



# The Central Coast Therapist

California Association of Marriage & Family Therapists  
Central Coast Chapter

## Mark 2013 Dates!

**March 22nd, 2013**

*Program TBA*

**Saturday, April 6th, 2013**

*Full-Day Law & Ethics Workshop: What Does the Law Expect of Me? (Part 2)*

**Program dates for the remainder of 2013:**

May 24th

July 26th

September 27th

November 15th

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January 25th, 2013:

## 2013 Chapter Networking Meeting & Brunch: Starring Our Resources

**H**appy New Year! The Central Coast Chapter of CAMFT invites you to join us for brunch on the beautiful Central Coast!

We host our annual networking meeting each January. It may be one of the most important meetings you could attend. Why? This is the one meeting per year that we spend time sharing face-to-face introductions to individuals and agencies such that we feel secure in making referrals over the coming year. We are a diverse lot, bringing much experience and wisdom to the table!

We will provide food and beverages for this meeting, and we also invite our members to contribute "small bites" to share with others, as it's fun to have a selection to sample!

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!

**This year we especially welcome our local agencies, both for- and non-profit, to show off their "star" quality and introduce their services.**

- ★ Join or renew your membership to our local CAMFT chapter.
- ★ Take this opportunity to introduce yourself to the group.
- ★ Bring business cards, brochures, flyers—just remember that we would like you to take with you what remains!
- ★ Let us know of any upcoming presentations of classes that might be of interest to members.

★ Enjoy a yummy brunch (bring something to share, or not).

**Bring a friend!  
Bring an intern!**

We are looking forward to a great New Year, starting with our annual

gathering of colleagues and following up with five two-hour presentations and our annual full-day workshop, which in 2013 is entitled *What Does the Law Expect of Me? (Part II)* presented by Dave Jensen, JD of CAMFT. More information will be available at our January meeting. (Save April 6th!)

*2013 Board of Director & At-Large Members*

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★ **Meeting Date:** ★  
★ **Friday,** ★  
★ **January 25th,** ★  
★ **2013** ★  
★ **Time:** ★  
★ **9:00-11:00am** ★  
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## Lighting Up A Life

Tonight I participated in Hospice of San Luis Obispo County's annual *Light Up A Life* ceremony in Morro Bay and remembered those who touched my life. Among that number was Ann Williams, LMFT, who passed away in November.

I first met Ann in 2003 when she began working at San Luis Obispo County Drug & Alcohol Services. As therapist in charge of orienting new staff to all the ins and outs of working for D&AS, I took her to lunch during her first week. During lunch, Ann looked at my plate, said "Oh, that looks good," and proceeded to help herself. I was stunned. This was the first time—but not the last—that I experienced the irreverent, outrageous aspect of Ann.

When I attended my first meeting for our Central Coast Chapter of CAMFT, then-Chapter President Ann immediately took me aside, sat very close to me and told me that there were two vacant Board positions, "Which one would you prefer, Secretary or Newsletter Editor?" Clearly this woman was a mother: it's all about choices! I've edited the newsletter ever since. A few days before her passing when I visited her to do Reiki, I caught her up on the recent Board elections and let her know that I hold her responsible for being elected Board president for the coming year—indirectly as a result of her drafting me to the Board several years ago. She giggled and gleefully said, "that's because I am such a good manipulator!" This was quintessential Ann: a velvet steamroller. You might never know what hit you, but you knew when she scored a hit! There was

no gainsaying Ann when she got enthusiastic!

One of the reasons I honored Ann tonight is that she celebrated ritual as well as community. Last year we held a solstice drum circle at Oakhaven Gardens in Arroyo Grande and in addition to drumming, Ann leapt to her feet and joyfully danced, her Goddess spirit filling the room. That was another aspect of Ann: spontaneous spirit!

When I visited Ann just before Thanksgiving, I noticed that her bed was covered with an exquisite hand-made quilt composed of colorful squares, in each of which was the tracing of a hand. Every square was individually decorated, signed and stitched. The quilt was clearly a labor of love. Later, when I asked Ann's daughter Andy about the origins of the quilt, she told me that it was made by participants during the first Women's Retreat at Unitarian Universalist Fellowship. A quilter in the group then pieced the quilt and made the finishing touches. The quilt travels where it is needed, from person to person, a virtual laying on of loving hands. Ann's own handprint was on a corner of the quilt, as well as that of her daughter.

Remembering Ann tonight was poignant and tender, as was lighting a candle in her memory. I honored her memory in a way she would have appreciated.

Hospice of SLO sponsors *Light Up A Life* in several cities in the county during the first month of December as part of its support of our commu-



Ann Williams, Central Coast CAMFT Past President serves up a smile at Community Counseling Center Enchilada Dinner Fundraiser on November 3, 2009.

nity. Hospice offers assistance in coping with loss and promoting healing by providing free counseling, community education, and in-home respite and volunteer support to those grieving a death or dealing with potential end-of-life issues.

This poem was in the *Light up a Life* program, and I share it here to say "see you next time, Ann!"

*Karen M. Rogers, LMFT*  
2013 CCC-CAMFT President

### Child of Earth

*When you are told that I am dead.*

*Do not believe it.*

*Walk among the trees and I will*

*Speak to you*

*In the soft, mystery song of the wind;*

*Touch a leaf sprinkled with sunshine*

*And you will be touching me;*

*Pick u a smooth, worn stone*

*And throw it far into the sea,*

*That will help you to understand*

*That I am not dead;*

*Whether I am in your hand or in the sea,*

*I am a Child of the Earth,*

*Changed and free!*

—Pat Stave Heimberger

## Central Coast CAMFT 2013 Board of Directors

### President

Karen Rogers  
(805) 254-4307  
[animagyk@yahoo.com](mailto:animagyk@yahoo.com)

### Vice President/President Elect

Position vacant

### Treasurer

Position vacant

### Secretary

Kim Richards  
(805) 534-5060  
[kim@slotidlands.com](mailto:kim@slotidlands.com)

## 2013 Members-At-Large

### Past President

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### Program Committee Chair

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### Pre-Licensed Representative

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### Membership Chair

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## President's Message

As we come to the end of another year, it is with sadness that we enter this season with the news of the passing of our Program Chair and friend, Ann Williams. The Board will not be the same without her thoughtful input and serious consideration of all the issues before it.

Our elections were held last month and the results of the new board are in: Karen Rogers is our new President; the Vice-President/President Elect position is still open; Kim Richards was re-elected as Secretary; the Treasurer position is still open; Tara Storke remains as our CEU Coordinator; Dana Francis is our new Program Chair; our Membership Chair is Judith Stern; the Newsletter Editor position is empty, as is the Pre-licensed Representative. If any of you would like to serve in the vacant positions or to be on a com-

mittee to help in any other capacity, please contact Karen Rogers.

The Leadership Conference will be held this year in Costa Mesa and we will, again, be sending a few representatives. These conferences are very informational for those who attend. It gives a broader perspective of the function of the state CAMFT and meeting those board members and the staff at the State level is interesting.

I hope you all have a peaceful and restful holiday season.

*Margaret J. Bullock, MA, LMFT  
2011–2012 Chapter President*

## Remembering Ann



Ann was licensed in 1979 and brought her wisdom and experience from the Bay Area CAMFT

Chapter when she arrived on the Central Coast. She served on the board in many ways. After two years as Chapter President, she took on a more advisory role for a year, stepping up again to take the helm of Program Chair, recruiting her Board to generate ideas for speakers and programs. She recognized that she could not do it all and took teamwork to heart. Margaret Bullock smiled when she remembered that Ann “hated to see a unanimous ‘yes’ vote.”

Ann began volunteering at Community Counseling Center in 2008, continuing to do so until just a couple of months ago. She supervised interns on both the individual and group basis as well as seeing individual clients. Sari Dworkin, LMFT, PhD remembers Ann as someone “you always felt she had known for years, even if you were only casual acquaintances!” And of course, Ann was well-known at CCC for her hugs! (See Ann at her volunteering best at Community Counseling Center on the previous page of this issue!)

James Statler, Executive Director of Community Counseling Services, offered his appreciation of Ann’s participation not only as Supervisor

*(Continued on page 5)*

## November 2012 Program Review:

## Caring for Ourselves: An Interactive Presentation

Recognizing that Marriage and Family Therapists spend most of their time caring for others, at our last CCC-CAMFT meeting of the year we were offered ways to care for ourselves. This year we turned to three of our long-time members to share with us how they use a variety of techniques including meditation, movement and energy work to bring a sense of relaxation and re-energizing to ourselves and our clients.

Tara Storke, LMFT demonstrated how she uses creative visualization with breathing and progressive muscle relaxation to offer us ways to help us become centered and grounded.

Judith Stern, LMFT guided us through several movement exercises and reminded us that between clients we need to get up and move stating that self-care begins with breath and movement. Judith facili-

tated a movement exercise that can help us flow in the space around us remembering that we come from water and with fluid movement we can maintain a continuum of movement like water flowing. She introduced us to the "Five Desk Exercises for Your Busy Office Life" for your back, calf, quadriceps, shoulder stretch, abdominal crunch and to sit and stand up straight.



September 2012 Program Review

Judith quoted Beth Pettengill Riley, MA who says, "Using the movement of fluidity as our primary language, we explore as human beings who are connected at a visceral cellular and neuromuscular level to all that is."

Karen Rogers, LMFT offered us an introduction to Reiki and other forms of self-care and spiritual connection. As Karen told us, emotions are meant to flow through us to provide closure in every cell of our bodies in order to release the universal life source within us providing unconditional love and bliss. What a pleasant way to end our year acknowledging that when we care for ourselves, we can provide better care for our clients. Thank you Tara, Judith and Karen for this powerful and useful interactive presentation.

"My soul is awakened,  
my spirit is soaring and  
carried aloft on the  
wings of the breeze."

—Anne Brontë

## Treatment for Psychosis: Interpersonal Mindfulness as the Path of Recovery from Extreme States of Mind

The presenter, Sherri L. Kimbell, MA, LPC, PhD, is the Clinical Director of Windhorse Integrative Mental Health in San Luis Obispo. She began by describing Windhorse's belief based on the work of Dr. Ed Podvall and others that it is their task to "Rouse health and intelligence from within the self." Combining psychotherapy and the Tibetan way, the Windhorse treatment approach coordinates a treatment team of housemates and therapists. They follow an environmental and rela-

tionship model—attempting to ground the individual in reality and facilitate tolerance of the home environment. The clients are assisted in synchronizing their mind, body and environment becoming more able to attend to their basic lives. Sherri helped us to identify with what an extreme state of mind is like when she suggested most of us have experienced this at the death of a loved one or other trauma. These short term experiences can give us more empathy for clients who may be liv-

ing with prolonged extreme states of mind. At this point, the treatment Windhorse provides is very expensive but effective. They are seeking ways to decrease the cost to individuals who are in need of this therapy by using insurance and creating foundations to support mental health.

*Both articles contributed by  
Kathie Asdel, MS, LMFT  
CCC-CAMFT Board Member-at-Large*

## Remembering Ann

(Continued from page 3)

of interns but also in taking on the more challenging clients for the ten allotted sessions at the Center, then rolling them into her private practice, allowing for continuity of care. “Ann was highly professional and confident in her own skin. She offered her vision of how she saw the Center’s evolution into a premier facility, demonstrating her ability as a leader.”

Star Graber, LMFT, PhD commented that “Ann began with the County of San Luis Obispo Drug and Alcohol Services Division in October 2003 as a full-time substitute Specialist working with the adult criminal justice programs. After being laid off as a substitute, she was re-hired to work in the Driving Under the Influence and the Adult Treatment Programs. Ann was quiet and I always wondered how she would work within the criminal justice populations, which can be unappreciative and even downright angry. But one day I observed Ann in her groups and with individual clients. She was able to rely on her professionalism as a Marriage and Family Therapist, using her knowledge, her empathy, and her listening skills to draw the clients in. She showed them that she was there for them and she had no judgments. They began responding to her.

“Ann retired from the County in January 2008 after serving in a variety of programs and working her quiet and professional manner with everyone she met. Ann was fun, funny, and always had a hug for her co-workers and friends.”

Karen Rogers, LMFT  
Newsletter Editor

## Meaning & Definition

### HUG:

(*v. t.*) To hold fast; to cling to; to cherish.

(*vt.*) To keep close to; as, to hug the land; to hug the wind.

(*v.i.*) To crowd together; to cuddle.

(*n.*) A close embrace or clasping with the arms, as in affection or in wrestling.

(*v. t.*) To press closely within the arms; to clasp to the bosom; to embrace.

### FRIEND:

(*v. t.*) To act as the friend of; to favor; to countenance; to befriend.

(*n.*) One who entertains for another such sentiments of esteem, respect, and affection that he seeks his society and welfare; a well-wisher; an intimate associate; sometimes, an attendant.

(*n.*) One not inimical or hostile; one not a foe or enemy; also, one of the same nation, party, kin, etc., whose friendly feelings may be assumed. The word is some times used as a term of friendly address.

(*n.*) One who looks propitiously on a cause, an institution, a project, and the like; a favorer; a promoter; as, a friend to commerce, to poetry, to an institution.

<http://thinkexist.com>

*Admit it, you would not be surprised to see Ann’s name next to any of these definitions, would you?*

**When you were born, you cried and the world rejoiced.  
Live your life so that when you die, the world cries and you rejoice.**

Cherokee Expression

## Newsletter Guidelines

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, please 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:

25% discount (6 issues);  
15% discount (4 issues);  
10% discount (2 issues).

Articles are 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.

Copy deadline is the month preceding publication. Copy is due on the 10th of the following months: December, February, April, June, August and October.

Send to Karen Rogers: [animagyk@yahoo.com](mailto:animagyk@yahoo.com).

Make checks payable to CCC-CAMFT and mail to: Lia Anisgard, CCC CAMFT Treasurer; 118 Nevada St., Arroyo Grande, 93420.

Classified Costs	Member	Non-Member
Up to 10 words	\$5	\$10
Up to 50 words	\$20	\$40
Ea word over 50	\$0.25	\$0.25
<b>Nonprofit Services: FREE advertising</b>		
Display Ad—Camera Ready (jpg)		
1/4 page	\$25	\$45
1/2 page	\$40	\$60
Full page	\$70	\$110

CAMFT Central Coast Chapter  
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San Luis Obispo, CA 93406

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***Bringing Together  
Central Coast  
Marriage & Family Therapists***

January 25th, 2013:  
2013 Chapter Networking  
Meeting & Brunch:  
Starring Our Resources  
*Article on page 1*

**Meeting  
Location & Directions**

**Unitarian Universalist Fellowship**  
2201 Lawton Avenue  
San Luis Obispo, CA  
Phone: (805) 544-1669

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 Meadow for parking in the lot.



**DATE**  
Friday, January 25th, 2013

**TIME**  
9:00-11:00am

**LOCATION**  
Unitarian Universalist Fellowship  
Brunch will be provided!  
Individuals/agencies/organizations  
encouraged to bring literature