



The Central Coast Therapist

CALIFORNIA ASSOCIATION OF MARRIAGE AND FAMILY THERAPISTS
CENTRAL COAST CHAPTER

November / December 2007

In This Issue:

Page 2: Presidents Message, Board Information

Page 5&6: e-tree instructions

Page 3: Board Meeting Notes, Non-Profit Highlight

Page 7: Classifieds

Page 4: Disaster Mental Health Update

NOVEMBER EVENT: MOOD DISORDERS

Join us for another excellent networking and training opportunity!

The meeting will not only include an interesting presentation, but will also include board elections for 2008. We hope you'll join us!

Date: Nov 16, 2007

Time: 8:40-9:00 Networking
9:00-11:00 Program

Place: The Sands Suites and Motel
1930 Monterey Street
San Luis Obispo, CA

Cost: \$10 for those wanting 2 CEUs

BE A PART OF THE 2008 BOARD!

The election for the 2008 Board of CCC-CAMFT will take place at our November meeting. We have a slate of candidates from the current board who have volunteered to serve in 2008. However, you are welcome to add yourself to the candidate pool if you would like one of these positions.

We are looking for candidates for 2 open elected positions: **Pre-licensed Representative** and **Secretary**. In addition there are two appointed positions that we need to fill: **Newsletter Editor** and **Co-Disaster Mental Health Coordinator**. Co-chairs are also possible if you want to divide responsibilities. Part of the job, and a benefit, is attending Board Meetings after the general meetings.

The members of the current board that have generously agreed to continue are as follows. Kathy Asdel, our Past President has agreed to run for President again, since our President Elect needed to resign. Alice Jones, our Treasurer, has agreed to run for President Elect, and also continue as Treasurer. Tara Storke, our CEU Coordinator and Web site coordinator has agreed to continue her jobs. Pam Miller will also continue as the Membership Chair. Robin Inouye has agreed to continue in her role, but would like a Co-Disaster Mental Health Coordinator (see article in this Newsletter). Last but not least, Ann Williams will move in to the Past President role.

Please contact Ann Williams at 545-8855 or annwlms@aol.com with questions or to volunteer.

PRESIDENT'S MESSAGE

This is my last message as President of CCC-CAMFT. It's been an eventful 2 years. What you won't notice is that we've been incorporated, and that we're in the process of getting liability insurance, which protects us all. What you *have* noticed is that we've developed a web site. This has been a major undertaking, and we're all quite excited about it. Do you have your information in yet? It will help us reach each other as well as potential clients. The e-tree is also now up and running. In addition, of course, we have had wonderful programs, and a great newsletter.

I want to thank all the terrific Board members who have made all this possible. Kathy Asdel, our Past President, has helped in numerous ways. As well as providing support and guidance, she kept volunteering to fill in as needed, and supplied snacks for our meetings. Alice Jones has not only done an outstanding job as our Treasurer, she played the key role in our incorporation, put on a workshop, and helped with several activities such as our Legal & Ethical Workshop.

Tara Storke, our CEU Coordinator, isn't just an efficient and thorough coordinator for CEUs. She is also our Web Site Coordinator, and was the force behind its development. Diane Rhodes, our Program Chair, has put together some great programs. Katty Coffron, our Newsletter Editor has done an amazing job. Pam Miller is a great addition to our Board as Membership Chair. Robin Inouye, in addition to being our Disaster Mental Health Coordinator, put together the Legal & Ethical Workshop. As a former President, she also had lots to offer in terms of ideas and support.

In addition to our current Board members, I want to thank others who served over the last 2 years. Most recently are Louisa Troemel as President Elect, Tammy Summers as Membership Chair, Jessica Harvey as Pre-licensed Rep, with Christopher Ceaser before her, and Ashley Smith as Secretary, with Sue Haas-Clark preceding her. I also want to thank our previous Newsletter Editor, Jen Osborne, and Carole Burns before her, and our former Disaster Mental Health Coordinator, Patrick Lee.

I hope you'll consider being part of this wonderful team for 2008. See the article about the Board Positions elsewhere in the Newsletter. I'll be sticking around as Past President.

Thanks to all for the last 2 years. It's been a great ride!

Ann Williams, LMFT
CCC Chapter President

Central Coast CAMFT Board of Directors

Elected Positions

President

Ann Williams
(805) 545-8855
annwlms@aol.com

Vice President/President Elect

Louisa Troemel
(805) 489-0545
ltroemel@charter.net

Past President

Kathie Asdel
(805) 462-1922
kaasdel@tcsn.net

Treasurer

Alice Jones
(805) 466-1480
alice@robertmjones.com

Secretary

TBD

Programs

Diane Rhodes
(805) 610-2069
gracieone@netzero.com

Members-at-Large, CEU Coordinator

Tara Storke
(805) 455-8342
tara@oakhavengardens.com and
tarastorke@yahoo.com

Members-at-Large

Pre-Licensed Representative
TBD

Appointed Positions

Newsletter Editor

Katty Coffron
(805) 975-8399
katty_coffron@msn.com

Membership Chair

Pam Miller
slotherapy@yahoo.com
(805) 473-8311

Disaster Mental Health Coordinator

Robin Inouye
(805) 771-0102
rinoy610@aol.com

LOCAL NON-PROFIT MAKES A DIFFERENCE IN SLO COUNTY

*CCC CAMFT is planning to feature an article about a local non-profit each month to create greater awareness of these organizations and the work they do in our community. **Submit an article about a non-profit agency you feel passionate about!***

Alpha Pregnancy Counseling and Support is a local non-profit agency begun in 1980 offering free pregnancy testing, lay counseling (regarding options, pregnancy concerns, post-adoption, and post-abortion concerns), parenting education and support, and practical assistance for teen and adult women, infants, and their families during pregnancy and throughout the first year after birth.

Counseling and assessment is provided by well-trained lay counselors, undergraduate Cal Poly interns, and retired mental health professionals. Alpha staff and volunteers screen new clients for drug, alcohol, and tobacco use, and domestic violence in the home, providing information and referrals as client needs are identified. Referrals are also made for any issue outside of our scope of service.

Practical support at Alpha includes a variety of new and gently used items: Prenatal vitamins; layette items (a baby shower in a bag); maternity and infant clothes; infant supplies and equipment (cribs, high chairs, strollers, etc.); emergency supplies of diapers and formula and baby food; and assistance with rental deposits. While some items are readily available, others may require a wait due to the demand for them.

Alpha is neither political nor sectarian, focusing rather on the needs of those who need our help. Among our collaborative partnerships with a variety of others serving this population are SLO County Public Health, Social Services, EOC Homeless Services, EOC TAPP, SLOCAP, local physicians, mental health therapists, low-cost clinics, and schools.

Alpha is open Monday, Tuesday, Wednesday and Friday between 10am – 3pm at our San Luis Obispo location: 11549 Los Osos Valley Road Ste. 104. Twice a month, Alpha is in other parts of the county between 10am – 1pm. On the 1st and 3rd Thursdays of the month, Alpha services are available at 555 13th Street, Ste. B in Grover Beach. On the 2nd and 4th Thursdays of the month, services are available at the Atascadero Link, 6495 Lewis Ave. Please contact us at 541-3367 for additional information or to make a referral.

Ingrid Pires

Alpha Executive Director

BOARD MEETING NOTES FOR SEPT 2007

September 28, 2007

Since November will be our election of officers for 2008, we discussed options for nominations. A number of the board members are planning to continue on the board in 2008. Tara is willing to continue as our CEU and Website coordinator, Alice is willing to serve another year as treasurer and volunteered to be President-elect for 2009, Kathie agreed to serve as president for a year. We hope Pam will continue next year as membership chair.

Possible openings are one or more members to be responsible for programs, a pre-licensed representative, newsletter editor, and secretary. We agreed that we would try to hire someone to put the newsletter together to prepare it to go to the printer if no one is willing to be the editor. Ann said she would work on the newsletter in her role as past president.

We discussed the e-tree for our Website. Announcements should be sent to e-tree@centralcoasttherapists.org. We were reminded that all CCC-CAMFT members need to update their information on the website.

Kathie Asdel, MS, LMFT

Past President

DISASTER MENTAL HEALTH: WHAT IS OUR ROLE?

After the events of 9/11, all of us were made much more aware of the potential of crises that could occur in our country as well as the need for organized disaster mental health services. There have always been individuals out there who were willing to serve, but what was needed was a mechanism for plugging into a disaster response system that was not overly complicated and confusing for those wishing to participate.

In 2002, the CAMFT Board of Directors developed a Trauma Response Network Task Force to begin to create a statewide system for mental health response to trauma caused by major disasters. The task force invited representatives from other mental health disciplines, the State Department of Mental Health and the Governor's Office. All of these players quickly recognized the value of a coordinated, cross-disciplinary effort for catastrophic mental health trauma response. After several meetings, these organizational representatives agreed on three educational components required for their respective memberships to participate in chapter and statewide Trauma Response Network Teams.

The first component is the Red Cross Disaster Mental Health class. A vast majority of trauma assistance is coordinated through the Red Cross and they require this training for everyone on their mental health referral list. Your local Red Cross can tell you when and where this training will be offered. Also, the Therapist and/or CAMFT may provide listings of trainings offered throughout the state. There is no cost for this class, however sometimes it is difficult to locate.

The second educational requirement is the two-day Critical Incident Stress Management course offered through the International Critical Incident Stress Foundation (*ICISF*, www.icisf.org). This training is typically available two times per year in CA, once in northern CA and one time per year in southern CA. The best way to obtain their course schedule is to visit their website listed above.

The third educational component is a course focusing on psychotherapist disaster responders. This two-day training is called, "Eye of the Storm" and was jointly created by CAMFT and Diane Myers, R.N., M.S.N. In this course, Diane Myers will utilize a variety of teaching techniques and will focus on you and the impact of this work on you as an individual and as a therapist. It will help discern if this type of work is a good fit for you, and if so, how you can participate and get connected. Once you have completed all of the above three required trainings as I have described, you will become recognized as part of the CAMFT Trauma Response Network and will be eligible to be asked to be deployed such a need arise and be on the forefront of this specialty area.

Although I am very interested in this topic and have completed two out of the three required courses to be on the CAMFT Trauma Response Network, my work has taken me far and wide and I am unable to attend chapter meetings and provide updated information on this very crucial topic on a regular basis. I would very much like to stay involved, and could do so if someone would volunteer to Co-Chair this position with me. You would become a valuable member of the Board and may have the opportunity to attend the annual CAMFT Leadership Conference. This is a one day event in which among other things, you would be involved in discussions with other chapter leaders on the field of Disaster Mental Health. If you are interested or need additional information on this topic, you may contact me at (805) 771-0102 or go to the CAMFT website at CAMFT.org, and simply click on the link on the left under Chapter information, then look for CAMFT Trauma Response Network.

Best Regards,

Robin Inouye
Chapter Disaster Mental Health Coordinator

CCC CAMFT E-TREE UPDATE AND INSTRUCTIONS

Our website, www.centralcoasttherapists.org is up and running. Thanks to all of you for renewing your membership, obtaining your password and inputting your information into the Therapists' Directory. The E-Tree is also up and running which means that you can now e-mail information of interest to all of the members of CCC-CAMFT by simply logging in to the Members Only section of the website and going to E-Tree. Instructions for completing your e-mail are there. Let me know if you have any questions or problems by e-mailing me at e-tree@centralcoasttherapists.org.

In reviewing the Therapist Directory on our website, I noticed that only 31 of you have input e-mail addresses. You cannot participate in the E-Tree if you don't put an e-mail address in the Directory. Please log on and update your info as soon as possible so that you don't miss out on this very important communication tool. Just think, you don't have to wait two months to get your information out to all of the other members if you participate in the E-Tree. You can communicate on a daily basis.

Here are the guidelines for using the E-Tree:

E-Tree Messaging

The E-Tree is a mailing list of Central Coast Chapter CAMFT members that appreciate sending and receiving e-mail messages on a wide variety of professional topics. It is available to all members. You may send e-mail messages by using your own e-mail program and addressing your message to e-tree@centralcoasttherapists.org

Changing Your E-Tree Information

Once you are logged on to the CCC CAMFT website, click on "Update My Info" To change any information, delete the existing data, then enter the new information and click on "Save Changes."

Guidelines for Effective E-Tree Messaging

These updated guidelines have been approved by the Board of Directors and are meant to help members get the most out of our online community.

Message Subject Line: Be very specific in the subject line so that members can decide whether to open your message.

Examples are:

- Office to rent in Cambria,
- Looking for consultant w/ expertise in gambling addiction
- Seeking EMDR referral in Paso Robles
- Opening a new practice in Pismo Beach
- Announcing an eating disorders group in San Luis Obispo
- Question regarding informed consent.

Message Content: The E-Tree is a great tool for networking, finding resources and referrals, and discussing issues such as office policies, insurance-related concerns and legislative issues.

Some guidelines are:

- Include your e-mail address at the top of the message, so people can reply to you.
- Please be brief. Refer members to relevant websites or to contact you for more detailed information.
- Messages must be related to our work as mental health providers and should not include messages such as virus warnings, jokes, petitions or other mass mailings.
- Obtain permission from the author before forwarding any private e-mail messages to the entire e-tree.
- Limit announcements of upcoming events and offerings to two postings per member per month.

(continued on the next page.)

CCC CAMFT E-TREE UPDATE AND INSTRUCTIONS (CONTINUED)

NOTE: If you are in doubt about the appropriateness of a message you would like to post, please don't hesitate to contact the E-Tree Team at e-tree@centralcoasttherapists.org. All messages will be reviewed for appropriateness by the E-Tree Team.

Mailing your message: Send your initial email to e-tree@centralcoasttherapists.org.

Responding to a message: To respond to an e-tree message, you can either create a new e-mail or use the forward button if you wish to attach the original e-mail to your message. Insert the sender's e-mail address from the first line of the sender's email in to your e-mail's "TO" box.

DO NOT hit the reply button because your reply will go to the E-Tree Manager and WILL NOT be forwarded.

Legal and Ethical Considerations

In order to comply with CAMFT's ethical standards and the laws that govern our profession, it is important to consider the following when posting to the E-Tree:

Fees: Any discussion of our professional fees is strictly prohibited per anti-trust laws. References to policies and practices regarding fees are allowable as long as no actual fees are disclosed.

Confidentiality and Privacy: Privacy is a fundamental right of every person who consults with a therapist. The protection and preservation of client confidentiality is one of the most important tenets of our profession. When making a referral or seeking resources for a client or potential client, be careful not to divulge too much identifying information. Ask yourself, "If someone knew this person, could they possibly recognize him or her from these details?" "Less is best" when it comes to discussing our cases online. In the context of the E-Tree, gender, approximate age, presenting issue and geographic location are usually enough to give a sense of the client.

Terms of Use

Adherence to these Guidelines is required for members to participate in the E-Tree. If a posted message does not comply with established guidelines, the E-Tree Team may contact the member individually and may also issue a general reminder to the entire e-tree.

NOTE: Non-members who request that you post to the E-Tree for them should be directed to the chapter's website and invited to join our professional organization. Members and non-members alike are welcome to advertise in our bi-monthly newsletter.

Problems? Questions? Feedback?

Contact the E-Tree Team at e-tree@centralcoasttherapists.org

UPCOMING CCC MEETINGS

We generally meet the 4th Friday of every other month for stimulating presentations and conversations. Check our website to stay informed of program changes and updates!

CENTRAL COAST CHAPTER CLASSIFIED ADS

Therapy Groups

Grief Support Groups—Hospice of SLO County provides a wide variety of grief groups. They are located in SLO, Arroyo Grande and Paso Robles. Contact 544-2266 or 434-1164 for more information.

Sexual Assault Recovery and Prevention (SARP) Contact SARP for more info 545-8888

Mental Illness Family Support Groups— See namislo.org for more information.

Groups at the Community Counseling Center: Please call CCC for details: 805.543.7969

CEUs / Training

Creative Applications of Imagery and Hypnotherapy: *a brief therapy model inspired by the work of Milton Erickson.* Part-1 January 25-27. Part-2 February 22-24. Attend one or both! **Approved BBS CEU provider for MFT and LCSW, # PCE 4084.** Held in Los Olivos at Fess Parker's Wine Country Inn. 805-6852106. www.imageryandhypnotherapy.com

To submit a classified ad— e-mail your information to the newsletter editor at katty_coffron@msn.com. Classifieds must be re-submitted or confirmed for each newsletter.



Two Year Training Program for Licensed
Therapists and Registered Interns

In

**GESTALT PLAY THERAPY
WITH CHILDREN AND ADOLESCENTS**

Workshop dates: Nov. 10-11, Jan. 19-20,
March 29-30, May 31-June 1

Training and supervision credits for registered
APT Play Therapist Credential
Fee: \$1,200.00 for series of four workshops

TRAINER: Felicia Carroll, M.Ed., M.A.
Licensed Marriage, Family Therapist
Registered Play Therapist-Supervisor
APT Approved Provider: Number 04-152

**FOR A FULL PROGRAM DESCRIPTION CONTACT
Felicia Carroll, LMFT
(805) 693-9160
fc Carroll@west.net**

NEWSLETTER POLICY

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. Contact the newsletter editor for more details.

Ad Rates

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

The following discounts are available for camera ready ads 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 for additional information and a more detailed policy.

All copy must be received by Katty Coffron by the 10th of the month prior to the mailing. Issues are published in January, March, May, July, September and November. Contact Katty at: katty_coffron@msn.com

Make checks out to CCC—CAMFT and mail to

Alice Jones
CCC CAMFT Treasurer
8655 Morro Road, Suite C
Atascadero, CA 93422

CAMFT Central Coast Chapter
P.O. Box 12723
San Luis Obispo, CA 93406
Bringing Central Coast MFT's Together

We're on the web!
www.centralcoasttherapists.org

- **Update your contact information**
- **Get the latest information on events**
- **Find other MFT's near you**

SLO Hotline announces 211 service

Hotline was established in 1970 and has served San Luis Obispo County for 37 years, providing free, 24-hour confidential and caring support, crisis intervention, and information and referral service. Many of you are aware of this and refer your clients to the hotline when you are not available. In September, Hotline officially became 211 SLO Hotline and, by the end of 2007, San Luis Obispo County will join over 70% of the counties in the state of California offering the 211 service. 211 is an easy to remember three-digit dialing code designated throughout the United States for access to health and human services.

211 will not become federally mandated for the next two to three years, so federal funding is not available until then. At this time Hotline is in great need of funding, as well as volunteers for our newly designed 211 call center. With the publicity launch of 211, we expect our calls to increase by 100 percent. Please consider making an end of the year tax deductible donations in or consider volunteering four hours a week at the call center. Checks can be mailed to: 211 SLO Hotline, P.O. Box 5456, San Luis Obispo, CA 93403 or you can donate via credit card on our website at: www.slohotline.org

Thank you for your past and continue support.

Sincerely,

Elaine Genasci
Marketing and Development Coordinator
211 SLO Hotline