

# The Central Coast Therapist

California Association of Marriage & Family Therapists  
Central Coast Chapter

CCC-CAMFT Newsletter  
May/June 2008



## Ten Principles of Imagery & Hypnotherapy: A Brief Therapy Model Inspired by the Work of Milton Erickson

### A Not-to-Miss CAMFT Meeting with John Tamiazzo, Ph.D.

John A. Tamiazzo, Ph.D., specializes in Creative Applications of Imagery and Hypnotherapy for Health: A brief Therapy Model inspired by the work of Milton Erickson. He has an extensive background in Solution Focused Psychology, brain and nutritional research, the interplay of Mind/Body/Spirit, the Psychology of Health and Healing, and East/West Consciousness Psychology. And he has studied with some of Milton Erickson's finest and most creative students like Ernest Rossi and Stephen Gilligan!

He also has a remarkable teaching background, teaching at Universities, Institutes, and Hospitals.

Dr. Tamiazzo is the author of the self-help book "Love and Be Loved" published by New-castle Publishers in Los Angeles, CA.

In one of Dr. Tamiazzo's published articles on Imagery and Hypnotherapy for Health, Harmony and Peak performance, he writes about trance and hypnosis. Erickson liked to

use the word, "trance" interchangeably with hypnosis because he felt it was a more accurate term. One of the things he said was, "The problem isn't putting a person into a trance, it's getting them out of the trance they are already in."

Here are some examples of what others have written about how his work has affected their lives:

"...thank you for teaching me about the therapeutic combination of art and science as it can be of benefit to anyone who chooses to use the power of their own mind." – Cheryl Guthrie, RN

"As an instructor and trainer, Dr. Tamiazzo masterfully creates an environment that touches the potential within each individual. Having trained with numerous world-renowned facilitators, this experience soars as one of the best in my career. What a gift!"

*Continued on page 2*

## Did You Know...about Hotline's 211 Service?

211 is an easy to remember phone number linking callers in need to available health and human service programs. 211 also offers social service providers help for their clients, and gives organizations who are dedicated to providing help a way to enhance their impact and maximize their resources.

In July 2000 the Federal Communications Commission assigned the three-digit dialing code 211 for the exclusive purpose of providing widespread access to community information and referral services. Currently, there are 209 active systems operating in all or

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## President's Message

Hopefully you have taken time to enjoy the spring wild flowers. Those of you who missed the March meeting missed opportunities to network with fellow licensed therapists, students and interns; eat good food; and experience an incredible presentation by Pam Shavaun-Scott: An Introduction to Cultural Competency with the Cyber-Generation. She opened our eyes to virtual worlds including their potential use and abuse. She took a very complex subject and guided us from the simple video games many of us remember from playing with our children like the Mario Brothers and Pac Man to what she called the "persistent virtual world" experienced by computer users of all ages today. The response to Pam's presentation was very positive and the Board agreed we would try to set a date for an all day workshop on this topic later this year. What an opportunity for us to enhance our work by becoming more knowledgeable about the effects of changes in technology in our client's lives.

The Board is also working on some very interesting topics for the May, July, September and November Meetings. Watch the Newsletter

and Website for more information. At each meeting we ask you to evaluate the program and to suggest topics for future meetings of interest to you.

We appreciate and welcome your participation in improving our professional organization.

I would like to challenge you to read the THERAPIST MAGAZINE regularly. Surely I'm not the only CCC-CAMFT member who intends to read the whole magazine when it arrives and rarely gets past skimming the legislative section and the table of contents. When I force myself to take time to read an article, I find it thought provoking and useful, for example, in the January/February issue "Unlawful and Unethical Dual Relationships: A Word to the Wise" by David Jensen was excellent. Also check out the "2007 Article Index." Hopefully we can all make better use of this valuable resource.

I look forward to seeing you at the May 23rd meeting of CCC-CAMFT.

*Kathie Asdel, MS, LMFT, CCC-CAMFT*

## Principles of Imagery & Hypnotherapy

*story continued from page 1*

– Danae Weimer, Santa Barbara, PhD. Candidate Depth Psychology, Pacifica Graduate Institute.

"Dr. Tamiazzo's workshop in Clinical Hypnotherapy is a must! Dr. Tamiazzo delivers with wit, charm, intuition and knowledge. I began using the techniques immediately in my private practice" – Rosemary Fromson, Counselor, BC, Canada

"John Tamiazzo is a gifted therapist and teacher. I became a Certified Hypnotherapist after studying extensively with John. Hypnotherapy is an amazingly powerful tool that I use on a daily basis in my therapy practice. No one should miss an opportunity to work

with John." – Tara Storke, M.S., LMFT, Arroyo Grande, Calif.

Be sure to go online and read about Dr. Tamiazzo's upcoming workshops at [www.imageryandhypnotherapy.com](http://www.imageryandhypnotherapy.com)

If you would like to learn more, makes plans now to attend the upcoming S.L.O. CAMFT meeting to be held on May 23, 2008 at 9:00am at the Sand Motel, 1930 Monterey Street, San Luis Obispo, CA, where John Tamiazzo, Ph.D. will be our guest speaker. Bring a friend!

*Mary Jo Pedersen, M.S., LMFT  
Program Co-Chair*

## 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. In order to be able 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](http://www.centralcoasttherapists.org), 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.

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. Be sure to get your email address in to Pam Miller on your application.

Also, non-MFT Associate Members, may also use the e-tree by completing an application

## Pre-Licensed Corner

Spring has sprung and so has our Intern Support Group! Attendance has steadily increased every month as folks are able to plan ahead and schedule themselves a break at 6pm the first Monday of every month. Pizza seems to be the dinner of choice, often with vegetarian toppings. Our chapter happily provides the funds and Pam Miller, our Membership Chair provides the space.

The March/April Therapist magazine carries an article directed at Interns; the following is a direct quote:

"Being a therapist is hard work. It is particularly hard for a beginner. In most cases, you are in there alone, doing the best that you can." (P.60 McLafferty)

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. Just send your email to me at [e-tree@centralcoasttherapists.org](mailto:e-tree@centralcoasttherapists.org). If you have any questions, email me at [tara@oakhavengardens.com](mailto:tara@oakhavengardens.com) or call me at 455-8342. If you have forgotten your password, email JudyAnn Dutcher at [info@dutcherdesign.com](mailto:info@dutcherdesign.com).

*Tara Storke  
CEU and Web Coordinator*

The support group gives us a chance to chat with each other. We don't have to worry about our supervisor's interpretation of our question or comment. We have the chance to hear about trainings and job openings, feel connected to peers. It's the opportunity to get to know each other in a casual environment. I looked around the room last meeting and thought to myself, "I'll be consulting with these people someday." We are the future of the chapter, come and build relationships with us!

*Susan Utter, MA,  
Pre-Licensed Representative*



**Membership has  
distinct advantages...**

**The CCC-CAMFT  
E-Tree is a powerful,  
fast method to get  
the word out to our  
entire membership!**

# 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  
email: [lia\\_anisgard@sbcglobal.net](mailto:lia_anisgard@sbcglobal.net) call: 805.481.1651



West Coast Institute  
For  
Gestalt Play Therapy



Programs are based on the therapeutic approach developed by Violet Oaklander, Ph. D. and the use of Projective/Expressive Interventions

### SUMMER TRAINING 2008



**Dates:** Week One (Foundations): July 21-25, 2008  
Week Two (Advanced): July 28 – August 1, 2008

**CEUs:** 35 contact hours each week. Provider number  
APT (04-152) BBS (PCE 3247)



### ON GOING TRAINING 2008-2009

**Dates:** September 27-28, 2008, November 8-9, 2008,  
January 24-25, 2009, March 15-16, 2009, May 17-18  
and July 18-19, 2009

**CEUs:** 10 contact hours each week. Provider number  
APT (04-152) BBS (PCE 3247)

**ADVANCED TRAINER:** Felicia Carroll, M. Ed., MA, Licensed Marriage, Family Therapist, Registered Play Therapist

Felicia Carroll has studied and been a training co-leader and colleague with Violet Oaklander, Ph.D., developer of Gestalt Play Therapy, for more than 25 years, and is a Founding Member of the Violet Solomon 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.

FOR PROGRAM DESCRIPTION: [www.feliciacarroll.com](http://www.feliciacarroll.com)

## Hotline's 211 Service

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part of 41 states, reaching roughly 192 million Americans, or approximately 65 percent of the US population.

In California, nine counties have already initiated 211 service, including San Luis Obispo, Santa Barbara, Ventura and Los Angeles. By the end of 2007 over 80 percent of Californians will be able to dial 211 to find the services they need. The California 211 Partnership (United Ways of California and the California Alliance of Information and Referral Services) are working towards 2010 for full California coverage.

211 is a significant upgrading and enhancement of the valuable services Hotline has been providing for over 35 years. The changing nature of communications technology, the need for more effective disaster response, and the addition of many new 800 numbers to reach specialized services make an innovative "gateway" approach necessary.

While 211 is an expeditious way to access community information and referral, it also offers County departments and nonprofit social service providers help for their clients, and gives organizations who are dedicated to providing help a way to enhance their impact and maximize their resources. 211 is a groundbreaking, efficient solution that eliminates the confusing and often overwhelming maze of information and services for people who need help.

## Upcoming CCC-CAMFT Meeting

We generally meet the 4th Friday of every other month for stimulating presentations and conversations.

Check our website [www.centralcoasttherapists.org](http://www.centralcoasttherapists.org) to stay informed of program changes and updates!

In a disaster, 211 plays a unique and critical role. Able to easily expand or transfer out of harms way, 211 provides a 24 hour public information function, alleviating the high volume of non-emergency calls to 911, so the first responders can focus on their primary mission. In addition, by coordinating service provider information (i.e. where shelters are operating, where to get water, how to arrange transportation for a frail house bound senior), 211 connects people to the help they need.

Information gathered from Hotline of SLO website: <http://www.slohotline.org/>

**24-hour Information,  
Referral & Crisis Support  
Call Hotline 549-8989 or  
Toll Free 1-800-549-8989**

*"There is no such thing in anyone's life  
as an unimportant day."*

Alexander Woollcott

## CLASSIFIED

**Be Mindful.** Your environment is a vital tool for success. Mindful interior design company specializes in the organization, arrangement, and design of therapeutic environments.

Please contact Erin at [erinlindvall@mac.com](mailto:erinlindvall@mac.com) or call 805.704.2956

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
<b>Display Ad—Camera Ready</b>		
1/4 page	\$25	\$45
1/2 page	\$40	\$60
Full page	\$70	\$110

## 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](mailto:animagyk@yahoo.com).

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*Bringing Central Coast*

*MFTs Together*



*We're on the web!*

[www.centralcoasttherapists.org](http://www.centralcoasttherapists.org)

Update your contact information

Get the latest information on events

Find other MFTs near you

## **Join us for our May 2008 Event!**

### **Ten Principles of Imagery & Hypnotherapy**

Our speaker for the month of May is Dr. John Tamiazzo, PhD, who specializes in Creative Applications of Imagery and Hypnotherapy for Health: A Brief Therapy Model, inspired by the work of Milton Erickson.



Read more in our article on Page 1 of this issue, and join us in May!

***Date:***

May 23, 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