

The Central Coast Therapist

California Association of Marriage & Family Therapists
Central Coast Chapter

September 24th Program: Dreams: Our Inner Guides

Diane DiMarco, LMFT has been licensed since 1985, working first in the Burbank area at The Healing Tree, then private practice in Thousand Oaks. Her private practice is now in Cambria & includes a women's group. At present she is volunteering at the Community Counseling Center where she supervises interns and trainees along with seeing individuals. She taught Marriage and Family Life, Assertiveness Training and Psychology 101 at Glendale and Moorpark Colleges, Peer Counseling Class, Adult Ed Parenting Classes, Pre-Marital Counseling for young adults, and a variety of other classes such as Thriving after Divorce, Blended Family Life and Caregiving the Caregiver.

There is a wealth of information in dreams that is waiting for you each and every night. Find out how to resolve personal problems, find insight, clarify

issues, and receive answers that you are seeking by understanding your dreams. Dreams present themselves into our conscious mind for personal growth.

More so, dreams are concerned with the study of humanity's highest potential. With recognition, understanding and practice, each one of us can gain a wealth of personal knowledge by tapping into our dreams.

Participants will learn how to

- 1) Interpret common themes in dreams
- 2) Remember dreams
- 3) Apply information acquired by dreams for growth
- 4) Identify different types of dreams
- 5) Learn how to create dream groups

*Ann Williams, LMFT
Program Chair*

Inside this issue:

President's Message	2
Program Review	2
Aikido & Psychotherapy	3
Interns' Corner	4
Trauma Response Update	5
CAMFT Community	6
Board Service	6
Board of Directors & Newsletter Policy	7

Central Coast Therapist's Directory

Membership has distinct advantages...the CCC-CAMFT E-Tree is a powerful, fast method to get the word out to our entire membership!

One of the best benefits of membership in CCC-CAMFT is inclusion in the Central Coast Therapists Directory on the inter-

net. To use the e-tree and be in the internet directory for public access, you MUST include your email address on your membership renewal application.

When the membership chairperson, Judy Stern, receives your application and

(Continued on page 3)



President's Message

I hope that all of you have had a chance to relax this summer and perhaps go somewhere interesting or maybe even take some time to enjoy our beautiful local "backyard." After a long winter-spring of taking care of my ailing mother, she is stable enough to allow me to leave for a period of time. My husband and I had a "real" vacation in Hawaii (Big Island) for a week and I am about to depart to the "land down under" with my daughter. When you all read this I will have returned of course, but I feel very fortunate to have this opportunity to spend with her before she goes on to practice medicine. We are traveling to Brisbane and the Great Barrier area for about two weeks. I may have an accent when I return!!

We had an excellent program in July on Practice Marketing and Expansion. The four member panel offered astute suggestions and insight into developing or expanding our practices (see article below).

Many of those with "successful" and full practices reiterated how important their



involvement on the CCC CAMFT Board was to their personal and professional network. One member stated that the work was "fun" and that these Board members become friends who support one another through the years.

There was consensus among the presenters that ***servicing on the CCC-CAMFT Board is a great way to connect with your referral base and support your local chapter.***

I have served on the Board since 2002 and will be retiring after this year. I have thoroughly enjoyed my eight years on the Board and would encourage any of you considering it to give it a try. I have gained far more than I have given. The

commitment is manageable as the Board meets after our regular meetings during the year. It has been suggested that the Board include more "Members At Large" as a way to introduce you to Board service. Please contact me if you are interested.

Finally, Susan Read-Weil visited us from Orange County. She is a member of the State CAMFT Board and offered helpful suggestions for membership inclusion/expansion. She also explained about the newest social network *CAMFT Community*, which will allow members to "talk" with each other about topics of interest to them throughout the state or local chapters. Please consult your State CAMFT website for further information (see article page 6). The new service will begin July 29 and will replace "Listserve." I wish you all the best of late summer and look forward to seeing you in the fall at our September 24th meeting.

G'day mates!

*Alice Jones, LMFT
President, CCC CAMFT*

July Program Review:

Panel Discussion on Expanding Your Practice

The Panel was moderated by Ann Williams and included Carol Maxwell, LMFT, Rive Douglass, LMFT, Tara Storke, LMFT, and Dan Conroy, LCSW. Each of these therapists shared their approach to practice-building as well as maintaining and developing it over the years. They described how they built their therapeutic concept around their philosophy of providing services to their clients.

Carol Maxwell came to San Luis Obispo from the Valley and quickly realized the need to adapt her practice to a different population. She was inspired by a Casey Truffo, MFT, and the author of *Be a Wealthy Therapist: Finally You Can Make a Living While Making a Difference*.

Carol followed Casey's recommendation to choose a client niche and develop a website to connect with these clients. She built her practice using Find-a-Therapist, *Psychology Today*, Yellow Pages advertising with a picture and speaking to groups compatible with the population she was seeking. She stated that networking with other therapists such as MFTs, doctors, psychologists and holding an office on the Central Coast Chapter of CAMFT was also helpful in building her practice.

Rive Douglass has a different approach to building her practice. She does not use the Internet, email or marketing. She attends CCC CAMFT meetings regularly to connect with other therapists and

was able to bring clients with her from her internship. She uses a simple billing system and works closely with psychiatrists in the area who provide her with good client referrals and work with her to meet client's needs.

Tara Storke had a vision of starting a healing center using her skills in hypnotherapy, massage, and gardening, etc. in an outdoor setting. After much planning and encouragement, she and her husband purchased property in Arroyo Grande and created Oak Haven Gardens, offering workshops, retreats and serenity. Tara also recommends serving on the CCC CAMFT Board as a

(Continued on page 5)

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

Aikido & Psychotherapy

"When Freud and Jung adopted the stance that the body was a source of vital information with something meaningful to say, they were true revolutionaries."
(Coppin & Nelson, 2004)

I have long been interested in the connection between mind and body, and have been glad to see neuroscience increasingly validate the efficacy of supplementing "talk therapy" with somatic and experiential modalities. Our clients are not just talking heads; their bodies are always in the room with us—communicating, responding, and providing a vital source of information, insight, and receptivity. Body structures are the holders of, and portals to, unconscious material—including the habitual patterns that shape our self-image, relationships, and life experience.

There are many wonderful ways to utilize the body and its processes in our psychotherapeutic work. Personally, I am intrigued by the interface between psychotherapy and Aikido—a Japanese art I have studied for 28 years. Although Aikido is best known as a form of compassionate self-defense, Aikido has other dimensions/applications that can (1) help clients experience their bodies in ways that promote psychological healing, growth, and transformation, and (2) help psychotherapists utilize their own and their clients' bodies metaphorically and/or experientially to aid the therapeutic process. Due to space limitations, I will, after offering a brief description of Aikido, focus on the psychotherapist's perspective.

Aikido is a peace-oriented martial art based on principles of connection, attunement, and harmonious relationship—within self, with others, and with life itself. Central themes include presence,

mindfulness, harmonious resonance, somatic consciousness, mind-body unification, and mutual empowerment vs. power over. These principles are embodied in physical practices that cultivate a shift from unconscious or conditioned patterns of reactivity to conscious, empowering responses.

Aikido can inform therapeutic practice in a number of ways. Because Aikido practice increases connection, attunement, body-reading skills, energy sensing, and spontaneity—qualities associated with highly effective therapists—it has been incorporated into the curriculum at several graduate schools, such as JFK University, Saybrook, and The Institute for Transpersonal Psychology. In "Aikido and Psychotherapy: A Study of Psychotherapists Who Are Aikido Practitioners"—published in *The Journal of Transpersonal Psychology* (2006, Vol. 38, No. 2), psychologists Patrick Faggianelli and David Lukoff reported that Aikido practice ontologically informed psychotherapy practice, and that specific Aikido strategies (such as blending, extending, grounding, and centering) usefully translated into the psychotherapeutic process.

Like psychotherapy, Aikido is relational. Applying Aikido principles can enhance the ability to connect deeply with a client while remaining grounded in one's own center—which is especially crucial when working with trauma or highly charged emotions. We can think of the state of being centered as involving the mind, but essentially, it is grounded in the body, the psychosomatic network. Therapists who do not practice Aikido can learn Aikido-based exercises that enhance their ability to enter this state physically, manifest it psychologically,

(Continued on page 4)

Therapist's Directory

(Continued from page 1)

check, she will notify our web designer, JudyAnn Dutcher, who will send you your user I.D. and password.

At that point, go to our website, www.centralcoasttherapists.org then to the Member's Area. Enter your I.D. and password and go to Update My Info. You may update and edit it at any time.

Members of the public may find therapists by entering name, area of interest or area of the county. You don't want to miss out on this opportunity! **Be sure to include *all* the ways in which therapists or potential clients may contact you: telephone number(s), email, and website!**

Non-MFT *Associate Members* may use the e-tree by completing an application and paying annual dues of \$40. Associate membership allows use of our e-tree for information that is of interest to the CCC-CAMFT membership, i.e. intern and therapist job opportunities, workshops, CEUs, etc. Let your friends in service organizations know about the Associate Membership classification.

If you have any information of interest to the membership, such as office for rent, office needed, internship openings, workshops, classes, retreats, therapy equipment for sale, etc. be sure to get it out on the e-tree. You can communicate with the entire CCC-CAMFT membership every day. Go to E-Tree Messaging in the Member's Only section and follow the instructions.

Karen Rogers, LMFT
Newsletter Editor

➤➤➤ **Now is an excellent time to review your status on the website, as the "Areas of Interest" categories have been matched to those of the state CAMFT listings. If you have not been into the database since the change in Areas of Interest, you have no areas listed, as the database was "reset" when we expanded the categories list.**

Interns' Corner

The Long Road to Licensure

The following article is Part I of two written by our newly-licensed Intern Corner Representative, Tom Stein. Part II will be included in our November issue.

I'm sad to say I've had to give up my position as the pre-licensed representative for the local CAMFT chapter; although the reason for it makes me very happy – I received my license number in July! As you all know (licensees and pre-licensees) getting to this point is a long and arduous process involving high stress, low pay, challenging work, and, of course, constant attention to accumulating and tracking all those hours.

I've spoken with several of my colleagues who thought sharing the process might be a useful exercise. The following is a log of my process over the last 7 months.

December 2009 Examining my huge and somehow much more complicated spreadsheet than I intended, I notice I am nearing my 3000 hours. Adding all the columns – all those categories, sheesh! – I'm only a hundred or so away. I download the grid from the BBS web-

site to make sure I have accumulated the right numbers in the right

categories. I also need to find out if the 24 months required to count my hours begins pre- or post-graduate. Many people are telling me a 24-month internship is required. On the "grid" it says "24 months for pre- and post-degree hours". Yay! I'm on my way!

I purchase Gerry Grossman's Online Test Preparation package, cringing at the \$650 tab. Despite that I hear it really helps.

January 2010 I determine I can finish my hours by the end of January. However going over my spreadsheet for the 20th time I notice I've counted too many training hours—all of a sudden I'm a 100 or so short of my goal. Maybe the middle of February?

I go online to try out one of the Gerry Grossman standard practice exams. Feel-



ing terribly embarrassed that I didn't seem to know anything while taking the test, the 48% I receive reinforces the need to study a bit more (hugely understated). It's scary 1) how much I'm supposed to know and 2) how the way they ask the questions and answers are structured seems to make the questions even more difficult to answer.

Beginning of February 2010 Getting closer. Every day I review my spreadsheet to see how I'm doing. At this point I really am counting down. I download the application form to turn in my hours and apply for the exam. It's daunting, and involves making sure I have all the paperwork from all my supervisors. I gather up all my original logs, gather my Supervised Experience Forms, get my photo taken, begin filling out the forms. I realize I haven't had my supervisors complete the Supervised Experience Forms. I have to contact them, get them to fill out the forms and give them back to me—another week gone.

(Continued on page 7)

Aikido & Psychotherapy

(Continued from page 3)

and effect the surrounding fields between self and client.

Aikido not only increases empathic resonance in the therapeutic relationship, its principles and movements can be applied to interpersonal connection between clients. For example, I find that using simple Aikido-based movements with couples in conflict helps partners more easily shift from reactivity to understanding each other's experience. The focus expands from the point of conflict to a larger sphere, where both partners are more able to hear each other more open-heartedly. Mary Malik, a San Luis Obispo psychologist and Aikido practitioner, has used Aikido in psycho-

therapy "at a lot of different levels—ranging from metaphorically using techniques to illustrate relationship processes, to experientially using principles to tap into a deeper place of 'groundedness' that helps me maintain my center while assisting clients to move toward where they are trying to go."

In addition to the use of Aikido principles and movements to enhance the process of personal growth, healing, and transformation in therapy, a number of Aikido-based programs have been effectively used for everything from at-risk youth to ADHD and Autism. Therapists who want more information about this and other Aikido applications can visit www.AikiExtensions.org. Therapists in-

terested in more information about Aikido can visit www.Aikidoslo.com or contact me at marytesoro@mac.com.

Mary Tesoro is Chief Instructor at Aikido of San Luis Obispo. She teaches Aikido to adults of all ages, children ages 4 and up, and leads custom trainings for agencies, groups, and individuals. She was co-founder of Model Mugging of SLO, and a national trainer of self defense and empowerment for women, men, and children. For the past 5 years she has worked as an MFT trainee under the supervision of Cyndy Smith, MA, LMFT at the North County Women's Resource Center in Atascadero.

Trauma Response Team Update

Since our April workshop, Foundations of Disaster Mental Health, provided by the San Luis Obispo Chapter of the American Red Cross (SLOARC), the California Central Coast Region of Emergency Services was formed within SLOARC. The Regional Emergency Services Director is Monica Buckhout. The region consists of San Luis Obispo, Santa Barbara and Ventura counties. These counties' emergency services organizations work and support one another under mutual aid efforts. Elizabeth Mersen is our local Emergency Services Manager within the Red Cross.

Many of you who attended our April workshop may be getting overwhelmed with phone calls from the Red Cross. These calls are made routinely to remind volunteers to sign up for various classes. However, because we are licensed professionals, we have different career path options that are not available to general disaster volunteers. After a few phone calls, the Red Cross has been trying to get a better handle on guiding health/mental health professionals through their "volunteer career paths."

A new memo was recently released by Elizabeth Mersen to explain the new training requirements for our path which is Disaster Health/Mental Health Services Volunteer:

- Orientation to American Red Cross (2 hrs)
- Introduction to Disaster Services (1 hr)
- Health Services Response Workshop (7hrs) **or** Foundations of Disaster Mental Health (7 hrs)
- First Aid/CPR Certification (6 hrs) (this class can be taken online, see below)
- *Client Casework: Providing Emergency Assistance (8 hrs) – strongly recommended*

The *Orientation to American Red Cross* is offered every Monday evening. The schedule for the remainder of 2010 is as follows: 9/13, 10/04, 11/01, 12/06 from 5:30-7:30 pm at the Red Cross offices on Prado Rd.

The *Introduction to Disaster Services* is an online course provided by the Red Cross on their website <http://slo-redcross.org/TakeAClass>.

The next *Foundations of Disaster Mental Health* class to be taught in San Luis Obispo County is still TBD.

First Aid/CPR Certification is offered by the Red Cross in several locations throughout the county, please see their website. They will also accept courses offered by the American Heart Association.

Client Casework: Providing Emergency Assistance, for those of you who want to

be fully informed, will be offered on Saturday, October 9 from 9:00 am to 5:00 pm.

Again, these are the classes which allow us to be able to help in a local emergency through our SLO Red Cross Chapter. We will also be able to volunteer within the California Central Coast Region. The choice is ours individually.

My goal as the Trauma Response Coordinator for 2010 is to have a list with the names of those of you who would like to be volunteers now and in the future. This does not mean that you need to "hurry up" and take all the classes *now*. Since these classes are available throughout the year it may be more convenient for some of you to take them at your leisure. However you choose to do it, please let me know if you are interested in being available to help during a disaster. You can contact me by e-mail at

margaret.mft@sbcglobal.net.

The state CAMFT organization has a different set of classes which will qualify us to be called out by their Trauma Response Coordinator on a different level than the Red Cross. I will cover this in our next newsletter.

*Margaret Bullock, LMFT
Trauma Response Coordinator*

Program Review: Panel Discussion on Expanding Your Practice

(Continued from page 2)

way to connect with other therapists and found Casey Truffo's marketing CDs helpful. Tara found it essential to become known in your community by providing services to groups like ALS and Alzheimer's support groups and Master Gardeners. These groups were also good sources for potential clients.

Dan Conroy's approach to therapy as an LCSW is compatible with the other panel-

ist's suggestions. Most of his practice is working with couples. For Dan there are three primary aspects to therapy: 1) choosing a specialty 2) crafting a basic message and 3) providing customer service. He recommends that therapists focus on who they enjoy working with the most and specializing in that population. He values developing and maintaining a relationship with his clients by being available and responsive to them. He also emphasized the importance of

credibility and choosing a good location for your practice. As the three MFTs on the panel stated, participation in CCC CAMFT helped them get to know other therapists and build a supportive network of fellow therapists to share ideas with and find a supportive therapeutic community. Seriously consider joining the CCC CAMFT Board to help build your therapy practice.

*Kathie Asdel, MS, LMFT
CCC CAMFT Treasurer and Past President*

Staying Connected: CAMFT Community

Looking for a great place to network with your peers? The CAMFT Community is the place to be! The CAMFT Community provides a rich social networking opportunity and a more personalized, relevant experience for members. The CAMFT Community is a secure, member's only, private networking tool that allows members to connect and communicate with each other in new, more efficient, more personalized and user-friendly ways. To login, go to <http://community.camft.org> (make sure you bookmark the page for future reference). A **step-by-step guide** is posted in the library, under **Community Documents**, as is an **activity guide** to help you familiarize yourself with the CAMFT Community.

By joining the CAMFT Community you can:

- ✓ Streamline your experience to make sure you receive the information that is most relevant to you. You control and manage how you receive notifications, so you receive focused information and not an endless barrage of unwanted updates.
- ✓ You can create a personalized profile and build trusted networks around topics of common interest.
- ✓ Through features like forums, groups, and wikis, you will be able to collaborate and share knowledge and ideas quickly.

"There is a profound wisdom in the body, in the pulsing of the blood, the rhythm of the breath, the turning of the joints. Once we are aware of its subtle power, the body becomes a sensitive antenna for tuning into nature and other people. It can serve as a metaphor for every human thought, emotion, and action. It is the royal road to the unconscious"
(Leonard & Murphy, 1995)

Accessing CAMFT Community

Your username and password to the CAMFT Community is the same as your username and password for the Members Only section of the CAMFT website. We are excited to have you be part of the CAMFT Community and hope you agree that this is another example of CAMFT's commitment to meeting the current and future needs of our members through the adoption of technology that adds value to your CAMFT membership experience.

To request a username and password send an e-mail to infocenter@camft.org.

If you have questions, please send an email to community@camft.org

Excerpted from <http://www.camft.org> for members use only

Take the Plunge...into Service!



As we near summer's end, it's time to consider CCC-CAMFT Board Service. Our Board members are creative, enthusiastic, professional and available—not, however, permanent! Consider attending the Board meeting after our September program so you can listen in, ask questions, and discover how much fun we have with one another while getting the "work" of the Chapter accomplished! If you are interested in expanding your professional practice, read elsewhere in this newsletter just how to accomplish that, *including* CCC CAMFT Board Service! Whether it's Member-at-Large, or perhaps a "job-share" position on the Board (see page 7 for listing), contact Alice or a Board member in whose position you are interested!

West Coast Institute for Gestalt Play Therapy

Workshops, Training, Supervision, Consultation

PROGRAMS ARE BASED ON THE THERAPEUTIC APPROACH DEVELOPED BY
VIOLET OAKLANDER, PH. D. AND THE USE OF PROJECTIVE/EXPRESSIVE INTERVENTIONS

For program description - www.feliciacarroll.com

ONE PROGRAM – TWO FORMATS

Presenter: Felicia Carroll, LMFT

Fee: \$1,500

CEU's: 60 contact hours

Approved Provider: BBS (PCE 3247) APT (04-152)

Summer Intensive Training

Date: July 31-August 8, 2010

- or -

2010 - 2011 Weekend Training Series

Dates: September 25-26, 2010 • November 6-7, 2010
January 22-23, 2011 • March 12-13, 2011
May 14-15, 2011 • July 16-17, 2011

For registration go to www.feliciacarroll.com

Advanced Trainer
Felicia Carroll, M. Ed., MA
 Licensed Marriage, Family
 Therapist, Registered Play Therapist-Supervisor
 CAMFT Certified Supervisor

Felicia Carroll has studied and been a trainer co-leader and colleague with Violet Oaklander, Ph.D., developer of Gestalt Play Therapy, for more than 30 years and is a founding member of the Violet Soloman 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.

Road to Licensure

(Continued from page 4)

End of February 2010 I gather up all the forms, application materials, photo, and money and put it into one tidy packet. I ask for help from friends to review the packet to make sure everything is there. I cross my fingers, and then mail it off to the BBS, with delivery confirmation via USPS. They receive it on February 26, 2010.

March 2010 I begin studying in earnest for the exam. Friends who recently passed the exam tell me to study ONLY for the standard exam: "Once you get the hang of how they ask the questions, the vignettes will be easy." I review the materials Gerry sent me, but primarily focus on the online practice exams. I take all of them at least twice, sometimes three times. I despair at my scores which are barely above 70% (passing is 68%). However, I am learning how the questions are asked and what the BBS is looking for in terms of testing.

By the end of March I'm beginning to wonder why I haven't heard from the

BBS about taking my exam. I was hoping to take it in April.



April 2010

I continue to study. Slowly my scores are improving – a couple even in the 80's. I start calling the BBS to find out the status of my application. They don't answer the phone so I leave a voicemail. A week later I call again, determined to talk with someone. On the voicemail one person says to wait at least 90 days (sigh), another says to wait at least 30 days. Each time I call I leave a message. Then, one day, it happens: someone answers the phone! I inquire about my application to the person in charge of the letters N-Z. She can't find my application and forwards me to the A-M person—who requests I leave a voice mail. I picture an office with two people piled high with stacks and stacks of applications: mine's buried there somewhere.

*Tom Stein, LMFT
(Former) Intern Representative*

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: Please 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:

- 25% discount (8 issues);
- 15% discount (4 issues);
- 10% discount (2 issues).

Articles are 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.

Copy deadline is the 10th of the month preceding publication. Copy is **due** on these months: December, February, April, June, August and October. Send to Karen Rogers: animagyk@yahoo.com.

Make checks payable to CCC-CAMFT and mail to

**Kathie Asdel, CCC CAMFT Treasurer
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2010 CENTRAL COAST CAMFT BOARD OF DIRECTORS

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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
Nonprofit Services: FREE advertising		
Display Ad—Camera Ready		
1/4 page	\$25	\$45
1/2 page	\$40	\$60
Full page	\$70	\$110



Central Coast Chapter of CAMFT
 P.O. Box 12723
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Bringing Central Coast MFTs Together



We're on the web!

www.centralcoasttherapists.org

September 24th Program:
Dreams: Our Inner Guides

Join us for our September 24th meeting: **Dreams: Our Inner Guides** presented by Diane De Marco, MFT.

See complete article on Page 1

Save the Dates
November 19th, 2010
Dr. Zoe Wells, ND, who specializes in Integrative Medicine, will be our presenter.
January 28th, 2011
Our annual networking, music, food, & fun event.

Date:
 Friday, September 24th, 2010

Time:
 Socializing 8:30—9:00 a.m.
 Program 9:00—11:00 a.m.

Location:
 Unitarian Universalist Fellowship of
 San Luis Obispo County
 2074 Parker Street
 San Luis Obispo, CA

Cost:
 Free or \$20 for CEUs

REMINDER!
Meeting Location
Unitarian Universalist Fellowship of SLO
 2074 Parker St. San Luis Obispo

Directions
 From 101 take the Madonna Road off ramp. If you are driving north, turn right on Madonna Road, then left on Higuera. At High Street turn right; go one short block and make another right onto Parker.

If you are driving south, as you exit turn to the right up over 101, and then left on Higuera. At High Street turn right; go one short block and make another right onto Parker.

Parking is free in lot or on street.

