

# The Central Coast Therapist

California Association of Marriage & Family Therapists  
Central Coast Chapter

CCC-CAMFT NEWSLETTER  
SEPT/OCT 2009



September 25th, 2009:

## Successful, Supportive Interventions: When Someone You are Working With Denies They Have a Substance Abuse Problem!

This month's presentation is by Beverly J. Ford, PhD, Central Coast Employee Assistance & Counseling Services. New to San Luis Obispo this past year, Dr. Ford is the owner of Central Coast Employee Assistance and Counseling Services, working with employers and their employees. Dr. Ford is a Licensed Clinical Psychologist, a Certified Employee Assistance Professional, and a Department of Transportation (DOT) recognized Substance Abuse Professional.

Prior to her move to San Luis Obispo County, Dr. Ford served as an Administrator at California State University, Chico. She has extensive experience in industry and higher education including Recruitment and Hiring, Risk Management, Labor Relations, Benefits, Supportive Services, Training & Development.

Joining her is Linda Sleeter, BSN, R.N holistic nurse, recovery group facilitator and former director of the Cottage Hospital Outpatient Recovery Program.

Linda is a board-certified Holistic Nurse with over 30 years of experience in both medical and psychiatric healthcare. Her earlier career was in San Diego, California where she worked at prestigious hospitals such as Sharp Memorial and

Scripps' Memorial in La Jolla. She has clinical experience working with newborns and infant trauma; adolescents and adults with traumatic histories including emotional, physical and sexual trauma; and educating individuals with chronic pain syndromes.

For the past 15 years, Linda has worked for Cottage Outpatient Center in San Luis Obispo; as Center Director for 10 years and the last 5 years as a Case Manager. Linda is certified in Interactive Guided Imagery and also has a private practice as a Somatic Experiencing Practitioner supporting the healing process of chronic and traumatic stress.

Participants will experience using two instruments to assist clients in getting and staying clean and sober and be able to explore the following:

- Why avoiding "the talk" may be the back door to assisting your client in looking at their misuse and abuse of substances.
- "Joining" - What every therapist already knows, and how to use this technique in helping clients who are struggling with their use of substances.
- Relapse Prevention: Why exploring

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**CENTRAL COAST CAMFT  
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(805) 466-1480  
[alice@robertmjones.com](mailto:alice@robertmjones.com)

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

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(805) 771-0102 ext. 2  
[swfoland@yahoo.com](mailto:swfoland@yahoo.com)

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(805) 545-8855  
[annwlms@att.net](mailto:annwlms@att.net)

**MEMBERS-AT-LARGE**

**CEU Coordinator**

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)

**E-Tree Administrator**

Steve Thayer  
(805) 544-2266  
[stevethayer@hospiceslo.org](mailto:stevethayer@hospiceslo.org)

## President's Message

Fall is here and I hope that you all had a chance to get some rest and relaxation during the long days of this past season. Autumn the Central Coast is an amazing time and varies in its experiences depending upon you live.

Up here in North County it is the beginning of the harvest season for wine grapes and with one of the largest wine growing areas in the country there is a lot of activity. My husband has made wine for about fifteen years and I know that like all agricultural ventures it is mother nature that determines the time and quality of the harvest. The grapes can be picked from September through November depending upon various factors including the varietal, the weather and the availability of labor. Other harvests occur throughout the County, such as the Avila area with it's cornucopia of fruits and vegetables – especially those wonderful See Canyon apples! Our beautiful area is so diverse in its natural surroundings that a trip around the area is always an adventure and can give us respite from our work.

Your Board has worked very hard on organizing the Legal and Ethical workshop on August 29. A special thanks to Ann Williams and Karen Rogers who have really dealt with the logistics of putting on this workshop.

Kudos to Ann for putting together some great programs for our regular meetings – we have had good feedback on most of them and there are some exciting programs planned for the future. Ann is always looking for suggestions and many of you have offered – so keep them coming! The emailed newsletters are saving us a lot of money and we are watching our

bottom line closely. Finally, our website has really expanded our connection with our members and other chapters – as I am sure most of you appreciate the “E Tree” feature. We have a GREAT Board and I look forward to welcoming some new members after the November election. Please keep thinking about how you might join us. You can be part of a committee or join our Executive Board. We are still missing a Vice President. I look forward to seeing you at the Fall meeting on September 25th.

*Alice Jones, MA, MFT  
President*

## Making Connections

Mark your calendars now for our annual “Meet & Greet” celebration

held on **January 22nd, 2010.**

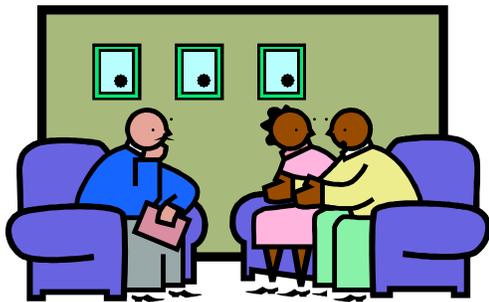
It's a great time to bring your marketing materials, share your area(s) of specialization and catch up on what your friends and associates are up to in the therapeutic community! We will provide a wonderful brunch



including musical entertainment during the morning's other

activities. **Come! Bring a friend! Bring an intern!**

# Increase Your Confidence in Working with Couples



## Emotionally Focused Therapy for Couples

### Basic Skills Seminar

**Emotionally Focused Therapy** (developed by Susan Johnson, PhD) presents an effective, research-validated map for working with couples based on attachment theory. In a supportive environment, this seminar will blend didactic information with experiential exercises to help you develop a better understanding of couples' dynamics and learn skills to navigate and direct the therapeutic process. You will learn basic theory and essential skills of the EFT model.

CEUs provided (PCE#3798)

Enrollment limited to 8 therapists.

Next class scheduled to begin in the fall of 2009.

Class meets monthly for 8 sessions—day and time TBA. For more information or to sign up, please contact:

**Lia Anisgard, Certified EFT Therapist & Supervisor by phone: (805) 441-9939 or via email: lia\_anisgard@sbcglobal.net**

(Please note: This class does not count toward OCFI registration as an EFT therapist)

## September Presentation/Intervention

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“Fear,” “Frustration,” and “Grief” are important to look at with every client as they become clean and sober.

- Resources to assist your clients on their journey to sobriety.

This presentation will be an interactive presentation—everyone attending is encouraged to bring the following to put on the wall when they arrive (anonymous, of course):

- Most frequent reason clients have given about their continued misuse of substances, INCLUDING alcohol
- One strategy a client gives on how they plan to control or manage their continued use.

*Ann Williams, MA, MFT  
Program Chair*

**CENTER FOR COUNSELING & RECOVERY**

Diane Rhodes, MA  
Marriage & Family Therapist  
License MFC 46288  
1104 Vine Street, Suite A  
Paso Robles, CA 93446  
805.610.2069  
FAX 805.227.4544  
gracieone@netzero.net  
[www.gotoccr.com](http://www.gotoccr.com)



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
<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*



- Update your contact information
- Get the latest information on events
- Find other MFTs near you

**Future Programs & Upcoming Meeting Dates**

**Speakers/Topics for the remainder of 2009:**

**November 20th**—"Planning Ahead"—Hospice of SLO presentation on holiday grief. Remember Board Elections in November! YOU are invited to participate on CCC-CAMFT Board!

**Plan Ahead for the New Year!**

Don't Miss our fun Annual Connecting/Networking/Brunch meeting on **January 22, 2010** that includes musical entertainment. (See page 2)

***Date:***

September 25th, 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