

# The Central Coast Therapist

California Association of Marriage & Family Therapists  
Central Coast Chapter

CCC-CAMFT NEWSLETTER  
SEP/OCT 2008



## September Presentation: Emotionally Focused Therapy—Working with Couples

**L**ia Anisgard, MFT, recently retired, was in private practice in San Jose. She has over 25 years of experience and specialized in



working with couples. She is a certified EFT therapist and supervisor and provides training in the EFT model of couples therapy. Lia is also a CAMFT certified supervisor who supervised interns in school-based programs for over 15 years.

Emotionally focused therapy (EFT) is an empirically validated, short-term model of couples therapy, which integrates systemic, experiential, and attachment perspectives. Using a variety of interventions, EFT therapists help partners address basic attachment needs and fears that underlie distressing and distancing cycles of interaction. In this workshop Lia will present an overview of EFT and will focus on the clinical implications of working within an attachment framework. Emotionally Focused Therapy (EFT) is a proven effective treatment for distressed couples and families.

EFT for Couples is one of the few therapies that helps couples get back to their loving feelings, to be connected, be secure and happy in their relationship.

If you have ever been working with a couple that gets caught in the same old argument over and over and you can't seem to get a permanent shift in their dynamics, EFT can help. It is a model that gets right to the heart of the matter.

EFT helps couples by working to strengthen attachment bonds. Having strong attachment bonds means couples; feel safe together, know they are most important to their partner, can more flexibly problem solve, communicate, and feel securely connected. The same old fight is finally resolved. The walls that kept them away from each other crumble away and the feelings that brought them together in the beginning revive and grow.

EFT has research published in professional journals proving its effectiveness. As a model of therapy, it is respected widely in the field as is the therapy co-ordinator, award winning psychologist, Dr. Susan Johnson. Dr. Johnson developed EFT with Dr. Les Greenberg in the 1980's. Over the past nearly 30 years many research studies have proven EFT works!

EFT is a short term model. In EFT research studies most couples (over 70%) turned their relationship around (from distressed - no matter how distressed - to happy) in 15 - 20 sessions and over 90% of couples "significantly improved."

*Lia Anisgard, MFT*

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*Register NOW for  
our full-day  
September 20th  
Workshop:  
**Gaming  
Addiction:  
Fact or  
Fiction?***

*See article on page 3*



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## President's Message

How time flies. It seems like we just had our July meeting with a great presentation by Linda Buzzell-Saltzman on Ecotherapy defined as the reinvention of psychotherapy as if the whole earth mattered. The response to this program was very positive. Although we are providing a summary of Linda's program in this newsletter, this was a program that should have been experienced in person. Being there to receive her knowledge of this topic which is so relevant to our profession and having the opportunity to interact with her and others at the meeting was, in my opinion, very valuable. I hope more CCC-CAMFT members will make time to attend the September meeting. Lia Anisgard will speak on Emotionally Focused Therapy for Couples. We will also have food and opportunities to interact with other licensed, student and intern members.

I would like to share two experiences I

had this summer which as I reflect on them relate to the Ecotherapy concepts Linda shared with us. The first was serving on the staff of an outdoor camp for kindergarten through sixth graders. My role was to facilitate the expression of our connectedness to nature and each other using art materials. There were many opportunities for me to use my art therapy skills in addition to my family therapy skills to improve communication and encourage cooperative interactions. The words of Linda Buzzell-Saltzman summed up this experience for me: "People are intimately connected with, embedded in and inseparable from the rest of nature, which shifts our understanding of how to heal the dysfunctional human-nature relationship."

My second powerful experience of the summer was the fulfillment of a dream a social worker friend and I have had for

*continued on page 3*

## Pre-Licensed Corner

Fall is coming very quickly. I say goodbye to summer with a fond farewell. I had a wonderful relaxing summer. Hope you all did too. Fall is a time of beginning again. Some of us will be starting up classes once again towards completion of our degrees. I hope to see some of you in your classes as I present the benefits of CCC membership to Cuesta and Cal Poly students.

The Intern support group will be held through the end of the year. **The Intern and Trainee support group is held the first Monday of each month at 150 Suite B South Sixth Street, Grover Beach.** If having a space to

come and speak with like-minded others is important to you, please make it a priority to attend at least once before the end of the year. Whether the group continues in 2009 will depend on the interest of our community. I look forward to seeing you there!

I am open to suggestions from you; if you have needs that can be met by our community please let me know. I can be reached at the places below. Have a wonderful Fall!

*Susan Utter, MA  
Pre-Licensed Representative  
805.234.4459  
susan.ppf@gmail.com*

## President's Message

*Continued from page 2*

many years to attend the *Creativity and Madness* Conference in Santa Fe, New Mexico. It is sponsored by the Institute of Medical Education and was a profound blend of humans and nature. The combination of the landscape of New Mexico and the study of the development and artistic expression of artists like Leo Tolstoy, Debussy, Sylvia Plath, Ann Sexton, Paganini, Mary Cassatt, Gershwin, Emily Carr and the traditional stories of Native Americans and emotional healing, plus other similar presentations was an amazing experience. I am still processing all of this but I highly recommend the Conference.

Now I am looking forward to CCC-CAMFT's two big events in September: the *Gaming Addiction: Fact or Fiction?* Workshop on the 20th and the Chapter meeting on the 26th. Please join me at both of these significant opportunities for professional growth.

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

### **126 million people in the USA are playing video games.**

The American Medical Association has reported estimates that 10-15% of players are addicted, unable to control the time they spend playing. Technology is developing avenues for exploration at a phenomenal rate—more rapidly than the effects upon individuals and society can be measured. Immersive virtual worlds, including Massive Multi-Player Online Games (MMOs), offer otherwise impossible experiences and totally novel ways of being.

## Gaming Addiction: Fact or Fiction?

Join us on Saturday, September 20th at the Embassy Suites Hotel in San Luis Obispo for an exciting six-hour multimedia immersive experiential workshop on the latest information and research from international experts on the effects of video gaming on the brain, as well as the latest therapy techniques in dealing with its problems.

*"This workshop is what mental health professionals, social workers and teachers really need to know about video games and virtual worlds."*

### **Space is limited; Register early!**

Go online to [www.centralcoasttherapists.org](http://www.centralcoasttherapists.org) and click on *Newsletters and Events*. You can download the brochure and mail it in! If you have any questions, please contact:

Karen Rogers at [animagyk@yahoo.com](mailto:animagyk@yahoo.com) or 805.277.7523  
Alice Jones at [alice@robertmjones.com](mailto:alice@robertmjones.com) or 805.466.1480

For detailed information about the presenters and the topic, go to <http://www.dreamtreader.com/>

## Surviving Their Addiction

One of the most difficult things a family can go through is to watch their loved one struggle with the use of alcohol or other drugs

### **A SUPPORT GROUP**

**for families dealing with their loved ones' substance abuse**

### **Ongoing Registration**

For additional information contact:

Pam Miller, LMFT or Susan Utter, MFT Intern

The Five Cities Counseling Center ♦ 805 473-8311

#### **— THE GROUP WILL —**

- ♦ Educate families about addiction & how it affects relationships
- ♦ Provide emotional support & identify new ways of coping with addiction
- ♦ Empower family members to take care of themselves & initiate their own recovery process
- ♦ Teach family members how to support their loved ones in truly helpful ways



## Disaster Response



Are  
you  
good  
in

trauma and crisis situations? Do you provide trauma counseling and crisis management to clients? Would you like to volunteer in different parts of the world to help people that are really in need? If you answered "yes" to any of these questions, you may want to consider becoming part of the Disaster Mental Health Team as a Trauma Response Network member!

To apply, you must complete three (3) trainings: (1) training from the American

Red Cross (ARC); (2) training from the International Critical Incident Stress Foundation (ICISF); and, (3) a training called **Eye of the Storm**. If you are interested in attending any of these trainings, please contact go to [www.camft.org](http://www.camft.org) to read more about the CAMFT Trauma Response Network and find out about upcoming trainings.

Also, I will be unable to continue as the Disaster Mental Health Co-Coordinator. I have taken on a job at the Corcoran State Prison near Fresno/Visalia. Therefore, if you are interested in this wonderful and rewarding opportunity, please contact Kathie Asdel.

*Christian A. Perez, LMFT*

*Disaster Mental Health Co-coordinator*



## West Coast Institute For Gestalt Play Therapy

### Workshop, Training Supervision, Consultation



Programs are based on the therapeutic approach developed by Violet Oaklander, Ph. D. and the use of Projective/Expressive Interventions

### 2008-2009 WEEK-END TRAINING SERIES

This series offers training in Gestalt Therapy theory and practice as applied to work with children, adolescents and their families. This series does not require previous training in Gestalt Therapy. The training is based on the work of Violet Oaklander, Ph. D, founder of the Gestalt approach with children and adolescents. Participants can receive training and CEU's for the play therapist credential through the Association of Play Therapy and the Board of Behavioral Science. For more information see [www.feliciacarroll.com](http://www.feliciacarroll.com)

**Dates:** September 27-28, 2008 • November 8-9, 2008 • January 24-25, 2009 • March 14-15, 2009 • May 16-17, 2009 • July 18-19, 2009

**CEU's:** 10 contact hours each week. Felicia Carroll is an approved Provider for Association of Play Therapy (04-152) and the California Board of Behavioral Science (PCE 3247)

**ADVANCED TRAINER:** Felicia Carroll, M. Ed., MA, Licensed Marriage, Family Therapist, Registered Play Therapist

Felicia Carroll has studied and been a training co-leader and colleague with Violet Oaklander, Ph.D., developer of Gestalt Play Therapy, for more than 25 years, and is a Founding Member of the Violet Solomon Oaklander Foundation. She has been recognized for her work with children and adolescents as a keynote speaker and presenter at conferences in play therapy. She is published in several books on child psychotherapy and teaches internationally at major institutes. Since 1991, Felicia has conducted on-going training programs in Gestalt Play Therapy as well as supervision.

**FOR PROGRAM DESCRIPTION:** [www.feliciacarroll.com](http://www.feliciacarroll.com)

*July Speaker Linda Buzzell-Saltzman :*  
**Ecotherapy**

Linda began by comparing the historical psychological focus on the individual's internal process with the development of systems theory which was a radical concept focusing outside the individual considering influences on personality development and functioning. Ecopsychology was described as the study of the human-nature relationship. Ecotherapy is the study and practice of "Healing with nature in mind."

Many references were given to support Linda's approach to therapy. Modern life, particularly in cities, was described as like being a caged animal. Studies have compared the healing rate of patients in the hospital with a tree outside their window and others with a view of buildings and the patients who could watch a tree healed faster. Other examples given included using animals in therapy and gardening. Linda described her backyard food forest and stated that clients make more progress when she works with them in the forest. It was recommended that we "Bring a little bit of nature" into our offices, for example, bring in a small sand tray with other "Natural stuff" in it—feathers, leaves, stones, etc. for clients to see and touch and be encouraged to talk about what attracted their attention.

We as humans are designed to be a part of nature. The more we are separated from nature the more disconnected we feel from other humans and the earth. Linda suggests that family therapists can be valuable participants in the healing of communities made up of individuals and families in the present and the future. Ecotherapy researchers recommend we use resources close to where we live like farmer's markets and



reconnecting individuals, families and communities with each other and nature moving us and our world in a healing direction.

There is so much more to be said about Ecotherapy and how it relates to our work as family therapists.

For further information contact Linda at [L.Buzzell@aol.com](mailto:L.Buzzell@aol.com).

*Kathie Asdel, MS, LMFT*

**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 805.277.7523 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).

Make checks payable to CCC-CAMFT and mail to

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**CLASSIFIED**

**MFT office space** available to sublet in San Luis Obispo. One day per week and/or few evenings, and/or weekends. Fee set according to amount of days needed. Quiet, well-appointed suite with shared waiting room. Parking is available. Call Heidi Lewin-Miller, MFT, RD. 805.549.9778

**Upcoming CCC-CAMFT Meeting**

We generally meet the 4th Friday of every other month for stimulating presentations and conversations.

Check our website [www.centralcoasttherapists.org](http://www.centralcoasttherapists.org) to stay informed of program changes and updates!

<b>Classifieds</b>	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

**CAMFT Central Coast Chapter**  
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*Bringing Central Coast  
MFTs Together*



*We're on the web!*

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Update your contact information

Get the latest information on events

Find other MFTs near you

## Join us for our September Meeting:

*EFT: Working with Couples*



Please join us for the September 26th meeting, when Lia Anisgard, MFT will speak on *Emotionally Focused Therapy for Couples—using attachment theory to inform your work with couples.*

*(See article page 1)*

## Sign Up Now for Internet Gaming Addiction Workshop!

*(See article page 3)*

***Date:***

September 26, 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