Growing up I sensed my mom was happy in spite of many struggles. I saw that her values and appreciation of life's simple pleasures played an important part. Even so, I needed to personally experience what she modeled before I could apply her wisdom to myself and others. From a young age I observed human nature, always wondering, “What does it take for a person to feel happy?” My quest for that answer has continued.

Now, as a Marriage and Family Therapist, I have the privilege of sitting with clients every day who share with me the intimate details of their lives. Clients come to therapy in part because they want to feel happy! They come to seek solutions to regular life problems. They may need support and guidance to achieve their life goals. Whatever the case, they benefit from talking with a therapist. It is my belief that each individual is the expert on their life and ultimately the best solutions will come from within them. I also know if we can change our self-defeating thoughts, our feelings and lives will also change. Dale Carnegie said, “Remember happiness doesn’t depend upon who you are or what you have; it depends solely on what you think.”

Thoughts are powerful! In therapy people can develop the tools, self-awareness, outlook and confidence to transform life’s challenges into a meaningful life infused with energy and optimism. As a therapist, part of my work is to listen and pose pertinent questions to help clients accomplish their goals. Sometimes the issues are more complex and many layers need to be gradually uncovered. What follows are ten healthy practices people find of benefit as they navigate the variety of challenges in their lives.

**Practice #1: TAKE CARE OF YOUR-SELF**
To feel happy, it is important to pay attention to the basics—sleep eight hours a night, eat healthy foods, and exercise daily. This will sustain the energy you need to accomplish your goals. It also helps stabilize your mood. Eliminate or reduce substances such as alcohol, caffeine, sugar, marijuana or other drugs that may be draining your energy and distracting you from self-care. Repeat the mantra “Breathe, just breathe” while taking slow, deep breaths to relax your body. Other techniques such as visualization are useful as well. Think about what relaxes you, what makes you feel good and incorporate those things into your daily life. When we prioritize these basics, we take care of ourselves on a daily basis. Without self-care, other parts of

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**Office Manager Hours**
The Chapter Office Manager, Laura Gardner, is available three days a week if you need to reach a real person and not the phone machine.
Monday, 10 – 4 • Wednesday, 1 – 4 • Friday, 9 - 5:15

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**PRESIDENT’S CORNER**

**by Martha Jimenez-Rosales**

I can’t believe this year is almost over and the Holidays are just around the corner. It seems just like yesterday that I was saying hello to everyone and now it’s time to depart as president. Well, it has been a great and enjoyable year serving you all. I have met great people and have learned so much from all of you. Although it has been hectic at times, it has been a great learning experience. This experience did call out of me talents and capacities I did not know I had. I want to especially thank the Board members and the committee members for their dedication, support, and their hard work well done. Thanks to those who made this year’s Law and Ethics workshop such a great success.

As this year comes to an end, it is time for us to start thinking about the Chapter in 2008, and especially about who will lead it as Chapter president. As I’m writing this article there isn’t a president to run the Chapter next year and there is no one who will take over the Chapter’s newsletter. As some of you may know Paula Moseley, our newsletter Managing Editor, has decided to retire from us. She has been running the newsletter for some years and she has done such a great job but this is her last issue. We will miss you Paula, thanks for a job well done! As you all know finding volunteers has been a challenge year after year. I ask each of you to consider whether such an experience would be good for you and to consider running for president or any other open committee position.

I welcome our new 2008 board members and thank those who will continue on. I look forward to my new position as past-president, and also to working with you all in the year to come. I hope you all have a safe and fantastic Holiday Season.

Please be on the look out for our upcoming Winter Social. I hope to see many of you there.

Sincerely,
Martha Jimenez-Rosales, MA, MFT Intern, EB-CAMFT President
Salmarl434@yahoo.com
A Warm Welcome to New Members

We extend a warm welcome to these 41 new members who joined the East Bay Chapter in July and August:

- Nasira Abdul-Aleem, Berkeley
- Danielle Balangitao, Fremont
- Jody Bove, Lafayette
- Shannon Brueckner, Oakland
- Charna Cassell, Oakland
- Chiaowen Deng, Berkeley
- Fay Dillof, Berkeley
- Andrea DuFlon, Berkeley
- Milena Esherick, Oakland
- Gardner Fair, San Francisco
- Alice Farmer, Orinda
- James Gallegos, Concord
- Elma Gameros, Walnut Creek
- Lynne Harr, Lafayette
- Edna Healy, Berkeley
- Felice Hofs-Ladin, Concord
- Gregory Kaplan, Oakland
- Deborah Kribenshuh, Pleasanton
- Barbara Kossut, Pt. Richmond
- Winfried Kudszus, Berkeley
- Evan Martineau, Concord
- Judy McIntyre, Walnut Creek
- Alison McKerrow, Oakland
- Louise Moore, Berkeley
- Rhonda Orway, San Ramon
- Alexandra Perof, Berkeley
- Cindy Perrymon, Walnut Creek
- Carmel Ross, Castro Valley
- Myra Rudy, Pleasanton
- Lorna Sadusky, Fremont
- Michael Sanders, Berkeley
- Roxanne Shakoori, Hayward
- Iris Shany, El Cerrito
- Tami Sonnier, Walnut Creek
- Frances Torrey, Oakland
- Amanda Urena, Berkeley
- Megan Walinski, Pleasanton
- David Wallin, Berkeley
- Susan Welch, Alameda
- Jovan Yglecias, Oakland

We are happy to have you in the East Bay Chapter of CAMFT. Your membership brings new vitality and energy to the Chapter and enhances its professional status in the community. There are many opportunities to become active in the chapter. If you are interested, call the office at (510) 848-8400 or contact@eastbaytherapist.org

East Bay Counseling Choices Rep.
Catherine Kvikstad (510) 537-1606 ckvikstad@aol.com
CEU Programs Coordinator
Joanne Davis (510) 845-4280 jbdavis246@yahoo.com
CEU Programs Co-Chair
Sandra Schouling (510) 229-0635 mdeling@aol.com
Diablo Satellite Liaison
Danielle Saunders (510) 325-7194 danielle@daniellesaunders.com

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

CEU Committee Co-Chair Sandra Schueling is the subject of this month’s column. She has been both a member of EB-CAMFT and a Board member for the past year. You will recognize her as one of the smiling faces at the Friday and Saturday CEU workshop registration tables; she is the helpful woman who sets up the coffee, makes the announcements, and introduces the speakers, as well as facilitates and collects evaluations at the workshop’s end.

Between events, Sandra also helps recruit speakers, reviews evaluations, manages the committee’s budget, and promotes the workshops. What does she get in exchange for all this hard work? “I have met so many interesting people,” Sandra explains. “I have gotten leads on possible jobs, run into old co-workers, and the workshops themselves have contributed to my professional expertise.”

A 2001 graduate of JFK University’s somatic psychology program, Sandra spent ten years in the world of business and computers prior to returning to graduate school. “I found out how important it is to love, or at least really like, the work that I do. I realized that I need to get personal satisfaction from my work; I want to do work that I respect and also make a difference in people’s lives.”

Sandra is currently making that difference in people’s lives at the Regional Center of the East Bay, where she works as a Case Manager with children who have developmental disabilities, such as cerebral palsy, down syndrome, autism or other diagnosis that may delay development. “I work with approximately 70 families, who I meet with yearly for home visits, assessments and goal setting,” says Sandra. Throughout the year she serves as a sounding board, advocates in the schools for educational services, connects families to community resources, and helps those families “stay sane among the chaos.”

Her caseload is diverse both socio-economically and ethnically. “I’ve really enjoyed working with this population and this age range, and I hope to incorporate working with special needs families in my future practice.”

Describing her therapeutic orientation as eclectic, Sandra explains that “I am influenced by humanistic approaches, Winnicott, self psychology, eastern philosophy, Hakomi and movement approaches. I really appreciated many of my JFK professors, especially Rob Fisher, Doug Morehead and Marsha Hiller.”

Sandra credits many of these professors, as well as other professionals in the field, as offering her good advice, the most important being “Take care of yourself. Maintain balance in your life. Find ways to keep grounded; care about your work and remember to enjoy!” Heeding that advice has led Sandra to pursue a variety of activities for relaxation and self-care: “I listen to music, dance, hike in the hills or near the ocean. I travel whenever possible, read, exercise, look at art, watch movies, laugh, garden and hang out with friends.”

Sandra hopes to complete her internship hours in the next year and a half. Once licensed, her goals are to combine a future private practice with agency work. Her biggest professional challenge right now is “jumping through the bureaucratic hoops, finding internships that pay, and collecting my BBS hours.” Other than this daunting task, Sandra states, “The rest is great – I love this work. It is challenging, exciting and keeps me learning.”

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
Happiness
From Front Page

life may dominate, to the detriment of our physical and mental health.

Another part of self-care is time management. Our society is fast paced and demanding of our time. When we are so busy or overwhelmed and do not take time to rejuvenate, we are likely to burn out or become less effective. In the wise words of William Wordsworth, “Rest and be thankful.” List the things that drain your energy and find ways to appropriately delegate or eliminate them from your life. It is also important to ask for help when needed!

As infants, we are dependent on our care-takers, usually mom or dad. As we become independent some of us are reluctant to ask for help, thinking it a weakness. In fact, “interdependence” is necessary for success in life. As stated by Isaac Newton: “If I can see further than anyone else, it is only because I am standing on the shoulders of giants”.

One thing you can do right now is make a list of the people you rely on. Then you can make use of it when you feel stressed or unhappy. Recognize that we are all social creatures who are connected and need each other. Mental health improves when we are involved with a healthy community. Do your best to distance yourself from people who are destructive or drain your energy. When you connect with supportive people and disconnect from toxic people it makes a world of difference.

Practice #2: FIND BALANCE IN DAILY LIFE

There are many areas of life that need our attention, yet too often we focus on one thing at the expense of others. Work and children can be the squeaky wheels, but what about our physical, mental, emotional, spiritual, and relational health? Ernest Hemingway enlightens us: “I still need more healthy rest and relational health? Ernest Hemingway enlightens us: “I still need more healthy rest and relational health.

Those who have not found their true wealth, which is the radiant joy of Being and the deep, unshakeable peace that comes with it, are beggars, even if they have great material wealth. They are looking outside for scraps of pleasure or fulfillment, for validation, security, or love while they have a treasure within that not only includes all those things but is infinitely greater than the world can offer.

This practice of “Being” is accomplished by “staying in the moment,” which is simply being in, and bringing our attention to, the present. In Taoism, there is a term called wu wei, which is usually translated as “actionless activity” or “sitting quietly doing nothing… regarded as one of the highest achievements or virtues.” (Tolle, 179) When overwhelmed, we worry about all the things that might go wrong in the future. Try to surrender to the moment and determine what you need right now. More often then not meeting your current needs will lift your spirits.

Practices that may be savored in the moment include eating, drinking, sleeping, dancing, playing, painting, drawing, coloring, exercising, reading, writing, gardening, and being with other people, animals, and nature. As I write, my cats linger at my ankles, looking for attention, as the setting sun lights up the tree outside in a magnificent golden hue. In this moment I can honestly say I feel truly happy. While you seek this kind of awareness in daily life, you are not consumed with the past or future, but are present in the moment, and this is where you can find peace.

“Surrender reconnects you with the source-energy of Being, and if your doing is infused with Being, it becomes a joyful celebration of life energy that takes you deeply into the Now.” (Tolle, 173)

In their play, children and animals teach us to celebrate the moment. Find joy in doing what you need to do today! You have the power of choice, and every moment is valuable. “Whatever you can do, or dream you can, begin it. / Boldness has genius, power, and magic in it.” - Goethe

Another book that speaks to the benefit of making the most of our time and energy is The Power of Full Engagement, by Jim Loehr and Tony Schwartz. They assert that we actually become less productive if we do not take breaks or change activities every thirty to ninety minutes. Our physical and mental health are related and we must commit to taking care of both. Persistent stress actually kills neurons in the brain, and multitasking impacts memory. Therefore taking one moment at a time is part of self-care, contributing to our overall health and happiness.

Practice #4: SEE THE BIG PICTURE -- VISION

Albert Einstein knew that intelligence and imagination are highly correlated: “Imagination is everything! It is the preview of life's coming attractions.” Living with a vision for your life gives it meaning and purpose. Imagination connects us to our gifts and passions where we discover our love for living. A lot of research supports the power of intention and visualization. If your current situation is difficult and you are at a loss as to what you can do, remember your past strengths and imagine where you want to be in the future. This can help you realize what you can do today to get you where you want to go.

Self-discipline is accomplished when you can delay gratification, knowing your hard work will pay off in time. Sometimes we enjoy the immediate, other times we make different choices that lead to our long-term satisfaction. Learn to trust yourself when deciding what you need to balance today’s pleasures with tomorrow’s goals. “Every moment is
CONTINUING EDUCATION PRESENTATIONS

CHAPTER PRESENTATIONS
Chapter presentations alternate between Orinda and Berkeley locations, every other month. They are a great opportunity to network and learn from each other. Light refreshments (sorry – no coffee) are available. Presentations are worth two CEUs and a $5 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.

Friday, November 9, 2007
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

“Tonal Therapy”
Presenter: Shira Stone, MFT
Tonal Therapy focuses the tones in the voice to help clients access feelings that are difficult to identify. The tones in the voice can help clients evoke material that lies in their unconscious, so it can be processed and integrated. The tones in the voice can also help clients connect with the qualities they need to heal their emotional wounds, including nurturance and tenderness. The power of sound to evoke emotions, and to provide healing balm is easily seen in music. Some music leaves us feeling sad or angry, for example, while other music leaves us feeling relaxed and soothed. Shira uses the spontaneous sounds of the voice, to make the sounds needed by the client to help them in their healing process. Shira will lead the group in learning some techniques for helping our clients use their voice for self-soothing, and emotional healing.

Shira Stone, MFT, licensed since 1992, has been working with nonverbal sound as a healing tool since 1985. Shira is a vocal intuitive, as she has a gift of making the sounds that the body and emotions need for healing. Shira has used Tonal Therapy with clients in her private practice, as well as mentally ill clients and patients with cancer. She has presented this work in many professional settings, including Alta Bates Hospital, Mandana Recovery Center, UCSD Cancer Resource Center, and The Charlotte Maxwell Clinic. She has been a supervisor at JFK University, a program manager at Rubicon, and is currently on staff at California Cancer Center, helping patients with her innovative Tonal Therapy work. She can be reached at tonalsoapy@yahoo.com.

DIABLO SATELLITE GROUP
The Diablo Satellite Group of EB-CAMFT invites all Chapter members to join us at our monthly meeting from 10am to noon on 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, November 7, 2007
10am to 10:30 - Networking and refreshments
10:30 to 11:30 - Presentation
11:30am-12:00 - 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

“Connections in Tragedy”
Presenter: Leslie Baker, MFT
Connection is a fundamental process in human nature. As mental health professionals we not only evaluate and assess our clients in regards to their connections but we also evaluate our ability to create behavior change in relation to our connection with our clients. The level to which someone (client or clinician) is able to connect, maintain connections or interact in society can assist us in formulating an alternative view for treating challenging cases. In this workshop, we will explore Connection Theory as a basis for treatment in psychotherapy. An alternative way to assess and develop a treatment plan from this viewpoint particularly in regards to issues of rage, violence, suicide and homicide will be presented. We will explore some case examples and application of these concepts into your therapeutic practice.

Leslie Baker is a licensed Marriage and Family Therapist working in field of psychotherapy for 20 years. Leslie is a private practitioner in Pleasanton and is a Lead Faculty/Area Chair in the College of Health and Human Services at the University of Phoenix and has taught graduate and undergraduate level clinical psychology for many years. She specializes in family, individual, couple, and adolescent psychotherapy. She has a broad range of experience working in non-profit, community and county agencies and is an experienced workshop facilitator. She is a member in the Diablo Chapter of East Bay California Association of Marriage and Family Therapists, California Association of Marriage and Family Therapists and eWomen Network.

Wednesday, December 5, 2007
10am 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

“Discussing Sex with Our Clients”
Presenter: Amanda Somberg, MFT
In this unique workshop, we will discuss topics from Amanda Somberg’s seminars on sexuality including pre-orgasmia, menopause, and the legacy of Freud’s beliefs about the female orgasm. We will look at how these topics appear in the course of therapeutic treatment and the importance of feeling comfortable discussing sexual issues.

See PRESENTATIONS page 10
Happiness
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a golden one for him who has the vision to recognize it as such.” (Henry Miller)

Practice # 5: APPRECIATION
When I was young, each morning as she drove me to school my mom would say, “Look at the morning glories.” Tired, and still trying to wake up, I would roll my eyes and wonder why she said this every day. Later, when I moved away to college, I thought of her when I saw morning glories—finally appreciating her desire to share with me on a regular basis the beauty in nature. Now I walk as often as possible in lovely neighborhoods, by the ocean, lake or mountains, to appreciate and connect with nature to remember what a beautiful world we live in. Baby ducks or geese waddling around always lift my mood. Weekly I play fetch with a dog and daily I pet my cats and bask in their peaceful purrs.

“Do not pollute your beautiful, radiant inner being nor the Earth with negativity. Do not give unhappiness in any form whatsoever a dwelling place inside you.” (Tolle, 178) Stop and smell the roses and observe the miracle of life around you, regardless of your circumstances. Be grateful in everything. “Not what we have But what we enjoy, constitutes our abundance.” Epicurus

This is one of the most powerful tools in life and relationships. Focus on the good, and more good will come. Ancient religions and modern spiritual guides will tell you the same. The Dali Lama, in The Art of Happiness describes it this way:

Happy people in contrast, are generally found to be more sociable, flexible, and creative and are able to tolerate life’s daily frustrations more easily than unhappy people. And, most important, they are found to be more loving and forgiving than unhappy people. (17)

When you focus on and give voice to what you appreciate about someone, it reinforces their positive behavior and creates intimacy. No one enjoys being criticized. Find the good in others, express the positive, and you will have long lasting relationships. Jesus said, “Turn the other cheek,” and promoted servant leadership, with humility and love. Compassion for your enemies is difficult but forgiveness can lead to your own sense of peace. “Peace of mind or a calm state of mind is rooted in affection and compassion. There is a very high level of sensitivity and feeling there.” (Dali Lama, 26)

Others who know our strengths and weaknesses can help us view things in a more positive way. As a child I was playing outside when a bee stung me. I ran inside crying to mom. She sat me on the counter, pulled out a glass in which she began catching my tears. She held the glass up to the sunlight shining in through the window and said “Look at how beautiful they are!” I saw the rainbow of colors in my tears and suddenly I was laughing. There was joy and beauty even in my pain. It was one of the most valuable lessons I have learned.

Practice # 6: ACCEPTANCE
“The pain you create now is always some form of non-acceptance, some form of unconscious resistance to what is.” (Tolle, 27).

The story I shared about my mom catching my tears in a glass to show me their beauty also taught me that it is okay to cry. One of my roommates told me she felt uncomfortable when I cried because she did not know what to say. I told her, “Just tell me I am beautiful when I cry!” From then on we enjoyed the experience of laughing and crying, knowing tears are a natural physical release offering relief. Now my child clients will tell their parents when they cry “It’s okay to cry. It makes you feel better.”

Scott Peck’s A Road Less Traveled begins, “Life is difficult.” Once we accept this fact, we are no longer so disturbed by it. The first step in both Science of Mind and 12-Step programs is to relax, or surrender, and come to know our limitations. Sometimes this feels strange but once we do it, the steps that follow are manageable, as we realize we are a small part of a much bigger picture. It helps put things in perspective and allows us to focus on our place in the universe. For a year my mantra was “Let it be,” as Paul McCartney sang so eloquently. Now I frequently recite the Serenity Prayer: “God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

Serenity, courage and wisdom allow me to problem solve when I feel unhappy. Therefore, unhappiness can be an indication of a need to change—if not my thoughts, then my circumstances. I figure out what I can not change, focus on what I can change and how to go about it. Problem solving gives meaning to our lives and develops courage and character. When problems are avoided, mental illnesses and destructive patterns develop, stunting our growth, rather than relieving our discontent. For more on this topic I recommend reading The Road Less Traveled (and the other books listed at the end of this article). Self-help reading is also known as biblio-therapy and can add to the tools you develop to bring about changes that you choose to make.

We make our choices, but we cannot determine the paths of others. Couples often come into counseling wanting the other person to change. They struggle with the truth that they must change themselves in order for their relationship to change. It is the same with families. “If only my son would listen.” Or “my mom just needs to back off and leave me alone.” While these certainly provide clues to relational dynamics that are not working, the key here is that they are dynamics. If you change, the dynamic changes. No longer are you at the mercy of and frustrated by someone else. Now you are empowered to do something yourself, and to know you cannot change the other person’s choice, regardless of what it is.

Practice # 7: BE PATIENT, REALISTIC AND KIND TO YOURSELF
Many people are hard on themselves and actually make themselves, and others, miserable. As the Serenity prayer reminds us, much of life is beyond our control, and what others think of us is “none of our business.” People have their issues. They will sometimes try to project them on you so as to blame you for their problems. Many are neither aware of their issues nor willing to take responsibility for them.

Learn to be true and good to yourself. You are on a journey. It is perfectly normal that you will fall down sometimes. Just pick yourself up, dust yourself off, and keep walking. If you are not making mistakes, you are probably playing it too safe and may not be challenging yourself by taking risks in order to learn and grow.

You do not have to be perfect. You can be human; we are all human! It is more interesting than being perfect anyway. If you do not love and accept yourself, how can you expect anyone else to? You cannot give to others what you do not have yourself. Take responsibility for your life, and have compassion for yourself and others. Be as kind to yourself as you are to others. Recognize that even failures are accomplishments because you are taking risks, living courageously, and learning lessons.

“There are cycles of success, when things come to you and thrive, and cycles of failure, when they wither or disintegrate and you have to let them go in order to make room for new things to arise, or for transformation to happen.” (Tolle, 152)

Just as nature has four seasons, in life there is a time for everything and everything has its time. We must trust we are divine creatures, a part of larger community, where not every thing makes perfect sense, but in every sense we are being perfected. Like gold that goes through fire to be refined, we grow stronger as we overcome obstacles, building character and integrity. Realistically we are all sad at times, but overall we hope to have the joys in life outweigh the sorrows, and often a change in perspective can shift things dramatically.
## Calendar of Events

### EB-CAMFT 2007

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Location</th>
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<tbody>
<tr>
<td>November 9, Friday, 4-6</td>
<td>Board Meeting, Berkeley</td>
<td>Chapter Office, 2550 Ninth St., Suite 207A</td>
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| November 2-4, 2007    | CAMFT Fall Workshop                                     | “Thought Leaders in Mental Health” Hilton Oakland Airport  
                      |                                          | Oakland, CA 94621                  |
| November 7 Wednesday, 10-12 | Diablo Valley Group CEU Presentation                    | “Connections in Tragedy” Leslie Baker, MFT |
| November 9, Friday, 3:30-6 | Chapter CEU Presentation, Berkeley                      | “Tonal Therapy” Shira Stone, MFT    |
| November 12, Monday, 12-2 | Networking Luncheon                                     | King Yen Restaurant, Berkeley      |
| November 13, Tuesday, 9:30 - 11 | Coffee Talk Networking Group                           | Coffee Beans and Bistro, Pleasanton |
| November 21, Wednesday | Advertising Deadline                                    |                                   |
| November 23, Friday    | Newsletter Article Deadline                             |                                   |
| December 5, Wednesday, 10-12 | Diablo Valley Group CEU Presentation                    | “Discussing Sex With Our Clients” Amanda Somberg, MFT |
| December 7, Friday, 4-6 | Board Meeting, Berkeley                                 | Chapter Office, 2550 Ninth St., Suite 207A |
| December 10, Monday, 12-2 | Networking Luncheon                                     | King Yen Restaurant, Berkeley      |
| December 11, Tuesday, 9:30 - 11 | Coffee Talk Networking Group                           | Coffee Beans and Bistro, Pleasanton |

### 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 Willow Stern,** preferably by phone at (415)298-1292, willow@willowsternmft.com or Karen Pernet at kepernet@yahoo.com

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

**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

**November 12** (RSVP by Friday, 11/9)
**December 10** (RSVP by Friday, 12/7)
Happiness
Continued From Page 6

There are mountains and valleys, but within each experience, whether high or low, joy can be found.

“Honor your inner worth. Let your heart’s desire breathe. Cherish your gifts. Treat yourself with tenderness, gentleness, and forgiveness. Open your heart and listen. Love is calling you to the mountain top.” (Peck, 29).

Practice #8: PERSONAL RESPONSIBILITY

Ultimately people choose to be happy: to find the silver lining in each cloud. If you continue to wait for happiness to arrive, you will be waiting a long time and wondering why you are not happy yet. You are responsible for creating a life that makes you feel happy, accepting the life you have, and finding the joy in each moment.

“The happiness that is derived from some secondary source is never very deep. It is only a pale reflection of the joy of Being, the vibrant peace that you find within as you enter the state of nonresistance.” (Tolle, 156)

Some people do not take pleasure in their time alone. However, we need to stay connected to ourselves. When we are too busy, or always around others, we may lose perspective on what is most important to us. Taking some down time allows us to focus, think things through and be more aware of our choices. I have learned that down time, time I spend alone and contemplative, restores me emotionally and spiritually, helping me stay honest with myself, and on the path that is best for me.

Self-awareness is necessary in order to “own your part” in conflict with others. It is easy to blame others for our pain, avoiding personal responsibility, yet as adults we have the power to choose who we relate to and how we relate to them. We must empower ourselves to take responsibility for our choices and let go of trying to change others. It takes courage to admit our faults and to recognize we have the ability to shape our own lives.

While limitations exist and there are things beyond our control, we can always turn things around for ourselves if we are creative and brave. When we are honest, and have the integrity to do the right thing, even when it is difficult, we discover solutions we can feel happy about. We need to challenge ourselves, stop blaming others and see what we can do to create change. Mahatma Gandhi led by example and persuades us to “Be the change you want to see in the world.” This is essential to personal growth.

Practice #9: COMMITMENT TO TRUTH - OPENNESS, HONESTY, AND INTEGRITY

Trust is the foundation for healthy relationships. I have found tremendous healing in relationships where we have both been true to ourselves, direct, open, and honest with each other. If I am not being honest or doing the things I said I would do I feel bad about it, and I am sure the other person is not happy either. Sometimes we do not want to be around people who challenge us because we are trying to stay in our fantasy world where there is no pain or suffering.

“Insofar as the nature of the challenge is legitimate (and it usually is), lying is an attempt to circumvent legitimate suffering and hence is productive of mental illness.” (Peck, 56)

I strive to be a person of integrity, dedicated to being truthful. I can also find it difficult to admit my faults and trust others with my more vulnerable feelings. I understand the desire to lie, withhold, hide, avoid or pretend to be someone you are not. What I have learned is that sooner or later the reality of those choices catches up with us and we must face the consequences. The truth always reveals itself in time.

It is difficult to assess or treat a client if the therapist does not know the reality of the client’s situation. When relevant information is left out, the therapist’s guidance may be ineffective or compromised in their ability to challenge a client’s thoughts, feelings and behaviors. “The healing of the spirit has not been completed until openness to challenge becomes a way of life.” (Peck, 54) If you are not dealing honestly with your therapist about your most important and often painful issues, you might want to examine your relationships and ability to trust. It can be difficult to be vulnerable and trust the therapist with secrets, yet this is where change and growth can occur.

Addiction is well-documented as an illness where people lie to themselves and others. Justifications and deception allow a person to continue their behaviors and ignore the destructive nature of their choices. Families who keep secrets are confusing to be around because nothing is as it seems. As the therapist challenges these behaviors you are able to develop trust, honesty and integrity which will translate into your personal life. Healthier, open and direct communication will allow people to feel safer and happier.

Practice #10: COMMUNITY SERVICE AND GIVING TO OTHERS

Once you are grounded in joy and peace, you are ready to spread joy and peace to others. The best way to sustain happiness is to help others feel happy too. Pass it on, pay it forward. Thich Nhat Hahn reminds us, “If we are peaceful, if we are happy, we can blossom like a flower, and everyone in our family, our entire society, will benefit from our peace.” (3) We are social creatures who need others, and they us. Random acts of kindness can change the course of a bad day into a good day. Simple things like smiling, treating others with respect, or offering to help can spread happiness. When I first moved to California I had the unexpected pleasure of a having my bridge toll paid by the stranger in front of me. It immediately lifted my spirits and I talked about it for several days. Often people say, “If I were rich I would give generously to others.” Money is not the only thing people need. Kindness and giving of your time to another person can make a world of difference. Do what you can. Compassion for others will help you feel better, distract you from your problems and expand your perspective. We find joy in the journey, not in the destination.

I hope this article encourages you and brings you closer to feeling happy more often. Like a boat whose rudder is moved slightly to change course, small changes in life can lead to entirely different experiences. The more you incorporate these healthy practices, the more you will find yourself laughing and enjoying your life. Best wishes as you enjoy your journey and spread the joy to others!

Bibliography:


© 2007 Michelle Lane, Licensed Marriage and Family Therapist

If you are ready to pursue the life of your dreams, develop the tools, self-awareness, outlook, and confidence to transform your challenges into a meaningful life infused with energy and optimism, get started now by going to www.michellenlane.com
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

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<th>Non-member</th>
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<td>The 1st 10 words in the 1st ad in one issue are free; additional words are charged at $2 per word</td>
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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

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<thead>
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PAID INTERNSHIP

California State University, East Bay student counseling service is accepting applications from MFT Interns for academic year 2008 – 2009. Interns must be registered with BBS by 9/15/08.

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


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

Application deadline, February 15, 2008.

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(MFC23654)

(PCE1105)
Presentations
From Page 7
with our clients. Among many tidbits, Amanda will share the Top 10 Things Men Wish Women Knew and the Top 10 Things Women Wish Men Knew from her couple’s seminars.

Amanda Somberg, MFT, (www.AskAmanda.com), has a Master’s Degree in Clinical Psychology from John F. Kennedy University and a Bachelor of Arts Degree from UC Berkeley. She was awarded a Certificate in Mediation and Conflict Resolution from John F. Kennedy University in 1998. She is a pro bono mediator with Contra Costa County Family Court Services. As former intern and therapist with Planned Parenthood, Amanda now trains interns at Planned Parenthood. She recently opened her solution-focused sex therapy practice in the East Bay.

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.

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@daniellesau nders.com or (510) 325-7194

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

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.

The Women’s Therapy Center presents……
FALL 2007
CONTINUING EDUCATION SERIES
11/10/07—Seeing Through Tears: Crying and Attachment in Psychotherapy with Judith Kay Nelson, Ph.D. (3 CEUS)

12/8/07—Feminist Ethics and the Law with Mary Ann Leff, MFT (6 CEUS)

For more information, please visit our website at www.womenstherapy.org or call 510-524-4822

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 MFTs to discuss your practice, speciality, 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
November 13
December 11

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
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@saftysend.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 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 supervisor's 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. Please contact ValJean 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: November 20th.

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, Richmond, and Brentwood. For more information contact Alan R. Stein alairstein@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

CONTRA COSTA COUNTY COMMUNITY SERVICES BUREAU which serves Headstart children (ages 3-5yrs.) has internships available. Training in play therapy provided. Part time position pays an hourly rate with limited benefits. For more information call Inge Lembeck, LMFT at (925) 646-1444, ex: 60991, or fax resume to (510) 374-7033.

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

RIO VISTA CARE has a paid MFT Internship position available 2-3 days/week doing agency and school based therapy. Salary and benefits. Individual and group supervision. Fax resume to Executive Director, Araminta Blackwelder (707) 374-5381 or mail to RIO Vista CARE, 125 Sacramento St., Rio Vista, CA 94571.

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 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

MARIN AIDS PROJECT needs Part-time MFT Intern for the Mental Health Program. 15-20 hrs./wk. $13 - $15/hour, DOE. Experience serving persons with HIV/AIDS and/or working with substance abuse and underserved populations preferred. Bilingual Spanish speaking a plus. Email resume and cover letter to jennifer@marinaidsproject.org or fax to Executive Director, Marin AIDS Project, 1660 Second Street, San Rafael, CA 94901 Fax: (415) 457-5687.

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.
**Intern Column**

*From Page 11*

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.


SECOND CHANCE, INC. is seeking interns and trainees for Hayward and Fremont Centers. Diverse clientele. Ind., couples, families and children 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.

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.

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. Contact: Chrsissy Moy at cmoy@rceb.org or Fax (510) 383-1278.

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

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

CLEARWATER CLINIC: Part-time paid MFT Intern positions in Oakland trauma specialty clinic. Spanish fluency preferred. Thursday mornings, 2 evenings required, Saturday available. Contact: e-mail resume to sharon@clearwaterclinic.com or fax: (510) 596-8955.

**SEEKING STUDY PARTNERS FOR 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 November 20th. Please feel free to include other helpful information such as theoretical orientation and location desired. 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.

Therapy for Interns and Students - Sliding Scale Support for career/academic stress, test-taking, anxiety, depression, childhood abuse issues. My style is empathic, compassionate, interactive and my approach is somatic, humanistic/transpersonal, relational. EMDR. Edna Healy, MFT (510)459-3372, MFC44722.

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.

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

--Phebe Fletcher is looking for a study group in the Oakland/ Berkeley area and for recent PASS materials for sale. Contact her at Phebef@yahoo.com

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

Hypnosis

**JOB SEARCH WEBSITES:**

For you to further sleuth out internships…...
...[To expand your search results, consider broad title descriptions and categories (ie. Mental health or social services).]

www.aegismed.com
www.cchealth.org
www.cc-courts.org/cthjuv
www.co.contra-costa.ca.us/depart/hr/
www.ecchealth.org/ecchealthpages/pages/mentalhealth/
www.jobs.com
www.contracostaARC.com
www.craigslist.org
www.edjoin.org
www.insidebayarea.com
www.kaiserpermanentejobs.org
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.
Money Matters: Recovery Issues and Insurance Coverage

For Clinicians

- For Clinicians
  - Impulse Treatment
  - Pornography, affairs, anonymous sex, cybersex
  - See www.eastbaytherapist.org for more information.


- (510) 704-5502.

Sexual Addiction/Compulsion Group

- Casa Serena EDP, 1868 Clayton Road, Suite 123, Concord, CA 94520. Fee: $125, includes all materials and lunch. Some sliding fee slots available.
- Presenter: Jackie Holmes, MFT Director of Casa Serena Program. She has extensive experience (30 years) working with insurance panels and providers in a variety of treatment settings. Practical skills for dealing with insurance companies. Call for information or to register: (925) 682-8252.

Casa Serena Intensive Outpatient Treatment for Eating Disorders

- Casa Serena IOP is located in Concord, CA. We serve women 18 years of age and older who are suffering from Eating Disorders. The program consists of 2 issue specific groups and a meal each evening, 4 nights a week, as well as a Daily appointment and Individual therapy session weekly. Covered by most insurance companies. For further information call (925) 682-8252 or visit our webpage at www.casaserenaedp.com.

Sexual Addiction/Compulsion Group

- For out of control destructive patterns, including pornography, affairs, anonymous sex, cybersex, fetishes, exhibitionism, etc. Impulse Treatment Center. Call (925) 280-6700 or see www.sexaddicttreatment.net.

Surviving Relationship Loss:

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

Pet Loss Support

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

Therapy in Alameda


Anger Management

- Groups for Men and Women
  - Groups at Hilltop Counseling Center (Hilltop Mall and Berkeley locations) are now forming. We offer a three-tiered curriculum that addresses: 1) Containment of anger; 2) Healthy communication of anger and other feelings; 3) Fostering the capacity for sustained intimacy. Limited to 6 men or women, each group therapy series involves a 12-week commitment. We work collaboratively and supportively with primary treating clinicians who refer clients for adjunctive treatment. For men's groups contact: Dana Robert Fetz, MFT, MFC29024 (510) 741-0721 or Keith Weinstein, MFT, MFC29799 (510) 222-3576. For women's groups contact Norma Myers, MFT, MFC35515 (510) 849-5455. Call for information or a free brochure.

Heal Negative Body Image to Create Deeper Intimacy


Skills Group for Adult Survivors of Childhood Trauma


Men's Anger Management Groups

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

Interactional Group Therapy

- Mixed, middle-aged, high-functioning, interactional on-going group therapy, 23 years running. Balance of focus on here-and-now interactions and object relations theory. CEUs for didactic understanding. Mondays 12:20-2:20, Fridays 11:00-1:00. For syllabus or further information: Michael Gray, (Psy10328), (510) 525-6620.

Ethics Through Movies

- Online course. 6 CEUs. Birgit Wolz, MFT. See www.drzur.com/moviesethicscourse.html

Job Opportunities

- Entrepreneurial opportunity
  - Experienced, licensed MFT wanted to work with Owner/Executive Director on curriculum for blended family coaching service. May start as consultant and develop into FT Clinical Director and/or profit sharing partner. Send resume to lisivera@comcast.net or fax to (925) 831-8374.

Office Space

- Psychotherapy office on Solano in Berkeley
  - Full-time office available Oct 1st. Share kitchen, waiting room, bathrooms with collegial suitemates. $725/month. Call Melinda White 510-526-8208

- New Psychotherapy Offices in Berkeley
  - 3 New Psychotherapy Offices in Berkeley (Shattuck, near Ashby). Just completed and ready to occupy on October 1st, these offices all have windows which provide a 2-bridge view of the Bay. Therapist only suite located on the third floor, with waiting room, call-light system, kitchen area, air-conditioning, and excellent sound-proofing. Please call Joe Saah at 510-644-8262 in order to see or to get more details.

- MFCC
  - Office space available in beautiful victorian in North Berkeley. Available Tues and Sat. Contact David 510-848-4203, dakullian@sbcglobal.net
  - E-mailed David 8/22

- Large S.F. Office

TO ADVERTISE IN NEWSLETTER & WEBSITE

Send your ads to advertise@eastbaytherapist.org for newsletter and web. Ad deadline for the January-February 2008 edition newsletter is November 21, 2007. Web ads start any time and run for 2 months. See www.eastbaytherapist.org for more information.
### EB-CAMFT CHAPTER EVENTS

**DATES TO REMEMBER**

**Monday, Nov. 12 and Dec. 10**  
Berkeley Networking Luncheons

**Tuesday, Nov. 13 and Dec. 11**  
Pleasanton Coffee Talk

**Friday, Nov. 2 and Dec. 7, 4-6**  
Board Meetings, Berkeley

**Wednesday, November 7, 10-12**  
Diablo Satellite Group CEU Presentation  
“Connections in Tragedy”  
Presenter: Leslie Baker, MFT  
Orinda  
*See page _ for details.*

**Friday, November 9, 3:30-6**  
Chapter CEU Presentation - Berkeley  
“Tonal Therapy”  
Presenter: Shira Stone, MFT  
Berkeley  
*See page _ for details.*

**Wednesday, December 5, 10-12**  
Diablo Satellite Group CEU Presentation  
“Discussing Sex with our Clients”  
Presenter: Amanda Somberg, MFT  
Orinda  
*See page _ for details.*

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**Publications Schedule for The East Bay Therapist**  
January-February 2008 edition  
Deadline for Submissions: November 23 • Ad Deadline: November 21
CLICK (East Bay Richmond BERKELEY/VALLEY/CONCORD/OAKLAND). Exotic Stress Relief & Release Soft FingerTips Tight Grip Worth The Trip.Hablo Espanol (East Bay Pleasanton South bay castro valley hayward Sf). Tuesday, May 21st. Body to Body Sensual Massage plus a Prostate Massage (El Cerrito, CA). Welcome to RubRatings, the premier website featuring San Francisco Bay, CA body rubs, sensual massage, and reviews for providers in your area. Feel free to look around, create a free user, and create a listing if you're a provider of body rub or massage services. Some of the ads and reviews contain provocative material not suitable for workplaces or children. By proceeding you understand this and agree that you are over the age of 18. Proceed. See more of East Bay Chapter of CAMFT on Facebook. East Bay Alumnae Association of Kappa Kappa Gamma. Non-profit organisation. Devoted Friends Pet Sitting & Dog Walking. Therapist. Poohmer Pools. Swimming pool & hot tub service.