

# The Central Coast Therapist

California Association of Marriage & Family Therapists  
Central Coast Chapter

CCC-CAMFT NEWSLETTER  
MAY/JUNE 2009



May 22nd, 2009:

## Psychiatric Matters & Differential Diagnosis

Dr. Celeste Waters will be reviewing in depth what happens during the psychiatric evaluation, using PowerPoint, handouts & discussion. She will be touching on differential diagnosis, with an emphasis on medical and hormonal influences on women. In closing she will present and discuss examples of psychiatric vignettes.

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Dr. Celeste B. Waters completed her training at Loma Linda Medical University in Southern California in 1998. Since

then she has treated the full spectrum of psychiatric disorders. Her work experience includes both State and County facilities, a Veterans hospital, CDC as well as having a private practice in the past.

Dr. Waters has now returned to private practice in San Luis Obispo with her expertise being medication management, specializing in Women's Issues. As she evaluates the patient she delves deeper for medical and hormonal problems that maybe enhancing or even causing the psychiatric illnesses. Hence, she understands the need for a bio-psycho-social approach in patient care.

*Ann Williams, LMFT  
Program Chair*

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## What's in it for me?

After reading Alice's article with the above title in the March/April CCC-CAMFT newsletter, I wanted to share with you what many of your colleagues are doing with my agency, Community Counseling Center.

Community Counseling Center is a non-profit agency that provides professional therapy for people who have a low income and no insurance. All of our therapists are volunteers, and right now we have 52 giving their time. Two-thirds of these therapists are licensed and almost

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## **SAVE THE DATE: LEGAL & ETHICAL ISSUES WORKSHOP**

**Saturday, August 29, 2009. LOW FEE.**

Don't settle for a generic online or a non-MFT workshop!

Instead of a "boilerplate" workshop, attend one that is both relevant and pertinent to your practice. Get your questions answered and your concerns addressed.

Mark your calendars to learn about the latest information from Mike Griffin, who is both a therapist, and a lawyer with CAMFT.

More information will be forthcoming, and a brochure provided.



*Ann Williams, LMFT  
Program Chair*

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## President's Message

Spring is in the air and the days are longer, flowers are blooming and life looks brighter with the sun shining on our beautiful Central Coast. Greetings to all of you! I hope that you are getting a "spring break" in the midst of your hectic schedules. Spring does offer a time of renewal and reflection and it is a good time to remind ourselves to take the advice many of us give to our clients.- breathe, take a walk and smell the flowers. We have so many opportunities in this area to hike, walk the beach and drink in the natural beauty in which we are so privileged to live.

We had a great program on Non-Violent Communication last month and many of you were in attendance. It is rewarding to see new faces and some of our veteran therapists who came to participate in the morning. The May program promises to be equally exciting (see article, page 1)

and I encourage you to take a morning for yourself to meet old and new friends, earn some CEUs and "renew" your connection to CCC CAMFT.

The Board continues to have opportunities for further participation. We still need a Vice President (usually a President elect) and an Intern Representative. Please consider joining our Board. We are a lively group and we try to conduct our business in 1.5 hours every other month after the program. We need "new" blood and cannot continue to recycle the "old" board. It may seem early to consider this, but if you plan to run for any other office (Treasurer, President, etc.) put it on your mental calendar as a six month goal; elections are held in November. I look forward to seeing many of you in May. HAPPY SPRING!

*Alice Jones, LMFT  
President*

## Increase Your Confidence in Working with Couples

### Emotionally Focused Therapy For Couples Basic Skills Seminar

**Emotionally Focused Therapy** (*developed by Susan Johnson, PhD*) presents an effective, research-validated map for working with couples based on attachment theory. In a supportive environment, this seminar will blend didactic information with experiential exercises to help you develop a better understanding of couples' dynamics and learn skills to navigate and direct the therapy process. You will learn the basic theory and essential skills of the EFT model.

**CEUs provided (PCE # 3798) ♥ Enrollment limited to 8 therapists**

Next class scheduled to begin in the fall of 2009.

Class meets monthly for 8 sessions - day and time TBA

For more information or to sign up, please contact

**Lia Anisgard, Certified EFT Therapist & Supervisor by phone:  
(805) 441-9939 or via email: [lia\\_anisgard@sbcglobal.net](mailto:lia_anisgard@sbcglobal.net)**

(Please note: this class does not count toward OCFI registration as an EFT Therapist)

## What's in it for me?

*Continued from page 1*

all are Licensed Marriage and Family Therapists. Many of them belong to our CAMFT chapter. Volunteer professionals at our agency can trade office time for their private practice with client time for our agency, receive client referrals, and attend our continuing education workshops for no fee. Our next workshop, titled "Adding Art to Children's Therapy, age 8 through 18" will be on June 26, taught by Judith Stern, LMFT. (Brochures will be out soon.)

Our licensed volunteers work with clients, sometimes do intakes, supervise our pre-licensed therapists, and serve on the agency's Clinical Committee, ensuring that we maintain the highest level of professionalism and provide quality therapy to our more than 1,000 clients each year. Some also serve on our Board of Directors and our Fund-raising Committee. In the first six months of this fiscal year, our professional volunteers donated 3,000 clinical hours to this agency! We are always looking for more volunteer therapists, even if a therapist can only see one client each week. Our agency case load continues to grow, especially as economic situations worsen.

If CCC-CAMFT is planning to "adopt" an agency, please keep our agency in mind.

A big thanks to all of you for everything that you do for the underserved in this community and especially a big thank you to the volunteers of Community Counseling Center.

*Binah Polay  
Executive Director  
Community Counseling Center*



*"If we are not happy and joyous at this season, for what other season shall we wait and for what other time shall we look?"*

Abdul-Baha

## Classified

**SoulCollage® Facilitator Training** at Pacifica Graduate Institute in Carpenteria (8/22-27/2009) offers 36 CEUs (including Law/Ethics). This method engages 'active imagination' and wisely employs images' transformational power. For yourself, your practice and your groups. Details and registration: [www.sirarte.com](http://www.sirarte.com) or call 831-768-1442.

**Therapist office available** in Grover Beach. Office suite includes private office, waiting room, sandtray & play therapy room and small kitchen area. The suite is handicap-accessible and has off street parking. Contact Pam Miller at 473-8311.

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 (**jpg** 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 805.254.4307 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).

Please make checks payable to CCC—CAMFT and mail to

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**CAMFT Central Coast Chapter**

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*Bringing Central Coast MFTs Together*



Update your contact information

Get the latest information on events

Find other MFTs near you

**Future Programs & Upcoming Meeting Dates**

The Central Coast Chapter of CAMFT meets every other month—beginning in January—on the 4th Friday, with the exception of November. The November meeting is held on the 3rd Friday, due to the Thanksgiving Holiday. Now you know.

***Future Speakers/Topics include:***

**May 22nd—Dr. Celeste Waters (See article, page 1)**

**July 24th**—Open for ideas!

**September 25th**—Dr. Beverly Ford,  
EAP and Chemical Dependency Specialist

**November 20th**—Hospice presentation on coping with holiday grief

***Date:***

May 22nd, 2009  
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 \$20 for 2 CEUs