

The East Bay Therapist

2550 Ninth Street, Suite 207-A • Berkeley, CA 94710 • (510) 848-8400 • Fax (510) 848-9400 • www.eastbaytherapist.org • January-February 2007

The Practice of Empathy: The "Validation" Step of Intentional Dialogue

by Ruth Cohn, MFT



Ruth Cohn

In my work as a couple's therapist one tool I rely on is the structured "Intentional Dialogue" of Harville Hendrix's Imago Relationship Therapy. I find it particularly potent for couples with histories of childhood trauma and neglect whose childhood experiences so readily intrude on their current lives and confuse their relationships. And, generally speaking, adult children of trauma and neglect have had to fend for themselves and lacked for the comfort or the skills of trusting relationship. The structure of the dialogue implicitly teaches relationship skills and capacities, most importantly perhaps, the practice of empathy. Increasingly, I have come to value this special aspect of the dialogue. Looking around me, I find the true understanding of empathy to be precious and rare.

Interestingly, "empathy" is historically quite young. Harville Hendrix and Helen Hunt discovered in their research that prior to 1910 the word did not appear in the Oxford English Dictionary, or in the dictionaries of other major languages. They hypothesize that it is a relatively undeveloped and immature human capability. Although the Biblical Golden Rule teaches us something similar-- to do unto others what we would have them do unto ourselves--true empathy is not that. Rather, empathy is doing unto others what they would wish, which may, in fact, be quite different from what we would wish to have done unto ourselves. This involves feeling and learning about another person's world, even if we think we know, even if we imagine (or wish!) them to be like ourselves. In surprising ways we may discover that they are not, and they may have unique, even baffling reactions, to the same stimulus. Whereas one person might feel cared for, remembered and supported, for example, by a gentle inquiry about how a personal challenge is progress-

ing, another might feel intruded upon, invaded or even nagged. Neither is right or wrong. The two individuals and the two responses are just different.

Understanding each other's feelings and responses, and learning about and accepting difference, contribute to harmony. To use Hendrix's own words, we want to arrive at a stance where "It is OK that you're not me!" That truly is the solution to all the world's problems. It may sound arrogant to say, but I believe that those of us who study and practice empathy, as we do in Intentional Dialogue, have something important to teach others, to help the world along.

Validation

The practice of true empathy is what we strive for in the "Validation" step of Intentional Dialogue. It is an especial feat of emotional acrobatics (and heroism!) when one has strong feelings of one's own on the subject at hand, or when one's "buttons get pushed."

In this step the idea is not necessarily to agree. On the contrary, it needs to be acceptable that we may not be alike in all ways. In fact, often the feelings and opinions that we are in a position to validate for our partners, we will never in a million years share. And that is fine. The idea is to make the effort to see through their eyes, feel through their feelings, think using the logic that makes sense to them. The challenge is to momentarily climb into the partner's shoes, or better yet the partner's skin and experience the topic at hand from there. Our purpose is not to stay there, not to become the partner, but to visit long enough to really "get" it. When practicing this step of the dialogue I say, "It makes sense..." and yet it may not make sense at all in my framework. I am not necessarily saying it makes sense to me. Rather, I am entering my partner's framework, connecting the dots from within that, and coming to understand where he or she ends up.

See EMPATHY page 4



PRESIDENT'S CORNER

by Martha
Jimenez-Rosales

Happy Holidays to all!!! By the time this issue is published, the Holiday festivities may be over; but I hope that everyone had a safe and memorable season with your loved ones. My Christmas stocking will have captured the stork and a baby girl. Back in 2005 when I decided to 2007 President never did I imagine that the New Year would be so plentiful. Becoming EB-CAMFT president; giving birth to a little one; purchasing a new home; and studying for my licensing exam... all in a days work.

As the new year begins, I am concerned with the many board positions that still remain open. I know we all have very busy schedules but in order for our association to run smoothly and with minimal interruptions we need the combined efforts of our rank and file. The 14 open positions are: President-Elect, Diversity Committee Chair, News Editor, Features Editor, Copy Editor, Advertising Chair, Mentoring Committee Chair, Volunteer Coordinator, Tech Team Members, Monthly Presentation Chair, Membership Co-Chairs, Member At Large, Legislative Liaison, and lastly Intern Representative. If you are interested in serving on the board and would like more information, please contact me. I would be pleased in helping you get involved. Remember that there are many perks in serving the board and we are always trying to make it

See PRESIDENT page 12

2007 BOARD OF DIRECTORS

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A Warm Welcome to New Members

We extend a warm welcome to these **22 new members** who joined the East Bay Chapter in September and October:

Holly Akli, Pleasanton

David Burke, Oakland

Clover Catskill, El Cerrito

Kip Crosby, El Cerrito

David Dao, Berkeley

Ross Davidson, Oakland

Soheila Fanaee, Oakland

Aaron Feldman, Pleasant Hill

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Sylvia Meier, Dublin

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Christine Roslund, Hayward

Gussie Lynn Rubin, Berkeley

Paula Shryne, Oakland

Jill St. John, Oakland

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 EAST BAY CHAPTER OFFICE

2550 Ninth Street, Suite 207A • Berkeley • CA 94710

Tel: (510) 848-8400 • Fax: (510) 848-9400

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The East Bay Therapist

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Harriet Hanauer

CLINICAL ARTICLES: Members of EB-CAMFT 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 newsletter@eastbaytherapist.org.

FACES OF EB-CAMFT

by Joan Gold, MA, MFT Intern



this month...

**Joanne
Davis**

CEU Committee Co-Chair Joanne Davis is the subject of this month's column. She has been an EB-CAMFT member since 2004, shortly after moving to Berkeley from Los Angeles where she obtained her M.A. in Counseling Psychology from The University of Santa Monica (USM), a small transpersonal school with an experiential orientation.

Her move to the Bay Area came after "a little soul searching around a major birthday," when she realized there was no time to waste in living the life she truly desired with a community of kindred spirits. This dream was heavily influenced by Gandhi's statement, "We must be the change we wish to see in the world." Says Joanne, "I took this to mean, for myself, that I could create real change through my work and living authentically."

"I have always been pretty open, and not very judgmental; people have sought me out as a confidant for most of my life. Since therapy was so effective in my own life, becoming a therapist seemed like a natural next step."

Now this seven-year veteran has opened her own private practice, a longstanding dream which she has worked hard to pursue. "Trying to live authentically means, to me, making my dreams come alive if at all possible."

Joanne's theoretical orientation, which she terms "eclectic with a humanistic relational foundation," developed out of three years of study at the Gestalt Training Institute of Los Angeles (now PGI). "Gestalt allowed me to bring more of myself into the relationship, and exercise more creativity." She has also been influenced by Intersubjectivity, Family Systems, and Virginia Satir's work with couples and families, and utilizes Behavioral and Cognitive Behavioral approaches as needed.

As co-chair of the East Bay CAMFT's CEU committee, Joanne helps select presenters for the chapter's monthly talks, and manages the logistics of the presentations from setting up the venues to sending out email blasts. "I have made lovely connections with a lot of wonderful people I would not have otherwise met, including some of the leaders in our field. Being part of the Board has also been fun, and a way to make a meaningful contribution to my community."

The desire to make a meaningful contribution has motivated much of Joanne's life: "I try to live my beliefs, making choices throughout the day like eating vegetarian, shopping locally, and leaving as small an environmental footprint as possible." She keeps up with current events and takes part in political action whenever possible.

For fun, she has danced improvisationally since childhood and finds this form of self-expression particularly liberating. "I carry this sense of freedom into other areas of my life. I am quite moved by music. I meditate, do yoga, and walk/hike for inspiration and relaxation. I am a social animal, and love meeting colleagues and friends for meals."

She offers this advice to MFT interns and others looking to develop their practice and professional identity: "Follow your passions and keep your dreams alive. I believe, if we are clear about what we desire, things will move in that direction even if we are not quite sure of how we will get there. It has worked for me innumerable times. Remember, persistence pays. And don't forget to have fun!"



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Empathy

From Front Page

The grandest challenge of all in this, the supreme act of balance and grace, is to hold onto myself and still be able to visit my partner's world, to have a boundary. This is to say, while taking a salutary walk in my partner's shoes, I can still feel the solid core that is me, and that might have a wildly different point of view. And that solid core of me does not feel threatened by this differentness; nor is it defeated by seeing the logic of another view. It is like touring another country and tasting its foods, conducting business in its currency, attempting its customs, even speaking its language, but all the while thinking in my own tongue and planning eventually to go home and resume my own cultural life. If only it were that easy!

Our parents taught us to be like they were: "If you do what we do and what we tell you to do, you are 'good'. If you do what we do and what we tell you to do, that is doing what is 'right.'" The message is that same is good and different means someone is wrong, or someone has to change or give up something. Then it becomes a struggle about who that will be. No wonder we are so anxious when we encounter diversity of all kinds!

Triggering

A big part of what makes validation and empathy so much more challenging and less fun than a cross-cultural vacation, is the disruptive and disturbing experience of "triggering." There is a whole neurobiology of triggering and I am not going to go into that here. I will just simply describe what it looks and feels like. From birth and as we grow up, our earliest interpersonal experiences provide the template for relationship that will persist through our lives. Although these patterns can be altered through therapy and potent life experiences, they are remarkably enduring. When a person's template is based in more extreme life experiences like trauma and neglect, reactions will be that much stronger and all the more unrelenting. What I mean by triggering is simply tripping the switch that activates an old pattern of feeling responses.

A graphic example from my own marriage goes back to our early courtship days when I surprised my partner with an extravagant birthday gift. I was quite excited about it, thinking of myself as thoughtful, creative and generous for what I had thought of and executed. My then new partner's response to

receiving my present, was extreme suspicion and anger. I was shocked. Of course I got my feelings hurt. My intentions were only good, my wish only to make him happy. My partner's reaction was so different from what mine would be that I concluded "there is something wrong with this person!" -until I learned his story. His childhood experience with gifts and surprises had been an agony. His narcissistic mother lavished him generously with what she wanted, with what she thought he should want, with what she wanted to give him. Then she expected to extract her pound of gratitude for her magnanimity. Her gifts were a trap, and were all about her. This is what I triggered in him. Understanding all this background, my partner's strong emotional response made perfect sense. Through the lens of his life experience, in his world, I could see it. (And it did not necessarily mean I was like her!) I was still disappointed, and I still love extravagant surprises and gifts for myself. Understanding my partner did not mean I have to be like him. Saying "It makes sense" does not mean I take his world view on as my own. It means I can see how it works for him. And I learned to make use of the information. If I truly understand and empathize, and want to give my partner a gift that makes him feel loved, I need to ask him what he would like. In other words, I need to do it his way. (Of course when it is my birthday, he knows what to do!)

Precision

The objective of the validation step of the dialogue is to make the person whose feelings are being validated, feel validated. We intend that the validation statements convey: "who you are, even in your differentness from me, has value and validity. I can understand it." What this means is I must work very hard as validator to keep my own self out of it. This is not always easy to do. It is the work of exercising the clear boundary between us. It is especially difficult if I have strong feelings of my own on the subject, like or different. If my feelings are similar, I may overshoot and rather than empathizing with my partner, just end up talking about myself. That does not end up making my partner feel understood. And if my partner had a narcissistic parent (or two!) as mine did, rather than being validating, it will be upsetting. "Here we go again, it is all about you!"

If I have strong opposing views and they seep in or make me unable to see from my partner's perspective, the process might hit the wall. There is no empathic progress made, but a potential for more damage, more mis-

understanding. Of course, most challenging of all is when my partner's strong feelings are about me!

Precision, however, can result in a growth of boundary and connection, allowing us to be both separate and individual, and intimate. This is our goal.

The Mechanics of the Validation Step

The mechanics of the validation step are this simple formula:
"It makes sense that you _____ because _____."
All of what fills in the lines comes from what the person being validated has said.

For example:

It makes sense that my extravagant gift made you feel suspicious and angry because, by giving you something expensive that you did not ask for, it felt to you as if I were gratifying myself.

I am not by any means saying that I was gratifying myself! I know I wasn't. But I can see why he felt the way he did about it and the feelings do make sense in his world.

Because the person being validated is most likely still in a raw feeling place during this step, it is most effective to keep these statements very short, so there is no need to have to go into much thinking to follow. Validation statements that are short and to the point, tend to "zing," or go straight to the person's heart. Understanding and connection, it is hoped, will be soon to follow.

Ruth Cohn, MFT is in private practice in Rockridge. Certified in EMDR and Sensorimotor Psychotherapy, she specializes in work with adults with histories of childhood trauma and neglect and their intimate partners and families. She can be reached at cohnruth@aol.com or www.cominghometopassion.com.

Web Tips

You can now tailor the information in your Membership Directory listing, available to Chapter members only; simply log onto your member record.

You don't need to log on to send an e-mail to the E-Tree; just address your message to etree@eastbaytherapist.org

CONTINUING EDUCATION PRESENTATIONS

CHAPTER PRESENTATIONS

Chapter presentations alternate between Orinda and Berkeley locations, every other month. 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.

Friday, January 12, 2007

3:30pm to 4pm - Networking

4pm to 6pm - Presentation

2 CEUs to EB-CAMFT members

Epworth United Methodist Church • 1953 Hopkins St. Berkeley

\$5 entry fee

“Parenting Teens with AD/HD: A Tightrope Walk”

Presenter: Glenn Gelfenbein, MA, MFT

While adolescence is a time of increased independence and identity formation, typically the teen with AD/HD struggles with executive functioning, emotional, or social challenges causing parents to micro-manage and over-function. At the same time, teens with AD/HD too frequently fail to meet performance expectations and often lack deep insight into his/her own challenges. Both teen and family need to walk a thin line in pursuit of the teen’s successful transition to adulthood. This presentation, intended for healthcare and educational professionals, will provide concrete and practical approaches to support teenagers’ success at home and at school.

Glenn Gelfenbein, MA, MFT, is a licensed Marriage and Family Therapist, and founder and director of the Ability Resource Center. The Center is a cross-discipline clinic (mental health, behavioral, educational therapy, social skills, career counseling, and ADHD coaching) that specializes in serving children and adults with neuro-developmental differences. The great majority of Glenn’s clinical practice is with teens and adults with AD/HD. He is also the former vice-president of the East Bay Learning Disabilities Association. Phones: (925) 695-0409 or (510) 595-5548 E-mail: glenn@abilityrc.com Website: www.abilityrc.com

Saturday, February 10, 2007

9:30 to 10:00am - Networking and refreshments

10:00am - Noon - Presentation

2 CEUs to EB-CAMFT members

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

\$5 entry fee

“The Psychology of Obesity” Presenter: Shoshana Kobrin, MFT

Recent surveys indicate that nearly 31% of Americans are obese. Morbid obesity is a biopsychological social problem demanding the attention of a variety of disciplines. This is contrasted with the narrow focus on dieting both medically and culturally since entrenched symptoms are often a contraindication for weight management treatment or

bariatric surgery. In this workshop, obesity is regarded as an eating disorder with the same core issues of other eating disorders. Obesity and its relationship to binge eating disorder, compulsive over-eating, night eating disorder and negative body image, as well as issues of diagnosis, treatment, patient-therapist relationship and social and medical implications are explored.

Shoshana Kobrin, MFT, maintains a private psychotherapy practice in Walnut Creek, and teaches courses on eating disorders at J.F. Kennedy University. Other specializations are child therapy, people in transition, EMDR and hypnotherapy. A therapist consultant for eating disorders and practice development, she trains and supervises interns and gives workshops and retreats. She is a licensed CEU provider, a poet and writer, now engaged in a book on eating disorders. Phone: (925) 256-8503 E-mail: shoshanak9@earthlink.net Website: www.shoshanakobrin.com

DIABLO SATELLITE GROUP

The Diablo Satellite Group of EB-CAMFT invites all Chapter members to join us at our monthly meeting from 10am to noon the first Wednesday of the month (with the exception of July and August). We serve coffee, tea and bagels and have time for informal networking before the presentation. Afterwards, we take time for formal introductions and networking announcements (with time to distribute brochures or flyers related to your practice), and also handle any existing business (which we keep to a minimum!). We are a friendly and open group, and everyone is welcome.

Wednesday, January 3, 2007

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 admission fee (for rent, refreshments)

“Filial Therapy”

Presenter: Karen Pernet, LCSW, RPT-S

This presentation will discuss Filial Therapy, a highly effective intervention integrating family therapy and play therapy to address a wide variety of child and family problems. In Filial Therapy, trained therapists first teach parents, either individually or in a group, how to conduct dyadic child-centered play sessions, and then the therapists supervise the sessions. Filial Therapy crosses racial, ethnic, cultural and class boundaries because parents, rather than clinicians, become the change agents. There will be a case presentation and a playful exercise.

Karen Pernet, LCSW, RPT-S, has recently relocated from Philadelphia to Oakland. She has been practicing for 20 years and provides psychotherapy, clinical consultation and play therapy for people of all ages. She is a national trainer for Filial Therapy and was a recipient of a grant providing Filial groups to inner-city families. Phone: (510) 923-0520 E-mail: kepernet@yahoo.com

See PRESENTATIONS page 8

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PAT OGDEN, PHD AND KATHY STEELE, MN, CS

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\$300 until 2/23/07, \$350 thereafter 11 CE Credits

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<http://sensorimotorpsychotherapy.org>

ocal Contact: Justine K. Polevoy, MFT #36954 at Phone: 510-888-4151, Email: embodiedpsychotherapy@comcast.com

Calendar of Events

EB-CAMFT 2007

January 1

*Late fee charged for December
Renewals received after December 31*

January 3, Wednesday, 10-12

Diablo Valley Group CEU Presentation
“Filial Therapy”
Karen Pernet, LCSW, RPT-S

January 5, Friday, 4-6

Board Meeting, Berkeley
Chapter Office, 2550 Ninth St., Suite 207A

January 8, Monday, 12-2

Networking Luncheon
King Yen Restaurant, Berkeley

January 12, Friday, 3:30-6

Chapter CEU Presentation, Berkeley
“Parenting Teens with AD/HD: A Tightrope Walk”
Glenn Gelfenbein, MA, MFT

January 18

Newsletter Article Deadline

January 19, Friday, 12:30-2:30

Diversity Committee Meeting, Berkeley
Chapter Office, 2550 Ninth St., Suite 207A

January 19-21, 2007

CAMFT Winter Workshop Series
“Thought Leaders in Mental Health”
Burlingame, CA
www.camft.org or call (888) 892-2638

January 25

Advertising Deadline

January 27, Saturday, 6:00+

EB-CAMFT Winter Social

February 2, Friday, 4-6

Board Meeting, Berkeley
Chapter Office, 2550 Ninth St., Suite 207A,

February 3, Saturday

CAMFT Chapter Leadership Conference
Ayres Suites, Ontario

February 7, Wednesday, 10-12

Diablo Valley Group CEU Presentation
“Life Is Richer When You Feel It, Part 2”
Joie Seldon, MA

February 10, Saturday, 9:30-Noon

Chapter CEU Presentation, Orinda
“The Psychology of Obesity”
Soshana Kobrin, MFT

February 12, Monday, 12-2

Networking Luncheon

February 16, Friday, 12:30-2:30

Diversity Committee Meeting, Berkeley
Chapter Office, 2550 Ninth St., Suite 207A

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

Presentations

From Page 5

Wednesday, February 7, 2007

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 admission fee (for rent, refreshments)

“Life Is Richer When You Feel It, Part 2” Presenter: Joie Seldon, MA

A follow-up to Joie Seldon's well-received presentation in September on bringing emotional education into the therapeutic setting, this will be an experiential session. Somatically based exercises will teach participants how to use the body as an ally in becoming more understanding and tolerant of emotional experiences. Principles of emotional expression, including the power of choice, and a technique that teaches emotional fluidity, the natural movement of any emotion that arises, will be taught. You need not have attended the September session to benefit from this presentation.

Speaker: Joie Seldon holds a master's degree in Somatic Counseling Psychology from John F. Kennedy University, and specializes in emotional education. It was her work as a professional actor and acting teacher for more than twenty-five years that led her to develop her unique work in helping people become emotionally healthy. She does private emotional coaching, leads workshops in Emotional Education and teaches acting at SF Acting Academy and Developing Creative Trust at MOKSHA Life Center in San Francisco. Phone: (510) 536-3335 E-mail: joieseldon@sbcglobal.net

CONTACT INFORMATION

Chapter Presentations: Joanne Davis at jhdavis246@yahoo.com or (510) 845-4280 or Sandra Scheuling at Mcling@aol.com or (510) 229-0635.

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 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 YOU'S

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.

Excellent Training
Opportunity!

WOMEN'S THERAPY CENTER is currently recruiting qualified interns for:

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- Diverse Clientele
- Culturally Informed Theory and Practice

For more information, applications, and interview dates please visit our website at:

www.womenstherapy.org

If you have questions, please contact
Clinical Director Elena Moser, LCSW: (510) 845-3007



501 Kearney Street
El Cerrito, CA 94530

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

Jan. 8 (RSVP by Friday, Jan. 5)

Feb. 12 (RSVP by Friday, Feb. 9)

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

Quantum Processing and Subjectivity

Winter Series second Saturdays.
4 CEU units each meeting.
Jan. 13, Feb.10, Mar 10 and April 14
9:30-2:00 Brown bag lunch

Goal will be to acquire a better understanding of what is meant by the 'quantum domain' and the implications of our growing understanding of the quantum domain for developmental and clinical psychology.

www.insightcenter.net

Instructor: Diane Kern, MFT CA 3935
PCE # 3782

Paid Advertisement

Artful Marketing & Practice Development

*Individualized • Comprehensive
Consultation for Health Professionals*

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)

Discover Psycho-Physical Therapy

Professional Workshops &
Advanced Trainings in Somatic Psychotherapy
Berkeley, CA

Psychophysical Reciprocity:

A Simultaneous
Mind/Body Process
January 20, 2007

Creativity or Survival?

A non-pathology approach
to psychotherapy
January 21, 2007

Building Mutuality & Deep Intimacy

A Somatic Approach to
Working with Couples
February 24 & 25, 2007

**6 CEU's for each day
PCE #2731**



Life Experiences are
Embodied Experiences

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. For more information, visit our website or contact Justine Polevoy, MFT #36954 at (510)888-4151.

www.psychophysicaltherapy.com

Paid Advertisement

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 training, presentations and or seminars.

If you would like for me to post your workshops, please give me a call or email me. Reminder to all interns: some of our EB-CAMFT seminars and workshops may get you some BBS hours (upon your supervisors approval). Some workshops are free of charge or may even have a minimal charge for interns. I highly 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: **January 18th.**

MARIN AIDS PROJECT MENTAL HEALTH PROGRAM Part-time MFT Intern. 15-20 hrs./wk. \$13 - \$15/hour, DOE. Experience serving persons with HIV/AIDS and/or working with substance abuse and

underserved populations preferred. Bilingual Spanish speaking a plus. E-mail resume and cover letter to jennifer@marinaidsproject.org or fax to Executive Director, Marin AIDS Project, 1660 Second Street, San Rafael, CA 94901 (Fax: (415) 457-5687).

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 hours/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/ Intern position available at well-established group practice in central Contra Costa County. Learn and Earn! 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: 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. East County Children's Men-

See **INTERN COLUMN** page 12

31 CEUs • MFT, LCSW (#PCE 1526)

SPEAKINGQUEST

JOURNEY TO YOUR AUTHENTIC SELF
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May 5-11, 2007



Speak from the Heart

Connect Authentically

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- \$2,250.00 for lodging, meals, program, and guidebook
 - Facilitators Doreen Hamilton, Ph.D. and Katherine Mapee-Reenik, MS, MFT
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- www.SpeakingQuest.com



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Intern Column

From Page 11

tal Health 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 fami-
lies. (15-20 hours per week) Contact: Fax re-
sume to (925) 371-4950 or e-mail resume to
lsiwula@livermorepolice.org.

CLEARWATER CLINIC Part-time paid
MFT Intern positions in Oakland trauma
specialty clinic. Spanish fluency preferred.
Thursday mornings, 2 evenings required, Sat-
urday 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:

I am happy to list the name, number, and
type of exam for people 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 in-
clude other helpful information such as theo-
retical orientation and location desired. Best
of luck!

HIGH IMPORTANCE:

*If anyone knows of any more coaches for
the first or the second MFT examinations can
you please contact me.

President

From Front Page

better for all those who volunteer. I can not
serve you with out your input; so feel free to
contact me with any of your concerns. The
board is always open and welcomes any input
from our members and participation in our
monthly board meetings.

I would like to take this time to thank Mel-
issa Johnson, our past president, for her hard
work and outstanding leadership. I would,
also, like to thank Harriet for her patience with
the association these past 18 years and her
many hours of hard work to make it all run
so smoothly. Thanks to all the dedicated board
members and volunteers for making it all
happen and a special thanks to Mary Ashby in

*If you know of any study groups for the
first or the second MFT examinations can you
please contact me.

*If any one is selling or wanting to purchase
study materials (Live and Learn, Grossman,
PASS, or AATBS) please contact me.
Julie Scheinman wants to sell her AATBS
material for both examinations, please con-
tact her at JSfeline@aol.com. She is selling her
material at a very reasonable price.

The Diversity Group

The Diversity Corner is published in the
EB-CAMFT newsletter and on our
website. If you are interested in contrib-
uting an article that relates to diversity
issues, please submit it to Paula Moseley
at newsletter@eastbaytherapist.org 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-
2:30 pm in the chapter office.

her nomination to the Outstanding Chapter
Leader for EB-CAMFT for 2006.

Lastly, I would like to remind you all that we
have many exciting workshops and special
events coming up this new year. Please stay
tuned by reading our newsletter, browsing
through our web site and checking out our
calendar of events, or by reading Harriet's blast
e-mails through the e-tree. This year's winter
social will be held in Danville on Saturday,
January 27, 2007. Hope to see you all there!

I look forward to serving you as president
and hope that together we can strengthen our
association.

Sincerely,
Martha Jimenez-Rosales, MA, MFT Intern
Salmar1434@yahoo.com

East Bay CAMFT Classified Advertising

Groups For All

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.

Office Space

Large attractive office available in Albany for sublet (1-2days) Times and days flexible. Call Lillie - (510) 524-6185.

Therapist Spaces for Rent! Downtown Berkeley \$15/hr. Morn/Aft/Weekends. Thalia, (510) 666-9552 ext. 121.

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

WALNUT CREEK: Sublet available in peaceful Quail Court. Large office (accommodates small groups) w/vaulted ceiling available: Monday morning, \$85/mth. Tuesday after 6:30 pm, \$95/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

For Clinicians

Ethics through Movies course on-line. 6 CEU
www.drzur.com/moviesethicscourse.html

31 CEUs Hawaii SpeakingQuest retreat, May 5-11, 2007. (510) 524-4055.
www.speakingquest.com

THRIVING AS A MEDI-CAL PROVIDER. 03/03/07. Four CEU's. (510)527-5662.
www.FeministTherapyAssociates.com

The Psychotherapy Institute Berkeley, California

CLINICAL TRAINING PROGRAM IN PSYCHODYNAMIC PSYCHOTHERAPY

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

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CONTACT . . .

KENNETH SEEL R.A.S.
REGISTERED ADDICTION SPECIALIST

925-818-4419

TO ADVERTISE IN NEWSLETTER & WEBSITE

Send your ads to advertise@eastbaytherapist.org for newsletter and web. Ad deadline for the March/April 2007 newsletter is January 25, 2007. Web ads start anytime run for 2 months. See www.eastbaytherapist.org for more information.



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, January 3, 10-12
Diablo Satellite Group CEU Presentation
“Filial Therapy”
Presenter: Karen Pernet, LCSW, RPT-S
See p. 5 for details.

Friday, January 12, 3:30-6
Chapter CEU Presentation
“Parenting Teens with AD/HD:
A Tightrope Walk”
Presenter: Glenn Gelfenbein, MA, MFT
Berkeley
See p. 5 for details

DATES TO REMEMBER

January 27, Saturday, 6:00pm
Winter Social

Mon., January 8 and Feb. 12
Berkeley Networking Luncheons

Friday, Jan. 5 and Feb. 2, 4-6
Board Meetings, Berkeley

Wednesday, February 7, 10-12
Diablo Satellite Group CEU Presentation
“Life Is Richer When You Feel It, Part 2”
Presenter: Joie Seldon, MA
See p. 8 for details.

SATURDAY, February 10, 9:30- Noon
Chapter CEU Presentation
“The Psychology of Obesity”
Presenter: Shoshana Kobrin, MFT
Orinda
See p. 5 for details

Publication Schedule for *The East Bay Therapist*

March/April 2007 edition

Deadline for Submissions: January 18 • Ad Deadline: January 25