

Choosing A Therapist

Choosing an individual therapist can be an overwhelming experience. In most cases, the individual therapist will be the "anchor" for the recovering survivor, the parents of the survivors and the partners of survivors from the beginning to the final stages of recovery. You can lessen your anxiety and feel more empowered by reviewing the list below and choosing the questions that most fit what you want to know about an individual therapist prior to establishing a therapeutic relationship.

I. Most therapists will spend from 10-15 minutes on the phone answering some of your questions and discussing your needs. Be prepared to answer some questions yourself about your particular problems. You can initially screen some therapists by asking on the phone some of the following questions:

- A. How long have you worked with survivors of sexual, physical or emotional abuse? Do you specialize in any area of abuse?
- B. How many sexual abuse cases have you treated per year? How many are you currently treating? Have you ever worked with a survivor of religious or clergy abuse? What kind of training do you have in this work? Where and When? How long?
- C. How do you work with survivors? What are the techniques you use? Do you work with women, men or both? How do you work with the family or significant others of a survivor?
- D. What techniques do you use for memory retrieval? Do you believe that adults or children fantasize their abuse?
- E. What is your policy on crisis calls?
- F. Would you support my participation in a survivor's group?
- G. Can you provide me(us) with three references of people in the community that know of your work?
- H. What role do you feel forgiveness plays in the healing process?
- I. How much experience have you had working with gays/lesbians? What is your attitude regarding homosexuality?

- J. What kinds of clients do you typically see?
Offender/Victims
Adults/ Young Adults/ Children/ Teenagers?
Men/ Women
What is the age preference for your clients?
- K. How much do you charge? Would you be willing to file a claim with the Province for your fees?

2. After you have spoken to several therapists, make an initial session appointment and then evaluate afterwards some of these thoughts and feelings:

- A. How did the therapist respond to your questions and your needs?
- B. How did I feel talking to this person? Did I feel heard and valued?
Everyone's experience is different. Some people love going to their therapist and some dread every session, but the main issue is: Do I feel believed, cared for and understood?
- C. How did this therapist compare with the others I spoke to?
- D. Do I feel I can speak my mind about very private matters and feel heard and understood?

INDEPENDENT BOARD OF INQUIRY
Regarding St. Anthony's Seminary
P.O. Box 1065
Santa Barbara, California 93102

The following list of therapists (listed alphabetically) from the Santa Barbara area, have met with members of the Board and agreed to the procedures for reimbursement for therapy through the Province. Their own descriptions of their training and experience in sexual abuse is synopsisized below:

Ron Alexander, Ph.D.

3887 State Street, Suite #22
Santa Barbara, CA 93105 (805) 963 - 2621

Bio: I have worked with survivors, both male and female, as a group facilitator for one rotation at a local service agency, as well as through my work in private practice, and at the University of California, Santa Barbara where as a Counseling Psychologist I developed and facilitated a group for male survivors.

Michael Dunn, M.F.C.C.

(available in both Santa Barbara and Los Olivos)
2971 Grand Ave
Los Olivos, CA 93441 (805) 688-7475 MWF

Bio: I have been counseling families, couples and individuals for twelve years. My areas of specialization include depression, adolescent issues, anxiety and phobias, obsessive compulsive disorders and, sexual abuse.

Candice Etz, M.F.C.C.

510 De La Vina
Santa Barbara, CA 93101 (805) 965-9556

Hrs: Afternoon and evening appointments

I see men and women and have worked with Sexual Abuse in my practice since 1983 and lead two women's groups for incest survivors. My areas of specialization include parent education, family transitions, prevention and treatment of sexual abuse. I use Jan Hindman's treatment model which is directive and task oriented. I have also had training in family systems which is a great asset to my overall treatment program.

(I will not be available 4/20-5/23)

Annette Goodheart, Ph.D.

635 North Alisos Street
Santa Barbara, CA 93103
(805) 966-4725

Hrs: Afternoons, early evenings and Saturday morning

I see men or women and have worked with Sexual Abuse since 1970. I am a survivor myself and work well with helping people retrieve occluded memories. I work cathartically, with emotional release and I work especially well at a very light level on serious topics. I offer intensives (up to six hours per day).

Bette Robinson, M.F.C.C.

510 De La Vina
Santa Barbara, CA 93101 (805) 965 - 9556

I see men or women and have worked in private practice since 1985. I have worked with Sexual Abuse in my practice with both men and women. I have had training in family systems and child abuse and was one of the co-founders of the Family Counseling Program at Klein-Bottle Social Advocates for Youth.

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BAY AREA THERAPISTS

Jeffrey Bodmer-Turner, Psy.D.
2827 Concord Boulevard
Concord, CA 94519

(510) 685 - 9670

Fran George, LCSW
225 West Winton Avenue, Suite 202
Hayward, CA 94544

(510) 887 - 1995

James H. Mehlfeld, LCSW
5532 Kales Avenue
Oakland, CA 94618

(510) 653 - 1057

Barbara Fisher, LCSW
609 Kearney Street
El Cerrito, CA 94530

(510) 528 - 4455

Keen Turner, MFCC
225 West Winton Avenue, Suite 113
Hayward, CA 94544

(510) 732 - 0229