

The Central Coast Therapist

California Association of Marriage & Family Therapists
Central Coast Chapter



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REMINDER!

Law & Ethics Workshop

Date:
April 30th, 2011

Time:
9:00 a.m.-4:00 p.m.

Location:
Unitarian Universalist Fellowship
2074 Parker Street
San Luis Obispo

May 27th Presentation:

Hope in Times of Trauma

“Don’t worry, be happy,” Bobby McFerrin has sung to us endearingly. Is he kidding? Has he read the papers lately, or listened to the news? The words of his song might seem now almost a parody of our struggle to retain hope in these troubled times. They cause us to wonder: Is hope necessarily predicated on a “positive outcome,” on minimizing our difficulties, on denial, or putting on a happy face?

As therapists, in our efforts to offer those with whom we meet the ability and will to resist surrender to traumatic despair, grief, and inevitable danger, what role does hope play? In this meeting, we will discuss hope as the dynamic, integrating force that serves to facilitate connections between parts of the whole, individual and communal, across time, across barriers and boundaries. In this way hope counteracts the forces of disintegration and fragmentation that are hallmarks of traumatic experience.

Further, we will consider the question of what role vicarious hope might play in the work we do? Since there are no “right” answers to these important questions, diverse and thoughtful viewpoints will emerge from our discussions.

Karen Merriam, MSS, LCSW, has been a psychotherapist specializing in the field of trauma for more than

thirty years. She has been a member of the International Society for Traumatic Stress Studies since 1986

and has presented papers to that organization on the effects of catastrophic trauma. She has also been a guest lecturer on trauma across the United States, has appeared on television and radio interview programs, and has provided training and workshops for police officers, physicians, emergency workers, search and rescue personnel, and mental health and social service professionals.

Karen is the author of *Searching for Connection: An Exploration of Trauma, Culture, and Hope*, which delves into the heart of traumatic experience, where important connections to safety, hope, and strength are severed. Through a series of personal accounts and case studies, Merriam develops a model of traumatic experience revealing the common factors that allow individuals and communities to survive and overcome horrific experiences. Merriam illustrates how even in the darkness of



Karen and Babe

President's Message



Greetings
Everyone,

As I write this, our Board is going through some painful changes due to health issues, work schedules, family issues, and life in general. I received a list of possible volunteers from within our membership. I've called a few of you and the others will be receiving calls, as well, as soon as we know the best way to utilize your talents. Thank you to everyone who volunteered. If there are anymore of you who would like to help out, please contact Judy Stern and let her know. The board has a great time together and we work and play well with each other. We'd love to share the joy with you.

One area we need some help with is the Pre-licensed area. Robyn Squires has agreed to be on the board, and we are looking for a few good people to help her out. Any of you who are willing and able, please contact anyone on the board and we will put you in touch with her. Our interns and trainees are our future. They need a place to go for social networking, information, and resources. We want to be there for them as best we can, as they go through the process of licensure during this particularly difficult time.

We are currently preparing for our bi-annual Law & Ethics workshop. This year, Dave Jenkins will be presenting with his usual knowledge and humor. If you've not heard Dave speak, I think you will be pleasantly surprised at how "fun" law and ethics can be. Remember, the deadline for the reduced rate is April 15th. I hope to see many of you there.

Last month's meeting with Elise Feingold on bipolar disorder was very informative. I found her to be very professional and approachable with a variety of interventions ranging from medication to therapy. I'm looking forward to the year's other speakers that have been arranged by Ann Williams and her Programs Committee. Watch the newsletter for more information.

If you have not heard, CAMFT has a new Executive Director, Jill Epstein. Jill comes from the Chicago area with a wealth of experience. Mary Riemersma will remain on board for three more months to help with the transition. For more information about Jill, you can go to the CAMFT website.

I'm looking forward to meeting many of you at the Law and Ethics Workshop and hope you will join us for the May meeting, as well.

—Margaret Bullock, MA, LMFT
CCC-CAMFT President

Exciting Presentations Ahead!

July 22nd ♦ Imaginal Psychology —Exploration before Explanation
Stacy Schutten, Psy.D., MFT

September 23rd ♦ Being Effective with Personality-Disordered Clients

November 18th ♦ Facilitated Self-Care in Precarious Times

—Ann Williams, LMFT
Program Chair

Who's on the Board?

Kathie Asdel, LMFT

Kathie has been a licensed Marriage and Family Therapist since 2000. She has been a nationally registered art therapist since 1987 earning a MA in art therapy from Cal State University Los Angeles. Kathie has a private practice in Atascadero working with children, teens and adults.



Kathie enjoys the challenge of family and couples work. For 25 years she worked as an art therapist at Atascadero State Hospital. She earned an MS in counseling from Cal Poly State University in 1994 including an internship at Hospice of San Luis Obispo in the Child Bereavement Program. Her husband, George is an artist and poet and their daughter, Christina, graduated from San Jose State University in Art History and Painting. Christina and her husband, Brian, are the parents of a delightful baby boy named Everett. To the delight of Kathie and George they live in Atascadero.

Kathie has served as on the CCC-CAMFT Board of Directors as President, Past President, Treasurer and is currently serving as a Member at Large. She has been a presenter for the Chapter meeting, sharing her knowledge of and passion for art. She highly recommends membership in CCC-CAMFT and participation on the Board as a valuable means to enhance her skills as an LMFT and maintain a connection with others in her profession.

Alice I. Jones, LMFT

The counseling field called to me long ago, graduating from UCSB with a degree in Psychology and completing my first master's degree in Rehabilitation Counseling at CSU Sacramento in 1978. My husband and I moved to Atascadero in the same year and he opened a law practice in 1979. Our son was born in January 1979; less than three years later our twin daughters were born. Thus, a decade of childbearing/rearing ensued and before I knew it 1987 arrived.

I returned briefly to school (Cal Poly) to pursue a PPS credential (school counseling) and worked for the Paso Robles Unified School District for five years focusing on high-risk youth and parenting teens. I left in 1992 to pursue a second master's degree in Clinical Psychology from Antioch University as preparation for the MFT licensing process.

During the five years of obtaining my hours and sitting for licensing exams, I worked for SLO County Mental Health. Since licensure, I have practiced in both Paso Robles and Atascadero and have shared an office since 2004 with my husband, who is still practicing law. My emphasis is family and couples therapy and I would like to think I approach therapy from a "system" perspective! I have two grandchildren! Life is good!

— Karen Rogers, LMFT
Newsletter Editor



We promise a real photo of our Alice soon!

Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.

*Dale Carnegie
 Inspirational Author &
 Speaker*

Our remaining Board members will be featured in future issues this year!

BBS Operations & Update for Interns

Due to California's budget crisis, State Boards, Bureaus, and Commissions, including the BBS, are under a hiring freeze. The BBS is prohibited from hiring new staff, even though it is soon to regulate a new profession—licensed professional clinical counselors. The BBS, like other Boards, is not permitted to hire any new staffing; and it is also prohibited from filling vacancies that occur amongst existing staff. The BBS currently has 12 or 13 vacancies. What this means for MFTs is that all applications and renewals are taking substantially longer than anticipated or as provided in Regulations. Currently the BBS has one person processing MFT examination applications, which has resulted in a four to five month backlog on these applications. Applications for intern registra-

tion are also slow. But generally speaking, these applications do not typically put one's life on hold until the application is processed—unless one has waited more than ninety days post the granting of the degree or one is awaiting the registration to be employed in a private practice. Similarly, licensure renewals and posting these renewals to the BBS website is also slow, which should motivate persons sending in renewals to do so as soon as practicably possible.

—Excerpted from CAMFT website



I'm Mad as H#! and I'm Not Going to Take it Any More!

—Howard Beale in "Network," 1976

Marketing Yourself & Supporting the Chapter!

If you have been in attendance to any of the meetings this year, you have seen the newest marketing tool

Marriage and Family Therapists (MFTs) are licensed mental health professionals who work with individuals; couples whether married or not; families of all types; and groups to care or relieve mental, emotional, and relational concerns of all kinds.
Find a local therapist by logging on to:
California Association of Marriage & Family Therapists
Central Coast Chapter
<http://www.centralcoasttherapists.org>

Our volunteer counselors see children, adolescents, and adults of all ages with a variety of problems including: anxiety, depression, eating disorders, marital and family issues, parenting, gay/lesbian issues, anger, grief, phobias, stress, and transitional issues that can be helped by short-term counseling. We do not have a walk-in clinic for emergency situations nor address chronic mental health problems.
Community Counseling Center (805) 543-7969 <http://www.cccso.com/>

Mission:
Provide a safe environment with related services to women and their children who are victims of domestic violence. Provide individuals and families in crisis with information, referrals, and low cost counseling. Provide education and assistance services targeted at domestic violence prevention and intervention in the wider community of San Luis Obispo County.
Services: Community Outreach, Temporary Restraining Order, Shelter Program, Counseling Program
North County Women's Shelter (805) 226-5400 <http://www.northcountywomensshelter.org>

With over fifteen years' experience in the non-profit sphere, in private practice, and as a consultant, Tara brings a wealth of insight to psychotherapy, embracing cognitive behavioral, solution focused, and Gestalt theoretical perspectives. She has completed advanced work in hypnotherapy as well as in cognitive behavioral therapy through the Albert Ellis Institute of Rational Emotive Behavioral Therapy. She works from a wellness model that supports the mind-body-spirit connection, and believes in each individual's innate desire toward, and inner knowledge of, healing.
Tara Storke, LMFT 805-455-8342 <http://www.oakhavengardens.com/>

The heart and emphasis of my work is to facilitate the journey of self-discovery, healing and renewal. A gentle practice combining solution-focused brief therapy, self-ratons theory, and Ericksonian methods, adults, couples and adolescents can gain new insights, self-understanding, a greater capacity for self-awareness, and more conscious committed relationships. Discover how certain emotions, behaviors and beliefs have shaped your life. My practice focuses on mood disorders, adoption and infertility, grief and loss, trauma and abuse, and assisting those wounded as children.
Margaret J. Bullock, M.A., LMFT <http://margaretbullock.com/> (805) 462-9907

for our chapter—**bookmarks**—recently featured at the Leadership Conference in February.

The bookmarks measure about 6"x11 1/2" each and are personalized to your practice as you see in the examples. The back of the bookmarks

Remember when a nap would solve most of your problems?
If you're lying awake, it might be time to talk with someone who's more than just a good listener.
Margaret J. Bullock, M.A., LMFT
(805) 462-9907
7305 Morro Rd Ste 204
Atascadero, CA 93422-4445

Because life's not always a day at the
BEACH
...and sometimes you need more than a good listener.
Talk with a therapist.
Tara Storke, LMFT
805-455-8342
P.O. Box 120
Arroyo Grande, CA 93421

Sometimes, the only way out is through.
North County Women's Shelter
We're more than just good listeners.
1030 Vine Street
Paso Robles, CA 93446
(805) 226-5400
Services:
Community Outreach
Temporary Restraining Order
Shelter Program
Counseling Program

Having Words?
Sometimes you need more than a good listener.
Community Counseling Center
1129 Marsh Street
San Luis Obispo, CA 93401
Phone: (805) 543-7969
Fax: (805) 543-0859
Community Counseling Center is a non-profit organization that provides short-term, low-cost counseling for individuals, couples and families who would not otherwise be able to afford it. Most clients have no insurance and a low to moderate income.

Breathe. Walk. Stretch. Laugh. Journal...
Talk with a therapist...
...because sometimes you need more than just a good listener.
California Association of Marriage & Family Therapists
Central Coast Chapter
<http://www.centralcoasttherapists.org>

FRONT

can be customized with your name, website, and other information. The cost is 500 bookmarks for \$75, of which \$25 is a donation to our chapter. The bookmarks are printed on a heavy white recycled stock. You also have the option to donate 100 of your 500 bookmarks to be

printed for our sponsored non-profit, the **North County Women's Shelter!**

For more information, please contact Karen at 805.254.4307 or email her at animagyk@yahoo.com.

BACK

Hope in Times of Trauma

(Continued from page 1)

traumatic events personal and collective resources can be summoned to help oneself and others endure.

Her previous publications include the 1984 book *Talking It Out: A Guide to Groups for Abused Women*, co-authored with Ginny NiCarthy and Sandra Coffman. She is certified as an Emergency Medical Technician, and from 1995 to 2001 she worked as a member of the California Rescue Dog Association and the

San Luis Obispo County Sheriff's Search and Rescue K-9 Team with her English cocker spaniel, Babe.

Karen has trained volunteers for the Community Crisis Response Program of Hospice of San Luis Obispo County and formerly chaired the Santa Lucia Chapter of the Sierra Club. In both roles she put into practice every day her dedication to preserving the dignity of all life, human and non-human.

—Karen Merriam, MSS, LCSW

I hope you still feel small when you stand beside the ocean,
Whenever one door closes I hope one more opens,
Promise me that you'll give faith a fighting chance,
And when you get the choice to sit it out or dance...I hope you dance!

From the song "I Hope You Dance" as performed by Lee Ann Womack

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 on these months: December, February, April, June, August and October.

Send to Karen Rogers: animagyk@yahoo.com.

| Classified Costs | Member | Non-Member |
|---|--------|------------|
| Up to 10 words | \$5 | \$10 |
| Up to 50 words | \$20 | \$40 |
| Ea 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 |

Central Coast CAMFT 2011 Board of Directors

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*Bringing Together
Central Coast
Marriage & Family
Therapists*



**Join us May 27th for Karen Merriam, LCSW:
“Hope in Times of Trauma”**

See article page 1

Date:

Friday, May 27th, 2011

Socializing:

8:30-9:00 AM

Presentation:

9:00-11:00 AM

Location:

Unitarian Universalist
Fellowship of
San Luis Obispo County
2074 Parker Street
San Luis Obispo, CA

Free or 2 CEUs \$20

Meeting Location:

Unitarian Universalist Fellowship of SLO
2074 Parker St. San Luis Obispo

Directions:

From 101 take the Madonna Road off
ramp.

If you are driving north, turn right on
Madonna Road, then left on Higuera. At
High Street turn right; go one short block
and make another right onto Parker.

If you are driving south, as you exit turn
to the right up over 101, and then left on
Higuera. At High Street turn right; go
one short block and make another right

