

# The Central Coast Therapist

California Association of Marriage & Family Therapists  
Central Coast Chapter

CCC-CAMFT NEWSLETTER  
NOV/DEC 2009



November 20th, 2009

## When the Holiday Guest is...Grief

Because we love, and because love never dies, and because the holidays are a time when we tend to share that love, many people have particularly deep and poignant feelings of sadness and grief at this time of year. The holidays also present special opportunities: we can create meaningful memories that include our love for dear ones who have died, families may have conversations about their personal and collective needs and experiences, and as individuals we can reach out to and nourish our support systems. The shadow sides of that potential are many and include prolonged or complicated bereavement, loneliness and depression.

Rumi, a Sufi poet who lived a thousand years ago, wrote a poem called "The Guest House" which urges us to make room, to even welcome the myriad feelings that come to us each day. Grief is not a guest who can be easily turned away. Like other family members, Grief likes to visit over the holidays and knows all the secret entrances.

Staff counselors from Hospice of San Luis Obispo County will present and facilitate a conversation about working with clients—as well as with ourselves—in using grief to deepen our experience of being alive and being creatures who love. We will include principles that guide our work at Hospice with the bereaved, as well as strategies, interventions and ac-

tivities that may be useful for you and your clients.

### *The Guest House*

*This being human is a guest house.*

*Every morning a new arrival.*

*A joy, a depression, a meanness,*

*Some momentary awareness comes*

*As an unexpected visitor.*

*Welcome and entertain them all!*

*Even if they are a crowd of sorrows,*

*Who violently sweep your house*

*empty of its furniture,*

*still treat each guest honorably.*

*He may be clearing you out*

*for some new delight.*

*The dark thought, the shame, the malice,*

*meet them at the door laughing,*

*and invite them in.*

*Be grateful for whomever comes,*

*because each has been sent*

*as a guide from beyond.*

From *Essential Rumi* by Coleman Barks

**Steve Thayer, MFT** has been the Director of Counseling at Hospice of SLO County for almost two years. In that role he provides supervision to 12 trainees/interns, is the lead in the Crisis Response Team, and works directly with clients. He received his MA in Clinical Psy-

### Inside this issue:

President's Message	2
Enchilada Fiesta	3
Intern's Corner	4
Membership Update	5
Looking Ahead	5
Membership Application	6
Alcoholism & Addiction Treatment Resources	7 & 8
Program Review	9

See page 3 for  
**Community  
Counseling  
Center**

Enchilada Fiesta  
Fundraising  
Dinner!

Continued on page 2

**CENTRAL COAST CAMFT  
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[alice@robertmjones.com](mailto:alice@robertmjones.com)

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

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(805) 545-8855  
[annwllms@aol.com](mailto:annwllms@aol.com)

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Tara Storke  
(805) 455-8342  
[tara@oakhavengardens.com](mailto:tara@oakhavengardens.com) &  
[tarastorke@yahoo.com](mailto:tarastorke@yahoo.com)

**Pre-Licensed Representative**

Tom Stein, MFT Intern #58370  
(805) 801-3136  
[tomstein@gmail.com](mailto:tomstein@gmail.com)

**APPOINTED POSITIONS**

**Newsletter Editor**

Karen Rogers  
(805) 254-4307  
[animagyk@yahoo.com](mailto:animagyk@yahoo.com)

**Membership Chair**

Judith Stern  
(562) 537-6735  
[jstern@thearttherapycenter.com](mailto:jstern@thearttherapycenter.com)

**Disaster Mental Health  
Coordinator**

Margaret Bullock  
(805) 674-4162  
[margaret@margaretbullock.com](mailto:margaret@margaretbullock.com)

## President's Message

Fall has arrived and I am writing this article from the East Coast of the United States. We have been visiting our family and took the time to see our nation's capitol before going on to other destinations. It is an impressive place and actually was my birthplace 59 years ago. I recommend a visit here for those who might have the opportunity. The area is steeped in the early history of our nation and all of the struggles involved in settling this country.

Beyond that, Washington D.C. is beautiful! The architecture, gardens, Mall and of course all of the famous landmarks are truly impressive. On the outskirts of the city we visited Mount Vernon (George Washington's home) and were reminded of how slavery drove the economic engine of this country in the southern states. Much progress has been achieved in addressing the prejudice associated with the slave trade, but there is more to do. We see that here in Norfolk, Virginia where integration lagged behind other areas.

On the home front, your local chapter is preparing for another great program in

November. We also had an inspiring presentation on Treatment of Addictions at our September program and I believe there will be resource information in this newsletter for all of you. As we wind down the year I put out my request for all of you to consider being a part of the Board. Elections will be held at our November meeting. Much of the Board will continue on in their same capacities, but we need assistance with Programs - as our chair Ann Williams would appreciate having a committee. Programs are a huge part of our draw and your participation would be greatly appreciated. November and January are membership drive months and we invite you to "bring a friend" to a meeting. Those of you who haven't been regular attendees, try to make it a priority in the new year.

Mark your calendars for the fourth Friday of January, March, May, July, September and November (this one differs because of the holiday). We look forward to seeing you at the November 20th meeting!

*Alice Jones, LMFT  
Chapter President*

## Holiday Grief

*Continued from page 1*

chology from Cal State University, LA in 1975 and was licensed in 1976. He has worked in a variety of settings and another career before coming full circle to the work he loves.

**Mary Kunz, MFT** began her bereavement work as a trainee with Hospice 20 years ago, and now serves the agency as a Bereavement Counselor and Educator. She is an alumna of Pacifica Graduate Institute, and has been licensed since

1998. In addition to her work as a psychotherapist, she is also an artist, poet, gardener and comedian.

*Mary Kunz, LMFT  
Hospice of San Luis Obispo County*

805.544.2266  
805.434.1164



The Community Counseling Center  
presents

# THE ENCHILADA FIESTA



A Fundraising Dinner  
featuring  
**Chef Maegen Loring  
of Maegen Loring Catering**



**When**

Tuesday, November 3 from 5PM - 8PM



**Where**

San Luis Obispo Veterans Memorial Building  
801 Grand Avenue, San Luis Obispo



**Menu**

Dinners include choice of 2 Diestel Turkey,  
Hearst Ranch Beef or Butternut Squash Enchiladas,  
with rice, beans and salad.

\$12 - Beverages and baked goods available for purchase

**DINE IN OR**

Dine in to enjoy raffles and entertainment or take  
your dinner to go.

**TAKE OUT**

Take out trays of 6 enchiladas also available

\$15 (must preorder by 10/27/09 - Call 805-543-7969)

**Thank You to Our Sponsors!**



**To order event tickets or prepackaged enchiladas, return this form to CCC, 1129 Marsh Street,  
San Luis Obispo, CA 93401 or call 543-7969.**

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

I would like \_\_\_\_\_ Dinner Tickets at \$12 each. Total Due of \$ \_\_\_\_\_

Enclose check payable to Community Counseling Center.

**I would like prepackaged enchiladas at \$15 per one-half dozen (Order deadline 10/27/09)**

# of packages of \_\_\_\_\_ Turkey, \_\_\_\_\_ Beef, \_\_\_\_\_ Squash

Total due of \$ \_\_\_\_\_ Enclose check payable to Community Counseling Center.

## **If I Only Had More Time...**



Before I was on the board of our local chapter of CAMFT, I would receive news of the bi-monthly professional presentations. Although the topics always sounded interesting, I never seemed to find the time to attend. After all, they were on Friday mornings: as a student it was nice to have Fridays off, as an intern, I became obsessed with completing my hours. Once on the board, however, I began attending all the presentations. At our last meeting, there was a great presentation on resources available locally for outpatient substance treatment AND information on how to approach people with substance issues in a “normal”—that is, non-specialized—practice. The presentation was professionally presented, informative, and useful to me as a practitioner.

As I looked around the room, however, I was struck by how few people were attending. In fact, I believe I was the only pre-licensed person in the room. Since every presentation I’ve attended has been superlative, I began to wonder what keeps pre-licensed people from participating more in CAMFT. I’d like to use this space today to try to convince you that attending and becoming involved is worth your time, effort, and will help keep you sane as you pursue your license.

As an intern I work in six different physical offices. I work in two schools, an agency, a shelter, and two offices in my private practice. I have to say I’m obsessed with getting my hours done, but wonder some times if I’ll burn out too soon running from one site to another, trying to keep all my clients straight, figuring out what I’m doing right, and hoping I haven’t been doing too many things wrong. One of my sites is the North County Women’s Resource Center in

Atascadero so I work with a clientele that is often in severe distress. In group supervision, as we talk about our cases, I am struck by how valuable, cathartic, and healing the act of sharing our experiences with clients is. I believe something similar happens at the CAMFT chapter meetings.

The bi-monthly presentations by licensed professionals in our field reminds us of how much there still is to learn, even as we are stimulated by new thoughts and ideas. Before and after the presentation is a time for networking, getting to know what others are doing, what is working, what challenges clinicians face, and what’s available. As a bonus, as pre-licensed clinicians our immersion in learning, awareness of what’s new and exciting in the field, and energy is stimulating to be around, and may help our esteemed licensed colleagues from growing stale. All of this happens at the bi-monthly meeting—two to three hours out of a busy schedule once every two months.

The other opportunity you have as pre-licensed people is to participate in the pre-licensed monthly meeting. At that meeting you get to compare notes with others sharing your experience of learning, your frustrations and despair about making mistakes, figuring out how to work with your clients, and just surviving the pre-licensed process. Although not a “bitch” session, it does provide a forum for sharing your victories, your frustrations, and ask those questions you haven’t wanted to ask. **These meetings are on the third Monday of every month at Community Counseling Center of SLO in the back office, from 5:30-7 pm.**

*Continued on page 5*

## Membership Update

It's that time again...our membership drive begins in November 2009.

I would encourage all of you to renew as soon as possible to keep current with all the wonderful benefits that membership offers.

We have made several changes to our database that are going to increase your ability to customize your information.

1. Your State CAMFT member number can now be included in your information, so please update that section of your directory when you can.
2. We are mailing the newsletter by email, so make sure that your email information is also correct.
3. We are in the process of expanding our fields of interest to better highlight your areas of practice. This field can also be updated online on the Central Coast CAMFT website.

If you have a computer, the way to update your information is to go to the website, [www.centralcoasttherapists.org](http://www.centralcoasttherapists.org), click on the Mem-

### *If I Only Had More Time...*

*Continued from page 4*

In the October issue of the *Psychotherapy Networker* magazine, there is an article about collaboration. It points out how easy it is for us, especially those of us in private practice, to become isolated from our peers. Our schedules are busy, the work can be exhausting, so it's always easy to say "If I only had time!" Resist the urge to succumb to that excuse. Take the opportunities to learn, network, and continue to move forward in the profession by attending the bimonthly chapter meetings and the pre-licensed support sessions. I hope to meet you there soon.

**Note:** If you ideas or topics of special interest to you, please forward them to me at [tomstein@gmail.com](mailto:tomstein@gmail.com). I'd be glad to include them in the next newsletter.

*Tom Stein, MFTI  
Intern Representative*

ber's Area, enter your I.D. and password and go to Update My Info. Enter any new or update old information. You may update and edit at any time. If you do not have computer access, email me the changes and I will input them for you.

The really good news is that *everyone* can renew by going online at the Central Coast CAMFT website [www.centralcoasttherapists.org](http://www.centralcoasttherapists.org) and print the Membership Application, which you then mail to me. The form has my address on the bottom.

If you have any questions about your membership or need to have your I.D. and password sent to you, email me at [jstern@thearttherapycenter.com](mailto:jstern@thearttherapycenter.com) or call me at 805/703-3193.

*Judith Stern, LMFT  
Membership Chair  
[jstern@thearttherapycenter.com](mailto:jstern@thearttherapycenter.com)*

## Looking Ahead to 2010

**F**irst, in January we will be changing our meeting location to **2074 Parker St. in SLO** (where the Legal & Ethical Workshop took place). This will save us money, and it has other advantages over the Sands. Directions will be in the next newsletter!

Our January 22nd meeting will be our annual social networking event, complete with fun, food and music.

The March 26th meeting will feature information about the **Victim Witness Program**, especially about compensation. This will be useful for both interns and licensed MFTs.

We meet the 4th Friday every other month, except for the 3rd Friday in November (because of Thanksgiving).

The dates for our 2010 meetings are:

**January 22**

**March 26**

**May 28**

**July 23**

**September 24**

**November 19**

*Ann Williams, LMFT  
Program Chair*

# *Membership Application*

## *2010 Central Coast Chapter CAMFT Membership Directory*

Complete and mail in this application with your check to the address listed below.

Once your membership is approved, you will receive a password. At that time, you can utilize your password to access the member's only section of the website.

**Please provide the following information for the online directory.**

Office Addresses and business telephone numbers will be accessible in the **Public Online Directory**. This directory is available to licensed professionals, interns & the public. Any additional information you would like included in the **Public Directory** can be added when updating your information and describing your areas of interest on the website.

All other information included in this application will be included in the **Membership Directory**. This directory is only accessible to chapter members.

Are you currently a member of State CAMFT?

Yes CAMFT Membership number \_\_\_\_\_

No (please note that State membership is required in order to join the local Chapter.  
Affiliate and Associate Memberships are exempt from this requirement.)

This application is for  renewal membership  new membership

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Last Name	First Name	Middle Name
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Mailing Address — Street, City, ZIP (Include suite #s please)

---

Primary Office Address — Street, City, ZIP

---

Addresses/Additional Offices — Street, City, ZIP

---

Telephone # (Business Office Contact Number)	Additional Office Telephone #(s)	Home Telephone #
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Email Address	Website Address
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Check the type of membership for which you are applying (note difference in dues amounts/date of payment):

- |   |                                      |                               |
|---|--------------------------------------|-------------------------------|
| <input type="checkbox"/> Licensed MFT                                 | License# _____ Year Licensed _____   | <input type="checkbox"/> \$50 |
| <input type="checkbox"/> Registered MFT Intern                        | Intern Reg. # _____ Supervisor _____ | <input type="checkbox"/> \$20 |
| <input type="checkbox"/> MFT Trainee/Student                          |                                      | <input type="checkbox"/> \$20 |
| <input type="checkbox"/> Affiliate, e.g. hospital, clinic, non-profit |                                      | <input type="checkbox"/> \$40 |
| <input type="checkbox"/> Associate, e.g., other license               |                                      | <input type="checkbox"/> \$40 |
| <input type="checkbox"/> Newsletter subscription only                 |                                      | <input type="checkbox"/> \$40 |

Would you be interested in serving on our board?  yes  no

Would you be interested in serving on a committee?  yes  no

*Please mail this application and check payable to*

CCC-CAMFT Membership

c/o Judith Stern, LMFT

150 South 6th Street, Suite A ; Grover Beach CA 93433

Questions? Contact Judith Stern at 805/703-3193 or by email to [jstern@theartherapycenter.com](mailto:jstern@theartherapycenter.com)

# Alcohol & Addiction Treatment Resources

COMMUNITY SUPPORT SERVICES	PHONE NUMBER
AL-ANON	(805) 238-3311
Alcoholics Anonymous (AA)	(805) 541-3211
Narcotics Anonymous (NA)	(805) 549-7730 Outside SLO County dial 1-800-549-7730
Together We Can, Pioneer Club Grover Beach	(805) 481-4069
Cambria Connection	(805) 927-1645
North County Connection - Atascadero	(805) 461-6084
Mariposa Center/Arroyo Grande	(805) 473-7082
INFORMATION ASSESSMENT & REFERRAL	
<b>211 SLO Hotline</b>	<b>211</b> 805.544-6016 office 805.544.6296 fax <a href="mailto:hotline@slohotline.org">hotline@slohotline.org</a>
Central Coast Counseling & Support Services	(805) 546-0847
Cottage Outpatient Center of SLO	(805) 541-9113
SLO County Drug & Alcohol Services	(805) 781-4753
Alcohol & Drug Abuse Drop-In Center, 540 Quintana, Morro Bay	(805) 772-4077
OUTPATIENT TREATMENT/RECOVERY PROGRAMS	
Central Coast Counseling & Support Services Arroyo Grande	(805) 546-8064
Cottage Outpatient Center of SLO	(805) 541-9113
SLO County Drug & Alcohol Services SLO Atascadero, Arroyo Grande	(805) 781-4753
Drinking Driver Program SLO, Atascadero, Arroyo Grande	(805) 781-4275

INPATIENT & RESIDENTIAL PROGRAMS
<b>Salvation Army Adult Rehabilitation Center</b> Carpenteria, CA 93013 (805) 684-6999
<b>ASA - A Spiritual Abode</b> Santa Maria, CA 93456 (805) 925-1352
<b>Beacon House</b> Pacific Grove, CA 93950 (831) 372-2334 <a href="http://www.beaconhouse.org">www.beaconhouse.org</a>
<b>Casa Solana Recovery Home for Women 18+</b> (805) 481-8555
<b>Life Steps</b> for Pregnant Women & Women with Children (805) 549-0150
<b>Middlehouse Sober Living</b> Home for Men 18+ (805) 544-8328
<b>Project Amend</b> San Luis Obispo, CA 93402 (805) 782-9600 (805)782-9600 fax: (805)782-9602 <a href="mailto:projectamend@charter.net">projectamend@charter.net</a>
DETOXIFICATION
<b>Inpatient - Santa Barbara Cottage Hospital/SLO</b> (805) 541-9113
<b>Outpatient - County Home Detox SLO</b> (805) 781-4753
<b>Acupuncture, Central Coast Counseling &amp; Support Services</b> (805) 546-0847
<b>Methadone Clinic</b> (805) 461-5212
<b>San Luis Obispo Addiction Recovery Center (SLOARC)</b> 805-541-0632
Source: <a href="http://www.middlehouse.org">www.middlehouse.org</a>

## Alcohol & Addiction Treatment Resources

SERVICES	FACILITY INFO
<p>***Casa Solana I and II Grover Beach, CA 93433 (805) 481-8555 (805) 481-8558</p>	<p>Ten-bed facility for females aged 18-72. (12 step based program - some dual diagnosed probationers). Initial program is 90 days. Follow up can be six months in second transition house if space available. Random drug testing &amp; full time manager.</p>
<p>*Cottage Outpatient Center San Luis Obispo, CA 93401 (805) 541-9113</p>	<p>Adults only \$200 per session for 36 sessions or \$7,200. Three phases of the program: 1. 4 meetings per week for 20 sessions or 5 weeks 2. 2 meetings per week for 18 sessions or 8 weeks 3. 1 meeting per week rest of the year Adds up to 1 whole year Must also attend 2 AA meetings per week with an AA sponsor</p>
<p>***Gryphon Society San Luis Obispo, CA 93406 (805) 550-8140 men - Fredrick Chaney (805) 459-8735 women - Jody Dye-Jones</p>	<p>3 sober living homes for adult males, 1 for adult females 18 - 72 addicted to alcohol or drugs. Must stay 90 days. No serious mental disorders. Initial phone interview and then a face-to-face interview. \$150 week includes room and board.</p>
<p>*Lifesteps 3450 Broad St. Suite 104 San Luis Obispo, CA 93401 (805) 549-0150 x 121 Call: Drug &amp; Alcohol Services (805) 781-4753 or come to walk-in clinic for assessment and referral. <a href="http://www.lifestepsfoundation.org">www.lifestepsfoundation.org</a></p>	<p>Serves "about to be" mothers in recovery, pregnant, or with kids up to 5 years old. San Luis County Drug &amp; Alcohol Service provides therapeutic management &amp; parenting instruction. Length of program: 12 - 18 months</p>
<p>Lifestyles Paso Robles, CA 93446 (805) 238-2290 available 10am -1pm Tuesday - Friday</p>	<p>Recorded Information Treatment services for the under served population</p>
<p>*Mental Health Services - SLO County San Luis Obispo, CA 93401 San Luis Obispo (805) 781-4700 Arroyo Grande (805) 473-7060 Atascadero (805) 461-6060 Paso Robles (805) 237-3170</p>	<p>Outpatient services, DUI programs, POEG (Perinatal Outpatient Extended Group)</p>
<p>*MHS Center for Change San Luis Obispo, CA 93401 (805) 544-2892</p>	<p>State Certified and State licensed outpatient services</p>
<p>Middlehouse 2939 Augusta St. San Luis Obispo, CA 93401 (805) 544-8328</p>	<p>Residential facility for men who are alcoholic and who admit they have a problem with alcohol and chemical dependency.</p>
<p>*Pasos de Vida Pismo Beach, CA 93448 (805) 481-2505</p>	<p>12 step based recovery home for women and children up to 12. School is on site. No probationers with violent crimes or mental disorders - some dual diagnosis. One year program with no outside work. Full time staff/testing/no smoking.</p>

\* Licensed Facility  
\*\* State Certified  
\*\*\* Registered House

**SOURCE:**  
[www.middlehouse.org](http://www.middlehouse.org)

## Program Review



The subject of successful supportive interventions with clients who are in denial of their substance abuse problem was skillfully presented by **Linda Sleeter**, who holds a BSN in Holistic Nursing of the Cottage Outpatient Center in San Luis Obispo and **Beverly Ford**, PhD, owner of Central Coast Employee Assistance and Counseling Services.

Linda began by describing the Cottage Outpatient Center as a sober living environment with a 12-Step based program of structured groups and individual treatment that provides safe surroundings for clients willing to acknowledge their addiction issues and work on their sobriety. Through respectful collaboration the staff works with clients, moving them through levels of treatment from an intensive chemical dependency program to relapse prevention and continuing care with alumni of the program allowed to return for follow-up treatment as needed.

**Compassionate Psychotherapy**  
Maximizing Wellness

**Pamela Shavaun Scott, LMFT**  
Marriage & Family Therapist

1264 Higuera, Suite 204  
San Luis Obispo, CA 93401

805/440-8311 phone/fax  
slotherapist@gmail.com  
maximizewellness.vpweb.com

Beverly Ford focused on the resistance and denial that is common in clients in need of substance abuse treatment. Initially, as she builds rapport with the clients, she begins to help them to look at their reasons for using such as anxiety, boredom, insomnia, social acceptance, escape, pain control, and stress. She then patiently shifts the clients toward developing strategies that can help them stay safe and take care of themselves without drinking or using drugs. Beverly's goal is to get the clients to "self-identify" their own emotional content and their own options while providing effective decision-making support.

Both Linda Sleeter and Beverly Ford expressed a willingness to consult with marriage and family therapists needing assistance with ways to work with addiction issues. The Cottage Outpatient Center can be reached at 805/541-9113 or on their website [www.cottagehealthsystems.com](http://www.cottagehealthsystems.com)

*Kathie Asdel, LMFT  
Past President & Treasurer*

For further information on recovery resources, please see pages 7 & 8 of this issue. While the list is by no means exhaustive, it does supply therapists and clients with ideas about "who to call."

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
Free/non-profit svc	Free	Free
<b>Display Ad—Camera Ready</b>		
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](mailto:animagyk@yahoo.com).

Please make checks payable to CCC—CAMFT and mail to

Kathie Asdel  
CCC CAMFT Treasurer  
7730 Morro Road #109  
Atascadero, CA 93422

**CAMFT Central Coast Chapter**

P.O. Box 12723  
San Luis Obispo, CA 93406

*Bringing Central Coast MFTs Together*



*We're on the web!*

[www.centralcoasttherapists.org](http://www.centralcoasttherapists.org)

Update your contact information

Get the latest information on events

Find other MFTs near you

**Friday, November 20th**

*When the Holiday Guest is...Grief*

Staff counselors from Hospice of San Luis Obispo County will present and facilitate a conversation about working with clients—as well as with ourselves—in using grief to deepen our experience of being alive and being creatures who love. (see article, page 1)



***Date:***

November 20, 2009  
8:40-9:00 Networking  
9:00-11:00 Program

***Location:***

The Sands Suites  
& Motel  
1930 Monterey Street  
San Luis Obispo, CA

***Cost:***

Free or \$20 for 2 CEUs