

# The Central Coast Therapist

California Association of Marriage & Family Therapists  
Central Coast Chapter

CCC-CAMFT  
NEWSLETTER



## July Presentation: Ecotherapy

*Psychotherapy as if the Whole Earth Mattered*

**Linda Buzzell-Saltzman, M.A., M.F.T. will be the presenter at our July meeting.**

Linda has been a psychotherapist in private practice for over 25 years, and specializes in helping people with career issues and lifestyle choices. She is a Fellow at *For the Future*, a think tank founded by Dr. Richard Bruce Anderson that deals with sustainability and recovery from consumerism. She is the originator of *For the Future's* Sustainable Small City project. She teaches classes at Santa Barbara City College Continuing Education on ecopsychology, ecotherapy and career opportunities in the emerging sustainable society. She and her husband Larry are the founders of the Santa Barbara Organic Garden Club and they have created an edible "Backyard Food Forest" on their city lot, growing vegetables, herbs, tasty flowers and over 60 fruit and nut trees.

Linda also has a background in the media. She worked on documentaries with Capt. Jacques-Yves Cousteau and also served as a production company Vice President at Columbia Pictures and Lorimar. She is the founder of the *International Documentary Association*, the professional organization for documentary filmmakers, and the author of *How to Make It In Hollywood*, (Harper Perennial), a career guide for entertainment industry professionals.



Linda explains, "Ecotherapy is the reinvention of psychotherapy as if nature mattered. It takes into account the latest scientific understanding of our universe and the deepest indigenous wisdom. This perspective reveals the critical

facts that people are intimately connected with, embedded in and inseparable from the rest of nature, which shifts our understanding of how to heal the human psyche and the currently dysfunctional human-nature relationship. It becomes clear that what happens to nature for good or ill impacts people and vice versa, leading to new methods of individual and community psychotherapeutic diagnosis and treatment."

"Those with psychological training may play as important a role in our collective adaptation to Peak Oil and Climate Changes as energy experts and perm culturists. (They) should perhaps be gearing up to treat not only individuals but whole communities." ...Richard Heinberg, author of *The Party's Over* and *Peak Everything*

If you would like to read more before the meeting, go to <http://thoughtoffering.blogs.com/ecotherapy/>.

Janis Knox, MFT  
CCC-CAMFT Program Co-Chair

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September Workshop:

## Video Game Addiction: Fact or Fiction?

See article on page 3

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## President's Message

Greetings to you all as we enter the summer months. I am saddened that so many of our members were absent from the May meeting. As you will see elsewhere in this Newsletter, those of you who were not there missed an excellent presentation that was well received by those of us who were. Of course there was also good food and opportunities to make announcements and network with other CCC-CAMFT members.

You will read in this edition of the Newsletter that we have a thought provoking presentation planned for the July meeting. We will continue to have opportunities to learn and gain CEUs in September and November. Please seriously consider taking time to attend the meetings regularly as a valuable way to enhance your professional development.

The CCC-CAMFT Board of Directors has worked hard to provide consistently high quality meetings six times year and at least one and sometimes two workshops offering expanded continuing education. We need everyone's participation to make our Chapter even better. The past year we invested a considerable amount of time and money setting up our website. It has been useful and has received positive responses but the website is

not a replacement for face-to-face participation in the meetings. Let us know if you are interested in getting more involved. All input is welcome. I look forward to seeing you at the July 25th meeting.

*Kathie Asdel, MS, LMFT  
CCC-CAMFT President*

Mark your calendar for the  
September 26th meeting,  
when Lia Anisgard  
will speak on  
Emotionally Focused Therapy for  
Couples—using attachment theory to  
inform your work with couples.



## Pre-Licensed Corner

Summer is well under way. School-based interns and trainees are enjoying a nice break, myself included. With a little time on my hands, I took some time out to add up my hours and was most surprised to learn I have just completed my first 1000! I had no idea the magic first 1000 was so near. If you haven't had the chance to add yours I highly recommend it. The Board of Behavioral Sciences website has a handy tool for tallying hours. Here is the link:

[http://www.bbs.ca.gov/app-reg/exp\\_calc.shtml](http://www.bbs.ca.gov/app-reg/exp_calc.shtml)

The Intern and Trainee support group is held

the first Monday of each month. We will have a brief summer break in August. Please plan on joining us in July and September at 150 Suite B South Sixth Street, Grover Beach. This is an opportunity for us to network, share upcoming trainings and future openings. I am contacted regularly by community members looking for You! If you are not on the e-tree email list the support group is the best way to learn what's happening. See you there.

*Susan Utter, MA  
Pre-Licensed Representative  
[Susan.ppf@gmail.com](mailto:Susan.ppf@gmail.com)  
Let's Find Your Authentic Life!*

Coming September 20th, 2008 at the Embassy Suites in San Luis Obispo  
CCC-CAMFT-sponsored Full Day Training Event

## Video Game Addiction: Fact or Fiction?



Come enjoy an exciting six-hour multimedia immersive experiential workshop on the latest information and research from international experts on the effects of video gaming on the brain, as well as the latest therapy techniques in dealing with its challenges. Presented by Pamela Shavaun Scott, MFT and Michael Balzer, Media Technologist.

For those of you who attended our March 2008 presentation on Cultural Competency with the Gaming Generation, you will recognize the name of **Pamela Shavaun Scott, MFT**. She has been in private practice since 1991 and has worked with hundreds of clients struggling with compulsive behaviors, addiction, and multiple psychiatric disorders. She is now recognized as a specialist in the area of computer gaming and associated benefits and problems. Her interest in the impact of electronic media has led her to study with leading international authorities. Shavaun has been interviewed on the topic of video game addiction and related virtual reality issues in international media including *NPR*, *BBC Canada*, *PC Gamer Magazine*, *MSNBC Online*, and *MMO Magazine*.

**Michael Balzer**, co-presenter, has worked as a professional in technology for over 30 years, from teaching to the production of consumer products. In 2000, he started Dark Cave Productions and produced several promotional videos and video shorts combining real-time gaming engine animation and standard video footage. His current project—the documentary “Gamer: The Chronicles of Elvanor,” will continue his unique blend of computer-generated animation, real-time gaming engine content, and High Definition Video to immerse the audience into the world of the gamer.

### Did you know...

- ◇ The average age of a video game player is 33.
- ◇ 42% are female.

- ◇ The video game industry is worth more than the film industry.
- ◇ The American Medical Association has estimated that 10-15% of players show signs of addiction, unable to control the amount of time playing and suffering substantial functional impairments in academics, vocation, and interpersonal relationships. Many clinicians and researchers believe that estimate is too low, and that realistic figures are 30-40% for some types of games.
- ◇ Online gamers play an average of 22 hours per week, some spending up to 40, 50 or more hours immersed in virtual worlds.
- ◇ China and Korea have opened government-sponsored treatment programs for video game addicts.
- ◇ 90 million people in the US play video games.

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## Surviving Their Addiction



One of the most difficult things a family can go through is to watch their loved one struggle with the use of alcohol or other drugs

### A SUPPORT GROUP

for families dealing with their loved ones' substance abuse

Ongoing Registration

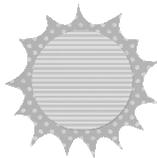
For additional information contact:

Pam Miller, LMFT or Susan Utter, MFT Intern  
The Five Cities Counseling Center ◇ 805 473-831

### — THE GROUP WILL —

- Educate families about addiction & how it affects relationships
- Provide emotional support & identify new ways of coping with addiction
- Empower family members to take care of themselves & initiate their own recovery process
- Teach family members how to support their loved ones in truly helpful ways

# West Coast Institute for Gestalt Play Therapy



# Workshop, Training, Supervision, Consultation

## SUMMER TRAINING 2008

**Dates:** Week One (Foundation) July 21-25, 2008  
Week Two (Advanced) July 28-Aug 1, 2008  
**CEUs:** 35 contact hours each week.  
Provider #APT (04-152) BBS (PCE 3247)



## ONGOING TRAINING 2008

**Dates:** September 27-28, November 8-9, 2008  
January 24-25, March 15-16, May 17-18  
& July 18-19, 2009  
**CEUs:** 10 contact hours each week.  
Provider #APT (04-152) BBS (PCE 3247)



Programs are based on the therapeutic approach developed by Violet Oaklander, PhD and the use of Projective/Expressive Intervention.

**ADVANCED TRAINER: Felicia Carroll, M.Ed., MA,**

**Licensed Marriage & Family Therapist, Registered Play Therapist**

Felicia Carroll has studied and been a training co-leader and colleague with Violet Oaklander, PhD, developer of Gestalt Play Therapy, for more than 25 years, and is a Founding Member of the Violet Solomon Oaklander Foundation. She has been recognized for her work with children and adolescents as a keynote speaker and presenter at conferences in play therapy. She is published in several books on child psychotherapy and teaches internationally at major institutions. Since 1991, Felicia has conducted ongoing training programs in Gestalt Play Therapy as well as supervision.

FOR PROGRAM DESCRIPTION: [www.feliciacarroll.com](http://www.feliciacarroll.com)



## **Sometimes Feel Lost Working with Couples? Let EFT be your Guide!**

### **Emotionally Focused Therapy**

gives you an effective,  
validated map for working with  
couples based on attachment theory.

In this seminar you will learn  
the theory and basic skills  
of the EFT model.

**CEUs provided (PCE # 3798)**

### **NEXT CLASS BEGINS OCTOBER 2008**

*For more information contact*

Lia Anisgard,

Certified EFT Therapist and Supervisor

email: [lia\\_anisgard@sbcglobal.net](mailto:lia_anisgard@sbcglobal.net)

call: 805.481.1651

## **September Workshop to be held at Embassy Suites**

Our September 20th workshop **Video Game Addiction: Fact or Fiction?** will take place at the Embassy Suites in San Luis Obispo, located at 333 Madonna Road, in the shopping center that includes Gottschalk's, Staples, and Cost Plus World Market. There is plenty of free parking and lunch will be served in the delightfully spacious Atrium Café to give us an opportunity to relax, recharge, and share our thoughts while enjoying one of two entrees, including a vegetarian option.



**It is highly recommended that you bring a small flashlight or penlight, as light will be low in the room during the media presentation.**

The workshop will also include coffee, tea and water. If you need accommodations, please call the Embassy Suites at 805.549.0800.

This workshop is what mental health professionals, social workers, and teachers really need to know about video games and virtual worlds.

Check our website at [www.centralcoasttherapists.org](http://www.centralcoasttherapists.org) for registration information.

## CCC-CAMFT Members 2008

*Thank you for Supporting your Central Coast Chapter of CAMFT!*

By joining or renewing your membership for 2008, you are lending your support and are able to access all the benefits of membership.

- ✧ 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 Prelicensed 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](http://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 posting your personal information onto the website directory, please contact Pam Miller by phone (805) 473-8311 or e-mail at [slotherapy@yahoo.com](mailto:slotherapy@yahoo.com).



*Pam Miller, LMFT  
Membership Chair*

## Disaster Response

Are you good in trauma and crisis situations? Do you provide trauma counseling and crisis management to clients? Would you like to volunteer in different parts of the world to help people that are really in need? If you answered "yes" to any of these questions, you may want to consider becoming part of the Disaster Mental Health Team as a Trauma Response Network member!

To apply, you must complete three (3) trainings: 1) training from the American Red Cross (ARC); 2) training from the International Critical Incident Stress Foundation (ICISF); and, 3) a training called "Eye of the Storm."

If you are interested in attending any of these trainings, please contact me by e-mail at [christianperez\\_mft@yahoo.com](mailto:christianperez_mft@yahoo.com). You may also go to [www.camft.org](http://www.camft.org) to read more about the CAMFT Trauma Response Network and find out about upcoming trainings.

Currently I am looking to bring the "Eye of the Storm" training to our local chapter here in San Luis Obispo. I will have more information at our next meeting. I look forward to seeing you there!

*Christian A. Perez, LMFT  
Disaster Mental Health Co-coordinator*



# September 20th Workshop: Video Gaming

(Continued from page 3)

*"126 million people in the USA are playing video games."*

*Technology is developing avenues for exploration at a phenomenal rate, more rapidly than the effects upon individuals can be measured."*

## Course Objectives

- ◇ Enter the Virtual Living Room: Experience virtual worlds and online gaming environments firsthand
- ◇ Learn to recognize the difference between Primary Life and Secondary Life
- ◇ Learn the surprising facts about who plays, and their vastly different motivations. Why do so many people prefer Secondary Life?
- ◇ By breaking down the typical online game structure into five key areas, we will understand how online games are intentionally designed to create a driving need to play.

These are but a few of the topics included.

## Fact or Fiction?

126 million people in the USA are playing video games. Technology is developing avenues for exploration at a phenomenal rate,

more rapidly than the effects upon individuals and society can be measured. Immersive virtual worlds, including Massive Multi-Player Online Games (MMOs), offer otherwise impossible experiences and totally novel ways of being.

Interactive media experienced in MMOs increase the process of immersion by taking advantage of multiple sensory modalities. Individuals no longer feel tied to primary "real life" and millions are seeking out "virtual" or secondary life where they experience a new identity as self-created avatars.

**Be certain to mark your calendar now for September 20th, 2008 for what promises to be a dynamic and informative workshop!**



*Karen Rogers, MA, MFT  
Newsletter Editor*

## Incorporation of the Chapter

This is an update on the progress of the incorporation of our chapter. The Board decided two years ago to pursue incorporating the chapter as an association with nonprofit status. To this end, we were incorporated in June, 2006. Since that time the attorney has been working on the non-profit portion of this process. Currently we are in the application process for a 501 (C) (4) nonprofit, non-tax status.

The benefits derived from this action include the following:

- 1) Board members are exempt from personal liability arising from any legal actions against the chapter;
- 2) The chapter's status as a professional entity grows;
- 3) Future bequests of any monies that would benefit the membership could be accepted under the new corporation.

The most important of these benefits is protecting Board members from personal liability. Currently, we are applying for Errors and Omissions insurance which would protect the Board by providing legal representation in the event of a legal action – in other words it is the Board's "malpractice" insurance.

Your Board of Directors has taken this action along with setting up our professional website in order to enhance the level of the chapter's professionalism, improve communication among our members and most importantly invest in the future of the chapter and its members. Membership dues, CEU monies and professional workshops have all contributed the resources necessary to accomplish both of these goals.

*Alice Jones, LMFT  
Treasurer*

*May Speaker John Tamiazzo:*  
**Imagery and Hypnotherapy in Review**

Ten Principles of Imagery and Hypnotherapy, A Brief Therapy Model Inspired by the Work of Milton Erickson by John Tamiazzo, Ph.D. was well received by the participants present. The following were presented as key elements of using hypnosis to promote health, harmony and peak performance:

1. The Power of suggestion
2. Facilitating a positive trance
3. Establishing rapport, safety, trust
4. The art of re-framing
5. Creating an environment wherein integrity flourishes
6. Accessing the symbolic language of the unconscious
7. Quieting the inner critic and judgmental voices
8. Uncovering creative resources and awakening the imagination
9. A solution focused model
10. Uncovering what the client wants rather than what he/she doesn't want

According to Dr. Tamiazzo, many concerns common to our clients are addressed by treatment with hypnosis, such as surgery, weight loss, fear, general anxiety, smoking cessation, performance anxiety, difficulty sleeping, depression, decision-making, grief and loss, and relationship issues.

A few examples of specific suggestions offered are: imagining a different future, finding safe places or power places and going there in one's imagination often, re-framing the past to understand past events from a different more manageable perspective, and looking at how we lie to ourselves and how this impacts how we feel about ourselves and what we are capable of doing. I would highly recommend attendance of Dr. Tamiazzo's training sessions. He is a lively, informed and inspiring presenter.

*Kathie Asdel, MS, LMFT  
 CCC-CAMFT President*

**CLASSIFIED**

**Art Therapy Techniques for Therapists Consultation Group** starting **Summer 2008**. Facilitated by Judith Stern, MFT, former Art Therapist and School Counselor. CEUs available. Cost is \$50 an hour. This group is a combination of case management (with emphasis on art work of clients) and experiential art work done by the participating therapists. Meets monthly in Grover Beach at The Art Therapy Center, 150 South 6th St., Suite A. Call 562/537-6735 or email [jstern@thearttherapycenter.com](mailto:jstern@thearttherapycenter.com) for information or to register.

**Office Space**  
 Approximately 400 square feet, quiet neighborhood, includes private suite, shared waiting room, bathroom, off-street parking. Counseling room has separate entry/exit and no common walls. Currently available. Located at 1461 Higuera St. off of California Blvd. Ideal for therapist. \$650/month includes all utilities/maintenance. (805) 544-1680 or [DWAEIR@aol.com](mailto:DWAEIR@aol.com).

**Upcoming CCC-CAMFT Meeting**

We generally meet the 4th Friday of every other month for stimulating presentations and conversations.

Check our website [www.centralcoasttherapists.org](http://www.centralcoasttherapists.org) to stay informed of program changes and updates!

<b>Classifieds</b>	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

**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 (pdf 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 805.277.7523 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](mailto:animagyk@yahoo.com).

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*Bringing Central Coast  
MFTs Together*



Update your contact information

Get the latest information on events

Find other MFTs near you

## **Join us for our July 2008 Event:**

*Ecotherapy: Psychotherapy as if the whole earth mattered*

**Linda Buzzell-Saltzman, M.A., M.F.T.** will be our July speaker. Linda is the founder of the International Association for Ecotherapy (IAE) and the editor of the *Ecotherapy* news letter. The IAE together therapists, educators, students, and clients who are interested in field of applied ecopsychology and healing the human-nature relationship.



*(See article Page 1)*

***Date:***

July 25, 2008

***Time:***

8:40-9:00 Networking

9:00-11:00 Program

***Place:***

The Sands Suites  
& Motel

1930 Monterey Street  
San Luis Obispo, CA

***Cost:***

Free or \$10 for 2 CEUs