

The Central Coast Therapist

California Association of Marriage & Family Therapists
Central Coast Chapter

CCC-CAMFT NEWSLETTER
JANUARY/FEBRUARY 2009



January 23rd, 2009:

Membership and Networking Event

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

There will be food, music, and an opportunity to introduce yourself to the group and share your light!

Join, or renew your membership in your local CAMFT Chapter.



Inside this issue:

President's Message	2
November Program Review	3
Upcoming Program	3
Membership Renewal	4
Classified & Newsletter Information	5



Come to network, connect and socialize.

Bring business card & flyers.



Indulge in a delicious brunch. (You may bring something to share, or not!)

Enjoy listening to live music.



Be certain you are listed on our web site so that you receive all the latest news and information!

Date: January 23, 2009

Time: 8:45-11:00am for Meeting & Networking

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

Cost: Free

—Ann Williams, LMFT
Program Chair

“Never doubt that a small group of thoughtful citizens can change the world. Indeed, it is the only thing that ever has.”

—Margaret Mead
American Anthropologist

**CENTRAL COAST CAMFT
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vacancy

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President's Message

Happy New Year! I hope that all of you had an enjoyable holiday season and that you are ready for 2009! I am actually starting off with a vacation to the Sea of Cortez in Mexico which came my way through an auction last year benefiting the North County Women's Resource Center and Shelter. In this economy it seems odd to be so fortunate, but my husband and I are grateful for the respite.

That brings me to several thoughts I have in my first term as your President. The poor economy drives the need for our services up, but collection of fees (cash) may be slower and of course the insurance companies are notorious for their delays. I want to hear from our members about this subject: how are you affected in this economy and what can your professional organization do to help improve your business? How is your retirement plan affected? A related subject might be: How do we value ourselves as professionals? Our field (LMFT) is dominated by women and I wonder if we "undervalue" our services compared to other professions? This could even be the subject of a workshop.

We would like to continue offering workshops to our members and are looking for ideas and leads regarding speakers. However, we need to have good local and regional support in order to pay for the expenses associated with a large workshop. Again, your thoughts would be greatly appreciated.

A final thought is this: I would like to see CCC CAMFT be more visible in San Luis Obispo County. How might this be accomplished? Publicity about our members' participation in non-profit organizations such as Hotline, Women's Shel-

ter, etc. is one idea I have, or we could sponsor an organization for a year through volunteerism and financial contributions which could be publicized in the local print media. This would serve a dual purpose of educating the public about our profession and highlighting individual members' volunteer activities in their local communities. I look forward to hearing from you. Please write to me at alice@robertmjones.com or call (805) 466-1480 and share your thoughts. I hope to see all of you at the annual networking meeting on January 23, 2009; this is the time to share YOUR considerable talents and interests with all of us.

—Alice Jones, LMFT
President



Lia Anisgard, MFT

is pleased to announce

the opening of her

private practice

Specializing in Couples

at

1110 California Blvd. Ste. E

San Luis Obispo, CA

805-441-9939

November Speaker Dr. Tim Worden
**The Neurophysiology of Addiction
and Its Implication for Treatment**

As the Clinical Director of New Seasons Recovery Program in Port Hueneme, Dr. Tim Worden has found that being aware of the neurological underpinnings of addiction assists with developing an effective relapse prevention plan. The brain can become dependent on many substances and behaviors, for example: alcohol, opiates, cocaine, amphetamines, cannabis, inhalants, nicotine, caffeine, food, media, co-dependence, cults, performance, collections, rage, violence, etc. The process of addiction involves the rewiring of the brain or a shift in the cells. The desire or craving for the substance or behavior is never satisfied and without it, depression sets in.

According to Dr. Worden, the addiction process overrides the cortex or thinking part of the brain, telling the individual that addiction equals survival—regardless of the consequences.

A person who is prone to addiction appears to have experienced more stress than non-addicts including frequently having a history of abuse, significant losses, anxiety, shame, and poor coping mechanisms.

The New Seasons Recovery Program advocates a highly structured relapse prevention plan with lots of support and for the individual seeking to reverse their addiction. This plan includes Five Themes:

1. Thorough assessment exploring losses and problems caused by addiction
2. Recognizing triggers and developing coping mechanisms such as relaxa-

tion, meditation, journal writing, improving communication skills.

3. Understanding the relapse process; acknowledging shame, loss, anger and the importance of having a tangible written plan to avoid relapse and an effective support system
4. Creating a life worth living by using the Life Satisfaction Questionnaire developed by Dr. Worden to define and explore topics such as: emotional and physical safety, health, productivity, leisure, personal development, relationships, creativity, finances, self acceptance, and values.
5. Advanced topics involving putting into practice effective coping skills needed for a life without addiction

In conclusion, Dr. Worden states, “Without creating a fulfilling ‘life worth living,’ the addict will unconsciously be motivated to return back to the most salient factor associated with reward and pleasure: the abusing substance.” This thought-provoking presentation was well received as an effective way of understanding and treating the challenging condition of addiction. Dr. Worden expressed an interest in doing an all day workshop on this subject which our CCC-CAMFT in considering sponsoring some time in the new year. Additional information on neurofeedback is available at www.eeginfo.com.

Dr. Worden can be contacted at tim@timworden.com.

—Kathie Asdel, LMFT
Past President, Treasurer



**Save the Date:
March 27th, 2009:
Non-Violent
Communication**

Our next meeting will be March 27th, 2009 on Non-Violent Communication. It will be led by Sherri Sorro. She is a certified trainer with the Center for Nonviolent Communication (www.cnvc.org) and has been teaching NVC since 1996. Currently, she is a consultant at Atascadero State Hospital, and is teaching classes at the California Men's Colony in SLO as well as facilitating seminars for various other groups and individuals.

Nonviolent Communication (NVC) is sometimes referred to as compassionate communication. Its purpose is to:

✧ create human connections that empower compassionate giving and receiving

✧ create governmental and corporate structures that support compassionate giving and receiving.

Join us to learn about this transformative communication style!

Renew Your Membership NOW for 2009

Your 2008 membership will expire with this issue.

By joining or renewing your membership NOW you will avoid any proposed increase in membership fees for 2009. Your membership will be in effect for the remainder of 2008 and throughout 2009.

Remember that by maintaining your membership in our local chapter of CAMFT, you are ensuring that you are represented at the statewide level of our organization.

Not only are you lending your support and are able to access all the benefits of membership, but you also have the benefit of:

- Six annual chapter meetings featuring cutting-edge clinical presentations.
- Professional Development & CEUs are provided at our meetings & workshops.
- Networking opportunities to promote your practice and specialty.
- A website that features LOCAL THERAPIST FINDER where prospective clients have immediate online access to your listing.
- 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.
- Pre-licensed information and support group activities.
- Opportunities to share knowledge with colleagues by publishing articles in our Newsletter and on our website.

All Members of CAMFT's statewide organization are encouraged to join!

To remain eligible for membership in our Central Coast Chapter, all Clinical and Pre-licensed Members must be current members of CAMFT, our state organization.

Please ensure that you add your current contact information to our website at www.centralcoasttherapists.org

For New or Renewing members to utilize the Local Therapist Finder, E-tree and other benefits of the website it is necessary to have a password for the site. If you do not have a current password or need assistance, contact Judith Stern at (562) 537-6735 or by email to jstern@thearttherapycenter.com.

*Judith Stern, LMFT
CCC-CAMFT Membership Chair*

Need a break during or after the holidays?

Massage is much more healthy for Santa than cookies and milk!

Massage Therapy & Energy Work has been proven effective in:

- Relieving pain
- Increasing relaxation
- Boosting immune system
- Reducing anxiety
- Lowering blood pressure
- Treating migraines
- Easing post-operative pain
- Enhancing ability to sleep
- Alleviating side effects of cancer & its treatment
- Decreasing carpal tunnel symptoms
- ...and much, much more!

With all you do for others, isn't it time to do something just for yourself?



Bodywork by
Karen Rogers
Certified Massage
Therapist
& Reiki Practitioner
Call now to schedule
an appointment.

Mention this ad and get a FREE 15-minute reflexology or aromatherapy treatment included with your massage.

1411 Marsh Street, Suite 108
San Luis Obispo, CA 93401
805.254.4307

Allow Your Body its Bliss!



Prelicensed Corner

The Intern and Trainee support group is held the first Monday of each month at 150 South Sixth Street, Suite B, Grover Beach. Please contact Susan Utter at 805.234.4459 for information and meeting time.

You are not here merely to make a living. You are here in order to make the world live more amply, with greater vision, with a greater spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand.

—Woodrow Wilson
28th President of the
United States

CLASSIFIED

SUPPORT GROUP Surviving Their Addiction

For families dealing with substance abuse. 1st and 3rd Thursday at 6:00pm. For additional information please call: Five Cities Counseling Center (805) 473-8311. Susan Utter, MFT Intern #53712; Pam Miller, LMFT Lic.# MFC35690

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
Display Ad—Camera Ready		
1/4 page	\$25	\$45
1/2 page	\$40	\$60
Full page	\$70	\$110

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, preferably in Word format. Contact the newsletter editor for more details.

To submit a classified ad: E-mail your information to the newsletter editor.

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

The following discounts are available for camera ready ads (**jpg** format) 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 at 805.254.4307 for additional information and a more detailed policy.

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

Make checks payable to CCC—CAMFT and mail to

Kathie Asdel
CCC CAMFT Treasurer
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CAMFT Central Coast Chapter
P.O. Box 12723
San Luis Obispo, CA 93406

*Bringing Central Coast
MFTs Together*



Update your contact information
Get the latest information on events
Find other MFTs near you

January Networking and Socialization Event!

*Come share with your peers what it is you do
and how much you love doing it!*

*Let one another know how you maintain
balance in these challenging times.*

Listen to music and enjoy a scrumptious Continental Breakfast!

See Page 1 for details.

Date:
January 23, 2009
Time:
8:45-11:00am
Membership & Networking
Place:
The Sands Suites
& Motel
1930 Monterey Street
San Luis Obispo, CA
Cost:
Free