

The East Bay Therapist

2550 Ninth Street, Suite 207-A • Berkeley, CA 94710 • (510) 848-8400 • Fax (510) 848-9400 • www.eastbaytherapist.org • November-December 2006

Mediated Divorce and Emotional Healing

by Maria L. Joseph, JD



Maria Joseph

This article focuses on what mediation offers that allows emotional growth and mutual understanding to take place in the context of a divorce settlement. Rather than become opposing parties in a lawsuit, with the help of a mediator a couple can work together to create their own solutions to the

issues presented by the divorce. The end result is a Marital Settlement Agreement that offers a realistic financing plan, a parenting plan, and the foundation for a more positive family fit.

In my capacity as a mediator, I am often asked, "How long will this process take?" My answer is that it depends largely on emotional readiness. Unresolved disputes and feelings from the marriage—mistrust, rigidity, fear, anger, reactivity, depression, and confusion—create the dynamics of the mediation. In mediation these issues are diffused and handled in a way that is empowering and helpful to the individuals and to their future relationship. The number of actual sessions required varies, depending on the "readiness" of the couple, but, typically, a divorce mediation takes from three to ten two-hour sessions.

Who Chooses Mediation?

A variety of people choose mediation over other possible methods of arriving at a divorce, not because they know about mediation, but because they have received a referral from someone they trust. They trust the referring person's selection of both the process and the particular professional. This initial trust is essential to a person in the emotionally challenging period of deciding to divorce and figuring out how to do it.

Therapists also are a good resource in helping couples consider mediation. An attorney is not required; couples can hire a legal document assistant to help them complete and file the forms.

Mediation is particularly useful for people who will need to have a continuing relationship, whether through their children, their

church, or their social or business group. Mediation generally is not helpful when there is serious substance abuse, spousal abuse or mental illness. When clients are heading towards a divorce, a therapist can encourage clients, individually or as a couple, to talk to mediators and to consider mediation's special offer of a safe environment in which to go through divorce and come out whole on the other side.

The First Calls

John and Sue, who were referred to me by a former client, contacted me individually by phone. In the first calls, I explain the basics. "In mediation, I don't look for who is right and who is wrong. I am neutral. I don't represent either of you. I am looking with you for solutions that will set both of you up financially and emotionally for life after divorce."

In those first calls, each asked the same common question, "How can we resolve issues when we can't talk?" This question gives me the opportunity to reassure the couple that mediation is worth trying. I tell them that setting aside a time and place with an experi-

enced neutral party can profoundly affect the nature of the interactions. For most people this means being able to have productive conversations about subjects that previously had sparked fights. I explain that a neutral mediator can reduce reactivity so that they can listen to each other, think more clearly, and express their true needs.

The First Meeting

The first meeting with the couple is an opportunity for me to get a flavor of their emotional states and to observe some of the dynamics involved. Almost without exception one person has made the decision to divorce and the other still wants to save the marriage. For this reason mediation often plays a role in helping the slower person come to terms with the change in his or her life. In this case, it was Sue who felt that John had blind-sided her and simply given up on the marriage. John felt he had been clear about the problems for years and Sue simply didn't take the time to take his concerns seriously.

John and Sue had been married for 11 years and had one daughter, Kim, who was now

See HEALING page 4



PRESIDENT'S CORNER

by Melissa Johnson

This is my last "official" President's Corner article. I'm half thankful and half sad that my year as president of the chapter is almost over. It has definitely been a learning experience, and although it has been hectic at times, it also has been very rewarding. It's really exciting to know that I have directly influenced the direction of the chapter, with the help of the rest of the board, and I hope you all feel I've steered it in a good direction! I've gotten to know and work with some wonderful, dedicated people, and am proud of what we've accomplished in the last year.

We have met two of the three goals projected at last January's visioning meeting. Our membership goal was to maintain at least 800 members and, at last count, we had 840 members. So we have done very well in this area. An interesting fact is that we now have many more prelicensed members than we had last year. We also have met our financial goal, which was to increase our net income for 2006. As of the end of July, we have decreased our total expenses by 5.69%, and increased income by 0.35% (compared to July, 2005). These figures do not include the decreased costs of producing and mailing the newsletter, which went electronic in July, so our year-end expenses should be even lower. While these figures may not seem significant, they are an important step in increasing the financial stability of the chapter for the future.

See PRESIDENT page 12

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A Warm Welcome to New Members

We extend a warm welcome to these **33 new members** who joined the East Bay Chapter in July and August:

Scott Alexander, Pleasant Hill	Elizabeth Lahman-Jarrett, Pittsburg
Jane Bethard-Tracy, Alameda	Michael Matthews, Berkeley
Alissa Blackman, San Francisco	Robin McRae, El Cerrito
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Dorothy Houston, Richmond	Colleen Settingsgard, Berkeley
Gail Kakishita, San Ramon	Barbara West, Oakland
Nicole Koethner, Berkeley	Jeannie Wolitzer, Livermore
Jill Lehman, Martinez	

We are happy to have you in the East Bay Chapter of CAMFT. Your membership brings new vitality and energy to the Chapter and enhances its professional status in the community. There are many opportunities to become active in the chapter. If you are interested, call Membership Chair Adriana Russell at 925-945-1485 or email her at adrianaruss@jps.net.

EB-CAMFT

California Association of Marriage and Family Therapists
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CLINICAL ARTICLES: Members of EBCAMFT are invited to submit articles of clinical relevance for the newsletter. The features editor will determine which article(s) will be printed and will make all editing decisions for these articles. Please submit them to Mary Stoker at stoker1@uclinkberkeley.edu.

FACES OF EB-CAMFT

by Joan Gold, MA, MFT Intern



this month...

**Paula
Moseley**

The East Bay Therapist's managing editor, Paula Moseley, is the subject of this month's column. She has been an EB-CAMFT member for the past decade, moving from student to trainee to registered intern, and now looking forward to her transition to licensed therapist.

Originally a biology major at Boston University, Paula worked in the biotech/pharmaceutical field for twenty years. Upon retiring, she decided to return to school for her master's in both organizational behavior and psychotherapy at St. Mary's College in Moraga. "My internship is actually my retirement," says Paula with a laugh. "I'm lucky to get to pursue this career at my leisure – I don't have to rush things!"

According to Paula, this second career was important to her because "I wanted to be able to make a difference in the lives of individuals, especially individuals seeking to escape the damage inflicted on them by family members." Paula first chose hypnotherapy as a means to this end, but eventually decided she needed more of a theoretical orientation from which to work.

The theoretical orientation that first caught her attention was Jung, whom Paula calls "my first love," because of his creative use of dreams and fairy tales. Lately, because of the pressures of managed care, she has also begun investigating the use of cognitive and behavioral orientations.

Play therapy is another area of interest to Paula, who sees it as a way to make psychotherapy available to children. "Childhood trauma can result in a betrayal of trust from which it is difficult to recover. Young adults have so many problems to deal with in making a life for themselves. They need to feel good about themselves."

Paula is now looking for an additional internship that might allow her to expand her work with this population. "The best thing about being an intern is the opportunity it gives you to try different things," she offers. "There is no stigma about hopping from job to job. It's all about learning and growing."

When she's not busy learning and growing as a therapist, Paula finds time to play with her three standard poodles, Happy, Baxter and Blanco. "They provide the fun," she says of her busy life.

As managing editor of The East Bay Therapist, Paula oversees the assembly and printing of the newsletter, while also serving as a member of the EB-CAMFT Board. Since the newsletter's recent transition from paper to electronic, Paula is looking at other ways to

improve the publication. "Being an on-line newsletter may allow us the freedom to include additional columns, like book reviews and summaries of CEU presentations."

Although stretched on several fronts, Paula feels that being a working member of EB-CAMFT has benefited her in many ways throughout the years. "It's kept me up to date on legislative changes and given me an opportunity to learn about different internships."

Most importantly, she adds, "The constant dialogue with other therapists has helped me to approach so many of the problems that come up in the work."



East Bay Counseling Choices

A psychotherapy information and referral service of EB-CAMFT

Seeking New Members

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- Current EBCAMFT member at least 1 year
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Healing

From Front Page

nine years old. John had not yet moved out but he had filed the Petition for Dissolution. He also was planning to leave the state to live with a new partner. Sue, who had supported John and the family for the last several years felt deeply betrayed. From her perspective, John not only was leaving her but wanted to take their daughter with him. Sue did not feel she owed John any help in maintaining his relationship with Kim. To Sue, John's priority was himself and not his daughter. John, on his part, was tired of feeling guilty. He felt Sue had been part of the problem and was angry at being painted as the "bad guy." In John's mind, he had tried hard to communicate to Sue that he was not happy in the marriage, but Sue had ignored him and his needs.

Unresolved emotional issues and characteristic dynamics are bound to crop up whether a couple is talking about assets, support, or custody. Sue said she wanted John to do all the traveling back and forth and to pay all travel-related expenses because "He caused all this." And, despite the strength of her underlying feelings, Sue started off by saying, "These are basically business-like negotiations and I don't want to rehash the marriage or talk about feelings." Having big feelings and denying them at the same time is quite common in divorce mediation. However, in my experience, if all feelings are avoided, the mediation will hit an impasse and fail. Sue, once secure in the process, was able to realize that feelings can be useful, even essential to creating a settlement that is healing; and she became more confident about expressing her feelings.

The Structure of Mediation and Its Impact on a Divorcing Couple

Outline of Issues –The Divorce Will be Organized and Finite

Using a large dry erase board, I map out the broad issues that need to be addressed: division of the assets, allocation the debts, making decisions about spousal support, and making a parenting plan that includes child custody and child support. With this basic list on the board, John and Sue had tasks to focus on and stopped stewing in their own fear and pain. At this point, clients usually feel a great sense of relief not only because they finally are moving forward but because the process will be finite and specific.

Once given the basic list, John and Sue quickly identified two areas that felt easy for them: the division of their liquid assets and Sue's purchase of John's interest in the family home. They already had decided that the liquid assets would be divided equally and John had said

he was comfortable with Sue's buying him out of the house. I quickly put checkmarks next to those two topics. Looking at the list, John and Sue also were able to identify the particularly tough issues: reimbursements for monies John spent on recent travel and purchases for his new home. But they decided to handle the easy issues first while getting used to the process and building confidence through small successes.

Neutrality

Throughout the process I work to align the clients against the problem, not against each other. Mediation is not a legal structure; it is not oppositional. Most couples, however, are stuck in the belief that the solution to any relationship problem is finding out who is right and who is wrong. I always tell clients that they are 100% right. "Now, let's work on the problem." Most clients are happy to hear that there is no right or wrong and that no one will be coerced into agreeing. In this case, my non-judgmental approach gave John permission to let go of guilt about leaving the marriage and, consequently, John was able to be more flexible in his approach and more responsive to Sue's feelings. He was able to say, "I understand how you could feel overwhelmed by these changes. And, believe me, I know Kim needs you as the primary parent in her life."

Experiencing my neutrality allowed Sue to see that I wasn't there to decide who the better or more important parent was. "In California," I said, "the child has a right to frequent and continuing contact with BOTH parents. Unless it is unsafe, courts are generally looking for parents to facilitate a good relationship between the child and the other parent." Hearing this helped Sue begin to separate her own feelings of anger, betrayal and abandonment from her daughter's need to have John in her life. "It's hard," she whispered, "but I feel good that I am doing something important for my daughter."

In the judgment-free environment of mediation, parents often come up with their own ideas about how they can do better. John eventually could say, "You know, I don't think I should come for a visit during the school week. I think it would be too disruptive." And Sue could acknowledge that she wanted and valued his input, "Well, I think it would be good for you to come when there is a big project. You are the better writer. When you were living here, you didn't participate in schoolwork. I think with some effort, we can improve on that."

Confidentiality

Even though mediation is an adjunct to divorce, unlike court proceedings but like therapy, it is confidential. With few excep-

tions, none of the discussions can be used in court if there is later litigation. Knowing that she wouldn't be quoted later was exciting and freeing for Sue. "So I can change my mind?" Her question made John at first nervous. "When do we know that we actually have an agreement we can count on? Can she just keep changing her mind forever?" Sue was able to explain: "I feel that in the marriage I always quickly deferred to John and I want the opportunity to check myself to make sure that I am not agreeing just to agree with him again." John was pleased that Sue wanted to come to her own decisions and would not feel coerced into agreements afterwards. His fear of endless mediation dissolved.

Customized Sessions

Like marriages, no two mediations are alike. The circumstances of each situation and the features of each couple dictate how the mediation goes. A forty-year marriage between individuals who are now retired has different considerations and rhythms than a seven-year one between 30-year-olds with toddlers

In John and Sue's case, identifying the tougher issues and then coming with manageable ways to deal with them was important. Because Sue wanted to meet John's new partner before sending Kim off for a visit, arrangements needed to be made for the meeting. Phone call protocols were set up. Transportation and escorting were negotiated. At various points Sue's feelings that she wasn't the one who caused all this effort would resurface. John acknowledged that he was the one moving, but it was important to him that Sue acknowledge that he was not solely responsible for the failure of the marriage. Doing so was hard for Sue, but over time she grew happier and more at ease, and could say, "Even though this has been brutal, I may well thank John for ending the marriage." Mutual acknowledgements helped both of them become more flexible. Sue even ended up agreeing to pay for one trip a year for her daughter to visit Dad.

For John and Sue, the idea of having mediation available each year to work out schedules and to make decisions about child support was reassuring. Consequently, they made a plan to meet annually.

Summaries

At the end of each session, I prepare a summary of the agreements, legal issues, financial questions, feelings of each, and the tasks that each person is working on. At the end of a typical two-hour session, most people cannot remember what we talked about because they are drained and exhausted. Knowing that a summary is coming later frees the couple to just be in the meeting.

Continue HEALING page 6

CONTINUING EDUCATION PRESENTATIONS

CHAPTER PRESENTATIONS

Monthly chapter presentations alternate between Orinda and Berkeley locations. They are a great opportunity to network and learn from each other. Light refreshments (sorry – no coffee) are available. Presentations are worth two CEUs and a \$5 entry fee is required to cover costs. Come join us for a chance to meet other therapists and learn new ways to help our clients and ourselves.

Saturday, November 4, 2006

9:30am to 10am - Networking

10am to Noon - Presentation

2 CEUs to EB-CAMFT members

St. Mark's United Methodist Church • 451 Moraga Way, Orinda

\$5 entry fee • Fragrance Free Meeting Please

“To Be Announced”

Friday, December 8, 2006

“No Presentation”

DIABLO SATELLITE GROUP

The Diablo Satellite Group invites all chapter members to join us at our monthly meetings on the first Wednesday of each month from 10am to noon at Mark's United Methodist Church in Orinda. Presentations are worth one CEU. Coffee, tea and bagels are served from 10 to 10:30am and a \$5 fee is requested to cover costs. Those who plan to attend regularly may pay \$30 for the whole year. If you have a topic on which you would like to present, please contact us. We're a friendly, open and responsive group and we are always looking for speakers.

Wednesday, November 1, 2006

10am to 10:30 - Networking and refreshments

10:30-Noon - Presentation

11:30am-12:00 - Formal networking, introductions and business

One CEU to EB-CAMFT members

St. Mark's United Methodist Church • 451 Moraga Way, Orinda

\$5 entry fee

“Play Therapy with Children of Substance Abusing Parents”

Presenter: Mary Ruth Cross, MFT

This presenter will discuss the issues that are present in doing play therapy with children who have parents who have chemical dependency issues. In addition, a few key play therapy techniques and interventions will be presented to help facilitate the child client through the process of healing. Come prepared to play.

Mary Ruth Cross, MFT is in private practice in San Ramon for 12 years and specializes in working with traumatized children. She has been adjunct faculty at JFK University and has presented workshops on play therapy as well as child and adolescent issues to local intern training programs.

Wednesday, December 6, 2006

10am to 10:30 - Networking and refreshments

10:30-Noon - Presentation

One CEU to EB-CAMFT members

St. Mark's United Methodist Church • 451 Moraga Way, Orinda

\$5 entry fee

“Cognitive Behavior Therapy for the Non-CBT Practitioner”
Presenter: Wendy Ritchey, PhD

CBT has been shown to be effective in treating a wide variety of mental health problems. Clinicians who have been trained in more traditional modalities often wonder how to integrate CBT into their practices. This course will summarize the underlying principles and assumptions upon which CBT is based. Two commonly used CBT strategies, the thought record and activity scheduling, will be demonstrated. The presenter will discuss the advantages and potential problems associated with integrating CBT into a more psychodynamic approach and draw on case material from her own practice.

Learning Objectives

At the end of the presentation, participants will be able to:

- Identify the underlying assumptions upon which CBT is based
- Describe how and when to use a thought record
- Describe how and when to use activity scheduling
- Describe the indications and contraindications of integrating CBT into a therapy framework that is primarily psychodynamic
- Describe how to present CBT principles and techniques so as to minimize problems associated with mixing modalities.

Wendy Ritchey, PhD has written numerous articles and chapters in professional journals and texts. She has taught CBT classes to graduate students as well as professionals. Since 1984, Wendy has had a private practice in Walnut Creek where she specializes in treating anxiety disorders. Although primarily a cognitive-behavior therapist, she integrates other approaches.

CONTACT INFORMATION

Chapter presentations: Joanne Davis at jhdavis246@yahoo.com

or (510) 845-4280

Diablo satellite group: Cynthia Pastor at (925) 947-6853

FRAGRANCE FREE MEETINGS

Please do not wear fragrances at our meetings so that those who are allergic may attend.

DIRECTIONS TO ST. MARK'S

From Highway 24 Eastbound, take the Orinda exit. Turn right at the bottom of the off ramp. This road is Camino Pablo, but in a few

See PRESENTATIONS page 8

Healing

Continued From Page 4

Afterwards, the summary has many purposes, including helping people distance from their reactivity and separate real issues from knee-jerk responses. "You know, when I saw my comment about money, I realized that I really want to help John's relationship with Kim and that Kim will thank me for that when she grows up."

The summary also helps maintain the structure because each person can see exactly where they are in the process and what they need to do to move forward. The possible tasks ahead can include filing the divorce petition, preparing asset and debt information, getting house and business valuations, looking into financing to buy out the other's interest in the house, documenting a child's expenses, looking into life and health insurance, and closing credit cards.

The summary also reiterates all monetary calculations so that each person knows how agreements about money were reached. In John and Sue's case, calculations were needed before coming to agreements about the house. We agreed upon a value, deducted the outstanding mortgage and reimbursed Sue for her separate property down payment. We then divided the balance remaining into two equal parts to determine the amount Sue would pay John for his share.

The Skills Learned in Mediation Positively Impact Emotions

Listening, Objectifying, and Understanding Intent

Throughout the process, the mediator models non-judgment, curiosity, and problem-solving. She is forward-looking, asks key questions, and encourages each person to be thoughtful and thorough in their responses.

In Sue and John's case, I reframed heated statements to tease out the underlying messages and then stated them in a neutral way. For example, John insisted that Sue not ask for child support: "You make so much money. You are just punishing me for leaving!" I reframed this to: "John feels that your income is high relative to his and that this should be considered when we look at child support." When John then learned that Sue's intent was to use the money to build up a college fund for Kim, he said he wanted to contribute to the fund—but not as child support.

Empowerment and Future Orientation

Typically, each party in a marital conflict feels controlled and victimized by the other. In fact, neither person is getting what they want or need for a number of reasons: lack of self-awareness about their needs, no expectations that needs will be met, and difficulty putting needs into words.

John said he didn't want spousal support even though he earned much less than Sue. He felt that Sue didn't really respect his efforts to become a writer and wouldn't want to help. Sue was shocked. "I supported you for two years while you pursued your dream!" John felt that even though she had supported him financially Sue did not take him seriously. As he put it, "You didn't seem interested in what I was actually doing. You just wanted to make sure I helped out at home because you were the real working one. That hurt." Sue was quiet, but finally said, "It didn't seem like you wanted to involve me. I felt excluded."

When it turned out that neither wanted to be financially dependent on the other, both were relieved and both felt that a significant block to better relations in the future had been removed. Moreover, both now realized that good communication was essential if they were to parent effectively in the future. They vowed to learn to communicate better with words and scheduled regular phone calls expressly to discuss parenting.

Information Gathering and Other Professionals

The mediator knows that a lack of information or misinformation is a great source of grief to divorcing couples and that some couples enter mediation not knowing how to

ask for information nor how to evaluate it once received. Although the mediator is an important source of information herself, she also refers clients to other experts as needed. These include therapists, attorneys, accountants, actuaries, realtors, and financial planners. Therapy and therapy groups are great adjuncts to mediation as long as they are empowering and not supportive of victimization feelings. Consulting attorneys, in my experience, do not break up the mediation and send people to court, as sometimes is thought. Rather, they can motivate people to stay in mediation because they can contrast the outcome of a mediated divorce with that of a litigated one.

John needed a referral to a financial advisor to help him manage the assets he was getting in the settlement and he needed a capital gains calculation on stock investments. Also, at one point, John and Sue wanted to consult with a child specialist about when it is appropriate for a child to travel alone on an airplane. Experts can be useful, so long as both people agree on the choice, and on how to use the information received.

Light at the End of the Tunnel

When we have a complete set of agreements, I draft a Marital Settlement Agreement which we go over very carefully, "tweaking" as needed. I also encourage clients to review the Settlement again later with a consulting attorney.

I often check in with clients six months later to hear how they have moved on. Most tell me that mediation helped them shift old, unhelpful dynamics, and that old wounds do not infect the present. Some clients, like John and Sue, who face many years of shared parenting, will call for "side-line" coaching if they feel off-track or need help with fine-tuning arrangements.

There is often a bittersweet end to divorce mediation. Couples may feel very good about mediation because of what they have accomplished, but they also know that mediation marks the end of an important relationship and this may trigger less sanguine feelings. My hope for all couples in mediation is that they will emerge stronger as individuals for having worked through the divorce as a couple.

Maria Joseph is an attorney mediator specializing in family, employment and business mediations in Berkeley. She is the treasurer and a board member of Mediation Services and a member of the Association of Conflict Resolution and the Association of Dispute Resolution of Northern California. She is an associate member of EB-CAMFT and of CAMFT. Maria welcomes readers' questions, comments, and suggestions, and can be reached at (510) 869-5301 or at maria.l.joseph@comcast.net.

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Calendar of Events

EB-CAMFT 2006-07

November 1, Wednesday, 10-12	Diablo Valley Group CEU Presentation “Play Therapy with Children of Substance Abusing Parents” Mary Ruth Cross, MFT
November 3, Friday, 4-6	Board Meeting, Berkeley Held at the Chapter office, 2550 Ninth St., Suite 207A, Berkeley
November 3-5, 2006	CAMFT Fall Workshop Series “Thought Leaders in Mental Health” Los Angeles, CA www.camft.org or call (888) 892-2638
November 4, Saturday, 10-12	Chapter CEU Presentation, Orinda <i>To be Announced</i>
November 13, Monday, 12-1:30	Networking Luncheon
November 17, Friday	Diversity Committee Meeting
<i>November 14</i>	<i>Newsletter Article Deadline</i>
<i>November 21</i>	<i>Advertising Deadline</i>
December 1, Friday, 4-6	Board Meeting, Berkeley Held at the Chapter office, 2550 Ninth St., Suite 207A, Berkeley
December 2, Saturday, 10-5	Law and Ethics Conference (6 CEUs) “What Does the Law Expect of Me? Part I” David Jensen, JD, CAMFT Staff Attorney Humanist Hall 390 27 th Street, Oakland, CA 94612
December 6, Wednesday, 10-12	Diablo Valley Group CEU Presentation “Cognitive Behavior Therapy for the Non-CBT Practitioner” Wendy Ritchey, PhD
December 11, Monday, 12-1:30	Networking Luncheon
December 15, Friday 12:30-2:30	Diversity Committee Meeting
December 31, Sunday	Deadline for Membership Renewal
January 19-21, 2007	CAMFT Winter Workshop Series “Thought Leaders in Mental Health” Burlingame, CA www.camft.org or call (888) 892-2638
May 17-20, 2007	CAMFT’s 43rd Annual Conference “New Approaches in a New Century: Relationships*Addictions*Solutions” Marriott Santa Clara Santa Clara, CA www.camft.org or call (888) 892-2638

Exciting Opportunities Events Editor

The EB-CAMFT newsletter needs a copy editor. Be one of the first to see the newsletter. Each edition of the newsletter carries notices of upcoming events. The events editor collaborates with all persons to determine the CEU presentations, Board meetings and ongoing deadlines. Reflecting on how you might use your gifts to serve the broader community, please consider the events editor position. Call the managing editor, Paula Moseley at (510) 339-8570 or email her at newsletter@eastbaytherapist.org. She is pleased to discuss the events editing position with you.

Web Tips

You can register online for the December 2 Law & Ethics seminar at www.eastbaytherapist.org/members/events.html

You can submit an article or book review that will be attached to your member record by clicking on "Written Submissions" in your Member Record.

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Winter Workshops 2007

Effective Fliers & Fact Sheets

January 19 • Friday, 10 AM – 1 PM, San Francisco

Advertising at its Best

February 9 • Friday, 10 AM – 1 PM, San Francisco

All meetings in San Francisco.

Wendy Davis Larkin, MA • 415.454.2911

(PCE1105)

Presentations

From Page 5

blocks it becomes Moraga Way. Continue for about 1.8 miles; Good Shepherd Lutheran Church will be on the left and *St. Marks United Methodist Church* is just beyond that, also on the left.

From Highway 24 Westbound, take the Orinda exit, then take the second off ramp onto Camino Pablo and follow the above directions.

DIRECTIONS TO EPWORTH UNITED

From North of Berkeley: Take San Pablo Ave. to Marin Ave. Go left on Marin; right on The Alameda; left on Hopkins. Epworth is half a block up Hopkins on the left.

From Oakland or South Berkeley: Take Martin Luther King Jr. Way heading north to Hopkins and turn right. The church is half a block up Hopkins on the left.

THANK YOUs

All CEU presenters volunteer their time for EB-CAMFT. We appreciate their dedication to continuing education and to supporting our profession.

Thanks to all those who have presented over the last several months.



LEGAL AND ETHICAL QUESTIONS?

EB-CAMFT recommends contacting
the State Association of CAMFT
7901 Raytheon Road, San Diego • CA 92111
For members only • (888) 892-2638
Fax:(888) 892-2666 • www.camft.org

Seeking Reporters

We would like to publish reports on the CEU presentations sponsored by the chapter. Unfortunately, the newsletter staff is not numerous enough to cover all these meetings. We are appealing to the members who do attend to write a summary and even include quotes from the presenter. If you have questions about this, contact the newsletter editor, Paula Moseley, at newsletter@eastbaytherapist.org or call her at (510) 339-8570.

Recruiting Readers

Have you read a good therapeutic book lately and wanted to tell your psychotherapist friends about? The website and newsletter would like to publish your book review. Be the Siskel and Ebert of EB-CAMFT and give your reading a thumbs up or down. Contact Mary Ashby or Paula Moseley for more information.

EAST BAY CAMFT ADVERTISING POLICIES

ADVERTISEMENTS

Advertisements placed prior to the newsletter advertising deadline will appear in both the newsletter and on the website. Advertising submitted for only the website will appear for a period of 2 months from the date of posting. All ads must obtain approval by the Newsletter Editor and/or Website Editor before acceptance. CEU Provider Number (if applicable) and course leaders' license information must be printed in the ad.

Advertisers have the option of paying for an ad to appear for as long as one year. Please e-mail copy for both newsletter and website ads to "Advertising Manager" at: advertise@eastbaytherapist.org or submit through the website.

CLASSIFIED AD RATES

Member

The 1st 10 words in the 1st ad in one issue are free; additional words are charged at \$1 per word

Non-member

\$2 per word.

DISPLAY AD GUIDELINES

Display ads one-half page and larger must have "Paid Advertisement" in 10-pt. type or larger placed at the top or bottom of the ad to identify it as advertising and not a Chapter activity. Advertiser must provide camera-ready copy with black ink on unfolded white paper for the newsletter; website ads should be transmitted to the above e-mail address.

DISPLAY AD RATES

Ad Size	Exact dimensions	Member	Non-Member
Two-Page Ad.....	9 1/2" tall x 7 1/2" wide	\$225	\$450
Full Page	9 1/2" tall x 7 1/2" wide	\$150	\$300
Half Page	9 5/8" tall x 3 5/8" wide	\$125	\$250
Third Page	9 5/8" tall x 2 3/8" wide	\$90	\$180
Quarter Page	4 3/4" tall x 3 5/8" wide	\$75	\$150
Eighth Page or Business Card Size	4 3/4" tall x 1 3/4" wide	\$50	\$100

Networking Lunches

EB-CAMFT offers networking lunches in the Berkeley/Oakland areas. We introduce ourselves in an informal atmosphere while we enjoy a good meal. Bring business cards, flyers, or brochures if you have them. Come early, stay late!

Berkeley/Oakland Networking Lunches

When:

2nd Monday of the month,
Noon - 2pm
Introductions start at 12:15 and run
through 1:30

Nov. 13 (RSVP by Friday, Nov. 10)

Dec. 11 (RSVP by Friday, Dec. 8)

Where:

King Yen Restaurant
2995 College Avenue (about a half block
south of Ashby near Webster) in the
Elmwood section of Berkeley

Please note: Our table is on the right hand side
as you face the restaurant

RSVP to Kris Yates, *preferably* by phone at (510) 496-6000 x555 or
krisyat@earthlink.net

The Psychotherapy Institute

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A 2-year **post-graduate** training program in psychodynamically-based psychotherapy.

80 supervisors with a range of theoretical orientations. 25 hour/week commitment.

Weekly: Case Conferences; Didactics; 2-3 hours Individual Supervision; Group Supervision; 8-12 Clinical Hours. No tuition.

Applications: Available Dec. 1 for fall 2007

Information: Call (510) 548-2250, ext. 106

PAID INTERNSHIP

California State University, East Bay student counseling service is accepting applications from MFT Interns for academic year 2007 – 2008. Interns must be registered with BBS by 9/15/07.



Up to 20 hours per week, counseling individuals, couples & groups on a culturally diverse campus.

Includes individual & group supervision, seminars. September 2007 - June 2008.

Contact: Brian Reinhardt, Ph.D.,
510-885-3690, or caps@csueastbay.edu.

Application deadline, February 23, 2007.

Discover Psycho-Physical Therapy

Professional Workshops &
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Psychophysical Reciprocity:

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January 20, 2007

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to psychotherapy
January 21, 2007

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Psycho-physical Therapy is a strength based approach that fluidly integrates traditional psychotherapy and body therapy modalities into one simultaneous process. This truly body centered method, focuses on the dynamic integrity and unity of psychological and somatic processes. Here, the body, body awareness and body experience are brought into the foreground of psychotherapeutic inquiry in order to facilitate an integrated understanding and experience of the whole human being.

www.psychophysicaltherapy.com

Paid Advertisement

NOVEMBER/DECEMBER 2006

INTERN COLUMN

by Martha Jimenez-Rosales, MFT Intern

ATTENTION ALL INTERNS:

I am looking for someone to help me next year with the intern column and at least commit to one year as the Intern Representative. If you are interested please contact me. This is a great opportunity to network and get to know agencies who are hiring!

NEWLY LICENSED MFT:

If you recently passed your MFT licensing examination please let us know so we can post your name.

MFT COACHING:

The following individuals have coaching experience and will coach any MFT intern who may need one-on-one assistance with the MFT licensing examination. Please contact them directly for their fees. THE BEST OF LUCK!

Alex Rosenthal, LMFT, alex@safetysend.com
Jeanne Courtney, LMFT, (510) 527-5662 ext. 2 or bcourtney@earthlink.net

UPCOMING WORKSHOPS:

Please let me know if you know of any agencies in the community who have ongoing trainings, presentations and or seminars.

If you would like to post your workshops for interns, please contact the intern coordinator. Reminder to all interns: some of the EB-CAMFT seminars and workshops may allow BBS hours (upon your supervisor's approval). Some workshops are free of charge or may even have a minimal charge for interns. I recommend you attend one, it is a great way to NETWORK!

INTERNSHIPS AVAILABLE:

We welcome the opportunity to be of service in placing interns through these listings. Please limit the free intern descriptions to two lines, (20 words MAX) plus brief contact information. Longer descriptions can be submitted as a paid ad to the newsletter and/or the website. Deadline for notices: December 15th.

CSU, East Bay student counseling service. 20-hrs/wk; individuals, couples, groups. Culturally diverse students. 9/2007 - 6/2008. Deadline 2/23/07.
Contact: Brian Reinhardt, Ph.D., caps@csueastbay.edu.

TVH Part-time paid Counselor position for individual and group counseling to domestic violence, sexual assault, homeless survivors and children. MA/MSW required. \$15.00 - \$17.00/ hr. Contact: TVH, Attn: Mary, 3663 Pacific Ave., Livermore, CA 94550 or FAX to: (925) 449-2684.

CONTRA COSTA COUNTY Paid Child and Family Internships available. Hourly rate plus stipend. Excellent supervision and training. Contact: Inge Lembeck, LMFT @ (925) 646-1444 ext 60991.

THE LINK TO CHILDREN (TLC): Paid Internship: Seeking registered MFT interns to work in early childhood mental health (0-5 yrs.). 2 yr. commitment of 16hrs./week. Contact: Grace Manning-Orenstein (510) 428-2028.

TLC is looking for a bilingual Spanish speaking MFT intern. They provide early intervention services for children 0 - 5 years of age, and their parents and teachers. Contact: Grace Orenstein at graccorenstein@sbcglobal.net or at (510) 843-7531.

CENTER FOR CREATIVE GROWTH. In Berkeley. Interns/Trainees. Specializing in healing shame, codependency, inner child issues, spiritual/transpersonal growth. Contact: www.creativegrowth.com/interns.htm or call (510) 527-2100.

SECOND CHANCE, INC. is seeking Interns and trainees for Hayward and Fremont centers. Diverse clientele. Ind., couples, families and children clients available. Contact: Becky Wright (510) 792-4357.

EDEN COUNSELING SERVICES: paid position for a registered intern to provide family therapy for adolescents. Part-time position/ 10-15 ours/weekly/two evenings. Contact: Marge, Clinical Supervisor (510) 247-9831.

Eden Counseling Services in Castro Valley, part-time, paid position/Spanish speaking intern to provide therapy for adolescents and their families. 10-15 hrs. weekly. Contact: Marge, Clinical Supervisor (510) 247-9831.

TOUCHSTONE COUNSELING SERVICES Learn and Earn! Intern position available at well-established group practice in central Contra Costa County. Contact: Bronwyn Warren, (925) 932-0150, ext.92.

CASTRO VALLEY HIGH SCHOOL Immediate opening for a full-time Guidance Counselor. Must have Pupil Personnel Credential. Contact: Debbie Coco, Principal, Castro Valley High School at (510) 537-5910.

CRISIS SUPPORT SERVICES OF ALAMEDA COUNTY, seeking qualified bilingual / bicultural candidates for a part-time position of Community Education Coordinator. Contact: to Maggie Stern: mstern@crisissupport.org or fax: (510) 420-2461.

FREMONT YOUTH & FAMILY SERVICES. Bilingual (Spanish) paid internship 20 hours /week. Provide therapy to families with children 0-5 years. Contact: Reva Srinivasan, Ph.D. at (510) 574-2124.

HORIZONS FAMILY COUNSELING in Livermore seeks a bilingual Youth Service Coordinator position. salary \$4551 per month, BA, + 4 years experience or MA. Contact: lsiwula@livermorepolice.org

RCEB looking for MFTI or MSW to work full-time or part-time as Case Managers to serve the developmentally disabled clients and their families. Contact: Chrissy Moy at cmoy@rceb.org or Fax (510) 383-1278.

EPSDT unit of Tiburcio Vasquez Health Center (TVHC) seeks Mental Health worker. Paid positions. Contact: Fax: (510) 471-9051 or e-mail: jobs@tvhc.org. On-line applications available at <http://www.tvhc.org/pdfs/APPLICATION.pdf>.

EAST COUNTY CHILDREN'S MENTAL HEALTH MFT Internships working with Children, Adolescents and Families. 16-20 hrs. wk./ individual and group supervision and weekly training offered. Contact: Courtney Thomas, Psy.D. 3501 Lone Tree Way, Suite 200, Antioch, CA 94509. (925) 427-8664.

HORIZONS FAMILY COUNSELING/ bilingual (Spanish) intern position/ family counseling for at-risk youth and their families. (15-20 hours per week)
Contact: Fax resume to (925) 371-4950 or e-mail resume to lsiwula@livermorepolice.org.

CLEARWATER CLINIC Part-time paid MFT Intern positions in Oakland trauma specialty

See **INTERN COLUMN** page 12

Intern Column

From Page 11

clinic. Spanish fluency preferred. Thursday mornings, 2 evenings required, Saturday available. Contact: e-mail resume to sharon@clearwaterclinic.com or fax: 510-596-8955.

SEEKING STUDY PARTNERS FOR THE MFT EXAM and or SEEKING STUDY MATERIAL FOR THE MFT LICENSING EXAM:

List your name, number, and type of exam for interns who are in search of study buddies for either the first written or second written clinical (vignette) exams. e-mail me by December 15th. Please feel free to include other helpful information such as theoretical orientation and location desired. Best of luck!

President

From Front Page

The one goal we have not met is to increase the number of members active on committees and on the board. As of this writing, we still have several board positions open: legislative liaison; president-elect; intern representative; advertising manager; volunteer coordinator; mentoring committee chair; membership committee chair; and monthly presentations chair. We also are seeking members for the tech team, and a newsletter copy editor, events editor and news editor. Don't forget that one perk of serving on the board or on a committee is a discounted fee for CEU presentations! We also have three scholarships for members who are having difficulty paying dues for 2007; in return for one year of active board service, your fees may be partially or completely waived for 2007. Please contact me at board@eastbaytherapist.org if you are interested in this option.

Overall, I feel we've done a good job in meeting our goals. However, we still need to figure out what entices members to volunteer and then to implement a system that will provide the benefits members want in return for service to the chapter. We will be having another visioning meeting in the New Year, so please feel free to give me suggestions and other feedback at board@eastbaytherapist.org.

Looking ahead, we will be holding a Law and Ethics workshop on December 2, 2006. David

GREAT IMPORTANCE:

The intern coordinator is looking for recently licensed MFT members who are willing to volunteer on a panel geared to aid interns preparing to take the licensing MFT examination.

If anyone knows of any more coaches for the first or the second MFT examinations please contact the intern coordinator.

If there are spaces in any study groups for the first or the second MFT examinations contact the intern coordinator.

If anyone is selling or wants to purchase study materials (Live and Learn, Grossman, PASS, or AATBS) contact the intern coordinator contact the intern coordinator.

Jensen, CAMFT's staff attorney, will be presenting "What Does the Law Expect of Me? Part I" at Humanist Hall in Oakland. For more information or to register online click this link: <http://www.eastbaytherapist.org/member/events.html>. From this link you can view the flyer for details on the workshop's goals. You can register and pay with PayPal, or register with an option to send in a check if you are unfamiliar with or choose not to use PayPal.

The Winter Social will take place in January, not December, as traditionally held. The board is hopeful that with the holidays past, we will attract more members to this festive get-together. Anyone who wishes to help out (and get free admission!) can contact Sandy Paolini at (925) 932-3229 or sandramarie@sisna.net.

Finally, I would like to thank all the board and committee members from the bottom of my heart for being so supportive and hardworking! I deeply appreciate everything you all have done, and all the support you have given me when things got rough. You've done more for me than you can possibly know.

I hope you all have a fantastic holiday season, and I'll see you again as your past-president next year. Welcome and good luck to Martha Jimenez-Rosales, our soon-to-be new chapter president!

Sincerely,
Melissa Johnson
EB-CAMFT President

The Diversity Group

The Diversity Corner is published in the EB-CAMFT newsletter and on our website.

If you are interested in contributing an article that relates to diversity issues, please submit it to Brenda Ponthier (blponthier@yahoo.com) or Helen Yang (heipen_yang@yahoo.com). This is a great opportunity to make your work known while contributing to EB-CAMFT.

Diversity meetings are open to EB-CAMFT members who are interested in diversity issues. The meetings are held every month, the third Friday from 12:30-2:30pm in the chapter office.



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Groups For All

Improve relationships; balance work and family life. Have more intimacy, deepen self understanding. Tuesdays starting Fall. Cindi Rivera, MFT (510) 482-4445.Oakland.

Chronic Pain Group - 2 openings, Tuesdays 7-9pm, Oakland. Cybele (510) 207-8496.

SEXUAL ADDICTION/COMPULSION GROUP for out of control destructive patterns, including pornography, affairs, anonymous sex, cybersex, fetishes, exhibitionism, etc. Impulse Treatment Center. Call (925) 680-4477.
www.sexaddicthelp.com

MEN'S ANGER MANAGEMENT GROUPS for voluntary clients who are angry and/or abusive. Lake Merritt location. 19 years' experience. Contact Albert Dytch (License #MFC25446) at The Center for NonAbusive Relationships, (510)452-6243.

ANGER MANAGEMENT GROUPS FOR MEN AND WOMEN at Hilltop Counseling Center (Hilltop Mall and Berkeley locations) are now forming. We offer a three-tiered curriculum that addresses: 1) Containment of anger; 2) Healthy communication of anger and other feelings; 3) Fostering the capacity for sustained intimacy. Limited to 6 men or women, each group therapy series involves a 12-week commitment. We work collaboratively and supportively with primary treating clinicians who refer clients for adjunctive treatment. For men's groups contact: Dana Robert Fetz, MFT (510) 741-0721 or Keith Weinstein, MFT (510) 222-3576. For women's groups contact Norma Myers, MFT (510) 849-5455. Call for information or a free brochure.

Family violence groups for individuals, couples, and parents. Walnut Creek. John Hamel, LCSW (925) 930-0900.

WOMEN-OVER-FIFTY SUPPORT GROUP, ongoing. Marilyn Stettler, MFT (510) 582-7769.

SURVIVING RELATIONSHIP LOSS: SEPARATION/DIVORCE. On-going groups. Audrey Spector, MFT #34520 (510) 704-5502.

PET LOSS SUPPORT. Audrey Spector, MFT (510) 704-5502.

For Clinicians

GETTING ON INSURANCE PANELS. Tuesday, 11/14/06, (2:00-4:00). CEUs. www.franwickner.com, (510) 527-4011.

SpeakingQuest: Journey to Your Authentic Self, May 5-11, 2007. (510) 524-4055.
www.speakingquest.com.

Ongoing bi-monthly group provides collegial support, fresh clinical perspectives, and strategies for developing and sustaining a thriving Private Practice. Emphasis on relational models of therapy. Jeff Sharp, Ph.D. (510) 653-5233.
www.JGileSharp@aol.com.

Love, Anger, Power – and FOOD! A workshop to help you effectively treat an eating disorder, obesity or negative body image. 3 CEU's \$85, Walnut Creek Wednesday, February 14 2007 9am – 12noon. Shoshana Kobrin, MFT Eating Disorder Specialist, Shoshanak9@earthlink.net,
www.shoshanakobrin.com.

WORKING WITH TRANSGENDER CLIENTS. 11/18/06. Four CEU's. (510) 527-5662.
www.FeministTherapyAssociates.com.

Ethics through Movies course on-line. 6 CEUs- www.drzur.com/moviesethicscourse.html, Birgit Wolz.

Job Opportunities

Fremont. LMFT and intern positions at non-profit counseling agency. Working with children, adolescents, individuals, couples. Minimum 10 hours/week. (510) 791-3322.

For Interns

Paid, part-time MFT internship with Alameda County Sheriff's Office serving at-risk youth and families. Contact Andrea Starn, MFT, (510) 667-3270.

TO ADVERTISE IN NEWSLETTER & WEBSITE

Send your ads to advertise@eastbaytherapist.org for newsletter and web. Ad deadline for the January/February 2007 newsletter is November 14, 2006. Web ads start anytime run for 2 months. See www.eastbaytherapist.org for more information.

Office Space

Prime Solano Ave. location, 1-3 days/wk. Howard (925) 215-5646.

Office in nicely decorated suite with three other therapists. Close to village, onsite parking, group/common room, kitchen, fax, copying, DSL. Available October 1st. \$675.00/month. Call Dr. Bramson (925) 285-2429.

Psychotherapy office available in established group practice. Offices designed for psychotherapy and are sound proof with waiting room call lights. Offices located in Danville/San Ramon Medical Center (The Victorians). Please call Marc Berke, Ph.D., LMFT @ (925) 838-2558 EXT. 2 for more information.

Private psychotherapy room in shared office with lovely waiting area. Available Fridays, Saturdays, and Sundays. \$160-\$180. (415) 613-0663.

NORTH BERKELEY/ALBANY: Beautifully furnished corner office with large French windows surrounded by flowering vines in an attractive Spanish style building. Excellent location off Solano Ave., set back from the street. Quiet, secure, soundproofed, wheelchair access, separate entrance/exit, call lights, AC, kitchen and easy parking. The available hours are: Wed until 3pm, Fri after 1:30pm, each \$95/day. Sat, full day, \$130/day. Call Paula L. Darling MFT, (510) 525-5663 or email: p3darling@earthlink.net.

Full time office in Walnut Creek. Call Dr. Lazerus (925) 945-2487.

WALNUT CREEK: Sublet available in peaceful Quail Court. Large office (accommodates small groups) w/vaulted ceiling available: Monday morning, \$90/mth. Thursday, \$165/mth. Friday & Saturday, \$135/mth each day. Smaller office, w/view of Mt. Diablo, available: Tuesday, \$145/mth. Thursday until 3 PM, \$100/mth. Friday & Saturday, \$125/mth. each day. Call Paula L. Darling MFT (510) 525-5663 or email: p3darling@earthlink.net, or call Elizabeth O'Conner Ph.D (925) 948-0099.

EAST BAY CHAPTER - CAMFT (510) 848-8400
2550 Ninth Street, Suite 207-A
Berkeley, CA 94710

ADDRESS SERVICE REQUESTED



visit our website:
www.eastbaytherapist.org

EB-CAMFT CHAPTER EVENTS

Wednesday, November 1, 10-12
Diablo Valley Group CEU Presentation

“Play Therapy with Children
of Substance Abusing Parents”
Presenter: Mary Ruth Cross, MFT
See p. 5 for details.

Saturday, November 4, 9:30-12
Chapter CEU Presentation

To be Announced
Orinda
See p. 5 for details

DATES TO REMEMBER

Monday, Nov. 13 and Dec. 11
Berkeley Networking Luncheons

Nov. 3, Friday, 4-6 pm

Dec. 1, Friday, 4-6 pm

Board Meeting, Berkeley

Wednesday, December 6, 10-12
Diablo Valley Group CEU Presentation

“Cognitive Behavior Therapy for
the Non-CBT Practitioner”
Presenter: Wendy Ritchey, PhD
See p. 5 for details.

Friday, December 8
No Presentation

Publication Schedule for *The East Bay Therapist*

January/February 2007 edition

Deadline for Submissions: November 21, 2006 • Ad Deadline: November 14, 2006