



The Central Coast Therapist

Not Just an Empty Chair... Gestalt Play Therapy with Projective Techniques

Training will include learning about play therapy using drawings and clay with projective techniques. Therapists will learn about Gestalt Play Therapy and how to use this theory with children ages 4 and up. In addition, projective techniques can be adapted to be used with adults. Therapists will learn how to use clay and drawings as an expressive modality and how to have a deeper expression of the client's feelings through these techniques. There will be a presentation and hands on experience putting these techniques into practice.

Goals:

- Develop a greater understanding of what Gestalt Play Therapy involves.
- Develop a greater understanding of how to deepen a clients experience and help them to have a greater expression of their feelings through the use of clay and drawings.

- Develop greater skills in working with techniques of play therapy with expressive and projective modalities such as clay, or drawings.

Presenter Michelle E. Gauden, LMFT. Registered Play Therapist has a private practice in San Luis Obispo working with children, families and adults. In addition she works with children identified as meeting the criteria for Emotional Disturbance in an elementary school program, and with children age 1-18 at San Luis Obispo County Youth Services Outpatient Clinic. Michelle has also worked as part of a multidisciplinary team at Martha's Place using play therapy with children age 0-5 who have experienced trauma and a disruption in attachment. She has received extensive training in a wide variety of play therapy techniques and is a Registered Play Therapist through the Association for Play Therapy. She will be bringing her passion for the art and science of play therapy to this training.

Leadership Conference 2012

After a pleasant drive from Atascadero to San Jose with Stacy Guise and Ann Williams, I met with Stacy to get to know her a little better and to hear about her life in Chico and her exciting trip to Senegal over the Winter holidays. One of the advantages of these conferences is the time we get to

spend with each other learning about our colleagues and who are the people to whom we will be referring clients.

The first morning session was given by Jill Epstein, JD, CAMFT's new Executive Director. I was immediately impressed

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NEW MEETING LOCATION!

Unitarian Universalist Fellowship of San Luis Obispo

2201 Lawton Avenue,
San Luis Obispo 93401

Cross street: South, near Broad
Parking is in back on Meadow St.

IVF & Pleasure

Technology can have a marvelous effect on sexuality in many ways. One example is the vibrator, which has helped countless women discover that we can indeed pleasure ourselves to orgasm. This in turn leads many of us to become orgasmic with a partner, so everyone's happy.

On the other hand, extraordinary advances in technology can have a profoundly negative effect on sexual pleasure. A perfect example is In Vitro Fertilization (IVF), for which Robert Edwards won the 2010 Nobel Prize in Medicine. During IVF one or more eggs are removed from the woman and mated with sperm in a Petri dish outside the body, then inserted back into the woman's womb—either the donor or a surrogate—for gestation.

What could possibly be harmful in a procedure that helps couples who have longed for children to conceive together? Believe me, a lot! For both partners the process can be downright exhausting and emotionally agonizing. We've probably all seen comedies where a poor guy has to produce a fresh supply of sperm on demand—one of my clients called it "wanking on schedule" and bemoaned the fact that this requirement had ruined even masturbation for him. Meanwhile his wife is being injected, analyzed, and regarded primarily as an egg-laying apparatus. How sexy would you feel going through all that?

In particular, women beginning IVF are usually required to begin taking a drug like Clomiphene (Clomid) which stimulates the ovaries to produce eggs, sometimes *lots* of eggs, dramatically increasing the chance that parents will end up with twins or triplets.

I've suggested to clients that they give genuine consideration to whether a multiple birth is something they really want, especially when doctors can do simple embryo reductions to assure patients will have single pregnancies. Sadly, I think, they rarely want to consider doing anything else, and I can understand the response, "We didn't slog through this infertility nightmare to abort anything, even if it means damaging the future of our marriage or other offspring with unwanted multiple births." As one colleague commented, "Short-sighted, although understandable."

Like any type of chemotherapy, Clomid has nasty side effects, including inevitable and unpredictable mood swings that make PMS look like a walk in the park. Add this to an emotionally volatile situation that already exists where the stakes are high, and you often have a recipe for relationship disintegration, regardless of whether the fertility outcome is "successful."

IVF generally costs about the annual salary of an elementary school teacher. This price, combined with the frantic desperation of the couple paying it, often leads some couples to mortgage their financial future—sometimes even the family home. If and when the baby arrives s/he may be entering a home filled with fear, resentment, and alienation. One family I worked with had to declare bankruptcy soon after the arrival of their coveted baby.

You would think that responsible fertility doctors would encourage couples to carefully consider not just the financial implications but more impor-

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Plan Ahead for these Great Programs!

[May 3 - May 6, 2012](#)

CAMFT's 48th Annual Conference
San Diego Marriott Mission Valley
San Diego, CA

[May 25, 2012](#)

Matt Chirman, LMFT
Personality Disorders,
with a focus on Borderlines.

[July 27, 2012](#)

Marilyn Wedge, PhD, MFT
Using Family Systems Therapy to
Resolve Children's Problems
Briefly and Effectively.

[September 28, 2012](#)

Sherri L Kimbell, LPC, PhD,
Windhorse Environmental
Treatment for Psychosis:
Interpersonal Mindfulness as the
Path of Recovery from Extreme
States of Mind.

[October 13, 2012](#)

🌀 ANNUAL WORKSHOP 🌀

Ann Margulies, LMFT
Emotionally Focused Couples Therapy (EFT): An Attachment Approach To Relationship Issues

[November 16, 2012](#)

Self Care. Details to be Announced.

*Ann Williams, LMFT
Program Chair*

**CENTRAL COAST CAMFT
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President's Message

Greetings
Everyone!

Five of your
board mem-
bers were
able to go



to the CAMFT leadership conference this year. It was held in San Jose with 26 of the 29 chapters represented, a record I'm told. Stacy Schutten Guise, Vice President, Teresa Pardini, Trauma Response Coordinator, Robin Squires, Pre-Licensed Representative, Ann Williams, Program Chair, and I were able to attend together. I will give you a brief outline of my observations on the conference in a separate article elsewhere in this newsletter.

We have a very busy year planned for our membership. We will be moving this year as the Unitarian/Universalist Church moves its location. We will speak about that more as the time gets closer and make sure everyone knows where the new location is going to be. We have several exciting speakers lined up, too, and unlike many of our sister chapters, our meetings are free. As you know, every year we have a workshop and this year I'm excited about the speaker and the presentation coming up in October. I will let Ann Williams, Program Chair, give you an in-depth description, however, it is because of the speaker, Ann Margulies, and her presentation of Emotionally Focused Couples Therapy that I love working with couples today.

Kathy Asdel and I will be meeting with Jennifer Adams from the NC Women's Shelter later this month to find out what we, as an organization, can do to help them. They are our chosen non-profit for the year and we will be let-

ting you know how you can be of service to this great group, as well.

On a final note, our board has a new Secretary this month. We were lucky when Renee Haas volunteered to take over the position in November of last year. However, Renee became ill and had to move back to Simi Valley. So last week, I met with Kim Richards who has volunteered her time and services to the position. I think she will make a wonderful contribution to the board and our membership. Welcome aboard, Kim!

I hope to see you all in March!

*Margaret J. Bullock, LMFT
Chapter President*

CCC-CAMFT Sponsors North County Women's Shelter

Each year we choose a nonprofit organization to sponsor. Our President, Margaret Bullock and I met with Jennifer Adams, Executive Director of the North County Women's Shelter and Resource Center, to discuss how our Chapter can help support this North County vital resource to women and their children experiencing domestic violence. Jennifer has agreed to come to our March 23rd meeting to describe their services for survivors of intimate partner violence and how we can help them with both financial and other kinds of support.

The North County Women's Shelter and Resource center provides many services such as a 24 hour crisis

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Leadership Conference

(Continued from page 1)

with her ability to build a bridge between herself and the different chapter members, some of whom were feeling disenfranchised due to the misunderstandings/miscommunications of the last year or so over Prop. 8 and other issues. Ms. Epstein is an open, caring individual who promptly put the room at ease, brought us all up to speed on the current position of the CAMFT board on those issues, the most recent PAC issues before Congress, discussed the new Chapter Advisory Council being formed at the State level, and the new look of The Therapist among other things. She also led a 45 minute session called "A Dollar For Your Thoughts" in which everyone was invited to share what their chapter did to bring in new members, new speakers, and new topics, etc.

Peggy Hoffman, CAE, spoke the rest of the morning, about Attracting and Cultivating volunteers using an interesting approach by pointing out the differences between Baby Boomers, Millennials, Gen-"X"ers, Gen-"Y"ers and those who follow. It was interesting in terms of volunteerism, but I was able to formulate a treatment plan for a family I'm seeing using her strategies! Ms. Hoffman is always very helpful and amusing. This is the second conference I've been to where she's been the keynote speaker. If any of you have a chance to hear her speak, I highly recommend her.

I attended the Chapter Legal Issues breakout session facilitated by CAMFT's newest attorney, Sara Kashing. She discussed the pros and cons of incorporation, Directors & Officers Insurance, copyright law and the

legal ways in which to run Raffle Prize Drawings. I was surprised how engaging and interesting these topics were and how applicable they are or can be to our chapter. I was also impressed with how easy technology was used in the session when one person asked if her chapter was incorporated and another was able to produce her smart phone, go on-line and look it up and inform the whole group which chapters were incorporated. It's all around us and it's all so fascinating. Welcome to the new world!

Margaret J. Bullock, LMFT

As a newer member to our local chapter, and the Central Coast Board, I was not sure what I would experience at the CAMFT Leadership Conference, but I went ready to flip my lenses of perception. I ended up experiencing an engaging conference that strove to bridge the CAMFT "Mothership" with local chapters, attract volunteers, and step further into social media.

The day started with Jill Epstein, JD, the new CAMFT Executive Director bringing herself fully to the room with an energy and excitement about her new position at CAMFT. She shared about the current goals of CAMFT and a new desire to bridge more with the chapters throughout the state. A theme of her talk was to focus on what local chapters are doing that they feel is supportive of the profession and wanting them to share and connect about these ideas with other chapters. As a new leader, Jill expressed an openness to hear from CAMFT members and to form committees that will further develop a supportive bridge of communication between chapters and

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Remember, what you get
by reaching your
destination isn't nearly as
important as what you
become by reaching your
goals—what you will
become is the winner you
were born to be!

Zig Ziglar

IVF & Pleasure

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tantly the possible disastrous effects IVF will have on their sexual intimacy before committing to the process. I've never heard a doctor speak these important caveats.

The IVF-generated child is expensive in so many ways beyond the thousands of dollars that are invested. Would-be parents are often convinced that the birth of the child will make up for the hellish process of conceiving her or him. Alas, this is rarely the case.

Even wealthy couples may experience a year or two or even three years of treatment that plunges them into a roller-coaster of desperate hopes and deepest fears.

Sadly, no couple that I've worked with was willing to have sexual intercourse during an IVF-induced pregnancy. As one couple said, "we can't risk this precious cargo!" All too often by the time the baby arrived, sex was a distant memory, and recreating a happy sexual connection was a far more difficult problem to solve than infertility.

Jill Denton has had a practice in Los Osos for two decades. In response to the needs of her clients she has developed particular expertise in working with trauma and anxiety, as well as addiction. She has pursued post-graduate training in treating sex addiction and sexual difficulties of all kinds, studying with Patrick Carnes and at the Institute for Advanced Study of Human Sexuality.

Contact Jill at (805) 534-1101 or jillqdfnd@aol.com. Her website is www.JillSexTherapist.com.

NCWS

(Continued from page 3)

line, Shelters in Atascadero and Paso Robles, legal services, counseling, prevention outreach presentations and case management. According to Jennifer, we can help in three ways: by referring clients who need NCWS services, by getting involved as a volunteer, and by making financial or in-kind donations of household, personal items, or services and participation in fundraising events.

Come March 23rd to hear more about the North County Women's Shelter whose mission is to reduce intimate partner violence through services and education that promote safety, healing, and empowerment. The North Countrywomen's Shelter can be contacted on their website www.northcountywomensshelter.org or by calling (805) 226-5400.

Leadership Conference

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the "Mothership," as Jill called it, in order to further give voice to the desires of the local chapters. For example, there will be a committee formed that gives local chapters feedback to further develop future CAMFT leadership conferences.

In the afternoon there were different breakout sessions that one could go to. I chose to go to the Website/Technology presentation with Miranda Palmer, LMFT and Kelly Higdon, Technology Coach for Real

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Intern Corner

Our Interns and Trainees meet once a month on the third Wednesday from 6-7 pm. We have a guest speaker each month who shares his/her knowledge and expertise with the group and answer questions at the end of the hour.

In the month of January our guest speaker Tim Ross, who works with teenagers and interventions for teens. In February, Lia Anisgard spoke about Emotionally Focused Therapy which was both interesting and informative. In March we will be having Dr. Margaret Bauman, M.D. Child, Adolescent and Adult Psychiatrist.

Please attend the upcoming meeting at Community Counseling Center; 1129 Marsh Street; San Luis Obispo, CA 93401. Please contact Robin or my co-chair Susan Hirsch 234-3416 who can answer your questions.

*Robin Hirsch, MFTI
Pre-Licensed Representative*

Newsletter Guidelines

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 (6 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: December, February, April, June, August and October.
Send to Karen Rogers: animagyk@yahoo.com.

Make checks payable to CCC-CAMFT and mail to: Lia Anisgard, CCC CAMFT Treasurer; 226 Oakwood Court; Arroyo Grande, CA 93420.

Leadership Conference

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People. The main focus points discussed were: websites, social media, online registration, and technology issues in general. The room was filled with a diverse group of chapters that each had different ideas and ways of working with social media. Personally, I reflected on my own growing edges with technology and felt an excitement about working more to support our local chapter's web page evolve and become even more interactive (i.e. online registration). According to Miranda, the more interactive the website/social media the more the

chapter increases in size and communication. Also, social media topics of discussion can increase in our chapter, for example, do we want a Facebook business page where we can share about events and connect in a new way? As the central coast chapter steps more into a discussion about social media, and what aspects of it we want to participate in or not, we will be making choices that could potentially impact our outreach and membership. Hopefully, 2012 can invite members to further dialogue about our chapter's relationship with social media.

Stacy Guisse, Psy.D., LMFT

Membership Report

As Membership Chair, I would like to thank all of you who have renewed their membership for this past Membership Drive, and say "welcome" to 6 new members!

At the same time, I am sadly reporting that only 52 of you have renewed, with 63 lapsed memberships. This is our lowest renewal percentage in the 5 years I have been involved with Central Coast CAMFT.

We at CCC understand how economic trends have affected us all and as an organization, we often feel it first. But, I would like to encourage all of you who have not renewed to think about the benefits of membership and how this organization keeps us connected with others in our field, something that can really inspire and hold us during difficult times.

CCC is working to build community and support locally. Our e-tree emails keep us updated and connected; our Find a

Therapist for local referrals is a wonderful tool; we offer the newsletter online as a "green" alternative; our offerings for education and cross-training keep us informed and alive in our practice; and we offer CEUs at reasonable prices for quality presentations, often featuring local talent!

I would just ask that you rethink renewing your membership. Our deadline for removing non-renewed members from Member privilege (i.e. newsletter, e-tree and Find a Therapist) is March 31, 2012. Please go on-line and look at our website and while you are there, download the application form and RENEW now!

If you enjoy being a member, maybe there is someone you'd tell about us and encourage to join.

If there are any questions or comments, please call me at 805.703.3193 or email me at

jestern@thearttherapycenter.com.



Classified Costs	Member	Non-Member
Up to 10 words	\$5	\$10
Up to 50 words	\$20	\$40
Each word over 50	\$0.25	\$0.25
Nonprofit Services: FREE advertising		
Display Ad—Camera Ready (jpg)		
1/4 page	\$25	\$45
1/2 page	\$40	\$60
Full page	\$70	\$110

SCV-CAMFT Presents Eye of the Storm

Friday March 16 - Saturday, March 17

Presented by Diane Myers, RN, MSN, CTS

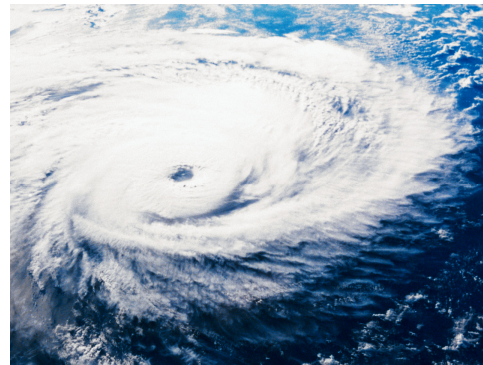
Friday and Saturday, March 16 & 17, 2012

8:30 AM - 4:00 PM

(Registration Begins at 8:00 AM)

Includes Continental Breakfast and 14 CEU Hours

Mental health professionals are increasingly called upon to respond to large-scale community-wide disasters. This 2-day workshop will provide participants with essential knowledge and skills for intervening effectively with mental health needs in the complex and intensive aftermath of a disaster. Topics will include types of disaster, trauma caused by disaster, risk groups, and phases of recovery. This particular course is not offered often. It can be taken by those who have a general interest in learning more about disaster mental health, or as one of three courses required to be a member of a CAMFT TRAUMA RESPONSE NETWORK.



Clinicians will learn

- ⇒ Effective mental health interventions to be used in a variety of disaster settings (including workplace and community) and time phases.
- ⇒ How disaster mental health needs differ from psychotherapy
- ⇒ How to become part of an integrated community response effort
- ⇒ Self-care and prevention of secondary traumatization for disaster mental health professionals.

Diane Myers, RN, MSN, has her Master's Degree in psychiatric nursing from Yale University, and is a licensed Psychiatric Mental Health Nurse and Clinical Nurse Specialist. She is a Board Certified Expert in Traumatic Stress, American Academy of Experts in Traumatic Stress; Certified Trauma Specialist, Association of Traumatic Stress Specialist; and holds the credentials of Certified Traumatologist and Master Traumatologist from the Florida State University of Traumatology Institute. She has 30 years of experience in disaster and critical incident stress management.

Registration after February 15 Chapter Members \$275 Non-Members \$300


Fee includes Eye of Storm Booklet, continental breakfast each day, CEUs

Location: Mountain View Fire Department, 1000 Villa Street, Mountain View, CA

Payments may be made by credit card when you register online, by personal check, or PayPal. Please use the chapter's e-mail address: mail@scv-camft.org for PayPal payments, or make check payable to SCV-CAMFT and mail to: SCV-CAMFT, P.O. Box 60814, Palo Alto, CA 94306. For reservation information, contact 408/235-0210 or mail@scv-camft.org. For information on the workshop, please email Pamela Eaken (pamelaeaken@gmail.com).

SCV-CAMFT.ORG | Phone: 408-235-0210 | PO Box 60814 | Palo Alto | CA | 94306

*Contributed by Teresa Pardini, LMFT
Trauma Response Coordinator*



CAMFT Central Coast Chapter
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San Luis Obispo, CA 93406

Forwarding Service Requested

**Bringing Together
Central Coast
Marriage & Family Therapists**

NEW MEETING LOCATION!

**Unitarian Universalist Fellowship of
San Luis Obispo**

2201 Lawton Avenue,
San Luis Obispo 93401

Cross street: South, near Broad
Parking is in back on Meadow St.
Across from Meadow Park

March Meeting:

**Not Just an Empty
Chair...
Gestalt Play Therapy
with Projective
Techniques**

See page 1 for article

Date:

March 23, 2012

**Gestalt Play Therapy with
Projective Techniques**

8:45-11:00 AM

Location:

Unitarian Universalist Fellow-
ship of San Luis Obispo
2201 Lawton Avenue,
San Luis Obispo 93401

Free or 2 CEUs for \$20