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



May 2018 eNews



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*Playing in the Sand...Understanding Sandplay Therapy*  
*Friday, May 18, 2018*

We are excited to welcome Gail Gerbie BS, LMFT, SP as our speaker. Gail will be presenting on **Sandplay and Symbolic Imagery in Clinical Practice**. This workshop will help attendees understand the practical differences between Sandplay, Sand Tray, & Symbolic Imagery and ways of including sand and miniatures in clinical practice. The goals for attendees will be to 1) describe the difference between the use of a sand tray as a therapeutic tool vs. a formal Sandplay process. 2) Understand the importance and methods for providing “safe & protected space” for clients who are using miniatures with or without sand. 3) Leave with having had a personal experience of using miniatures and a sense of the power of symbolic language.



Gail Gerbie BS, LMFT, SP is a Sandplay Practitioner Member of Sandplay Therapists of America (STA) and a candidate for full membership with STA/ISST. She has

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presented at the Sandplay Therapists of America Members Meeting and at STA National Conference group consultations. Gail uses sandplay and expressive arts interventions in her private practice in Escondido, CA. Her practice focuses on teens and adults who are healing from profound change, grief, trauma and adjustments to life's transitions. Join us for this exciting presentation, 9-11am at Tri-City Medical Center. Click the register button for all the meeting details.

REGISTER

*Thank you to our May sponsor!*



At Center For Discovery, we are dedicated to providing successful residential treatment for children, adolescents and adult women as well as intensive outpatient treatment. For over 20 years, we have been committed to helping our clients along their path to long-term recovery. We have demonstrated a legacy of success and have developed a proprietary treatment model based on experience and research. The focus of our treatment programs is the specialized and personalized treatment we provide for each client. Each of our treatment locations focuses on one of our core programs. For more information please visit our [website](#).



### *Membership Corner - Being Prepared!*

*by Emily Gilmore*

Crisis is all around us, unfortunately, and it often hits close to home. Do we actually know how to be helpful after a critical incident? At our April chapter meeting, Dr. Sara Gilman, PsyD, LMFT, gave her presentation “Therapists as Critical Incident Responders: Are You Prepared?”—a thorough and approachable talk on how we can best be of help in crisis situations. Attendees learned the definition of Psychological First Aid, how it is different from therapy, and why PFA is needed to help stabilize survivors or witnesses in the first moments after traumatic events. Dr. Gilman explained how the brain reacts to trauma (normal responses to trauma), and showed statistics on the possible long-term effects of untreated trauma (e.g., alcoholism or suicide). She also led members through experiential exercises (such as Square Breathing), and allowed time to practice PFA techniques one-on-one. Attendees came away with practical, realistic tools to use after critical incidents, as well as suggestions for ways to help build resiliency, both immediately after a trauma, and longer-term for therapy clients. Finally, Dr. Gilman also

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gave specific recommendations for therapists themselves to stay balanced and healthy when dealing with trauma and crisis—our own resiliency is necessary in order to be effective in helping others through crisis and trauma. It was an excellent and highly relevant presentation; attendees received information that could be implemented immediately, and feel prepared! Thank you, Dr. Gilman.

If you have not been to a chapter meeting lately, you really should check one out. I continue to be impressed by the quality of the speakers at SDNC-CAMFT events. I hope to see you at our next meeting, or to hear from you, [email me](#) with questions or comments.

**JOIN TODAY**

### ***Be on the Lookout for the Annual Chapter Survey***

This year we have decided to send our chapter survey in May instead of June. This survey is a very important element in your board of director's planning for the upcoming program year.



Please be on the lookout for the survey email, click the link and submit your responses online. We promise it's easy to complete and we are implementing a new invitation process this year. If you complete the survey, you won't get subsequent reminders to complete the survey.

Take a few minutes to help us better serve you!

### ***2018 Board Nominees***

The 2018 Nominating Committee recommends the following nominees for election during our Annual Business Meeting, Friday, June 15, 2018. Directors will serve a two-year term beginning July 1, 2018.

#### **New Directors**

##### **Ryan Buchmann**

Ryan Buchmann is a Licensed Marriage & Family Counselor with a background that includes a masters degree in Pastoral Care & Counseling and certification as a substance abuse counselor. Ryan strives to integrate spiritual teaching with counseling and psychotherapy. He relies on the tenets of ACT therapy to help clients relieve suffering through close examination of present moment experience. He has worked since 2004 as a pastoral counselor and as a mental health clinician in various clinical

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settings.

Ryan practices in San Marcos and is a new member of the SDNC-CAMFT chapter as of Oct 2017. Ryan volunteers his time in leading the Health Insurance - Special Interest Group (SIG) and is eager to contribute more by assuming a Board position to further the chapter's goals of providing both networking and training opportunities.

### **Rae Martin**

Rae is a Licensed Marriage and Family Therapist through the Board of Behavioral Sciences in California. Rae has a private practice in Encinitas one to two days a week and for 11 years, it has been her privilege to work for Interfaith Community Services in the Oceanside area and on site at the Oceanside High Schools supporting In risk and At Risk youth ages 13-26. Rae's next endeavor is to become a clinical supervisor to support and help inspire the next generation of clinicians.

## **Renewing Directors**

### **Robin Andersen**

Robin graduated from Pepperdine University in 2013 and became licensed in 2017. She is passionate about serving fellow therapists through her role as President for SDNC-CAMFT. Robin currently works at PsyCare's San Marcos office on a part-time basis. She is also the Founder of Prelicensed (Prelicensed.com) and the Business Development Manager of TrackYourHours ([TrackYourHours.com](http://TrackYourHours.com)). She enjoys working with adolescent/young adult clients and their family members.

### **Kathlyne Barnum**

Kathlyne completed her MA in Counseling Psychology in 2002 from National University. She completed her practicum and intern hours at MiraCosta College, Hospice of the North Coast and through private practice. She became licensed and began working at the Elizabeth Hospice in 2011 where she currently serves as the Clinical Supervisor of the counseling intern program, and specializes in grief and loss.

### **Somi Han**

Somi earned her BA in Philosophy from Scripps College and her MA in Marriage, Family Therapy from The University of Southern California. Passionate about serving underrepresented communities, Somi has spent most of her 17 years as a mental health clinician working in community mental health, under-served urban schools, and with the homeless. She is currently in private practice in Rancho Bernardo. She has received specialized training in grief care and emotionally focused therapy (EFT) for couples. She also provides therapy in Korean.



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*Support Team 3000*

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## *Welcome New Members*

Karon Kanadjian, Grad Student

Xiaojing Ma, Grad Student

Danijela Mudri-Nicin, AMFT

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sdnc-camft.org

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