

**September 28th Presentation:**

**Treatment for Psychosis: Interpersonal  
Mindfulness as the Path of Recovery  
from Extreme States of Mind**

Our September speaker is **Sherri L. Kimbell, M.A., L.P.C., PhD.c** is Clinical Director of Windhorse Integrative Mental Health in San Luis Obispo. Sherri grew up in the hills above Los Angeles. Within her family system, she experienced the challenges of living with others who experienced “extreme states of mind” (commonly known as psychosis).

Extreme states are essentially acute personal crises that intrinsically have meaning to the person in the experience. As such, recovery requires attention to precise details, such as authentic relationships, a clear schedule, and an uplifting environment, all taking into account the subjective experience of the individual in distress. Sherri will offer insight as to balance, sanity, and recovery being obtainable as long as the supporting environment is a wholesome and compassionate influence.

For an individual diagnosed with psychosis, Windhorse IMH offers whole-person treatment that recognizes full recovery as a real possibility. Every individual is fundamentally healthy and sane, no matter how much distress or life disruption they are experiencing. At Windhorse, psychosis is

viewed as a disruption in the balance of body, mind, and environment. In treatment for individuals diagnosed with schizophrenia, programs are individually focused on cultivating an integration of all of these elements, along with the indispensable practice of compassionate interpersonal relationships.



*Sherri completed her B.S. in Conservation & Resource Sciences at the University of California at Berkeley in 1987, majoring in Environmental Law, Policy and Planning. She went on to become an environmental and social justice activist in the San Francisco Bay area for the following 10 years, leading Greenpeace U.S.A.’s Climate Change & Global Warming campaign out of the San Francisco office from 1989 to 1994.*

*From the age of 18, meditation practice and the study of eastern philosophy was central to Sherri’s development. During her years of environmental activism she studied amidst extended retreats with the Zen Master,*

*(Continued on page 5)*

September Meeting	1
July Program Review	2
Members’ Corner	2
2012 Board List	3
President’s Message	3
Upcoming Programs	3
Critical Incident Stress Management	4
October Workshop: EFT for Couples	4

**See page 2 for Member’s Corner & page 5 for information on our full-day EFT workshop in October!**

## July Program Review

### Using Family Systems Therapy to Resolve Children's Problems Briefly and Effectively

After years of private family practice, Marilyn Wedge, PhD has developed an approach to working with children she calls "Strategic Child Focused Family Therapy." She presents this as an alternative to the current narrative of "medicalizing" the emotional and behavioral problems of childhood. She recommends framing childhood problems in the child's social context—family, friends and school.

According to Marilyn, when the therapist makes targeted changes in the social context, the therapist can resolve even the most difficult of children's problems safely, quickly and effectively without the use of stigmatizing psychiatric labels or potentially harmful medications. Marilyn advocates an active therapy to change behaviors. She shared a list of the top ten reasons why children have problems stating that # 1 is their parent's marital conflict expressed in front of the children. She engages the child as a "co-therapist" to help the family solve it's problems. Her strategies include direct and indirect techniques for working with anxiety, behavior problems, attention issues and compulsive behaviors in children.

Marilyn presented a list of her eighteen "Parenting Strategies (Directives) for Children with Symptoms of ADHD, Behavior Problems, Depression or Focusing Problems" such as:

- ◆ Parents should have their arguments or disagreements in a place where their children cannot hear them.

- ◆ Take good care of your own emotional and physical health. Your child will notice. You are the most important person in their world to your child and children notice everything.
- ◆ Your child should hear lots of positive statements like: "I had a good day today because. . ."
- ◆ Remain calm in front of your child. Always discipline from a calm place, not from an angry place.
- ◆ Nurture your marriage and yourself. Like most of us, children are emotionally healthier when they are around people who have healthy relationships.

Marilyn can be reached at [www.marilynwedgephd.com](http://www.marilynwedgephd.com).

*Kathie Asdel*

*CCC-CAMFT Board Member at Large*



## Members' Corner

Dear Members,

This has been a difficult year for all of us, as reflected in the number of therapists who did not renew this year for membership in Central Coast CAMFT. As you probably know, our efforts to bring quality speakers and maintain important services (such as e-tree, the website, on-line newsletter, and Find-a-Therapist) for members depend upon the income from membership.

*(Continued on page 5)*

## CENTRAL COAST CAMFT 2012 BOARD OF DIRECTORS

### President

Margaret Bullock  
(805) 674-4162  
[margaret.mft@sbcglobal.net](mailto:margaret.mft@sbcglobal.net)

### Vice President/President Elect Position Vacant

Past President  
Alice Jones  
(805) 466-1480  
[alice@robertmjones.com](mailto:alice@robertmjones.com)

### Treasurer

Lia Anisgard  
(805) 441-9939  
[Lia\\_anisgard@sbcglobal.net](mailto:Lia_anisgard@sbcglobal.net)

### Secretary

Kim Richards  
530-321-0301  
[kim@slotidelands.com](mailto:kim@slotidelands.com)  
Program Committee Chair  
& Past President  
Ann Williams  
(805) 545-8855  
[annwllms@att.net](mailto:annwllms@att.net)

### Members-at-Large

CEU Coordinator  
Tara Storke  
(805) 455-8342  
[tara@oakhavengardens.com](mailto:tara@oakhavengardens.com)

### Pre-Licensed

Representative  
Robin Squires  
(805) 348-1850 Ext. 109  
[rsquires@telecarecorp.com](mailto:rsquires@telecarecorp.com)

### Membership Chair

Judith Stern  
(805) 703-3193  
[jstern@thearttherapycenter.com](mailto:jstern@thearttherapycenter.com)

### Newsletter Editor

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

### Trauma Response

Coordinator  
Teresa Pardini  
(805) 260-4833  
[tpardini2@yahoo.com](mailto:tpardini2@yahoo.com)

### Member-at-Large

Kathie Asdel  
(805) 462-1922  
[kaasdel@tcsn.net](mailto:kaasdel@tcsn.net)

## President's Message

As I write this article, the North County is warming up to triple digits. By the time you



read it, I hope things are cooling off for the fall and that you've all had a wonderful, restful summer. As we head into the third quarter of the year, many of the positions on the CCC-CAMFT Board will be opening up for next year.

Lia Anisgard, our treasurer, will be retiring next year, so if any of you are good with numbers and would like to volunteer a little of your time, please let us know.

Ann Williams is stepping back from her long time position as Program Chair. This will give any of you with ideas for upcoming programs an opportunity to put those into place if you'd like to serve on the board.

This is my last year as President and we are in need of a Vice-President /President Elect. The Board is hoping some of you will be interested in running for some of these positions. We will be electing our new Board at the November meeting to start serving in January 2013. Please think about it.

I've enjoyed being part of this Board. They are a great group of people who care about the organization and each other. I've served on the board for four years and am surprised at how much it has affected my practice both in the number of clients and the wis-

dom I've gained and been able to share with them. It is a wonderful way to connect with your referral base and support your local chapter. Your contributions and ideas are needed to keep the chapter going!

*Margaret J. Bullock, MA, LMFT  
President, CCC-CAMFT*

## Sail Along with us—



## we're a colorful crew!

October 13, 2012

🌀 ANNUAL WORKSHOP 🌀

**Ann Margulies, LMFT**

Emotionally Focused Couples Therapy (EFT):

An Attachment Approach to Relationship Issues

November 16, 2012

Movement and Imagery will be the subject of our Annual Self Care Event. Join this special meeting!

January 25, 2012

Our annual brunch and networking event. This is the one to enjoy food and connection.

*Ann Williams, LMFT  
Program Chair*

## June 7-9, 2012 Training Review

### Critical Incident Stress Management

A Critical Incident Stress Management training was offered in Atascadero by Mickey Stonier on June 7-9, 2012.

Mickey is a trainer for the International Critical Incident Stress Foundation for training emergency responders (*i.e.* EMTs, firefighters, police, counselors) in disaster mental health crisis intervention. The three-day seminar covered the stress response syndrome, environmental factors which influence mental health, crisis intervention strategies, and the basics of psychological first aid.

Critical Incident Stress Management is a comprehensive, phase sensitive, and integrated, multi-component approach to crisis/disaster intervention. The basic elements of Critical Incident Stress Management are:

1. Pre-incident education, preparation
2. Assessment
3. Strategic Planning
  - A. Threat, Target—who should receive services?
  - B. Type—What interventions should be used?

- C. Timing—When should the interventions be implemented, with what target groups?
  - D. Resources—What intervention resources are available?
4. Large Group Crisis Intervention:
    - A. Demobilizations (large groups of rescue /recovery personnel)
    - B. Respite/Rehab Sectors
    - C. Crisis Management Briefings (CMB)—Public announcements and meetings
  5. Small group/ Individual Crisis Intervention

If you are interested in further information or want to volunteer for assisting individuals in crisis, please call Mickey Stonier (619) 226-7625 or e-mail [Mickey.Stonier@sdrock.com](mailto:Mickey.Stonier@sdrock.com). Additional information on upcoming trainings can be accessed through the International Critical Incident Stress Foundation, Inc. 3290 Pine Orchard Lane, Suite 106, Ellicott City, Maryland 21042, (410)750-9600, website: [www.icisf.org](http://www.icisf.org).

*Teresa Pardini, LMFT  
Trauma Response Coordinator*

## October 13, 2012—Annual Workshop

### Emotionally Focused Therapy for Couples

Our chapter is hosting a full-day 6-CEU workshop to be held on October 13 at UUF from 9 a.m. to 4 p.m. Our topic this year is **Emotionally Focused Couples Therapy (EFT)**, which addresses the issues of distressed couples from an attachment perspective.

Developed in the 1980s by Johnson and Greenberg, EFT is supported by 20 years of empirical research, with 90% of couples showing significant improvement. By conceptualizing relationships as emotional bonds, EFT focuses on basic attachment needs that

*(Continued on page 5)*



# Mindfulness as the Path of Recovery

*(Continued from page 1)*

Thich Nhat Hanh, her root teacher. Her desire to explore his teachings and "right livelihood" further led her to Naropa University's Master's of Contemplative Psychology (MACP) program in 1998. Sherri graduated in 2001 and joined the Core Faculty on the Department Leadership Team, going on to Co-Chair the department un-

til 2008. During these years Sherri taught the Windhorse approach, based on Ed Podvoll's root text "Recovery Sanity" to hundreds of student therapists in training. Concurrently, Sherri offered a private Contemplative Psychotherapy practice, specializing in diversity issues, which she continues to offer on a consultancy basis today.

*Edited by Karen Rogers, LMFT  
Newsletter Editor*

*There is a community of the spirit.  
Join it, and feel the delight of walking in the noisy street  
and being the noise.  
Drink all your passion, and be a disgrace.  
Close both eyes to see with the other eye.  
~ Rumi*

## Members' Corner

*(Continued from page 2)*

Since membership is down, we are asking you all to consider reaching out to one person who you know would benefit from joining and enjoy the community of CCC members.

The Board has decided to offer **one-half membership dues** for people renewing in September, October and November of this year. That's a real savings, as it means a person can pay the member price for the October full day workshop—a great offering and 6 C.E. units at the member price.

Consider reaching out to others to help us continue our wonderful organization.

*Judith Stern, LMFT  
Membership Chair*

## EFT for Couples

*(Continued from page 4)*

underlie distressing and distancing cycles of couple interaction.

Our Presenter is Ann Margulies, LMFT, a certified EFT therapist and supervisor who has presented workshops on Emotionally Focused Couples Therapy (EFT), attachment theory, and postmodern practices to hundreds of mental health professionals. She maintains a private practice in Menlo Park, CA, working with individuals and couples and providing consultation to individuals and groups.

Early registration cost for the workshop for CCC-CAMFT members is \$90. All chapter members will be receiving a copy of the brochure in September.

*Karen Rogers, LMFT  
Newsletter Editor*

## 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: December, February, April, June, August and October. Send to Karen Rogers: [animagyk@yahoo.com](mailto:animagyk@yahoo.com).

Make checks payable to CCC-CAMFT and mail to: Lia Anisgard, CCC CAMFT Treasurer; 118 Nevada St., Arroyo Grande, 93420.



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

CAMFT Central Coast Chapter  
P.O. Box 12723  
San Luis Obispo, CA 93406

Forwarding Service Requested

Bringing Together  
Central Coast  
Marriage & Family Therapists

**September Program:**

Treatment for Psychosis:  
Interpersonal Mindfulness  
as the Path of Recovery  
from Extreme States of  
Mind

*Article on page 1*



**Note New Location**

**Unitarian Universalist Fellowship  
of San Luis Obispo**

2201 Lawton Avenue,  
San Luis Obispo 93401

Cross street: South, near Broad

Parking is around the back on  
Meadow Street, across from Meadow  
Park



**DATE**

Friday, September 28th, 2012

**TIME**

Socializing: 8:30-9:00am

Meeting: 9:00-11:00am

**LOCATION**

Unitarian Universalist Fellowship  
of San Luis Obispo

**\*FREE\* or 2 CEUs for \$20**