

S P R I N G 2 0 1 4 M A Y - J U N E

# the CENTRAL COAST THERAPIST

ON THE WEB AT: [centralcoastcamft.org](http://centralcoastcamft.org).

## THE PRESIDENT'S MAY/JUNE COLUMN—KAREN ROGERS

*Spring has returned. The Earth is like a child that knows poems.*

—Rainer Maria Rilke

This is surely the most beautiful of times on the central coast. A hike in Montana de Oro last week up Rattlesnake Flats and back along Coon Creek was resplendent with blooms and butterflies, with the promise of more to come!

This past Sunday I relaxed, totally and completely in my own back yard. Deer have come down from the heights in this time of drought, and they were joined by our resident acrobatic squirrels, demanding crows, circling hawks and sassy blue jays. The oaks

are full and green here in north county, and the vineyards are bright with neon-green leaflets. It was good to allow my brain to cool off after our Saturday of Law & Ethics workshop presented by Dave Jensen, JD of CAMFT. "What Does the Law Expect of Me?" (Part III). Our day included focus on psychotherapist-patient privilege, including an overview of various privileges, of which the psychotherapist-patient privilege is one; the Basic Rule of the psychotherapist-patient privilege; the fundamental concepts constituting the psychotherapist-patient privilege, including holding, asserting, and waiving the privilege; —Cont'd on Pg 2



*Next Meeting:  
Friday Morning, May  
23th, at 9AM.*

*Social [half] hour begins  
at 8:30.*

*At the SLO Unitarian  
Universalist  
Fellowship.*

*2201 Lawson Ave., SLO*

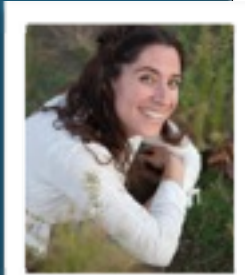


### Our May Presenter: Stacy Guisse, Psy.D., LMFT

Stacy Guisse has been working and enjoying her time with clients for 14 years. She has worked in a variety of settings, private, inpatient, residential, and non-profit. She has a well-honed integrated therapy approach that she uses to work with clients who are experiencing a wide range of life challenges.

An important area of focus is Adolescent Anxiety and the implementation of intermodal therapies (i.e. dialoguing with art images, community building and activities, music, movement, expression).

For more on her upcoming presentation, see Page 4



**Cont'd from Page 1:** the types of witnesses psychotherapists could be in legal proceedings (and the pay scale!); and, finally, dealing with and responding to subpoenas. Who knew that responding to a subpoena could be met without fear and loathing? It can!

Once again our workshop was well-attended, with over 40 participants. We had folks from as far away as Los Olivos and we had a few LCSWs. New faces and familiar ones were greeted in the morning and had lots to talk about as we settled in for the day. Six CEUs required for BBS licensing period: check!

I promised a review of the Leadership Conference, and I am at a loss as to how to condense so much information into such a small space. Ideas, ideas! I learned about what we're doing right as a Chapter and how we might improve.

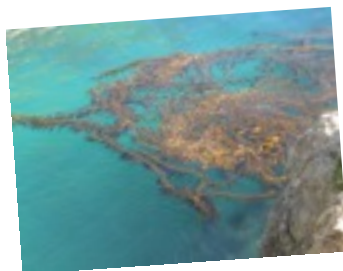
One of the more exciting items we are implementing (well, resurrecting!) is our Prelicensed MembersGroup. Jamie Nolan is heading that up, so I won't steal her thunder on it. Hospice of SLO County has graciously allowed us to have our meetings in the SLO office, and there will be food!

Some chapters host a "Salon series," that is, specialty presentations/small workshops on

specializations, such as EFT, or other topics of interest to a group of therapists.

In service of our community, I will introduce to our Board (as I continue to read my notes I see more...) the idea of making a contribution of food or toys at our November meeting. More on that in the future...

It was recommended that we check out Tony Robbins "Why We Do What We Do," in his TED talk, [http://www.ted.com/talks/tony\\_robbins\\_asks\\_why\\_we\\_do\\_what\\_we\\_do](http://www.ted.com/talks/tony_robbins_asks_why_we_do_what_we_do). Check it out!



We learned about mission-driven volunteers vs. pro-social volunteers—and there's a real difference in their motivation! There's also the difference between "tell me what to do," vs. "I'd like to volunteer for \_\_\_\_." We're going to be looking at categorizing our volunteer opportunities such as "occasional," "limited short-term," "annual/ongoing" as well as ranging from "no effort" to "effort required" so that it's clear enough for someone to say "I want to do that!" We want our

volunteer opportunities to have something for every member who'd like to contribute.

Are you passionate about what you do? Play therapy? EFT? CBT? Imaginal work? Would you be interested in meeting for one hour a month with someone who is interested in what you are passionate about? Sharing your enthusiasm?

As the year rolls out, we'll be crafting our website to make it more of a resource for you and our community-at-large. We'll capitalize on our service during meetings and in between meetings. Meanwhile we're getting our policies in order to make the procedures flow smoothly!

Next year we plan on more Board members attending so we can expand our knowledge base and continue to strive for excellence as a Chapter!

To keep up with state CAMFT news, go to <http://camft.org> and log in. Enjoy spring, and take yourself in nature!

***Behold, my friends, the spring is come; the earth has gladly received the embraces of the sun, and we shall soon see the results of their love!***

—*Sitting Bull*

**Karen Rogers, LMFT;  
2014 Chapter President**



**Pre-licensed Meeting!!**  
**Jamie Nolan**

It's time to revive the Pre-Licensed corner of Central Coast CAMFT! After carefully considering how to go about doing so, we are happy to announce that we will hold our FIRST gathering ("meeting" sounds too official) for all pre-licensed folks (MFT trainees, interns, and MSW students, or anyone interested in considering the field) to begin to create a deeper connection with one another in this incredible community of therapists.

**When: Monday, May 12th from 6:00pm-7:30pm**  
**Where: Hospice of SLO- 1304 Pacific Street San Luis Obispo, CA 93405**  
**Why: Community building & support and free refreshments...duh!**

You do not need to be a current state or local CAMFT member to attend! Our hope with this first, informal gathering is to establish an initial sense of what you pre-licensed therapists out there would like from your chapter. We've got workshops, social activities, and lots of other ideas

brewing, but would love your support in designing the future of our very own "3,000 Club." We will have time for networking and to begin exploring areas for further focus and support, including (but certainly not limited to!):

- The Road to Licensure: What to expect or wish I had known
- Dealing with Doubt: About the field, self-doubt, the stuff most people won't admit or is not covered in supervision. Is this the path for me?
- Consultation on Hours-earning, calculating, and submitting your hours
- Sharing job opportunities and networking (This is crucial in small community!)
- Get Real About Finances: Do I have the financial resources to make it to licensure?
- Jobs, resumes, interviews, internships
- Studying for the exam
- Dealing with Supervisors
- Self-care
- Please come explore what CAMFT has to offer pre-licensed members. We want to learn from you!

*If you would like more information, please email me, Jamie Nolan, CCCAMFT Pre-Licensed Representative at [jamienolanmfti@gmail.com](mailto:jamienolanmfti@gmail.com)*

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**[kaasdel@tcsn.net](mailto:kaasdel@tcsn.net)**

*"Chocolate is cheaper than therapy; and you don't need an appointment" ---Anonymous*

## HOW TO COMPLY WITH “PROFESSIONAL WILL” REQUIREMENTS.

**Gadi Zohar**

What to do and what not to do to comply with the rules for private practice mental health providers

While CAMFT advises that you should keep a professional will, there is no guidance as to the form or substance of a “professional will.” But the point is that you need to have a plan, similar to a will, for continued care of patients in case you become incapacitated or die.

Specific



prescriptions for the time to maintain clinical files are encoded in some legislation for psychologists (to maintain clinical files for seven years). While no such legislation applies to LMFTs, CAMFT ethical rules require the proper maintenance and disposal of patient records to protect confidentiality.

There are two angles from which one might consider what happens

if one does not create a professional will. The (first) “plain old human angle” is where the patient feels abandoned because her therapist suddenly disappears with no additional information. The (second) liability angle is where that same patient harms herself and that harm is linked to the absence of a professional will. And yes, your estate can be sued for malpractice after your death.

Some low cost solutions are problematic when they were created by people who are not estate attorneys.

Just as you would not seek a lawyer for couples counseling, you should not seek a non-lawyer to create a professional will. It is simply unreasonable to expect a non-lawyer to think like an estate planning lawyer.

**Note:** This article is abridged. For the full version, email [info@therapist-will.com](mailto:info@therapist-will.com). The full version of this article explores what you might want to consider if you plan on going the “DIY” route.

Professional wills touch on our deepest vulnerabilities, because they involve contemplation of our death and possible incapacitation. While procrastination is understandable, it is nobody’s friend.

**Gadi Zohar, LMFT, Esq.**, is the CEO of Therapist-Will.com, which provides a service for private practice therapists who want to create a personalized professional will. He practices trusts and estates law exclusively at his Palo Alto office

Parent Connection of  
San Luis Obispo County

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**Confidential Phone  
Line for Parents**

Support • Resources  
Solutions

**Linea de teléfono  
confidencial  
para padres**

Apoyo • Recursos  
Soluciones

Espanol (805) 462-7135  HelpLine

**Do you have something you would like to write about, ponder, share, have the CAMFT members think about?? Write it down and we’ll write it up for the next newsletter. Let the Newsletter do the Networking for you!**

**Send submissions to  
[eddiepmft@gmail.com](mailto:eddiepmft@gmail.com)**

## “Embracing Our Own Inner Teen’: The Imaginal Approach & Intermodal Therapy Techniques for Engaging with Adolescents” with Stacy Guisse, PsyD., LMFT

**OVERVIEW:** You are invited to share in a morning situated within the Participatory Paradigm of healing. “What is that?” you might ask? Many of us have learned through *informative* learning and this participatory workshop offers you the opportunity to learn through *experiences*. When we experience the therapeutic modalities that we offer to our clients we are more likely to feel relaxed and effective in implementing them, especially when it comes to intermodal therapies (*i.e.* arts, music, sound, movement, etc.)

Please join me in specifically looking at our work with teens and exploring questions like: What are the ways that you feel challenged and excited by your work with teens? What modalities are you finding effective and what ones do you feel that you would like to implement? Are there times when you feel reactive to teens?

We will be applying the main principle of the Imaginal Approach to our morning, ‘Exploration before Explanation.’ The morning will unfold with a variety of intermodal therapies that you can participate in while also witnessing others experiences (*i.e.* art, music, movement, etc.)

Objectives:

This course is designed to help you: 1. Experience an introduction to the Imaginal Approach and experiencing intermodal therapy techniques/interventions; 2. Create your own art image, as well as witnessing a technique called, dialoguing with art; 3. Work with your own experiences/reactions and identify ways that you can become more reflexive; 4. Form your own transformative practice to take with you from the day, and; 5. Identify ways that you can bridge the Imaginal Approach into your work with teens.

If you want to contact Stacy, she can be reached at [stacy@slotidelands.com](mailto:stacy@slotidelands.com) or 805-543-5060 ext 5

**It is recommended that you bring a notepad and perhaps wear clothing that won’t suffer from a bit of pastels!**

*Come Join Us May 23th to learn more on taking care of You!!  
As always, the Presentation is Free (2 CEU’s Available for \$20)!*

### Earn FREE CEUs!!!!

You can earn a coupon good for two CEUs by writing up a program review for one of our Chapter meetings. We’ll be starting this new practice at our May meeting, so be prepared! If more than one person volunteers, we’ll put names in a hat or bowl and draw out the writing winner! All articles must be sent to Eddie Palmer at [eddiepmfti@gmail.com](mailto:eddiepmfti@gmail.com) by no later than 10th of the month following the program. Earlier is better! Did I mention free CEUs?

*Community Counseling Center SLO  
Serving SLO County for Decades.*

*Ready to serve the community today*

**Referrals Taken: (805) 543 7969**

***The March Program Review:***

—***Kathie Asdel***

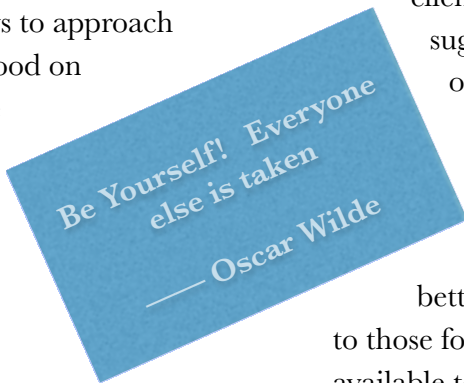
Duane Law is an acupuncturist and naturopath who specializes in mental health issues spoke to the Chapter on nutrition and the mind. According to Duane, there are many ways to approach the effect of food on the mind. He began by sharing his boyhood experiences describing himself as a "messed up kid" consuming plenty of sugar and experiencing the ups and downs of sugar induced drastic mood swings. Eventually Duane experienced a physical crisis and reported finding after 3 weeks without sugar and carbs he, he felt better.

This experience began his 30 year fascination with food and feeling better. Through research and experience, he found that basic and targeted micro-nutrition can ease anxiety, lift depression and

protect our brains from the effects of stress. Duane suggests therapists can benefit from educating ourselves and clients about the relationship of food and the mind. He also emphasized the need to screen clients for food allergies suggesting people are often negatively effected by foods they crave. If foods are eliminated from their diet for a week and clients feel better, they may be allergic to those foods. Duane Law is available to share his knowledge with therapists to educate themselves about nutrition to help their clients to understand the connection between food and mood. He can be contacted at [naturalstresscare.org](http://naturalstresscare.org)

for a free self-care advisor newsletter, asking a quick question, to set up a more advanced workshop and/or find more information about Duane's consults.

***Kathie Asdel, LMFT, CCC-CAMFT Member at Large***



**A Note from the Editor. By Eddie Palmer, MFTi**

As we publish this May-June Issue of our newsletter, we are continuing to honor the "print" version, even as more and more of our communications are sent in-between the copies which are now exclusively published on our website. At some point, the newsletter may resemble the electronic news sites put out by the major (and minor) newspapers, with on-going updates. As we move toward that, and however the newsletter evolves, we want to encourage everyone to participate, to share their own skills and knowledge. At its core, that is what CC CAMFT is all about: members sharing with members and the community. If you have anything that you would like to contribute, please send it to me: [eddiepmfti@gmail.com](mailto:eddiepmfti@gmail.com). Thanks to everyone who added their thoughts to this edition. Peace!

