

The Central Coast Therapist

California Association of Marriage & Family Therapists
Central Coast Chapter

CCC-CAMFT NEWSLETTER
JULY/AUGUST 2009



July 24th, 2009: A Panel Presentation **Art & Soul: Healing Beyond Words**

For our summer meeting, we are pleased to present a panel of art therapists who will share with us their techniques and stories that are “beyond words.” Be prepared to express yourself as well!

Judith Stern, LMFT, PPSC; former Art Therapist for LA Child Guidance Clinic, four years adjunct professor at Ryokan College in LA, retired School Counselor and in private practice for 10 years in Long Beach, is recently relocated to the Central Coast and currently practicing therapy in Grover Beach at The Art Therapy Center.

Judith Stern received her Masters from Pacific Oaks College, Pasadena, California, and worked as a therapist for 10 years in Long Beach, serving a population made up of mostly victims of crime: children and their families and felons transitioning back into society. She trained in Art Therapy at the Los Angeles Institute of Art Therapy under Dr. Noah Hass-Cohen, now Program Director of Art Therapy at Phillips Institute, Encino, California.

Her studies in Art Therapy led to a position at LA Child Guidance Clinic (as Art Therapist) and then to a teaching position at Ryokan College, Venice, California, where she taught Art Psychotherapy for four years in their BA Human Development Program. For six years she en-

joyed the position of School Counselor in an elementary setting in Southern California, but pursues teaching and training therapists in Art Therapy as her calling to the healing arts.

Kathie Asdel, MS, LMFT, ATR-BC has been a registered art therapist since 1987. She earned her MA in Art Therapy from Cal State University at Los Angeles in 1985 including fieldwork with emotionally disturbed children and Hospice home health patients. The same year she began working as an art therapist at Atascadero State Hospital. For the past 24 years she has used art to treat severely mentally ill forensic patients addressing depression and anxiety, substance abuse, poor communication skills and low self-esteem. In 1994 Kathie completed her MS in counseling at Cal Poly University at San Luis Obispo. She became a licensed MFT in 2000 including intern hours at ASH and the Hospice of SLO child bereavement program. Since 2000 she has provided family and art therapy in private practice in Paso Robles and Atascadero working with children, adults and families. She has been an active member of CCC-CAMFT since she was a student including serving on the Board as President, President-elect and Treasurer.

Dixie Cavigli, who is an award-winning watercolor artist, did her undergraduate work at Cal Poly. She has worked in the

Inside this issue:

President's Message	2
Law & Ethics Workshop	2
Banishing Licensing Exam Anxiety	3
American Red Cross Training	4
Interns' Corner	5



*Summer afternoon -
Summer afternoon...
the two most beautiful
words in the English
language.*

*Henry James
British author
(1843 - 1916)*

Continued on page 4

**CENTRAL COAST CAMFT
BOARD OF DIRECTORS**

President

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

**Vice President/President
Elect**

vacancy

Past President & Treasurer

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

Secretary

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

Program Committee Chair

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

**MEMBERS-AT-LARGE
CEU Coordinator**

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

Pre-Licensed Representative

Tom Stein, MFT Intern #58370
(805) 801-3136
tomstein@gmail.com

APPOINTED POSITIONS

Newsletter Editor

Karen Rogers
(805) 254-4307
animagyk@yahoo.com

Membership Chair

Judith Stern
(562) 537-6735
jstern@thearttherapycenter.com

Disaster Mental Health

Coordinator

Margaret Bullock
(805) 674-4162
margaret@margaretbullock.com

President's Message

Happy summer to all of you hardworking therapists! I hope that this season gives you an opportunity for rest and relaxation. My experience with summer is that it can actually be a very busy time. Summer evokes thoughts of being out of school and into a more relaxed schedule, but in reality it is often the most productive season of the year. Daylight hours are longer, allowing for an extended work day and those who work outside truly must "make hay while the sun shines."

For the rest of us in offices, the extended day may allow for more enjoyable activities such as sports, gardening or reading. I hope that you will find some time for yourselves and families to experience the joys of summer! In the spirit of relaxation, our July meeting promises to be fun and inspiring with an art therapy panel to present on various applications of that modality.

As we head toward fall, the **Law and**

Ethics Workshop will bring us needed CEUs and an opportunity to network in our own area while meeting our BBS requirements. Look for more information on that workshop.

At our May meeting the Board formally adopted Central Coast Counseling Center as our nonprofit agency for this year. We look forward to working with them to assist in fundraising and other activities which will support their important role in our community.

Once again, I urge those of you who are interested in serving on the Board in the New Year to look toward a modest commitment in 2010. It is a wonderful group to be a part of and we need to recharge with new energy and new ideas! I look forward to seeing all of you in July! Enjoy the flavors of the season!

*Alice Jones, LMFT
President*

Law & Ethics Issues Workshop

Our full-day presentation this year will be by Michael Griffin, J.D., LCSW, a 1980 graduate of the USC School of Social Work. He attended law school at Chapman University, where he earned his J.D. in 1998. He received his LCSW in 1982, is a Board Certified Diplomat in Clinical Social Work and has considerable experience as a psychotherapist working with children, adolescents, and adults. In addition to his experience as a therapist, Mr. Griffin has also worked as a clinical case manager, clinical supervisor, program director and as an oral examiner for LCSW candidates.

The workshop will be held on Saturday, August 29, 2009. Cost is just \$75 for early-bird registration prior to August 15th; \$50 for pre-licensed individuals. Six CEUs are included in the registration fee.

This year's workshop will be held at the Unitarian Universalist Fellowship of San Luis Obispo County. A brochure will be mailed within the month with registration details.

Join us on the beautiful Central Coast with peers and be prepared to ask all your pertinent questions about legal and ethical issues!

*Karen Rogers, LMFT
Newsletter Editor*

For pre-licensed individuals & clinical supervisors:

5 Tips for Banishing Licensing Exam Anxiety

Licensing exams have triggered anxiety in pre-licensed individuals since their inception.

While “eustress” can be beneficial, a high level of anxiety will often lead to avoidance, more anxiety, fear, and amenability to access one’s clinical knowledge and experience. Here are 5 tips for pre-licensed individuals and their clinical supervisors to banish those high levels of anxiety!



1. **Talk about licensing exams**—the earlier the better! Knowledge and preparation can go along way to banishing anxiety. Think of exams as termination of therapy. We talk to therapy clients about termination from the beginning of treatment, not on the last day. Why not bring up the end point with interns at the beginning: not to increase anxiety but to manage it!
2. **Ask (and answer) questions about licensing exams.** Many pre-licensed people carry around worries and misconceptions about licensing exams. Talking about these issues helps a supervisor to dispel common misconceptions and to confront worries. Often, worries may be related to an area of clinical practice in which a pre-licensed person feels unqualified. What a great opportunity to identify a place for growth and have a teaching moment.
3. **Know what is covered on the**

licensing exams. As clinicians-in-training, and as clinical supervisors we all have strengths and blind spots. The California Board of Behavioral Sciences goes to great lengths to spell out everything that could be included

on the licensing exams. Use this list as both a blind spot and strength detector and banish anxiety about exams at the same time!

4. **Talk about anxiety.** Everyone

deals with anxiety at different points in their life. Teaching pre-licensed individuals skills to manage anxiety (or identifying the need for a clinical level of treatment) is essential to the teaching of pre-licensed individuals. A test-taker cannot access stored material during a test when experiencing high levels of anxiety. Neither can a pre-licensed professional respond to crisis situations effectively if they do not have a plan for anxiety management. The same skills interns learn for managing anxiety during sessions can be translated to managing anxiety during the test.

5. **Know your resources!** The testing process is an incredibly personal journey. Understanding the options available allows the test-taker to evaluate the plan that is best suited for them. What worked for the clinical supervisor or a friend may not be the right plan for another. Understanding the many different ways in which someone can successfully pass exams on

***Eustress** is what they call “good” stress. The kind you feel when you get a raise, or buy a new house, or go on a great first date. Good in the sense that it makes you feel good, that the stress is enjoyable. Challenges and projects create eustress; overload and problems create distress.*

Continued on page 4



American Red Cross

San Luis Obispo County Medical Reserve Corps Orientation

The purpose of this class is to familiarize volunteers with San Luis Obispo Medical Reserve Corps (SLOMRC) and county emergency policies.

SLOMRC is made up of volunteer healthcare professionals and auxiliary staff who are trained to respond and assist the local emergency responders and public health professionals in San Luis Obispo County. It provides an organized group for healthcare professionals to efficiently volunteer their expertise to fulfill crucial staff needs in large-scale emergencies.

Tuesday, June 30, 2009

5:30 – 8:30 pm

American Red Cross

SLO County Chapter

**225 Prado Road, Suite A
San Luis Obispo, CA 93401**

To register please contact Elizabeth Merson at 805-543-0696 ext. 16 or mer-sone@slo-redcross.org.

*Margaret Bullock, LMFT
Disaster Mental Health
Coordinator*

Art & Soul

Continued from page 1

field of human services for over 20 years.

Dixie studied Gerontology at USC and worked with Community Mental Health for several years. She has always had a love of art and started teaching art classes in 1999, working with the Children's Creative Project.

She has taught watercolor, charcoal and mixed medium at Cal Poly State University. In 2005 she became involved in the field of addiction and now works with the County Drug and Alcohol Services in San Luis Obispo. She is currently doing research for a masters degree in Addiction Studies focusing on young women and alcoholism: *Integrating Art into an Alcohol/Substance Abuse Program*.

Tips for Banishing Licensing Exam Anxiety

Continued from page 3

the first try can open one to finding their perfect path and the joy that comes with walking on that path!

I hope these tips help you to banish the fear and excessive anxiety that can keep the next generation from successfully navigating licensing exams. Happy talking, studying, and passing!

Miranda Palmer is a LMFT in Modesto, CA. She provides consultation for pre-licensed individuals to help them "love the whole process from graduate school to licensure as a MFT." She has a free monthly newsletter and a free online study group for pre-licensed individuals at <http://mftguide.com>.

Give her a call at (209) 602-1513 for a free 15-minute consultation to get your questions about the licensure process answered today.

Increase Your Confidence in Working with Couples



Emotionally Focused Therapy For Couples Basic Skills Seminar

Emotionally Focused Therapy (developed by Susan Johnson, PhD) presents an effective, research-validated map for working with couples based on attachment theory. In a supportive environment, this seminar will blend didactic information with experiential exercises to help you develop a better understanding of couples' dynamics and learn skills to navigate and direct the therapy process. You will learn the basic theory and essential skills of the EFT model.

CEUs provided (PCE # 3798)

Enrollment limited to 8 therapists

Next class scheduled to begin in the fall of 2009.

Class meets monthly for 8 sessions - day and time TBA. For more information or to sign up, please contact

**Lia Anisgard, Certified EFT Therapist & Supervisor by phone:
(805) 441-9939 or via email:
lia_anisgard@sbcglobal.net**

(Please note: this class does not count toward OCFI registration as an EFT Therapist)

Interns Corner

Hi! My name is Tom Stein, and I'm the new pre-licensed representative on the board. I am currently in my first year as an intern, with placements in both private and agency practice. In my conversations with my fellow interns and trainees, talk often comes around to the need for a forum of peers for mutual support and growth. In the past there has been a regular monthly meeting for pre-licensed people where students, trainees, and interns can get together, express their concerns, ask questions, and share experiences. It's a great idea and worth continuing but I'd like feedback from you all about time, location, frequency etc.

I'd like this to be YOUR column, and one that you find worth reading. In that vein, I'd like to post each newsletter several questions or concerns that pre-licensed folks have with responses from experienced, licensed professionals, or resources where you might find the answers on your own. Please submit those questions directly to me via email.

Lastly, I'd like to encourage all of you to take advantage of the bimonthly programs offered by the Central Coast Chapter of CAMFT. The programs are informative, but the meetings also give you an opportunity to meet others in the area and begin to network and discover your niche.

I look forward to meeting you in person or through email. Please feel free to contact me.

Tom Stein
tomstein@gmail.com
www.michelesimone.com
 805.801.3136

Expanding Our Listings

We have had a request to expand the areas of specialization in the **Find a Therapist** section of our website. As the Board wants to meet the needs of our members, we decided that a member survey would be helpful.

Please, if you will, send your suggestions via email to animagyk@yahoo.com for areas of specialization that are not currently included in our list.

This is a great feature for those of you who utilize this benefit of membership in CCC-CAMFT and we want to make it even more effective.

Karen Rogers, LMFT
Newsletter Editor

Classified

FOR RENT - \$458 + 1/3 utilities per month Shared professional office suite. Great space for mental health or healing arts professional. Private office in suite that includes a waiting room, sand tray, play therapy, room for group therapy, handicap-accessible, kitchen area and parking lot. Office space is unfurnished. For more information, please contact:
 Lynn Marie – (805) 441-6382
 Judith Stern – (805) 703-3192

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.

Please make checks payable to CCC—CAMFT and mail to

Kathie Asdel
 CCC CAMFT Treasurer
 7730 Morro Road #109
 Atascadero, CA 93422

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

Future Programs & Upcoming Meeting Dates

Speakers/Topics for the remainder of 2009:

July 24th—Art & Soul: An Art Therapy panel (see page 1)

August 29—Law & Ethics Workshop (see page 2)

September 25th—Dr. Beverly Ford, EAP and Chemical Dependency Specialist: *Successful, Supportive Interventions: When Someone You are Working With Denies They Have a Substance Abuse Problem!*

November 20th—Hospice presentation on coping with holiday grief

Date:

July 24th, 2009

8:40-9:00 Networking

9:00-11:00 Program

Location:

The Sands Suites

& Motel

1930 Monterey Street

San Luis Obispo, CA

Cost:

Free or \$20 for 2 CEUs