



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

Greetings NCAMHP members,

Happy New Year!

I hope this finds all of you moving into 2018 with few challenges. It is nice to be back in Humboldt and I will be around until early April. The Board will be meeting soon. We are going to be getting the Red-book updated and out. Please if you have not done so, go into the website and edit as necessary concerning your practice.

The IPA wanted some information from our members. If I was more tech savvy I would send our Survey Monkey, but alas not my strong point. Some of the concerns the IPA has for our members are: are our therapy practices full and who is available, any reimbursement problems from insurance, who is or is not taking insurance, is the current opioid crisis affecting our practices and or clients, and what is the availability of specialized services such as inpatient, dementia treatment, pain management etc. If you feel like you would like to respond to any or all of these questions, feel free to contact me via email or phone. I can be reached at therapydok@sbcglobo.net, and or 826-2147. Or, if you would be more comfortable, you can reach Scott Greer, the liaison to the IPA, directly.

We have some great upcoming events that I hope you all will be able to make. Our General meeting is Thursday, February 8, 5:30 to 8 pm at the Sequoia Conference Center, 901 Myrtle Eureka. This location is at the Humboldt County Office of education site. Caryn Lowe will be presenting Resource Tapping. An email went out to you all with more information. Let's come out, connect and support each other and support Caryn's presentation.

On March 10 we are co-sponsoring a workshop with Open Door Community Health Centers on Trauma -Informed Stabilization Therapy with presenter Dr. Janina Fisher. It will be all day and there are 6 CEUs to be gained. This workshop is being held at the Humboldt Aquatic Center over in Eureka by the Adorni Center. Again more

information has been sent out to members by email. I want to take this time to thank our education committee for the forethought and work they do to put together these gatherings for all of us.

I wish you health and blessings in this new year and always. See you soon

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



NCAMHP Winter - Meeting

The NCAMHP quarterly General Meeting will be on Thursday February 8, 2018, 5:30 to 8 pm at the Sequoia Conference Center 901 Myrtle Ave, Eureka 95501. There will be networking, the General Meeting and a catered dinner by Humboldt Soup Company. At 7 pm, NCAMHP member, Caryn J. Lowe, LCSW, will give a presentation on "Resource Tapping". Resource Tapping is a simple EMDR related technique, which allows clients to utilize their own inner positive resources from both lived experience and through imagination. Resource tapping can be used to help manage anxiety, increase self-esteem, work with depression, boost performance, and increase a sense of calm and comfort. Therapists do not need to be trained in EMDR to use this technique. 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!!!* We want everyone to pre-register so we have a proper head count for the caterer. Since it is a catered meal, need to know how many will be there.



Trainings

Trauma-informed Stabilization Treatment:

A New Approach to Addictions, Eating Disorders, Suicidality and Self-Destructive Behavior

NCAMHP and Open Door Community Health Centers are presenting this exciting workshop with Janina Fisher Ph.D., on March 10, 2018 at the Humboldt Aquatic Center, 921 Waterfront Dr., Eureka. The workshop will be from 9 am to 4: 30 pm with a 1 hour catered lunch and 6 hours of CEUs. Presenter Janina Fisher is an internationally known expert on the treatment of trauma, author of the forthcoming book, Healing the Fragmented Selves of Trauma Survivors and co-author with Pat Ogden of Sensorimotor Psychotherapy: Interventions for Attachment and Trauma. (See her website: www.janinafisher.com for more information.)

Childhood trauma, neglect and disorganized attachment leave individuals with a legacy of overwhelming memories, a fragmented sense of self and a compromised nervous system that impairs their capacity to tolerate affect and experience. Unaware that their intense feelings and reactions represent non-verbal implicit memories held by fragmented parts of the personality, they resort to desperate measures: addictive and self-harming behavior to numb the body or increase hyper vigilance, suicidal ideation to restore a sense of control over their lives, and easily active fight/flight responses to hurt, separation or rejection. The therapist is left with a quandary: how do we treat the underlying trauma when the client is unstable or unsafe, living from crisis to crisis or caught in a revolving door of hospitals and treatment approaches? How do we acknowledge what has happened without open up too much? The Trauma-informed Stabilization Treatment (TIST) model was developed to provide some hopeful answers to these challenges. Based on theoretical principles drawn from neuroscience research on trauma and structural dissociation theory, TIST offers a treatment approach that combines mindfulness-based appreciated, Sensorimotor Psychotherapy, and Internal Family Systems techniques to address the challenges of treating clients with a wide range of diagnoses, including complex PTSD, borderline personality, bipolar disorder, addictive and eating disorders and dissociative disorders.

Cost: NCAMHP members: MFT/LCSW/Ph.D./Psy.D--\$125 check \$130 credit card; Pre-Licensed--\$90 check \$95 credit card; Students \$25 check \$30 credit card
Go to www.NCAMHP.or for information, workshop application form and to pay by credit card.



A Reminder about Email Confidentiality

A recent experience prompts me to write. I got an email from a therapist beginning to work with someone with whom I had worked in the past requesting that I receive

a Release of Information. It appears that it is not common knowledge that confidential information cannot be transmitted electronically until both sender and receiver have the proper encryption in place. Since I am one of the few therapists here who is still assiduously avoiding becoming a "HIPAA-covered entity", I do not have any encryption and CANNOT receive confidential information via email. Unless you know the therapist with whom you are sharing this information is properly encrypted, it is both professional courtesy and a legal matter to ask before sending the material. Wishing you all a new year of hope and positive change, Caroline Isaacs MFT



Esther Perel on “Secret to Desire in a Long Term Relationship”

I recently watched a Ted Talk titled the “Secret to Desire in a Long Term Relationship” by Esther Perel, a well-known psychologist, author and speaker. The 20 minute YouTube video covers Perel’s philosophy regarding the precarious pairing of romantic love and desire, calling the contrast between “what we have” and “what we want” to be a core point of tension in modern relationships. Perel continues that long term romantic partners often look to each other to be both a secure base that allows one to feel “safely at home”, while simultaneously wanting to feel a sense of adventure, risk & mystery. Perel’s global research shows that people are most attracted to their partners in three distinct situations. The first, when away from or upon reuniting with their significant others. Secondly, when witnessing their partners shine radiantly within their passions (performance, productivity, social prowess). Or thirdly, when having novel fun together.

Perel discusses a unique perspective model that she uses when working with individuals experiencing blockages to desire within their relationships. In this model, a professional would encourage a client to ask themselves, “ I shut myself off when...” or “I turn myself back on when...” as a way to gain self awareness and self control of their personal ability to give/receive eroticism with their partners, minimizing the tendency to blame externally. Overall, Perel suggests that gaining a heightened sense of self love/ stability, seeking adventure and having fun with your loved ones and maintaining a realistic understanding of the ever fluctuating nature of attraction, to be the foundation that allows for people to increase/maintain long lasting desire within relationships. If you have enjoyed this summary, you can check out the video here <https://youtu.be/sa0RUmGTCYY>.--Lori Davidoff, Associate Marriage & Family Therapist



The Upward Spiral: Using Neuroscience to Reverse the Course of Depression, One Small Change at a Time

Alex Korb, Ph.D., an adjunct assistant professor of neuroscience at UCLA and author of the book, "The Upward Spiral", describes the basics of the brain and the downward spiral of depression and then provides a treasure trove of small steps someone can take to interrupt and reverse depression. He connects the information and suggestions to recent research in neuroscience. Written for the general public, he uses easy to understand analogies, humor and examples from his own life to present comprehensive information in a very readable manner. Some of the chapter titles: "Reversing the Negative Bias," "Controlling Impulses and Routines," "An Upward Exercise Spiral," "Setting Goals to Increase Dopamine," "Deciding Helps Make More Decisions," "Neuroscience Basics of Sleep," "Increasing Serotonin for Better Habits," "Change Your Breathing," "Activate a Gratitude Circuit," "Activating Social Circuits," "Your Brain in Therapy." For some clients, just having the many suggestions about things they can try for themselves can be useful. Other clients will also find the information about the neuroscientific research that backs up the usefulness of the various suggestions supportive. Korb demonstrates that there is no one big solution to depression, but there are numerous simple steps, some very easy and small, that can alter brain chemistry and lead someone to begin and increase their own "Upward Spiral". -reviewed by Emily Siegel LCSW



NCAMHP Education Coordinator Job Opening

The North Coast Association of Mental Health Professionals is seeking a part time Education Coordinator. Hours will vary from 5 to 20 hours per month. The position starts at \$15 an hour, increases in pay will be considered as competency grows. Candidates will be expected to attend the monthly Education Committee meetings, plan and coordinate NCAMHP's education events, and take care of any other education coordinator responsibilities. Candidates should possess excellent writing skills, be detail oriented, highly organized, and have good people skills. Please send your resume and cover letter to: NCAMHP, c/o Bonnie Carroll at 1225 Central Avenue, #3. McKinleyville, CA 95519. And/or feel free to call Paula Nedelcoff with any questions at 707-826-2147.



Announcements

New Private Practice: Kristin Perkins LCSW

I am a new member, and I opened my private practice on January 2, 2018. I am accepting new clients. I worked for Humboldt Family Service Center for five years. I am certified to treat court mandated anger management clients. I enjoy working with survivors of domestic violence and survivors of sexual trauma. I also plan to offer co-parenting counseling. I take Partnership/Beacon, and Medicare insurance and will take Blue Cross insurance effective February 7. I am happy to be a part of Humboldt's community of mental health practitioners.--Kristin Perkins, MSW, LCSW, 434 7th Street, Suite 212, Eureka, CA 95501, (707)441-4877

CEU's for Psychologists Continues

NCAMHP is happy to share the good news that we received the approval from CPA to continue 5 more years of CEUs for psychologists. A big thanks to Judy Judge for all her help and guidance in this process.

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.)

Mediation Services

I write to remind you of my work helping divorcing and separating couples reach mutually satisfying settlement agreements. I am beginning my sixteenth year.

Mediation provides an alternative to the adversarial approach to concerns about custody, parenting plans, support, and division of property. It strives to move couples from argument to collaboration, from trying to "win" to finding what is fair. Where children are involved, it helps couples focus on their best interests. Given my background in the practice of law, I can help write legally enforceable marital

settlement and custody agreements. To that I add my commitment to neutrality and the comfort of my home.

My practice focuses on finding and growing common ground, communicating respectfully regarding seemingly unresolvable differences, and choosing specific terms of agreement. When couples learn how the process works, they often find it preferable to relying upon attorneys and judges to determine their fate and the fate of their children.

Before the mediated sessions begin, I hold confidential private conferences to give the couple opportunities to tell me what they want me to know. It helps them: clarify their concerns and what they want to get out of the mediation; think about recognizing shared needs and concerns and clarifying differences; embrace the ground rules for communication used in mediated sessions; consider ways of speaking more likely to be heard and listening to truly hear; begin to acknowledge each other to promote openness, honesty, and trust; and find the best ways to negotiate from positions of strength and fairness.

I also work with previously separated couples considering modifications of existing parenting plans that no longer accommodate their children's changing circumstances, with families dealing with issues of wealth ownership and division, and with people trying to resolve neighborhood, business, and real estate issues.

To set up an introductory conference, for which there is no charge, your referred clients may call me at 707-476-0440 or email me at steinberg@humboldt1.com.

They may also want to visit my website at <http://www.steinberg-mediator.com/site/> If you have any questions, feel free to call or email me. --Jim Steinberg

Crestwood Behavioral Health Center

I wanted to let you all know I appreciate seeing all the wonderful work and teambuilding you mental health professionals do. This community is so lucky to have such dedicated and caring individuals such as yourselves. It is your efforts that help our community find wellness early on, and prevent individuals from needing higher-level of care services such as our programs.

That said, I also wanted to take this opportunity to let you know about Crestwood Behavioral Health Center and our campus. We are a sister facility within the California statewide system of Crestwood Behavioral Health, Inc. This campus has been active in Eureka since 1979 providing mental/behavioral health residential programs of various kinds. Currently, the campus is made up of two residential programs – the mental health rehabilitation center (or MHRC; a secure setting) and Pathways, an adult residential facility/Medi-Cal certified Social Rehabilitation

program (unsecure setting). The population we work with is adults, age 18 and up, with a primary mental health diagnosis. The majority of our referrals come from county mental health to work with their clients under public guardianship. At the MHRC, it is counties you pay for the program for their client. At Pathways, SSI pays for the room and board while the county pays for the service patch. Some examples of tools we use are Dialectical Behavioral Therapy, Wellness Recovery Action Plans, trauma-informed approaches, motivational interviewing, and pre-vocational training. We are accredited with our whole family of facilities by the Commission on Accreditation of Rehabilitation Facilities (CARF). The focus of our programs centers on recognizing the unique gifts, interests and challenges of each person we serve, and supporting creativity, wellness and empowerment throughout the recovery journey. And our goal is to guide our clients through each program and onto a lower-level of care, ultimately back into the community to succeed in their life again.

Should you wish to know more about our programs, feel free to contact me at 707-442-5721 ext. 11060 or rpitts@cbhi.net. Again, while we partner mostly with the county mental health branch the majority of the time, I am sure at some point we will all be working towards helping the same client.--Robert L. Pitts, Jr., MA, Campus Administrator, Crestwood Behavioral Health Center

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

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, NorthCountry 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, 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.

Parent and Caregivers Support Group

Parents, caregivers, and grandparents raising grandchildren 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 what they want to do. This group also supports parents to use their listening skills from their parent/caregiver support group to support their children. Parents get support to use special playtime as a tool to build connection with their children.

Many clients, especially Partnership/Beacon clients, are having 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.

This drop-in group meets Thursdays, from 10-11:30 AM at the Marshall Family Resource Centers, Lincoln Campus, 216 W. Harris (at Pine St). Playcare is available if arranged in advance. 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 Emily at: 707-845-2401 for more information or questions.

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.



IMPORTANT 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 the NCAMHP website. So make sure all your information on the website is current no later than February 16th, 2018. Please remember to click the UPDATE button at the top of your profile after you enter any new information or corrections. Thank you.

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

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

<http://aparacticecentral.org/update>



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 Spring NCAMHP Newsletter is 3/14/18. 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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