

# Sacramento Valley Chapter

California Association of Marriage & Family Therapists

Newsletter Editor: Dezaree Finch, MFT Registered Intern

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## Summer Streams 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... Fall is right around the corner and so is our collaboration with AAMFT. This year is sure to be an exciting event with a teleconference featuring Sue Johnson. As always we are very excited to share the ideas and energies of the two organizations with this event. We also will have our membership drive coming up. This is a great time to introduce new people to our wonderful organization and allow them to experience great member benefits when they join.

With fall approaching it makes me think of a time of renewal and change. Interesting enough that it takes events, whether positive or negative to prompt the realization of change most of the time. In reality change is always occurring. How we learn to recognize or better yet appreciate change is another issue. I myself have had a year filled with changes. Our family has experienced the tragic loss of our 5 year old nephew, the joy of our daughter being born and a new home. To say the least it has been a year of change for the Storck household. As I look around, I continue to acknowledge the blessings that change that has prompted and the lessons brought with it although challenging at times. I hope you find fall as a time of positive change and renewal for you and your family.

**Kami Storck**  
**President SVC-CAMFT 2011**



## Calendar of Events

To see other future events, please visit [www.sacramentovalleycamft.org](http://www.sacramentovalleycamft.org)

### June Presentation Summary

#### Postpartum Depression

**Shoshana Bennett, Ph.D. Author of Postpartum Depression for Dummies and radio host, Dr. Shosh**

Dr. Bennett brought the topic alive with her passion for the subject. As often seems to happen, her passion came from an unfortunate personal experience. But this experience created a desire in her to help other women. The presenter shared that there are 6 possible mood disorders during and after pregnancy to watch for. Symptoms may range from very depressed to highly agitated throughout a given day.

#### The first - Postpartum Depression and/or Anxiety

Pregnant women need to be screened every trimester.

Depression crosses the placenta – little research on results of this.

Postpartum depression occurs in 15-21% (or 1 in 6 or 7) of women who are depressed in pregnancy.

Postpartum depression can last up to 1 year, not 4 weeks as indicated in DSM.

Occurs during pregnancy as well as postpartum.

A reduction in serotonin is usually occurring.

A 50-80% risk exists if a woman had previous postpartum depression.

Indicators of Postpartum Depression: history of PMS or PMDD

A woman who is isolating/perceives herself as isolated usually may have poor partner support.

History of thyroid problems – 10% of new moms with thyroiditis mimic depression or anxiety problems so this needs to be sorted out.

#### The second-Postpartum OCD

3-5% of new moms have this and it is not passed to baby. In this case, the checking and re-checking typical of the disorder is manifested in anxiety problems related to baby's safety.

#### The third-Postpartum Panic Disorder

This is often an indicator of hyper-thyroid dysfunction so monitor for that.

#### The fourth-Postpartum PTSD

1-6% of these cases can occur as result of child birth itself (presenter shared that she spent 6 ½ days in labor) and results in feeling abandoned, powerless, invisible.

#### The fifth-Postpartum Bipolar Disorder

In women with pre-existing Bipolar Disorder, rates range up to 82%. Prognosis for resolution is good with early treatment.

#### The sixth-Postpartum Psychosis

This is a separate diagnosis from Postpartum Depression which does not necessarily spiral into psychosis. Psychosis hits fast and early on, usually beginning about three days postpartum with visual, tactile or auditory hallucinations and may include confusion, paranoia, extreme mood swings, and delusional thinking (often about infant death, denial of birth, need to kill baby).

Bennett went on to discuss myths, screening instruments, screening questions (without screening instruments), warning signs, effects of Postpartum Depression on Infants, comprehensive wellness strategies for all mothers, and treatment for Postpartum Mood and Anxiety Disorders.

**By Carol Mahr, MFT**





# Pre-Licensed Members' Meeting **Canceled**

## September Monthly Breakfast Meeting with a **Twist!**

**Location change!**

**Date:** Friday, September 16, 2011, 9:00 am-12:00 pm **(Please check in at 8:20 am)**

**Location:** University of Phoenix, **Roseville** 516 Gibson Drive Room 112, Roseville 95678. Please visit our website for [www.sacramentovalleycamft.org](http://www.sacramentovalleycamft.org) for map and directions.

**Speaker:** A Live Video Conference with Sue Johnson

**Topic:** Hold Me Tight: Conversations for Connect

Sue Johnson is the primary developer of Emotionally Focused Therapy (EFT). Sue has developed the Hold Me Tight Relationship Education and Enhancement Program, an offshoot of EFT (an empirically validated therapy model) that teaches couples better ways to improve their relationships. Discover how to lead this program as an adjunct to your practice or as a way to sharpen your skills while introducing yourself to the community where you intend to practice.

Learning objectives:

1. Participants will understand a basic introduction to Emotionally Focused Therapy.
2. Participants will understand the basic format of the Hold Me Tight Relationship Education and Enhancement Program.
3. Participants will learn a basic Hold Me Tight conversation.

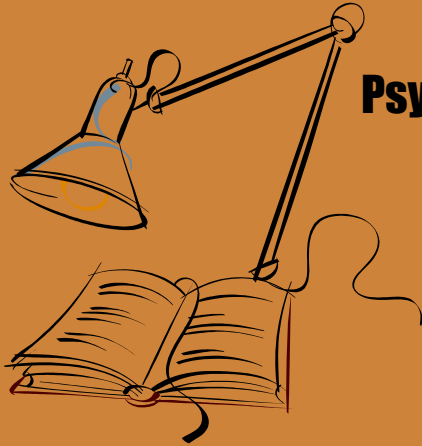
**Cost:** \$20 for students and interns, \$25 for licensed members, \$35 for non-members. This includes 2 CEU'S. Space is limited for this collaborative event; we anticipate a sell-out with no on-site registrations.

**Registration:** Click [here](http://www.aamftca.org/main/pdf/sacramento_flyer_091611.pdf) (http://www.aamftca.org/main/pdf/sacramento\_flyer\_091611.pdf) to download the flyer, Click [here](https://www.formstack.com/forms/?1105908-xWaEfBPmyJ) (https://www.formstack.com/forms/?1105908-xWaEfBPmyJ) to register.

For more information, call Marian Sheppard, Chair, Sacramento Networking District AAMFT- CA at [lakepepl@jps.net](mailto:lakepepl@jps.net), 916-737-1763 or 916-806-1530.

\*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.





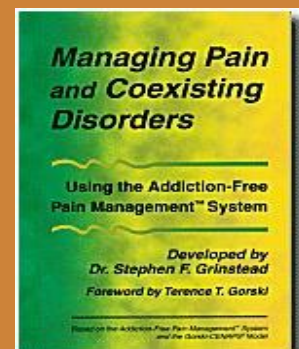
## Psyched About Books and Movies

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:** Managing Pain and Coexisting Disorders:  
Using the Addiction-Free Pain Management™ System  
**Author:** Dr. Stephen F. Grinstead  
**Copyright:** 2007  
**Reviewer:** Laura ML Rinset, MFT Registered Intern



This book is a must read for any therapist who treats clients with chronic pain and have a history an addictive disorder. Grinstead (2007) offers detailed information regarding various types of pain, pain disorders, and how pain is experienced. The book outlines the Addiction-Free Pain Management™ (APM™) approach. The book is clearly written, includes helpful examples and two case studies to illustrate the APM™ approach, which illustrate how to apply the approach to one’s practice. The book is particularly informative about how to accurately assess a client’s pain, explore their use of medication, and determine if a client has an addiction or a pseudoaddiction. This reader also appreciated the detailed information regarding non-pharmacological approaches to managing pain. The book also offers extensive references about pain, pain management, and recovery from addiction. This reader feels more informed about how to better assist clients with chronic pain.

### About the Reviewer:



Laura Rinset is a Marriage and Family Therapist Registered Intern in Roseville, CA offering low cost counseling. She blends traditional talk therapy and energy medicine with a holistic approach that seeks to treat the whole person-mind, body, and spirit. She additionally does art therapy and works with adults, children, and families. To schedule an appointment or obtain additional information you can call her at (916)-780-1059, ext. 5. You can also e-mail her at: [laura\\_rinset@yahoo.com](mailto:laura_rinset@yahoo.com) (laura\_rinset@yahoo.com).

**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](http://www.sacramentovalleycamft.org)  
Mailing it in: P.O. Box 163385, Sacramento, CA 95816  
Emailing Dezaree Finch: [newslettereditor@sacramentovalleycamft.org](mailto:newslettereditor@sacramentovalleycamft.org)

**SVC Summer Streams Therapist Stress-Busting Recipe****Spinach Lasagna****Ingredients:**

1/2 lb whole wheat lasagna noodles (9-10 total)

**SAUCE:**

2 tsp olive oil

4 cloves garlic, minced

1 can (28 oz) crushed tomatoes (not in puree)

2 tbsp tomato paste

3/4 tsp dried thyme

1/2 tsp dried oregano

1/2 tsp salt

1/4 tsp freshly ground black pepper

**FILLING:**

2 tsp olive oil

1 med onion, finely chopped

1/2 lb shiitake mushrooms, stemmed and sliced

3 lg cloves garlic, minced

2 bunches (1 lb total) spinach, trimmed

1/2 tsp salt

1/2 tsp freshly ground black pepper

1 container (15 oz) part-skim ricotta cheese, divided add to shopping list

8 oz shredded reduced-fat mozzarella cheese, divided

1/3 C grated Parmesan cheese, divided

**Preparation:**

-Preheat oven to 375 degrees F.

Coat 13" x 9" baking dish with cooking spray.

-Cook noodles in boiling salted water until just done, 5 to 8 minutes. Drain and rinse under cold water. Lay noodles on baking sheet in one layer so they won't stick together.

-Prepare sauce: Heat oil in saucepan over medium heat. Add garlic and cook, stirring, until pale golden, about 2 minutes. Add tomatoes (with juice), tomato paste, thyme, oregano, salt, and pepper. Simmer, covered, 10 minutes.

-Make filling: Heat oil in large skillet over medium heat. Add onion, cover, and cook, stirring often, 3 minutes. Add mushrooms, cover, and cook, stirring often, 5 minutes. Add garlic and cook, stirring, 2 minutes. Add spinach, cover, and cook until wilted, about 4 minutes. Season with salt and pepper.

-Assemble lasagna: Spread 1/2 cup of the sauce on bottom of prepared dish. Cover with layer of the noodles. Spread on half of the ricotta and half of the spinach-and-mushroom filling. Spoon on one-third of the remaining sauce. Sprinkle with one-third of the mozzarella and one-third of the Parmesan. Spread half of the remaining sauce over cheeses. Cover with layer of noodles. Spread remaining ricotta over noodles. Add remaining spinach-and-mushroom filling. Spoon half of the remaining sauce over filling. Sprinkle with half of the remaining mozzarella and half of the remaining Parmesan. Cover with layer of noodles. Spread noodles with remaining sauce.

-Cover dish with foil and bake 40 minutes or until heated through. Sprinkle top with remaining cheeses. Bake 8 minutes or until cheeses are melted.

# SVC Summer Streams Crossword Puzzle

## How Well Do you Know your Stuff?

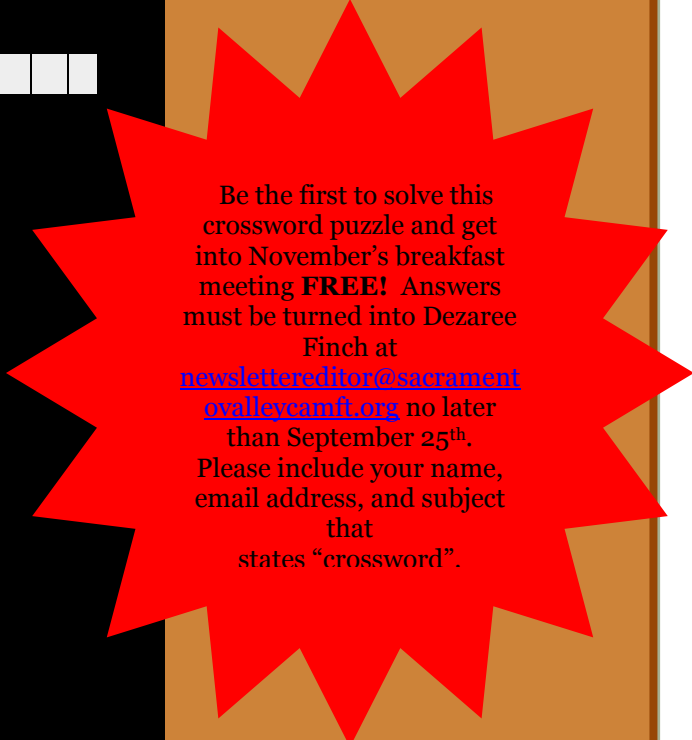
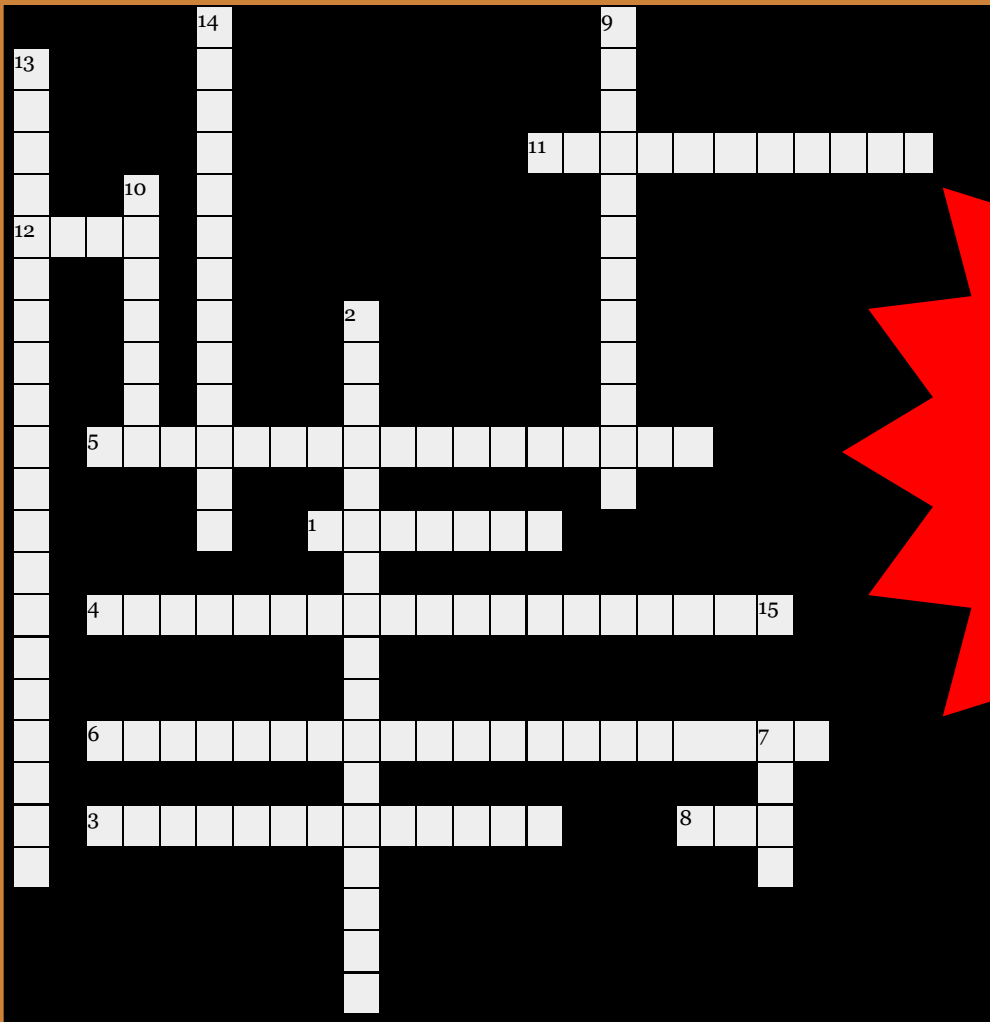


**Across:**

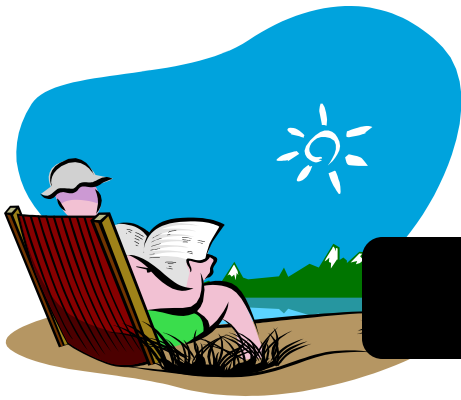
1. This statement is a part of SVC's what? "...to focus on relationship building with clients, our members, and our community".
3. The extent to which a person identifies with his or her group of origin and its culture or with the mainstream dominant culture.
4. A form of psychotherapy whose end point 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)
5. These disorders form a major category of DSM-IV and cover most of what used to be referred to as the neuroses. (2 words)
6. A disorder in which hypomanic episodes are experienced, and the depressive component is more pronounced. (3 words)
8. A syndrome characterized by rapidly shifting and unstable mood, self-concept, and interpersonal relationships as well as impulsive behavior and transient dissociative states.
11. Feelings of deprivation, desolation, and grief at the loss of a loved one.
12. 4.1 of the CAMFT Code of Ethics deals with MFT's and their influential position with respect to students, supervisees, and having \_\_\_\_\_ relationships.

**Down:**

2. The street address and room number for the Roseville AAMFT and SVC collaboration on September 16th (hint: "Drive" is abbreviated "Dr") (4 Words)
7. 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.
9. Viennese psychiatrist, founder of the school of individual psychology. (2 Words)
10. 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.
13. The three common types of these psychotropic drugs are monoamine oxidase inhibitors, tricyclics, and selective serotonin reuptake inhibitors. (2 words)
14. Realization of one's full potential.
15. 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)



Be the first to solve this crossword puzzle and get into November's breakfast meeting **FREE!** Answers must be turned into Dezaree Finch at [newslettereditor@sacramentoalexcamft.org](mailto:newslettereditor@sacramentoalexcamft.org) no later than September 25<sup>th</sup>. Please include your name, email address, and subject that states "crossword".



## Advertising & Announcements

### Job Ad

Medical/Psychiatric office in Folsom/Roseville looking for Psychiatrists, Psychologists, NP, LCSWs, LMFTs & provides consulting groups. Supervision available. Please fax 916-608-0717 or email at [admin@echildpsychiatry.com](mailto:admin@echildpsychiatry.com) your resume. Our clinics provide free and low cost services.

### Need A Referral for Low Cost Christian Counseling in Sacramento?

Community Counseling Services (formerly known as Covenant Counseling Services) has been bringing hope and healing to individuals, couples, and families in the Greater Sacramento Area since 1993.

We are equipped to respond with care and vision to the myriad of needs confronting individuals, couples, and families both who are Christian and those who are not Christian.

Our areas of expertise include:

Relationship growth and difficulties, Parenting, Depression and anxiety, Divorce recovery, Work stress, Abuse recovery, Premarital counseling, Issues of faith, and Spiritual development.

You will discover that our agency is unique in that each of the interns and trainees are Christian, doing low cost clinical Christian counseling in Sacramento (\$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](mailto:ccs@cccnw.com)

**Website:** <http://www.cccnow.com/ccs-staff>



*Did you know that ketchup was sold in the 1830s as a medicine. It was known as Dr. Miles Compound Extract of a Tomato.*

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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:

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Mailing in payment: P.O. Box 163385, Sacramento, CA 95816

Emailing the Newsletter Editor: [newslettereditor@sacramentovalleycamft.org](mailto:newslettereditor@sacramentovalleycamft.org)

*Thank you for contributing to the newsletter!*

### SVC-CAMFT

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