

THE CENTRAL COAST THERAPIST

CALIFORNIA ASSOC. OF MARRIAGE & FAMILY THERAPISTS
CENTRAL COAST CHAPTER



Central Coast CAMFT: On the Web: <http://centralcoasttherapists.org/>



The State of Our Org Report:
-Karen Rogers, President

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President's Column April 2013

Welcome Spring, and welcome to our newsletter editor, **Eddie Palmer!** I'll let him introduce himself to you elsewhere in this newsletter, but suffice to say I'm most grateful to be able to set aside that particular cap this year as our Board and I endeavor to make chapter membership more valuable than ever. Our "Big Rocks" this year include the launch of our new website, updating our Bylaws, and enrolling new volunteers to augment our enjoyable and entertaining Board and Committees!

Most of our Board and Committee members plan to continue in service to the chapter, and I am delighted! That being said, we are interested in expansion of our volunteer base and we will need to continue to keep Board positions filled. We need a Chapter Vice President (no small thing), but we also have a "small bites" list of tasks, assignments, and mini-projects. Just as at times you do not hunger for a full meal but rather wish to select from a variety of smaller servings, we have such a menu! If you are interested in participating, but are not certain about what you might like to do, join us at our next Board meeting at 11:15 a.m. on Friday, May 24th after our presentation by Dr. Chisholm. Introduce yourself and let us know your areas of interest and your availability (from one hour monthly to 10 hours or more!) as far as volunteering. Congratulations to our 74 renewed Chapter members this year! We hope to offer you—and encourage those CAMFT members who are not members of our local chapter—added incentives to stay engaged with us via our *new* website, which will be online by the end of summer! We'll be including an expanded directory, including insurance accepted, a brief bio, and areas of interest/emphasis, city, language, with your contact information (of course!) and the ability to add your photo!

Continued in next column

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Our recent Law & Ethics workshop provided important tips for the new BBS rules in advertising, so we'll be *en pointe* on our site!

There will be an area for events and a more sophisticated E-Tree. You'll be able to see the latest events on the website as well as expanded directories such as group and supervision. We'll include a classified section (members only) as well as the opportunity for paid advertising (non-member). We'll be able to accept payments online for membership dues and workshop registration! We've chosen a platform that will allow us to expand as we move along the learning curve for this exciting endeavor. We'll utilize listserv and plan future expansion into Social Media. Stay tuned—and for those of our members who "rage against the machine" and do not communicate via the Internet,

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At Our Next Chapter Meeting:

Dr. Dugald Chisholm will talk on

"Psychiatric Medications in Use Today"

Friday, May 24th

@ 9AM

Location: The Unitarian-Universalist Fellowship, 2201

CEU's Available (\$20)

{See Dr. Chisholm's Bio, Page 5}

"My doctor asked if any in one my family suffered from insanity. I said, "No, we all really seem to enjoy it!"

A Message From Our Membership Chair:**-Judith Stern**

I would like to thank all members for renewing. We are struggling to keep members active during these difficult economic times. As Membership Chair I would appreciate all members thinking of one person they can reach out to who may enjoy becoming a new or renewed member. The benefits are about creating a community of therapists who can support, educate, and network with each other. Call Judith Stern, [805.703.3193](tel:805.703.3193) or jstern@thearttherapycenter.com for questions or ideas about how to expand our membership. Application forms are on-line at centralcoasttherapists.org. Thanks, Judy

**Just a quick introduction....****-Eddie Palmer, Editor**

Hi, *Central Coast Therapist* readers! I am just starting out on the adventure of accruing hours for licensure. And I'm making my debut as the editor for this newsletter. If you have any ideas for future **CC Therapist** issues, please e-mail me at eddiepmfti@gmail.com. Poems, prayers and promises are all accepted (with apologies to John Denver). Thanks for this opportunity to serve. Peace!

The Law & Ethics Workshop, Cont'd from Page 4

Attendees asked questions and posed mini-vignettes to ascertain correct action, and Dave fielded all comments with humor and encyclopedic knowledge. Interaction was as lively and passionate as those present. We had a wonderful representation of our diverse professional community in the room, which crackled with energetic dialogue throughout! Several people asked about our chapter hosting an L&E workshop annually (instead of our historical biannual offering). Dave's successful efforts at bringing the law to life made attendees look forward to Part III of "What Does the Law Expect of Me?" Who knew the series could be so fascinating? One final note...truly we have an exceptional value in our Law & Ethics workshops provided by CAMFT. Our CAMFT website itself is a great resource, including **Ebsco Host**, which can be used to access articles and scholarly publications in the behavioral sciences as well as the CAMFT library of articles and other valuable information. Log on to <http://camft.org> and login to the member area to explore this valuable and essential resource. **-Karen M Rogers, LMFTCCT**

At the Last Central Coast Chapter Meeting**-Eddie Palmer**

What is happening in the world of Drugs and Alcohol, at the Teen Level? According to the one study, marijuana use is rising, as high school age children perceive less risk in using the drug (IBH Commentary, Dec., 2012). Another survey suggests that marijuana and other drugs are holding their own, neither increasing nor decreasing in usage (Monitoring the future. Org, Dec., 2012). And does it matter if the numbers are rising or falling, if your child is the one using/abusing drugs?

The last Central Coast Chapter CAMFT meeting, although sparsely attended, was densely filled with important and interesting information from our guest speaker, Chris Canclini. Chris (MFTi) is a Drug and Alcohol Specialist II at the Grove Beach Center; and he also works at Pepper Tree Counseling in Pismo Beach. He came to our meeting to discuss current trends in drug usage among teens, the latest data on the effects of drugs, and what parents can do to help their teens stay off or get off drugs.

Among the drug use/abuse trends that are occurring with teens today, Marijuana is still the top contender, after alcohol. The designer drugs Spice (synthetic cannabis that gives effects similar to marijuana), and Bath-salts (crystals similar to Epsom salts that give an amphetamine high) are becoming more popular. And Heroin is becoming increasingly popular among middle class suburban teens, as they cross the "bridge" from prescriptions opiates like OxyContin, Percocet, and Vicodin.

The most insidious effect of drugs is addiction. Chris explained the neurotransmitters, neurons and nerve cell receptors are thrown out of balance when drugs are introduced into the mix. When nerve cell receptors and neurotransmitters are interfered with, they can require more stimulation to do the job. Or they give up their work of stimulating and calming the mind and body, and increasing usage allows the drugs to take over their role.

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*"O time! Thou must untangle
this, not I;
It is too hard a knot for me
to untie."*

*Twelfth Night, or What You Will
Act II, Scene II--Wm Shakespeare*

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President's Message, Continued from Page 1

you will still be receiving your newsletter with important information via USPS.

As we enter into April and May, it seems that this year is *tessering* ahead. Hmmm. Have you ever done an Internet search for one thing, and made serendipitous discovery? I did that. (And in my searching I was led in other directions, which I plan to explore in the next issue of this newsletter!) *Tesser* is a word used in Madeleine L'Engle's *A Wrinkle in Time*. To *tesser* is to travel inter-dimensionally, which leads me to conclude that "a straight line is *not* the shortest distance between two points." So what I am saying is that it seems that we have moved during and through this year in some non-linear ways. I hope you all are enjoying the journey of our chapter as much as I am!

--Karen Rogers, LMFT

Thoughts on Therapy.....

"My therapist told me the way to achieve true inner peace is to finish what I start. So far today, I have finished 2 bags of M&M's and a chocolate cake. I feel better already."

----Dave Barry

Most of us don't need a psychiatric therapist as much as a friend to be silly with

----Robert Brault

*The Parent Connection! Serving the
Community and the Community of Parents
www.sloparents.org/*

Coming to SLO at the end of the Month:

Pam Miller (the Central Coast Chapter CAMFT Treasurer) will be offering a free presentation for parents entitled, "It's Just Weed." The presentation exposes the myth that marijuana is a class of drug "more harmless" than others. Pam will explain the concerns about cannabis usage, including physiological and emotional effects, and the possible effects on the developmental phases of the brain. Pam will discuss ways to determine extent of use and how parents can talk to their children about marijuana. The presentation is: Tuesday, April 30th, at 7PM, and is being presented at San Luis High School, Room 516.

What Does the Law Expect of Me? (Part II) Workshop Review

I have spent today basking in the glow of our wonderfully successful Law & Ethics workshop yesterday, April 6th. As you may know, chapter membership and our annual full-day workshop are the major fundraisers. This weekend we had **59** attendees, who—along with presenter David Jensen, JD, CAMFT staff attorney—filled the room with laughter, dialogue, observations, remarks and questions during our day of dealing with *the law*. I am so grateful for the day's team of Board and Committee chairs—**Kathie Asdel, Dana Francis, Pam Miller, Kim Richards, Judith Stern and Tara Storke**—who provided snacks and beverages for the morning and the afternoon (my, those cookies went fast...) as well as welcoming smiles and greetings to attendees, information on chapter membership and a lickety-split breakdown of the workshop at the end of the day. Attendees seemed barely contain themselves to settle down for the workshop. It felt like a (happy!) family reunion with all the hugging, joyful smiles, and the hubbub as the room filled.

Once we got started Dave applied his wit and wisdom to help us navigate the circuitous path to understanding our relationship with, the law. Within just a few minutes his use of a personal story to illustrate therapists' relationship with the law brought his audience into alignment, particularly the words of affection offered by Dave's wife and wonderfully utilized in this instance, "do you know where the h*** you are going?" Dave likened our journey along the legal track to a walk along a trail in the woods on a sunny day versus a chill hike on a stony mountainous path, disaster waiting with one misstep. His goal for the day was to coach us into confidently walking the trail in the woods!

He grounded the day's presentation with **ten essential concepts**, the foundation of our practice:

1. The therapist, meaning character and commitment.
2. Informed decision-making by patients
3. Scope of practice
4. Scope of competence
5. Recordkeeping (Don't be a Mufson!)
6. Compliance with laws, ethical standards, policies and procedures
7. Creating and maintaining appropriate clinical boundaries
8. Making sound clinical judgments, (Hug the literature!)
9. Clinical consultation
10. The professional judgment rule, meaning perfection is not standard, competence is and it is all about the thinking the therapist has done.

Quite a bit of time during the morning was spent on **advertising**, as BBS rules changed 4/1/2013. Dave covered all public communication, including mail, television, radio, motion picture, newspaper, book, list or directory of healing arts practitioners, internet or other electronic communication. It also includes our business cards, professional announcement cards, office signs, letterhead, telephone directory listings and similar notices. As he explained the new BBS Special Rules, there were groans amid the crowd as folk realized that these rules meant a change in aspects of daily practice, up to and including our professional email address.

We discussed **business entities**, and then segued into **consent for treatment of minors**, a topic always worth review and one which generated conversation. An explanation of **patient access to records** under PAMRA (Patient Access to Medical Records Act) and HIPAA (Health Insurance Portability & Accountability Act) provided clarity between the two relating to communications with providers and patients. Dave finished up the afternoon with a discussion of **unprofessional conduct** and **termination versus abandonment** of clients.

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"Sitting quietly, doing nothing, Spring comes, and the grass grows by itself." ---Zenrin Kushu

About Our May Presenter:



Dr. Chisholm has practiced General and Child Psychiatry in Atascadero since 1977. A graduate of Yale University, Tufts University Medical School, and the Los Angeles County - U.S.C. Medical Center residency programs in psychiatry and child psychiatry, he is Board Certified in both general and child psychiatry. Dr. Chisholm was the first and, for many years, the only child psychiatrist to ever have practiced in San Luis Obispo County. In addition to his clinical duties, Dr. Chisholm has been active in medical politics (e.g., California Medical Association delegate for many years, past president of San Luis Obispo County Medical Society) and community activities (e.g., youth soccer, land preservation). He and his wife, an RN who has worked in the community at various times as a SART responder, as a school nurse, and with developmentally disabled and head-injured clients have raised a daughter who is now a psychologist at CMC and a son who is an emergency physician at Twin Cities and Sierra Vista Hospitals. Over 40 years after graduating from medical school, he still relishes working with patients every day!

Friday, May 24th at 9AM!

Regarding Poems, Prose and Promotions

Articles: We welcome feature length articles, book reviews, interviews, poetry, and news.

Advertising: 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.

Classified ads: Please e-mail your information to the newsletter editor. Copy deadline is the 10th of the month preceding publication. Copy is due: Dec., Feb., April, June, Aug. & Oct. Contact Eddie Palmer: eddiepmfti@gmail.com for details

March CC Meeting, Continued from Page 2

Or they give up their work of stimulating and calming the mind and body, and increasing allows the drugs to take over their role. Among the reminders that Chris gave us is that parents are often drug users themselves, or they will give a pass to certain drugs (e.g., “It’s only marijuana.”

See announcement of Pam Miller’s Parent Presentation on Page 3). This makes it difficult for the parents to give their full attention to the problems occurring in their child’s behaviors and drug usage. In terms of therapeutic intervention, it means that the parents need to fully understand the problem and be willing to make the changes necessary for their teen. Chris feels that to change the child, the [family] system itself has to change. This requires dedication, work, and possible therapy, on the parents’ part.

One of the topics about family and therapeutic intervention defined the various parenting styles. These included: The Helicopter parents who hover of their children and protecting them from negative feelings and natural consequences, provides little structure, and uses guilt as a motivator; the Drill Sargent Parents who use punishment and humiliation, issue orders and threats, and tells their children what they should do and how they should feel, in absolute terms; and finally, the Consultant Parents who models good behaviors, provides structure, explores alternatives, shares responsibility. Of the 3 types, it is the Consultant Parent who helps the child to thrive.

Other thoughts on parental interventions focused being more productive with the teen by being able to connect with them, to follow through on plans, to “share control to gain control (allowing the child a voice in the process), and working with the natural “shape” (that is, personality) of one’s child. He also offered a path to achieving a higher degree of success by knowing the 5 Stages important to change:

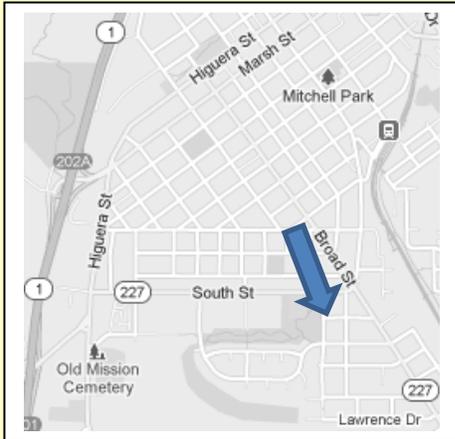
1. Pre-Contemplation/Observing;
2. Contemplation/Thinking;
3. Preparation/Planning;
4. Action/Implementing;
5. Maintenance.

The meeting concluded with a question and answer period. Chris distributed a packet of information to the participants and gave out his card for referrals to both his D&A office and his Private counseling. You can contact Chris Canclini by calling Peppertree Counseling at 545 9449.

DATE:
Friday, May 24, 2013
TIME: 9:00-11:00am
(8:30-9:00 social time)
LOCATION: Unitarian Universalist Fellowship
COST: Free or \$20 for two CEUs

Meeting Directions:

**Unitarian Universalist Fellowship 2201 Lawton Avenue
San Luis Obispo, CA Phone: (805) 544-1669**
*UUF is located on South Street be-tween Higuera and
Broad in San Luis Obispo. It is directly east of Meadow
Park. You may turn on Lawton or Meadow for parking in
the lot.*



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