

The Central Coast Therapist

California Association of Marriage & Family Therapists
Central Coast Chapter

CCC-CAMFT NEWSLETTER
NOV/DEC 2008



November Presentation:

The Neurophysiology of Addiction and its Implications for Treatment

Acquiring a basic understanding of the neurophysiology of addiction makes us better psychotherapists. Being aware of the neurological underpinnings of addiction also assists with developing an effective relapse prevention plan. Understanding the underlying neuro-mechanisms also explains why consequences will not keep an addict from relapsing.

Without creating this fulfilling “life worth living” the addict will unconsciously be motivated to return back to the most salient factor associated with reward and pleasure: the abusing substance.



Dr. Tim Worden, the Clinical Director of New Seasons Recovery in Port Hue-neme, is a clinical psychologist, who received his doctorate from the University of South Florida in 1987. He started out as a staff psychologist at the Palo Alto VA Hospital where he worked in a long-term inpatient Drug & Alcohol program before moving to Eugene, Oregon and continuing his work in substance abuse before turning his attention to neuropsychology, rehabilitation psychology, pain management, and recovery from trauma.

He was a visiting assistant professor in the Department of Clinical Psychology at the University of Florida, focusing on pain management and neuropsychology. He moved to Winter Haven, Florida where he was the program manager of a neuro-rehabilitation program and functioned as a neuropsychologist and rehabilitation psychologist for 10 years.

During this time he developed his unique psychotherapeutic approach called Neuro-Emotional Therapy, emphasizes the neurologically based emotional-motivational factors involved in change. He has been presenting workshops to mental health therapists over the past four years throughout the United States on his psychotherapeutic approach and on other topics, including Life Satisfaction, Self-Acceptance, Intentional Communication, Conflict Resolution and Compassion Fatigue. He has co-authored several articles on anger, anxiety and health, and he has developed the Life Satisfaction Questionnaire, the Human-Styles Questionnaire, the Values Clarification Inventory, and co-authored the Work Attitudes Inventory, which focuses on Integrity in the Workplace. Since returning to Los Angeles in 2003, Dr. Worden has focused on continuing to develop his Neuro-Emotional Therapy, particularly within the substance abuse population.

Tim Worden, PhD

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“Without creating fulfilling ‘life worth living,’ the addict will unconsciously be motivated to return back to the most salient factor associated with reward and pleasure: the abusing substance.”

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President's Message

Looking back at my message for September, I see I started it with the same feeling I am experiencing even more intensely as I contemplate my final message of 2008 for the November Newsletter: "How time flies!" Although it seems the year has passed by quickly, many things were accomplished in 2008.

I began my second presidency of the Central Coast Chapter of CAMFT with an enthusiastic and capable Board of Directors. We had our largest number of participants at the State CAMFT Leadership Conference in February. For each of our five meetings so far in 2008, we have had inspiring and informative programs and time for good food and networking at the meetings. Our Chapter website is being used often with good and helpful feedback and we are getting more skilled at using it effectively. The Gaming Addictions Workshop we sponsored in September was very well received by those who attended.

Guess Who's Coming to Dinner

Ah, the holidays! A time for celebration, indulgence, communion...and perhaps the memory of family get-togethers that were far from of "It's a Wonderful Life." In fact, our memories may more closely resemble those of another holiday movie, "Die Hard."

In these challenging times, one way to take our minds off our troubles is to be in service. All receiving and we become takers. All giving and we become martyrs. Being *in service* blends and joins the circle of giving and receiving. Only in heartfelt service do we receive in the very act of giving heart-to-heart.

If "going home again" is not an option for

I would like to thank Karen Rogers who took this idea and made it happen and Pam Shavaun Scott and Michael Balzer for sharing their amazing knowledge and skills with the therapists who participated in the workshop.

I am grateful to all the members of the 2008 Board for their commitment to providing quality Chapter meetings from programs and CEUs, to food, information sharing, support and planning. I appreciate when therapists are willing to take time from their busy schedules to make our Chapter work for all of us.

I am hopeful that we will have an even more productive Board in 2009 helping our CCC-CAMFT to grow and meet the professional needs of our membership. I hope to see you at the November meeting ready to finish this year and prepare to begin a new year.

*Kathie Asdel, MS, LMFT
CCC-CAMFT President*

your or your clients this year, consider opportunities to volunteer, or to join one of several Thanksgiving celebrations in SLO County. Several agencies will be serving "dinner with all the fixin's" and would be glad to have another pair of hands to help prepare or to serve the meal.

I have volunteered for several years at the North County Connection, and have found it to be the most heartfelt of holidays. The day is filled with celebration and laughter...oh, and did I mention the food? Nothing short of any meal in a 5-star restaurant, because everything is prepared in love and gratitude.

Continued on page 4

Introducing Alice Jones—Incoming President **Commitment to Participation**

I thought it would be a good idea to introduce myself to all of you as I come into my term as Board President in 2009. I have served on the Board for many years; as Program Chair for two years and Treasurer for the past three years. I have enjoyed the friendships I have made on the Board and have been gratified to express my ideas and create opportunities for the Chapter. With the Board's support and direction, we were able to offer two separate conferences on Bowen Theory – with Michael Kerr, the successor to Murray Bowen – presenting the first conference and a second one which included his wife, Kathleen Kerr. It was a rare opportunity to have presenters of their stature come to us from the Washington D.C. area.

Our goal as a Board has been to offer full-day conferences to our members in our beautiful local area and we have met that goal most years. The recent workshop on Video Gaming Addiction presented by our member, Pamela Shavaun Scott, is a case in point.

As your new President, I will continue to promote that goal as one worthy of our support. Additionally, the Board met two other major goals this past year in that we completed our incorporation process as a non-profit corporation 501 C (4) and established a web site. There are costs associated with both. The corporation required that an attorney be retained to file the application at both the State and Federal levels and that we acquire insurance to protect the Board against personal liability (Directors and Officers Insurance). There were significant costs associated with the development of the web site and there is an ongoing cost involved in web site maintenance.

These benefits extend to our membership. The corporation is an entity which enhances our professional status as a Chapter and protects its Board and the web site is proving to be very beneficial to our members by providing information about our meetings, workshops, etc.

This said, the Board is considering a membership fee increase in the 2009. You will all have the opportunity to sign up for the year in November at the current level and I would encourage all of you to do so.

I welcome any of your ideas for goals in the New Year and would encourage you to email me at alice@robertmjones.com or call (805) 466-1480. Thanks for your support and I look forward to seeing you in November.

At the last Board meeting all of the elected Board positions were filled by volunteers, but that does not mean that others could not be considered. If you would like to get involved on the Board, the following positions still remain unfilled: **Pre-licensed Representative (Interns).**

We are also seeking more of a committee to assist Ann Williams, who has agreed to chair the Program position. Your participation on the Board and/or committees is encouraged. Give some thought to becoming involved.

Alice Jones, LMFT
CCC-CAMFT Treasurer



Seminar Review:

Virtual Reality: Crossing the Vast Cultural Divide

With nearly 100% of America's youth playing some kind of electronic game, it's important for clinicians to understand the difference between what can be a healthy recreational activity for many, yet for others becomes a process that becomes addictive, disrupting normal development across multiple domains.

The multi-media interactive documentary served to immerse participants in the experience of virtual reality as experienced by players of a variety of electronic interactive media. Participants learned from both players and international experts:

- ✧ That neuroscience reveals how the "plastic brain" becomes specifically wired to respond to electronic media
- ✧ How to differentiate types of online games
- ✧ Which games are more apt to lead to serious problems
- ✧ The role of neurotransmitters in compulsive gaming

- ✧ Features and vocabulary of the gamer culture
- ✧ Similarities and differences between gaming addiction and substance addiction
- ✧ Warning signs of addiction
- ✧ Common co-occurring disorders
- ✧ Treatment interventions
- ✧ The potential of virtual reality to be used in ways that are pro-social and educational as well as the dark side of the virtual world – and how mental health professionals can know the difference.

Pamela's book, co-authored with gamer Neils Clark, "Game Addiction: Through the Eyes of the Players" will be available from McFarland Books in March 2009. Articles and more information are available at www.shavaunscott.com.

Pamela Shavaun Scott, LMFT



Guess Who's Coming to Dinner

Continued from page 2

North County Connection will again be providing Thanksgiving dinner, serving at 1:00p.m. after the noon AA meeting. They are located at 8600 Atascadero Ave.; Atascadero, CA 93442 and their phone number is 805.462.8600.

EOC will be providing Thanksgiving dinners. To volunteer, call Peggy at 805.541.6351 x15 or Grass Roots at 805.544.2333. To help with Prado Day Center celebrations, call Dee, Corina or Aaron at 805.786.0617.

Several area churches will be serving

Thanksgiving dinner, so give one in your area a call and find out how you might assist.

If you are serving dinner at home for family or friends, how about including the widower or the neighbor living alone down the street?

Mother Teresa is quoted as saying, "If you cannot feed a hundred people, feed just one."

More information on Thanksgiving dinners will be posted on the CCC-CAMFT website during the upcoming weeks.

Karen Rogers, LMFT

VOLUNTEER OPPORTUNITIES

Volunteer SLO
www.volunteerslo.org

Economic Opportunity
Commission <http://eocslo.org/>

Contact your local Chamber of
Commerce or your local Police
Department or church!

Preview: 2009 Program Information

January 23rd, 2009: Networking meeting

Join your fellow professionals to socialize and to exchange information. We will have a resource table and Continental Breakfast. Start the year with enthusiasm and connection—invite your friends from other disciplines, such as LCSWs. And be certain to include trainees and interns!

March 27th, 2009: Non-Violent Communication



Non-Violent Communication (NVC) helps connect us with what is alive in ourselves and in others moment-to-moment, with what we or others could do to make life more wonderful, and with an awareness of what gets in the way of natural giving and receiving.

NVC language strengthens our ability to inspire compassion from others and respond compassionately to others and ourselves. NVC guides us to reframe how we express ourselves, how we hear others and resolve conflicts by focusing our consciousness on what we are observing, feeling, needing, and requesting. It awakens empathy and honesty, and is sometimes described as “the language of the heart.”

<http://www.nvctraininginstitute.com>

*“You treat your body
like a temple,
I treat mine like a tent.”*

Jimmy Buffett

...and how have you been
treating YOUR body lately?

*Massage Therapy &
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proven effective in:*

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Enhancing ability to sleep
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cancer & its treatment
Decreasing carpal
tunnel symptoms
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Allow Your Body its Bliss!



Prelicensed Corner

Intern & Trainee Support Group

The Intern and Trainee support group is held the first Monday of each month at 150 South Sixth Street, Suite B, Grover Beach.

Susan Utter, MA

Pre-Licensed Representative

805.234.4459

susan.ppf@gmail.com

Renew Your Membership Now for 2009

We're starting our membership drive early this year.

Your current membership will expire in January.

By joining or renewing your membership NOW you will avoid any proposed increase in membership fees for 2009. Your membership will be in effect for the remainder of 2008 and throughout 2009.

Remember that by maintaining your membership in our local chapter of CAMFT, you are ensuring that you are represented at the statewide level of our organization.

Not only are you lending your support and are able to access all the benefits of membership, but you also have the benefit of:

- ✦ Six annual chapter meetings featuring cutting-edge clinical presentations.
- ✦ Professional Development & CEUs are provided at our meetings & workshops.
- ✦ Networking opportunities to promote your practice and specialty.
- ✦ A website that features LOCAL THERAPIST FINDER where prospective clients have immediate online access to your listing.
- ✦ Member-to-Member E-mail Service – through the E-TREE for access to colleagues, for announcements, job openings and referrals, etc.
- ✦ Communication through our website and bi-monthly newsletter.
- ✦ Volunteer opportunities and a voice in the future of our profession.
- ✦ Pre-licensed information and support group activities.
- ✦ Opportunities to share knowledge with colleagues by publishing articles in our Newsletter and on our website.

All Members of CAMFT's statewide organization are encouraged to join!

To remain eligible for membership in our Central Coast Chapter, all Clinical and Pre-licensed Members must be current members of CAMFT, our state organization.

Please ensure that you add your current contact information to our website at www.centralcoasttherapists.org

For New or Renewing members to utilize the Local Therapist Finder, E-tree and other benefits of the website it is necessary to have a password for the site. If you do not have a current password or need assistance, contact Pam Miller at (805) 473-8311 or by e-mail at slotherapy@yahoo.com.

*Pam Miller, LMFT
CCC-CAMFT Membership Chair*

September Speaker Lia Anisgard

Emotionally Focused Therapy—Working with Couples

Lia Anisgard began her presentation with a video demonstrating how EFT begins the first session in couples work. This is a structured approach in which the couple is considered to be the “expert.” By slowing down the communication process and focusing on the emotions expressed, the therapist actively regulates the fears and hurts of the past and present which interfere with the marital bond.

In EFT, according to Anisgard, the goal of couple's therapy is to break the negative cycles in which the couple is stuck to become more accessible to each other. The therapeutic process occurs in the room when a triangle is formed between the couple and the therapist establishing mutual accessibility, security, and responsiveness. The therapist attempts to match the couples' tone and uses images to assist the couples understanding their situation.

The three tasks of EFT are to build an alliance, access and reprocess emotions, and restructure interactions. The three major change events are cycle de-escalation, withdrawing partner re-engagement, and blaming partner softening. EFT is a research validated map for working with couples based on attachment theory.

To illustrate the theory of EFT, Anisgard led us through an exercise with a couple, guiding us through the EFT flow from behavior to secondary and primary affect to attachment fears and needs and the establishment of compassionate interactions within a secure bond. Anisgard noted there are contraindications for using EFT with couples: when active domestic violence is present, when they have different agendas, or when severe

addictions or medical illness are present.

Lia Anisgard's outline of her talk will be available at the November meeting. She is offering a basic skill seminar to "Increase your confidence in working with couples" starting soon. Contact her at (805) 481-1651 or lia_anisgard@sbcglobal.net for further information.

Kathie Asdel, MS, LMFT

CLASSIFIED

OFFICE TO SHARE. \$175/mo. Available Mondays to 2pm, all day Tuesday and Friday. A/C, soundproof, free parking lot, waiting room, phone line already installed. On Meinecke near Santa Rosa. Jan Meshkoff, Ph.D, MFT 805-547-1585.

SUPPORT GROUP Surviving Their Addiction for families dealing with substance abuse. 1st and 3rd Thursday at 6:00pm For additional information call: Five Cities Counseling Center @ 805 473-8311. Susan Utter, MFT Intern #53712; Pam Miller, LMFT Lic.# MFC35690

OFFICE SPACE for a therapist in Grover Beach, available for full or part-time sublet. The space is ideal, it includes: shared waiting room, space for individual or group counseling, sand-tray and play therapy. Handicap accessible, on-site parking. Contact Pam Miller 805.473.8311 or Judith 805.703.3193.

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

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.

Make checks payable to CCC—CAMFT and mail to

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*Bringing Central Coast
MFTs Together*



Update your contact information
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Find other MFTs near you

November Presentation:
**The Neurophysiology of Addiction
and its Implications for Treatment**

Join us on November 21st for Dr. Tim Worden's presentation, which will include specific treatments—both the avoidance and the approach system—in treating the addicted person.

(See article page 1)

**⇒ Please Note: In November our meeting is held on the
THIRD Friday of the month!**

Check our website www.centralcoasttherapists.org
to stay informed of program changes and updates!

Date:

November 21, 2008

Time:

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 \$10 for 2 CEUs