

The Central Coast Therapist

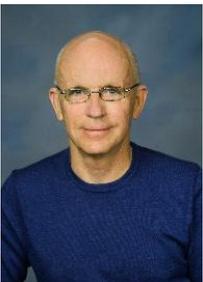
California Association of Marriage & Family Therapists
Central Coast Chapter

July 23rd Program:

Expanding your Clinical Practice

Our July meeting topic is a panel presentation and discussion on growing your own successful private practice.

Whether you have a full-time practice or see just a few clients per week, you owe it to yourself to come hear "what works!" Our panelists will make brief presentations to be followed by a Q&A session facilitated by Ann Williams, LMFT. Our presenters include:



Dan Conroy, LCSW, is in full-time private practice in San Luis Obispo, specializing in couples therapy.

In addition to his therapy practice, Dan has provided consultation to

management of Fortune 500 corporations, public, and non-profit organizations with emphasis on leadership development. Throughout his career, he has conducted clinical supervision, mentoring, and coaching to beginning and experienced therapists in all areas of practice development. An experienced and engaging speaker, Dan has presented on a wide variety of topics, from parenting newborns to end of life issues.

Carol Maxwell, LMFT, has a full-time private practice in downtown San Luis

Obispo. She works with individuals and couples going through life changes such as divorce, relationship difficulties, death of a loved one, infidelity, and infertility. She recently completed a year-long training with Elyn Bader of the Couples Institute in Menlo Park, learning to use the Developmental Model of Couples Therapy that integrates attachment theory, differentiation, and neuroscience.



Tara Storke, LMFT, has trained and mentored hundreds of salespeople during her previous successful careers in mortgage banking and residential and commercial real

estate. These skills have served her well in building her practice working with children, adolescents, individuals, couples and families in individual and group therapy as well as hypnotherapy. She also provides free meditation assistance to the public at her spiritual retreat center, *Oak Haven Gardens*, in Arroyo Grande.

Rive Douglass, LMFT is in private practice in San Luis Obispo who received her MA from Antioch. Rive is representative of

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REMINDER to our members: update your areas of specialization!

Go to:

www.centralcoasttherapists.org,
click on Member's Area, enter your I.D. and password and go to Update My Info. Complete all the necessary information, INCLUDING your email address. If you have any questions, contact Judith Stern, Membership Chair, at 805/703-3193.

President's Message



HAPPY SUMMER EVERYONE!! I hope this finds many of you relaxing a little and enjoying the longer daylight hours. If you are inclined to visit the local farmers' markets, they are abundant with fruits and vegetables. Since I live in North County I always enjoy the Templeton Farmers Market on Saturday mornings; it has a flavor of a bygone era with all kinds of families strolling through the quaint little park surrounded by the fire station and tree lined streets. In fact, if you really want to see an old fashioned parade, the Templeton 4th of July parade is a real treat. Its short route by the park features local "celebrities," car buffs, 4H groups complete with market animals and of course many children. Whatever your inclination is, I hope you do enjoy this wonderful time of year.

We had a small but attentive group at our May meeting with a very dynamic and entertaining presenter, Ly-Lan MV Lofgren, LCSW, AASECT Certified Sex Therapist. Ly-Lan became interested in sex therapy while working with adolescents in a treatment facility where many of the clients were overly sexualized due to traumatic events in their lives. Ly-Lan has a very relaxed way of presenting her material, which eased the tension that most of us feel when discussing this subject. In fact the model she uses is called PLISSIT (Permission, Limited Information, Specific Suggestion, Intensive Therapy). She used "props" to demonstrate the methods she uses in working with clients; these were quite interesting and certainly "broke the ice" around the subject of sex therapy. She also offered written re-

sources for our own practices which were very useful. There were many good questions from our members and I was impressed by her professionalism and excellent boundaries. If any of you are seeking a consultation you can call Ly-Lan at 762-4398.

Our next meeting is on July 23rd, when we will be discussing marketing strategies to expand your practices. One of CAMFT Board members at large will be visiting us at that time and I look forward to introducing her to you. Have a great summer and we will see you in July.

*Alice Jones, LMFT
President*

***Happy Independence Day!
And a joyous summer to all!***

July 23rd Program

(Continued from page 1)

successful therapists who have elected to maintain a "low-technology" profile. She on several insurance panels and is an effective networker, emphasizing the personal touch and the "warm" connection when working with others.

The program promises to be educational as well as entertaining, as our presenters all have strong backgrounds in other areas in addition to therapy. Come with your questions, bring an intern—or two!—and bring your business cards and marketing materials to share on what promises to be a delightful summer morning presentation!

*Karen Rogers, LMFT
Newsletter Editor*

West Coast Institute for Gestalt Play Therapy

Workshops, Training, Supervision, Consultation

PROGRAMS ARE BASED ON THE THERAPEUTIC APPROACH DEVELOPED BY
VIOLET OAKLANDER, PH. D. AND THE USE OF PROJECTIVE/EXPRESSIVE INTERVENTIONS

For program description - www.feliciacarroll.com

ONE PROGRAM – TWO FORMATS

Presenter: Felicia Carroll, LMFT

Fee: \$1,500

CEU's: 60 contact hours

Approved Provider: BBS (PCE 3247) APT (04-152)

Summer Intensive Training

Date: July 31-August 8, 2010

- or -

2010 - 2011 Weekend Training Series

Dates: September 25-26, 2010 • November 6-7, 2010
January 22-23, 2011 • March 12-13, 2011
May 14-15, 2011 • July 16-17, 2011

For registration go to www.feliciacarroll.com

Advanced Trainer
Felicia Carroll, M. Ed., MA
Licensed Marriage, Family
Therapist, Registered Play Therapist-Supervisor
CAMFT Certified Supervisor

Felicia Carroll has studied and been a trainer co-leader and colleague with Violet Oaklander, Ph.D., developer of Gestalt Play Therapy, for more than 30 years and is a founding member of the Violet Soloman 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 institutes. Since 1991, Felicia has conducted on-going training programs in Gestalt Play Therapy as well as supervision.



May Program Review

Current Sex Counseling Concerns

Ly-Lan Lofgren, LCSW, competently presented on "Current Sex Counseling Concerns." Ly-Lan is a certified sex therapist who assists clients to explore sexual issues and teaches children and adults about values and responsible decision-making related to sexual behavior. She offers a "Survival Kit" including safe and unsafe touches, encouraging love for one's whole body and building healthy relationships. She also helps parents talk with their children about sex, emphasizing the danger of silence, which can lead to unhealthy sexual behavior. As Ly-Lan stated, "without explicit information, children have to rely on 'kid logic' which may be based on shame, restriction and discomfort."

Several useful resources were recommended by the presenter such as: *Becoming an Askable Parent: How to Talk with Your Child about Sexuality* published by the American Social Health Association. She also recommended a website called "Freddy and Eddy" at <http://www.freddyandeddy.com/> for useful information about sex.

Ly-Lan suggests using the 12-Step Sex Anonymous and Al-Anon Programs to provide a supportive community for individuals who face compulsive behaviors involving sex.

For assisting individuals who are victims of sexual assault, she recommended the Sexual Assault and Recovery Program (SARP) to support victims of sexual abuse with recovery and prevention of further trauma. Walk-in services are available as needed.

Ly-Lan can help clients to deal with sexual issues and is also willing to consult with and accept referrals from marriage and family therapists who are working with clients experiencing challenging sexual issues. She can be reached at 805.762.4398 or lylanmvlofgren@gmail.com. Her website is <http://www.lofgrentherapy.com/about.html>.

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*Kathie Asdel, MS, LMFT
Treasurer*

*When all your desires are distilled
You will cast just two votes:
To love more.
And be happy.
~ Hafiz, 1320-1389, Persian Poet*

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: 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 (8 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 10th of the month preceding publication. Copy is **due** on these months: December, February, April, June, August and October.

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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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
Nonprofit Services: FREE advertising		
Display Ad—Camera Ready		
1/4 page	\$25	\$45
1/2 page	\$40	\$60
Full page	\$70	\$110



Central Coast Chapter of CAMFT
 P.O. Box 12723
 San Luis Obispo, CA 93406

Bringing Central Coast MFTs Together

We're on the web!
www.centralcoasttherapists.org



July 23rd Program:
Expanding Your Clinical Practice

Join us for our July program to learn from therapists who have created and grown successful private practices just how they did it!

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Date:
 Friday, July 23rd, 2010

Time:
 Socializing 8:30—9:00 a.m.
 Program 9:00—11:00 a.m.

Location:
 Unitarian Universalist
 Fellowship of
 San Luis Obispo County
 2074 Parker Street
 San Luis Obispo, CA

Cost:
 Free or \$20 for CEUs

REMINDER!
Meeting Location

Unitarian Universalist Fellowship of SLO
 2074 Parker St. San Luis Obispo

Directions
 From 101 take the Madonna Road off ramp. If you are driving north, turn right on Madonna Road, then left on Higuera. At High Street turn right; go one short block and make another right onto Parker.

If you are driving south, as you exit turn to the right up over 101, and then left on Higuera. At High Street turn right; go one short block and make another right onto Parker.

Parking is free in lot or on street.

