

# the CENTRAL COAST THERAPIST

ON THE WEB AT: [centralcoastcamft.org](http://centralcoastcamft.org).

## WORDS FROM THE TOP----BY KAREN ROGERS, PRES.



*Next Meeting:*

***Friday Morning,  
November 15th, at  
9AM.***

***Social [half] hour begins  
at 8:30.***

***At the SLO Unitarian  
Universalist  
Fellowship.***

***2201 Lawson Ave., SLO***



As I sit typing this column (behind schedule!) I am looking out to a new view. Instead of the Back Bay and Morro Rock, I overlook oaks, Barbera grapes and the changing colors of fall in Atascadero, where we recently moved. After 14 years in Los Osos, it is time for a new (ad)venture and new outlooks from every vantage point. This is an exciting, transitional and exhausting time—and from the conversations I have had recently, I am not alone in this time of change, whether planned or unexpected. It's seasonal, but more than that as well.

This has been the most intentional move I've ever made. During the

packing process I consciously chose to keep only that which serves in this time, letting go of things that no longer serve. Even my precious books were culled and doled out to others and to the local library. My husband, while supportive of my choices, clung to his garage and its contents like a sailor in a storm. By allowing him the time and space to make his own decisions as to what to

keep and what to let go, without (constant) deep sighs and eye rolling, I honored his process—which is quite different from mine!

We spoke of the importance of the “things” he has held on to so tightly for so many

years (without necessarily using them!),

***Cont'd on Pg 2***



***Our November Presenter: Susan BaileyKadin, MA, LMFT has a 30 year career in mental health, including positions as Program Director and Clinical Director in Bay Area non-profit community programs serving adolescents and adults. For 27 years she has worked in clinical practice helping individuals, couples, and families resolve conflicts, improve relationships, and develop self-awareness, self-acceptance, and healthy behavior. She utilizes a strength based approach and mindfulness based cognitive therapy to treat a spectrum of populations and challenging clinical issues. Susan has 11 years' experience practicing mindfulness meditation.***



**For more on her presentation, see Page 2**

## **“Preventing Therapist Burnout: An Intrapersonal Self-Care Workshop”---by Susan Bailey Kadin, LMFT**

**Overview:** This experiential workshop is designed to help mental health professionals increase their self-awareness, self-acceptance and self-compassion in order to prevent therapist burnout. Participants will be led in exercises utilizing mindfulness, CBT and spiritual approaches.

### **This course is designed to help you:**

1. Utilize a mindfulness exercise
2. Conduct a spiritual self-assessment.
3. Identify and re-frame dysfunctional therapist beliefs and negative automatic thoughts.

***Come Join Us November 15th to learn more on taking care of You!!  
As always, the Presentation is Free (2 CEU's Available for \$20)!***

### *OUR UPCOMING TALK:*

NOV 15

**IN NOVEMBER:  
With Tara Storke &  
Susan Kadin-Bailey  
Our Annual Self-care  
Program.**

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**CONTACT JUDITH  
STERN,  
[STERN@THEARTTHERAPYCENTER.COM](mailto:STERN@THEARTTHERAPYCENTER.COM)  
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***From the Prez  
Cont'd from Page 1:***  
and uncovered the fear of letting go and not having enough. When a dear (wise!) friend pointed out to him that until he opened the space nothing new could flow in, and that he was

spending an inordinate amount of time organizing and reorganizing instead of enjoying what he has, the garage began to clear. Now there is joy in knowing that all that “stuff” is flowing out to others who have genuine need of it at this time. No thing is irreplaceable—what a freedom that is giving both of us!

“As above, so below” profoundly resonates with me as I look around at my life, the community, the country and our world. As I write our federal government is shut down because of unwillingness to collaborate, gain consensus and move forward. “I, me, mine” seems to rule this day, and while it’s embarrassing to witness it’s an opportunity for each of us to examine ourselves and the stance we take in the world. “We the people” did elect these representatives (no matter what side of the aisle we may be on—or the center of the aisle, or in the

balcony, or in the streets) and must take responsibility for our choices without pointing fingers. Making new choices is always an option. When we cling to old ways of being and thinking and doing we hold ourselves back from whom we can truly become.

Our special Chapter meeting in August was revealing and rewarding. State CAMFT Board members Victoria Campbell and Sharon Duffy drove from Santa Cruz and Woodland Hills respectively to listen and seek to understand our feelings and concerns and to express their own thoughts and rationale on the Bylaws vote this past spring. We had 18 attendees, including several former Chapter presidents, expressing their commitment to CAMFT and what it has historically represented for over 20 years as well as their disappointment and

feelings of betrayal over the recent chain of events. I found myself cheering to myself as the attendees expressed themselves passionately, with respect and power and ownership. What an amazing group of people! I heard members reflecting on their own choices, taking responsibility for their assumptions and relying on others (at the state level) to make critical decisions. I heard a claiming of self and choice. There were indeed polarities in the room—sparks did fly!—and remembering that we are in this business because we care about people and we are all about relationships helped keep the discussion on track and on purpose. I have received feedback from members about that meeting and about the recent CAMFT Board action to put the recent Bylaws changes to a vote.

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**From the Prez; Cont'd  
from Page 2**

Members reported relief, vindication, appreciation, and cautious optimism. If we are to affect change we must commit to personal involvement, whether it be by casting our vote consciously and with intention, attending the state Board meetings at least once, inviting state Board members to our Chapter meetings on an annual basis, serving on the local or state CAMFT Board, attending our local Chapter meetings or simply communicating to your Chapter president, as many have over the course of this year. I felt the weight and the privilege of responsibility in truly representing the voices of our members during this year, and I thank you for the honor to serve you.

**Karen Rogers, LMFT**

**A Review of Our September  
Presenter---ByEddieP MFTi**

At our September Meeting, Katty Coffron presented a talk entitled **“When adult children and their parents don't get along: Helping clients find their way to resolution.”** The talk evolved from the research that she has done in this area, in pursuit of her PhD. Some of the highlights of the talk included:

**A Message from the Membership Chair:**

***Hello Members. Guess what is around the corner? Renewal time! And this year we have our new website [centralcoastcamft.org](http://centralcoastcamft.org) and on-line renewal capability. Please, check out the website and renew by January 1, 2014! Call if you have questions or encounter any glitches, Judith Stern LMFT, Membership Chair, 805.703.3193***

**Thanks, Judith**



- That there are different styles of relationship that run on a continuum from *amicable/friendly* to *discordant*---and that there is a cultural component (i.e., where you learn your relationship behavior matters) to relationship style;
- That contact can increase or decrease conflict; depending on style;
- That affection is impacted by personality and culture; and that conflict does not indicate low affection---or vice versa;
- That we have a natural tendency toward attachment (to connect with others---i.e., Attachment Theory), and that attachment affects our brain development;
- On a coaxial graph, there are two dimensions that affect attachment:
  - Anxiety (or lack thereof);
  - Avoidance (or lack thereof);
- That these two dimensions produce four

types:

- Secure (low anxious/low avoidant);
- Preoccupied (high anxiety/low avoidant);
- Dismissing (low anxious/high avoidant);
- Fearful Avoidant/ Insecure (high anxiety/high avoidant);

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**[jstern@thearttherapycenter.com](mailto:jstern@thearttherapycenter.com)**

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**[eddiepmft@gmail.com](mailto:eddiepmft@gmail.com)**

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**(805) 462-1922**

**[kaasdel@tcsn.net](mailto:kaasdel@tcsn.net)**

***Our Sept Presenter, Cont'd From Page 3***

Katty's research into this area brought the following conclusions in dealing with the subject:

1. Be realistic in expectations, increase awareness of relationship. Look for inconsistencies - put in front of client. Expectations vs reality. Prediction of expected behavior. What would others say -step outside of self. Depersonalize parent's behavior - get history, educate;
2. Increase self awareness, especially negative feelings. Change self-perception. Normalize. Help client develop appropriate responsibility. Evocative intervention from chapter in Innovations on Client-Centered Therapy - go onto ah-ha moment - use Gestalt, explore labels, clarify injuries and meanings and beliefs. Recognize triggers and develop responses;
3. Increase awareness of options;
4. Increase support system;
5. Change relational dynamics: clarify motivation; best and worst-case scenarios, role play, prepare for negative outcomes. Decide on appropriate boundaries.

Katty also touched on the Evocative Function of the Therapist which is to address:

- Anything that is felt by the client as problematic or "loaded" is inevitably a member of some problem class, although often neither client nor therapist has any idea where it will lead; recognizing that
- Stimulus can be internal or external, and behavior takes place in a context of continuous external and internal stimulation.

Katty was able to clearly discuss her research and conclusions and kept the attendees' attention throughout; this, as well as answering numerous questions. Katty can be contacted at:

**[www.kattycoffron](http://www.kattycoffron.com)**

***"Why do we focus so intensely on our problems? What draws us to them?.....Problems sustain us -- maybe that's why they don't go away. What would a life be without them?.....There is a secret love hiding in each problem" ---James Hillman***

**STATE CAMFT BOARD OF DIRECTORS APPROVES REPEAL OF NEW BYLAWS!! *Your Voice Has Been Heard—AND YOUR VOTE IS STILL NEEDED!***

Dear Colleagues,

Due to the immense outcry from the CAMFT membership, the CAMFT Board has decided to repeal the 2013 Bylaws, subject to voter approval. Your vote is needed by Nov. 30th!

The CAMFT Board of Directors met in Santa Barbara September 21-22, 2013 and deliberated for 12+ hours over the many communications they received with regard to the bylaws changes. In addition, fourteen CAMFT members from across the state attended the meeting and twelve gave passionate testimony about the bylaws changes that helped the Board make their decision. Ultimately the Board

approved the following two motions:

- To approve the repeal of the current bylaws approved in July 2013 and reinstate the bylaws adopted in January 2009. The Board's approval is subject to voting members' approval by ballot.
- To send the vote to the membership, regarding the bylaws, per the motion approved on September 21, 2013, for a December 4, 2013 election date. December 5th and 6th are to be designated ballot-counting days.

What does this mean? CAMFT's future depends on your level of involvement! Please vote on or before November 30th, 2013 to ensure your vote arrives by the Dec. 4th deadline in the CAMFT office. Ballots will be mailed out in late October or early November 2013.

**YES Vote = you agree with the CAMFT Board to repeal the recently passed July 2013 State Bylaws and revert back to the 2009 Bylaws. (CAMFT will revert to representing just MFTs and MFTIs).**

**NO Vote = you do not agree with the CAMFT Board to repeal the most recent Bylaws and therefore want the 2013 Bylaws to stay in place. (CAMFT will stay on its path of opening to all other masters level and above license types including psychologists, social workers, psychiatrists, professional counselors and educational psychologists as a broad based mental health organization) .**

**PLEASE KEEP AN EYE OUT FOR YOUR BALLOT IN THE MAIL.**

Per the advice of their counsel, MFT Interns will not be allowed to vote since they did not vote on the original bylaws ballot in May 2013. It is important to remember that "re-

setting" back to the 2009 Bylaws is a first step in a longer dialogue process about the direction CAMFT members want our association to go.

For a first-hand account of the Santa Barbara Board meeting, please go to <http://www.recamft.org/> to access the October, 2013 newsletter of the Redwood Empire CAMFT Chapter. Once you reach the Chapter's webpage, just click on the October, 2013 newsletter link to retrieve a pdf version of the newsletter. Laura Strom's excellent article about her experience at the Board meeting starts on page 3 of the newsletter.

Many, many thanks. Your voice has been heard. The next step is to back it up with your ballot vote in November!

***This article was excerpted from an email received by Karen Rogers, LMFT.***

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*The Newsletter Connecting Colleague to Colleague.*

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