

# The Central Coast Therapist

CALIFORNIA ASSOCIATION OF MARRIAGE AND FAMILY THERAPISTS  
CENTRAL COAST CHAPTER

July/August 2007

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## JULY EVENT: PSYCHOPHARMACOLOGY

Join us for an excellent networking and training opportunity!

*Dr. Nir Lorant has an M.D. and specializes in Psychiatry. He will address how medication can serve as an adjunct to psychotherapy.*

Date: July 27, 2007

Time: 8:40-9:00 Networking  
9:00-10:00 Program

Speaker: Dr. Lorant

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

Cost: \$5 for those wanting 1 CEU

Greetings everyone!

I hope you're all enjoying the beautiful summer weather while remembering to protect yourself from the hot sun.

The Central Coast Chapter of Marriage and Family Therapists has another fantastic program to offer you in July. We are pleased to announce that Dr. Nir Lorant will speak on the topic of psychopharmacology.

Dr. Lorant practices in San Luis Obispo. He graduated from the American University of the Caribbean School of Medicine, with an M.D. Dr. Lorant has been in the profession for 19 years, specializing in psychiatry.

Due to Dr. Lorant's busy summer schedule, he will only be able to speak for one hour. His presentation will begin promptly at 9:00. He will address how medication can benefit the patient and serve as an adjunct to psychotherapy.

Dr. Lorant will speak from 9:00 to 10:00 a.m., with a brief period at the end of his presentation for questions and answers. Following his presentation, we will have time for CAMFT business and networking.

Please remember to mark your calendars for July 27th. See you there!

Diane Rhodes  
Program Chair

## PRESIDENT'S MESSAGE

As I write this, I am preparing to go on a great 4 week vacation. My brother and sister-in-law are taking me along with them on a trip to Russia and Poland. I cannot believe their generosity, and naturally I'm quite excited. I am reminded of how the Santa Clara Valley Chapter sponsored several Soviet Therapists to come to this country to meet with us for a wonderful professional and cultural exchange. They stayed in our homes, ate with us, laughed with us, and shared with us. I was part of a panel that discussed alcoholism, which is a big problem in the Soviet Union, and we were able to share our experience and knowledge.

I appreciate the rest of the Board getting this newsletter out in my absence, and for carrying on the rest of the chapter functions. We continue to be a busy chapter for our size. I'm sorry if you missed the last meeting with Dr. Herbert Gravis on The Impact of Trauma on the Family. It was extremely well received -- a real winner. The May 12th workshop on the Professional Will was also a wonderful hands on presentation on a topic everyone needs to be aware of, and is a must for those in private practice. If you missed the talk, you can purchase Dr. Ann Steiner's CD, which includes all her material for making advance arrangements for your clients in case something unexpected happens to you. I will have flyers for the CD at the next meeting or contact me and I can send you one.

I am happy to announce that we have a new Membership Chair: Pam Miller. Thank you to Tammy Summers for all the work you've done for us. I'd also like to thank our secretary, Ashley Smith, who will be leaving us as she is starting a new full time job. If you're interested in serving on the board, the secretary position is an excellent opportunity.

Coming up on August 17th is our bi-annual Legal and Ethical Workshop. There is more information on the facing page and a flyer with all of the details will be coming in the mail. We hope you can make it as the workshop is always well received.

Finally, as a follow up, I did complete the Voluntary Simplicity Workshop, and have made some changes in my life, am learning to let go, and recycle even more. For instance, for a recent party, I bought dishes from Goodwill, and then returned them after.

Happy Summer to you all!

Ann Williams, LMFT  
CCC Chapter President

## Central Coast CAMFT Board of Directors

### Elected Positions

#### **President**

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

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

Louisa Troemel  
805-489-0545  
ltroemel@charter.net

#### **Past President**

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

#### **Treasurer**

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

#### **Secretary**

Ashley Smith  
(805) 391-0829  
uberashley@yahoo.com

#### **Programs**

Diane Rhodes  
(805)610-2069  
gracieone@netzero.com

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

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

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

Jessica Harvey  
(805) 305-0238  
jessica\_Harve47@hotmail.com

### Appointed Positions

#### **Newsletter Editor**

Katty Coffron  
(805) 975-8399  
katty\_coffron@msn.com

#### **Membership Chair**

Pam Miller  
slotherapy@yahoo.com  
773-8310

#### **Disaster Mental Health Coordinator**

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

# LEGAL AND ETHICAL ISSUES WORKSHOP

EMBASSY SUITES, SAN LUIS OBISPO

AUGUST 17, 2007

The Central Coast Chapter is happy to announce that we will be hosting the **Best Practices: Legal and Ethical Issues Workshop** once again this summer, offered through CAMFT. Our instructor this year will be CAMFT Attorney, Michael Griffin. Michael is also an LCSW in private practice. This dual licensure gives him a deeper and broader perspective on the challenges that we struggle with in this arena in our practices every day.

**WHEN:** Friday, August 17

Registration and Continental Breakfast: 8 a.m.- 9 a.m.

Workshop: 9 a.m.—4 p.m.

**WHERE:** Embassy Suites, San Luis Obispo

**CEU's:** 6 CEUS towards BBS License Renewal Requirements

The cost of the workshop will include the breakfast, a scrumptious buffet lunch, snacks, and the 6 CEU BBS requirement for licensure renewal. It also qualifies attendees for a 10% discount on malpractice insurance.

What better way is there to meet the BBS requirement than doing it on the beautiful central coast, close to home, with delicious food, a most knowledgeable speaker, and while networking with colleagues?

Be on the lookout for the brochure in your mailbox within the next couple of weeks. And register early as space is limited.

See you there!

Robin B. Inouye

Disaster Mental Health Coordinator

## CALENDAR OF EVENTS FOR 2007

There are a number of exciting events coming up for the CAMFT Central Coast Chapter!

We generally meet the 4th Friday of every other month for stimulating presentations and conversations. The schedule does change throughout the year, so check the newsletter and website to stay informed of program changes and updates!

### Program Schedule for 2007

<b>July 27, 2007</b>	Psychopharmacology
<b>August 17, 2007</b>	<i>Law and Ethics Workshop</i>
<b>September 28, 2007</b>	Mood Disorders
<b>November 16, 2007</b>	Non-Violent Communication

## 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!**

The National Alliance on Mental Illness (NAMI) is a nonprofit, grassroots, self-help, support and advocacy organization of consumers, families, and friends of people with severe mental illnesses, such as schizophrenia, major depression, bipolar disorder, obsessive-compulsive disorder, and anxiety disorders.

Founded in 1979, NAMI has more than 210,000 family members and consumers who seek equitable services for people with severe mental illnesses. There are 1,200 state and local affiliates of NAMI. All of these groups work on the national, state, and local levels to educate about severe brain disorders, support increased funding for research, and advocate for adequate health insurance, housing, rehabilitation, and jobs for people with serious psychiatric illnesses.

NAMI San Luis Obispo County (NAMISLOCO) is a charitable non-profit organization of people with family members or friends with a disabling mental illness. Members provide educational and emotional support for each other and advocate for better understanding, treatment and care of people with mental

illness. NAMISLOCO is affiliated with the NAMI California and the National Alliance on Mental Illness (NAMI).

NAMISLOCO welcomes:

- All who are trying to understand or live with the mental illness of a relative or friend.
- All who wish to support better treatment and a better life for the mentally ill.
- All who are ready to join our rapidly growing network of support and help us achieve these goals.

NAMISLOCO meets the 4th Tuesday of the month (except July, August and December) at 7:00 PM at St. Stephens Episcopal Church, on the corner of Pismo and Nipomo Sts., SLO.

We also have a variety of support groups that meet at different times during the month. For more information call our President RaeBelle Gambs 461-6590.

Kathy Garner  
NAMISLOCO Newsletter Editor

## THE MAY CCC-CAMFT PROGRAM SUMMARY: IMPACT OF TRAUMA ON THE FAMILY

Dr. Herbert L. Gravitz began his research into the study of trauma in 1980 where his area of interest and focus was working with Adult Children of Alcoholics (ACA). It was through this work that he began to notice the secondary effects of trauma on the children who were exposed to violence in the homes where alcoholism was present.

Dr. Gravitz described the effects of primary and secondary trauma as being caught in a "freeze frame." "The recipient cannot move to the next frame; they are stuck with a particular way of looking at the event." The task of the psychotherapist or healing professional is to "move the client to the next frame." The original frame, according to Dr. Gravitz, contains all of the horror and terror of the event; healing from trauma involves the evolution of the client from frame to frame until healing is complete.

The four factors that determine prognosis in treatment are:

- The event
- The personal variables such as family or friends
- The clients' willingness to "surrender to coaching"
- The environment, which is crucial to healing.

In families of alcoholics, which are described as "inconsistent, unpredictable, chaotic, arbitrary, and terror filled," the environment is often in "constant stress" because the members feel as if they are "always stepping on egg shells or land mines." The family experiences "constant

loss" due to the loss of relationship, freedom, financial possibility, and esteem. There is "constant grief," which is unique because of the feelings of being disenfranchised from society; recipients cannot admit in public what they are experiencing, therefore their grief is directed inward and has the effect of "shattering the self."

Dr. Gravitz outlined four main components of the "Healing Principles" when working with clients who have been traumatized: 1) Normalize their experiences and feelings, make them universalized; 2) De-pathologize their feelings and welcome them as "heroes" in your office; 3) Cultivate the belief within yourself that the client is always doing "one more thing right than wrong." Believe in your client's inner resources and "mirror" them back; 4) Use your "third eye" to see what the client cannot and hold that knowledge for them until they can.

Dr. Gravitz urged us as clinicians to guide the traumatized client through the four stages of recovery: 1) Survival, 2) Emerging awareness of the diagnosis (trauma), 3) Understanding the effects of growing up in an alcoholic environment and 4) Moving on with their lives through developing healthy boundaries.

Thank you for the informative presentation, Dr. Gravitz!

Lynn Marie, CCC CAMFT member  
440-6382

## A Holistic Approach to Counseling

**Louisa Troemel, Psy.D. , L.M.F.T.**

CA Licensed Marriage, Family, and Child Therapist

20+ years of Experience in Assessment and Counseling.

Education: Doctorate of Psychology and Masters in Counseling Psychology

Louisa's areas of interest include:

- Women's Health
- Women's Life Cycle/Changes
- Women's Recovery
- Pain Management
- Relationships
- Stress Management

Contact Louisa at 805-489-0545

Serving the Central Coast



**Get your required Legal/Ethical CEU's close to home!**

## Legal and Ethical Workshop

Presenter: Michael Griffin, CAMFT Attorney and LCSW

August 17, 2007

Embassy Suites

See page 3 for details

### **\* NEW! THERAPIST HIGHLIGHT \***

Hello all! The CCC CAMFT board would like to create greater awareness of the great work being done by the therapists in our chapter.

Would you like to highlight your work? Would you like other therapists in the chapter to know more about you?

Each CCC-CAMFT meeting we will have a drawing for a "therapist highlight" article in the newsletter. If you win the drawing, you can submit a photo and a 1/4 to 1/2 page\* article for the next newsletter, letting your peers know a little bit about you and your practice!

Your CCC-CAMFT Board

\*Length of the article will be determined by content submitted and space availability.

### **BOARD MEETING NOTES FOR MAY 2007**

Following Herb Gravit's informative and enlivening discussion of serving those with secondary trauma, the members of your CAMFT Central Coast Chapter Board met for a regular meeting. Some topics of discussion included ideas to increase membership, the success of the past training on living wills and the upcoming Law and Ethics training.

As always we gave attention to bringing the most interesting and informative programs to our area and look forward to presenting such topics as Non-Violent Communication, Mood Disorders and Psychopharmacology in the future.

I must take this time to take my leave as board secretary as I have accepted a full time position and am reluctantly pulling away from my participation as a board member. It has been educational and fun and I look forward to seeing you all when I can at the general meetings. Please consider volunteering for this position. Contact our president, Ann Williams, if you are interested!

Ashley Smith, Secretary

### **WORDS OF WISDOM**

- The true healer does not rush to judgment, or try to conquer disease; he knows that simply being available is his greatest gift. - from *The Tao of Healing* by Trevino.
- You can outdistance that which is running after you, but you cannot outdistance that which is running inside you. - African Proverb

## 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.

**Anger Management** group begins June 4! Call to get a spot on our wait list. No Drop ins! Offered at the Community Counseling Center in SLO. Call for info. 549-7969 Referrals welcome.

### Therapy Groups

**Sexual Assault Recovery and Prevention (SARP)** Center in SLO provides a drop-in weekly support group for women survivors of molest and/or rape. Group is held Monday evenings. Contact SARP for more info 545-8888

**Mental Illness Family Support Groups**—National Alliance on Mental Illness offers support groups and education in Arroyo Grande, SLO, Atascadero and Paso Robles. See [namislo.org](http://namislo.org) for more information.

**To submit a classified ad**— e-mail your information to the newsletter editor at [katty\\_coffron@msn.com](mailto:katty_coffron@msn.com). Classifieds must be re-submitted or confirmed for each newsletter.

### ART THERAPY FOR THERAPISTS

Add Art into Your Practice and Learn About the Following Subjects

Background of Art Therapy and Use

Techniques for using Art with DSM DX

Use of Art for Trauma Treatment

Hands on Application

No Previous Art Experience Necessary!!!

This workshop will take participants through various theories and techniques for using art therapy in a clinical practice. The workshop is limited to \*8 participants\* to allow for quality personal sharing and specialized feedback. Art materials will be supplied with each participant taking home a collection of art medium for their own use. Extensive art work by children and adults will be viewed for clinical application.

Workshop presented by Judith Stern, MFT, PPSC; former Art Therapist for LA Child Guidance Clinic, four years adjunct professor at Ryokan College in LA, a School Counselor and in private practice for 10 years in Long Beach, now practicing in Grover Beach. Trained in Art Therapy by Dr. Noah Hass-Cohen of Los Angeles Institute of Art Therapy.

**Please call 562/537-6735 to register, two session are available.**

**LOCATION:** 150 South 6th . Street, Suite A, Grover Beach, CA 93433

**DATE:** Session I July 14 & July 21, 2007

Session II July 15 & July 22, 2007

**TIME:** 9 to 4

LUNCH WILL BE PROVIDED FOR BOTH WORKSHOPS, C.E.'s available

**COST:** \$180

email: [jstern@thearttherapycenter.com](mailto:jstern@thearttherapycenter.com)

CHECK OUT OUR WEBSITE [WWW.LBSB-Camft.org](http://WWW.LBSB-Camft.org)

## 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 Katty Coffron by the 10th of the month prior to the mailing. Issues are published in January, March, May, July, September & November. Contact Katty at: [katty\\_coffron@msn.com](mailto:katty_coffron@msn.com)

Make checks out to CCC—CAMFT and mail to

Alice Jones

CCC CAMFT Treasurer

8655 Morro Road, Suite C

Atascadero, CA 93422

CAMFT Central Coast Chapter  
P.O. Box 12723  
San Luis Obispo, CA 93406  
**Bringing Central Coast MFT's Together**

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**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**
- 

## **INTERN CORNER**

### **Congratulations to all the MFT graduates!**

Graduation from your MFT program is a big step towards completing your journey towards becoming a licensed Marriage and Family Therapist. Congratulations on completing all of your course work, your traineeship and on passing your comprehensive exams! It is all too easy to only focus on the hard work ahead that is required to gain your 3000 hours and pass your licensing exam. I want to remind you to not forget to take some time to also look back with pride at all you have done to get to this point and to savor the feelings of accomplishment!

For those of you eager to get started on your intern hours be sure to start the process of registering for your intern number sooner than later. There are bound to be several snags along the way so it's better to allow ample time. The board asks that you allow 60 days for processing. However, as long as you apply for intern registration within 90 days of degree conferral date, you can count the hours you accumulate in the interim between trainee and internship. To begin the process, simply go to the board of behavioral sciences web site, [www.bbs.ca.gov](http://www.bbs.ca.gov), and access the MFT intern registration application package. The site is very user friendly and seems to address all questions or concerns one might have.

Happy internship hunting!

Jessica Harvey  
MFT Intern