



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

**Greetings NCAMHP members,**

Happy Spring,

I think we all have received our share of wet and grey. Somehow it seems to have been a long winter for many. The flip side to that is so much green and many beautiful flowers. I look at the rain as washing away and/or letting go and with each day of sun hopes for new beginnings.

I want to thank all of you who have shared on the Listserve. It has been insightful to see so much dialog about our work, and the needs of others and ourselves. Everyone has their own set of circumstances and abilities. We as providers are certainly not responsible for the Health Care Dilemma. Each of us will decide how we give back while also caring for ourselves. I believe there is room in the profession for both to happen. Sometimes it is Private Practice, sometimes it may be doing the work via County or state or a nonprofit. Let's keep talking and listening to one another and understand we all will see the issues at hand from our own lens and experiences. We can be open minded and empathetic to the struggle for ourselves, our clients and our community.

I want to encourage members to think about taking this energy and interest and stepping into a Board role. We want and need members. The current Board is being pro active and preparing as some of our current members are gearing up to move on to other personal and or community activities to become involved with. If being on the board is not for you, consider joining the Education Committee or maybe taking on the Listserve. This organization has many strengths, some flaws, and we need all of your energy and ideas to continue to stay strong and looking forward.

Thank you all for your work and your on-going support of this organization. I want to give a shout out to Elizabeth Thompson who will be leaving as Board secretary to

take some time to live in Hawaii. I know her clients will miss her, as we will. I also want to thank Sarah Haag for her service and her creation of the Listserve. She is moving to Oregon and will be missed by this community. Folks, Sarah is the Listserve, so we need someone to take this puppy over to keep it going. Lastly I want to thank Emily Siegel for her on-going work with this newsletter.

To all, Happy Sunshine and many healthy days for all

*Paula Nedelcoff MFT*  
NCAMHP Board President  
[therapydok@sbcglobal.net](mailto:therapydok@sbcglobal.net)



### **Message from the NCAMHP Board about the List-Serve**

"The Board wants to encourage you to continue reaching out to one another through the list-serve. We appreciate all being mindful of a few details. Please be as brief as possible concerning information about the referral, stating only such things as: age range, gender, reason for wanting therapy (symptom) and insurance. Then simply ask for anyone who may be interested to contact you, the posting person. We urge you to leave out anything beyond the basic, especially first or other name and contact information of the patient. I know we are all concerned about our community and their needs. With that said there is a two-degree separation in Humboldt and at times there has been too much information being put out on the list-serve. Thank you for the support and collaboration in this process."



### **4 Ways to Avoid 'Toxic Positivity' and Lean Into Emotional Acceptance**

The following are some excerpted parts of this article written by Haley Goldberg and suggested to the newsletter by Paul Nedelcoff LMFT. You can read the entire article at:

<https://advice.shinetext.com/articles/4-ways-to-avoid-toxic-positivity-and-lean-into-emotional-acceptance/>

There's a new term making the self-care Twitter rounds: toxic positivity. It's the idea that encouraging people to *only* be happy, positive, look on the bright side, etc. is more harmful than helpful. ...

Research shows that accepting, not rejecting, our negative emotions actually helps us better defuse them and leads to fewer negative emotions over time, leading to better overall psychological health. ... a new ... study, published in the journal *Emotion*, found that chasing happiness can cause us to obsess over any not-happy feelings, bringing us more unhappiness overall. Chasing happiness can cause us to obsess over any not-happy feelings, bringing us more unhappiness overall. "When people place a great deal of pressure on themselves, or feel pressure from others, to feel happy, they are more likely to see their negative emotions and experiences as signals of failure," the study's co-author Brock Bastian, a social psychologist at the University of Melbourne School of Psychological Sciences in Australia, told *TIME*. "This will only drive more unhappiness." ... What the study's authors suggest: We recognize and accept that feeling "bad vibes" is part of the human experience. (Unless, of course, your negative feelings are overwhelming and affecting your daily life—that's when it's time to get help from an expert.) ...

Here are 4 ways you can start to lean into emotional acceptance instead of emotional avoidance.

1. *Greet the Feeling With Self-Compassion* ... The first step when you're feeling a not-so-great emotion: Recognize how you're feeling and how it's tough. Try saying to yourself: "This (insert bad feeling here) feels really tough." Accepting our feeling takes away its power. ...

2. *Know It's Part of Being Human* ... Just recognizing that being unhappy is part of life can help us feel a little more in control. Just recognizing that being unhappy is part of life can help us feel a little more at peace. "When our troubled, painful experiences are framed by recognition that countless others have undergone similar hardships, the blow is softened," Kristin Neff, Ph.D., explains in her book *Self-Compassion*. "The pain still hurts, but it doesn't become compounded by feelings of separation." Neff offers a mantra that helps her both recognize her negative feeling and see that it's part of being human: *This is a moment of suffering. Suffering is part of life. May I be kind to myself in this moment. May I give myself the compassion I need.*

3. *Aim For 'Deep Acting' in Your 9-5* ... Our feelings don't stop when we head to work—but there's a way to stay true to your feelings while also feeling empowered through the work day. In a fascinating episode of his *Work Life* podcast, psychologist Adam Grant and Alicia Grandey, an industrial organizational psychologist at Penn State, dived into the difference between "surface acting" and "deep acting." Surface acting, they explained, is like when customer service reps often *pretend* to feel a certain way—happy, excited, passionate—when they don't truly feel it. "It's wearing a mask that you take off at the end of the day," Grant explained. "It feels like the simple way to distance yourself from the role. But it

creates a sense of being inauthentic, which can take a real toll.” Deep acting is the alternative: “Instead of putting on a mask, you actually try to feel the emotion. That way, it comes out naturally,” Grant said. The trick is to identify what does feel authentic to you and communicate that in a way that supports your goals. ... So while you may be over your manager's micromanaging, maybe you get jazzed about the people you're helping in your day-to-day. Tap that feeling to start deep acting.

4. *Try Journaling ...* One of the best tried-and-true methods of accepting our emotions: journaling. “Journals are like a checkpoint between your emotions and the world,” Beth Jacobs, Ph.D, writes in *Writing for Emotional Balance: A Guided Journal to Help You Manage Overwhelming Emotions*. ... The next time a strong emotion pops up, try putting pen to paper (or, fingers to smartphone) with an Expressive Writing exercise. Take a few minutes to just write about your feelings. One journaling framework the *Greater Good Science Center* recommends: try word association with your feeling. Write down the feeling you're experiencing (ex. stress, worry), then ask yourself: What word or topic does it bring to mind? What word or topic does that new one bring to mind? Keep associating new words with the feeling, and see if it starts to offer more clarity about what the feeling means to you. If things still don't feel crystal clear? Know that's OK—we can't always make sense of our emotions. But what we can do is accept them and ride them out, knowing that they're never permanent and a part of life.



## **2 Podcast, 2 Books and Documentary Suggested by Cory Mitcham, LCSW**

The “Mental Illness Happy Hour” <http://mentalpod.com/> is a weekly online podcast that interviews comedians, artists, friends, and the occasional doctor. Each episode explores mental illness, trauma, addiction and negative thinking. “A perversely safe place in which [Paul] and his guests talk about their fears, addictions and traumatic childhoods. Mental Illness Happy Hour also has a FB page.

The podcast called “Terrible, Thanks for Asking” <https://www.apmpodcasts.org/ttfa/> has a similar theme to the other one, but it's run by a woman. It's for those who are depressed. They also have a FaceBook page.

“Ok, Fine, Whatever” is a hilarious memoir I just read about a lady with generalized anxiety disorder. “Don't Feed the Monkey” is a great, little, easy-to-read book on how to teach patients (and ourselves) how to “tame” anxiety. And lastly, “Alive Inside” is a wonderful documentary on the effects of how music “heals” seniors with alzheimers.

## **TIPS TO HELP WITH ANXIETY**

The following tips are from a handout Cory Mitchum LCSW at Eureka Open Door gives out to patients that he offered to share with the newsletter. It includes many more suggestions for apps, websites and Facebook pages.

- Listen to calm.com, either as an app on your phone or online. Just log onto to: [www.calm.com](http://www.calm.com)
- Practice deep breathing exercises
- Go to [www.themighty.com](http://www.themighty.com) for wonderful and amazing tips for those with anxiety, written by those with anxiety
- Read affirmations daily
- Purchase a twiddle cube---created to help those with anxiety
- Walk
- Carry a wallet size affirmation card in your purse to read when you're panicking
- Practice a calming word over and over in your head to say when anxiety is coming on.
- Carry a smooth rock to rub
- Listen to relaxing music---logon to youtube
- Check a book out from the library
- Avoid caffeine and sugar
- Utilize your favorite smells. Put essential oil on your wrist. Place lavender in your house.
- Watch videos on youtube to help those with anxiety
- Stand up and stretch
- Practice "Thought Stopping." When the negative voice pops up, replace it with a gentle thought, or picture "putting out" the negative thoughts with a fire extinguisher.
- Write for 5 minutes
- Draw for 5 minutes/do adult coloring pages
- State out loud or think about what you are grateful for
- Make a collage
- Drink water
- Call a friend or the 24/7 crisis line: 1.800.273.8255
- Say an affirmation: "I am loved." "I am safe." "I make wise decisions."
- Log on to "mrsmindfulness.com."
- Text HELLO to 741-741----it's for those in crisis
- Google "Kaiser podcasts," choose one, then click "listen," and viola===great mood enhancer
- Do crafts-----\*\*\*yes !!! u can.
- Speak to a counselor

- “watergarden” app on your smart phone.
- Politely tell the negative voices to leave. Say “This isn’t the time. Leave now. You can only talk kindly to me.”
- Drink decaffeinated tea
- Get acupuncture/try yoga/tai chi
- Buy bubbles
- Throw rocks into the ocean. Imagine putting your troubles into a bottle and throwing the bottle out to sea
- Walk briskly on the beach
- Find a place to volunteer. Cat shelter? Dog shelter? Teach adults literacy?
- For men who’ve been sexually abused: [www.1in6.org](http://www.1in6.org)
- For anyone who’s been sexually abused: [www.rainn.org](http://www.rainn.org) or [www.joyfulheartfoundation.org](http://www.joyfulheartfoundation.org)
- Punch a pillow
- Get 12, ONE hour sessions of therapy for free from USC (from our tele-health dept).
- Plant a flower or vegetable
- Steer clear of people who aren’t nice to you.
- Facebook pages that help with anxiety (many of these have to do with animals or “good news”:  
Upworthy, good news network, bored panda, badass brooklyn animal rescue, the dodo, jukin video, humankind, now this, odd couples (odd animal friendships), guardians of rescue, marley’s mutts dog rescue, crazimals, uplift connect, simon’s cat (for cat lovers), hooplah---only good news, a plus, cole and marmalade (for cat lovers)
- HEADSPACE.COM----online mindfulness (app)
- Breathe2relax---portable stress management tool (app)
- PACIFICA.COM----daily tools for stress and anxiety (app)
- EMERGENCY CHAT---for when you can’t talk during a panic attack (app)
- SAM----(self-help for anxiety management)-----Tools to manage anxiety. You can share anonymously in peer support chat room (app)
- “WEST COAST PAINTED ROCKS” on FaceBook Or “#stonedinhumboldt” on FaceBook for painted rocks.
- Attend a 12-step meeting.
- “Bipolar, Depression, Anxiety, other Mental Health Disorder Support Alliance” on FaceBook
- BPHOPE.COM for those with bipolar
- [www.bipolarbrainiac.wordpress.com](http://www.bipolarbrainiac.wordpress.com)

- [WWW.STYLELIKEU.COM](http://WWW.STYLELIKEU.COM) beauty no matter what you look like
- [www.healthjourneys.com](http://www.healthjourneys.com) Resources for mind, body, and spirit
- For writers: writerscafe.org, wattpad, fanfiction.net.
- Remember: 1) what other people think about you is none of your business. 2) Just because someone says something, doesn't mean it's true. 3) Never say or do anything that would cause someone to feel shame----including YOURSELF.
- QUESTION A DAY journal from Amazon. Lasts for 5 years. Costs \$10.50 on amazon
- Questions Diary app----one self-reflection question per day.
- FOR A GOOD LAUGH: "Ultra Spiritual Life" on YouTube
- Listen to a Tedtalk
- Go to YouTube and put in "MBSR" (Mindfulness Based Stress Reduction)
- Go to YouTube and put in "Havening" for help with PTSD
- [www.lovewarriorcommunity.com](http://www.lovewarriorcommunity.com) for body love/positive body image
- [www.something-fishy.org](http://www.something-fishy.org), a pro recovery website for those with eating disorders with online chat support and bulletin boards.
- Insight Timer is a free smartphone app and online community for meditation. It was originally developed by Brad Fullmer beginning in 2008:  
<https://insighttimer.com/>
- The Community Acupuncture Clinic in Eureka. \$20-\$40 sliding scale. 320 2nd St. Suite 2B  
Old Town Eureka, Ca 95501 <http://thecommunityacupunctureclinic.com/>
- **Couples Therapy Podcast:** <https://couplestherapistcouch.com/>
- "My Brother, My Brother and Me" is a funny advicecast:  
<http://www.maximumfun.org/shows/my-brother-my-brother-and-me>
- "Welcome to Night Vale" podcast: <http://www.welcometonightvale.com/>  
[www.anxiety.org](http://www.anxiety.org) for more tips
- [https://www.ptsd.va.gov/apps/ptsdcoachonline/tools\\_menu.htm?cat\\_id=direction#](https://www.ptsd.va.gov/apps/ptsdcoachonline/tools_menu.htm?cat_id=direction#) (great for those with anxiety, depression, PTSD, anger, insomnia, and more).
- "Youper" app for "emotional health assistance." Easy to use!
- "Happify" app=science based activities and games.
- aRe## Y!Ou a W@riT\*er?????. Go to: <https://nanowrimo.org/> and write a novel in a month! ☺
- Online mental health support groups:  
<http://www.mentalhealthamerica.net/find-support-groups>
- Online anxiety and panic support groups:  
[https://psychcentral.com/resources/Anxiety\\_and\\_Panic/Support\\_Groups/](https://psychcentral.com/resources/Anxiety_and_Panic/Support_Groups/)

FOR SLEEP: (google these for information)

- “Nothing Much Happens; Bedtime stories for grownups” podcast. 20 min. long. \*Will put you to sleep ☺
- “Inscape” sleep app
- “Sleepio”: CBT for insomnia
- FREE: “CBT-i Coach” free app from the VA to help with insomnia
- Go to youtube for “Solfeggio Frequencies”

### Free Apps That Track Mood or Help with Mood Management

- T2 Mood Tracker
- Stigma: Mood Tracker and Journal
- PTSD Coach: tools, self care, self assessment.
- Mindshift: For teens and young adults to manage anxiety.
- Youper: Artificial Intelligence mindful therapy for anxiety, depression and PTSD



## **Somatic Psychotherapy Presentation on February 28, 2019: Select Bibliography and Additional Info from Peter Moore, LMFT 23507**

Thank you to those who attended my talk at the end of February at the NCAMHP general meeting, and a very special thank you to those who make these meetings possible. I was made aware that a number of you did not receive the email blast sent out prior to the talk which contained the focused bibliography as well as several video links. Further learning/support/consultation can be had at a monthly (may increase to bi-weekly) early morning training group I lead.

Baker, Elsworth F. (1967). *Man in the trap*. New York: Collier Books. (Reprinted (2000). Princeton: ACO Press.)

Baker, Elsworth F. (2011). *My eleven years with Wilhelm Reich*. Princeton: ACO Press.

Been, Orson. (1971). *Me and the orgone*. New York: St. Martin's Press.

DeMeo, James. (1998, 2006) *Sahasasia: the 4000 B.C.E. origins of child abuse, sex repression, warfare and social violence in the deserts of the old world*. Ashland: Natural Energy Works.

Geuter, U., Heller, M. & Weaver, J. (2009) Elsa Gindler and her influence on Wilhelm Reich and body psychotherapy. <http://judythweaver.com/writings/>

Greenberger, Michael, Brilliant A. & Palmer, C. (1995). *Free at last: the Sudbury Valley school*. Framingham: Sudbury Valley School Press.

Herskovitz, Morton. (1997). *Emotional armoring: an introduction to psychiatric orgone therapy*. Hamburg: Die Deutsche Bibliothek (New Brunswick: Transaction Publishers).

Masterson, James F. and Ralph Klein, (Eds.)(1995). *Disorders of the self: new therapeutic horizons: the Masterson approach*. New York: Brunner/Mazel.

Masterson, James F., (Ed.)(2004). *Therapist's guide to the personality disorders: the Masterson*

*approach: a handbook and workbook*. Phoenix: Zeig, Tucker and Theison, Inc.

Placzek, Beverley (Ed.)(1981): *Record of a friendship: the correspondence of Wilhelm Reich and A.S. Neil*. New York: Farrar, Straus and Giroux.

Reich, Wilhelm. (2012). *Where's the truth: letters and journals, 1948 – 1957*. New York: Farrar, Straus and Giroux.

Reich, Wilhelm (1980). *Character analysis* (3rd ed.). New York: Farrar, Straus and Giroux.

Reich, Wilhelm (1973). *The cancer biopathy*. New York: Farrar, Straus and Giroux.

Reich, Wilhelm (1973). *Ether, god and devil*. New York: Farrar, Straus and Giroux.

Reich, Wilhelm (1971). *The invasion of compulsory sex-morality*. New York: Farrar, Straus and Giroux

Sharaf, Myron (1994). *Fury on earth: a biography of Wilhelm Reich*. Boston: Da Capo Press.

Strick, James E. (2015). *Wilhelm Reich, biologist*. Cambridge: Harvard University Press.

Thomas, Elizabeth M. (2007). *The old way: a story of the first people*. New York: Farrar, Straus and Giroux.

Note on *Character Analysis*: the most easily available edition is the Vincent Carfagno translation. Aficionados will want to find the out-of-print Theodore Wolfe translation from Orgone Institute Press (1945). Make sure you get the third edition.

Other resources: **The American College of Orgonomy** publishes the *Journal of Orgonomy*. Many of the articles from back issues are available free, online at the website: [www.orgonomy.org](http://www.orgonomy.org). Two DVDs are also available there: *Room for Happiness*, and *Right from the Start*, the latter of which shows orgonomic understandings and treatment in the pre- and perinatal period. **The Institute of Orgonomic Science** publishes *Annals of the Institute for Orgonomic Science*. There's quite a bit of useful information on the website: [www.orgonomicscience.org](http://www.orgonomicscience.org).

Video links re ocular armor: [Alex Honnold](#) and [Jeff Bezos](#) . Video links to slime mold pulsation: [Cytoplasmic streaming 1](#) and [Cytoplasmic streaming 2](#)

*I'd like to point out several features of the video examples.* In the first two, note the hardness and unfeeling quality of the two's eyes. This would be the biophysical counterpart to their thinking: in the first instance the obvious complete obliviousness to the suicidality of his chosen career; in the second, the bizarre disconnect to his super 'wealth' - now at the level of Buffet and Gates combined - which he now calls oddly 'winnings'. These impressions are of course at the moment

guesses, to be followed up with questioning, to rule out other potential causes such as organic (as opposed to functional) disease processes (if these two were presenting as patients (!)).

The second two videos are an attempt to move us out of a purely mechanistic/reductionist understanding of life. The videos show a close up of plasmatic streaming in slime molds. The reason these molds fascinate people is that they display an uncanny intelligence, viz., solving mazes, plotting US highway or Tokyo subway system maps (google these for more info), yet are single celled organisms. In other words, I wanted you to see basic plasmatic pulsation at the microscopic level, *absent* neurological or vascular systems. I'll let the reader extrapolate this info to the therapeutic plane, by leading with the question: how can the profound and utter complexity of life and all creation be dealt with by any one's very limited *conscious* mind?



## **Announcements**

### **Important BBS Announcement “Law Changes for 2019”**

In November 2018, the BBS made the publication “Law Changes for 2019” available to the public. These changes go into effect on or after January 1, 2019 and all licensees and applicants should carefully read the eight-page document, and determine which changes impact them as a licensee, a clinical supervisor, or an applicant (ASW). The BBS Publication: Law Changes for 2019 is available online at: [https://www.bbs.ca.gov/pdf/legupdate\\_18.pdf](https://www.bbs.ca.gov/pdf/legupdate_18.pdf)

To stay abreast of current and future changes, licensees and applicants are strongly encouraged to do the following—if they have not already done so: Visit the BBS website homepage and choose “What’s New” and “Important Updates” at: <https://www.bbs.ca.gov/>. Become a subscriber of the BBS automated email announcements at: <https://www.dca.ca.gov/webapps/bbs/subscribe.php>

All related BBS web information, applications, and forms will be updated to reflect changes soon after January 2019, including the 2019 Statutes and Regulations (annually updated) and located at: <https://www.bbs.ca.gov/pdf/publications/lawsregs.pdf>. Questions should be addressed to the BBS through their online message board at <https://www.dca.ca.gov/webapps/bbs/contact.php>.



## **Job Opportunities**

### **Clinicians Needed for Paid Group Leadership Opportunity on Hoarding**

The Area 1 Agency on Aging is seeking the assistance of one or more clinicians to help start what will become peer led support groups. We received a grant from the county to address stigma related to hoarding behaviors and provide prevention, support and education to those who are coping with this disorder or are trying to assist someone with the disorder.

The first step was an all-day conference, which occurred March 8. Over 100 people attended, including a large number of people who struggle with cluttering behaviors and family or friends who want to help them. The second step is to start a peer led support group for people with cluttering issues and another group for their family/friends. The group for people with the disorder will use the “Buried in Treasures” self-help book as a guide. The family/friends group will use the book “Digging Out.”

We would like to start groups within the next month. To give them a kick-start, we are looking for one or two clinicians who are willing to assist with either or both of these groups during April through June and model how to successfully run a group. We would like the groups to meet twice per month from April – June with clinician support. The groups will continue after June on their own, with A1AA offering staff support and meeting space to the group. We are exploring opportunities to provide peer leaders with additional training in this regard, but that hasn't yet been established. There is funding to pay the clinician(s). If you are interested, please contact Maggie Kraft at 707.442.3763 or [mkraft@a1aa.org](mailto:mkraft@a1aa.org).



## **New Private Practice Announcements**

**Fionna M. Davis, LCSW**

I am excited to announce my new Private Practice offering home visits for clients living in Eureka, Cutten, and Fortuna. I also have office hours on Saturday and Sunday in Eureka. Billing: Medicare, Medicare secondary plans, CHAMP VA, as well as other Federal insurance plans, Partnership/Beacon. Experienced in helping clients with problems related to: Grief and loss, Anxiety, Depressed mood, Adjusting to major life events/changes, Chronic illness/pain. Using a combination of CBT and Mindfulness to help clients learn new strategies for improving their quality of life. Clients are welcome to self-refer by calling my office. Please call or email me if you have questions or referrals. Thank you--Fionna M. Davis, LCSW, 2625 Wilson St., Eureka, CA 95503, 707-497-6137

### **Holly Finn LMFT**

I wanted to introduce myself since I'm newer to NCAMHP and just began private practice the end of last year. Since then, I've been fortunate enough to provide to clients referred through DA Victim Witness assistance and CHAMPVA. I am also seeing clients who pay 'out of pocket' and can offer a sliding scale, however, my hope is to soon be able to support access in which, at least more clients can use their insurance. My Partnership/Beacon credential is still pending and I am currently looking into some other possibilities in terms of insurances. My background and training are focused on recovery and healing from psychological and relational trauma, dissociation, anxiety and obsessive compulsive thoughts and behaviors, recovery and life after cult/s. I'm continuing training in Sensorimotor psychotherapy and plan to continue as it has become the main modality with most people I work with and I value what it has done within client's work so much. I wanted to ask if anyone else is interested in discussing Sensorimotor interventions it would be great to make some connections close to home with others who practice it as well. I really appreciate all the responses to try and help referrals here, thanks so much!--Holly Finn, LMFT, 2910 Harris St., Eureka CA 95503 (707)-683-7070



### **Groups**

#### **Therapeutic Support Group for Individuals Experiencing Anxiety and Depression**

Starting Wednesday February 6<sup>th</sup>, 2018, I will be offering an 8-week support group for adults experiencing anxiety and/or depression. My goal is to provide a safe place for people to talk about what they are experiencing, and share useful information to help them gain new insights and coping skills. It will also be an opportunity to experience support from other people who are also struggling with

similar issues. This 8-week group will be starting: Wednesday February 6<sup>th</sup>, from 6:45pm-8:15pm at 1225 Central Avenue #3, McKinleyville, CA. This group is open to Partnership/Beacon, Medicare, or private paying clients. For private paying clients, this group will cost \$160 (to be paid in full with registration unless alternative arrangements has been made). Groups are limited to 10 clients so sign up early if interested. For more information or to register, please call me, Bonnie Carroll, at 707-839-1244 or [bonniecarroll@arcatanet.com](mailto:bonniecarroll@arcatanet.com).

## **Interpersonal Process Groups Forming**

I am excited to announce that I am in the beginning phase of forming weekly interpersonal process groups in my private practice. Groups will have six to eight members; they will be heterogeneous in regards to gender/sexual orientation/cultural identity, age, and presenting problems/symptoms. Potential members will have a short phone screen followed by an in person meeting in my office to determine fit and readiness to participate. I am asking folks for a minimum 12 week commitment. Weekly group sessions will last 90 minutes; my fee per session is \$60. I will not be accepting insurance for group as of now.

Ideal candidates: identify interpersonal challenges as primary and have a desire to explore/better understand themselves in relation to others; are psychologically minded with prior individual therapy experience; are committed to and able to attend group sessions regularly; are not actively suicidal or chronically in crisis; have the capacity to and are willing to work in the "here and now."

I have experienced the power of group therapy, both as facilitator and group member. I appreciate the words of a group therapist whom I had the fortune of working with at an American Group Psychotherapy Association annual conference. She said, "In individual therapy, you talk about how you are with people. In group therapy, you see in front of your own eyes how you are with people." Should you have questions or would like to further discuss inclusion/exclusion criteria, feel free to contact me by email or phone. --Brian Lieberman, Psy.D., Licensed Clinical Psychologist, CA License #: PSY28793. 381 Bayside Rd Ste B, Arcata, CA 95521 (707) 499-0194 or email: [brianpsyd@gmail.com](mailto:brianpsyd@gmail.com)

## **Dialectical Behavioral Therapy (DBT) Informed Group**

Humboldt Family Service Center (HFSC) has some news of an upcoming Dialectical Behavioral Therapy (DBT) Informed group for clients who live with Bipolar Disorder. Andrea Pearson-Gottlieb, AMFT and Debbie Elmore, AMFT will be facilitating, supervised by Rebecca Marie Hall M.A., MFT. The group will likely begin in February 2019. The group will be held on Fridays from 5:30-7:00 PM lasting 12 weeks. Referring clinicians are welcome to call Andrea Pearson-Gottlieb, AMFT (707-443-7359 ext. 325) or Debbie Elmore AMFT (707-443-7359 ext. 316) with questions or for more information.

## **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.

### **Parent and Caregivers Support Group**

The Parent and Caregivers Support drop-in group will continue to meet at it's school year location, the Lincoln campus of the Marshall Family Resource Center, 216 W. Harris St (Summer And Pine) on Thursdays, from 10-11:30 AM 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. 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.

### **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 10<sup>th</sup> Street, Arcata, 1<sup>st</sup> and 3<sup>rd</sup> 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, 3<sup>rd</sup> 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

### Priority Care Center Same Day Medical Services Are Available

The Humboldt IPA/ Independent Practice Association wants to make sure our NCAMHP membership and the clients we serve is aware of services now available through their Priority Care Center Same Day Services.

When someone needs to be seen and is unable to get an appointment with their primary care provider there are physician services available online for the following plans: Blue Shield—[www.teladoc.com](http://www.teladoc.com); Blue Cross—[ww.livehealthonline.com](http://ww.livehealthonline.com); Blue Lake Rancheria—[www.mdlive.com](http://www.mdlive.com) . If someone's health plan is not listed, all of these have an affordable self-pay option that may be less than an Emergency Room co-pay.

The Priority Care Center Same Day Services are accessible by appointment or walk-in basis. They are now available to all adult members (18 or older) of the following health plans listed here, regardless of where they are going for primary care services: Anthem PPO, Anthem HMO, Blue Shield HMO, Blue Lake Rancheria Health Plan.

The Priority Care Center is increasing access to services for members in order to provide an additional alternative to the Emergency Room for non-emergent needs. Service will include treatment for: urinary tract infections, upper respiratory infections, musculoskeletal pain/low back pain, ear pain/infections, asthma,

abdominal pain/nausea/vomiting, skin rash. To ensure continuity of care, if a member is being seen for primary care in another office locally the visit summary will be faxed to that office at the end of the encounter.

Priority Care Center Hours of Operation: Monday – Friday 8 am to 5 pm. As demand grows, additional evening and weekend hours will be added. 2316 Harrison Ave., Eureka. Call the Priority Care Center at 707 442-0478 with any questions about any of these services.

## **Open Door Psychiatry Consultation for Private Insurance Clients**

We are pleased to announce that the psychiatry service at Open Door Community Health Centers has been expanded to allow consultation for clients with private insurance. We will continue offering psychiatric consultation to clients with Partnership Health Plan (Medi-cal) and Medicare.

Our clinic model will remain strictly consultative, which means we can have 1-6 visits with clients who are referred to us. We can see clients with mental illness categorized as mild-moderate (based on Partnership Health Plan criteria). Our goal is to establish an effective medication regimen, then allow the primary care provider to take over longer-term prescribing of medications. If a client requires a higher level of psychiatric care, then we will make a referral for care outside of the Open Door system. I'm attaching our psychiatry clinic consent form so you can get a sense of the care we offer.

We can accept referrals from Open Door primary care providers. We cannot accept referrals from any other sources. If you have a client who is already established for primary care at Open Door that is interested in our services, then please have that client speak with their Open Door primary care provider about a referral.

An issue in our referral process, which may affect you, has come up in the last few months. When a client within Open Door is referred to our psychiatry clinic, that client will have a psychosocial assessment visit and be screened for exclusion criteria before seeing the psychiatric provider. This assessment is completed by an Open Door LCSW or LMFT. If a client is currently seeing you as a therapist in the community, then the assessment visit by our LCSW/LMFT may create a billing problem for you. We have heard that in some cases clients have lost their billing approval to continue seeing their community therapist, which may lead to reimbursement problems and necessitate new approval paperwork. In effort to avoid this problem for you and the client, we have created an exclusion criteria checklist. If you have a client seeking our psychiatric services, then please consider completing this checklist and faxing it to your client's Open Door primary care team. This would allow us to bypass our internal assessment visit, which has led to the billing and approval problems.

If you have any questions about this issue or about psychiatry services at Open Door you can reach us at the following numbers. For referral process and administrative questions, reach our referral coordinator, Mia Houlberg at 826-8633 (ext. 3233). For clinical questions about our services, you can reach me at 443-4666.--Dr. Jasen Christensen, Psychiatrist, Open Door Community Health Centers

### **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](mailto:greta.blixt@beaconhealthoptions.com) (It is generally more useful to contact our local area representative than the people at the 800 number.)

### **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.



### **Being Careful When Requesting Referrals on the NCAMHP Listserve**

The Board wants to encourage NCAMHP members to continue reaching out to one another through the list-serve. We appreciate all being mindful of a few details. Please be as brief as possible concerning information about the referral, stating only such things as: age range, gender, reason for wanting therapy (symptom) and insurance. Then simply ask for anyone who may be interested to contact you the posting person. We urge you to leave out anything beyond the basic, especially first or other name and contact information of the patient. We are all concerned about our community and their needs. With that said, there is a two degree of separation

in Humboldt and at times there has been too much information being put out on the list-serve. Thank you for the support and collaboration in this process.

## **How to Post Messages on the NCAMHP Listserv**

If you have joined the NCAMHP listserv, then there are two ways you can post a message. One way to post is to simply send an email to the listserv group email address. Sending an email to [ncamhp@groups.electricembers.net](mailto:ncamhp@groups.electricembers.net) will post a message, and be sent to the listserv subscribers based on their preferences. You can also login to the Listserv website directly. From there you can make changes to your account, read messages, and post messages.

In order to login to the Listserv website, you'll need to create an initial password.

1. Go to: <http://groups.electricembers.net>
2. Click on 'New Login//Password Reset' at the top left.
3. Enter the email address you use for the Listserv and click the button to request a password.

Once your password is created, you can go to <http://groups.electricembers.net> and Login at the top right.

The NCAMHP Listserv link will then be available. Inside the group, you have options to Post Messages, view the Message Archive, change your Subscriber Options, or unsubscribe.

A word of advice: you might cc yourself on the message, as the listserv will not automatically send a copy to the poster of messages.

More help can be found at:

<http://electricembers.coop/support/groups/subscribers/>

## **Reminder: Update Ability to Take New Clients on NCAMHP Website**

Please remember to update your NCAMHP website profile regarding ability to accept new clients. There have been a number of complaints about this issue lately.

## **Non-Licensed Clinicians Need to Include Supervising Information**

Just a friendly reminder to those of us who supervise and those who are not yet licensed. The following is important to be and stay aware of. Any non-licensed clinician in training, must include their intern or assistant number, and their supervisor's name, supervisor's license number and clearly state the supervisor relationship. This needs to be on all business cards, web-sites, advertising and correspondence. I know we are all busy but these fine details can prevent legal errors. Thanks for correcting and updating if this concerns 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](mailto:Crs102@humboldt.edu)

*NCAMHP has a Listserv*. It is intended for communication with the NCAMHP general membership. 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](mailto: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 Summer NCAMHP Newsletter is June 12, 2019.** Send your articles and announcements to the newsletter committee: [emilysiegellcsw@sonic.net](mailto: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](http://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](mailto:emilysiegellcsw@sonic.net)



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