

The East Bay Therapist

2550 Ninth Street, Suite 207-A • Berkeley, CA 94710 • (510) 848-8400 • Fax (510) 848-9400 • www.eastbaytherapist.org • March-April 2008

Don't Take It Personally! Overcoming Rejection, Judgments and Criticism

by Elayne Savage, Ph.D.



Elayne Savage

It happens so fast. All it takes is a wilting look, an insulting tone of voice, or a raised eyebrow. You find yourself taking it personally and your knee-jerk response seems all out of proportion to the event itself. You wonder, "Where on earth did that come from?"

When we take things personally we perceive someone's actions as a personal affront, an insult or slight. Someone says or does something (or neglects to say or do something) and we find ourselves getting triggered and overreacting.

Taking things personally involves:

- Assuming there is intent even when there is not.
- Taking things the wrong way.
- Believing people are taking sides - for you or against you.
- Getting upset when other people don't see things the way you do.
- Feeling slighted or wronged or attacked.
- Taking something as a personal failure - feeling blamed or blaming yourself.

When we take something personally we're feeling rejected in some way.

This rejection is most likely connected with feeling "dissed" - discounted, disdained, disapproved of, disbelieved, dismissed, or

See **PERSONALLY** page 4

EB-CAMFT ACKNOWLEDGES THE SERVICE OF ITS PAST PRESIDENTS:

1986 Midge Wood
1987 Bill Roller
1988 Sue Alexander
1989 Marilyn Hoffpauir
1990 Chris Angell
1991 Vivian Nelson
1992 John Shanteau
1993 Carole Inglis
1994 Ray Greenleaf
1995 Steve Sheridan
1996 Ann Sheridan
1997 Tom Trent
1998 Gerald Thauberger
1999 Holly Reed
2000 Paul Lewis
2001 Dow Mathews
2002 Inge Lembeck
2003 Steve Kessler
2004 Steve Toby
2005 Annie Bailey
2006 Melissa Johnson
2007 Martha Jimenez-Rosales

Office Manager Hours

The Chapter Office Manager, Iris Cornelious, is available three days a week if you need to reach her. Wednesday, 1 - 4 • Thursday, 9 - 4 • Friday, 9 - 4.



PRESIDENT'S CORNER

by Martha
Jimenez-Rosales

I hope everyone is having a fun and joyful Spring! Well, here at EB-CAMFT there is so much going on that I do not know where to begin.

The month of January and February was a very busy month for the board. Not only were we interviewing and screening resumes but we also had our annual Board potluck meeting in early January at Ellen Odza home. In mid January we had our annual Visioning Retreat at Cindy Beckley home and Juliette

Cutts was our facilitator. At the end of January Brenda Pontheir and her husband hosted our annual Winter Social in her home. Then in mid February some board members attended the annual CAMFT Leadership Conference in San Jose. This year we had the opportunity to discuss what is working and what is not working with our chapter to other CAMFT chapters. I must say that we are by far one of the largest and better organized chapters. I am not saying this because I am the president but because many Chapters had much to complain about and I don't think we could relate. We are by far one of the chapters that has much to offer to its members, especially because we have a website, we have online payments, we provide many CEU opportunity to our members, and most importantly because we have an E-tree. At

this conference we also had the opportunity to speak with CAMFT board members and inform them what kind of support we would like to receive from CAMFT. Overall, it was a very informative conference and a great place to network with other chapters. Melissa Johnson, our past president, was also awarded the 2008 CAMFT Outstanding Leadership Award. Kudos to Mel for her hard work and dedication to EB_CAMFT these past 5 years.

I also would like to take a moment to acknowledge the work and dedication of our new board members and to those board members who took on new responsibilities and did not leave us: Ellen Odza as our new Treasurer and Bonnie Forer as our new

See **PRESIDENT** page 6

2008 BOARD OF DIRECTORS

President

Martha Jimenez-Rosales (310) 480-8758 salmar1434@yahoo.com

Past President

Melissa Johnson (925) 683-6664 melissa@melissajohnsonTherapy.com

President-Elect

Position Open

Secretary

Cindy Beckley (510) 698-4636 Lucindabeckley@yahoo.com

Treasurer

Ellen Odza (510) 814-9345 eodza@alamedanet.net

Co-Treasurer

Bonnie Forer (510) 517-0540 b4er@comcast.net

Advertising Manager

Position Open advertise@eastbaytherapist.org

Website Manager

Position Open

Newsletter Managing Editor

Position Open newsletter@eastbaytherapist.org

Tech Team

Eileen Drapize (510) 848-8400 etreemanager@eastbaytherapist.org

Volunteer Coordinator

Melissa Johnson (925) 683-6664 melissa@melissajohnsonTherapy.com

Membership Chair

Shalini Mongia (925) 979-9839 shalini925@yahoo.com

Social Committee Chair

Position Open

Mentor Program Coordinator

Position Open

Member-at-Large

Brenda Ponthier (510) 339-8312 blponthier@yahoo.com

Member-at-Large

Paula Moseley (510) 339-8570 baxterblanco@gmail.com

Intern Representative

Lara Gagne (925) 914-7709 larapatrivegagne@aol.com

East Bay Counseling Choices Rep.

Catherine Kvikstad (510) 537-1606 ckvikstad@aol.com

CEU Programs Coordinator

Joanne Davis (510) 845-4280 jhdavis246@yahoo.com

CEU Programs Co-Chair

Sandra Scheuling (510) 229-0635 mscling@aol.com

Diablo Satellite Liaison

Danielle Saunders (510) 325-7194 danielle@daniellesaunders.com

Trauma Response Network Co-chair

Michelle Lane (510) 620-7988 michellelanemft@aol.com

Trauma Response Network Chair

Irene White (925) 286-1164 irenemft@yahoo.com

Networking Lunches, Berkeley Co-chair

Willow Stern (510) 521-2353 willow@willowsternmft.com

Networking Lunches, Berkeley Co-chair

Karen Pernet (510) 923-0520 kepernet@yahoo.com

Pleasanton Coffee Talk

Sylvia Meier (925) 628-2257 sylvia@sylviamieirmft.com

E-tree Manager

Robin Raniero robinsails2@hotmail.com

Office Manager

Iris Cornelious (510) 848-8400 Iri@eastbaytherapist.org

A Warm Welcome to New Members

We extend a warm welcome to these **9 new members** who joined the East Bay Chapter in November and December 2007:

Adriana Abril, Pleasant Hill

Tasha Pera, Berkeley

Jaklyn Brookman, Oakland

Gregory Shames, Oakland

Jenny Lee, Pleasanton

Nadesdye Valdes, Concord

Su Su Maung, Berkeley

David Weinstein, Berkeley

Kellee Miles-Maranz, Brentwood

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 the office at (510) 848-8400 or contact@eastbaytherapist.org

A Special Thanks to our "Behind the Scene" Volunteers:

Joan Gold, "Faces" Column

Penny James, Diablo satellite CEU Coordinator

Amy Greenberg, Diablo Satellite Snack Set-up

Vicki Bower, Diablo Satellite Bagel Pick-up

Mary Ashby

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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Managing Editor

Position Open

Events Editor

Iris Cornelious

Advertising Manager

Position Open

advertise@eastbaytherapist.org

Faces Columnist

Joan Gold

Features Editor

Position Open

Newsletter Mailing

Iris Cornelious

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 newsletter@eastbaytherapist.org

FACES OF EB-CAMFT

By Joan Gold, MFT Intern



this month...

**Catherine
Kvikstad**

The subject of this month's column is Catherine Kvikstad, East Bay Counseling Choice's liaison to the EB-CAMFT Board. She wears many hats in her multiple roles with EBCC (the referral arm of EB-CAMFT) and EB-CAMFT itself, the largest currently as chairperson for the upcoming March 29th conference, "Building a Successful & Satisfying Private Practice."

"For most therapists," claims Catherine, "the 'business' of doing psychotherapy leaves us uneasy – we have limited experience, education and training to manage this aspect of private practice. At this conference, experts will give guidance and practical information on how to start or expand a private practice."

An EB-CAMFT member since her trainee year in 1995, and a board member since 2006, Catherine is a CSU Hayward graduate with a master's degree in Counseling Psychology.

She came to the field with a master's in Nutrition and Food Science from San Jose State and a decade of experience as a Registered Dietitian in the treatment of eating disorders. Having learned to utilize cognitive/behavioral therapy techniques in multiple treatment arenas, she found herself effective in treating the symptoms of the disorders, "but I found myself wanting to be able to treat more than the symptoms."

"I decided to return to school and become a therapist."

Calling herself primarily a psychoanalytic psychotherapist, she states, "I find depth-oriented therapy to be creative, extremely challenging, satisfying and profoundly effective. I am passionate about this way of working – seeing clients multiple times per week and using the relationship in the here-and-now as the treatment."

"Specifically, I'm influenced mostly by British object relations but I use developmental and relational perspectives as well."

Her biggest professional challenge? Not surprisingly in light of her multiple roles, "balancing all of my professional interests and obligations. I love to learn and I like to get involved. I participate in a weekly seminar, two weekly consultation groups and I seek individual consultation every other week, plus my commitments to EBCC and EB-CAMFT."

"While this can be exhausting, not to mention expensive, these activities feed me with the personal and professional support I need to do intense analytic therapy using the relationship as the crucible for the treatment."

For fun and inspiration, Catherine also enjoys time with family and friends ("therapist and non-therapist friends!"), loves to cook and travel and is an avid cyclist. She also believes that a successful therapist needs to spend a great deal of time as a client. "Personal therapy is the best investment therapists can make for their professional life -- and their personal life, too. I don't believe there is any substitute for the experience of being a client with the inherent vulnerabilities, joys and challenges unique to the therapist-client relationship." Catherine herself is currently several years into a personal analysis, "on the couch, four times per week," which she calls "the best thing, I've ever done for my practice, for myself and for my marriage"

Her advice for old and new therapists? "Walk on the wild side, get into therapy! Or better yet, try analysis!"

"And, yes," she adds, always on her job as EB-CAMFT board member and conference chair, "it is a business expense!"

Catherine Kvikstad, MFT, can be reached at 510.537.1606. For more information on EB-CAMFT's March 29th conference, "Building a Satisfying and Successful Private Practice," go to www.EastBayTherapist.org.

Berkeley/Oakland 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!

**RSVP to Karen Pernet (kepernet@yahoo.com) or
Willow M. Stern ((415) 298-1292 or willow@willowsternmft.com)**

When:

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

March 10 (RSVP by Friday, March 7)

April 14 (RSVP by Friday, April 11)

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

Personally From Front Page

disregarded. These feelings come from early experiences with peers, teachers, siblings, parents or other family members, and they replay many times in our work or personal relationships.

How can we not take things so personally? First, create enough distance to slow your overreaction. Taking a "time out" works great. Counting to ten and breathing slowly is one kind of "time out. Excusing yourself to get a drink of water is another.

Next, become aware of the rejection aspects -this includes judgments and criticism. It's a lot easier to change behavior when you're aware of it and it's no longer a "blind spot." By recognizing signs of rejection and noticing how you react to it, you're taking the first steps in giving yourself some distance.

Ask yourself:

"Might I be taking this personally?"

"What part of me is feeling rejected, judged or criticized?"

"What am I telling myself?"

"Is this an old message?"

"Where might it come from?"

Then, walk alongside yourself: What do you notice about your reactions? This "naming" and "noticing" opens up space for making choices about how you want to deal with rejection. You don't have to continue down the same path once you realize how you got there. You can learn to choose to back up to that fork in the road and change direction.

Finally, try to put yourself in the other person's shoes. If you can get out of the center of your own orbit, you won't feel so much like a target. And in most instances, whatever was said or done says more about the other person and their fears than it does about you!

Don't be tempted to guess what the other person might have meant, because you really can't read their mind. Ask them if your perception of what they said is what they meant. Then you don't have to dwell on trying to figure it out. It will save lots of energy.

Ten sure-fire ways to avoid rejection:

- Remind yourself, it's more about the other person than it is about you.
- Try to separate the "personal" from the "professional."
- Don't equate "not thinking" with "not caring" about you. Sometimes other people just don't consider things the same way you do.
- Don't presume - check things out. Filling in gaps with your own ideas about what's going on takes a lot of energy and you just might be wrong!
- Don't try to read someone's mind-or expect them to read yours.
- Try to put yourself in the other person's shoes. How might they be feeling?
- Be direct. Ask for what you need.
- Practice "time outs." Take a breath, count to ten.
- Being able to identify when you are taking something personally, gives you the ability to make choices about how you want to proceed.
- And DON'T TAKE IT PERSONALLY!

© Elayne Savage, Ph.D.

Elayne Savage, Ph.D., is a professional speaker, workplace coach, psychotherapist, and the author of BREATHING ROOM-CREATING SPACE TO BE A COUPLE and DON'T TAKE IT PERSONALLY! THE ART OF DEALING WITH REJECTION. She lives in Berkeley, CA and can be contacted through her website www.queenofrejection.com. For more from Elayne Savage come see her present "Jumpstart Your Website" at the HOW TO BUILD A SUCCESSFUL & SATISFYING PRIVATE PRACTICE Conference on March 29th. See inside this newsletter for more information.

Thanks to all those members who donated to EB-CAMFT from June 2007 through January 2008:

| | |
|------------------------|-------------------------|
| Margo Landrum | Patricia Strong |
| Debbie Ghidinelli | Ingeborg Lembeck |
| Eileen Flanagan | Sheril Phillips |
| Steve Keightley | Jill Sardeson |
| Sandra Jordan-Brackett | Kathleen McClelland |
| Marcia Robbins | Renee Miller |
| Judy Collins | Joan Rudeman |
| David Fisher | Pam Mikolajczyk |
| Sharon Testa-Harker | MJ Kimenko |
| Diane Dubois | Kari Petersen |
| Lynn Rubin | Catherine Taylor |
| Patricia Padgett | Janet Moran |
| Steve Toby | Gretchen Blais |
| Martha Helms | Eti Valdez Kaminsky |
| Lorena Duncan | Susan Cohen |
| Christie Rigg | Lisa Kaplan |
| Leslie Zuska | Karen Morliengo |
| Alisa Genovese | Ofra Eldor |
| Natalie Forrest | Sheridan Adams |
| Ellen Newnan | Dawn Shifreen Pomerantz |

27th Annual Professional Conference



MARIN CAMFT
Presents

**DR. STAN
TATKIN**
AN ATTACHMENT
& NEUROBIOLOGICAL
APPROACH TO
COUPLES THERAPY

Saturday, April 12, 2008
9:00 AM - 5:00 PM
EMBASSY SUITES
San Rafael, CA
7 Continuing Education Units



REGISTER AT
MARINCAMFT.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 are available at the Orinda location; none are available at the Berkeley location due to venue restrictions. Presentations are worth two CEUs and a \$5 or \$10 entry fee (see below) covers costs. Come join us for a chance to meet other therapists and learn new ways to help our clients and ourselves.

Note: Volunteers who contact the coordinator may attend at no charge.

Saturday, March 22, 2008

9:30 am to 9:45 am - Networking
9:45 am to 11:45 am - Presentation
11:45 am to noon - Networking

2 CEUs to attendees

St. Mark's United Methodist Church

451 Moraga Way, Orinda

\$5 entry fee - Chapter members

\$10 entry fee - Non-members

“Grief and Loss”

Presenter: Barbara Gordon, MFT

Grief and loss affect everyone at some point in their lives, but as therapists we get little training in how to effectively help grieving clients. This presentation will give you insight into the grieving process and how to help clients connect to their inner and outer resources. Topics that will be covered include:

- Understanding the cycle of normal grief and helpful interventions for each stage
- Factors that complicate grief: what to look for
- The difference between depression caused by grief and clinical depression
- Medications and grief
- Counter-transference and the therapist's reaction to death and dying
- Understanding grief behavior and how it manifests in the therapy session
- Spiritual and existential issues for client and therapist
- The role of support groups and when they are helpful

Barbara Gordon, MFT, specializes in grief counseling and bereavement presentations. She is a Bereavement Coordinator for Sutter VNA & Hospice in San Leandro and has extensive experience facilitating groups. Currently she facilitates an ongoing Partner Loss group for Sutter, and Caregivers and Bereavement groups for Eden Hospital's Cancer Center in Castro Valley.

Previous experience providing bereavement support to the community includes Catholic Charities of the East Bay, the Zen Hospice Project in San Francisco, the East Bay Cancer Support Group in Castro Valley and the Charlotte Maxwell Complimentary Clinic. She is the founder of the East Bay Bereavement Network and received the 2002 JFK University Alumna of the Year award for her outstanding

work with the dying and their families. Barbara has been licensed for 2 years and has a private practice in Oakland.

Friday, April 11, 2008

3:30pm to 4pm - Networking

4pm to 6pm - Presentation

2 CEUs to attendees

Epworth United Methodist Church

1953 Hopkins St., Berkeley

\$5 entry fee - Chapter members

\$10 entry fee - Non-members

“The Clinical Implications of ‘Coming Out’ in a Family-Based Culture”

Presenter: Laura Farha, Associate Clinical Social Worker

What does it mean to “come out” as queer (gay, lesbian, bisexual, transgender) in a cultural context that privileges family needs, honor and tradition over individual rights? How might this coming out experience differ from that of a member of the dominant society? How can Western psychotherapists best support and work with clients who are struggling with this problem?

This presentation will consider the unique challenges, risks, and support options faced by queer people from non-Western cultures who choose to come out to family members. Although the presentation will focus on queer people and coming out, the same clinical implications may apply to any individual from a family-based culture who is struggling with personal needs and desires that conflict with the family's expectations.

Learning objectives include:

- To understand the basic structural differences between family-based and individual-based cultures.
- To apprehend how these structural differences impact the experience of family, and shape development and developmental tasks, especially the task of individuation.
- To appreciate the unique considerations faced by queer people who choose to come out within a family-based culture.
- To be able to respond to clients faced with such challenges in a compassionate, educated, culturally and clinically appropriate manner.

Laura Farha brings over twelve years of professional, community and personal expertise to her understanding of the impact of “coming out” in a family-based culture. Her academic background includes research on Arab American mental health (MSW, University of Michigan, 1995) as well as an exploration of transgressive sexualities in a non-Western context (MDiv, Starr King School for the Ministry, 2000). In her psychotherapy practice, Laura works with individuals who are struggling with issues relating to cultural and sexual identity, family, immigration and acculturation. She has developed an approach to psychotherapy that invites clients from family-based cultures to consider and reflect upon their needs for growth, attachment and individuation without severing connections to

See PRESENTATIONS page 12

President From Front Page

Co-Treasurer, Melissa Johnson took over the Volunteer Coordinator position and will remain at the past-president, Paula Moseley decided to stay with us as a Member at Large, and Cindy Beckley switched over as our new Secretary. A very Special thanks goes out to Robin Raniero who has taken on the E-tree manager responsibility from England. It is rewarding to know that Robin believes in this organization and would want to take on such responsibility from so far away. I also want to thank Laura Gardner, our past office manager, for 9 months of hard work and dedication to the office. Laura, we are happy that you will stay on board with us as the new Social Committee Chairperson. And Finally, I was to introduce Iris Cornelious, as our new office manager who was brave enough to take on this responsibility. Please be patient with Iris as she learns her way around in the office.

I would like to remind everyone that on Saturday, March 29 EBCC and EB-CAMFT are sponsoring "How to Build a Successful and Satisfying Private Practice" workshop at Samuel Merritt College Health Education Center in Oakland. Thanks to Catherine Kvikstad, who has dedicated so much time and effort to this event and for putting it together. I am sure it will be a great success! Catherine has done an excellent job in advertising and making sure it runs smoothly that day. Please come and join us.

Remember, we have the monthly Pleasanton Coffee Talks, the monthly Berkeley Networking Lunches, the monthly CEU Program in Berkeley and Orinda, and the monthly Diablo Satellite workshops in Orinda. Please review our calendar of events for more information on all our monthly activities.

Here is some additional information from our 2008 Visioning retreat which I wanted to share with everyone:

PRIORITIES:

filling "have to" positions
committed members/prevent burnout
hiring and training office mgr

RESULTS:

2007 Goals:

- All positions filled for 2008 (pres elect, newsletter, website manager, advertising manager, legislative liaison need to be filled) (NO)
- Increase reserves to \$35K (YES)
- Hold at least one teambuilding and one social event with at least 7 voting board members. (YES)
- Review and update job descriptions and procedures (90%)

FOCUS FOR 2008:

- Incentives for executive board
- Clarify and communicate board identity (what's in it for me?)
- Fill key positions
- recruit and retain volunteers
- remember diversity
- consider hosting CAMFT conference
- outreach for job listings/internships
- FUN
- Networking (LinkedIn)
- get donations

2008 Goals:

1. Achieve 1050 members by December board meeting
2. Get approval for system to consistently retain volunteers by July board meeting
 - recognize contributions
 - heart
 - \$\$
 - maintain professional image
 - measure January members and volunteer repeat in July and December
3. incorporate fun and learning into every meeting
4. Meet or exceed 2008 budget.

Future vision:

- Localized consultation groups/directory of groups
- Mentoring
- Satellite/services for outlying areas
- resources for running a business/consultation group
- help with technology consultation group

Sincerely,

Martha Jimenez-Rosales, MA, MFT Intern,
EB-CAMFT President
Salmar1434@yahoo.com

Pictures from this year's 2008 Visioning Meeting with Presenter Juliette Cutts.



Calendar of Events

EB-CAMFT 2008

- | | |
|------------------------------|--|
| March 5, Wednesday, 10-12 | Diablo Valley Group CEU Presentation “TBA” |
| March 7, Friday, 4-6 | Board Meeting, Berkeley Chapter Office, 2550 Ninth St., Suite 207A |
| March 10, Monday, 12-2 | Networking Luncheon King Yen Restaurant, Berkeley |
| March 11, Tuesday, 9:30 - 11 | Coffee Talk Networking Group Coffee Beans and Bistro, Pleasanton |
| <i>March 21, Friday</i> | <i>Newsletter Article Deadline</i> |
| March 22, Saturday, 9:30-12 | Chapter CEU Presentation, Orinda “Grief and Loss” Barbara Gordon, MFT |
| March 29, Saturday, 8:30-5 | How to Build a Successful and Satisfying Private Practice Conference Samuel Merritt College Health Education Center, Oakland, CA www.eastbaytherapist.org to register |
| <i>March 28, Friday</i> | <i>Advertising Deadline</i> |
| April 2, Wednesday, 10-12 | Diablo Valley Group CEU Presentation “Integrating Addiction and Personality Treatment” Joseph Farley, MFT & Don Mathews, MFT |
| April 4, Friday, 4-6 | Board Meeting, Berkeley Chapter Office, 2550 Ninth St., Suite 207A |
| April 8, Tuesday, 9:30 - 11 | Coffee Talk Networking Group Coffee Beans and Bistro, Pleasanton |
| April 14, Monday, 12-2 | Networking Luncheon King Yen Restaurant, Berkeley |
| April 11, Friday, 3:30-6 | Chapter CEU Presentation, Berkeley “The Clinical Implications of ‘Coming Out’ in a Family-Based Culture” Laura Farha, MSW |
| May 1-4, Thursday-Sunday | CAMFT’s 44th Annual Conference “Controversy” Current Debates within a Changing Profession” The Marriot Los Angeles Airport Los Angeles, CA www.camft.org to register |



2008 Winter Social
 Special Thanks to Brenda Ponthier
 and her husband Paul, for allowing
 us to have this year's
 Winter Social in their
 Beautiful Oakland Hills home.



Coffee Talk Networking Group - Pleasanton

EB-CAMFT Tri-Valley therapists offer a networking opportunity in Pleasanton. Come and enjoy coffee or tea and conversation with other therapists in a casual setting. Meet other MFT's to discuss your practice, specialty, questions or anything relevant to the field. We are a friendly group open to anyone who would like to stroll in for a little networking. Hope to see you there. It's great to hear what therapists in the Tri-Valley and surrounding areas are doing these days.

When:

2nd Tuesday of the month,
 9:30am – 11am

March 11

April 8

Where:

Coffee Beans and Bistro
 401 Main Street, Pleasanton

(The cross street is West Angela; the café is across the street from Studio 7 Fine arts. Please note: We are generally sitting in the back of the restaurant.)

For more information, contact: Sylvia Meier, MFT, at (925) 628-2257

The East Bay Chapter of The California Association of Marriage and Family Therapists Pro Forma Operating Budget January 1, through December 31, 2008

Members: 938

INCOME & REVENUES

| | BUDGET 2007 | BUDGET 2008 | AVG/MONTH 2008 |
|------------------------------|-----------------|-----------------|-------------------|
| Advertisements | \$4,000 | \$4,500 | \$375 |
| Newsletter Subscriptions | \$600 | \$500 | \$42 |
| Donations | \$600 | \$500 | \$42 |
| Late Fees | \$1,300 | \$1,500 | \$125 |
| New Income | \$6,100 | \$9,500 | \$792 |
| Renewal Income | \$39,500 | \$49,000 | \$4,083 |
| Application Fees | \$1,600 | \$1,600 | \$133 |
| Expanded Listings | \$2,250 | \$2,500 | \$208 |
| Labels | \$600 | \$600 | \$50 |
| Law and Ethics Workshop | \$5,799 | \$5,000 | \$417 |
| Trauma Response Workshop | \$2,100 | \$5,000 | \$417 |
| Private Practice Workshop | \$0 | \$9,000 | \$750 |
| Chapter Meeting | \$500 | \$1,000 | \$83 |
| Diablo Satellite | \$750 | \$1,000 | \$83 |
| Winter Social | \$1,250 | \$1,000 | \$83 |
| Reserve Interest | \$1,075 | \$1,000 | \$83 |
| TOTAL INCOME | \$68,024 | \$93,200 | \$7,767 |
| | | | |
| Reserve Allocations | \$0 | -\$15,000 | -\$1,250 |
| | | | |
| OPERATING FUND INCOME | \$68,024 | \$78,200 | \$6,517 |
| | | | |
| OPERATIONAL EXPENSES | | | |
| Credit Card Processing Fees | \$600 | \$800 | \$67 |
| Bank & Credit Card Fees | \$150 | \$0 | \$0 |
| Utilities | \$2,600 | \$6,000 | \$500 |
| Office Manager (Salary) | \$21,150 | \$15,465 | \$1,289 |
| Office Rent | \$14,000 | \$14,750 | \$1,229 |
| Payroll Taxes | \$1,700 | \$1,500 | \$125 |
| Payroll Service | \$864 | \$700 | \$58 |

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Continued From Page 9

| | | | |
|--------------------------------|-----------------|-----------------|----------------|
| Office Supplies | \$800 | \$1,200 | \$100 |
| CPA / Tax Prep. & Returns | \$350 | \$1,000 | \$83 |
| Liability Insurance | \$2,300 | \$2,500 | \$208 |
| Workers Compensation Plan | \$350 | \$250 | \$21 |
| Equipment & Furniture | \$200 | \$500 | \$42 |
| Computer Related Expenses | \$1,000 | \$2,000 | \$167 |
| Computer Assistant | \$500 | \$500 | \$42 |
| Clerical Assistant | \$850 | \$500 | \$42 |
| Bookkeeping Service | \$2,880 | \$4,500 | \$375 |
| Newsletter - Intern Fair | \$150 | \$200 | \$17 |
| Newsletter - Printing \ Layout | \$3,700 | \$5,000 | \$417 |
| Website Hosting & Mtc. | \$4,540 | \$5,000 | \$417 |
| Elections | \$0 | \$1,000 | \$83 |
| Postage | \$920 | \$1,500 | \$125 |
| TOTAL MAINTENANCE EXP. | \$59,604 | \$64,865 | \$5,405 |

BOARD EXPENSES

| | | | |
|------------------------------|----------------|----------------|--------------|
| Visioning Meeting | \$1,850 | \$2,000 | \$167 |
| Leadership Conference | \$1,750 | \$100 | \$8 |
| Contingent Expenses | \$100 | \$500 | \$42 |
| Team Building | \$0 | \$700 | \$58 |
| TOTAL UTILITY EXPENSE | \$3,700 | \$3,300 | \$275 |

ACTIVITY EXPENSES

| | | | |
|---|----------------|-----------------|--------------|
| Winter Social | \$1,000 | \$1,000 | \$83 |
| Law & Ethics Workshop | \$1,500 | \$2,500 | \$208 |
| Trauma Response Workshop | \$0 | \$2,500 | \$208 |
| Private Practice Workshop (aka other workshop) | \$1,100 | \$2,500 | \$208 |
| Chapter Meetings | \$600 | \$750 | \$63 |
| Diablo Satellite Meetings | \$300 | \$750 | \$63 |
| CEU Provider | \$220 | \$0 | \$0 |
| TOTAL ADMINISTRATIVE EXP. | \$4,720 | \$10,000 | \$833 |

TAXES

| | | | |
|------------------------------|------------|-------------|------------|
| Federal & State Income Taxes | \$0 | \$35 | \$3 |
| TOTAL TAXES | \$0 | \$35 | \$3 |

| | | | |
|-----------------------|-----------------|-----------------|----------------|
| TOTAL EXPENSES | \$68,024 | \$78,200 | \$6,517 |
|-----------------------|-----------------|-----------------|----------------|

| | | | |
|-----------------|---|---|---|
| Surplus/Deficit | 0 | 0 | 0 |
|-----------------|---|---|---|

EB-CAMFT Profit and Loss

January through December 31, 2007

| | |
|---------------------------------------|--------------------|
| Income | |
| Private Practice Workshop Incom | \$89.00 |
| Unclassified Income | 6,692.13 |
| Chapter Meeting Income | 640.00 |
| Winter Social Income | 1,020.00 |
| Expanded Listing Income | 3,150.00 |
| Supervisor Tape Rental | 0.00 |
| Newsletter Income | 804.00 |
| Label Income | 600.00 |
| Diablo Satellite Income | 985.00 |
| Law and Ethics Income | 2,426.50 |
| Advertising Income | 5,542.00 |
| Membership Income | |
| Donation Income | 600.00 |
| Returned Check Charges | 30.00 |
| Late fees | 1,558.68 |
| New Income | 23,395.00 |
| Renewal Income | 41,998.00 |
| Application fees | 1,250.00 |
| Membership Income - Other | 50.00 |
| Total Membership Income | 68,781.68 |
| Miscellaneous Income | 131.98 |
| Interest Income | 574.40 |
| Total Income | \$91,436.69 |
| Expense | |
| Disaster Response Expense | \$94.56 |
| Law and Ethics Expense | 2,156.12 |
| Paypal Fees | 720.86 |
| Telephone & Fax | 701.88 |
| Utilities | 2,093.57 |
| Salary Expense | 18,078.13 |
| Rent | 12,526.98 |
| Payroll Tax Expense | 2,075.55 |
| Payroll Service | 820.56 |
| Office Supplies | 1,590.56 |
| License & Permit Fees | 200.00 |
| Legal & Tax Advice | 370.00 |
| Insurance Expense | |
| Directors & Officers Liability | \$132.33 |
| Commercial Liability | 125.01 |
| Workers Comp | 183.56 |
| Total Insurance Expense | 440.90 |
| Equipment & Furniture | 143.53 |
| Bookkeeping Service | |
| Extra | \$60.00 |
| Bookkeeping Service - Other | 4,942.46 |
| Total Bookkeeping Service | 5,002.46 |
| Bank Fees | |
| Bank Supplies | \$74.93 |
| Credit Card Fees | 34.00 |
| Bank Fees - Other | 99.60 |
| Total Bank Fees | 208.53 |
| Winter Social Expense | 741.88 |
| Newsletter Expense | 4,323.26 |
| Web Site Expense | 3,948.00 |
| Postage | 831.02 |
| Chapter Meeting Expense | 294.39 |
| Board of Directors | |
| Vision Meeting | \$1,607.48 |
| Misc. Expenses | 34.99 |
| CAMFT Leadership Conference | 15.20 |
| Total Board of Directors | 1,657.67 |
| Federal & State Taxes | 30.00 |
| Leadership Conference | 397.20 |
| Miscellaneous Expense | 297.74 |
| Total Expense | \$59,745.35 |
| Net Income | \$31,691.34 |

Presentations

From Page 5

valuable cultural, religious and familial institutions and traditions. Laura has been an active member and organizer of the Bay Area and international queer Arab communities for more than ten years. In this capacity she has also assisted numerous Middle Eastern women and men in navigating the challenging and often risky terrains of "coming out."

Laura is a registered Associate Clinical Social Worker in a private practice, supervised by Nadine M. Tang, LCSW. Her office is in Oakland.

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, March 5, 2008

10 am to 10:30 - Networking and refreshments

10:30 to 11:30 - Presentation

11:30 am to Noon - Formal networking, introductions and business

One CEU to attendees

St. Mark's United Methodist Church

451 Moraga Way, Orinda

\$5 admission fee – Chapter members

\$10 admission fee – Non-members

(covers rent and refreshments)

"TBA"

Presenter: TBA

Wednesday, April 2, 2008

10 am to 10:30 - Networking and refreshments

10:30 to 11:30 – Presentation

11:30 to Noon – Formal networking, introductions, business

One CEU to attendees

St. Mark's United Methodist Church

451 Moraga Way, Orinda

\$5 admission fee – Chapter members

\$10 admission fee – Non-members

(covers rent, refreshments)

Integrating Addiction and Personality in Treatment

Presenter:

Joseph Farley, MFT & Don Mathews, MFT

This workshop will address the integration of in-depth individual psychotherapy and group addiction therapy. Therapists working in these two modalities can often be at cross purposes. For example, the

affects associated with in-depth work can trigger addictive processes but addiction work may not go deep enough to support long term recovery. Don Mathews and Joe Farley will talk about ways that these two modalities can work effectively together.

Joseph Farley, MFT, License # MFC24892 is the Clinical Director of the West Coast Branch of the Masterson Institute for Psychoanalytic Psychotherapy, a three year postgraduate training program in Oakland. He is a former adjunct faculty member of JFK University and has given lectures on the Masterson approach for the Wright Institute, Alliant University (formerly CSPP), JFK University, and at the annual meeting of the California Association of Marriage and Family Therapists. He has authored a chapter on treatment of the Schizoid Disorder of the Self in James Masterson's latest book. Mr. Farley has over 20 years of clinical experience.

Don L. Mathews, MFT License # MV 20226 is the founder/director of the Impulse Treatment Center in Walnut Creek, CA and is a licensed Marriage and Family Therapist. His extensive experience in the field of sexual addiction includes treating hundreds of individuals and couples. He has lectured widely on the subject and has appeared as a guest-expert on radio and television talk shows such as "2 at noon" and "People are Talking".

CONTACT INFORMATION

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

Diablo Satellite Group: Danielle Saunders at danielle@daniellesaunders.com or (510) 325-7194

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 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.

East Bay Chapter, California Association of Marriage and Family Therapists, and
East Bay Counseling Choices, a Referral Service of East Bay CAMFT

How to Build a Successful & Satisfying Private Practice

Does the "business" of doing psychotherapy leave you feeling uneasy? Most therapists have limited experience, education and training to manage the business aspects of private practice. Yet, without some business acumen, your private practice may not be as successful, or as satisfying, as you want or need it to be. Come to this day long conference and let the experts guide you with practical information on how to start or expand your private practice.

SCHEDULE OF EVENTS

Private Practice: How to Make a Living While Making a Difference

Keynote Presentation: Casey Truffo MFT
9:00 – 11:45 am

Lunch Catered by Stella Nonna
11:45-12:30 pm

Jumpstart Your Website
Elayne Savage PhD MFT
12:30-1:45 pm
OR

Frame Issues: Fee Setting and Cancellation Policies
Terry Schulman PhD LCSW
12:30-1:45 pm

The Initial Hour
Alice Feller MD
2:00 -3:15 pm
OR

Managed Care: How to Become a Provider and Get Insurance Referrals
Fran Wickner PhD MFT
2:00-3:15 pm

**What EVERY Therapist Should Know about Insurance
– Even if You Want Nothing to Do with It**
Barbara C. Griswold MFT
3:30- 4:45 pm

Closing Remarks
Catherine Kvikstad MFT
4:45-5:00 pm

Saturday, March 29, 2008 9:00 am - 5:00 pm
Merritt College Health Education Center, 400 Hawthorne Drive, Oakland
Information: EastBayTherapist.org 510/848-8400

Over

East Bay Chapter of the California Association of Marriage and Family Therapists (East Bay CAMFT) is one of 28 autonomous chapters of the California Association of Marriage and Family Therapists. East Bay CAMFT is a diverse community of mental health professionals that provides valuable benefits to its members and quality services to the residents of the East Bay. East Bay CAMFT and CAMFT welcome all mental health professionals as members. Benefits of East Bay CAMFT membership include: opportunities for professional development, free and unlimited access to hundreds of colleagues online through East Bay CAMFT's list-serve, a bimonthly newsletter, access to the "Members Only" section of the website, free listing in an online directory for prospective clients and other benefits. Visit: EastBayTherapist.org and CAMFT.org.

East Bay Counseling Choices is the referral service of the East Bay Chapter of the California Association of Marriage and Family Therapists (East Bay CAMFT). A group of East Bay CAMFT members maintain the service and volunteer their time to assist people to find the help they need. Potential clients contact East Bay Counseling Choices primarily by telephone, through yellow page advertising, through the East Bay Counseling Choices website, through agency referrals and by word of mouth. Each East Bay Counseling Choices member pays a yearly share of costs for the maintenance of the referral service. For more information, go to: CounselingChoices.org.

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Saturday, March 29, 2008 9:00 am – 5:00 pm (registration at 8:30)
Samuel Merritt College Health Education Center, 400 Hawthorne Ave, Oakland

FOR REGISTRATION

Online Registration Available: EastBayTherapist.org/member/events.html

Name: _____ **EBCAMFT Member? Yes No**

Address: _____

Phone: _____ **Email:*** _____

License Type/No: _____ *** Workshop confirmation will be sent via e-mail only**

| Fees: | EBCAMFT Members | Nonmembers | Students/Interns |
|-----------------------------|------------------------|-------------------|-------------------------|
| If fee received by 2/29/08: | \$89 | \$109 | \$79 |
| If fee received by 3/15/08: | \$104 | \$124 | \$94 |
| At the door: | \$119 | \$139 | \$109 |

Lunch: I have included \$12.50 for Stella Nonna box lunch (sandwich, salad, sweet, drink), I prefer:
 ___ Grilled Chicken Breast ___ Ham & Swiss ___ Eggplant, Red Pepper & Cheese

Break out Sessions: Choose one for Session 1 and one for Session 2

Session 1: 12:30 am – 1:45 pm

- ___ Frame Issues: Fee Setting and Cancellation Policies by Terry Schulman PhD LCSW
- ___ Jumpstart Your Website by Elayne Savage PhD MFT

Session 2: 2:00 pm – 3:15 pm

- ___ The Initial Hour by Alice Feller MD
- ___ Managed Care: How to Become a Provider and Get Insurance Referrals by Fran Wickner PhD

MFT

Parking: Garages on Summit and 30th \$14 All Day

Return to: East Bay CAMFT, 2550 Ninth Street, Suite 207A, Berkeley, CA 94710

CEUs: 6 units (MFT, LCSW approved) Provider No. PCE417

For more information about this conference, including professional biographies for each presenter and learning objectives for each presentation, go to: EastBayTherapist.org

Event Information: Catherine Kvikstad, CKvikstad@aol.com 510/537-1606
 Registration Information: Laura Gardner, laura@eastbaytherapist.org 510/848-8400

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
\$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 |

*Excellent Training
Opportunity!*

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

- Two-Year Intensive Training Program in Relational Psychotherapy
- One-Year Advanced Training Program with a focus on Couples Therapy

Both programs offer:

- Individual and Group Supervision
- Didactic Classes
- 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

WTC
WOMEN'S
THERAPY
CENTER

501 Kearney Street
El Cerrito, CA 94530

*Artful Marketing &
Practice Development*

*Individualized • Comprehensive
Consultation for Therapists*

How to Fill a Therapy Group

April 23 • 11:00 AM – 3:00 PM, San Rafael

Money & Fees

April 26 • 11:00 AM – 2:00 PM, San Rafael

Preparing for Private Practice

April 29 • 10:00 AM – Noon, San Francisco

www.artfulmarketing.com

for complete schedule and to register online

Wendy Davis Larkin, MA • 415.454.2911

(MFC23654)

(PCE1105)

Weekly Wednesday Morning Consult

Planting Seeds for Personal Growth That Yield Quick Therapeutic Benefits

Revolutionary theory and practice, at every meeting

Tools to enhance the potency of your therapeutic work will be provided. A cutting edge scientific framework upon which application of the tools rests will be outlined including:

- Developmental psychology reconsidered in light of quantum theory: ‘Patterns evolving continuously in the *implicate order* have causal efficacy’, see David Bohm, Wholeness and the Implicate Order,
- How the ‘mind’ works reconsidered in light of understanding of the ‘mind’ as a *self organizing system*, see Stuart Kauffman, At Home in the Universe.

For fun ‘take a peek’ at the italicized terms above at www.wikipedia.com

9:00AM -11:00AM March 12-April 30 in Walnut Creek: small group size will be maintained to ensure thorough consideration of the implications of the ‘refreshed’ psychology. Participants will discuss their experience as they apply the new tools. CEUs may be earned. Cost: \$400.00. Early registration is recommended. Space is limited; email drkern@insightcenter.net for registration information.

Instructor: Dr. Diane Kern, (CA MFT 3935, PCE 3782). Dr. Kern’s graduate work in India provides a background of study in eastern medical systems, her doctorate in criminology frames studies of human development within a socio-economic context. She studied psychoanalytic theory and practice within a ‘politicized’ environment. Dr. Kern has taught at local bay area colleges and been in private practice over twenty years.

www.insightcenter.net

MARCH-APRIL 2008

INTERN COLUMN

By: Lara Patrice Gagne, MFT Intern
LaraPatriceGagne@aol.com

MFT COACHING:

The following individuals have coaching experience and will coach those who may need one-on-one assistance with the MFT licensing examination. Please contact them directly

for their fees.

--Alex Rosenthal, LMFT, alex@safetysend.com

--Jeanne Courtney, LMFT, (510) 527-5662 ext. 2 or bcourtney@earthlink.net

UPCOMING WORKSHOPS:

Please notify us about any agencies in the community who have ongoing trainings, presentations and or seminars. If you want to post your workshops, please give me a call or email me. (You can also subscribe to the EB-CAMFT E-Tree for notifications of upcoming workshops.)

Reminder to all interns: some of EB-CAMFT seminars and workshops may be allowed for BBS hours (upon your supervisors approval). Some workshops are free of charge or may even have a minimal charge for interns. It is a great way to NETWORK!

INTERN SUPPORT GROUP:

A support group for MFT Interns began in September 2007. Please contact Val Jean Dale, MFT at (510) 757-7777 to leave a message with your name, phone number and email address if you want more information.

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. Job posting will remain in intern Column for six months unless you request a longer run. Deadline for notices for next issue: March 25th, 2008.

RIO VISTA CARE, MFT registered intern; 3 days/week; agency & school-based therapy;

salaried position beginning immediately. Fax resume to (707) 374-5381 or mail to Rio Vista CARE, 125 Sacramento St., Rio Vista, CA 94571. Attention: Araminta Blackwelder

BERKELEY CREATIVE LIVING CENTER will have 1 or 2 openings at the beginning of the new year for MFT trainees or interns. While an unpaid position, a \$500 stipend is paid upon successful completion of the placement. Asked to commit to 16 hrs./week for 12 mos. to obtain 8-10 client contact hrs./week. Individual and group supervision available. For more information contact the CLC Clinical Coordinator, Jim Moyers jim@bonitahouse.org or Program Director, Rebecca Woolis rebecca@bonitahouse.org or phone at (510) 548-2269.

ALTERNATIVE FAMILY SERVICES, serving children and families, is seeking a full-time Mental Health Worker (can be MFT Intern) for Alameda County-based mental health program. Offer competitive salary and benefits package. Email resume with cover letter to the Assistant Director of Mental Health Services, Guillermo Alvarez MFT, GAlvarez@afs4kids.org or fax to (510) 839-3888.

CONTRA COSTA COUNTY COMMUNITY SERVICES BUREAU which serves Headstart children, ages 3-5yrs., has (preferably bilingual) internships available. Training in play therapy provided. Part time (20 hrs./week) position pays an hourly rate and comes with partial benefits. Prefer MFT Interns or trainees in last year of Masters program. For more information call Inge Lembeck, LMFT at (925) 646-1444, ex: 60991

EDEN COUNSELING SERVICES has a school based group facilitator position available. Groups are held at two middle schools in Castro Valley. Position will require 10-15 hours weekly. Payment is \$18-\$20 per group session. Some school experience is desirable but not necessary. Excellent supervision is available. Please fax or email cover letter and resume to Marge Bedrin, MFT, Clinical Supervisor at (510) 247-9825 or margebedrin@comcast.net

ASIAN PACIFIC PSYCHOLOGICAL SERVICES has MFT Intern positions available working with individuals and families of Asian and Pacific origins in Oakland, Rich-

mond, and Brentwood. For more information contact Alan R. Stein: alanrstein@yahoo.com or Program Director David Young, PhD: dyoung@appsweb.org or fax cover letter and resume to (510) 233-4545.

CSU EAST BAY STUDENT COUNSELING SERVICE has a 20 hour/week paid internship available working with culturally diverse students--individuals, couples and groups. 9/2008-6/2009. Deadline to apply: 2/15/08. Contact Brian Reinhardt, Ph.D. at caps@csueastbay.edu

WESLEY ROBINSON, PH.D. has two paid MFT Intern positions available in Antioch, CA. He can be contacted at psychinstitute@comcast.net

ABC FAMILY SOLUTIONS has part-time paid MFT Intern positions available for \$20-\$25/hour, depending on experience. Positions include Office Based Child and Family Trauma Specialist in Antioch and a Home Visit Child and Family Trauma Specialist in Alameda County. For more information and to send your cover letter/resume contact Matthew Lindgren, MFT Intern: matt.lindgren@gmail.com

HORIZONS FAMILY COUNSELING in Livermore has an opening for an MFT Intern to work as a school counselor at a local continuation high school during morning hours. The position pays \$20/hour and requires approximately 15 hours/week. No phone calls. Please send cover letter and resume to mlund@ci.livermore.ca.us or fax to (925) 371-4950.

BERKELEY CREATIVE LIVING CENTER has an opening for a trainee or intern. This is a great opportunity for clinical experience and learning from the complex issues presented by mentally ill adults. On-site supervisors and very supportive environment. For more information: <http://bonitahouse.org/clcIntern.html>

FAMILY SERVICE COUNSELING CENTER is opening a position for a Post-Masters Internship to begin in September. Serve a diverse population (children, adolescents, adults, couples, and families), provide long and short term therapy, and receive a stipend

See INTERN COLUMN page 18

Intern Column

From Page 17

and payment for grant-funded clients/groups. Send resume to: Anne Gregan-Ver, Family Services Counseling Center, 2208 San Leandro Blvd., San Leandro, Ca 94577. Fax to: (510) 483-6719

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.

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 graceorenstein@sbcglobal.net or at (510) 843-7531.

CENTER FOR CREATIVE GROWTH, 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. Also looking for Spanish speaking interns. Contact: Marge, Clinical Supervisor (510) 247-9831.

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.

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

List your name, number, and type of exam if you are in search of study buddies for either the first written or the second exams (WCV). Email Intern Rep by March 25th. Please feel free to include other helpful information such as theoretical orientation and location desired. Best of luck! [IMPORTANT: All licensed MFT willing to supervise registered interns please contact Intern Rep to list your information in the Intern Column. Interns need supervisors! Coaches for the first or the second MFT examinations, post your information in the intern column. Study groups for the first or the second MFT examination, list here. Selling or purchasing study materials (Live and Learn, Grossman, PASS, or AATBS)? Contact the Intern Rep to list here.]

--Melissa Anderson is studying for the second MFT exam (WCV) anyone interested please contact her at melisula@earthlink.net

--Phebe Fletcher is looking for AATBS study partners for the Standard Written Licensing exam. Contact her at (510)967-6267 or Phebef@yahoo.com

--Shelby Castile is selling her AATBS study material for both exams, please contact her at shelbycastile@yahoo.com

STUDY MATERIALS FOR SALE:

If you have study materials for the MFT exam available, you can offer them for donation or sale here. Deadline for being included in the next issue: March 25th.

MFT EXAM STUDY MATERIALS available for sale. AATBS (Written and CVE) and Gerry Grossman (CVE). Contact Jenny Lee for information by email: jenny_jue@juno.com

MFT Trainee & Intern Licensing Software

Developed for California MFT Licensure, TrackYourHours is a web-based software application that tracks your hours of experience, generates BBS Weekly Summary and Experience Verification forms, and provides

useful visual reporting tools. No more confusing spreadsheets or calculators. Always know how many hours of experience you have, by category. PC/MAC. 30-day Free Trial. <http://www.trackyourhours.com>.

JOB SEARCH WEBSITES:

For you to further sleuth out internships...[To expand your search results, consider broad title descriptions and categories (i.e. mental health or social services).] Best of Luck!

www.aegismed.com
www.edjoin.org
www.bayareacareers.com
www.socialservices.com
www.craigslist.org
www.kaiserpermanentejobs.org
www.employmentwizard.com
www.insidebayarea.com
www.cc-courts.org/cthjv
www.co.contra-costa.ca.us/depart/hr/
www.cchealth.org/cchealthpages/pages/mentalhealth/
www.jobs.com
www.contracostaARC.com
www.careerbuilder.com
www.monster.com
www.psychotherapyjobs.com (for Southern California)

~If you wish to announce your new license, provide information about an upcoming workshop or support group for interns, offer MFT coaching, advertise an internship, sell your MFT exam study materials, or seek MFT exam study partners please contact me by sending me an email at LaraPatriceGagne@aol.com. Please include the words INTERN COLUMN somewhere in the title so I know to include your information in the Intern Column in the next newsletter.

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

East Bay CAMFT Classified Advertising

Groups & Therapy

Divorce Recovery Workshops

Emotional and Spiritual Healing. Reverend Ray Campton, MFT & Lafayette-Orinda Presbyterian Church. More Info: www.lopc.org/singles_divorce_recovery.asp

Escape to Big Sur

2008 - Healing Healers - Retreat

A dynamic retreat designed especially for mental health professionals. February 29th, March 1st, & May 2nd-3rd. Please Visit www.feelbalanced.net for full details. Professional discounts & CE's available. Rejuvenating Meditation Sessions. Think Green! \$10 of every registration goes to fight global warming. Come, renew, and feel balanced.

Heal Negative Body Image to Create Deeper Intimacy

Therapy group for women in N. Berkeley. Laura Gardner – (510) 594-4300 or www.holisticgardner.com.

Pet Loss Support

Audrey Spector, MFT, MFC34520
(510) 704-5502.

Surviving Relationship Loss:

Separation/Divorce On-going groups. Audrey Spector, MFT, MFC34520 (510) 704-5502.

For Interns

MFT Trainee & Intern Licensing Software

Developed for California MFT Licensure, TrackYourHours is a web-based software application that tracks your hours of experience, generates BBS Weekly Summary and Experience Verification forms, and provides useful visual reporting tools. No more confusing spreadsheets or calculators. Always know how many hours of experience you have, by category. PC/MAC. 30-day Free Trial. www.trackyourhours.com.

TO ADVERTISE IN NEWSLETTER & WEBSITE

Send your ads to advertise@eastbaytherapist.org for newsletter and web. Ad deadline for the May-June 2008 edition newsletter is March 28, 2008. Web ads start any time and run for 2 months. See www.eastbaytherapist.org for more information.

Job Opportunities

Calworks Clinician

Anka Behavioral Health Services is a non-profit agency seeking a Calworks Clinician. Programs include supportive transitional housing working with homeless families with disabilities for the City of Oakland. Graduate degree in related field required (MFTI), Addiction Certification a plus. Experience with substance abuse, mental health, HIV/AIDS, and/or homelessness required. Must be familiar with traditional models of mental health and substance abuse as well as motivational interviewing, harm reduction, and integrated treatment for co-occurring disorders. Send resume to Genevieve Fernandez gsolorio@ankabhi.org or Fax (925) 685-4306.

Clinical Administrator

Anka Behavioral Health is currently seeking a Clinical Director for the Henry Robinson Multi-Service Center, our 54-Unit transitional housing facility in downtown Oakland. Graduate degree in related field required, licensure preferred. Experience with substance abuse (motivational interviewing, harm reduction, co-occurring disorders), mental health and homelessness required. Four Years experience with program, staff and budget management required. Experience with federal grants, HUD regulations and MediCal billing preferred. We are seeking a strong, experienced and enthusiastic leader who has the ability to work as a member of multiple teams with excellent oral and written communication skills. Please send resume to Genevieve Fernandez gsolorio@ankabhi.org or fax (925) 685-4306

Office Space

Sublet

Weekend sublet available, Walnut Creek, \$300 p/month. Friday \$425. Call 925 980-1805. Pictures www.attachmenttherapygroup.com

Walnut Creek sublet

Large, attractive office available Tues. and/or Fri. half or full days. Many amenities. Rosalind Englander-Calo 925-743-9381

For Clinicians

Love Your Body at Any Size

Workshop for women. 3/16/08. El Cerrito. \$50. Register by 3/6/08. 510-527-5662. <http://www.FeministTherapyAssociates.com>.

Movie Lover Package - Online

20 CEU - \$149: <http://www.zurinstitute.com/moviesce.html> Birgit Wolz.

Need Help Navigating the Insurance Maze?

Get The Therapists Guide to Working with Insurance, www.navigatingtheinsurancemaze.com, (408) 985-0846

Saturday CEUs

Law & Ethics (LGBT focus), 5/24/08. Body Image, 3/22/08. Money Matters! 4/26/08. El Cerrito. 510-527-5662. www.FeministTherapyAssociates.com

Spanish for Therapists

Wed night class, intermediate level, \$40. Call Teresa Allen (510) 701-0298.

Training Seminar/Consultation Groups

On-going seminars (since 1987) integrating latest in attachment theory, intersubjectivity, and object relations theory. CEUs for didactic portion. Mondays 12:20-2:20, Fridays 11:00-1:00. For syllabus or further information: Michael Gray, (Psy10328), (510) 525-6620.

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EB-CAMFT CHAPTER EVENTS

Wednesday, March 5, 10-12
Diablo Satellite Group CEU Presentation
"TBA"
Presenter: TBA, MFT
See p. 12 for details.

Saturday, March 22, 9:30-12
Chapter CEU Presentation - Orinda
"Grief and Loss"
Presenter: Barbara Gordon, MFT
See p. 22 for details

**DATES
TO REMEMBER**
Monday, March 10 and April 14
Berkeley Networking Luncheons
Tuesday, March 11 and April 8
Pleasanton Coffee Talk
Friday, March 7 and April 4, 4-6
Board Meetings, Berkeley

March 29, Saturday, 8:30-5
**"How to Build a Successful and
Satisfying Private Practice Conference"**
Samuel Merritt College Health
Education Center, Oakland, CA
www.eastbaytherapist.org to register

Wednesday, April 2, 10-12
Diablo Satellite Group CEU Presentation
**"Integrating Addiction and
Personality in Treatment"**
Presenters:
Joseph Farley, MFT & Don Mathews, MFT
See p. 12 for details.

Friday, April 11, 3:30-6
Chapter CEU Presentation - Berkeley
"The Clinical Implications of 'Coming Out' in a Family-Based Culture"
Presenter: Laura Farha, MSW
See p. 5 for details

Publication Schedule for *The East Bay Therapist*

May-June 2008 edition

Deadline for Submissions: March 21 • Ad Deadline: March 28