



**Letter from Your Interm President ~
Paula Nedlecoff LMFT**

Greetings NCAMHP members,

Happy Spring to all of you. Spring is a time of rebirth and change. Our NCAMHP is also in a rebirth of sorts. We do not have a President, I have offered to serve as a temp. However, fortunate or not, I am only here in the country a few months a year and that does not seem to provide the kind of leadership we all deserve to have. I wanted to share for a moment why I am on the Board and what it means to me. As a therapist I believe in networking and getting to know my community. As we build community and connect resources we are creating a resilient community, one filled with connections and relationship. I believe that is what many of our clients are looking for in their lives also. I know everyone is busy and we do not want to overdo. I have this thought that if each of us gave just an hour or two to our organization we will grow more solid and those that are holding duties may feel less overwhelmed. It does take a village and I invite you to rethink how you can participate in this healing village of ours. I look forward to seeing you all at our General meeting April 14. Feel free to contact me by email phone or text if you would like to talk about ways you might want to get involved. Thank you for the most important work you all do for our community. You have large hearts be sure to also care for your own.

Paula Nedelcoff MFT
NCAMHP Board Interm President
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Handling Aggression: Setting Limits with the Vigorous Snuggle

Rachael Schofield, an Australian parenting educator, a regular contributor to "Nurture", Australia's natural parenting magazine," wrote an interesting article about supporting parents to try the "vigorous snuggle" method of handling child aggression. Summarized by Emily Siegel LCSW.(complete article is at: <http://www.handinhandparenting.org/article/handling-a-childs-aggression-setting-limits-with-vigorous-snuggle/>).

Ms. Schoefeld uses an example of her own 5 year old son's aggression toward herself and her own less than helpful first responses including yelling and angrily putting her son in time out. She then points out how "things we swore we'd never do seem to happen" leads to guilt and confusion about how unmanageable parents and children's behavior can feel, but actually almost all children on occasion strike out at others despite knowing that hurting others is not alright.

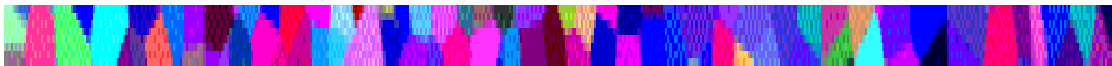
The article follows with an easy to follow explanation of how emotions drive a lot of behavior and that children's emotions are observed through their behavior and facial expressions, rather than direct verbal expression. Observing this behavior can show that aggressive outbursts are driven by fears. Children experience a wide variety of things that are very scary to them, even minor events that can seem insignificant to adults. Until able to heal from these hurts, these fears continue in "implicit memory", a memory that can get re-activated by events and situations that are similar to the original frightening incident, even though there is no conscious memory of why it is scary. It may not be possible to see why a child is scared in that particular moment but it is important to notice that children having this kind of implicit memory experience cannot ask for help because they lose their sense of closeness to the parent. When humans feel deeply frightened, they no longer are able to access their prefrontal cortex and their ability to think. People then respond with the basic mammal response to feeling threatened: fight, flight or freeze. Children acting aggressively are going for the fight response. Trying to reason with a child or "use your words" in this state is unlikely to work well because it does nothing to heal the fears that drive the behavior.

Ms. Schofeld describes the need to target the real problem of a child's aggression by addressing the child's feelings of disconnection and healing the fears in their implicit memory. She encourages parents that children know how to heal and if parents stay close to children and offer warm, caring attention, they will laugh, cry, tremble or tantrum to heal the feelings of fear and hurt that are stuck inside. When they finish unburdening themselves from a large piece of these feelings, they re-connect with their parents and snuggle close, fall into a deep sleep or even just get up cheerfully and continue on as if nothing happened, able to think again.

This article also points out that parents also have many emotional memories waiting to be healed. When children act aggressively, parent's old hurts get activated and

they also leave their thinking, rational brain and react emotionally, often reflecting ways they were treated as children. Parents need warm supportive listening without judgment or even advice so they can talk about their own emotional responses that drive their own behavior and to heal those hurts. This process helps parents be able to respond differently when their children are aggressive to them.

Schofeld ends with her description of backing away from her own emotional response to using a “vigorous snuggle”, something she calls a “limbic tackle.” When a parent cannot connect with a child’s thinking brain, the prefrontal cortex, because the child cannot feel connection with anyone at that moment, she suggests doing something to connect to the child’s limbic system, the social center of the mind. Describing ways of making playful, warm physical contact, the behavior the child is stuck in is stopped but it is done with nonverbal and gestures of the parent warmly wanting to be close to the child. These signals to the child’s limbic system can help the child laugh or even cry and the result, in the end, is that the child’s rational mind can work again, aware of connection with the parent. Schofeld admits that at first it was hard for her to do the “vigorous snuggle” in such emotional situations. However over time, especially with the support of someone who listened to her nonjudgmentally express her upsets about her child, Schoefeld describes how she has learned to respond with a “vigorous snuggle” that leads to laughter, connection and re-activation of her child’s reasonable and playful self.



How Oxytocin Stimulates Trust and Connection, and Helps Relationships Heal

By Linda Graham, November 19, 2015m This blog is excerpted by Marnie Lucas MFT from “Reliable Witness,” Available on *Psychotherapy Networker*.

When clients are emotionally worked up, caught in fight-flight-freeze mode, all their hard-earned skills in empathic listening and responsible (and responsive) speaking go out the window. Nothing therapeutic is going to happen until they feel calm enough and safe enough to reengage with each other.

(For example with Lisa and Andy) I quickly asked them to do what I knew would calm Lisa down and reengage Andy in less than a minute.

“Stop! Breathe. B-r-e-a-t-h-e. Place your hand on your heart. Breathe any calm you can muster right down into your heart center.”

They did, because they've done this before with me, and they knew it works. "Let yourself relax into that calm. Now remember any moment you can of safety, trust, love with each other, any moment at all. Get the sense of that memory in your body. Feel the love and the trust in your body. Settle into it. Relax and breathe."

In less than a minute, Lisa felt calm enough and Andy felt safe enough to reengage in the work they knew they need to do to rebuild the trust, connection, and intimacy that'll save their marriage.

What happened inside their brains that allowed them to recalibrate so quickly? How can they make it happen again whenever they feel overwhelmed, to give their relationships a chance to heal?

What happened was that oxytocin flooded through their brains. Oxytocin is a naturally occurring hormone, which stimulates feelings of bonding and trust and reduces fear and anxiety by reversing the stress response. Just one of many neurochemicals that neuroscientists now know are potent catalysts of psychophysiological change, oxytocin is extremely relevant for us therapists: it is the neurochemical basis of the sense of safety and trust that allows clients to become open to therapeutic change.

Produced in the hypothalamus, deep in the midbrain, oxytocin is released naturally into the bloodstream through warmth, touch, and movement. Orgasm and breastfeeding generate oxytocin. It also floods our brains and bodies when we're in close proximity to someone by whom we feel deeply loved and cherished. Even evoking memories of people close and dear to us will spark its release.

Do clients need to know how the release of oxytocin calms and soothes them to benefit from its effects? Maybe not. But I've learned that clients love the sense of mastery and agency that comes from knowing not only how the oxytocin response works, but how they can stimulate it within themselves.

Our "reparenting" of clients—allowing them to experience us as reliably secure attachment figures or helping couples experience each other as secure attachment figures—contributes to rebuilding those receptors in the brain, even after years of depression and loneliness. Many times, I explicitly evoked Andy's previous experience of me, and of Lisa, to stimulate feelings of the safety and bonding that were available to him, saying things like:

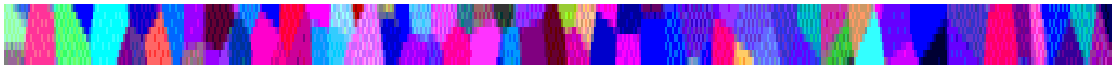
"I'm feeling touched as I hear you talk about your fears of speaking up with Lisa. I'm so moved that you would share that with me, with us."

“That was quite a lot of sadness you let yourself feel just now. What’s it like to feel so much sadness and share those feelings with me? With us?”

“What do you see in Lisa’s eyes as you share your sadness with her? What do you see in her eyes as she feels what you feel?”

Scientists are discovering that helping clients shift their neurochemical responses from the fight-or-flight response of cortisol to the calm-and-connect response of oxytocin primes the brain to alter the ways neural networks process emotions, thoughts, memories, and feelings. According to Sue Carter of the Chicago Psychiatric Institute, a single exposure to oxytocin can make a lifelong change in the brain. Therapy offers enough sustained exposure to oxytocin that clients can rewire large segments of implicit relationship “rules.”

In other words, by strengthening our clients’ conscious ability to stimulate the release of this hormone, we can begin to rewire the deep encoding of habitual, often unconscious, patterns of response to relational distress. The more we do this with them, the more permanent the changes become.



Trainings

Current Science of Addiction and Recovery: Dispelling the Stigma NCAMHP Workshop 5/16/16 9AM to 4:30 PM Humboldt Area Foundation

Be sure to come to this workshop by the dynamic presenter Darryl S. Inaba, PharmD., CATC-V, CADCI. It includes a catered lunch and 6 CE’s. Dr. Darryl Inaba is Director of Clinical and Behavioral Health Services for the Addictions Recovery Center and Director of Research and Education of CNS Productions in Medford, Oregon. He is an associate Clinical Professor at the University of California in San Francisco. He is also co-author of *Uppers, Downers, All Arounder* a text on addiction and related disorders that is used in more than 400 colleges and universities.

Brochure is available online at:

http://ncamhp.org/2016_05_06%20INABA%20BROCHURE.pdf This presentation will explore the evolving science of Addiction and Recovery to dispel the undue stigma associated with Substance Related and Addictive Disorders. It will also offer

an introduction to the new resources in development to treat these disorder and the evolving medical specialty of addiction medicine. Despite passage of the Addictions Equity Act in 2008, great stigma exists about those vulnerable to addiction and related disorders. This stigma leads to much undue shame and guilt suffered by addicts that can then hamper their efforts to maintain sobriety. Research on addiction which led to the passage of the 2008 Act is just starting to erode some of this stigma. Brain imaging and other more recent research tools continue to discover variances in neuro-cellular, neuro-chemical, and neuro-functioning that underlie a vulnerability to develop substance-related and other addictive disorders. The brain anomalies associated with addictive disorders provide an understanding of the differences between the wide variety of drugs and behavioral compulsions. They also help to explain why some are more likely than others to relapse after treatment for their compulsive drug use or behaviors. The rapidly expanding field of Addiction Medicine provides new insights on preventing, assessing and treatment of addictions and related disorders. It is also providing more evidenced-based resources to better manage those struggling with these major mental health disorders.

**Healing Developmental Trauma Training
with Brad Kammer, MFT, LPCC
Saturday, May 21, 2016 at
Humboldt Unitarian Universalist Fellowship 10AM-5PM**

This one day training will focus on learning to identify attachment styles in ourselves and our clients, tailoring appropriate attachment-informed interventions, working with attunement, misattunement, relational repair, the role of shame, and the intricacies of maintaining healthy boundaries. Brad Kammer MFT, LPCC, SEP, Somatic Psychotherapist, Somatic Experiencing practitioner and presenter, and psychology professor at Sonoma State University, National University and Mendocino College, returns to the Humboldt Unitarian Universalist Fellowship to present another experiential, workshop, 10 am – 5 pm. It will continue to build on materials presented in previous workshops but will also be open to new participants. Cost is \$130 and 6 CE's are available for \$20. Contact Forest Harpham at (707) 296-0346 with any questions or go to: <http://body-mindtherapy.com/events/healing-developmental-trauma-the-psychobiology-of-attachment-relationships-and-the-therapeutic-alliance-aracata-ca/>



Announcements

Celebration of Life for Dotty Fox

There will be a Celebration of Life for Dotty Fox, Friday, April 29, at Merryman's, 100 Moonstone Beach Road, Trinidad. People will gather at 5:30 pm for hors d'oeuvres. There will be a ceremony at 6:30 pm and dinner at 7:30 pm. It is hosted by John Fox, Susan Neander and Erika Demers. Anyone would like to speak or has something they would like to be read please let Susan know in advance. We welcome people to share 707-407-8364 to RSVP or more information.

Local Pain Management Support Services Guide

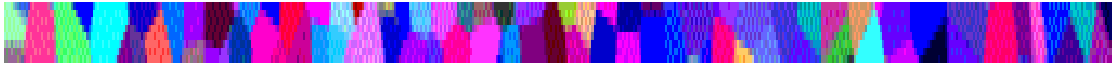
As part of a "managing pain safely" grant to address the over use of opiates, the Humboldt Independent Practice Association is creating a resource guide to alternative therapies for pain management. There is no charge to be included, and it will be posted online on the IPA's website and also distributed 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

New Intern

Carmela Wenger MFT wishes to announce she has a new intern, Daniel Bixler. Daniel Bixler received his BA in counseling in 1995 from Humboldt State University. After serving in the Peace Corps in Chad Africa, Daniel completed his MA in Counseling Psychology from Antioch New England Graduate School, Keene New Hampshire. Daniel provides counseling for adolescents and adults. He works from an eclectic mix of psychotherapeutic models of Humanistic, Transpersonal, and Relational principles that integrate Cognitive Behavioral methods. Daniel finds his greatest success counseling adolescents and college aged clients. Daniel has worked with a wide scope of clients. Daniel has worked extensively with people who have severe and persistent Mental Health issues, crisis services, adolescent and adult psychiatric facilities, Child Youth and Family outpatient counseling Services, college counseling centers, substance abuse rehabilitation and educational counseling programs.

Important Membership Directory Notice for All NCAMHP Members

We will be publishing our annual Clinical Membership Directory (the "Redbook") soon. The contents of this Directory are taken straight from members' profiles on the NCAMHP website. So make sure that all of your information on the website is current no later than May 10th, 2016. (And this is really the final date). Please remember to click the UPDATE button at the top of your profile after you enter any new information or corrections. Also, we are looking for members to help proofread profiles in May. If you have some time and are willing to pitch in for an afternoon or evening, please contact Sarah Haag shaag01@gmail.com for more information.



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.com. 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:

<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&subarticlenbr=47>

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

<http://aparacticecentral.org/update>



Job Announcements:

Veterans Resource Centers of America

We are recruiting a Licensed Mental Health Clinician for our BHC in Eureka, CA. If you, or anyone else is interested, please email me! I have attached the complete job description.

Qualifications:

Master's Degree or above in psychology, social work, or a closely related field required. A current, active, valid, unrestricted independent counseling/psychologist license from a U.S. State, District of Columbia, Commonwealth, territory, or jurisdiction is required. Ability to legally supervise clinical interns. Must be a certified supervisor and meet requirements as listed by the California Board of Behavioral Sciences.

Offering:

This is a part time position (25-30 hours/week) that offers all of the benefits of a full time position including a competitive salary and comprehensive medical and dental benefits.

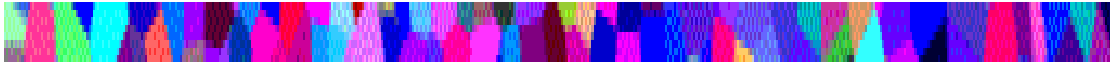
Thank you for your time!

Teresa Lucas, SCP-HR
Director of Human Resources

Veterans Resource Centers of America

PO Box 378
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Cell: (707) 889-8682
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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 summer newsletter is 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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