



The Central Coast Therapist

CALIFORNIA ASSOCIATION OF MARRIAGE AND FAMILY THERAPISTS
CENTRAL COAST CHAPTER

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March/April 2008

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WHAT IS REALITY?

Video Games, Persistent Virtual Worlds, and Beyond

When we hear the word “videogame” many of us are reminded of *Mario Brothers*, *Donkey Kong*, or *Pac Man*. While some kids (maybe our kids) might have tended to play too much with these kinds of games, management of this type of media wasn’t much different than keeping them away from excessive television consumption. We knew what was going on when they were playing, and we knew how to take the game away when they’d had enough, and homework or dinner called.

Most therapists are now over age forty, and game systems like Atari, Nintendo, and Intellivision, are ancient history. Things have changed. Dramatically.

In the last ten years technology has opened avenues for social connection and self-expression never imagined in the past. We’re only now beginning to understand the consequences upon individuals, families, and society.

When we speak of a videogame now what we’re referring to might actually best be described as a *persistent virtual world*, experienced through the internet, where millions of people interact with one another in real time as self-created realistic virtual characters. They communicate, build tightly knit social relationships, earn currency in the virtual economic system, in some cases marry and have sex—in the game. Only in virtual worlds do you find social groups where eight year olds routinely interact on an equal level with thirty, forty, or fifty-year-olds. Many players spend 30, 40, and 50 hours per week immersed in game worlds. *Primary Life* (real life) has been abandoned in favor of *Secondary Life* (in the virtual

world) for millions of people, and it’s no wonder that we’re hearing more and more about consequences of “game addiction” in the news media.

The average age of a gamer is thirty-three. Nearly half are women. The American Medical Association estimates that 10-15% of all players are addicted, unable to control the amount of time they spend playing. Some researchers estimate the figures are closer to 40-50% for some types of games.

Do you know the difference between *Anime* and *Avatar*? Between *2nd Life* and *World of Warcraft*? Do you hear the word *beta* and think of an exotic fish? Have you read *Snow Crash* by Neil Stephenson? If your client told you they were agitated about a *Raid* or a *PvP battle* that happened the night before would you know what they were talking about?

Would you understand the intensity of their anxiety if their ability to enter the virtual world were taken away? Could you understand *why* they do what they do?

To be effective therapists we need to understand not only the language but the process of the gamer culture, as it has become the culture of our generation as well as the one following us – and many of us never noticed it happening.

Pamela Shavaun Scott, MFT has been in private practice in San Luis Obispo County since 1991. Since 2005 she has been active in videogame/virtual reality research with many of the world’s most prominent academics. She has co-authored the forthcoming book “Gaming – Through the Eyes of the Players” and offers continuing education programs to Mental Health Professionals through www.dreamtreader.com.

2008 Membership Registration: RENEW YOUR MEMBERSHIP / JOIN CCC-CAMFT & STAY INFORMED!

See article on page 3

PRESIDENT'S MESSAGE

I am very pleased that we had five members of our Board of Directors attend the Annual CAMFT Leadership Conference held at Milpitas on February 9, 2008. It is inspiring to spend the day with representatives of the other 26 Chapters of CAMFT in our state sharing concerns and ideas for improving our chapters.

In the morning Mary Riemersma, our executive director, led a discussion on ways to build a future for chapters and presented the CAMFT legislative update. Mary also led the popular and useful "Pass the Buck" where she passes out dollars to participants who make suggestions. In the afternoon we participated in breakout sessions on financial management, a president's forum, technology and website issues, a small Chapter forum, membership recruitment, and CAMFT trauma response.

As we returned home, our heads were full of ways to make the Central Coast Chapter of CAMFT more effective than it has been in the past. During the coming year I plan to try out several of the ideas that came out of the Leadership Conference. One of our concerns is that new members coming on the Board are unclear about what is expected of them. I propose we develop an orientation packet which

includes a notebook with a job description, contact information and other helpful information to assist them to carry out their duties. These notebooks would be updated each year. I also look forward to exploring the following:

- ◇ Mentoring
- ◇ Printed name tags for Board members
- ◇ Exploring barriers to attendance to our meetings
- ◇ Developing ways CCC-CAMFT can reach out to our communities

Utilizing CAMFT as a resource for information and support, using and developing our website to better meet our needs.

As always, we as your representative Board are eager to receive your input. Please feel free to call or e-mail. We are happy more members are using our website and we are working to make it a more effective way to keep in touch with our membership and the communities we serve to represent our profession.

I hope to see you at the March meeting and encourage you to invite your colleagues to join you.

Kathie Asdel, MS, LMFT, CCC-CAMFT President

WEBSITE UPDATE

As all of you are renewing your annual CCC-CAMFT membership remember that one of the best benefits of membership is inclusion in the **Central Coast Therapists Directory** on the internet. To use the e-tree and be in the internet directory for public access, you MUST include your email address on your membership renewal application.

When the membership chairperson, Pam Miller, receives your application and check, she will notify our web designer,

JudyAnn Dutcher, who will send you your user I.D. and password.

At that point, go to www.centralcoasttherapists.org then go to the Member's Area, enter your I.D. and password and go to Update My Info. You may update and edit it at any time.

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Central Coast CAMFT Board of Directors

Elected Positions

President

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

Vice President/President

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

Past President

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

Treasurer

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

Secretary

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

Program Co Chairs

Mary Jo Pedersen
(805) 934-5088
mpeder-
sen.cccounseling@verizon.net
Jan Knox
(805) 733-1916
janisknox@msn.com

Members-at-Large, CEU Coordinator

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

Members-at-Large Pre-Licensed Representative

Susan Utter
(805) 234-4459
susan.ppf@gmail.com

Appointed Positions Newsletter Editor

Karen Rogers
(805) 277-7523
animagyk@yahoo.com

Membership Chair

Pam Miller
(805) 473-8311
slotherapy@yahoo.com

Disaster Mental Health Co-Coordinators

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

Christian A. Perez
(805)481-8766
psychris73@yahoo.com

WEBSITE continued from page 2

Members of the public may find therapists by entering name, area of interest or area of the county. You don't want to miss out on this opportunity. So, be sure to include your email address on your application!

Non-MFT Associate Members may use the e-tree by completing an application and paying annual dues of \$30. Associate membership allows use of our e-tree for information that is of interest to the CCC-CAMFT membership, i.e. intern and therapist job opportunities, workshops, CEUs, etc. Let your friends in service organizations know about the Associate Membership classification.

If you have any information of interest to the membership, such as office for rent, office needed, internship openings, workshops, retreats, therapy equipment for sale, etc. be sure to get it out on the e-tree. You can communicate with the entire CCC-CAMFT membership every day. Go to E-Tree Messaging in the Member's Only section and follow the directions.

Send your email to me at e-tree@centralcoasttherapists.org. If you have any questions, call me at 455-8342 or email me at tara@oakhavengardens.com. If you have forgotten your password, email JudyAnn Dutcher at info@dutcherdesign.com.

Tara Storke, CEU and Web Coordinator

MEMBERSHIP UPDATE:

Website Listings and Newsletter Mailings will be discontinued on March 31st for therapists with expired memberships—Join or Renew Now!

Enjoy ALL the benefits being a member of our local chapter:

- ⇒ Six annual chapter meetings featuring cutting-edge clinical presentations.
- ⇒ Professional Development & CEU's 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.

To join our Central Coast Chapter, all Clinical and Pre-licensed Members must be current members of CAMFT, our state organization.

If you are not currently a member in good standing of the state organization of CAMFT, please telephone CAMFT at (858) 292-2638 to request an application, or go to www.camft.org and complete the application online.

If you join CAMFT and our local chapter at the same time, you can save \$15. To do so, please download a Membership form, fill out the form and enclose a check to CCC-CAMFT for \$25. Send your local chapter form and check with your state form and check to the CAMFT. They will process the forms and forward your local dues to us.

Enroll today by using the enclosed form or access the form on our website –
www.centralcoasttherapist.org

Pam Miller, Membership Chair

PRE-LICENSED CORNER: Announcing Intern & Trainee Support Group

Wow! What a fine time I had at the CAMFT Leadership conference in February. I had the wonderful experience of meeting some great people, hearing what other chapters are up to and applauding our Ann Williams as she graciously accepted an award for outstanding leadership. (I understood this was not her first award!) One takeaway moment for me was the realization that our small chapter is offering most of the same things that the much larger ones do. We have certainly had some great leadership with an eye on keeping CCC-CAMFT up to date.

Speaking of leadership, as your pre-licensed representative I am ready and willing to work with you to find and fill the needs of our interns and trainees. The first need to be filled is an **Intern/Trainee Support Group**. The meeting will

be held the first Monday of the month, 6:00 to 7:00 p.m. at the Five Cities Counseling Center. Our chapter will support us by providing a light dinner. Please make plans to join us at 150 South Sixth Street # B, Grover Beach, CA 93433.

This is an opportunity for us to gather and share our challenges and triumphs as we work toward the ultimate; becoming a licensed marriage and family therapist. We will share news of upcoming trainings and opportunities for gaining hours as well as an open discussion with folks all along the continuum from in school to passing the tests. I look forward to seeing you all there!

Susan Utter, MA, Pre-Licensed Representative

The Mandala: Ancient Tool for Self Discovery

March 22, 2008

Mandala Making: Journey To the Self

Introduction to the Mandala as a Universal symbol that stimulates creative paths to alternative ways of self understanding -- especially in the Jungian perspective. Participants will create several personal Mandalas using guided meditation, art and music as trance mediums and ancient and modern images as resources.

April 19, 2008

Mandala Making: Five Universal Symbols

Participants are invited to explore the Universal Symbols as described by anthropologist and Shaman, Angeles Arrien: Circle, Square, Spiral, Triangle and Cross. These symbols are reflected in many cultures as sources of power and knowledge. Participants will journey through guided meditation into art making resulting in a spiritual power piece that will reflect their personal life and desire for transformation.

May 17, 2008

Mandala Making: Sacred Feminine

The Sacred Feminine has informed the world for thousands of years: Athena, Rhea, Aphrodite, Isis, Astarte, to name a few... Using the Mandala as a frame work, participants will explore the various aspects of the Sacred Feminine as a source of wisdom and spiritual journey. Participants will discover their own hidden feminine "wise woman" and translate their experience into an art piece which will inspire and guide them on this physical plane.

Register: 562/537-6735

or Email: jsstern@thearttherapycenter.com

Location: 150 South 6th Street, Suite A,

Grover Beach, CA 93433

Time: 9 to Noon 3 CEUs available per workshop

Cost: \$60ea/\$150pkg

Space limited to **8 participants**
for quality sharing and feedback.

Workshop presented by **Judith Stern, LMFT**, in private practice in Grover Beach, with a focus on art-making workshops and art therapy supervision.

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)

For more information contact

Lia Anisgard, Certified EFT Therapist and Supervisor

lia_anisgard@sbcglobal.net

805.481.1651

DISASTER MENTAL HEALTH UPDATE

Hello everyone! I just wanted to mention that there are several training classes coming up for those of you who would like to become a Trauma Response Network member. There will be "Eye of the Storm" trainings in Santa Clara on March 7 and 8 (contact Mary Kay Bigelow at 650.948.3400 for more information), in Inland Empire on March 14 and 15 (contact Carolyn Dodd at cdodd@ie-camft.org for more information), and in San Fernando Valley on April 11 and 12 (contact Antonia Bouyer at 661.254.9355 for more information). There will also be a training on "Critical Incident Stress Management (CISM): Group Crisis Intervention" in Santa Barbara on February 22 and 23. You may contact Barbara Kloos at 805.895.9990 for more information on that.

If you are interested in becoming a Trauma Response Network member, application forms will be available at the next CCC-CAMFT meeting. Thank you and I hope you are all doing well.

Christian A. Perez, MS, Disaster Mental Health Coordinator

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

Starting APRIL 3, 2008 at 6:00PM
For additional information contact: Pam Miller, LMFT
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

CLASSIFIED

Office Space to share
for MFT or LCSW.
Downtown Paso Robles,
Upscale Building, Excellent
Location, Beautifully Deco-
rated & Furnished, Handi-
cap access. 1-4 days a
week + evenings available.
\$75.00/month & up.
805.610.7444

Zoom Zoom...

Are you
interested in
**Car Pool-
ing** to our
meetings
from North
County or South
County? Contact Ann Wil-
liams at 805.545.8855, who
will help you arrange it.



Upcoming Central Coast Chapter-CAMFT Meetings

We generally meet the 4th Friday of every other month for stimulating presentations and conversations. Check our website www.centralcoasttherapists.org to stay informed of program changes and updates!

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.

Make checks out to CCC—CAMFT and mail to

Alice Jones
CCC CAMFT Treasurer
8655 Morro Road, Suite C
Atascadero, CA 93422

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

CAMFT Central Coast Chapter

P.O. Box 12723

San Luis Obispo, CA 93406

Bringing Central Coast MFTs Together

We're on the web!

www.centralcoasttherapists.org

- Update your contact information
- Get the latest information on events
- Find other MFTs near you

Join us for our March 2008 Event:

   **INTRODUCTION TO CULTURAL COMPETENCY
WITH THE CYBER-GENERATION**   



Join us for another excellent networking and training opportunity!

Video game addiction—real or hype? 126 million people in the USA are playing video games. The American Medical Association

has reported an estimated 10 to 15% of players are addicted, unable to control the time spent playing.

See the article on Page 1 of this issue to learn more about this fascinating topic, and please join us in March for an exciting multi-media presentation by Pamela Shavaun-Scott, MFT.

Date.

March 28, 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