

**Subject:** Your June SDNC-CAMFT eNews

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San Diego North County Chapter  
California Association of Marriage & Family Therapists



**2018 June eNews**



*What is Integrative Psychiatry?*  
Friday, June 15 9-11am

We are so excited to welcome Shawn Barnes, MD as our final presenter this fiscal year! Shawn is a Board Certified Psychiatrist who is leading the way in Integrative Psychiatry. He completed medical school at the University of Hawaii and residency in psychiatry at UCSD. He says “over the course of my training I became acutely aware of the limits of psychiatric medications and the persistent questions surrounding the foundations of the field.” Shawn believes in utilizing “psychotherapy, mindfulness, breath work, supplements, herbals, exercise, nutrition.. in addition to a conservative approach to psychiatric medications.” Shawn is currently in private practice in Encinitas.



In his presentation Shawn will discuss the following questions: Have psychiatric medications done more good than harm? Has the adoption of the medical model of mental illness limited the effectiveness of conventional psychiatry? Do DSM diagnoses reflect any biological or clinical reality? Is there a more holistic, patient-centered way to practice psychiatry? And, many more! Shawn will also introduce the concept of Integrative Psychiatry and will discuss how MFTs and psychiatrists can better collaborate together and improve each other's' field.

Shawn's presentation on June 15<sup>th</sup>, 2018 will be our last Chapter Meeting as we approach summer. We will not have meetings in July or August but will resume in September with our annual Networking Meeting.

REGISTER

### *Message From Our President*

I don't know about you, but the 2017-2018 year seemed to fly by so quickly! We hosted many wonderful speakers for our chapter meetings, mini-workshops, and all-day law and ethics workshop. **I hope you'll join us for our last (and arguably most important) chapter meeting, before we go on our summer break.** Our June meeting is titled "Integrative Psychiatry: The challenges of conventional psychiatry and the value of an integrated approach," and speaker Shawn Barnes, M.D., will be facilitating a discussion on how mental health professionals can more effectively collaborate together.

I say this is arguably our most important chapter meeting of the year because we're also holding our election for next year's SDNC-CAMFT Board of Directors! **We need a certain percentage of our membership in attendance in order for the election to take place, and as of right now, we haven't reached the number of attendees we need.** Make your voice heard - register for this free event, enjoy the refreshments, cast your vote, and stay for the wonderful presentation and CEUs! (If you can't stay for the entire time, please at least come from 9-9:30 AM to cast your vote.) We will also be recognizing the hard work of our volunteers who stepped up as SIG Leaders and committee members!

It has been a pleasure to serve as your chapter President over the past year. If you have any feedback for our incredible Board of Directors, or if you would like to stay in touch over the summer break, please don't hesitate to [e-mail](#) me.



Robin Andersen, LMFT  
President of the SDNC-CAMFT Board of Directors

## *Membership Corner*

*by Emily Gilmore*

### **Sandplay: Healing Can Be Fun!**

I am so glad I got the opportunity to learn about and experience SandPlay from our May speaker Gail Gerbie, LMFT and Sandplay Practitioner.



This is serious (and playful) stuff! Gail began by educating our group about the differences between the official Sandplay process (an ongoing series of trays that can spread over many sessions with a client, that activates the subconscious and goes beyond language) and the use of a sand tray in a more left-brain, conscious-state tool. She explained what is required to become a certified Sandplay Practitioner, and why extensive training is important. When facilitated correctly, Sandplay can help clients access their subconscious and unconscious, and, over time, clients may be able to work through deep trauma in a safe way. In fact, creating a “safe and protected space” is crucial to healing in this approach. Gail explained that Sandplay Practitioners are trained to refrain from interpretation, so they may honor and respect the natural healing abilities of the client’s psyche.

In the experiential portion of the presentation, attendees sat in groups to experience Sandplay firsthand. With Gail’s guidance, we created group Sandplay scenes, and took time to interact with one another, learning about each other and ourselves by examining our choices and the meaning we assign to various miniature figures. It was an amazing way to see how this work can go deep, very quickly. We were even allowed to take one figure home with us as a reminder of our time with Sandplay and each other. Sweet!

Working beyond words and through symbols can ultimately help clients heal from trauma and integrate changes, approaching wholeness through a unique and deep path. Thank you, Gail, for showing us how it’s done, and introducing us to the wonders of the Sandplay world.

On a personal note, I wanted to let you all know how much I have appreciated being your Membership Chair for the last two years. I will be finishing my term this month, applying my energy to taking (hopefully passing!) the MFT clinical exam, and deciding on the next step in my career. I have truly enjoyed meeting new members, and seeing the familiar faces of those who attend meetings often. Thank you for continuing to inspire and impress me—you are a strong and supportive community, and I value my connection with all of you!

**JOIN TODAY**

## *Other SDNC-CAMFT Meeting/Networking Opportunities*

June 8 - [Sandplay SIG](#)

June 9 - [Health Insurance SIG](#)

June 10 - [Wine and Conversation June Meeting](#)

June 26 - [Supervisors SIG](#)

## *Chapter Reciprocity*

Remember, SDNC-CAMFT members also enjoy discounts on certain SD-CAMFT events! The next discounted event takes place on Saturday, June 2, and is titled "Mini-Mindfulness; Compassion for Couples." Click [here](#) for more details, and use the discount code **NORTHCOUNTY** when you register!

## *Welcome New Members*

Judy Wahl Talley, AMFT  
Masami Ochoa, Grad Student

## *Support Our Sponsors*

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