When confronting issues of substance use, professional opinions as to what constitutes use, abuse, or dependency, as well as notions of prevention, often compete with the ideas of individuals and families, and those of the culture at large. Recently, a client who proclaimed himself an addict looking to abstain from drugs, asserted: “I wanna’ quit drugs, I just wanna’ drink from now on.” The misconception that drugs exclude alcohol is an example of a distorted but all too pervasive belief. Similarly, clients often believe that the consequences of drug use are confined to the period of intoxication, and do not extend beyond that time. As therapists working with such clients, we must confront these distorted belief systems before we can clarify treatment goals. In this article, I will discuss some important ideas pertaining to substance use, and present interventions that are substantive and practical.

**Distorted Beliefs about Addiction**

**Inverted notions about risk-taking:** Our beliefs can help us or they can mislead us. Negative beliefs about self, for example, can form the psychological fuel of an escalating substance dependency. Conversely, a positive self-image can inspire self-care. But in the inverted universe of substance abuse, definitions/ideas of positive self-image and positive self-care are turned upside down. For example, when speaking to adolescents, I often comment that an emotional and behavioral change that occurs relatively early in drug use is that of increased risk-taking and impulsivity. Drugs are dangerous, I add, not to mention illegal and largely forbidden. There is generally a respectful agreement on this point, but I also note when my clients seem unmoved. After all, I can see them thinking, risk-taking is manly, risk-taking is good. The willingness to take risks garners esteem within a peer group and creates a false sense of heroism within the young person. This twist of thinking has significant implications; under social pressure, risks garners esteem within a peer group and creates a false sense of heroism within the young person. This twist of thinking has significant implications; under social pressure, what we commonly think of as self-destructive risk-taking is perceived by our adolescent clients as courageous. How can we “coopt” the positive value attached to risk-taking and turn it right side up again? I believe that the key lies in redefining risk in emotional terms:

- It takes courage to risk being honest with others, to stand strong in the face of peer pressure and dare to accept limitations, protect our safety, and adhere to conventional behavior.

**Negative reinforcement for intoxication:** Drugs are intoxicating because they promise an instant way to alter our feelings. Seconds, minutes, perhaps an hour, is all that is necessary to achieve a desired effect, and the message to our central nervous systems is clear: you do not have to wait to change how you feel. When asked what is attractive about the mood and mind-altering experience, addicts will first give some familiar responses: drugs allow for disinhibition, increase confidence or relaxation; and create a feeling of elation where there was anxiety before. But deeper exploration reveals more: As feelings change, so, too, do the user’s perceptions: responses to stressors are intensified, confidence turns into entitlement, and the user, filled with false confidence, misreads social cues and perceives social approval where there is none.
We extend a warm welcome to these 9 new members who joined the East Bay Chapter in November and December:

- Wendy Brainerd, Danville
- Michael Gelbart, San Leandro
- Erlinda Haraguchi, Walnut Creek
- Jean Harsch, Orinda
- Persephone Maywald, Castro Valley
- Stephanie Morgan, Berkeley
- Jay Slupesky, Pleasanton
- Christopher Traylor, Hayward

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.

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CLINICAL ARTICLES: Members of EBCAMFT are invited to submit articles of clinical relevance for the newsletter. The features editor will determine which article(s) will be printed and will make all editing decisions for these articles. Please submit them to Mary Stoker at stoker1@uclinkberkeley.edu.
This month, I would like to introduce Chris Traylor, the new treasurer of EB-CAMFT. As treasurer, Chris is a voting member of the board and his main function is to chair the finance committee that oversees EB-CAMFT’s financial health.

Chris is a registered intern currently working with Contra Costa County Children and Family Services as a caseworker and counselor. Chris’s approach is holistic and he aims to treat people on multiple levels, with a special emphasis on environmental factors.

Chris credits two of his high school English teachers with inspiring him to become a therapist. Both these teachers were also therapists and they regularly incorporated journal writing into their classes. Journal writing helped Chris to learn about himself and to cope with the challenges of being a teenager. His teachers’ dedication to helping others impacted Chris and he realized that he wanted to do the same.

Chris was also a budding musician. He started playing drums in high school and worked for ten years in the music industry as a professional drummer, touring and recording. But the pull to pursue psychotherapy as a profession was stronger. So, in the late ‘90s, Chris left the music industry and went back to school, obtaining his undergraduate degree in psychology in 2002 and his master’s degree in counseling psychology in 2004 (from California State University, Hayward).

While earning his degrees, Chris worked in a variety of mental health settings including a sub-acute psychiatric health facility. Chris has worked for Alameda County and Oakland Unified School District, counseling adolescents, as well as casemanaging and counseling continuation high school students in other settings.

I asked Chris how he manages such challenging work. He responded that self-care is the key: He focuses on eating well, exercising and connecting with colleagues and other social supports, and to his spiritual center. He enjoys cooking fine food, cycling and football, and yes, music. He still finds time for impromptu jam sessions with friends.

In describing his passion for life, Chris said he strives towards Gemeinschaftsgfühl, a German term he learned from Alfred Adler, which translates to a “feeling of community.” The experience of being a human being, connectedness to others, being of service and self-improvement are all part of Chris’ life in work and play.

The EB-CAMFT newsletter team extends a warm welcome to Chris. His passion for the work is contagious and if he brings just a portion of that to his position as treasurer, it’s going to be a great year for EB-CAMFT!
Withdrawal brings with it even more distorted thinking. The absence of the intoxicating high feels punishing to the suffering addict. But what is he being punished for? For using? Or for not using? For the absence of the drug in his system, or for its presence? After all, the best way to eliminate the suffering of withdrawal is with further intoxication. The addict comes to the wrong conclusion: he believes he is being punished for not using, not for using. Onlookers may reinforce these conclusions by reacting more aversively to the negative effects of withdrawal than to the negative effects of intoxication. Consider the logic of what I might term the “they like me better when I’m high” effect: When intoxicated, a user may be relaxed, more confident, and more sociable. When not intoxicated, they may be irritable, complaining, anxious, and lethargic. Whom do we want to be around?

The “think before you act” fallacy: Science has come to understand that drug use inhibits maturity, and that addiction has more to do with biology than with character. According to a recent article in the Harvard Mental Health Newsletter, “human brain circuitry is not mature until the early 20s. Among the last connections to be fully established are the links between the prefrontal cortex, seat of judgment and problem solving, and the emotional centers in the limbic system. These links are critical for emotional learning and high level self-regulation.” The implications of this research are that youth is particularly vulnerable to addiction. Though we may want them to “think before they act,” research teaches us that the integration of thinking and feeling, that ability to distinguish between what we think is important (i.e. a craving state), and what is really important, is a matter of development and time. Teenage brains are simply not yet developed enough to make these distinctions. Drug use then further inhibits this development, because it undercuts one of the cornerstone tasks of maturation, namely, the practice of patience and the tolerance of discomfort.

Social norms are complicit with drug use. Advertising associates alcohol and tobacco use with sex, popularity and fun, and creates an environment in which immediate gratification is a commodity. Society reinforces the “life lessons” of addiction: the belief that impulsivity, intense experiences, and quick relief from bad feelings are the important goals and not dealing with, and learning from, the ups and downs of life. The sober experience of life is implicitly devalued, and not using, not being high or intense, is defined as “square.”

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CONTINUING EDUCATION PRESENTATIONS

CHAPTER PRESENTATIONS

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

**SATURDAY, March 11, 2006**
9:30am to 10am - Networking
10am to Noon - Presentation
2 CEUs to EB-CAMFT members
St. Mark's United Methodist Church • 451 Moraga Way, Orinda
$5 entry fee • Fragrance Free Meeting Please

**“Doing Therapy from a Spiritual Perspective”**
**Presenter: Steven Kessler, MFT**
As therapists, we are in the business of helping human beings grow into their full potential. But what is that full potential? How far can a person go? In this conversation, we will place the familiar developmental maps of psychology within the larger pre-personal, personal, transpersonal map used by the meditative traditions. We will look at what each sees as the full human potential and how each helps a person grow into that fullness. In the process we will explore how to work with spiritual openings that arise in a client and how to support the clients’ opening to deeper and deeper levels. We will see how working in this way can resolve some of the unsolvable dilemmas of the egoic level, such as optimal distance, self-esteem, autonomy and narcissism.

**Friday, April 21, 2006**
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 • Fragrance Free Meeting Please

**“Creating Safety and Building Empathy through Reichian Breathwork, Focusing and Non-Verbal Communication”**
**Presenter: Bret Lyon, PhD**
Studies suggest up to 93% of communication is non-verbal. Yet we often give great emphasis to words. While words are important, much of the work takes place in silence. In creating safety and building empathy, much of the conversation is non-verbal. When words are feeling-based and body-based, arising out of the non-verbal, they are fewer and more effective. Often our challenge with clients is to bring them out of their heads and into their bodies, to slow them down so they can find words for what is really going on.

In this experiential workshop, you will learn new skills to help both client and therapist gain the benefits of increased body awareness and full, free breathing. When you are breathing fully, your very presence will make clients feel more comfortable and open. Noticing variations in the clients’ breathing and body language can lead to new insights about the client. Learn to use subtle, non-verbal communication to help clients stay in their feelings and in their bodies. Explore new ways of creating safety, building empathy, increasing rapport, and reducing anxiety while avoiding the stress and exhaustion that come from trying too hard to be helpful.

Bret Lyon, Ph.D. has specialized in body-mind development and communication skills for over 25 years. His approach combines Reichian breath and energy work with Feldenkrais body awareness, Eugene Gendlin’s Focusing, Buddhist philosophy, and the trauma healing work of Peter Levine. Bret holds doctorates in Psychology and Drama and is a certified Focusing trainer.

**DIABLO SATELLITE GROUP**
The Diablo Satellite Group invites all chapter members to join us at our monthly meetings on the first Wednesday of each month from 10am to noon at St. Mark’s United Methodist Church in Orinda. Presentations are worth one CEU. Coffee, tea and bagels are served from 10 to 10:30am. If you have a topic on which you would like to present, please contact us. We’re a friendly, open and responsive group and we are always looking for speakers.

**Wednesday, March 1, 2006**
10am to 10:30 - Networking and refreshments
10:30-Noon - Presentation
One CEU to EB-CAMFT members
St. Mark's United Methodist Church • 451 Moraga Way, Orinda
$5 entry fee

**“The Archetypes of Male Maturity: A Jungian Perspective on Fifteen Years of Group Work With Men”**
**Presenter: Stan Stevens, M. Div., MFT**
Jungian analyst Robert Moore, Ph.D. has written extensively about men’s emotional and social development. In his book King, Warrior, Lover, Magician: the Archetypes of Male Maturity Moore presents a model which effectively frames the dynamic of men’s lives from boyhood to middle age and beyond. The presentation will provide a brief overview of Moore’s work applied to assisting men, in a group context, to understand the origin of their emotions and how to express them more effectively.

Stan Stevens, MFT has been in private practice with his colleagues at Walnut Creek Counseling Associates for over twenty-five years. He has taught at the California Highway Patrol Academy and presented at numerous local and regional trainings. For the past fifteen years Stan has studied male psychology extensively and has led men’s groups using the model provided in Dr. Moore’s work. Currently Stan also volunteers one day per week working with students at Counseling and Psychological Services, University Health Service, UC Berkeley.

**Wednesday, April 5, 2006**
10am to 10:30 - Networking and refreshments
10:30-Noon - Presentation
One CEU to EB-CAMFT members
St. Mark's United Methodist Church • 451 Moraga Way, Orinda
$5 entry fee

**“Inner Child Therapy as a Pathway to Learn Compassion”**
**Presenter: Daniel Lesney, MFT**
Inner Child Therapy is a creative and powerful therapeutic approach that helps clients learn to reverse the effects of unconsciously reacting to life based on the emotional wounds of a dysfunctional childhood.

See PRESENTATIONS page 8
arrested and suspended from school for intoxication-related offenses. When asked about the risks associated with sobriety, and the acceptance of his father’s house rules, he struggled with feelings of resentment and was unable to imagine how his life might change for the better. Gradually, Eddie acknowledged the fears that lay under his resentment: abstaining from drug use might lead to loneliness and loss of friendships; accepting his father’s rules meant losing his freedom and the adult image he craved. On a deeper level, Eddie’s distrust of his father stemmed from the divorce of six years earlier, when Eddie’s life was thrust into turmoil, his parents’ needs seemed to take priority over his own.

In reframing trust-building as task for Eddie as well as for his father, I was able to persuade Eddie to accept a series of agreements that included 1) submitting to urinalysis testing at his father’s request; and 2) accepting material consequences (withholding of money, for example) whenever he relapsed. Having good intentions would not mitigate the consequences; if Eddie reached a “contact high” from someone else’s use, or received a positive drug test result after unwittingly tasting a drink that was “spiked,” the consequence would remain the same. When Eddie bristled: “That’s not fair.” I reminded him that his body and brain would respond the same to exposure to a drug regardless of his notions of fairness.

A second series of agreements presented a particular challenge to Mike. In conjoint therapy, Mike spoke of his feelings of guilt as a parent. His inconsistent parenting and controlling tendencies: name-calling, impulsive imposing of consequences, and distancing interpretations of his son’s behavior (“I think you use to escape from your feelings!”) masked a deep feeling that he and his ex-wife had let Eddie down. I suggested to Mike that he seemed as impulsive and conflicted as his son and that his behaviors were inadvertently re-infusing his son’s negative behaviors. I worked with Mike to focus on consistently and calmly following through on realistic limit-setting. Trust could not be based on an anxious belief in his son’s latest promise, only to be followed by blame. Father and son were to commit to eliminate bargaining over the fairness of consequences of the son’s drug use: the relapse of a friend, the father’s controlling behavior, or other stressors, could no longer justify relapse. Further, each committed to seek out separate support systems for the processing of fairness.

These agreements allowed for father and son to understand that trust is a bond that develops and evolves through ongoing attention and care, not something to be taken for granted. They allowed father and son to navigate past mutual blame, and made space for each to sit with their uncertainty and discomfort — without resorting to substance use on the part of the son, or rigidity on the part of the father.

Over the course of therapy, there were relapses on either side. Eddie often tested his father’s curfews, demands for phone “check-ins,” and chore assignments; he used drugs on numerous occasions, and generally manifested his contempt for Mike’s parenting. Mike gave frequent voice to frustration, often characterizing his son’s relapses as a form of betrayal. As time passed, the structure provided by agreements allowed father and son to explore and change their values, and challenge the beliefs that perpetuate the cycle of drug addiction.

Mike and Eddie terminated therapy after about a year. At that time, Eddie had been clean for 90 days and wanted to focus more on twelvestep work. Mike has sent me Christmas cards the last three years, and Eddie has contacted me as well. Their relationship, though not perfect, has improved. Eddie has grown to see the connection between being truthful and gaining trust and is invested in truthfulness as a value for himself. Mike is more willing to take responsibility for his feelings of guilt and inadequacy, instead of externalizing them or blaming his son. Ultimately, Eddie moved out of his father’s house. Without the intensity of cohabitation, Eddie is more able to pursue the tasks of individuation, and Mike the task of letting go.

References


Graeme Daniels is the supervisor of the intern program at Thunder Road Adolescent Treatment Center, which specializes in substance abuse issues. He is in private practice in Pleasant Hill and has worked with adults, adolescents and families dealing with substance abuse for the past ten years. He can be reached at (925) 487-5934.

Mary Ashby noted that the bylaws were reprinted to incorporate the change in election procedure approved in the 2004 election. She and Harriet Hanauer recommended that the Nominations Committee Procedure (rather than the bylaws) be changed to indicate that (1) people who are nominated must give their approval before their names are placed on the ballot, and (2) the ballot should clarify that any write-ins are considered nominations (not votes) for the person in question; the Board will then determine if the write-in person is interested in the position and conduct a vote based on the person’s response.

Michelle Lane presented a flyer for the Trauma Response workshop to be held June 23-24 at the First Unitarian Church in Oakland. It will be limited to 65 attendees (per the workshop presenter).

Joanne Davis continues to look for volunteers to help put on additional workshops. Harriet Hanauer will send an e-mail blast with this request.

The next meetings will be from 4-6:00 at the EB-CAMFT office on the following Fridays: March 3, April 7, May 5, June 2.
### Calendar of Events

#### EB-CAMFT 2006

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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| March 1, Wednesday, 10-12 | Diablo Valley Group CEU Presentation  
“The Archetypes of Male Maturity: A Jungian Perspective on Fifteen Years of Group Work With Men”  
Presenter: Stan Stevens, M. Div., MFT |
| March 3, Friday, 4-6 | Board Meeting, Berkeley  
Held at the Chapter office  
2550 Ninth St., Suite 207A, Berkeley |
| March 11, Saturday, 10-12 | Chapter CEU Presentation, Orinda  
“Doing Therapy from a Spiritual Perspective”  
Presenter: Steven Kessler, MFT |
| March 13, Monday, 12-1:30 | Networking Luncheon |
| March 17, Friday, 12:30-2:30 | Diversity Committee Meeting |
| March 22 | Newsletter Article Deadline |
| March 31 | Advertising Deadline |
| April 1 | Website Survey Deadline |
| April 5, Wednesday, 10-12 | Diablo Valley Group CEU Presentation  
“Inner Child Therapy as a Pathway to Learn Compassion”  
Presenter: Daniel Lesney, MFT |
| April 7, Friday, 4-6 | Board Meeting, Berkeley  
Held at the Chapter office  
2550 Ninth St., Suite 207A, Berkeley |
| April 10, Monday, 12-1:30 | Networking Luncheon |
| April 21, Friday, 10-12 | Chapter CEU Presentation, Berkeley  
“Creating Safety and Building Empathy through Reichian Breathwork, Focusing and Non-Verbal Communication”  
Presenter: Bret Lyon, PhD |
| April 21, Friday, 12:30-2:30 | Diversity Committee Meeting |
| June 23-24 | Trauma Response Workshop  
“Eye of the Storm”  
Diane Myers  
Held at the First Unitarian Church, Oakland |
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**NET LOSS** ........................................ $3,485.38

**Presentations**

From Page 5

Inner Child Therapy can be practiced in group, individual, and couple therapy settings. This method can be used for a variety of purposes, including working through the trauma and effects of painful childhood events. One valuable application of Inner Child Therapy is to help our clients cultivate compassion for themselves, as well as for others, which can alleviate the toxic effects of the harsh inner critic. In this presentation, we will discuss and experience the use of inner dialogue and guided meditation as primary methods of Inner Child Therapy.

Daniel Lesny, M.A., M.A., M.F.T. is the Clinical Training Supervisor at the Center For Creative Growth in Berkeley. He has 30 years of experience practicing psychotherapy with individuals, couples, groups, and families.

**CONTACT INFORMATION**

Chapter presentations: Joanne Davis at jhdavis246@yahoo.com or (510) 845-4280
Diablo satellite group: Cynthia Pastor at (925) 947-6853

**FRAGRANCE FREE MEETINGS**

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

**DIRECTIONS TO ST. MARK’S**

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

All CEU presenters volunteer their time for EBCAMFT. We appreciate their dedication to continuing education and to supporting our profession. Thank you to all those who have presented over the last several months.
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
*Introduction**s start at 12:15 and run through 1:30

**March 13** (RSVP by Friday, March 10)
**April 10** (RSVP by Friday, April 7)

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

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**Web Tips**

- Have your specialties changed? Have you been added to a new insurance panel? Remember, you can update your membership record online at any time.
- You can now access our website with either www.eastbaytherapist.org or www.ebcamft.org

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**Recruiting Program Co-chairs**

Joanne Davis is looking for Program Co-chairs who can help her with the following duties:

- Welcoming members to the Saturday (Orinda) presentations and/or the Friday (Berkeley) presentations and signing them in
- Making announcements at the meeting and introducing the speaker
- Buying and arranging tea and snacks for the presentations and cleaning up afterwards
- Handing out and collecting evaluations and giving out certificates

Being co-chair is a high visibility job, great for interns and others just starting to meet chapter members. If the duties are divided between co-chairs, the job will require attendance at five presentations a year, at no cost to you. For those of you who already collect your CEUs at these meetings, becoming a co-chair could be perfect! Contact Joanne at (510) 845-4280 or jhdavis246@yahoo to volunteer or to obtain more information.

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**EAST BAY CAMFT ADVERTISING POLICIES**

**WEBSITE ADVERTISING**

Advertising submitted for the website will appear for a period of 2 months from the date of posting. Advertisers have the option of paying for an ad to appear for as long as one year. Please email copy for both newsletter and website ads to “Advertising Manager” at: advertise@eastbaytherapist.org or submit through the website.

**CLASSIFIED ADVERTISING GUIDELINES**

<table>
<thead>
<tr>
<th></th>
<th>Member</th>
<th>Non-member</th>
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<tbody>
<tr>
<td>Newsletter</td>
<td>The 1st 10 words in the 1st ad in one issue are free; additional words are charged at $1 per word</td>
<td>$2 per word.</td>
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<tr>
<td>Website</td>
<td>The 1st 10 words in the 1st ad in one issue are free for a two-month period; additional words are charged at $1 per word</td>
<td>$2 per word for a two-month period.</td>
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<tr>
<td>Newsletter + Website</td>
<td>The 1st 10 words in the 1st ad in one issue are free; additional words are charged at $1.50 per word</td>
<td>$3 per word.</td>
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</tbody>
</table>

**DISPLAY AD GUIDELINES**

Display ads one-half page and larger and full-page flyers 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. You must provide camera-ready copy with black ink on unfolded white paper for the newsletter; website ads should be emailed to the above email address. All ads must obtain approval by the Editor before acceptance. CEU Provider Number (if applicable) and course leaders’ license information must be printed in the ad.

**DISPLAY AD RATES FOR NEWSLETTER AND/OR WEBSITE**

<table>
<thead>
<tr>
<th>Ad Size</th>
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<th>Member</th>
<th>Non-Member</th>
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<tr>
<td>Full Page</td>
<td>9 1/2&quot; tall x 7 1/2&quot; wide</td>
<td>$200</td>
<td>$400</td>
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<tr>
<td>Half Page</td>
<td>9 5/8&quot; tall x 3 5/8&quot; wide</td>
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<td>Third Page</td>
<td>9 5/8&quot; tall x 2 3/8&quot; wide</td>
<td>$90</td>
<td>$180</td>
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<tr>
<td>Quarter Page</td>
<td>4 3/4&quot; tall x 3 5/8&quot; wide</td>
<td>$75</td>
<td>$150</td>
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<tr>
<td>Eighth Page</td>
<td>4 3/4&quot; tall x 1 3/4&quot; wide</td>
<td>$50</td>
<td>$100</td>
</tr>
<tr>
<td>Flyers (1-sided)</td>
<td>8 1/2&quot; x 11&quot; – you provide copies</td>
<td>$150</td>
<td>$300</td>
</tr>
<tr>
<td>Flyers (2-sided)</td>
<td>8 1/2&quot; x 11&quot; – you provide copies</td>
<td>$225</td>
<td>$450</td>
</tr>
<tr>
<td>Website only</td>
<td>2 months</td>
<td>$75</td>
<td>$150</td>
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<tr>
<td>Website + newsletter</td>
<td>2 months</td>
<td>Newsletter rate + $50</td>
<td>Newsletter rate + $100</td>
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</table>
Financial
From Front Page
The Board discussed a number of ways to increase revenues and decrease expenses. Some of our expenses are fixed, such as rent and utilities. (In 2005, we moved to a safer, more professional office and believe we found the most economical office available.) One option for decreasing expenses is to consider having an online newsletter (the mailing and printing of our newsletter is anticipated to be around $10,000 in 2006), with the print version as an option at an additional expense to members who wish to purchase it on a yearly basis.

The Board is investigating options for increasing our revenues. It already approved a $5 entry fee (versus optional donation) for the monthly CEU meetings. Here are other options the Board is considering:

• We would like to offer more (and profitable) workshops, but we’re having difficulty finding Chapter members to organize the workshops. CAMFT has offered to do workshops in conjunction with chapters; we’re considering that option.
• Since our advertising income has greatly decreased (likely due to members’ being able to advertise on the E-Tree), we might consider charging for E-Tree ads; the question is how to bill for and collect those funds.
• We can also have drives to increase membership and increase donations.
• We can (and plan to) investigate investment options that have a larger return than we’ve experienced.
• Finally, we could increase membership dues.

What are your thoughts? What ideas do you have to keep our Chapter solvent, so that we can continue to offer our valuable services such as the E-Tree, CEU offerings, and newsletter/website items, including clinical articles and ads?

The Board invites anyone interested in working on these issues, say as a Member-at-Large Board member, to contact Melissa Johnson at (925) 683-6664 or khisanth@comcast.net.

About the Diversity Group
We have a Diversity Corner in the EB-CAMFT newsletter and on the web. If you are interested in contributing an article that relates to diversity issues, please submit it to Brenda Ponthier (blponthier@yahoo.com) or Helen Yang (heipen_yang@yahoo.com). This is a great opportunity to make your work known while contributing to EB-CAMFT.

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

East Bay Counseling Choices
A psychotherapy information and referral service of EB-CAMFT

Seeking New Members
Referrals available, especially in areas currently not represented in EBCC:
San Ramon/Danville, Livermore, El Sobrante, Pinole, Martinez, Pleasanton, Fremont, Newark and Union City
• Promote our profession
• Contribute to the community
• Sustain an effective referral service
• Acquire new clients

Requirements
• Current MFT license valid at least 2 years
• Current CAMFT member at least 2 years
• Current EBCAMFT member at least 1 year
• Current malpractice insurance $1million/$3million
• Office in Alameda or Contra Costa Counties
• Payment of individual share of advertising and operating expenses (approx. $1100/year currently). May be paid in installments.

For an application and details of requirements and benefits call
Judy Levit at (510) 339-6651

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
MARCH/APRIL 2006
INTERN COLUMN

Martha Jimenez-Rosales, MA, MFT Intern
(510) 540-1137
SalMar1434@yahoo.com

UPCOMING WORKSHOPS!
If you would like for me to post notice of your workshops, please call or email me. Reminder to all interns: through some of our EB-CAMFT seminars and workshops you may receive BBS hours (upon your supervisor's approval). Some workshops are free of charge or may even have a minimal charge for interns. I highly recommend that 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: March 15th.

PAID CHILD AND FAMILY INTERNSHIPS AVAILABLE. Hourly rate plus stipend. Excellent supervision and training. C.C. County. Contact: Inge Lembeck, LMFT @ (510) 540-1137

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. We 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.


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

EDEN COUNSELING SERVICES: paid, part-time, position for a registered intern to provide family therapy for adolescents. Part-time position/10-15 hours/week/ 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.

PAID INTERNSHIP CSU, East Bay student counseling service. 20-hrs/wk; individuals, couples, groups. Culturally diverse students. 9/2006 - 6/2007. Contact: Brian Reinhardt, Ph.D. caps@esueastbay.edu.

TOUCHSTONE COUNSELING SERVICES, Learn and Earn! Intern position available at well established group practice in central Contra Costa County. Contact: Bronwyn Warren, (925) 932-0150, ex.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 (510) 537-5910.

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

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

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

RCEB looking for MFT Intern or MSW to work full-time or part-time as Case Managers to serve the developmentally disabled clients and their families. Fax (510) 383-1278 or e-mail cmoy@rceb.org.

FAMILIES FIRST in Fairfield seeks part time Spanish Speaking Family Advocates. Email Resume: familiesfirstinc.org (530) 747-3189.

FAMILIES FIRST in San Jose seeks Foster Care Social Worker. Email Resume: familiesfirstinc.org (530) 747-3189.

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the middle of three loads of laundry, vacuuming up fur balls and trying to eat something before I keel over.

Before I had a baby, I was used to being able to do whatever I wanted, whenever I wanted, and to getting it done without interruption. But now, I’m lucky if I can use the bathroom without Jake hollering, my cockatoo screaming and one of the cats pushing in the door. In short, I have to be more flexible… MUCH more flexible. Now, I’ve generally always considered myself a pretty flexible person; I can pretty easily go with the flow and I tend to welcome change. But now my desire to get things done when and how I want them to get done is coming right up against my inability to do so. I conceptualize this as a clash between selfishness and selflessness. Luckily, selflessness is winning out. And it doesn’t hurt that Jake has finally learned that a couple of two-hour naps each day are good for both of us.

So will my increased patience and empathy, my new-found ability to be warm and fuzzy as needed and my increased flexibility make me a better therapist? Will those qualities make me a better chapter president? I hope so. The biggest impact I can see it having on my presidency is that I will be more apt to look for creative solutions. (How can I keep a fussy baby from crying and still get a shower? Take the travel swing into the bathroom. How can I carry the baby and the clean laundry upstairs at the same time and minimize the chances of dropping one or both? Put the baby in the laundry basket!) Hopefully I’ll remember that I have to look at situations from other people’s perspectives because their needs and wants are different from mine, even if they aren’t able to communicate that to me.

I do expect that the new and enhanced skills I’ve acquired because of Jake will make me a better person, a better president, a better therapist and a better mommy. I’ll keep you posted.

I’d like to end this article with a quote from my favorite children’s book, *Where the Wild Things Are*, by Maurice Sendak. It seems particularly appropriate in light of the continuing upheaval in my life: “‘And now,’ cried Max, ‘let the wild rumpus start!’”

Sincerely,
Melissa Johnson
EB-CAMFT Chapter President

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**Exciting Opportunities**

EB-CAMFT needs members to serve in the following capacities: Secretary, Advertising Manager, Volunteer Coordinator, Membership Co-chair. As you reflect on how you might use your gifts to serve the broader community, please consider volunteering for one of these positions. Call Harriet Hanauer, our office manager, at (510) 848-8400, and she will direct you to the right people to answer any questions you may have.
**East Bay CAMFT Classified Advertising**

**Office Space**

**GLENVIEW**
Large, light-filled GROUP ROOM in professional building. Excellent for therapy groups/consultation, trainings/CEU presentations. Well-equipped, view, convenient location. Laura Soble (510) 527-1501; laurasoble@prodigy.net.

**SAN LEANDRO**
Beautiful, Spacious Office in San Leandro available for sublet part-time. 800+sqft. Great Workshop Space. Michael Gelbart, LCSW. (510) 287-2527 or yidid@prodigy.net.

**Groups For All**

**CREATING HEALTHY RELATIONSHIPS**
Ongoing depth psychotherapy groups in loving, supportive atmosphere. Relationship & communication skills; self-esteem; support for life intentions; healing the past. Coed; straight/gay; high-functioning. Near Rockridge BART, Berkeley. Tuesday or Wed. evenings. Free interview. Claire-Elizabeth DeSophia, MFT. (510) 652-3311.

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

**ANGER MANAGEMENT WORKSHOP FOR WOMEN.**
Sat., April 22nd, 10am - 3pm. Oakland. $60. For info: Esther Lerman, MFT. (510) 548-6241.

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

**Couples Workshop**

**Anger Management Groups for Men and Women** at Hilltop Counseling Center (Hilltop Mall and Berkeley locations) are now forming. We offer a threelayered 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 Fetzi, 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.

**Mens Group** beginning. San Leandro. Focus is on Camaraderie/Support for Living Passionately; Making Principled, Meaningful Choices; Taking Constructive Action; and Creating Soulful, Satisfying Relationships. Michael Gelbart, LCSW. (510) 287-2527 or yidid@prodigy.net

**Surviving Relationship Loss**
On-going groups. Audrey Spector, MFT #34520 (510) 704-5502.

**Cinema Alchemy Group**
Piedmont Ave., Oakland, Birgit Wolz, MFT (925) 376-8359.

**Women-Over-Fifty**

**For Clinicians**


4 CEUs: WORKING WITH TRANSGENDER CLIENTS

**The 5th Annual Adolescent Summit** is here! We will focus on attachment and alternative therapies on March 31, 2006 from 8:30-5pm @ The Dean Lesher Theatre in Walnut Creek. Please see our website for registration. CEU’s available. www.adolescentssummit.com

**Training**

**Seminar/Consultation Groups**

**Private Practice**

**Building Workshops:**
3/24/06. TREATMENT PLANS: 4/19/06. www.franwickner.com, (510) 527-4011.

**Ethics Through Movies**
Course on-line. 6 CEUs www.drzur.com/moviesethicscourse.html Birgit Wolz.

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**To Advertise in Newsletter & Website**

Send your ads to advertise@eastbaytherapist.org for newsletter and web. Ad deadline for the March/April 2006 newsletter is January 27, 2006. Web ads start anytime run for 2 months. See www.eastbaytherapist.org for more information.
EB-CAMFT CHAPTER EVENTS

Wednesday, March 1, 10-12
Diablo Valley Group CEU Presentation
“The Archetypes of Male Maturity: A Jungian Perspective on Fifteen Years of Group Work With Men”
Presenter: Stan Stevens, M. Div., MFT
Orinda
See p. 5 for details.

Saturday, March 11, 9:30-12
Chapter CEU Presentation
“Doing Therapy from a Spiritual Perspective”
Presenter: Steven Kessler, MFT
Orinda
See p. 5 for details.

Wednesday, April 5, 10-12
Diablo Valley Group CEU Presentation
“Inner Child Therapy as a Pathway to Learn Compassion”
Presenter: Daniel Lesney, MFT
Orinda
See p. 5 for details.

Saturday, April 21, 9:30-12
Chapter CEU Presentation
“Creating Safety and Building Empathy through Reichian Breathwork, Focusing and Non-Verbal Communication”
Presenter: Bret Lyon, PhD
Orinda
See p. 5 for details.

DATES TO REMEMBER

Monday, March 13 and April 10
Berkeley Networking Luncheons
March 3, Friday, 4-6 pm
April 7, Friday, 4-6 pm
Board Meeting, Berkeley

Publication Schedule for The East Bay Therapist
May/June 2006 edition
Deadline for Submissions: March 22, 2006 • Ad Deadline: March 31, 2006