obligations stretching us thin between family, friends and work- it can be a difficult to find time for self care. How exactly can we continue to remind our clients, colleagues, friends and family of the importance of this yet not utilize it ourselves? My challenge to you for the month of May is to take time out for self care. There is always beauty in this world going on all around us... Let's take time to enjoy it!

Kami Stork

SVC-CAMFT President 2011



Please Note: Our next newsletter will be our "Summer Streams" Newsletter out by August 5th. ~ *Dezaree Finch*



Calendar of Events

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

April Presentation Summary

Hypnosis and You: Understanding the Hypnotic Phenomena and Brain Function Dr. Lisa Barry, Psy.D.

Dr. Barry presented her workshop with the goals in mind to help take some of the mystique out of hypnosis. The first half of the presentation focused on the basics of hypnosis including: a brief history (entered into the therapy realm with Freud and Erickson), a definition (“A state of inner absorption, concentration, and focused attention.”), who practices and why (We all practice in one form or another- i.e. watching a movie, listening to a story, even playing a video game). Dr. Barry stated, “All hypnosis is self-hypnosis.” With that in mind, she led us into an experiential exercise. With her calming, melodic voice we took a couple of deep, relaxing breaths, grounding our feet, and were verbally prompted to conjure up something from the movie “Avatar” in our mind’s eye. To further understand, hypnosis is likened to the character of Jake in Avatar, who can be in one world while projecting in another, perhaps in an exotic way.

After we took this little excursion, Dr. Barry helped us understand what happens during hypnosis. She led us into a review of Brain Structure, Integration and Dissociation (in hypnotic terms, dissociation is not pathological as defined in psychological terms), and Psychoneuroimmunology (the relationship between psychological responses and the immune system) and the Body’s Response. If any of you are moving into a trance at the thought of this discussion, you’re on track! So, to get you back, understanding some of the above sets up the next half of the workshop on hypnosis.

Dr. Barry discussed how clients can heal from disrupted states that include: stress/anxiety/ trauma, dissociative clients, somatic clients, symptom reduction, stress reduction, wellness enhancement, cognitive variables, boundary formation/maintenance/ flexibility. For example, with boundaries, the clinician can utilize imagery to have client build a ‘great wall’ around them, then take down some bricks and put them in another place around someone whom they need a boundary with. She says that subtle interjections and calming language can create a shift of conscious thoughts. Essentially, hypnosis balances the systems in the body, which in turn manages discomfort and fear. Barry also states that hypnosis is a gentle medium, compared to EMDR, for example.

According to Barry, there are three essential messages that the client receives when integrating hypnosis into therapy: 1) “I am here with you paying very close attention.” 2) “There are aspects of your functioning that you weren’t aware of.” 3) “Change is possible.” When deciding to utilize hypnotherapy into your practice, “work within the scope of your practice and personal style.”

Barry provided the following resources for more information and training:

- The Society for Clinical and Experimental Hypnosis – <http://www.ijceh.com>
- American Society of Clinical Hypnosis- <http://www.asch.net>
- American Psychological Association Society of Psychological Hypnosis- Division 30 <http://apa.org/divisions/div30>
- Milton Erickson Institute- <http://www.erickson-foundation.org/>

Submitted by Elizabeth A. Schiveley, MFT Intern

Pre-Licensed Members' Meeting

Date: Friday, May 20, 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: Margaux Rooney, MFT, Director of Programs at WEAVE

Topic: Treating Victims of Intimate Partner Violence and Sexual Assault Survivors

Catherine Zanzi, MFT Intern

SVC-CAMFT Volunteer Chair

SVC-CAMFT Outgoing Pre-licensed Chair

May Monthly Meeting

Date: Friday, May 20, 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: Sharon Thompson-Wilson, MFT and case consultant with Esther Perel, MFT and author of Mating in Captivity

Topic: Working with Sexuality in Couples Therapy

Seminar will focus on the paradox of intimacy and desire in long-term relationships. What makes a solid couple doesn't magically mean there will be a lively sexual relationship over many stages and years. Thompson-Wilson will discuss ideas, demonstrate through case examples and exercises, ways to encourage clients to open up and be curious about how to keep their intimacy and sexuality alive

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.

The Sierra Foothills Chapter of CAMFT presents

“Theory Driven Treatment Planning and Treatment Focused Clinical Notes”

Date: Saturday, May 21, 2011, 9:00 am-4:00 pm (With a 1-hr lunch break)

Location: Sutter Auburn Faith Hospital, Conference Room A 11815, Education St., Auburn, CA 95602

Speaker: Gary Henderson, MFT

In this workshop nine theoretical orientations will be addressed: Cognitive, Behavioral, Multigenerational, Structural, Strategic, Humanistic, Psychodynamic, Solution Focused, and Narrative. We will discuss the assumptions and theories of change of each as well as the concepts, definitions, goals, and interventions for each theory. We will also discuss how to incorporate this information into useful and meaningful treatment plans with an emphasis upon session notes.

Sierra Foothills Chapter of CAMFT is a BBS approved CEU Provider-PCE # 4807

Course meets the qualifications for 6 hours of continuing education credit for MFCCs and/or LCSWs as required by the Board of Behavioral Sciences

Cost: \$45/Clinical Chapter members, \$60/Clinical Non-members (\$10.00 discount for Pre-licensed). SVC-CAMFT members have reciprocal privileges and can pay the Sierra Foothills member rate.

For more information or to pre-register, please visit Sierra Foothills Chapter CAMFT website at www.sierrafoothillscamft.com

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)

- Early Registration Fee: \$380 (register 21 days or more prior to workshop)
- 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. Early registration discount expires May 13. 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?



Then send us your great reviews! 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
Volunteer Chair



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

SPIRITUALITY AND PSYCHOTHERAPY - THE TEN CHALLENGES June - December 2011

Specially designed for therapists seeking to explore the role of spirituality in both personal life and professional practice. Our central text will be psychologist Leonard Felder's *The Ten Challenges* - a surprising and universal look at the deeper meanings and practical applications of the Ten Commandments, based on his personal journey and thirty years' work with clients.

Our work will include reflective writing/journaling, meditation, and outside reading of personally selected texts.

We will meet twice monthly, Monday morning, 10-noon or Sunday afternoon 1-3. Limited to 6 participants; commitment to full term of the course required.

Tuition is \$110 per month. All backgrounds welcome. For more information, contact Rabbi Shula Stevens Calmann, (916) 442-7315.

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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