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Friday, July 22, 2016

Learning How to Use EFT (Emotional Freedom Technique)

Susan Harney, LMFT, our Chapter President, will be our July presenter. One of the practices about which she is passionate is Emotional Freedom Technique, sometimes referred to as “tapping.”



Energy Psychology is a growing field and one very popular technique being used is EMDR (Eye Movement Desensitization and Reprocessing).

Emotional Freedom Technique (EFT) founded by Gary Craig, is another tool in this area that has shown to be very effective in reducing a variety of unwanted emotions, such as anxiety or anger and in treating PTSD. This tool can also be used for physical symptoms, phobias, addictions and the list goes on.

One of the great things about EFT is it can work very quickly (in minutes sometimes) versus traditional talk psychotherapy. Finally, this is a tool that clients can learn and use anytime they want, and this can add to their feeling empowered over their own lives.

Roger Callahan was the first to discover tapping and did so accidentally when working with a client. He called his method TFT—Thought Field Therapy. Gary Craig then simplified TFT making it just as effective and he called it EFT. Research is being done using EFT, so hopefully one day it will be an evidence-based technique.

“Tapping” is done on specific acupressure points. It is a wonderful tool for relaxation and reducing reactivity in the amygdala where our fight, flight, freeze response is located. Susan has not only benefited from using EFT on herself, but also with friends. She is beginning to use

this tool in her private practice and has been getting positive results for anxiety reduction.

This brief course is designed to help you to:

- Learn and practice the tapping points and the “Basic Recipe”
- Understand the importance of identifying “aspects”
- Learn questions to ask clients in order to assist them in reaching core issues when they may be blocked

Susan has been a Licensed Marriage and Family Therapist since November 1996, close to 20 years. During this time her experience has ranged from drug and alcohol treatment, facilitating anger management groups, individual and couples counseling, working for Child Welfare, teaching at community colleges to her current position as Program Supervisor for Family Care Network. In addition, she is starting a small private practice. She has had an interest in Energy Psychology—specifically EFT—for the past 10 years. She learned the technique by studying hours and hours of Gary Craig’s DVDs (founder of EFT) and practicing on herself and others.

Below: Illustration of basic tapping points.

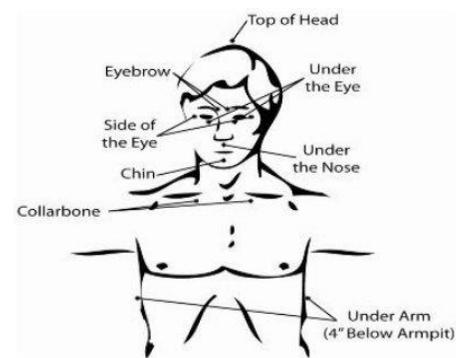


Figure 2

Created by Aaron Baker of 501 graphicdesign.com

DATE

Friday, July 22, 2016

TIME

9:00–11:00am
(for longer socialization,
you may arrive at 8:30!)

LOCATION

Unitarian Universalist Fellowship

COST

Free or 2 CEUs \$20 Chapter Members,
2 CEUs \$25 Non-Chapter Members

Meeting Location & Directions

Unitarian Universalist Fellowship
2201 Lawton Avenue
San Luis Obispo, CA

UUF is located on South Street between Higuera and Broad in San Luis Obispo. It is just east of Meadow Park. You may turn on Lawton or on Meadow to park in the lot.

Central Coast CAMFT 2016 Board of Directors

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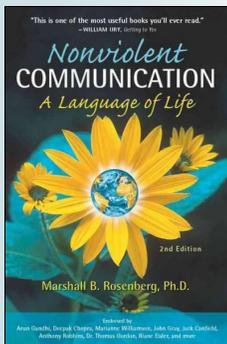
Central Coast CAMFT 2016 Program Dates

Please note that our meetings are on the 4th Friday of the month with the exception of November, when our meeting is on the 3rd Friday.

July 22—EFT:
Tapping



September 23—
Non-Violent Communication



November 18—Sound Healing



Behind the Scenes, Part II

Last month we highlighted some of our 2016 Board members. This month we continue with reflections from our Board members about (1) their most recent vacation, and (2) their methods to nourish/nurture/restore themselves.

Deborah Torrey

I went to Puerto Rico for a week in June with my two girls who recently graduated from college, their partners and my bestie.



I spend time each morning, praying, reading my Bible, devotionals or positive thoughts readings, meditating, stretching, quiet time, and exercising. I also spend time in nature, retreats with friends, or Spiritual events.

Susan Harney

My most recent vacation was going to Vancouver, Washington for Christmas. It was wonderful to spend the holidays with my family. I have a seven-year-old great-niece, Alexa, and I really enjoyed spending time with her. We made a gingerbread house (my first!) that was a lot of fun. She is very creative and smart.



As far as my self-care...I wake up 2 hours before I have to go to work so I can spend time contemplating my navel, reading, listening to Abraham Hicks, meditating, etc. It's "me" time. I also balance my activities so I get "down time" in the evenings and 8 hours of sleep. I try to eat well and maintain a healthy weight for me. I practice Yoga for physical and emotional balance and flexibility. In addition to these practices, my moment-to-moment goal is feeling my joy. I believe my emotional well-being is key to my overall health. I look for solutions in my life and try to always see and find the positives in people and situations. I believe I am here to learn unconditional love for myself and others and this is what I try to live by. It is not easy, but I find it's wonderful self-care.

President's Column

Time sure does fly!!! We are now moving into summer and things will be heating up!

Speaking of time flying by. I want to reiterate again that we need someone to take over the President's position on the Board starting in January 2017. The elections will be in November and that time is fast approaching!

As you are aware, we cannot function as a Board without a President and at this point, despite the repeated announcements, no one has expressed an interest. This is a great opportunity for someone to get experience facilitating meetings and working together with some really wonderful therapists. We have fun together and really enjoy providing this valuable service to our community. The work is shared by everyone so no need to worry that you will be overly burdened by carrying the weight. This Board values teamwork and collaboration.

I have been the President for 2 years and held other positions on this Board 2 years prior to this. I will continue to serve on the Board, but feel it's time to allow someone else this great experience! Please feel free to contact me to discuss further if you like. We would like someone to volunteer now so you can get acclimated to the responsibilities and see how the Board functions. It takes volunteers to keep this wonderful service going, maybe now is time for you to help lead and support our community!

Susan Harney, LMFT
2016 Chapter President

Karen Rogers

This photo is from our recent 1/2 day Board retreat: work in the morning, play in the afternoon! Rx: laughter and water.



My husband Steve and I recently did a "road trip" from Galveston, TX to CA. The intention was to ride a friend's full-dress Harley home. Day 1 made us realize that we MUCH prefer comfortable adventures! So the Harley rode home in the rented U-Haul and we got to spend time in Sedona, one of our favorite places.