



Newsletter Summer 2012



Letter from Your President ~ Jennifer Saffen, MFT

Greetings NCAMHP,

We have experienced an increase in Board and Committee participation over the past few months. This enriches the organization, assuring the everyday maintenance, and facilitating new and helpful developments. For instance, The Website Committee along with the Board has facilitated member's ability to place a picture of their choosing on their profile and the Education Committee continues to work hard to bring state of the art presentations like DBT in the fall and Law and Ethics by Steven Frankel in the Spring. We welcome new Committee and Board members and thank everyone for their efforts!

I am happy to take any opportunity to talk about the importance of caregiver self-care. As we enter Summer in Humboldt there are many nurturing, fun, relaxing (fill in the adjective that works best) chances to care for self. Here are some ideas: The river (sunbathing with protection of course!), beach picnics, grilling on the BBQ, spending time with family and friends, staying home with a good book or movie, bicycling, hiking, playing music, and the list goes on. With the responsibilities, consistent empathy and rigorous disciplined presence that mental health professionals are called upon to employ in our everyday work, mindful self-care seems an essential practice! I wish everyone a fun and healthful summer.

We look forward to seeing everyone, veteran and welcoming new, Clinical, Associate, and Student members at our Fall Membership meeting in October!

Best Regards,

Jennifer Saffen, MFT

NCAMHP Board President 2012



Treating Grief and Loss **By Diane Warde, LCSW**

We all know the stages one goes through when faced with the inevitability of one's own anticipated demise, as studied by Elisabeth Kubler-Ross. We now generalize these stages to grief and loss.

Although not always presenting in this order, the stages include: denial, anger, bargaining, depression and finally acceptance. The grieving person may also experience grief and loss as anxiety, anguish, distractibility and compulsions.

The separation and loss of a loved one is also felt as a loss of wholeness in the body, mind and spirit of the bereft. Understandable but maladaptive patterns of behavior can be motivated by wanting to feel whole again. For example, after the loss of a relationship, people sometimes attempt to regain what they have lost by beginning "rebound" relationships, spending money, abusing drugs, and other compulsions. Dealing with alleviating the anxiety that feeds the compulsions may be the therapist's initial primary focus in order to prevent the potential of harm to the client.

Recognizing the stages of grief and loss as a normal process is important to healing the psyche. We should be careful not to "write off" the potential function and benefits of denial to the grieving or dying person. Denial may serve a purpose for the individual. It may help them to remain hopeful. They may also fear that they will not be able to function if they accept the truth. In our modern society, we play so many roles simultaneously that it is understandable that the fear of "falling apart" is a valid consideration for many.

Intense reactions to both the certainty of an anticipated death and the uncertainty of a mortal diagnosis are expected. This may generate maladaptive attempts at coping with the knowledge. Effective strategies in dealing with an expected death are to assist the client in saying good-bye, adapting to role changes in the family, and enhancing opportunities for family members to discuss their feelings with each other.

Families who experience an unexpected death, homicide, or suicide have no time to anticipate the loss and process their emotions ahead of time. At first, the shock of the sudden loss is overwhelming. Their grief may include guilt that their relationships to the deceased are unresolved. If there were any unresolved conflicts in the relationship to the deceased, the surviving person may experience the loss as even more devastating. Rituals of mourning help the survivors to openly express

their grief and adapt to the loss of a loved one. Finding resiliency factors of the individual dealing with the loss is a “strengths based approach.” When expected support by family members is complicated by their own loss, they may seem unavailable to the bereaved. This can compound the sense of wounding that a person may feel when experiencing the death of a loved one or the acceptance of one’s own expected death. Timely communication between family members can help to alleviate the gut-wrenching grief that is gripping them. Reframing these emotions can really help a person manage their grief, by understanding that others who are also affected, are also suffering. Do not underestimate the healing properties of the bereft attending to each other in the healing process.

Lingering and prolonged grief is known to researchers as “pathological grief,” and may be a primary clinical presentation of depression. The degree to which this interferes with daily life, may be the focus of clinical attention. When the grief or maladaptive coping interferes with activities of daily life, it may block the healing of themselves and other family members. Identifying multiple sources of support for the person is the most ethical approach. Besides symptom reduction, treatment goals may include reconnecting relationships within the person’s circle of friends and extended family, and assisting the person in forming new links in their community. This approach can help the bereaved client to move forward positively towards accepting the loss of their loved one.

Resources include referrals to Hospice of Humboldt, appropriate for grief support and when a person with a mortal diagnosis is expected to live only another six months. For further reading on loss and grief, clients can be referred to a helpful website, www.helpguide.org. It offers practical information and suggestions. The clinician may also review well known sources such as Elisabeth Kubler-Ross’ “On Death and Dying,” as well as developmental texts on ages and stages relevant to assist in assessment of how grieving is likely to affect clients at different ages.

Diane Warde, LCSW in private practice, specializes in treating trauma. She works with clients of all ages and has over 20 years cumulative experience working with children, families, elders, dual diagnosis, and adults with developmental disabilities.



Film Review: *A Dangerous Method* By Patrick Carr, MFT

Sometimes a movie comes along that a therapist really wants to fall in love with. Full of talk and less so of action, peopled by fascinating characters, and all about the work we do, or in this case did, in the days long before evidence-based practices and HIPAA. But nearly inevitably, you get disappointed.

A Dangerous Method (2011, available on DVD and on NetFlix) is one of those movies I really would like to love, but find lacking in some crucial ways. This interesting but flawed film dramatizes the relationships between Carl Jung, Sigmund Freud, and Sabina Spielrein, one of Jung's first patients and a woman who, had circumstances been different, we might recognize as one of the founders of psychoanalysis.

But this film, starring Keira Knightley (*Never Let Me Go*, *Pirates of the Caribbean*) as Spielrein, Michael Fassbinder (*Inglourious Basterds*, *300*) as Jung, and Viggo Mortensen (*History of Violence*, *Lord of the Rings*) as Freud, interprets Jung and Spielrein's relationship as having become a sexual one -- an interpretation that is a matter of dispute among historians.

What is known is that Jung treated Spielrein during her ten-month psychiatric hospitalization at the Burgholzli Clinic, continued to treat her as an outpatient, then supervised her work as a new psychoanalyst once she completed medical school and before she returned to her native Russia with her new husband. Before she married, she and Jung exchanged letters, apparently both highly intellectual and emotionally intense, and some of Jung's surviving treatment records (yes, a century later they're still around) refer to Spielrein's expressions of love for him and his discomfort with them.

Jung went way beyond what we now think of as appropriate boundaries with a former client, especially one who has fallen in love with you during treatment. But that's as much as is known about their relationship; a love affair is speculation, and some historians argue that it was unlikely.

A lot of critics like *A Dangerous Method*. The website Metacritic.com gave it a 76%, and RottenTomatoes.com scores it at 78. Viewers liked it less, but that's likely because it's all yack and no buildings get blown up. Jung gives Spielrein a good spanking during the obligatory sex scene, which comes across almost clinical and without passion, even of the paraphilic variety.

Beyond the sensational interpretation of Jung and Spielrein's relationship, my beef with the movie is the distance you feel from these otherwise fascinating characters. Jung appears dry and cold and expresses more interest in the creaking sounds of Freud's bookcase than in his own baby daughter or his beautiful and intelligent wife, who he uses as a test subject for research into word association. Freud is often seen leaning back in his desk chair smoking a cigar, sounding more the conservative defender of the psychoanalytic status quo than the brilliant and innovative thinker that he was for that period in time. Spielrein's intelligence is clear, but after that spanking scene it was hard to take her as seriously as I wanted to.

And in the backlight of this movie is the marvel that truly was Spielrein, once a severely mentally ill teenager but one who was gifted enough to become one of the first female psychoanalysts. Accurately portrayed was Spielrein's role, while a patient, in bringing Jung and Freud together and inspiring Jung to practice psychotherapy and develop his theories. By the film's close she is helping develop

the new field of child therapy, as in fact she did. She also went on to author 30 professional articles, several of which suggest concepts that Freud later formulated as the death instinct and Jung developed as the Anima. You almost feel like this movie could mostly have been about her.

It's to the film's credit that it brings Sabina Spielrein's name out of the darkness. In the early 20th century, sexism surely made it difficult for her to gain the recognition of her male contemporaries. I have to wonder if a 21st century variant of the same sexism played a role in the sensational treatment of her and Jung's relationship. Will viewers remember her as a psychoanalytic pioneer, or as the gal that Jung spanked?

Incidentally, life got much harder for Spielrein once she moved to Soviet Russia. A therapeutic kindergarten she established was popular enough that Stalin enrolled his son in it, but ultimately it was closed amid accusations, apparently false, of child sexual abuse. She and her family were caught in the horrifically violent times in which they lived. Her husband was murdered by Stalinists in a purge, and she and her two daughters were executed by Nazis in 1942.

Now that stuff would make a movie!

Patrick Carr is an MFT and NCAMHP member who loves narratives in therapy, life, and film.



NCAMHP Training Events for 2012 ~ Save the Date and be on the Lookout for Registration Flyers in the Mail!

Save the Date: Fall General Meeting, Thursday 10/04/12 5:30pm to 8pm at Humboldt Area Foundation (HAF). **Presenter:** Laura Holmes, LCSW **Topic:** Psychotherapy with the Elderly.

Save the Date: Fall Workshop ~ Dialectical Behavioral Therapy (DBT) Skills Building for the Therapist with Mark Rosenthal, LCSW of the SFDBT Center to be held at HAF Friday 9/21/12, 3pm to 6:15pm and Saturday 9/22/12 9am to 4:30pm



Training Events for 2012

Department of Health and Human Services

ASIST: Applied Suicide Intervention Skills Training

Course description: ASIST is a two-day intensive, interactive workshop on suicide first aid designed to help caregivers recognize risk, intervene to prevent the immediate risk of suicide, and link to resources. ASIST provides practical training for all caregivers.

Upon completion of this course, participants will be able to:

- Recognize invitations for help
- Reach out and offer support
- Review the risk of suicide
- Apply a Suicide Intervention Model (SIM)
- Link people with community resources

Training cost: \$60.00. Both days must be attended. Registration only in advance. No registration accepted at the door. Cancellations must be made 5 days prior. Light breakfast snacks and lunch will be served.

If interested, request a registration form and contact: DHHS_TES@co.humboldt.ca.us or call 441-5520.

Advertisements

The below advertisements are not endorsed by NCAMHP

**There are no advertisements for this issue.
Remember, as a member you can advertise for free!**



Announcements

****FUNDRAISER EVENT FOR HUMBOLDT FAMILY SERVICE CENTER****



Pints for Non-Profits!

**Wednesday, July 11th
1:00pm—9:00pm**

For every pint of beer sold Mad River Brewery will donate \$1 to help us fund our free walk-in clinic.

Come enjoy some great beer, live music and delicious food and support this important cause.

195 Taylor Way, Blue Lake, CA (707) 668-4151 www.madriverbrewing.com



Diane Warde, LCSW announces the opening of her new private practice at 101 South H St., Suite E, in Arcata; phone #: (707) 498-3263.

She accepts all major insurance companies, private payment, and is not authorized to bill Medi-Cal at this time. Her specialty is in treating all types of trauma including PTSD, grief and loss, head trauma and stroke patients utilizing a variety of theoretical constructs, EMDR, art therapy, and sensory stimulation.



Dave Berman, Certified Hypnotist, Life Coach, and Master Practitioner of NLP, www.manifestpositivity.com, (707) 845-3749

Greetings NCAMHP'ers and thanks for welcoming me to the organization as an associate member. My private practice, Manifest Positivity, has been located in Arcata's Cooper building since November 2010. I am trained in hypnosis and Neuro-Linguistic Programming (NLP), assisting clients with weight loss, pain control, smoking cessation and other behavior changes, and mindfulness-based stress reduction, including relief from phobias and trauma. I recognize my role is providing complementary care and do not diagnose, treat or prescribe for any medical condition, working with clients on health related issues only if their licensed medical professional has provided a written referral to me. I am currently receiving advanced training via the Hypnosis Practitioner Training Institute, which requires an internship I am fortunate to have supervised by NCAMHP member Scott Sherman, LMFT, PCE. I look forward to connecting with more of you at upcoming educational events and welcome any questions or comments at 707-845-3749 or via my website, www.ManifestPositivity.com.



Humboldt Family Service Center

Offers Affordable Counseling

Counseling can be helpful in any of the following areas:

- * Depression
- * Anxiety/Stress
- * Interpersonal Challenges
- * Trauma/Death
- * Career Changes
- * Addiction
- * Chronic Health Conditions
- * Anger Management
- * Adjustment to Family Changes
- * Adult and Child Relationships
- * Post Partum Depression
- * Divorce/Cooperative Parenting

Your feelings and concerns deserve attention. Counseling gives you the opportunity to take the time to stop, think and plan in a quiet supportive environment. You can gain new awareness and learn to deal with your challenges in new productive ways.

Feel free to contact our office @ 707-443-7358

Your voice is important!

Contributions are always welcome; anything from a paragraph to a couple of pages would fit well in the newsletter. Send your ideas to the newsletter committee: newsletter@ncamhp.org, Lesley Manson, Psy.D. at drmanson@msn.com or Jennifer Saffen, MFT at jes@humboldt1.com

Always wanted to pay your student loans down, but thought it would not happen until retirement? Think again.

The National Health Service Corps offers the opportunity to pay off all of your student loans. The program starts with **\$60,000 in loan repayment** for two years of service. Let us help you with your student loan burden so money doesn't have to be a factor in choosing your field of practice. Employment opportunities are available within primary care settings, hospitals, mental health organizations, and private practices.

Visit NHSC.hrsa.gov for complete program information. A NHSC Ambassador, Lesley Manson, PsyD is available questions locally.

Members may advertise and post announcements for office rentals free of charge via the web at any time:

- Step 1: Go to www.ncamhp.org
- Step 2: Click on Member Login and Login
- Step 3: Click on Member Discussion Board
- Step 4: Choose "Office Rental"



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Looking for Members!!!

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