



Women of Influence & Power Newsletter

A Year of IMPACT

We are coming to the end of the year and what a year it has been here at WTC. We take time to reflect on the joyous times that brought sunshine into our lives, the difficult times that helped us to grow, the times someone lend a helping hand that showed us we were not alone, the struggles we overcame that demonstrated our strength, the times of meditation through which we found our center and wisdom and the times we stood together in the unity of sisterhood and made a difference.

The impact of your contributions and volunteer service that enabled WTC to empower others to know that they matter is greatly appreciated. In YOUR reflection know YOU made a difference. Angela Maiers stated it so clearly in her "You Matter Manifesto."

YOU

You are enough, You have influence,
You are a genius, You have a contribution to make,
You have a gift that others need,
You are the change, You are powerful
Your actions define your impact

MATTER



IMPACT OF WTC COMMUNITY

CAITLIN TERZULLI LCSW

In 2014, I moved back to the Bay Area after spending 6 years on the East Coast. I was heartbroken to say goodbye to my community of therapists there who were dedicated to social justice-driven psychotherapy. I questioned whether I would be able to find a likeminded group of change-makers amongst the overwhelming number of great therapists in the Bay Area.

I was licensed and able to open a private practice but I knew that to thrive in a new place, and remain dedicated to the populations I wanted to serve, I would need a community. This drive to foster kinship with other therapists is what brought me to WTC.

I was thrilled to be accepted to the Advanced Training Program (ATP) in 2015! I left each didactic and case consultation feeling inspired; I began to get clarity around my identity as a therapist and my desires to expand quality services to diverse populations in the Bay Area. My ATP cohort of six therapists brought a range of experience and perspectives. We worked hard to wade through difficult conversations because we were dedicated to keeping the group intact. We pushed each other to grow as clinicians and supported one another through hard times. I had finally found the community I had hoped for, and it was incredibly satisfying.

Towards the end of my year in ATP, I talked with my supervisor and the clinical director about feeling uncertain with the possibility of moving into private practice. I was fearful that leaving the clinic would mean leaving the community and starting an isolated journey. I was assured that the process would unfold naturally once I shared my intention to transition with my cohort, and that is exactly what happened. The next thing I knew I was meeting for coffee to clarify private practice goals, articulating intentions for a shared office space, and signing a long-term lease with a group of fellow WTC graduates.

Today, when I go to my office or to the quarterly community meetings that my ATP cohort established, I am still in awe of the gifts I received from WTC. WTC gave me the education, support, and confidence I needed to transition into private practice with likeminded change makers. I will carry the lessons I learned with me as I work to improve our world along with all of you: the WTC community.



IMPACT OF WTC TRAINING

Red Karpman MFTI

What drew you to WTC?

I've had a gut sense that this was where I needed to be for a long time. I couldn't afford it for a long time, since the 2-year program is unpaid, but now that I'm in the Advanced Training Program (ATP), I'm so happy to be here! I feel like this is a place where I can really flourish -- and it's an unusual place, so I feel really lucky to have found it. It worked out well that I'm here for ATP, because I feel like I can really focus on enjoying my time here instead of working through my trainee jitters.

Now that you're here, what do you think of WTC?

The community here is incredibly caring. People really notice each other. All the things that drove us to be therapists and make us good at our work, we also share with each other. There are things about me - my goofy sense of humor, my ability to notice how my colleagues are feeling, my warmth - that are valued in this workplace, when they're not valued in most kinds of workplaces. When I feel valued I can show up as my best self, and that invites a sense of exploration and makes a different depth of learning possible.

There's also a sense of shared generosity here; sometimes I wash dishes for other people, and sometimes other people do mine. That's what I think makes WTC unusual, and great. The mental health field in general can suck practitioners dry and burn them out, but because this place is so nourishing and community-oriented, it means that I have so much more to offer my clients.

Why were you interested in training in a relational model?

I think relational therapy is brilliant in its re-evaluation of power dynamics within the therapy room, and I think that therapy that can grapple with power is so crucial, in general as well in this particular political moment. One of the ways oppression works is on an emotional level, where we reject parts of ourselves and internalize the oppression. I think therapy is a direct response to some manifestations of oppression.

Relational therapy also means that I can be who I am in the therapy room; I can bring my weirdness and my outsiderhood and the parts of me that are marginalized into therapy, which makes a lot more space for the ways that my clients are weird and outsiders and marginalized. I really believe that having the experience of those things being held in therapy makes it more possible for clients to value themselves as they are and find worth in themselves. I see that as exactly the way that therapy can confront oppression, by breaking down the internalizing that we talked about. And I also know that when I'm well-supported, like I am at WTC, I have more energy to fight for change on other fronts as well!

What do you want to do after you complete your training at WTC?

I always thought I wanted to work with kids, but after my last placement I want to expand the possibilities. Here I get to work with individual adults, couples, and adolescents and I feel like it's giving me a lot of information about my strengths and interests. I love working with women. Since I've started working with adolescents here at WTC, I'm loving it and considering working with teens. I want to start a private practice at some point, and I feel very confident that I'll be able to step from ATP into the private practice world.

I also love how connected so many alumni are and how many former WTC interns teach didactics and are supervisors. I feel really connected to the herstory of WTC, and I would love to stay connected to the WTC community for a long time.

IMPACT OF GIVING



The impact of giving allows WTC to continue and expand its mission of training empowered therapist and serving the community. It is not just about making a donation it's about making a difference. We invite you to consider multiplying

your impact by becoming a monthly donor:

\$15/month: Support low-fee clients

\$30/month: Support an intern/trainee

\$60/month: Support diversity initiatives

\$84/month: Support clients, interns, & volunteer faculty

Or you could choose to make a one-time donation of any amount **EVERY DOLLAR MAKES A DIFFERENCE.**

[**DONATIONS**](#)