



Newsletter Winter 2012



Letter from Your President ~ Jennifer Saffen, MFT

Greetings NCAMHP,

As we embark on 2012 there are many things to look forward to for the NCAMHP community. There will be an Expressive Arts as well as Dreams and the Creative Process workshop in April. DBT training will return in fall. Spring and Fall General Meetings bring relevant and interesting presentations (respectively, Psychotropics in March and Psychotherapy with the Elderly in October), and the General Meetings will also have the usual: good food and the opportunity to connect professionally!

The previous year brought exciting developments. Student posters and flyers are now in circulation as an important outreach to students in the community. The website underwent some positive changes to enhance the community's ability to search for therapists. Some highlights through the past year were the educational opportunities, with DBT training (with 22 out of 49 attendees specifically requesting further DBT training); Dr. Melinda Myer's talk on assessing sexual difficulties; Carmela Wenger's training about treating infidelity; and Ellen Searle LeBel's presentation on help for therapists with traumatic stress.

2012 will bring more website changes (see our website statistics below!); more newsletter articles and announcements to keep the membership informed; as well as exciting workshops and presentations. We are also looking forward to welcoming new board and committee members, please let us know if you are interested in the Secretary position or any of the committees!

Hopefully, 2012 will also bring healthful open communication in personal and professional lives; kindness with self and others; and a mindfulness of the continued importance of caregiver self-care. I look forward to serving the NCAMHP community throughout this year.

Best Regards, Jennifer Saffen, MFT
NCAMHP Board President 2012



For Your Information:

Please consider viewing the website to see your voted website changes in action, give feedback on additional changes needed, and to update your own profile page: www.ncamhp.org.

**The NCAMHP webpage receives between 8,500 and 14, 5000 hits per month!
What a wonderful resource and advertisement for our community!**

The results of our recent polling regarding Board members receiving discounts on membership revealed support. Upon further reflection, the Board voted to have a recognition dinner instead of a Board member discount to honor all of the volunteering efforts within NCAMHP. Thank you all for your input. We are excited to honor the efforts of NCAMHP volunteers each year!



**A Review of the Fall 2011 Workshop: Dialectical Behavioral Therapy (DBT) Skills Building for the Therapist, with Deborah Mitchell, Ph.D. and Mark Rosenthal, LCSW of the San Francisco DBT Center).
By Jennifer Saffen, MFT**

On a nice sunny Saturday in September Dr. Deborah Mitchell and LCSW Mark Rosenthal came from San Francisco and provided an all day workshop on Dialectical Behavioral Therapy (DBT). They reviewed basic principles of DBT and described ways to implement interventions of DBT in clinical practice.

The DBT presentation was wide reaching and rigorous; for this article only a few of the many points are reviewed. Following are some points that the presenters offered:

- Important not to “fragilize clients” rather assist them in working with life as it really happens.
- Validating client’s experience helps client open up for change.
- Irreverence is important, as the very funny and irreverent presenter, Mark Rosenthal, illustrated throughout the workshop with his funny and caring stories.
- Support for therapists is important, e.g. teamwork, boundaries and self-care.
- Emphasis on ignoring behaviors that aren’t working and respond affirming and attentive when client is engaging in behaviors that are working (i.e. the B in DBT).

- There can be a contagion effect around talking/reading about cutting. Eating D/O does not typically have the same effect. Instead discuss/read about effective behaviors.
- Some helpful books:
 - *The Buddha and the Borderline: My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism, and Online Dating* by, Kiera Van Gelder.
 - *Loving Someone with Borderline Personality Disorder: How to Keep Out-of-Control Emotions from Destroying Your Relationship* by Shari Y. Manning PhD and Marsha M. Linehan, PhD.
 - *Borderline Personality Disorder Demystified: An Essential Guide for Understanding and Living with BPD* by, Robert O. Friedel.

NCAMHP received follow up for one particular point, Justified vs. Valid emotions. Justified emotions are when the emotional response is justified by the current situation; the example provided in the training: An individual walks into an office where a big scary snake is being fed, at that time the fear is justified; after the snake is removed the fear is still valid but no longer justified.

A List of Justified Emotions ~

Sent by Deborah Mitchell, Ph.D.

Anger is justified when a desired goal is blocked or you or someone you care about is threatened, insulted, attacked or hurt by others.

Sadness is justified when there is a loss or things are not how you would like them to be.

Guilt is justified when you have violated your own values.

Shame is justified when your behavior or one of your attributes leads to rejection by a very important group.

Fear is justified when there is a threat to your life, or health or well-being.

Jealousy is justified when something that is important to you is threatened or in danger of being lost.

Envy is justified when another person gets or has things you want AND there are as many reasons for you to get or have these things as there are for the other person.

Disgust is justified when something you are in contact with could contaminate you or being to a person or group whose behavior or thinking could seriously damage or harmfully influence you or the group you are part of.

Love is justified when a person does things or has qualities that you particularly value or admire AND loving the person enhances the quality of your life or that of

those you care about OR loving the person increases your chances of attaining your own personal goals.

Thanks to Dr. Deborah Mitchell and Mark Rosenthal, LCSW for coming to Humboldt to share their experiences and knowledge!



How NLP Helped Me Stop Smoking Pot

By Dave Berman

This is the story of how I used Neuro-Linguistic Programming (NLP) to stop smoking pot. You may be able to apply some of these techniques yourself, whether for pot or other habits you want to break. If you need help to accomplish your goal, please call me about private Hypnosis/NLP coaching sessions. If I can stop smoking pot under these circumstances, so can you, if that's an outcome you desire and to which you commit yourself.

When I first smoked pot as a college student, it was just occasionally and recreationally. Within 5 years, I was using it more frequently, often with the intention of breaking free from "thought loops" I perceived as stressful. At some point in those next two years smoking pot became a daily habit that continued for many years, even as I evolved into a successful professional adult. I did not sense a problem until 15 years later when I realized this behavior lacked the mindfulness that was otherwise common for me. By September of 2010 I recognized at least part of me wanted to change my relationship to pot, though this highlighted an internal conflict with another part that kept me smoking.

At this point I'd been studying NLP on my own for several months and had just committed to attending an NLP Practitioner Certification course in Phoenix during the second week of October. I knew I'd be going without pot during that time. Synchronistically, a few friends talked about taking time off from pot, alcohol, caffeine and all other intoxicants during the month they dubbed "Octsober." Since I anticipated the first few days without pot might be challenging for me, it seemed like a good idea to join them in observing Octsober and get a one week head start before the intense training in Phoenix.

As part of my independent NLP study, I watched a series of videos featuring NLP co-creator Dr. Richard Bandler. In retrospect, two things in particular stand out. First was his repeated reference to unconscious learning, that people watching his lecture could expect to integrate lessons while sleeping. The second piece was an anecdote about helping heroin addicts quickly kick the habit via hypnosis by having them imagine both the physical experience of shooting up and being sober, and then when fully conscious again, realizing that both states can be accessed in the mind even without the drug.

Obviously I'm oversimplifying Bandler's story and process, but when October first arrived, I woke up sensing I'd been processing that story in my sleep the night before. I had no desire to smoke pot. Whatever internal conflict I'd previously experienced had temporarily ceased. I was entirely congruent and knew I could stop smoking pot at least until I returned from my NLP training on the 16th. This was a lot easier than I expected!

Now, I had not yet set the intention to permanently and completely stop smoking pot and after 20 days began to smoke again, although not every day. This reflected an increase in mindfulness about the behavior and drew the internal conflict into sharper focus. That was a good thing for me because there are multiple NLP techniques for resolving internal conflicts and I started exploring applying them to myself. This further raised my awareness, but did not immediately dissolve the conflict. Instead it revealed the need to define what my "relationship to pot" would entail once I changed it. Would it mean no pot ever or just under certain circumstances? I spent the next two months revisiting this question and smoking sporadically. My relationship to pot had in fact already changed but this didn't feel like its final disposition.

Then I spent a holiday weekend in San Francisco reuniting with several old friends one at a time. This "relationship" issue was a topic I discussed with each of them, repeatedly telling the same story that concluded with the same unresolved status. As I drove back home to Eureka, these conversations replayed in my mind and I thought "enough is enough!" I didn't want to hear myself tell that story anymore and it was time to update it. I concluded that to really decide the terms of the new relationship, I had to first demonstrate to myself the confident ability to easily abstain from pot for at least 30 days. Only then could I really make a choice from a position of strength rather than struggle or compromise.

Again some important mental processing must have occurred as I slept that night because when I woke up the next day, two important things happened virtually simultaneously. One was a massive reframe of my thinking about what pot is. Intellectually, I have always valued and revered pot as a medicinal plant, even though my behavior regularly extended beyond such appropriate use of it. I realized if it had been morphine or Tylenol or any other medication that I'd been mindlessly using, I would certainly know this is inappropriate for me and stop or get help. This thought formalized a profound a shift in my story about and relationship to pot.

I also created a second and perhaps even more powerful experience that morning using the NLP technique called "Mapping Across." This was also a very quick process that used my visual representation of smoking pot and eating hamburgers. I discovered that when I simply imagined smoking pot, the picture my mind conjured was about three inches in front of my face, right between my nose and mouth. I pictured hamburgers about two feet in front of my left hip. As a vegan I do not eat dairy or meat, including hamburgers. There is simply no desire. When I moved the pot smoking picture into the location of the hamburger picture, the desire to smoke

instantly disappeared. This represents what I've referred to in other articles as "reorganizing the mental filing system." A few months later, my colleague Meredith Aldrich drew a cartoon reflecting my experience. (The link for this particular cartoon is: <http://river-ville.com/wp-posts/nelperville-12/>. See more of Meredith's NLP and Law of Attraction cartoons at www.River-ville.com.)

On the strength of these two changes, the next 90 days passed with no pot smoking or even temptation. That old inner conflict just didn't present itself during that time, though it did return in an updated form. Between mid-March and mid-May of 2011, I smoked pot a few times. On each occasion I first wrote in my journal about why I was making the choice and how I would be able to later determine if it was a good choice (employing a traditional NLP approach of asking "what do I want?" and "how will I know when I've got it?"). The reasons varied. Once it was to stimulate an appetite at 10pm on an evening when, quite oddly, I hadn't wanted to eat that entire day. Another time it was for a headache that hadn't responded to Advil. A couple of times I used it to relax my mind when it seemed rather full and meditation didn't bring me clarity or serenity.

In each of these instances, my goals for smoking pot were met. My experiences provided me the evidence I identified in advance to demonstrate to myself that the choice to smoke was OK. This was a great degree of mindfulness for me, and I was pleased with that, yet there was a new internal conflict emerging. How often was it OK to find a justification for smoking? Could I really feel honest and congruent presenting myself to NLP clients wanting my help to break habits if this was the outcome of my own process? Would it be effective or even credible for me to get up in front of an audience (particularly young people) and talk about how I'd used NLP to change my relationship to pot, but not to eliminate my use of it completely?

Questions can be a powerful tool, and in NLP there are many common questions that can begin a transformational process more effectively than directly offering a client advice or solutions. Much to my surprise, in early May I encountered a question like this during a meeting with Chris Evans, a counselor at McKinleyville High School. We were discussing how I could present NLP as an option to students challenged by substance abuse or other behavior issues.

I was honest with Chris about how my relationship to pot had transformed, including this current stage of occasional use. He seemed interested in the process and techniques I was describing, as well as the versatility of NLP's many applications. Then he asked me something that took a while to have its full impact: was the journal writing before and after smoking actually a process of rationalizing?

At the time, I told him I did not think so because I believed my limited smoking was for medically appropriate reasons. But this question stuck in my head over the next few weeks. Naturally I kept finding ways to reinforce my initial answer. Then I started feeling that my whole writing/smoking/approving process was about determining whether I had a rational reason for smoking. If it was rational, then it made sense to do it, right? But seeking out a rational reason is the very definition of

rationalizing. Suddenly this meant I had a different answer for Chris's question, one I didn't want to give him originally because rationalizing seemed to imply concocting a bogus explanation.

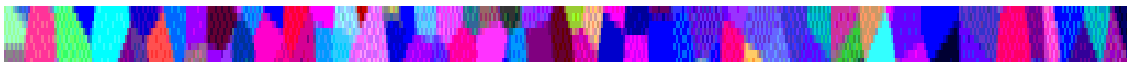
I found myself confused, and can appreciate the possibility that reading about my thought process may be confusing to you. Such brief disorientation is actually a common indication that the structure of a belief is starting to loosen and about to change. Put another way, when effective NLP questions do what they do best, the mental process of accessing the answer to the question can begin the rewiring of neural pathways ("reorganizing the mental filing system"). In this case, I concluded that the goals identified for my "rational" uses of pot were reasonable goals but that pot was not necessarily the best and certainly not the only way to achieve the goals. I decided that given the overall excellent state of my health, I could adopt the new belief "anything pot can do, NLP can do better."

It is important to understand that beliefs are often contextual. So this new belief that NLP could serve me better than pot was an idea I was only applying to myself. I pass no judgment about other people smoking pot, including recreationally, but especially for medically appropriate purposes such as cancer, arthritis, or multiple sclerosis.

As I update this article for the NCAMHP newsletter, it is now January 2012. It has been about eight months since the last time I smoked pot, which coincided with the elimination of that final bit of internal conflict. Since then, I've had no desire at all to smoke pot. Any physical or emotional sensations I experience that might have once led to that behavior choice are now dealt with using NLP techniques for transforming sensations and managing energetic states.

It is also worth noting that this entire story has taken place as I've continued to be routinely surrounded by pot in so many familiar ordinary circumstances, including living in a community widely regarded as being the world's most abundant area for top notch pot cultivation. Pot is recognized as the biggest cash crop and primary economic engine of Humboldt County, CA. I love living in this area even more now knowing I have defined my relationship to pot as a former smoker.

Dave Berman is a Certified Hypnotist, Life Coach & Master Practitioner of Neuro-Linguistic Programming (NLP). Learn more at www.ManifestPositivity.com or call (707) 845-3749.



Training Events for 2012

Save the Date: The Spring General Meeting is Thursday, March 15th 2012 from 5:30-8:00pm at the Humboldt Area Foundation.

Poll: Something to think about: We will be polling members on website pictures, yes or no?

Topic: Psychotropic Medication. Presenter: Ruby Bayan, M.D.

Dr. Bayan is a local psychiatrist who specializes in both addiction and child psychiatry. She practices "family psychiatry" and sees patients of all ages.

SPRING WORKSHOPS, You have the opportunity to attend one or both sessions!

Morning Workshop: Dreams and the Creative Process with Madeline McMurray, MFT to be held at HAF on Saturday 4/21/12 from 9a to 12:15 pm.

Participants of the morning workshop will gain a basic understanding of a Jungian Approach to dreamwork and have some of the tools and techniques needed for working with dream and images. They will also be given resources to further their knowledge base on this subject.

Afternoon Workshop: Expressive Arts with Miriam Labes, MFT and Cathy Chandler-Klein, MFT at HAF on Saturday 4/21/12 from 1:15p to 4:30pm.

Participants of the afternoon workshop will gain an understanding of how expressive arts help us connect to our body, mind, and heart; how the creative process offers us access to increased joy and healing; and how to use the expressive art process to access inner resources and integrate strengths and vulnerabilities. Participants will learn the applications of this work in psychotherapy.

To register for one or both; click on the link and complete the registration form!

<http://ncamhp.org/DCPBrochure.pdf>

Save the Date: Fall General Meeting 10/04/12 at 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

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

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.

Practice Update: The Humboldt/Del Norte area needs mental/behavioral health providers!

How to Enroll and Serve Path2Health Members: Anthem Blue Cross and its subcontractors, administer Path2Health benefits. They also administer CMSP benefits. If you are interested in providing health care services to Path2Health members, you must be a part of the Path2Health/CMSP provider network administered by Anthem Blue Cross (Anthem). To become a part of the network, you must execute a provider agreement. Participating providers are also encouraged to enroll in the Medi-Cal program as Medi-Cal providers, which will

assist you in verifying Path2Health eligibility and any changes in eligibility, such as conversion to Medi-Cal or CMSP.

Professional Mental Health Counseling Services – Call to ensure rates. Effective January 1, 2012, through December 31, 2013, the CMSP rates for professional mental health counseling services provided by a **psychologist, licensed clinical social worker, and marriage and family therapist** shall be as ninety dollars (\$90.00) for an assessment and seventy dollars (\$70.00) for a one-hour individual counseling visit, and thirty dollars (\$30.00) for a group visit.

For further information about participating as a medical provider or a behavioral health services provider, contact Anthem Network Development at (800) 670-6133 and check out the website: www.path2health.org

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”

Please give us feedback on this new policy: newsletter@ncamhp.org, Lesley Manson, Psy.D. at drmanson@msn.com or Jennifer Saffen, MFT at jes@humboldt1.com



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Jennifer Saffen, MFT, President
407-9030

Lesley Manson, Psy.D. Past President
602-369-3343

Bonnie Carroll, LCSW, Interim Secretary
839-1244

If someone is interested in becoming Secretary, please let us know!
This is a wonderful introductory position on the Board!

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268-5654

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442-2752

NCAMHP COMMITTEES

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