



# Sacramento Valley Chapter

California Association of Marriage & Family Therapists

Newsletter Editor: Dezaree Finch, MFT Registered Intern

[newslettereditor@sacramentovalleycamft.org](mailto:newslettereditor@sacramentovalleycamft.org)

April 2011



## BOARD OF DIRECTORS

President:

Kami Storck, MFT

Secretary:

Anna Osborn, MFT

Treasurer:

James Curry, MFTI

Past President:

Darlene Davis, MFT

Members-At-Large:

Kathy Green, MFTI

**Open**

Program Chair:

Eva Tak, MFT

Hospitality Co-Chairs:

Lorain Tremayne, MFT

Julie Jorgenson, Trainee

Pre-License Chair:

Tami Zak, Trainee

Volunteer Chair:

Catherine Zanzi, MFTI

Membership Chair:

**Open**

Newsletter Editor:

Dezaree Finch, MFTI

Trauma Response Chair:

**Open**

SVC-CAMFT shall focus on relationship building with clients, our members, and our community. Our Chapter serves members in furthering professional excellence as agents of change in enhancing individual and family life and in exerting a positive, humanizing impact on the larger society.

## Letter from the Board

The month of March brought many of us challenges and difficult times. This included the torrential rain and overwhelming amount of snow in California to the catastrophic tsunami in Japan. Many members have offered not only their expertise in the field of mental health to those in need but also food, supplies, money. During times of need it is always amazing to me to see how our members come together for the greater good.

There were many good things that happened in the month of March also. We were able to continue a wonderful collaboration with AAMFT with an uplifting presentation on private practice given by Lynne Azpeitia, MFT. It seemed that everyone was able to walk away with several ideas, good resources and information. We look forward to another collaboration with AAMFT in September and will keep you posted on all the exciting details! We were also able to have our first wine and cheese volunteer social, graciously hosted by Eva Tak at her home. This was a success to get members involved in the chapter in a more intimate setting and allow for networking on a smaller scale. A huge thank you to Eva for opening up her home and to those members that were in attendance.

The month of April is sure to bring us some wonderful experiences also. As we all know self care is always important but it takes on another meaning when catastrophic events happen. Catastrophic events tend to remind us what things are important in life. It allows for a time of review and reflection. I look forward to some spring weather, flowers and sunshine. I know that I myself will be taking the time to appreciate those around me and to "stop and smell the roses" just a bit more.

Kami Storck  
SVC-CAMFT President 2011

## **Calendar of Events**

To see future events, please visit [www.sacramentovalleycamft.org](http://www.sacramentovalleycamft.org)

### **March Presentation Summary**

**Create and Sustain a Successful Private Practice Career**  
**Lynne Azpeitia, MFT and AAMFT Approved Supervisor**  
[www.gifted-adults.com](http://www.gifted-adults.com)

#### **Joint Meeting of SVC-CAMFT and Sacramento Networking District AAMFT**

Lynne Azpeitia is a licensed MFT and Approved AAMFT Supervisor. She trained at the California Family Study Center, where she received her Masters in Marriage and Family Therapy. Lynne worked with Virginia Satir, which was evident in her experiential style of teaching. Her practice in Santa Monica, CA includes psychotherapy, coaching and work with gifted adults. Lynn brought energy and personality to her presentation. She held our attention while challenging us to envision our ideal careers and practices.

She provided us with a booklet of “Practical & Cost Effective Tools and Approaches”. This was a helpful guide, containing an outline of much of the material that was covered in the presentation. It also provided a resource to be used as we continue to plan strategies to design our own practices.

#### **The following are some of the areas covered**

\*5 Main Tools to Develop Your Private Practice:

Your Introduction – How you introduce yourself

Your Business Card – including email

Your Contacts – you Rolodex

Your Website or Webpage

Listings on Web Directories

\*The Success Star:

Skills, Expertise & Training

Personal & Professional Reputation

Referral Sources & Contacts

Personal Presence, Awareness, Growth, Consciousness, Vision & Creativity

Self Care & Development of Personal Resources

Business Practices – Therapeutic and Business

She addressed the needs of each of the various levels of professional status, i.e. trainees/interns, newly licensed and experienced therapists. Although the emphasis was on private practice development, Lynne also generalized some of the material for agency work. Individual and small group exercises helped participants evaluate their values and vision of their ideal practice, including the type of clients, setting, as well as their roles. It was an informative and thought provoking presentation that left us with the tools and information to revamp an existing private practice or start a new business.

*Submitted by Eva Tak, MFT*



## Pre-Licensed Members' Meeting

**Date:** Friday, April 15, 2011, 8:00 am-8:45 am

**Location:** University of Phoenix, 2860 Gateway Oaks Drive, Sacramento 95833, Room 102. Please visit our website at [www.sacramentovalleycamft.org](http://www.sacramentovalleycamft.org) for map and directions.

**Speaker:** Jacquelyn Parker, MFT

**Topic:** "Treating Children of Divorce"

### PRELICENSED NEWS!

A big welcome to Tami Zak, who will be the new Prelicensed Chairperson starting in June. Tami will be introduced at our April meeting.

Also, our scheduled speaker for May will be Margaux Rooney, MFT, and Director of Programs at WEAVE. Margaux will speak about treating victims of intimate partner violence and sexual assault survivors.

Hope to see you at our Prelicensed meetings, held in Room 102 from 8:30-9:15, prior to the main breakfast meetings.

Catherine Zanzi, MFT Intern  
SVC-CAMFT Outgoing Prelicensed Chair  
[prelicensechair@sacramentovalleycamft.org](mailto:prelicensechair@sacramentovalleycamft.org)

## April Monthly Meeting

**Date:** Friday, April 15, 2011, 9:00 am-12:00 noon

**Location:** University of Phoenix, 2860 Gateway Oaks Drive, Sacramento 95833. Please visit our website at [www.sacramentovalleycamft.org](http://www.sacramentovalleycamft.org) for map and directions.

**Speaker:** TBA-Check our calendar at <http://www.sacramentovalleycamft.org/Calendar.html>

**Topic:** TBA-Check our calendar at <http://www.sacramentovalleycamft.org/Calendar.html>

**Cost:** \$20 for licensed members, \$15 for pre-licensed members, and \$30 for non-members if paying before the Wednesday of each meeting. If you sign up after Tuesday of the meeting week, the meeting will be an additional \$5. The meetings include a full hot buffet style breakfast that is catered and 2 CEU'S. For those of you paying at the door, please be prepared to pay via cash or check, as we cannot take credit cards on-site. A \$5.00 charge will be added for "at-the-door" registrations.

**Reservations required:** You can register and pre-pay online at [www.sacramentovalleycamft.org](http://www.sacramentovalleycamft.org), or contact Laura Frederick at (916) 350-1577 or email [membership@sacramentovalleycamft.org](mailto:membership@sacramentovalleycamft.org) to register and pay at the door. Please help us contain the cost of presentations by making reservations in a timely manner (by Tuesday before the meeting). This is much appreciated.

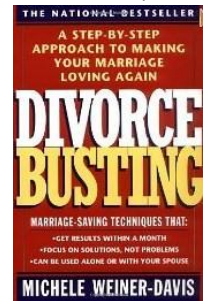
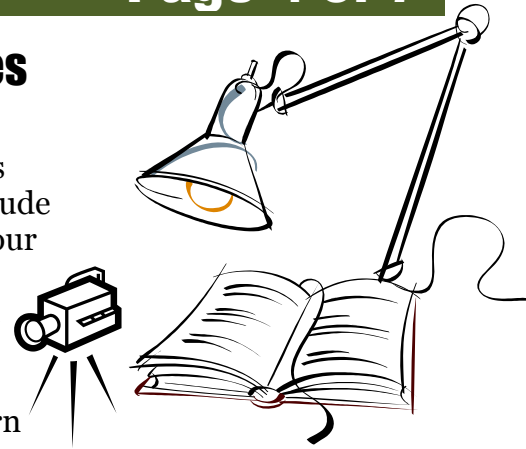
\*Disclaimer: University of Phoenix is a trade name and registered trademark of the Apollo Group, Inc. Its use herein by SVC- CAMFT to identify the event location is not intended to imply affiliation with, sponsorship or endorsement of the event by University of Phoenix or Apollo Group, Inc.

## Psyched About Books and Movies



Welcome to “Psyched about Books and Movies!” Each month we include a book or movie review by one of our readers. Please see below for guidelines on submitting a review.

Happy reading!  
Catherine Zanzi, MFT Intern  
Pre-Licensed Chair



**Title:** Divorce Busting  
**Author:** Michele Weiner-Davis  
**Copyright:** 1992  
**Reviewer:** Dezaree Finch, MFT Registered Intern

If you do couples counseling, GET THIS BOOK! I was fortunate to go to one of Michele Weiner-Davis' trainings in 2009 and walked away having a different approach to doing couples work, and IT WORKS! This book is an added addition that teaches a therapist 1) how to do solution oriented brief therapy with couples (and why it works for couples counseling), 2) how to encourage couples to change themselves individually in order to change their marriage, 3) how to identify and use patterns that work, 4) how to avoid destructive patterns, 5) and how to keep the changes going. This book is good for therapists and is also written for non-therapists wanting to improve their relationship. The price: ONLY \$8 ON AMAZON!

*Dezaree Finch is a Marriage and Family Therapist Registered Intern in the mental health field for 10 years and specializing in couples and Christian counseling. You can read more about her at [www.dezareefinch.com](http://www.dezareefinch.com)*

### Book/Movie Review Submission Policy

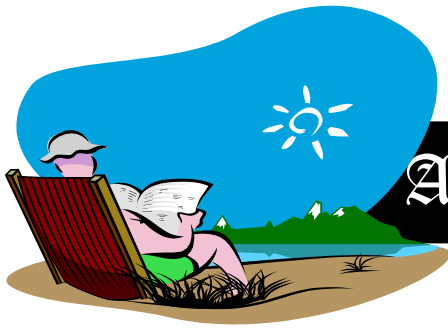
All reviews are not to exceed 1000 key strokes.

Your review should include the title, a short synopsis about why you like or dislike it, and the author's name & publication date. You can also include a picture of the book and/or movie. After review, we will publish your review in our next newsletter. Reviews submitted that are longer than 1000 characters will be returned for editing. It is best to type your review in a Microsoft Word document to note how many key strokes (characters with spaces), how big your review is, and for your own record keeping. You can then copy and paste it into the online [form submission](#) ([click here](#)). [Click here to learn more about checking your review for key strokes, spelling, grammar, and size.](#)

It is your responsibility to check for spelling and grammar errors.

Reviews must be received **by the 20th** of the month in order to appear in the next newsletter. **You can submit your review by:**

Visiting our webpage: [www.sacramentovalleycamft.org](http://www.sacramentovalleycamft.org)  
Mailing it in: P.O. Box 163385, Sacramento, CA 95816  
Emailing Catherine Zanzi: [czanzi@frontiernet.net](mailto:czanzi@frontiernet.net)



## Advertising & Announcements

### FREE REGISTRATION FOR THERAPISTS

You are invited to attend a DIVORCE OPTIONS WORKSHOP in April, May or June at no charge. This community service presentation is designed to help men and women understand the legal, financial and family issues of divorce. Your clients will gain basic knowledge from trained legal, financial, and mental health professionals on how to save time, money and frustration.

Workshops are held the second Saturday of every month (8am to 1pm). Locations include Sacramento, Folsom, Roseville and Placerville. No CEUs. Visit [www.divorceoptions.com](http://www.divorceoptions.com) for dates and locations or call Betsey Williams, MFT (916)548-9919.

### SEEKING SUPERVISED INTERNSHIP

I am a registered intern and recent graduate of The University of San Francisco. I am looking for an internship in a private practice with supervision. I have about 1000 hours towards my license and am currently working part time for Catholic Social Services. I am learning much, but would like to experience the private practice side of therapy as well. I have over 20 years of experience in social service, including extensive work counseling substance abusers and working with HIV/AIDS. I am looking for a supervisor who has a strength based orientation, especially in experiential or narrative therapy, although I am open to learning a variety of therapeutic approaches.

Please contact Christine Cipperly at 530-400-4757, 530-756-9679 or [xtinez@sbcglobal.net](mailto:xtinez@sbcglobal.net).

### Psychological & Neuropsychological Testing Services

Contracted with Most Major Insurance Panels.  
Dr. Regina Granados & Clinical Associates.  
[www.sacramentopsychologicaltesting.com](http://www.sacramentopsychologicaltesting.com) (916)  
984-4300

### Folsom - Sublet Available in 2600 sq ft office with Psychiatrist

Opportunity for colleague referrals. Professional environment with large waiting room and ample parking. Dr. Granados 916-984-4300

### Private Practice & Workshop Space to Rent

Private Practice Space – Evening and Weekend Hours Available  
Beautiful Reception Area  
Training / Workshop Space to Rent by the Hour or Day  
Group Chairs, Seminar Tables and Chairs Included  
Easy Access off of I80 and Northgate Blvd. in the Natomas Area  
Call Stephen Grinstead at 916- 575-9961 for more information or to schedule an appointment to view our space.

### Open House Event

Open House Event – Linder Psychiatric Group, Inc  
Roseville: 970 Reserve Drive, Suite 205  
Folsom: 193 Blue Ravine Road, Suite 170

Please join Linder Psychiatric Group in welcoming our new Psychiatrist Dr. Svetlana Anic and Psychologist John Powell, Ph.D on Wednesday May 11, 2011 in Roseville and Thursday May 12, 2011 in Folsom from 5:00pm to 7:00pm. Join us for cheese, wine, and appetizers. We look forward to a chance to chat with our colleges! Contact us at [admin@echildpsychiatry.com](mailto:admin@echildpsychiatry.com) or visit our website at [www.echildpsychiatry.com](http://www.echildpsychiatry.com)

### Job Ad

Medical/Psychiatric office in Folsom/Roseville looking for Psychiatrists, Psychologists, NP, LCSWs, LMFTs & provides consulting groups. Supervision available. Please fax 916-608-0717 or email at [admin@echildpsychiatry.com](mailto:admin@echildpsychiatry.com) your resume.

## Advertising Policy for the Newsletter

All ads and reviews are not to exceed 1000 key strokes. Chapter members advertise at no cost. Non-members can advertise about employment opportunities at no cost. Non-members, non employment-related ads follow these rates:

\$10 for 200 key strokes

\$20 for 201-600 key strokes

\$30 for 601-1000 key strokes

Full page and 1/2 page ads are not accepted.

All ads contain text only; no graphics will be included.

Ads submitted that are longer than 1000 characters will be returned for editing. It is best to type your ad in a Microsoft Word document to note how many characters, how big your ad is, and for your own record keeping. Please visit our site to find more information how to use Microsoft word for editing.

You can then copy and paste it on our [online submission form](#)(*click here*).

It is your responsibility to check for spelling and grammar errors.

Ads must be received **by the 25th** of the month in order to appear in the next newsletter. Ads are placed in the order that they are received.

### You can submit and pay for your ad by:

Visiting our webpage: [www.sacramentovalleycamft.org](http://www.sacramentovalleycamft.org)

Mailing in payment: P.O. Box 163385, Sacramento, CA 95816

Emailing the Newsletter Editor: [newslettereditor@sacramentovalleycamft.org](mailto:newslettereditor@sacramentovalleycamft.org)

*Thank you for contributing to the newsletter!*

### SVC-CAMFT

#### CONTACT US

**MAIL:**

P.O. Box 163385  
Sacramento, CA 95816

**PHONE:**

(916) 916.350.1577

**EMAIL:**

[membership@sacramentovalleycamft.org](mailto:membership@sacramentovalleycamft.org)

---

#### We're on the Web!

See us at:

[www.sacramentovalleycamft.org](http://www.sacramentovalleycamft.org)

**To post to the listserve, please write to this**

**Email:**

[svccamft-owner@yahoogleroups.com](mailto:svccamft-owner@yahoogleroups.com).