



# The Central Coast Therapist

CALIFORNIA ASSOCIATION OF MARRIAGE AND FAMILY THERAPISTS  
CENTRAL COAST CHAPTER

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January/February 2008

## MEMBERSHIP AND NETWORKING EVENT:

Join us for another excellent networking opportunity! The January meeting has always been well attending and enjoyed by all!

There will be food, music and an excellent chance to meet new peers and catch up with those you haven't seen in awhile!

Date: Jan 25, 2008

Time: 8:45-11:00 Meeting and  
Networking

Place: The Sands Suites and Motel  
1930 Monterey Street  
San Luis Obispo, CA

Cost: Free!

*We are looking forward to a great New Year,  
starting with our annual gathering of colleagues.*

- ♦ *Come to network, connect and socialize. Introduce yourself to the group!*
- ♦ *Bring business cards & flyers to advertise your practice!*
- ♦ *Enjoy a delicious brunch (bring something to share, or not).*
- ♦ *Listen to Live music*
- ♦ *Join or renew your membership in your local CAMFT Chapter.*

## PRESIDENT'S MESSAGE

Happy New Year to you all! As I prepare this message for the CCC-CAMFT newsletter, the phrase *deja vu* comes to me. According to Webster's Dictionary, *deja vu* is a feeling of having been in a place or experienced something before. I am back for one more time as president after being Past President for two years. I have agreed to serve as President for a year (2008). In 2009 Alice Jones will take over as President.

For those of you who were at the last meeting of the year, you know that we started with several openings on our Board. By the end of the November meeting we had all the openings filled. We will start the new year with a very capable group of Board members.

The new board member additions are Susan Utter as Pre-Licensed Representative, Jan Knox and Mary Jo Pederson as Program co-chairs, Sarah Foland as Secretary, Karen Rogers as Newsletter Editor, and Christian Perez as Disaster Mental Health Co-coordinator.

We also welcome the following who will be returning to the Board: myself as President, Ann Williams as Past President, Alice Jones as Treasurer and President-Elect, Pam Miller as Membership Chair, Tara Storke as CEU and Website Coordinator and Robin Inouye as Disaster Mental Health Co-coordinator.

I look forward to the coming year with a complete Board of Directors eager to serve our CCC CAMFT Chapter. I hope to connect with you at the January meeting!

Kathie Asdel, MS, LMFT  
CCC Chapter President

### Central Coast CAMFT Board of Directors

#### Elected Positions

##### **President**

Kathie Asdel  
(805) 462-1922  
kaasdel@tcsn.net

##### **Treasurer**

Alice Jones  
(805) 466-1480  
alice@robertmjones.com

##### **Vice President/President Elect**

Alice Jones  
(805) 466-1480  
alice@robertmjones.com

##### **Secretary**

Sarah Foland  
(805) 771-0102 ext. 2  
swfoland@yahoo.com

##### **Past President**

Ann Williams  
(805) 545-8855  
annwlms@aol.com

##### **Program Co Chairs**

Mary Jo Pedersen  
(805) 934-5088  
mpedersen.cccounseling@verizon.net

Jan Knox  
(805) 773-1916  
janisknox@msn.com

##### **Members-at-Large, CEU Coordinator**

Tara Storke  
(805) 455-8342  
tara@oakhavengardens.com and  
tarastorke@yahoo.com

##### **Members-at-Large Pre-Licensed Representative**

Susan Utter  
(805) 234-4459  
susan.ppf@gmail.com

#### Appointed Positions

##### **Newsletter Editor**

Karen Rogers  
(805) 277-7523  
animagyk@yahoo.com

##### **Membership Chair**

Pam Miller  
slotherapy@yahoo.com  
(805) 473-8311

##### **Disaster Mental Health Co- Coordinators**

Robin Inouye  
(805) 771-0102  
rinoy610@aol.com

Christian A. Perez  
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## **LOCAL NON-PROFIT MAKES A DIFFERENCE IN SLO COUNTY**

CCC CAMFT is planning to feature an article about a local non-profit each month to create greater awareness of these organizations and the work they do in our community. **Submit an article about a non-profit agency you feel passionate about!**

Pacific Pride Foundation, a non-profit, 501(c)(3) organization, has been offering services to the lesbian, gay, bisexual, transgender (LGBT) and HIV/AIDS communities on the Central Coast for over 30 years. With offices in Santa Maria and Santa Barbara, Pacific Pride has been the local expert on issues relating to the LGBT community in Santa Barbara County. Last year they provided services to over 750 LGBT youth and adults.

With a commitment to serving a diverse rainbow of constituencies, Pacific Pride's Santa Maria office currently delivers vital services, programs and community resources in Lompoc, Buellton and Santa Maria. The Foundation provides a safe haven for LGBT youth by offering Youth Program Services. Their programs include: Counseling & Recovery Program, LGBT Education & Training Program, Tobacco Cessation Project, PFLAG meetings and Families of Pride: serving LGBT parents and their children.

Pacific Pride is a strong, respected leader providing high quality, compassionate health and social services programs not available through any other organization in the county. In 1984, Pacific Pride began developing and implementing services to respond locally to the AIDS pandemic. Today, they are the largest service provider between Los Angeles and San Francisco that helps men, women and children living with, affected by or at risk for HIV and AIDS. All of their HIV/AIDS programs and services are available in both English and Spanish and are free. They include two Food Pantries, Case Management, Counseling & Recovery Services, anonymous HIV-testing and HIV Education and Prevention Outreach. Last year they provided services to over 540 men, women and children living with or affected by HIV/AIDS. In addition, they reach over 12,000 more people through their HIV/AIDS Education and Prevention Outreach Program.

Should you know of individuals who could benefit from our services to our North County Office in Santa Maria at (805) 349-9947.

Pam Miller  
CCC Membership Chair

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## **IT'S TIME TO RENEW YOUR MEMBERSHIP! JOIN CCC-CAMFT FOR 2008**

With the New Year comes the opportunity to support our Central Coast Chapter and take advantage of the benefits of membership for 2008. Some of the benefits of being a member of our local chapter include:

- ◆ A website that features LOCAL THERAPIST FINDER where prospective clients have immediate online access to your listing.
- ◆ Networking at our bi-monthly meetings.
- ◆ Professional Development & CEU's are provided at our meetings & workshops.
- ◆ Member-to-Member E-mail Service – through the E-TREE for access to colleagues for announcements, job openings and referrals, etc.
- ◆ Communication through our website and bi-monthly newsletter.
- ◆ Volunteer opportunities and a voice in the future of our profession.

***Send in your membership application today!!***

## **INTERNET ADDICTION—ONLINE EPIDEMIC?**

By his own admission, James Pacenza was spending too much work time in Internet chat rooms, discussing sex in most of them. Business Week reports that Pacenza “goes so far as to call his interest in inappropriate Web sites a form of addiction that stems from the post traumatic stress disorder he’s suffered since returning from Viet Nam.” Whatever it’s called, his surreptitious activity cost him his job.

There’s intense debate today over whether compulsive Internet use should be recognized as an addiction. The American Psychiatric Association (APA) does not include Internet addiction in their diagnostic manual, while substance abuse warrants a special category all its own. Whatever the APA stance, many experts say compulsive internet use can be considered a legitimate addiction. In his book, *Virtual Addiction*, Dr. David Greenfield compares all kinds of internet overuse to alcoholism, drug addiction, or compulsive gambling. Like alcoholics or those who abuse drugs, people who are addicted to the Internet use it to change their mood and feel better—a pathological attachment to a mood altering experience.

In October, 2005 Stanford University released a study showing that a significant number of Americans show addiction symptoms with regard to the Internet. Some 14% reported that it was hard to stay away from the Internet for more than one day. More than 12% said they stayed online longer than intended and nearly 9% said they hid their Internet use from employers and loved ones at home. Roughly 16% said relationships had suffered due to excessive online activity. Internet addiction truly is an escape from genuine intimacy, and it can literally destroy marriages.

Dr. Elias Aboujaude, director of Stanford’s Impulse Control Disorders Clinic, concedes the clear similarities between excessive Internet use and other addictions. But he claims, “you are not going to find a serious researcher calling this an addiction.” As a therapist, I’m not surprised that research on diagnostic categories moves at a glacial pace. But I’m dealing with people’s lives every day in my clinical practice that are impacted by this problem, so I’m not waiting for statistics. I know that people are losing their livelihoods and even their lives to this addiction. For example, in October, 2006, a 24-year-old Korean died after playing an online game nonstop for 86 hours. Everquest, Lineage2, World of Warcraft, Guild Wars...over twelve million people worldwide are active in such MMOG’s (Massive Multiplayer Online Games), with current research indicating that up to 40% are showing signs of addiction.

When sex and romance enter the mix, Internet abuse becomes even more deadly. Experts call online porn and chat room romance “the crack cocaine (or lately) methamphetamine of sexual addiction,” fueled by the Three A’s: Anonymity, Affordability and Accessibility. Ah, you might say, at least people can be physically separated from their computers so detox can begin. With the introduction of portable devices that can access the internet, this becomes less likely. For example, the Yankee Group of Boston estimates the “portable porn” market will reach \$200 million by 2009, in part through sales to cell phone users.

Treating clients with internet addiction is complex. Initial topics to be discussed in therapy with addicted clients include recognizing how the addictive behavior enables the person to cope, acknowledging the costs of using that particular behavior to reach the desired goal, finding alternative ways to tolerate difficult circumstances and feelings, and understanding how that person's "wires became crossed" - the etiology of the behavior. Multiple resources such as psycho-education, 12 step recovery, and ongoing supportive group therapy are essential.

Jill Denton, LMFT;

Certified Sex Addiction Therapist, Certified Clinical Sexologist in private practice in Los Osos, California.

[www.JillSexTherapist.com](http://www.JillSexTherapist.com)

## **NOVEMBER'S PROGRAM REVIEW**

### **A SCIENCE-BASED UNDERSTANDING AND TREATMENT OF MOOD DISORDERS**

Finally! A clear path to effective treatment of mood disorders! At the November meeting, local CAMFT members were treated to an excellent presentation by Mary Lou Pedersen on a biopsychosocial model for understanding and treating mood disorders. This treatment model, called "The Solution," was created by Laurel Mellin, an associate clinical professor at UCSF.

From a neuroscience perspective Mellin presents a five-rung model of brain states delineated by stress level. The first (top) rung is balance and joy, which reflects the natural state of optimal functioning. The second rung, on this ladder of brain states, is one of balance too, but without the experience of joy. Still within the normal range of homeostasis, or healthy functioning, is the third rung which is characterized by a tolerable level of stress. Below this line, however, the stress response is triggered and the brain falls out of homeostasis. The resulting cascade of internal events, includes a reduced level of calming neurotransmitters which marks the fourth rung on the ladder. On the lowest rung, the stress response is chronic and accompanied by the belief that this is normal and will always be this way.

It is this chronic state of stress that plagues our mood disordered clients. Because the brain is driven toward the rewards of joy and balance, in this depleted state it seeks pleasure outside itself in ways that ultimately are self-defeating, like addictive behaviors. As we commonly see in our clients, patterns of thought and behavior become entrenched and, in fact, etched in the brain through a network of neural pathways.

Mellin's treatment model offers a clear system for assessment and treatment specific to the client's brain state. For each stress level she offers tools to "pop the brain above the line" to homeostasis. Application of these tools not only gives the client immediate relief, but with continued use, long-term resilience to stress. Though some of the tools are commonly used in cognitive therapy, Mellin emphasizes tools for re-enforcing new cognitions and optimal brain states. As clients practice skills in self-nurturing and limit-setting, they actually are rewiring their brains for balance and joy,

For more information on this treatment model, you can check out the website at <http://www.thepathway.org> or read Laurel Mellin's book called The Pathway.

Sarah Foland, CCC CAMFT Secretary

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### **PRE-LICENSED CORNER**

Hello! I'm one of the newer faces around here. Allow me to take a moment to introduce myself. I'm Susan Utter, MFT Intern for Pam Miller at the Five Cities Counseling Center and a March 2007 graduate of Antioch in Santa Barbara. I'm looking forward to representing you this year as the pre-licensed representative for our local chapter. I won't be alone as Katty, our former newsletter editor has graciously volunteered to work with me this year on the pre-licensed committee. I've been told this is ours to create so I am interested in hearing from you.

What kinds of things would you like to have offered this year? It's been suggested a peer support group would be helpful. I'm up for that! We're working hard these days to log hours, finish theses, and master the particular formula for case notes for the different places we're spread. It would be nice to have a safe space to talk about our challenges and concerns as there may not be time in our supervision groups to do so. If you agree, contact me and let's figure out when and where. A bring your lunch time, an after the day is over time, or perhaps a morning eye-opener, you tell me and consensus will rule! So here's to a new year of service. Feel free to contact me at: [susan.ppf@gmail.com](mailto:susan.ppf@gmail.com) or 805.234.4459

Susan Utter

CCC CAMFT Pre-Licensed Representative

## WHY DO WE DO THE THINGS WE DO? A NEUROBIOLOGICAL VIEW

As I started my journey to become a Marriage and Family therapist, I often wondered about the brain and the biological basis of the psyche. What was physically happening in my brain as I grew up? It's easy to see our growth in the rest of our bodies, but the growth of our psyche is mysterious.

I have been most influenced by the work of Daniel Siegel and Robert Scaer. Daniel Siegel is a Psychiatrist and Robert Scaer is a Neurologist. Both of them have worked on understanding the link between psychology and neurophysiology. I have found clients appreciate having some understanding of the neurophysiology behind their troubles, particularly as it relates to trauma and behavior patterns. Many clients feel relieved and de-pathologized when they understand that there is a biological underpinning to their troubles. Some of the highlights I share with my clients are:

**Brain formation:** Our brains develop physically in response to interpersonal experience. We develop neurons and neural connections in response to our experiences with others and the world. For example, research has shown that children who are neglected have a significantly smaller brain circumference than children who are interacted with – their brains literally do not grow without stimulation. It is a logical conclusion that interactions with our primary caregivers have a big influence on how our brains grow and form. With this knowledge, some clients can better understand primary caregiver influence in their life.

**Two types of memory:** We're all aware of our "explicit memory," which is our factual/autobiographical memory. We know that we are accessing our memory when we retell a story from our past or recall a fact. What many people are not aware of is that there is a second form of memory, called "implicit memory." Implicit memory includes emotional and somatic memory (among other things) and unlike explicit memory, we're not consciously aware of the recall process. Our emotional responses in the present are affected by these implicit memories without our even being aware that we are being influenced by a memory of an old emotional experience.

### **Traumatic events cause "improper" memory storage:**

Neurobiologists have been able to determine by using brain scan technology that traumatic events are stored differently than normal memories. This change is due to a complex chemical process that happens in the brain when our "fight, flight or freeze" response is triggered in response to a threatening event. The impact is that these traumatic memories are never moved in to short and long term memory, where they can fade over time. They remain vivid despite the passage of time, and when recalled, the unchanged images, emotions and bodily sensations make the memory feel as if the event just happened. These memories can be coaxed in to normal memory with various therapeutic techniques, such as EMDR or Somatic Experiencing that help the brain re-process the memory and move it in to normal storage.

**Trauma reenactment:** Dr. Scaer writes: "[Children] will be rewarded by the increased endorphin levels associated with social reattachment and bonding to the abuser, even in the face of ongoing threat." He explains how this biological process feeds in to traumatic re-enactment. For example, children who are traumatized by their parents will associate both fear-based arousal and increased levels of endorphins with the parental relationship. This coupling can create a neural network that generates a release of endorphins when similar trauma is re-enacted with others later in life, creating a subtle sense of reward & familiar pleasure. The associations of trauma, reward and parental attachment sets up a neural network wherein an individual is driven to re-create the unhealthy patterns in adult relationships.

**Neural Plasticity:** The good news is that research has proven that our brains can form new neural connections and even grow new neurons in to old age. The key is to "exercise" the brain by processing old experience and creating new experiences. So no matter what the issue is that we or our clients face, there is hope for change!

I hope there was something new for you in this article. If you're interested in more information, read "The Developing Mind" or "Parenting from the Inside Out" by Daniel Siegel or "The Body Bears the Burden" by Robert Scaer.

Katty Coffron, MFT Intern, Community Counseling Center  
katty.coffron@gmail.com

## UPCOMING CCC MEETINGS

We generally meet the 4th Friday of every other month for stimulating presentations and conversations. Check our website to stay informed of program changes and updates!

## CENTRAL COAST CHAPTER CLASSIFIED ADS

### Therapy Groups

**Grief Support Groups**—Hospice of SLO County provides a wide variety of grief groups. They are located in SLO, Arroyo Grande and Paso Robles. Contact 544-2266 or 434-1164 for more information.

**Sexual Assault Recovery and Prevention (SARP)** Contact SARP for more info 545-8888

**Mental Illness Family Support Groups**— See namislo.org for more information.

**Groups at the Community Counseling Center:** Please call CCC for details: 805.543.7969

### Office Space

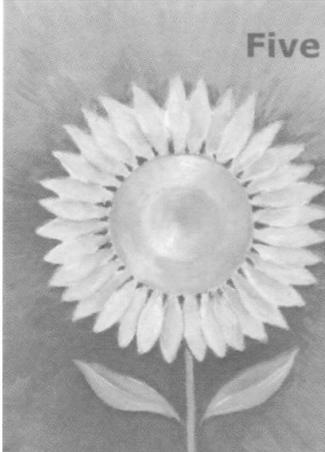
**Office Space:** Newly established Employee Assistance Program located in SLO will have a space for rent for an MFT or LCSW also interested in possible referrals throughout the year. Family, teen, group therapy, and substance abuse exp. a plus. Send letter of interest/resume to CC-EAP, 793-A E. Foothill Blvd., #115, SLO 93405 or call Beverly J. Ford, Ph.D., CEAP (805) 542-0100.

**To submit a classified ad**— e-mail your information to the newsletter editor at animagyk@yahoo.com

Classifieds must be re-submitted or confirmed for each newsletter.

## Words of wisdom

- ◆ It isn't the great big pleasures that count the most; it's making a great deal out of the little ones. - Jean Webster
- ◆ Anyone can become angry—that is easy; but to be angry with the right person, and to the right degree, and at the right time, and for the right purpose, and in the right way—that is not easy. - Aristotle
- ◆ That the birds of worry and care fly about your head, this you cannot change. But that they build nests in your hair, this you can prevent. - Chinese proverb.



**Five Cities Counseling Center**  
Let's find your authentic life!

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## NEWSLETTER POLICY

### Newsletter Policy

**Articles:** We welcome feature length articles, book reviews, interviews, poetry and news items. Please limit submissions to 750 words or less (75 typed lines, about 10 words/line). Your submission must have a clinical/professional relevance, but may also express opinions, ideas, expertise and/or personal history of the author. A brief bio is required at end of the article. Short features as well as letters to the editor (250 words or less) are also encouraged.

### **Advertising Rates:**

All advertisements must be relevant to and congruent with the interests and ethics of CCC-CAMFT. Submissions must be e-mailed to the newsletter editor. Contact the newsletter editor for more details.

### **Ad Rates**

Classifieds	Member	Non-Member
Up to 10 words	\$5	\$10
Up to 50 words	\$20	\$40
Ea word over 50	\$0.25	\$0.25
Free/non-profit svc	Free	Free
<b>Display Ad—Camera Ready</b>		
1/4 page	\$25	\$45
1/2 page	\$40	\$60
Full page	\$70	\$110

The following discounts are available for camera ready ads that are pre-paid in advance:

- 25% discount (8 issues)
- 15% discount (4 issues)
- 10% discount (2 issues).

Articles will be published on a space available basis. The publication of any article or advertisement in the newsletter is not an endorsement of the position, product or service. Contact the newsletter editor for additional information and a more detailed policy.

All copy must be received by Karen Rogers by the 10th of the month prior to the mailing. Issues are published in January, March, May, July, September and November. Contact Karen at: animagyk@yahoo.com

Make checks out to CCC—CAMFT and mail to

Alice Jones  
CCC CAMFT Treasurer  
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Atascadero, CA 93422

CAMFT Central Coast Chapter

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San Luis Obispo, CA 93406

**Bringing Central Coast MFT's Together**

**We're on the web!**

[www.centralcoasttherapists.org](http://www.centralcoasttherapists.org)

- **Update your contact information**
- **Get the latest information on events**
- **Find other MFT's near you**

## Calling all Play Therapists

Here is an invitation to be on the cutting edge of play therapy on the central coast! Announcing the formation of the Central Coast Chapter of the California Association for Play Therapy (CCC CALAPT). CALAPT is the California state branch of the Association for Play Therapy, with a mission to advance within the state of California the psychosocial development and mental health of people through play and play therapy.

Our first meeting will be held on February 13, 2008 at 6:00 pm at the conference room of Drug and Alcohol Services on the "Health Campus" (old General Hospital). (Although we will not be serving dinner, you are welcome to bring your own "brown bag" snack if you wish). The topic for the evening will be "Specialized Play Therapy Techniques." Come and be part of a unique group of therapists who like to play with all ages, young, old, and in between. Meetings will offer an opportunity to both network with like minded therapists, and to participate in play therapy trainings locally. As an extra added benefit, CEU's will be offered free of charge, and count toward becoming a Registered Play Therapist with the Association for Play Therapy. For more information, contact President Michelle Gaulden, MA, MFT-I at (805) 680-6976 or [michellegaulden@yahoo.com](mailto:michellegaulden@yahoo.com). See you there!

Michelle Gaulden, MFT-I, President CCC CALAPT

Gayne Pinto, LMFT, RPT-S, Vice President CCC CALAPT

Marsha Robbins, RN, LMFT, RPT-S, Secretary CCC CALAPT