

Letter from Your Interim President ~ Paula Nedlecoff LMFT

Greetings NCAMHP members,

Summertime......afternoon blue skies and warm air. I hope this finds all of you enjoying summer and all it brings our way. It looks like I am still the acting President but the Board has received many response to our outreach for a broader membership.

Thank you to all of you who reached out. We are looking forward to seeing you all and working together in different capacities. Keep current on our list serve and watch your emails.

Our Fall General Meeting will be here before we all know it and we look forward to a packed evening. Our Education Committee has been very busy looking at topics that matter and will be announcing upcoming workshops for 2017/2018.

We are also looking at the option of putting out a new Redbook every other year rather than yearly. This is cost saving for all and we can make changes as needed in between by going into our profiles on the website.

Please if you have feedback and or ideas to share do not hesitate to contact me or any of our board members. We want to serve our membership in the best way we are able. Keep up the good work. You are all valuable and appreciated.

Paula Nedelcoff MFT
NCAMHP Board Interim President
therapydok@sbcglobal.net

Two Good Reasons to Join the NCAMHP Board

by Caroline Isaacs, LMFT

As a founding member of NCAMHP and many years on the original board, including as treasurer and as president, I know well the benefits of this service. The first, and more obvious reasons fall into the category of "Greater Good". We created this organization as our professional response to nascent managed care, to fight back against how it abused our clients as consumers and us as practitioners. What NCAMHP is today is the result of our efforts, and those of countless others who were the core of the committee work, same as now. Some of our founding board members were also active with the physicians in creating the Humboldt IPA. We became a far more cohesive and informed professional community, and our clients received better care.

The unexpected benefit was personal. I met other therapists on the board, on committees and at member meetings with whom I would have otherwise not have come in contact. Not only did my referral base multiply exponentially, but I made friends that have lasted all these years. My life has been enriched far more than the amount of time it took from my busy schedule.

If you can possibly make time to join the NCAMHP Board even for a single term, I believe that you will not regret the commitment. You might even enjoy it enough to opt for a second term.



"Touching the Soul of the World: A Mythological and Soulful View of Chaotic Times " Mythologist Michael Meade

(The following is excerpted and summarized from the summary article of the same title by Bonnie Bright, Ph.D., the founder of "Depth Psychology Alliance", a free online community for everyone interested in depth psychologies. The full summary article is available at: http://www.pacificapost.com/touching-the-soul-of-the-world-a-mythological-and-soulful-view-of-chaotic-times)

Michael Meade D.H.L., a renowned storyteller, author, and scholar of mythology, anthropology, and psychology, gave the opening keynote presentation at the "Response at the Radical Edge: Depth Psychology for the 21st Century" conference

at the Pacifica Graduate Institute. Meade is also the founder of Mosaic Multicultural Foundation, a Seattle-based nonprofit dedicated to education and cultural healing, www.mosaicvoices.org.

When there is wounding in our culture, there is wounding to the soul of the world. Many may be feeling "world weary" at this moment in our modern world, and in fact, we are seeing an increase in suicide in all ages right now. But this mood of despair has happened before, Meade points out. A distortion in the culture, whenever it occurs, weighs on everyone in the culture—but people have survived this before.

Meade has been collecting myths about the renewal of the soul for years, and he tells them elegantly and jubilantly with the use of a drum, a rare treat to watch or listen to. The movement of psychology into the archetype of pathology has generated a lot of learning, Meade continues, but the archetype of healing might be the edge that would move us forward – the healing "edge" can be redemptive, making each of us renewed. In fact, going back to the beginning and renewing the potential can be one of the most healing things a group can do together.

While anxiety is a collective presence that even children feel these days, and it typically manifests alongside collective fear, we are in an alchemical solution. Alchemically speaking, we have to disintegrate before we can move into a more creative phase.

Meade offers that there are three levels of life, or three layers of the world. The first layer of life is daily life, regular expectations, and civil society – people following rules and engaging in civil discourse. Level two is where negative emotions exist, including anger, hatred, venom, revenge, jealousy, envy, traumatic memory, and intense fear. This level of emotions is situated just below the first level of "everyday life." What's happening now is that the second level of life has erupted into the first level, Meade observes. The first level can no longer repress the second, and we are facing what Freud referred to as the "return of the repressed." The third layer of the world is mythology, the deeper ocean of being. We need a mythic perspective on our current situation. When the veil lifts, we see the thin veneer of civilization cracking. It also means "collapse renewal" – an uncovering and then discovering. This is a very archetypal dynamic, and when we begin to understand this deeper meaning, we can gain context and meaning to what is happening now.

We are in a state of tension right now where it seems the unthinkable can occur without warning, states Meade, but "either we can be overwhelmed by the disturbing waves of chaos and animosity and vitriolic energy, or we can connect to the depth of the soul and reconnect to the dream of our lives and use that as a vehicle to reconnect into the dream of the world. If we [aren't] aware that we have [this] choice to be part of the re-imagination of the world, then we can get swamped in the waves of chaos." We have to tune in to the instinctive sense that there's a deep sense of soul inside ourselves that has value and something to contribute to

the world. And it is being called upon and very much needed in the world today. The "Jungian project of the deep self" has tremendous value were it to be understood at different levels of life and not simply held in a more esoteric vessel, Meade maintains. What is the edge for depth psychology? If it is carrying both intelligence about pathology and knowledge about the curative redeeming essence of the deep self, then how does that idea about psychology as mythology get back into the culture?

The antidote for the loss of the dream of life has to be something as deep and as well as powerful. One of the beautiful things about the deep self is that the human soul is equal to the world if it awakens—not equal in ego, but equal in essence. The human being is a microcosm of the macrocosm. Depth Psychology has to cross the edge where psychology turns into mythology in order to deliver to the world, Meade believes, because people can't take in all the ideas of psychology as readily as they can take in stories. We have fallen out of one story. People think about the end of the world; they don't realize it's already ended. The world that we thought we knew is long over. There is no going back. We are just trying to find footing in a new world, which requires stories. The cutting edge of depth psychology, which was in some way an antidote to literalism, is the power of myth—the place where endings become beginning, Meade observes. We have to become mythic again as an antidote, especially to what's happening in cultural politics at the present time.

That third layer of life, that mythological layer that comes after the "everyday" level and the layer of "emotions" is the place where universal love (sisterhood and brotherhood) exists; where beauty is found, where wisdom dwells, and where grace happens, Meade reminds us. The only way to go from bottom of despair is to go to beauty, wisdom, and grace. To sustain ourselves in the chaotic ways of modern life, we need a practice which allows for a re-imagination of the whole and our part in it. We are being asked to creatively express in the world what we have been given.

As more and more people become marginalized in current culture, the only way to get through is by awakening to a vision that is genuine to each of our lives; by finding a way to turn it into a creative vision, and by offering it to help others. We can become agents of ongoing creation. "Creating is happening all the time and we are invited to participate," contends Meade. In the end, we can identify deep suffering and build ritual around it. It creates a kind of "radical vitality," he affirms. Through it all, we can encounter "the edge where despair turns into creativity, where loss turns into a recurrence of the divine, where imagination is pulled from the darkness—and then the world returns as the place of wonder and beauty and diversity that it's intended to be." (Thanks to Ellen Searle LeBel for suggesting this article.)



Compiled by Kerima Furniss LCSW

Like me, you may feel that your are spending too much time on your computer or your phone. At the same time I have come to value the quality of programs I have listened to over the past two years. Here are a few links to my favorites.

Blogcast interviews

I discovered blogcasts a few years ago, available via computer or app (my favorite app is "Overcast" for Apple devices). Here I will mention just my favorite two podcasts: The interviews of Krista Tippett on "On Being" and "Sounds True" with Tami Simon. Krista is probably the most skilled interviewer I know, and Tami, along with Terry Gross on Fresh Air, are second. You can get all of these online and a bonus is that you can download the transcripts. Listening on the phone however provides excellent companionship while I weed my garden.

"On Being" covers topics such as spirituality, social change, psychology and science. One of my favorite interviews is with Bessel van der Kolk. I so enjoyed listening to the wise compassionate answers Bessel offers that I have listened to this interview, titled "How Trauma Lodges in the Body," again recently. "Human memory is a sensory experience, says psychiatrist Bessel van der Kolk. Through his longtime research and innovation in trauma treatment, he shares what he's learning about how bodywork like yoga or eye movement therapy can restore a sense of goodness and safety. What he's learning speaks to a resilience we can all cultivate in the face of the overwhelming events — which, after all, make up the drama of culture, of news, and of life."

https://onbeing.org/programs/bessel-van-der-kolk-how-trauma-lodges-in-the-body/

Another interview from "On Being", titled "Compassion for Our Bodies" is with yoga teacher Matthew Sanford. I found it to be deeply inspiring. I physically struggle with yoga, and appreciate it being made available to more people as a healing modality. "Matthew Sanford, has one of the most vibrant, connected bodies I've ever experienced. He's a brilliant yoga teacher, and he's been in a wheelchair for 30 years, since he was paralyzed from the waist down at fourteen, in a car accident on a foggy Missouri road that killed his father and sister. For 20 years, he took the advice of therapists and physicians to create body-builder arms and forget his legs. Yoga helped him claim the whole of his body, and insist that he could be healed even if his legs couldn't be cured. He's become an innovator of adaptive yoga for people with disabilities, veterans, young women with anorexia. He says that he's never known someone to become more at home in his or her own body, in all its flaws and its grace, without becoming more compassionate towards all of life. This is a wondrous statement, which somehow makes perfect sense."

https://onbeing.org/blog/compassion-for-our-bodies-matthew-sanford/

[&]quot;Sounds True" offers many topics on psychology, meditation and spirituality. The

interviews typically accompany the release of a new book or audio program, however they are not a sales pitch but offer a lot of depth over an hour or so. "Getting Grief Right" with Patrick O"Malley is a recent interview from "Sounds True". I enjoyed that he offered some simple tips how to be with and support people who are grieving, something I am sure we all struggle with at times. From the intro: "Patrick asserts that the Kübler-Ross model, while helpful as a foundation, can actually create an emotional cage for people as they struggle to find the acceptance and closure that they expect to end their grieving. Tami and Patrick also talk about the odd way in which the concept "closure" became entwined with grief therapy and why sharing our stories of loss can be the most important step in the process. Finally, Patrick shares his own story of loss and explains that the simple act of being compassionately heard can be the most important step toward healing". https://www.soundstrue.com/store/weeklywisdom?page=single&category=IATE&episode=12277

If you like the work of Rick Hanson (Buddha's Brain), Tami's questions in her "Sounds True" podcast interview really helped him articulate his thoughts very well. From the intro of interview one: "Tami speaks with Dr. Hanson about the ways we can "install" positive brain states as lasting traits; how we can respond in situations when we feel our basic needs are threatened; and the three ways of working with unpleasant experiences—letting be, letting go, and letting in." https://www.soundstrue.com/store/weeklywisdom/?page=single&category=IATE&episode=8521

Guided Meditations or Imagery

I have recently been listening to "Insight Timer", available online and via their free app at: https://insighttimer.com. It offers meditation timers, tracking time spent meditating, and over 2 million guided meditations, both secular and from various religious traditions.

Here are three of my favorite presenters: Jennifer Piercy has a wonderful way of speaking, and the most interesting way of suggesting sensory experiences that I have found. Her "Yoga Nidra for Sleep" does indeed put me to sleep, or at least deeply relaxes me. It is accessible to anyone, no yoga interest needed.

Another favorite meditation guide is Bodhipaksa. He offers brief meditations starting with breathing for 1 minute, to body scans and a sleep meditation. He uses lovely nature imagery as well.

Third I can recommend Vidyamala Burch, who offers a body scan, breathing and mindfulness. Here is also the link to her "3-Minute Breathing Space" on her website. She is a specialist in managing chronic pain with mindfulness. http://www.breathworks-mindfulness.org.uk/3-min-breathing-space



New Consultation Group

Recently, a small group of clinicians has formed a consultation group that meets once per month on Thursday evenings. Thus far, the group consists of clinicians who are relatively new to private practice. We wish to expand the group to include clinicians who are "more seasoned and experienced" in their private practices, and who might be looking to provide mentorship to the group in exchange for reinvigoration, camaraderie, and possibly inspiration.

If this interests you, please e-mail Andrea Sanger, LCSW at andie 61036@yahoo.com



Introducing 2 New Private Practice Therapists

Mary Holbrook MFT

I would like to introduce myself and announce the opening of my private practice near Old Town in Eureka on June 5. I will be accepting Beacon, private pay, and other insurance out of network. I have a number of openings at this time.

I was in private practice in the Bay Area for over 20 years, and have worked for the last year at Open Door Clinic. My orientation is basically psychodynamic (object relations), augmented by training in EMDR, mindfulness, family systems, and brief and narrative therapies. I work with adults and couples, and find it especially rewarding to help clients resolve trauma and assist them with life transitions from launching to old age.

I look forward to meeting you and, for those I already know, to getting to know you better. --Mary Holbrook MFT, (707) 223-6279, 428 C Street, Suite F, Eureka, 95501, email: marygholbrook@gmail.com

Jessica Montague LCSW, IFECHM

I am currently accepting clients for my newly established private practice in Arcata. My practice will focus mainly on couples and families, while I will also see individuals. Women, parents and adolescents are of particular interest. Having relocated to Humboldt with my family three years ago, I have worked at HSU as a clinical supervisor for graduate students in the counseling psychology masters program and lectured for an undergraduate psychology course.

My approach to therapy is trauma-informed, client-centered and largely based in

family/systems theory and emotionally focused therapy (EFT). Acceptance and mindfulness-based techniques are also integrated into my work. I have advanced clinical training in family and couples therapy from the Ackerman Institute for the Family and have been endorsed by the state of California as an Infant-Family Early Childhood Mental Health Specialist (IFECMH). I am currently in the process of becoming certified as an EFT therapist. I love learning!

At this point, I accept private pay, out-of-network plans and in the near future will accept Beacon and Medicare. Please refer to my member profile for further details. Your referrals are greatly appreciated. I look forward to meeting you!--Jessica Montague, LCSW, IFECHM, 865 9th Street, Suite 203, Arcata, CA 95521, 707-356-9866



Making Changes to Members' NCAMHP Information

When you make changes on the website, they are not reflected on our master membership list. It is especially important for addresses and changes in licensure (going from intern to fully licensed) to be phoned into the NCAMHP phone line 707-441-3832 so we can update the master list. The only other way we find out is if your dues letter is forwarded and we see a new address when you send payment



Trainings

NCAMHP Events for Fall 2017 are available on the website.

The Fall General Meeting will be on Thursday, September 7th, from 5:30 pm to 8pm, at the Humboldt Area Foundation. We will have round table discussions, a chance to discuss issues as a group.

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The Fall Workshop will be a Men's Healing Workshop with Eric Duff LCSW, Trey Polesky LCSW, and Steve Russin LMFT. It will be in November. The Education Committee is still working on a date, possible Friday, November 3rd from 10 am to 5:30pm. Men's Healing Workshop with Eric Duff LCSW, Trey Polesky LCSW, and Steve Russin LMFT. Be sure to note that this is a Friday workshop.

Fundamentals of Sandplay Therapy I: History and Origins of Sandplay One Day Training



Many of you are familiar with the use of sand and miniature figures as a form of play therapy, but perhaps not of the effective depth approach of Sandplay Therapy. Sandplay Therapy is utilized in many settings, with all ages, and is especially effective in treating trauma, developmental problems, transitions in life, and can be integrated with expressive arts therapies, dreamwork and analysis.

The Northern California Regional Sandplay Society (www.californiasandplay.org) is sponsoring a full day course for local therapists who are new to Sandplay or have some previous training and would like to refresh their practice. This is the first in a series of 3 Fundamentals courses offered by NCRSS that are approved toward certification as a sandplay therapist by the national organization, Sandplay Therapists of America (www.sandplay.org) Please read below for details or go to the NCRSS website link www.californiasandplay.org where you can also register for the course. We hope you will share this information with colleagues in the community who may not be NCAMHP members.

This interactive and informational Fundamentals of Sandplay Therapy course is taught by two local therapists who have studied and practiced Sandplay Therapy for decades. Ellen Searle LeBel is a ISST/STA Certified Sandplay Therapist-Teacher and Caroline Isaacs is a STA certified Sandplay Practitioner and a Registered Play Therapist-Supervisor. NCRSS is approved by the California Psychological Association (Provider NOR 021) to offer 6 hrs of Continuing Education for licensed Psychologists, LMFTs, LCSWs, LPCCs. The course also qualifies for 6 hrs of play therapy CEs by APT Provider 13-343. Interns and students are welcome and pay a

reduced fee. If you have questions and want to know more, please feel free to contact either Ellen Searle LeBel, LMFT, BC-DMT, CST-T at 707-826-7900 or Caroline at 707-444-0927.

FUNDAMENTALS OF SANDPLAY THERAPY I: HISTORY AND ORIGINS OF SANDPLAY

Ellen Searle LeBel, LMFT, BC-DMT, CST-T and Caroline Isaacs, LMFT, RPT-S, SP Saturday November 11, 2017 • 9:00am -4:30pm 6 CE

credits Humboldt Area Foundation, 361 Indianola Rd. Bayside
Join us for an immersive introduction to sandplay therapy, developed by Dora
Kalff. Learn the history and origins of sandplay that are based in Jungian theory,
Lowenfeld's World Technique of play therapy and Buddhist spirituality. The
differences between sandplay and other forms of play therapy will be described, as
will practical considerations in the creation and maintenance of a sandplay
collection and the therapist's role in sandplay therapy. The efficacy of treating
trauma with sandplay is related to research and the concepts of Kalsched, Fordham
and Porges. Using case material and interactive discussion, we will discuss twenty
ways to "read" a tray and examine two sandplay therapy cases, one of a child in play
therapy and a second with an adult, that reveal the integrative, symbolic healing
process.

<u>Learning Objectives</u> - this workshop is designed to help you:

- Explain the history and origins of sandplay in Dora Kalff's life: Lowenfeld's "World Technique" play therapy, Jungian theory, and Buddhism.
- · Utilize Kalffian theory.
- Differentiate Kalffian sandplay from other uses of sandplay and figures, and the intersection between sandplay and play therapy.
- Utilize practical considerations: tray specifications; sand and water; create and maintain the collection; introduce sandplay to children in play therapy vs adults beginning therapy more verbally; take notes; photograph the tray; and later review trays with the client.
- Discuss 20 ways to read a sand tray, using case material.
- · Analyze in depth a sandplay case study

Ellen Searle LeBel, LMFT, BC-DMT, CST-T is a licensed Marriage and Family Therapist, Board Certified Dance/Movement Therapist and Teaching member of Sandplay Therapists of America and the International Society of Sandplay Therapy. Her practice is located in Arcata, California. She is the President of the Northern California Regional Sandplay Society and on the Ethics Review Committee of STA. Ellen teaches nationally and internationally, is a member of the Editorial Board of the American Journal of Dance Therapy and has published articles in the Journal of Sandplay Therapy, and the Journal of Body, Movement and Dance in Psychotherapy. www.temenostherapy.com.

Caroline Isaacs, LMFT, RPT-S, SP is a licensed Marriage and Family Therapist, Registered Play Therapist and Sandplay Practitioner. Through her practice in Eureka, California, Caroline offers developmentally and spiritually based psychotherapy, as well as spiritual direction, for individual adults, children and families. She has taught Sandplay, play therapy, parenting and clinical supervision for 25 years. Currently, she offers clinical consultation for professionals in these areas.

Continuing Education: NCRSS is approved by the California Psychological Association (CPA) to provide continuing professional education for licensed Psychologists (Provider # NOR021). The California Board of Behavioral Sciences (BBS) recognizes CPA continuing education credits for their licensees. NCRSS maintains responsibility for this program and its content.

Play Therapy Credits available: APT Approved Provider 13-343.

A maximum of **6 CE credits** may be earned, based on class attendance. One credit equals 60 minutes of instruction and attendees must be present for the full course. **6 STA credits** can also be counted toward certification as a Sandplay therapist with the Sandplay Therapists of America (STA.) There is an administrative fee of \$25 per course for receiving 6 CE credits.

Registration: The application form and membership information is available on the NCRSS website at www.norcalsandplay.org.



Announcements

Local Pain Management Support Services Guide

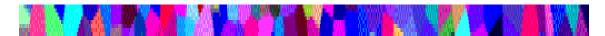
As part of a "managing pain safely" grant to address the over use of opiates, the Humboldt Independent Practice Association is creating a resource guide to alternative therapies for pain management. There is no charge to be included, and it will be posted online on the IPA's website and also distributed in print to medical providers. We are trying to identify mental health practitioners that specialize in pain management and/or CBT or behavior modification. If you would like to be listed in the guide, please contact Beth Shipley at bethship@yahoo.com or 407-8521

Redwood Coast Village

Redwood Coast Village is a member-run, volunteer-based organization. Members are Humboldt County residents, ages 50 and older. Volunteers come from all age groups and walks of life. They coordinate matching members' needs with volunteers' services, disseminate information from member recommendations, and

help to ensure high quality in all that we do. Redwood Coast Village is a program of the Area 1 Agency on Aging, a 501c3 organization.

Redwood Coast Village has continued to grow. Volunteer-based services are now being offered Eureka and Trinidad. Outreach to areas in the Eel River Valley will begin in the first half of the year. The most popular requests for services are people are mostly asking for help with rides and home technology. There have also been requests for things like dog walking after an operation and replacing a deadbolt lock. For more information: http://www.redwoodcoastvillage.org or call Susan Rosso 442-3763 x 217.



NCAMHP Resources

NCAMHP has an Internet library, located on the NCAMHP website. To submit a paper/article for the library, please contact Caitlin Scofield at: Crs102@humboldt.edu

NCAMHP has a Listserv. It is intended for communication with the NCAMHP general membership. To be added to the Listserv, please email Sarah Haag, PhD at sarahcatherineh@gmail. NCAMHP encourages members to join the Listserv. It is a way to have questions answered and get clarification on issues common to NCAMHP members. It is a way to connect with the larger group, and gain access to a wider range of answers to your query. It is also a way to share other interesting information such as resources available for clients.

The listserv can be accessed at: ncamhp@groups.electricembers.net To get started you may wish to access the introduction page at: http://groups.electricembers.net/lists/help/introduction

Internet Resources

For becoming a Medi-Cal or Medi-Care provider, contact Beacon at: http://beaconhs.com. To apply by phone you may contact the California office at: 800 723-8641.

A report has been released by the American Psychiatric Association about growing body of evidence on integrated medical and behavioral health care demonstrates the promise of these models for providing better care, improving patients' health, and lowering health care costs. It is called: "Integrated Primary and Mental Health Care Reconnecting the Brain and Body" and can be found at:

http://psychiatry.org/integratedcare or archived at:

 $\frac{http://psychiatry.org/practice/professional-interests/integrated-care-reconnecting-the-brain-and-the-body$

A resource for information on acting on Blue Cross claim problems, countering negative online reviews and 12 practice management/billing programs for therapy

practices; with links to their websites at:

http://cpapsych.org/displaycommon.cfm?an=18 HYPERLINK

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Also for more information about ICD-10 codes, see:

http://aparacticecentral.org/update



Job Announcement

Supervisor of Client Services for Arcata House Partnership

The Supervisor of Client Services is a person who has earned an MSW or MFT or equivalent and is responsible for oversight of the support services provided by our Permanent Supported Housing, Rapid Rehousing, Shelters, and One-Stop programs. This position is responsible for supporting the organization and supervising staff, creating a positive image to the community, and ensuring regulatory and funding requirements are met. AHP is seeking applicants with skills and experience in both social work and counseling individuals and families. This senior position is a full-time permanent position. Salary based on experience.

Please contact Arcata House Partnership at (707) 822-4528 or at hiringcommittee.ahp@gmail.com for information and how to apply.



Your Voice is Important! Contribute to This Newsletter!

Contributions are always welcome; anything from a paragraph to a couple of pages would fit well in the newsletter. The deadline for the Fall NCAMHP Newsletter is 10/3/17. Send your articles and announcements to the newsletter committee: emilysiegellcsw@sonic.net

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 about this newsletter: emilysiegellcsw@sonic.net



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