



**Letter from Your Interim President ~
Paula Nedelcoff LMFT**

**Greetings NCAMHP members,
Happy Summer!**

I hope this newsletter finds you having a summer filled with good health and joy. It seems the current times in our country and the world are taking a toll on all of us. I want to support and remind you all we have to take good care of ourselves so we can continue to be present for our family, friends and clients. It is so nice to be back home to see our lush area. Southern Spain may have us beat on weather but not beauty.

I want to take this time to congratulate our Board member Lori Davidoff in passing all her exams and becoming licensed. I also want to say what a great job Emily Truitt is doing as our Education Coordinator. We are fortunate to have found her. NCAMHP can still use folks who are interested in joining the Board and others to join some of the committees. Please give that some thought.

We are looking at putting an EMDR training series on here in Humboldt. I urge you to read more about this and sign up as soon as the word gets out. This is a wonderful opportunity to receive this valuable training here at home. Thank you to our Education committee for pursuing this.

I look forward to seeing you all at our Fall membership meeting. Until that time, keep doing the good work you all do and know how valuable you are to our community.

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



The Immigrant Experience, Revisited
Reflections on Chris Lyford's *Psychotherapy Networker* Article

As a therapist who has worked with immigrant families more than any other population, it is troubling to witness how the current social and political climate has a negative impact on the mental health of a group of people. From the POTUS characterizing immigrants as “rapists” back in 2015, to an increase in ICE raids, to the recent separation of young children from their parents while seeking asylum at the border, it is easy to see how both rhetoric and policy are taking their tolls on families who immigrate to the US.

Considering Maslow’s hierarchy of needs, it’s important to consider that the needs of several clients from immigrant families have been placed into jeopardy. For example, a child whose parents immigrated from Mexico and was born in the United States may now suddenly be hyper-aware of the possibility of ICE raids that could result in the loss of physiological needs and safety. If a parent is deported, where will his food and shelter come from? Who will keep him safe? This obviously has the potential of creating a great deal of anxiety which could then lead to various other problems including difficulty focusing in school, trouble sleeping, and depression.

Our political climate continues to have a polarizing effect on society, and racism takes the form of aggressive, belligerent displays captured on videos that go viral practically every week. Many of the victims of these verbal and occasionally physical assaults are immigrants or those that others perceive to be immigrants. Beyond the threat of confrontation, there are the ever-present microaggressions that lurk just beneath the surface, that can impact our clients’ ability to feel like an appreciated member of society and can impede the development of healthy self-esteem.

Lyford makes mention of some basic tenants to follow when working with immigrants and their families. Recognize that therapists are often seen as authority figures who could use information against a client, therefore be certain not to probe and allow information such as immigration status to come up once safety and trust are established. An attitude of cultural curiosity and inclusion of the family unit can also speed up the process of solidifying the therapeutic relationship. But I think the most important thing is validating the client’s experience. As Lyford mentions in his opening line, “Immigrants in America have long faced an uphill battle,” and that battle appears far from over. –Ashley Thomas MFT



Book Review: *Listen: Five Simple Tools to Meet Your Everyday Parenting Challenges* by Patty Wipfler and Tosha Schore

I am delighted to recommend this book. Because supporting special time for children and parents is an important focus of my treatment approach. To quote Daniel J. Siegel, M.D. (author of *Mind: A Journey to the Heart of Being Human*, *Brainstorm*, and *The Developing Mind* and co-author of *Parenting from the Inside Out*, *The Whole-Brain Child*, and *No-Drama Discipline*): “In this wonderful book, Patty Wipfler and Tosha Schore invite us to *Listen* in to our hearts to create a **science-informed, practical strategy for parenting our children well**. The Hand-in-Hand approach empowers us to become our best, finding support in others and exploring the important ways we can be secure attachment figures that nurture self-regulation, resilience, and compassion in our children.” I’ve been giving a copy of this book to parents because it explains concepts the way I wish I could. I appreciate that throughout the book there are lots of story examples of how parents put the tools into practice, something I feel makes the explanations even more understandable.

The first chapters introduce all of the five listening tools: special time, staylistening, setting limits, playlistening and listening partnerships for parents. Building connection is the central theme of all these tools. The book continues with a section of stories from many different parents who have dealt with situations that are probably familiar to all parents (and child and family therapists!). These are broken into four challenging areas: building cooperation, sweeter separations, lifting fear, and moving beyond aggression. There are a variety of parent stories in each area, followed by a brief explanation of how the particular listening tool worked. The final section of the book suggests positive ways parents can handle being at their “wits’ end” and how parents can build support for their parenting. The book’s structure makes it easy to read a little at a time or to look for examples of particular parenting issues. It recognizes the stresses and struggles of parents while also supporting them to keep thinking and connecting with their children.

Patty Wipfler has worked with children and parents for over 40 years. She founded the non-profit Hand in Hand Parenting in 1989. Since then, more than 800,000 copies of her *Listening to Children* series have been sold. Patty continues to train hundreds of therapists, social workers, and parent educators in the US and 10 other countries, and offers parents accessible support for the vital work of parenting through the website: <https://www.handinhandparenting.org>, including lots of free articles about handling specific parenting issues in the “parenting advice” section. You can buy *Listen* from the website store or from Amazon. Tosha Schore,

M.A. is a coach, author, educator, and speaker. She is the mother of three boys, and an advocate for boys and their families worldwide. A blogger and parenting columnist, Tosha currently lives in Israel with her husband and three boys. Website: <http://toshaschore.com>. You can buy *Listen* directly from the Handinhandparenting.org online store or from Amazon. --Emily Siegel LCSW (I'm happy to lend you a copy if you'd like to check out the book more.)

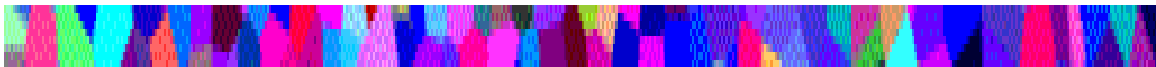


2018 NCAMHP General Meeting

The NCAMHP quarterly General Meeting will be on Thursday September 20, 2018, 5:30 to 8 pm at the Humboldt Area Foundation, 363 Indianola Rd, Bayside, CA. There will be networking, the General Meeting and a catered dinner by Uniquely Yours. At 7 pm, NCAMHP member, Jen Briar-Bonpane, LCSW, CINHC will give a presentation on "Mood Follows Food: The Relationship Between Nutrition and Mental Health".

Nutrition affects mental health. Blood sugar imbalance, hidden food sensitivities, nutrient deficiencies, gut dysbiosis, and/or inflammation are often part of the picture for people experiencing depression and/or anxiety, yet few clinicians are addressing this with their clients. Nutritional psychiatry practices and a growing body of research are bringing food-based, functional psychobioindividual approaches to the forefront of mental health. As clinicians, the more we know, the more tools we can bring to support this key part of our client's well-being and mind-body integration.

For an additional cost of \$10.00, 1 hour of continuing education is offered. To receive credit, you must register and stay for the entire presentation. **Everyone must pre-register to attend by September 10!** Since it is a catered meal, we need to know how many will be there. To pre-register contact Emily Trutt, education coordinator at educcount@ncamhp.org.



Trainings

Clinicians Interested in EMDR Training Need Your Response Now

The Education Committee has been exploring the idea of having the Parnell Institute provide an EMDR International Association (EMDRIA) approved training in Humboldt County to licensed clinicians. **To move forward, NCAMHP requires a \$600.00 deposit from interested clinicians. NCAMHP must receive your deposit check by Friday, July 20th.** The reason for this request is that NCAMHP needs to be certain that we have the attendance commitment to schedule this training.

The training dates are: Part 1: October 19, 20, and 21. Part 2: November 2, 3, and 4. **Schedule for Both Trainings:** Friday Evening: 6:30 – 9:30. Saturday: 9:00 – 6:00. Sunday: 9:00 – 5:30. **Please make checks out to NCAMHP and send to:** Emily Trutt, NCAMHP Education Coordinator, P.O. Box 5363, Eureka, CA 95502. **In the event that we do not receive, at least 20 deposits by July 20th, we will, of course, refund your money.**

The Parnell Institute, who has patiently waited for us to work this out, now needs a commitment ASAP. Constance Kaplan, MFT, a talented trainer, is in high demand, and must hear from us ASAP. Please forward this information on to any other licensed clinicians you think might be interested so that we can make this training happen!

The Parnell Institute Training has several components (listed here) that participants must complete in order to receive a certificate of completion: (a) EMDR Basic Training — Parts 1 and 2 (19 CEU hours each at an estimated cost of \$600 per weekend depending on attendance and venue costs). (b) 10 Hours of EMDRIA Mandated Consultation (approximately \$400 –\$600 depending on clinicians interest in individual or group format). (c) EMDR Advanced Training – Part 3: Advanced Clinical Workshop and Refresher (19 CEU hours at an estimated cost of \$600 depending on attendance and venue costs) *Part 3 must be completed within two years following the 10 hours of EMDRIA mandated consultation to receive a certificate of completion.* If there are enough committed participants, NCAMHP will host EMDR Basic Training Parts 1 and 2 in Humboldt County this fall and hopefully, Part 3 within two years. Some clinicians may choose to take Part 3, from the Parnell Institute, elsewhere. Please note: you must be a licensed clinician to participate in this training.

2019 Law & Ethics Workshop Wants Your Input Now

Pamela H. Harmell, Ph.D. will be presenting at our March 23, 2019 Law & Ethics Workshop at the Humboldt Bay Aquatic Center. If you have specific areas of Legal and Ethical issues that you would like to have addressed in this workshop, we have the opportunity to pass this information along to Pamela in advance to potentially be incorporated into the training. Please submit to Emily Trutt, education coordinator at educCOORD@ncamhp.org by Wednesday, August 1st.



New Private Practice Announcements

Jennifer Brown LCSW, Humboldt Neurohealth

I am new to NCAMHP and I wanted to introduce myself. I am an LCSW and I moved to Humboldt almost one year ago. I specialize in trauma and other neurological disorders. I am trained in EMDR and certified in Neurofeedback. I recently expanded and I now have a Megan Shewmaker, ASW and Leona Sousa ASW working with me that are also trained in play therapy as well as neurofeedback. I look forward to continuing to get to know other clinicians in the community!--Jennifer Brown, LCSW, Humboldt Neurohealth, Neurofeedback Othmer Method Certified, 2145 Myrtle Ave, Eureka, CA 95501, Phone 707-296-9295 Fax 707-324-0314

Lori Davidoff MFT

I am a newly licensed Psychotherapist in Humboldt County. I received my MA from Humboldt State University in 2014 and have been working as an associate psychotherapist at the Humboldt Family Service Center in Eureka for the past 3 years. I am so excited to announce that I have just transitioned to private practice, and that I am offering therapeutic services from an office in Arcata, conveniently located on the Arcata Plaza. I am available to work with individuals (teens & adults) & couples. I feel comfortable working within a wide array of demographics (cultures, genders, preferences). Although I do not have a specialization yet, I have experience working with clients that are experiencing adjustment related stressors, anxiety, depression, personality disorders, relational issues, substance use and trauma/PTSD. I have also been a member of the NCAMHP board for the past 1.5 years, as it's been my pleasure to volunteer time into this organization as it provides support for mental health clinicians in our local community. Feel free to pass my information along to any applicable clients or to contact me with questions. I look forward to getting to know some of you better over time. --Lori Davidoff, M.A., MFT, (707) 840-5290, 822 G. Street Suite 6, Arcata, Ca 95521, loridavidoffmft@gmail.com You can view my website (a work in progress): <https://loridavidoff.com/>

Ashley Thomas MFT

I am new to NCAMHP, and wanted to introduce myself. I've been in Humboldt County for the past 3 years working at Changing Tides Family Services, and I'm making the switch to private practice part time this October. I'm an MFT and will be practicing in downtown Eureka. The majority of my experience has been with children, and I prefer working with middle and high school students or children

with anxiety disorders of any age. I am also interested in working with adults (TAY in particular), members of the LGBTQI community, as well as couples.
ashleythomasmft@gmail.com



Support Groups

Parent and Caregivers Support Group Summer Meetings

The Parent and Caregivers Support drop-in group will continue to meet this summer Thursdays, from 10-11:30 AM at the Jefferson Community Center, 1000 B Street (at Clark St), Eureka. Playcare is available if arranged in advance.

Parents and caregivers (such as grandparents raising grandchildren or foster parents) meet in a safe and supportive setting to learn ways to get and give support to each other. Group members learn useful ways to take turns and listen supportively to both the wonderful things about parenting and the difficulties. When parents get a chance to talk about their joys, feelings, frustrations, or upsets, they can then think better about the challenges of parenting. This group also supports parents to use their listening skills from this support group to support their children, including using special playtime as a tool to build connection with their children.

Many clients, especially Partnership/Beacon clients, have difficulty finding a therapist in our area. For parents and caregivers who are looking for mental health services for themselves or their children, the Parent and Caregiver Support Group can be a helpful way to get support right away, even while they are trying to find a therapist for themselves or their child.

Emily Siegel LCSW facilitates the group. She has been using and teaching this method for over 35 years. It is based on Re-evaluation Counseling also known as Co-Counseling (<http://www.rc.org>). Call 707-845-2401 for more information or questions.

Chronic Pain Group for Open Door Patients

All Open Door patients are welcome to join our Chronic Pain Group that meets every 2nd Tues of the Month from 1:30 to 2:30 in Eureka. The group gives each other support and suggestions concerning chronic pain issues and other emotional issues. The group is lead by Carol McNeill, MFT. For location and other information, please call Carol at 707-498-6158.

Humboldt County Programs for Recovery/ HCPR

Humboldt County Programs for Recovery (HCPR) provides services to those seeking

help regarding recovery from substance use. The program treats individuals who, due to substance use, are experiencing problems in a variety of areas including physical health, relationships, employment, or with the legal system. HCPR offers outpatient treatment conducted primarily in a group setting. A variety of outpatient treatment groups meet from one to four days per week and are tailored to meet individual interests and needs. If a person needs other services such as residential treatment, detoxification, or other types of counseling, referrals are provided to other programs or agencies. It is easy to access services by stopping by either of the HCPR locations, picking up a packet, and then bringing the completed packet to the HCPR office at 720 Wood Street during any of their intake times: Mondays at 2:00 p.m. Wednesdays at 9:00 a.m. and 2:00 p.m. Fridays at 9:00 a.m.

For more information, call 707-476-4054. Office hours are 8:00 a.m. to noon, and 1:00 to 5:00 p.m., Monday through Friday.

The following groups are meeting: Extensive Outpatient group is focused on identifying triggers for relapse and teaching coping skills (4 days a week). Dad's Program with components on parenting, anger management, relapse prevention and seeking safety/ trauma and addiction recovery (4 days a week). Men's Recovery group utilizes Seeking Safety and Helping Men Recover curriculums, a trauma informed group using Relational-Cultural Theory (2 days a week). Women's Recovery group utilizes Seeking Safety curriculum, art therapy and relapse prevention (2 days a week). Outpatient Group is a relapse prevention group focusing on identifying triggers and learning coping skills (2 days a week). Pre-Contemplation Group is a harm reduction group focusing on learning to recognize and reduce problematic substance use (2 days a week). Aftercare Group for people who have completed one of the other groups or who have recently completed residential treatment and would like ongoing support (1 day a week). Young Adults Group is a harm reduction group for adults ages 18-24 that provides education about the effects of substance use on the mind and body while establishing motivation for change in a safe, non-judgmental environment. (2 days a week).

“Our Pathways to Health”

“Our Pathways to Health” is a free, 6-week program of the Humboldt Independent Practice Association to help improve the health of anyone living with a long-term health condition such as high blood pressure, high cholesterol, diabetes, arthritis, depression, obesity, heart disease, fibromyalgia, COPD, or chronic pain. Workshops are held throughout Humboldt County. Each workshop during the 6-week program runs for 2 ½ hours, with the full series totaling 15 hours. New classes start monthly. By participating, individuals will learn better ways to cope and manage their health including: setting achievable goals, working with others, finding support and answers to questions, making daily tasks easier, relaxing and managing stress and

working in partnership with you healthcare professions. For more information on locations, start dates and any other questions call (707) 267-9606.

Humboldt County MotherWoman Support Groups

These groups use the MotherWoman Support Group model to create a safe, welcoming environment where women can share their reality and be supported in a non-judgmental environment. Emotional changes & challenges during surrounding motherhood are common. Moms can experience a range of emotions from feeling isolated, lonely or overwhelmed to experiencing anxiety and depression throughout their experience. These challenges can affect the whole family. It can help to share in a safe, supportive group environment.

MotherWoman Support Group, Om Shala Yoga, 858 10th Street, Arcata, 1st and 3rd Wednesdays 12:45pm, Kate 707-845-7635 or Erica 707-834-0373.

Real Talk, Moonstone Midwives Birth Center, 4677 Valley East Suite 2, Arcata, Infants in arms welcome, 3rd Thursdays 5:30pm, Laura 707-223-1638 or Julia 707-599-7919.

Motherhood Journey Support Circle, North Country Prenatal Services, Shaw Pavilion, Infants in arms welcome, Mondays 5:15pm-6:45pm, 707-822-1385.

Family Matters, Calvary Lutheran Church, 716 South Ave, Eureka, and Wednesdays 10-11:30, Stacy 707-682-6046.

Healthy Moms MotherWoman Group, *This is a closed group; Please contact Healthy Moms for more information. 707-441-5220.



Resources

Beacon/Partnership Representative Greta Blixt

The Beacon/Partnership representative for our area is Greta Blixt. She is available for any kind of help including application for Beacon and billing issues. Her phone number is (707) 273-8725. Email: greta.blixt@beaconhealthoptions.com (It is generally more useful to contact our local area representative than the people at the 800 number.)

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.



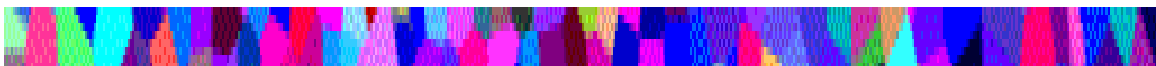
Job Openings

HSU CAPS/Counseling and Psychological Services

Counseling and Psychological Services (CAPS) at HSU is hiring! Check their website for up-to-date information about current openings:

<https://counseling.humboldt.edu/open-positions>

Most positions at CAPS are open to masters and doctoral level candidates. CAPS faculty counselors have summers off and great holiday breaks. HSU also has an excellent benefits and retirement package.



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.

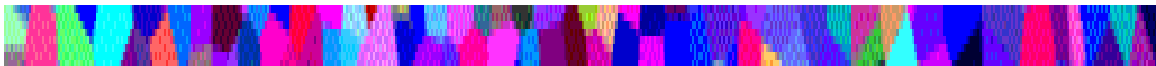


NCAMHP Resources

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

A Little Help with Documentation:

I am new to private practice and the paperwork was and occasionally is really the most daunting aspect of my new business. Maelissa Hall PsyD has a lot of free resources that are very helpful. Her newest endeavor is her own YouTube channel. Videos can be viewed at her blog: <https://www.qaprep.com/blog/> --Kerima Furniss LCSW

Internet Articles and Occasional Free CEUs

I have enjoyed reading The Psychotherapy Networker for many years. The website <https://psychotherapynetworker.org/> offers long excerpts of their recent articles, short videos, and for those subscribed to the newsletter, occasionally one free CEU for viewing a clinician interview. These change but at this time it is Janina Fisher, who we just hosted locally, who speaks about the evolution of trauma treatment, quite interesting. The newsletter also offers a weekly digest of the articles (along with additional educational offers of course). – Kerima Furniss LCSW



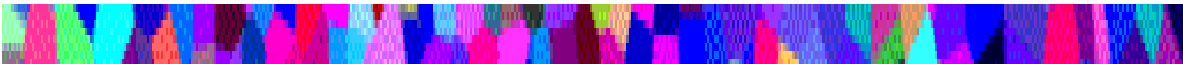
Your Voice is Important! Contribute to This Newsletter!

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 9/12/18. 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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