



The Central Coast Therapist

CALIFORNIA ASSOCIATION OF MARRIAGE AND FAMILY THERAPISTS
CENTRAL COAST CHAPTER

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May/June 2007

MAY EVENT: *IMPACT OF TRAUMA ON THE FAMILY*

Join us for an excellent networking and training opportunity!

Dr. Herbert Gravis is widely known for his work in systemic traumatology, specifically the impact of alcoholism, PTSD, OCD, Bipolar Disorder, Major Depression, and Schizophrenia on the whole family.

Date: May 25, 2007

Time: 8:40-9:00 Networking
9:00-11:00 Program

Speaker: Dr Herbert Gravis

Place: The Sands Suites and Motel
1930 Monterey Street
San Luis Obispo, CA

Cost: \$10 for those wanting 2 CEU's

We are pleased to welcome Dr. Herbert L. Gravitz to our May Central Coast Chapter CAMFT meeting. Dr. Gravitz received his masters and his doctorate in psychology from the University of Tennessee. In addition to a busy private practice and consultation services, he is also a founding Board of Director of the National Association of Children of Alcoholics (NACoA). Dr. Gravitz specializes in the diagnosis and treatment of the effects of illness, trauma, and addiction on the individual and the family.

Dr. Gravitz has authored or co-authored books and articles on trauma, healing, and recovery, and during the last 20 years he has led a wide variety of workshops and seminars throughout the United States. He has authored *Obsessive Compulsive Disorder: New Help for the Family*, *Trauma: A Crucible for Excellence* and *Words to Inspire: Hope and Help for Every Member of the Family*. In addition, he co-authored *Recovery: A Guide for Adult children of Alcoholics* and *Genesis: Spirituality in Recovery from Early Childhood Trauma*.

With over thirty years of clinical experience, Dr. Gravitz has worked with people of all ages. He is known for utilizing the family as the core context for assessment, diagnosis, and treatment. His interventions take into account their impact on the whole family, even if only one member of the family is present. He stresses the importance of intergenerational healing and strives to incorporate as many generations as possible in his innovative treatment protocols. Dr. Gravitz learns what a person wants, helps distinguish what he or she needs, and uses what the individual or family is doing right to heal what they are doing wrong.

Please join us on May 25 to learn more about The Impact of Trauma on Families from Dr. Gravitz!

Diane Rhodes, M.A., Program Chair

PRESIDENT'S MESSAGE

I continue to be impressed with how much we are doing for a somewhat small chapter. Stimulating meetings, good networking, friendly colleagues, getting incorporated and now a web page. Hopefully you've all checked out the web page and input your contact information at: centralcoasttherapists.org.

We do have a terrific and dynamic Board. Special thanks to you all. At this time, I want to especially thank our newest members: Katty Coffron for jumping right in with a great newsletter and tightening the structure, Ashley Smith for keeping up with minutes from our meetings, retreats, and adding her background with other types of organizations, and Jessica Harvey for working on expanding our connections with pre-licensed members & potential members.

We now have another opportunity for someone to become a Board member and to participate more actively in our chapter. Tammy Summers needs to step down as Membership Chair. Her job involves receiving membership forms, recording the basic info on the computer (not high tech work), & then forwarding it on. The major work for the year has already been done. The chair also attends our regular Board meetings, which take place right after the regular meetings, and would be among an enjoyable, great group of people. Lunch included. Tammy would be happy to train the new person.

The Board now has an annual ½ day retreat, with lunch. (You can see eating is important to us.) Our last retreat was in February. The vision we came up with for our chapter was to be a vibrant, dynamic, supportive, inviting, educational, stimulating and financially viable chapter. We also want to emphasize partnership, marketing, advocacy, serving our intern membership and serving private practice needs.

Some specific ideas we would like to implement are being more visible, attracting more seasoned therapists to meetings, creating social connections, reaching out to interns, providing regional supports, and creating a membership survey. As usual, we solicit your ideas.

I wish you all a happy Spring, which is my favorite season. I've been enjoying all the wild yellow mustard flowers, & some California Poppies. Color is a good thing to add to our lives.

Ann Williams, LMFT
CCC Chapter President

Central Coast CAMFT Board of Directors

Elected Positions

President

Ann Williams
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Vice President/President**Elect**

Louisa Troemel
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Secretary

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**Disaster Mental Health
Coordinator**

Robin Inouye
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rino610@aol.com

INTERN CORNER

When Professional and Personal Worlds Harmoniously Collide.

On the first day in my first class as an undergraduate, one of my teachers told the class that all therapists are therapists because "their lives are messed up and they want to fix their own problems." It was one of those moments in my life that I remember like it was yesterday—I even remember the statement verbatim. I didn't want to be so transparent. I had had problems and I wanted to know how to fix them. My teacher didn't want to do the same and that was why he was a teacher. That message resounded in me in such a way that made me want to reconsider my life course.

I wanted to be a therapist because I wanted to be a happy, fulfilled and an actualized human being. I figured the people who studied that would be closer to achieving it themselves. I wanted to help people and feel good about the work I would be doing. I wanted to connect with people and influence them. I wanted to enhance my relationships. I wanted my education to focus on what I wanted to focus on in life: feeling successful, contributing to the betterment of society, being a balanced individual and guiding and supporting others to do the same through my professional practice. These were the selfish considerations I had when I thought about what I wanted to do. I thought by the end of graduate school my life would be perfect.

My life wasn't perfect by the end of graduate school. I couldn't escape the person and her problems that were attached to me (the therapist), and came with me into every session. Just sitting there haunting me, listening to the private words my clients spoke, and even being so audacious as to think of her own needs while I was in session- she felt hungry or bored or nervous, or even thought about how she has suffered as the client described.

I have slowly come to grips with the fact that only way to conquer this human and to meet her endless needs was to

embrace her. To thank her for the experiences that she has lived that have made me a stronger clinician. Ethically, as a clinician, I have to address the problems I have in my personal life head on, as opposed to sweeping them under the rug as people in other professions may be asked to do. I have to take care of myself, my relationships and even seek professional help for myself. In that way my profession has helped me as a person.

There is a reciprocal nature of the influence that my personal life has on my professional life and my professional life has had on my personal life. Both spheres of my existence have enhanced and expanded the other, as well challenged and exhausted the other. They are integral to each other, yet demand fluid and clear boundaries. My humanity and awareness of my own faults will make me a better clinician as well as my skill as a clinician will help me as a person.

My teacher, in a way, was right. My motivation for becoming a therapist was related to the effort to fix my own problems. Instead of rejecting that, I have come to embrace it. I have realized that I am a work in progress. I will never transcend all of my problems and I have found peace in that realization. My undergraduate teacher missed the bigger picture that I believe to be experienced by most budding therapists: we want to help others as well as ourselves. The darker side of me can't help but wonder if my cynical undergraduate teacher had become a teacher to resolve some learning deficits he had himself! The following words were spoken by a person much more in touch with the human condition than perhaps my teacher was, and they have resounded in me and have been equally influential. "You and I are perfectly normal and natural things." –Virginia Satir.

Jessica Harvey
MFT Intern

INSPIRATION FOR THOSE OF US JUST STARTING OUT

- ◆ Every artist was first an amateur. - Ralph Waldo Emerson

CALENDAR OF EVENTS FOR 2007

There are a number of exciting events coming up for the CAMFT Central Coast Chapter! We generally meet the 4th Friday of every other month for stimulating presentations and conversations. We also have two workshops scheduled. The schedule does change throughout the year, so become a CCC CAMFT member to stay informed of program changes and updates!

Tentative Program Schedule for 2007

May 12, 2007	<i>Professional Will Workshop</i>
May 25, 2007	The Impact of Trauma on the Family
July 27, 2007	Non-Violent Communication
August 17, 2007	<i>Law and Ethics Workshop</i>
September 28, 2007	Mood Disorders
November 16, 2007	Psychopharmacology

LOCAL NON-PROFIT MAKES A DIFFERENCE IN SLO COUNTY

CCC CAMFT is planning to feature an article about a local non-profit each month to create greater awareness of these organizations and the work they do in our community. Submit an article about a non-profit agency you feel passionate about!

The North County Women's Resource Center and Shelter was started in 1982 by The American Association of University Women. Originally, the "resource" center was a phone bank staffed by volunteers from AAUW. As the demand for services grew, a permanent office and eventually a shelter for victims of domestic violence were established.

The first shelter was opened in Atascadero in 1985. The agency had its usual growing pains, but ultimately a Board of Directors governing this non profit corporation was formed. The current Executive Director, Eileen Allen came to the agency in 1992 and worked as paid staff, eventually taking the helm of the directorship 1994. She remains as the director today and has guided the agency from a small volunteer based program to a fully staffed, multi-faceted resource and shelter program.

The funding for the agency comes from grants and generous financial contributions. As an example, the second shelter was donated anonymously in 2001 and is located in Paso Robles. The agency provides the majority of shelter services in the County, providing 32 beds total

between the two shelters. Two thousand individuals were served in the year 2006.

Our own CCC CAMFT member Cyndy Smith is the Clinical Services Director who oversees a full staff of interns who work in the community based counseling center, the two shelters and the school outreach programs. The staff provide domestic violence assessment and prevention education throughout the North County at all school levels. It's a massive job!

Last, but certainly not least, Maryilou Bowie directs shelter services at both facilities which include emergency placement, referral for legal, health and financial services, and transitional housing after a client leaves the shelter. Community volunteers assist at all levels as well, such as making repairs on the houses, purchasing supplies or just holding a hand when needed.

Local therapists can refer to this agency and know that the utmost professionalism is available to any client seeking services.

Alice I. Jones, CCC-CAMFT Treasurer

THE MARCH CCC-CAMFT PROGRAM SUMMARY: PLAY THERAPY

Marsha shared with us her knowledge and experience based on many years of working with young children and their families. Her presentation, *Play Therapy: A Structured and Theoretically Based Approach to Working with Children*, included the description of Non-Directive Play Therapy, Child-Centered Play Therapy and Theraplay. Marsha is particularly interested in the therapeutic work with infants and their care-givers. As she stated in her presentation, it is a myth that infants and young children do not remember early experiences. In truth, according to Marsha, both pre-natal and early childhood experiences are reflected in a child's play. Negative experiences are expressed as an unsafe world-view.

In Play Therapy children use toys to express their thoughts and feelings within a positive relationship between the child and the play therapist. This interaction provides a symbolic language in which the child tells us: what the child has experienced, reactions to what they have experienced, feelings about the experience, what the child wishes, needs or wants, and the way the child sees him/her self. Play Therapy also helps children reach developmental milestones, practice abilities and rehearse solutions to the challenges they face in their life. According to Marsha, the play therapist trusts the child to follow his/her own unique map for healing by making the play therapy environment safe and satisfying. The toys used in play therapy are selected to express the follow-

ing common themes: control, expression of feelings, good vs. evil, family relationships, authority relationships, trauma, rescue, problem solving, happy memories, and the child's wishes. Marsha also presented the key points of Filial Therapy and Theraplay which are play therapies designed to improve parent-child relationships with parents increasing their understanding of their child's perceptions and feelings.

Marsha concluded her presentation by encouraging therapists interested in increasing their knowledge of play therapy and in supporting the use of play therapy to join the *Association for Play Therapy*. She also recommended the study of a variety of web sites and other resources she provided.

The board would like to thank Marsha Robbins, RN, LMFT, Registered Play Therapist Supervisor for her informative presentation at our March meeting!

We also look forward to two additional opportunities for professional development in May: The Professional Will Workshop on May 12th and the May 25th CCC-CAMFT meeting presentation on the Impact of Trauma on the Family.

Kathie Asdel, MS, MFT
CCC CAMFT Past President

A Holistic Approach to Counseling

Louisa Troemel, Psy.D. , L.M.F.T.

CA Licensed Marriage, Family, and Child Therapist

20+ years of Experience in Assessment and Counseling.

Education: Doctorate of Psychology and Masters in Counseling Psychology

Louisa's areas of interest include:

- ◆ Women's Health
- ◆ Women's Life Cycle/Changes
- ◆ Women's Recovery
- ◆ Pain Management
- ◆ Relationships
- ◆ Stress Management

Contact Louisa at 805-489-0545

Serving the Central Coast



SAVE THE DATE

LEGAL AND ETHICAL WORKSHOP

PRESENTER: CAMFT ATTORNEY

AUGUST 17, 2007

EMBASSY SUITES

More details to follow...

* NEW! THERAPIST HIGHLIGHT *

Hello all! The CCC CAMFT board would like to create greater awareness of the great work being done by the therapists in our chapter.

Would you like to highlight your work? Would you like other therapists in the chapter to know more about you?

Starting at the May CCC-CAMFT meeting we will have a drawing for a "therapist highlight" article in the newsletter. If you win the drawing, you can submit a photo and a 1/4 to 1/2 page* article for the next newsletter, letting your peers know a little bit about you and your practice!

Your CCC-CAMFT Board

*Length of the article will be determined by content submitted and space availability.

BOARD MEETING NOTES FOR MARCH 2007

Following March's informative program on Non-Directive Play Therapy by Marsha Robins the members of the Central Coast Chapter's Board of Directors met for a regular meeting. Of note was the review of the recent board retreat and the plans for upcoming programs. The board retreat held in February served to focus and solidify the goals of the board for the upcoming year; your board is working to bring even more energy and vitality to it's meetings and to meet the needs of all members.

Be on the look-out for an upcoming survey which we are working on to gather your preferences for programs and other topics from the chapter's general membership. A couple upcoming programs which have been a major focus for the board are coming together well and we are looking forward to the opportunity to provide the chapter with innovative and useful information at May and July's workshops.

Ashley Smith, Secretary

WORDS OF WISDOM

- ◆ The seat of knowledge is in the head, of wisdom, in the heart. - William Hazlitt
- ◆ When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us. - Helen Keller

CENTRAL COAST CHAPTER CLASSIFIED ADS

Therapy Groups

Grief Support Groups—Hospice of SLO County provides a wide variety of grief groups. They are located in SLO, Arroyo Grande and Paso Robles. Contact 544-2266 or 434-1164 for more information.

Anger Management group begins June 4! Call to get a spot on our wait list. No Drop ins! Offered at the Community Counseling Center in SLO. Call for info. 549-7969 Referrals welcome.

Therapy Groups

Mental Illness Family Support Groups—National Alliance on Mental Illness offers support groups and education in Arroyo Grande, SLO, Atascadero and Paso Robles. See namislo.org for more information.

To submit a classified ad— e-mail your information to the newsletter editor at katty_coffron@msn.com. Classifieds must be re-submitted or confirmed for each newsletter.

EYE OF THE STORM WORKSHOP — MAY 11 - 12, SANTA BARBARA

If you have an interest in Disaster Mental Health and would like to become part of the CAMFT Trauma Network then you just might be interested in taking the upcoming Eye of the Storm Workshop. In order to become a part of the CAMFT Trauma Network, there are 3 required courses, one of which is the *Eye of the Storm Workshop*. If you have been thinking about moving toward preparing yourself to respond in the event of a disaster, now is the time while this class is being offered so close to home. For more information, please email: jackie@filmlinks.com. If you would like more detailed information regarding the topic of Disaster Mental Health, and becoming a part of the CAMFT Trauma Network, please do not hesitate to contact me.

Robin B. Inouye, rinoy610@aol.com
Chapter Coordinator for Disaster Mental Health

CEU'S PLUS – SPEND YOUR CEU BUDGET WISELY

AND COME TO A SEMINAR WITH WORKING LUNCH, CHAIR MASSAGES & GOOD COMPANY. PLAN TO STAY FOR THE DAY, THE NIGHT AND MAKE A MINI-GETAWAY TO RELAX YOUR MIND AND BODY.

**July 21st, 2007 in Redondo Beach
Spa Service will be awarded at training**

www.mcgeheepartners.org or



jmcgeheepartners@verizon.net
Mandatory and Elective ceu's

NEWSLETTER POLICY

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. Contact the newsletter editor for more details.

Ad Rates

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

The following discounts are available for camera ready ads 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 for additional information and a more detailed policy.

All copy must be received by Katty Coffron by the 10th of the month prior to the mailing. Issues are published in January, March, May, July, September & November. Contact Katty at: katty_coffron@msn.com

Make checks out to CCC—CAMFT and mail to

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

CAMFT Central Coast Chapter

P.O. Box 12723

San Luis Obispo, CA 93406

Bringing Central Coast MFT's Together

We're on the web!

www.centralcoasttherapists.org

- Update your contact information
- Get the latest information on events
- Find other MFT's near you

MEMBERSHIP SURVEY

Possible Membership Meeting Time Change!

The board has been discussing the possibility of a time change for our general membership meetings. We have been considering meeting at lunch time rather than in the morning. Some members have also expressed a desire to have a healthy lunch while acquiring Continuing Education Units. The cost for a catered lunch would be approximately \$10.00-\$12.00. Members would have the choice of attending the meetings without ordering lunch.

Please let us know your thoughts and preferences about the possibility of changing the general membership meeting to lunch time on or before May 23.

E-mail your comments to Louisa Troemel, Psy.D, L.M.F.T. at: ltroemel@charter.net or call 805-489-0545. I look forward to hearing from you.



CCC-CAMFT presents a
Legal & Ethical Workshop

YOUR PROFESSIONAL WILL

A hands on Workshop on Writing your own Therapist Professional Will:
Preparing and Planning for Expected, Unexpected & Inevitable Absences.

ABOUT THE THERAPISTS PROFESSIONAL WILL:

The Therapist Professional Will is a document detailing your wishes for the continued care of your clients in your absence, whether **planned** or **unplanned**. While the concept of a creating such a Will resonates with most helping professionals, the prospect of putting one in place can seem daunting for nearly all of us. By making the commitment to create your own Will, you will have done every thing possible to assure the continuity of care for your clients, and given yourself peace of mind.

ABOUT THE PRESENTER:

Ann Steiner, PhD, MFT, is an Associate Clinical Professor at UCSF Medical Center. She has published over 19 articles on the topic of preparing for illness, death, relocation and retirement. Her work has been cited in the Wall Street Journal and she has recently developed a CD of her original Therapist Professional Will material.

When: SATURDAY, MAY 12, 2007, 8:30am - 4:30 pm.

**Where: The Sands Motel, 1930 Monterey, San Luis Obispo, CA
805-544-0500**

Cost: \$60 Members, \$75 Non-members

CEU's: 6 ceu's included (meets BBS Legal & Ethical Requirements)

Capacity: Maximum 50 people.

Send reservations & checks, made out to CCC-CAMFT, to:

Ann Williams, MFT

1059 Leff St.

San Luis Obispo, CA 93401.

For more information, contact Ann at 805-545-8855 or at annwlms@aol.com.