



The Central Coast Therapist

California Association of Marriage & Family Therapists
Central Coast Chapter

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*ALL are welcome to attend our *free* Networking Meeting—Chapter member or not!*

Our Chapter Mission Statement:

To strengthen the Marriage & Family Therapy profession & better serve our Central Coast community.

Friday, January 23rd, 2015: Chapter Networking Meeting & Brunch

Friday, January 23rd, 2015 from 9:00–11 a.m. at the Unitarian Universalist Fellowship in San Luis Obispo. (Map & directions on final page of this newsletter.)

That's the date of our **Annual Networking Meeting**, which we host each January.

It may be one of the most important meetings you could attend this coming year. Why? This is the *one* meeting per year that we spend time sharing of ourselves as individuals and agencies to educate, inform and promote. We learn about one another. We hear passion in action. We connect on a personal level. After all, when you make a referral, isn't the best one a personal reference?

We'll provide the food and libation, and you provide the appetite and enthusiasm!

This meeting is an ideal time to bring your marketing materials, share your resources and area(s) of specialization and catch up on what your friends and associates are up to in the therapeutic community! Take the opportunity to:

- ★ Join or renew your membership to our local CAMFT chapter.
- ★ Introduce yourself to the group and meet local therapists.
- ★ Let us know of any upcoming presentations, classes, supervi-

sion information, job or office vacancies that might be of interest to attendees.

- ★ Bring business cards, brochures, flyers—just remember that we would like you to take with you what remains!

We want to see MORE of our pre-licensed folk this year!

If you like, you may arrive early at 8:30 a.m. to have that extra time to chat!

Please share this with agencies with which you are affiliated! We welcome them to this annual meeting to share resources!

2015 Board of Directors

President's Letter

So Long, Farewell,
Auf Wiedersehen, Goodbye!

As 2014 draws to a close, I find myself ready to move forward in my professional and personal pursuits as I divest myself of the responsibilities of Chapter President.

It has been a rewarding two years in many ways, not the least of which being able to work alongside such wonderful people and professionals,

Central Coast CAMFT 2015 Program Dates:

*Mark Your Calendar
for the Year Now!*

1/23 Networking Meeting

**3/27 Daniel Scott,
Divorce Mediator**

Learn alternatives to divorce litigation with emphasis on divorce mediation in order to help clients with issues arising from separation and divorce.

**4/11 Dave Jensen, J.D.
Law & Ethics Workshop**

What Does the Phrase “Standard of Care” Mean to You? (see article at right)

**5/22 Barbara Calvi, LMFT &
Business Coach**

Learn what “inner blocks” regarding marketing limit you from having a thriving practice. Barbara will lead participants in experiential exercises to get “unstuck.”

7/24 From the Top

State CAMFT Representative will present pertinent issues that affect mental health professionals.

9/ 25 Lylan Lofgren, LCSW
Presentation will focus on gender spectrum issues, including the law and resources mental health professionals need to know.

**11/ 20 Dr. Amy Strachan, MD
(psychiatrist)**

Topic TBD.

Please note that our meetings are on the 4th Friday of the month with the exception of November, when our meeting is on the 3rd Friday.



Legal & Ethical Workshop

What Does the Phrase “Standard of Care”
Mean to You? (6 Hours)

Saturday, April 11, 2015 ☼ 9 a.m. to 4 p.m.

Once again we are fortunate to have “our own” Dave Jensen, J.D., an attorney-at-law for CAMFT to teach our annual L&E workshop. He has been a Staff Attorney with CAMFT since April 2002 and consults with its members regarding their legal and ethical dilemmas. Dave gives numerous law and ethics presentations to chapters, schools, and agencies.



Course Description: Dave will review the ten fundamentals of the psychotherapy profession, and he will also address the laws pertaining to the standard of care, especially with regards to suicidal patients, including reviewing actual legal cases involving these issues; obtaining continuing education units, and the fundamentals of reporting elder and dependent adult abuse.

Learning Objectives:

This workshop is designed to help you:

- ★ Identify the ten fundamentals of practicing legally, ethically, safely and confidently.
- ★ Develop a working knowledge of the standard of care and how it relates to psychotherapists.
- ★ Understand what does and does not count as continuing education credit.
- ★ Explain the fundamentals of reporting elder and dependent adult abuse.

This course earns six CEUs and satisfies the BBS requirement for law and ethics for MFTs and LCSWs. Completion of this course earns a discount on liability insurance. You will receive a certificate at the end of the workshop. Look for the brochure at our January meeting—you can mail in your registration or register online beginning in January 2015.

Central Coast CAMFT 2015 Board of Directors

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Susan Harney

CEU Coordinator

Vacancy

Vice-President/President Elect

Vacancy

Pre-licensed Representative

Jamie Nolan

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Communications Liaison

Eddie Palmer

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Kim Richards

Past President/Newsletter

Karen Rogers

Programs

Vacancy

Pre-licensed Column

Looking toward 2015

As the year draws to an end, it naturally calls out as a time for reflection as well as re-dedication to future hopes and ambitions. When I joined the local Central Coast CAMFT board about a year ago, I didn't know what would be in store for me or how exactly I could be an asset to local therapists. What soon became clear to me was that I wanted to focus my efforts on pre-licensed therapists, in part because of my own sense of struggle to find a community dedicated to this unique journey.

The process of becoming a therapist is like nothing I'd ever imagined, both incredibly challenging and rewarding, and it's difficult to describe or help others comprehend quite what this process entails and asks of us, without actually going through it. As I write this last sentence, the sing-song lyrics to the children's tale *We're Going on a Bear Hunt* come to mind, with the repeated mantra:

“Can't go over it.
Can't go under it.
Can't go around it.
Got to go through it!”

With the many ways we are tested and asked to directly examine ourselves, our fears, our insecurities, and our pasts, there is no other way than to just, “Go through it...”

But we're not alone on our journey. That's where the support and guidance of others on this “hunt” come in. Since May of this year, the Pre-Licensed group of the Central Coast CAMFT Chapter have gathered on four occasions to learn, process, support, and grow with one another. Prior to this, our local pre-licensed therapists had not recently had regular support offered specifically to them in this way. Thus far, I've received some wonderful feedback about the meetings. My vision for this part of the chapter is still in its infancy but, I'm thrilled to have heard from several of those whom have attended, that, “This is what I was missing!”

I continue to learn from these incredible pre-licensed therapists as to what their needs and desire are from their chapter. I've very recently become licensed myself, and want to help others reach this goal, among others. Receiving a license to practice is a tremendous accomplishment, but does not ultimately define or dictate the therapist we become. That growth process extends far beyond licensure and is a part of our ongoing development as clinicians and as individuals. I want to help to establish a strong foundation early on for pre-licensed therapists, fo-

cused on collaboration and support of ourselves and others in building a cohesive and healthy community of therapists in SLO County.

My renewed vision and dedication is to provide these therapists with a place to learn, grow, challenge themselves, and receive the support that can sometimes only be found outside of our agencies, practices, and supervision.

I extend the invitation to all pre-licensed therapists, at any stage of this journey, to join us in the 2015 and take part in building a more connected network.

You do NOT need to be a member of the local or state CAMFT to attend.

Meetings are (generally) planned for the 3rd Monday every other month, from 6:00-7:30pm at Hospice of SLO.

For more information, please stay tuned to our emails and newsletters or reach out to me:

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2015 Marketing Opportunities: Sponsorship

This year you will have the opportunity to sponsor one of our bi-monthly meetings or our annual workshop (April 11th). We're still on a *huge* learning curve for this win-win possibility for our Chapter and our Sponsors. Sponsorship benefits include (but are not limited to) a display table, time before our meet-

ing to present your services or products, a feature in our newsletter and a link on our website!

Stay tuned for more information on sponsorship. We're working on costs and details as well as a MOU (memo of understanding). We're excited to learn more about spon-

sorships at the upcoming Leadership Conference, to which we are sending several of our Board members. Past experience has taught us that synergy is essential to run a successful chapter!

Karen Rogers, LMFT
Nearly Past President

A fond farewell to the presidency

(Continued from page 1)

each willing to “dig deep” when it comes to service.

The end of this year marks the end of Board service for **Tara Storke** and **Kathie Asdel**, both of whom have supported our Chapter’s growth and success with their unfailing generosity of spirit. Each has served for many years in a number of positions on the Board, including President. We so appreciate them and will miss their wisdom and insight at our Board meetings!

Dana Francis, who has admirably served as Programs Chair for two years, is stepping down from that position—not, however, before lining up the 2015 program roster. She has been unfailingly diligent in acquiring the best of presenters, and we thank her!

We have three Board vacancies: **Vice-President/President Elect**, **Programs Chair** and **CEU Chair**. Please plan to attend our Board meetings to learn more about these positions and what they entail in the way of time and effort. Know that you will have full support of the Board in your new responsibilities, as well as a clear outline of the time

spent and “how to.” Tara and Dana have expressed willingness to tutor incoming Board members. (P.S. remember the programs for 2015 are already lined up!)

Pam Miller and **Kim Richards** will continue to serve as Treasurer and Secretary respectively. The newly-licensed **Jamie Nolan** will continue to serve as Pre-licensed Chair, and is seeking a pre-licensed Chapter member who would like to share the love this year and accept the torch next year. Our new Membership Chair, **Jill Pesavento**, is quickly coming up to speed. **Eddie Palmer** is changing hats, moving from Newsletter Editor to Communications Liaison, which will include posting for the E-Tree as well as keeping state CAMFT aware of our programs for the upcoming year. Last but certainly not least, **Susan Harney** is stepping up as our incoming Chapter President. Be assured that I will be working closely with her over the next several weeks to bring her seamlessly into the job!

We’ve accomplished quite a bit during the past couple of years, building on the efforts and dedication of those who preceded our tenure. We appreciate our bridge-builders!

- ★ A new website that’s interactive and informative, allowing members to join and renew online as well as register and pay for events.
- ★ Board Notebooks which outline all Board positions and responsibilities that are passed forward to incoming Board members so that we have continuity in our service to the Chapter.
- ★ Increased attendance to our meetings and events.
- ★ Establishment strong and dynamic Pre-licensed therapists’ support with meetings hosted by Hospice of SLO.
- ★ A Mission Statement for our Chapter

Our Board sends you all the best wishes for whatever holidays you celebrate in December: Hanukkah, Solstice, Christmas or Kwanzaa. Remember to include December 31st as World Peace Meditation Day.

For 2015, may you experience abundance in all your endeavors, the good health to enjoy them, and a joyful heart!

*Karen Rogers, LMFT
Nearly Past President*

Meeting Location & Directions

Unitarian Universalist Fellowship
2201 Lawton Avenue
San Luis Obispo, CA
Phone (day of event): 805.234.5998

UUF is located on South Street between Higuera and Broad in San Luis Obispo. It is just east of Meadow Park. You may turn on Lawton or on Meadow for parking in the lot.



DATE

Friday, January 23rd, 2015

TIME

9:00–11:00am

(for longer socialization,
you may arrive at 8:30!)

LOCATION

Unitarian Universalist Fellowship

COST

Free!

Brunch will be provided!