

The Central Coast Therapist

California Association of Marriage & Family Therapists
Central Coast Chapter



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September 23rd, 2011

Five Simple Steps to Emotional Freedom with EFT (Emotional Freedom Techniques)

In mankind's quest to relieve suffering, the practices of modern Western medicine and psychology have, without question, offered many benefits to humanity. However, many therapists feel their training hasn't fully equipped them to address the somatic and energetic aspects of a client's affliction, which may, in many cases, be the key to their recovery.

The expanding awareness of the mind-body connection in the west has opened up vast possibilities for healing in our culture. The burgeoning field of Energy Psychology (EP) draws from this insight. Through blending western cognitive processes with eastern physical interventions (those derived from acupuncture, yoga and other ancient systems of healing), EP practitioners have reported rapid breakthroughs with clients where previously minimal progress was being made.

The term "energy" in Energy Psychology refers to the energy system of the human body. This system has three main components: the channels—known as the meridian systems described in acupuncture or Qigong—through which energy flows, the distribution centers of energy known as the chakras, and the biofield that surrounds the body. Following Eastern traditions, EP asserts the cause of all negative emotions is a disruption in the body's energy system.



Gloria Arenson,
MFT, DCEP

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Many retreat from the power of [instinct], taking on stoical attitudes of emotional restraint, which may look like non-attachment .

True non-attachment begins with accepting our desires—traveling through, not skirting around—the aspect of the psyche called P'o (instinct).

The Joy of Feelings

Iona Marsaa Teegarden, M.A., L.M.F.T.

President's Message

I hope all of you are enjoying this cooler, friendlier summer. This time of year is typically the season of rest and relaxation, and my sincerest wish is that you, too, are able to take in some of these pleasures. It can also be a time for reflection and introspection.

Our July meeting allowed us to reflect on the purpose and intent of our work as therapists. It was a very moving experience, as well as stimulating and motivating. The motivation continued in our board meeting with the planning for our November meeting on self-care. Several exciting suggestions were made and the outcome is something we will all thoroughly enjoy; but more on that later.

I cannot tell you how honored I am to be able to sit on the board of this organization. The individuals with whom I serve are warm, fun, wise and supportive. At this time, we are in need of a few more interested people willing to serve this organization. The time commitment is not huge, but it is a commitment.

We are looking for someone to serve as the Vice-President/President-elect. In this capacity, this person



would sit on the board for a year learning how the board functions, becoming familiar with the protocol, performs any and all duties of the President in the absence of the President and any other duties as assigned by the President. After that year, the Vice-President becomes the President. It may sound a little daunting; however, with this board, I've never felt alone as the president. I've felt surrounded by a supportive committee whose intent is to serve this community of therapists.

So back to our July meeting, in which Stacy Schutten, PsyD, LMFT asked us, "What is your intention in this work?" Many of us gave a variation on the theme of "I want to give back." My plea to you now is, please give back a little to your own community of therapists, with just a little time and some serious commitment.

Have a great summer!

*Margaret J. Bullock, LMFT
Chapter President, 2011*

July Program Review:

What is Imaginal Psychology?

Our presenter Stacy Schutten, PsyD, MFT came to San Luis Obispo to work at Windhorse Integrative Mental Health to express her interest in mindfulness and healing using expressive arts and imaginal psychology. She stated, "There is beauty in being able to take the fundamental orientations you currently are applying in your work and weave new interventions into it". Stacy

also works one day a week in private practice offering intermodal therapies to adolescents, teens, families, groups and individuals.

Stacy first led us in a community building activity as we sat in a circle. Next she asked us to describe with crayons on paper the challenges we faced as therapists. Using guided

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Great Events Coming Up

November 18th, 2011:

Francesca Bolognini will lead us in "Self Healing through Movement and Sound."

January 27th, 2012:

Our Annual Networking Brunch.

March 23, 2012:

Michelle Gauden, LMFT, RPT on "Not just an Empty Chair: Gestalt Play Therapy with Projective Techniques.

May 3 - May 6, 2012

CAMFT's 48th Annual Conference

San Diego Marriott
Mission Valley; San Diego, CA

May 25, 2012: Matt Chirman, LMFT, presenting on Personality Disorders with a focus on Borderlines.

*—Ann Williams, LMFT
Program Chair*

What is Emotionally Focused Therapy for Couples?

EFT for couples was developed in the early 80's by Sue Johnson and Les Greenberg in Canada. EFT is a theory about adult love and about what happens that leads couples into marital distress and what has to happen in therapy for couples to move into healthy functioning. One of the unique aspects of EFT is its grounding in **attachment theory**. It is also a relatively short term, structured approach to couples therapy that lays out specific tasks and a series of steps that help guide the process of the therapy and the therapist through that process. EFT also teaches a specific set of interventions or change strategies, with guidance about when, how and why to use these during the process of treatment. It is one of the few mod-

els of couple's therapy that has a large body of research supporting its long term effectiveness with couples.

Other important aspects of EFT:

- It respects diversity and is effective with a wide range of clients.
- It is a constructivist approach, focusing on the ongoing construction of present experience via the interactions of the couple.
- It is an integrative model, integrating different theoretical models and integrating the intrapsychic (inner experience and view of self and other) with the interpersonal. EFT looks at how

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What Therapists Need to Know BEFORE Buying a Website, Part II:

Last month I shared the top 3 concepts you need to understand before you even consider buying or building a website: understanding the purpose of a great website, determining what you need from a website, and understand how websites are found and judged!

I also want to give you some nuts and bolts information to let you make some informed decisions before you make a purchase- so you aren't stuck with the wrong website!

1. A domain registration (your web address) should cost only about \$15 a year. Some places will give introductory rates, and then bump up the price to \$30 a year. Look for some place that doesn't try to nickel and dime you.
2. You can build a website, or have a website built on free/low cost platforms like <http://WordPress.org>, Joomla, or Drupal but remember your level of customer service will be limited (or non-existent). Also, if you are a techie- you will LOVE wordpress- but many non-techie minded therapists don't "connect." If you've tried one of these programs and it doesn't make sense to you- it may not be the right option for you- updating your website should be easy and fun (no I'm not kidding!)
3. Hosting for a website can range from about \$10 a month to \$99 a month or more. Most therapists

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What Therapists Need to Know BEFORE Buying a Website, Part II

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don't need to spend more than about \$25 a month for their website.

4. When you choose a website-make sure there is a blog **integrated** with your website. You do NOT want to be responsible for keeping up the looks, maintenance, etc. on 2 websites! Even if you aren't sure about blogging today- you want the option- believe me.

I hope these quick tips help you to become more informed about choosing and purchasing a website platform that really works for your business and your life! Check out <http://zynnyme.com> for free video tours of the pros and cons of differ-

ent platforms for therapists and sneak peeks of our favorite tools and tricks.

Miranda Palmer, LMFT runs a successful private practice and is co-creator of <http://zynnyme.com> providing real technology coaching for real people.



The free blog reviews the best (and worst) technology to help therapists find technology that doesn't suck! Check out the Website in 30 days Video program that breaks down the website development process into manageable pieces that real people can understand including writing your content, getting on Google, and evaluating what you need to have a fabulous website.

What is Emotionally Focused Therapy for Couples?

(Continued from page 3)

the systemic pattern, the inner experience, the sense of self and other all work to evoke and to create each other.

- It takes a post-modern stance promoting a collaborative alliance where clients are the experts of their situation.
- It focuses on **emotion** as the key to understanding each person and the dance they are doing and also as the key to changing that dance. Emotion is seen as the agent of change.

A Psychotherapy Theory should be able to answer these questions:

1. What is happening here? What is the problem? What is the target of intervention?
2. What should be happening here? What is healthy functioning? What is the goal of treatment?
3. What must the client (couple) do to change the problem and move toward healthier functioning (a healthier relationship)? How can the therapist foster this change?

EFT answers these questions this way:

- There is a negative interactional cycle that the couple gets stuck in which ends up creating an insecure bond and pushing them away from each other. Both partners are victimized by and

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CAMFT Trauma Response Trainings 2011

2011 Eye of the Storm Training

In the Eye of the Storm: Essentials for Disaster Mental Health
October 21 & 22, 2011 Aptos, CA

2011 CISM: Group Crisis Intervention Training

Bakersfield Crisis Intervention Training
September 7, 8 & 9, 2011 Bakersfield, CA

For more information on these two trainings, see CAMFT website:

<http://www.camft.org/Content/NavigationMenu/ChapterInfo/TraumaResponseNetwork/WorkshopsTrainings/default.htm>

Foundations of Disaster Mental Health

08/11/2011	Th 8:30a-12p (3 hrs 30 mins)	CA-Sacramento
09/17/2011	Sa 9a-4p (7 Hrs)	CA-Sacramento
10/15/2011	Sa 9a-12p (3 hrs)	CA-Sacramento

For more information on Red Cross trainings, see:

<https://classes.redcross.org/Saba/Web/Main>

FDMH is a basic course that consists of a series of presentations, interactive discussions and table group activities. The course introduces the key concepts, knowledge and skills required of anyone assigned to the Disaster Mental Health (DMH) Activity. The course provides participants the opportunity to apply their learning to real-world examples that reflect challenges experienced by DMH workers, be it on a Disaster Action Team response or serving on a larger disaster relief operation.

If you would like to check other counties for the FDMH trainings, please use this link:

<http://www.camft.org/Content/NavigationMenu/ChapterInfo/TraumaResponseNetwork/RedCrossLinks/default.htm>

*—Teresa Pardini, LMFT
Trauma Response Coordinator*

July Program Review

(Continued from page 2)

imagery, Stacy encouraged us to create ways to meet these challenges on the same paper. She was effective in offering us interventions we could use with our clients by helping us become comfortable with them.

Stacy’s presentation of the various creative ways she practices

her approach to therapy was well received by those present at the meeting. She can be contacted for further exploration and consultation on the use of Imaginal Psychology at (805) 215-5262 or stacyschutenmft@gmail.com.

*Kathie Asdel, MS, LMFT
CCC-CAMFT Board Member at Large*

Five Simple Steps to Emotional Freedom with EFT (Emotional Freedom Techniques)

(Continued from page 1)

EP methods (which include Emotional Freedom Technique (EFT) and Thought Field Therapy (TFT) among others) have demonstrated incredible effectiveness with posttraumatic situations and are currently being employed by several organizations worldwide to provide first response to disasters and conflict. Orphans of the Rwandan genocide, survivors of ethnic cleansing in Kosovo and US combat veterans are among the populations experiencing relief and healing through EP practices.

Clinical reports and scientific research also suggest that EP methods are quick and effective with a broad range of human problems and challenges. EP is used by practitioners for:

- Treating and relieving those suffering from emotional challenges such as addictions and compulsions, anxiety, depression, limiting beliefs, personality disorders, phobias, stress and trauma.
- Maximizing human performance in business, sports and the arts.
- Supporting the healthy development and well-being of individuals and groups.

As this innovative field moves out of infancy, research is being conducted by institutions such as the Kaiser Foundation, the National Institutes of Health and the Veterans Administration. The growing body of clinical research has thus far been very promising. Measurable changes in brain scans following the application of EP techniques imply that EP can bring about rapid, significant and lasting improvement at the neurological level.

*Gloria Arenson, MFT, DCEP, past president of ACEP, has been a leader in the field of EFT treating stress, anxiety, trauma, phobias, eating disorders and compulsive spending. She has provided hands on training in classes and workshops internationally and continues to spread the word through her books, *How to Stop Playing the Weighting Game*, *Desserts Is Stressed Spelled Backwards*, *Born To Spend*, *Five Simple Steps to Emotional Healing*, and *EFT For Procrastination*.*

With increasing clinical research, the Association for Comprehensive Energy Psychology (ACEP) is expanding its educational and certification offerings throughout the U.S. this year. As the exciting field of EP grows, ACEP's mission is to promote and maintain a high standard of efficacious and ethical practice using these transformational tools.

Robert Schwarz, Psy D, DCEP, is a licensed Psychologist and Diplomat in Energy Psychology and has been practicing psychotherapy for over 27 years. He is also the Executive Director of the Association for Comprehensive Energy Psychology (ACEP), which provides nationwide EP Certification Training.

Comprehensive Energy Psychology (CEP) Workshop (2011)

October 15-16, 2011
San Francisco, CA

Program: Essential Skills in CEP,
Level 1

For more information about ACEP and the upcoming CA workshops, please visit www.energypsych.org or call Leslie Primavera at (619) 861-2237 admin@energypsych.org

The “Two” EFTs

Some of you may have been—like me—a bit confused this month when we refer to “EFT.” Once you understand that EFT has *two* different meanings and are different modalities, it’s clearer!

Our presentation in September is about **Emotional Freedom Technique**, which is part of the Energy Psychology, blending western cognitive processes with eastern physical interventions. You can read about Emotional Freedom Technique in the article beginning on page 1 of this issue.

Learn about the “other” EFT—**Emotionally Focused Therapy (for Couples)**—in the article beginning on page 3.

*Karen M. Rogers, LMFT
Newsletter Editor*

What is Emotionally Focused Therapy for Couples?

(Continued from page 4)

perpetuate this cycle. The cycle is the target of intervention – it becomes their common enemy.

- Partners should be accessible and responsive to each other. There should be a safe and secure bond between them. This is the goal of therapy.
- The therapist must stop the negative cycle and create new positive cycles by:
 - expanding and reprocessing key emotional responses

- restructuring interactions to create a secure bond.

If you would like to learn more about EFT, an EFT externship will be held in Santa Barbara Sept. 7 - 10, 2011. This is the first time an EFT externship will be held this close to us in San Luis Obispo county. The presenters will be EFT approved trainers Lisa Ruderman and Dr. James Furrow. To learn more, you can contact Lia Anisgard lia_anisgard@sbcglobal.net or visit the International EFT website at <http://iceeft.com> or the Los Angeles EFT website at <http://laceft.org>.

Newsletter Guidelines

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 (6 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: **Lia Anisgard, CCC CAMFT Treasurer; 226 Oakwood Court; Arroyo Grande, CA 93420.**

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1/4 page	\$25	\$45
1/2 page	\$40	\$60
Full page	\$70	\$110

CAMFT Central Coast Chapter
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***Bringing Together
Central Coast Marriage &
Family Therapists***

Join us September 23rd for an Introduction to Emotional Freedom Techniques

With increasing clinical research supporting the past two decades of anecdotal positive outcomes in the practice of Energy Psychology, the Association for Comprehensive Energy Psychology (ACEP) is expanding its educational and certification offerings throughout the U.S. this year. As the exciting field of EP grows, ACEP's mission is to promote and maintain a high standard of efficacious and ethical practice using these transformational tools. This month one of our sister chapters (Santa Barbara) will share with us some of the techniques of Energy Psychology

See article, Page 1

Date:
July 22d, 2011

Socializing:
8:30-9:00 AM

Presentation:
9:00-11:00 AM

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

Free or 2 CEUs \$20

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

