

The Central Coast Therapist

California Association of Marriage & Family Therapists
Central Coast Chapter

Inside this Issue

| | |
|--------------------------------|---|
| President's Message | 2 |
| Trauma Response Coordinator | 2 |
| Who's on the Board | 3 |
| Trauma Response Training | 3 |
| 2011 CAMFT Leadership Award | 4 |
| November Program Review | 5 |
| Board List & Editorial Info | 5 |

Annual Chapter Celebration!

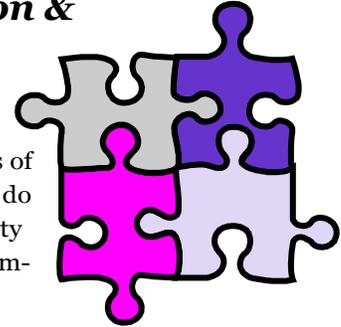
Date:
Jan 28, 2011

Time:
8:45-11:00 a.m.

**Unitarian
Universalist
Fellowship
2074 Parker Street
San Luis Obispo**

Annual Chapter Celebration & Networking Event

Once again we prepare to gather together to reconnect. Just as the pieces of a puzzle come together to form an image, so do each of us fit into the image of our community as therapists, family members, employees, employers and friends.

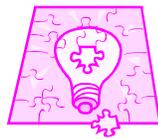


You are invited to bring food to share with others—it's not a requirement, but it most certainly adds to the fun when we have a variety of selections!

This meeting is a wonderful time to bring your marketing materials, share your resources and 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!*

- Bring business cards, brochures, flyers—just remember that we would like you to take with you what remains!
- Take the opportunity to introduce yourself to the group.
- Listen to Live Music.
- Enjoy a delicious brunch (bring something to share, or not).
- Join or renew your membership in your local CAMFT chapter.

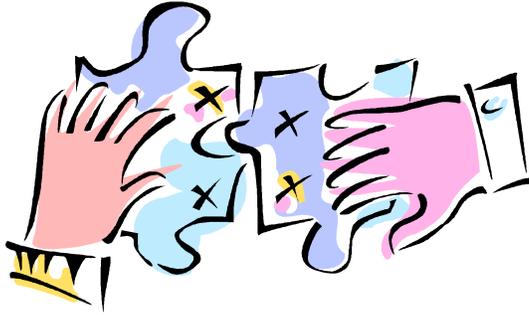


Please come—who knows, your next Great Idea could be just the “piece of the puzzle” that we need! “Many hands make light work”—this certainly applies when we work together for the benefit of our membership and our community!

We are looking forward to a great New Year, starting with our annual gathering of colleagues!

*Ann Williams, LMFT
Program Chair seeking Committee Members!*

President's Message: The Year of Connection



Happy New Year, Everyone! Sitting in this seat for the first time is a truly remarkable experience

when I know I am surrounded by the special people who sit on our board. I am comforted by the knowledge that I have four past presidents of our chapter or other chapters (Alice, Kathie, Ann, and Lia) and, of course, our Vice President/President Elect (Tammy) sitting with me. I have, at least, three Outstanding Chapter Leaders (Karen, Alice, and Tara) recognized by our local chapter and State CAMFT.

However, even more important than these lofty titles, are the warmth, motivation, compassion, and drive to keep our local chapter moving forward for each of you.

It is my hope this year, that more of our SLO CAMFT members will join our local chapter and meet, not only the amazing people who sit on our board, but those who attend the meetings as well. We need to meet each other, to know who you are, your specialties, the populations you serve, and whether you accept insurance. I work primarily in Atascadero. One would assume I know other therapists in North County. I know those in my immediate consultation group. However, when I was asked by a client for someone specifically in Paso Robles or Templeton, I was stumped! I know the same thing is happening in South County and even in San Luis Obispo.

My goal this year is to reach out to as many of you as possible. This goal is

not just to build membership. It is to help us all to build our practices and to build a better connection with one another. It is also helpful for the trainees and interns to have licensed people available at our meetings who are approachable and willing to answer their questions and soothe their nerves.

My original thought was to connect by sending letters. However, a little exposure therapy will help my social phobia, so I think I will be making some phone calls this year in the North County and asking my South County and SLO board members to do the same. That way we can save the trees at the same time! Hope to see you all at the networking meeting on January 28th!

*Margaret J. Bullock, MA, LMFT
CCC Chapter President*

Plan Ahead!

On March 24th, **Elisa Feingold** will be talking with us about Bi-polar Disorder. Our meetings are on the 4th Friday, every other month, except for the 3rd Friday in November. I am seeking program committee members.

*Ann Williams, LMFT
Program Chair*

Teresa Pardini: New Trauma Response Coordinator

I would like to thank Teresa Pardini for stepping in at the 11th hour and filling the position of Trauma Response Coordinator on the Board. As we were waiting for Dr. Zoe Wells to finish setting up her power point equipment, that group was asked if anyone would be interested in filling the position. Teresa volunteered graciously and without hesitation. With her generous offer, our board is now filled.

Teresa holds an MS degree and is a marriage and family therapist practicing in Nipomo. She also volunteers for Community Counseling Center. Welcome aboard, Teresa, and thank you for joining us.

*Margaret J. Bullock, MA, LMFT
CCC Chapter President*

Who's on the Board?



For the next several issues, we will feature short biographies of our Board members.

Raised in an Irish, Catholic family with seven children, Chapter President **Margaret Bullock** grew up in the San Fernando Valley of Southern California. This was perhaps the greatest training she received for her current career. In addition, she received her Master's degree from Antioch University, Santa Barbara, CA.

As a guest lecturer at California Polytechnic State University at San Luis Obispo and Cuesta College in both San Luis Obispo and Paso Robles, Margaret taught Life Span Development courses in "End of Life" issues. She was the Counseling Program Coordinator for Hospice of San Luis Obispo County and taught their General Bereavement, Child Bereavement, and Group Facilitator Training Courses. She taught San Luis Coastal Unified School District's Critical Incident's Response Team and led the Community Response Team for Hospice of San Luis Obispo County.

Margaret is currently a board member and founding member of the Milton H. Erickson Institute of the California Central Coast. She has a private practice in Atascadero, where she lives with her husband, Tom.



Ann Williams has been licensed for 32 years, and has served on various CAMFT Boards the whole time. She

has been President of our chapter & is currently Program Chair. She volunteers at the Community Counseling Center & has a private practice there. She has a general practice, with a specialty of Addictions, co-dependency, and EMDR.

Last year's activities included camping in Olympic National Park in Washington State, going to concerts, plays, crafts & craft fairs, time with family, including 4 grandchildren, and, more recently, ushering at the Clark Center in AG. She is looking forward to new adventures in 2011!

*Karen Rogers, LMFT
Newsletter Editor*

*Live neither in the
past nor the future,
but let each day's
work absorb your
entire energies, and
satisfy your widest
ambition.*

*—Sir William
Osler*

Two-Day Trauma Response Network Training

The CISM (Critical Incident Stress Debriefing) Group Crisis Intervention training program is designed to present the core elements of a comprehensive, systematic and multi-component crisis intervention curriculum.

This two-day course prepares participants to understand a wide range of crisis intervention services and the group intervention known as CISM.

Training will be Presented by Diane Myers, RN, MSN, CTS and is spon-

sored by Santa Clara Valley Chapter CAMFT. Location of the training is in Mountain View, CA.

Cost of the two-day training is \$275 prior to January 31st. You may register online at www.scv-camft.org or contact us at (408) 235-0210 or mail@scv-camft.org. For more information on this training, please contact Mary Kay Bigelow at (650) 948-3400.

*Contributed by
Santa Clara Valley CAMFT*

2011 CAMFT Chapter Leadership Award



Karen Marie Rogers has been an outstanding member of the Central Coast Chapter of CAMFT

since she joined the Board in 2008. She was recruited to the Board upon joining the chapter and agreed to take on the dreaded job of newsletter editor! Her background in desktop publishing and design/editor for various publications while working for the Los Angeles Zoo prepared her for this task. Karen is multi-talented and has brought her considerable skills to bear while serving on the Board.

Karen's professional career as an MFT spans many years and clients. She began her work in the field of dual diagnosis at Verdugo Mental Health Center in Glendale. She then began working with HIV-affected clients and their families at AIDS Service Center in Pasadena, continuing her work in the field at the L.A. Gay and Lesbian Center's Jeffrey Goodman Special Care Clinic.

She moved with her husband to the Central Coast in 1998 and began working for San Luis Obispo County Drug and Alcohol Services. There her duties ranged from the DUI program, in-school counseling, Perinatal Outpatient Extended Group (POEG), adult treatment, staff training and Team Leader for both Youth and Family Program and for Intensive Community Diversion. After retiring from the County she continued to serve as consultant to D&AS as Division Trainer and Forensic Case Manager as well as developing the DUI curriculum. She was certified in 2001 as Parent Project facilitator, which she continues to teach through

San Luis Coastal Adult School. She has been teaching classes for the California Association for Addiction Recovery Resources (CAARR) since 2002.

Karen is also a certified Reiki practitioner and she volunteers for Hospice of SLO. She became a certified massage therapist in 2008 and divides her time among her various professional interests of psychotherapy, Reiki, massage and teaching. She loves to travel, dance, drum and be a "willing servant" to her three cats.

Karen is our "go to" person on the Board of the CCC CAMFT. The racehorse that she is, we have to remind her not to jump from every gate or take on EVERY project that comes her way. She has been a terrific newsletter editor and assisted with anything requiring computer and organizational skills. She is currently working on developing "bookmarks" for our chapter which will provide information to potential clients, agencies and members about our chapter. She is decisive, positive and adds a sense of humor to the Board. Karen is a "leader" in every sense of the word and we are grateful to have her continuing to serve in various capacities on the CCC CAMFT Board. Congratulations Karen!

*Alice Jones, LMFT
Past President*

*Leadership has been described as the "process of social influence in which one person can enlist the aid and support of others in the accomplishment of a common task."
—Wikipedia*

Classified

460 sq. ft. office in two-office suite. Professional office with building with ample parking, close to Madonna and Los Osos Valley Roads. Comfortably furnished reception area, copy machine, shredder, refrigerator, microwave, bottled water, Wi Fi, utilities. \$430/mo. Will consider part-time. 805-543-7040.

September Program Review:

The Dance of the Mind & Body

Our November program was a very informative look at mental health symptoms from a physiological perspective. Zoe Wells, N.D. presented information on optimal hormonal balance and the impact of imbalances on the mental/emotional system. Dr. Wells is a naturopathic doctor in San Luis Obispo.

While her training is medical in nature, treatment approaches include the use of cranial/sacral therapy, herbal tinctures, bio identical hormones and homeopathic remedies. She explained that some of the symptoms experienced during perimenopause, menopause and andropause (male menopause) include depression, anxiety, sleep disturbance,

low energy and poor concentration. While she did not “advocate” the use of hormone replacement therapy she explained that bio-identicals are similar at the cellular level to our own cells, thereby effectively addressing symptoms with little or no side effects. She emphasized the personal decisions of each patient based upon their medical history and decision to treat symptoms. She also explained that she approaches treatment from a whole person perspective taking in account their nutritional habits, work and exercise routines, etc. Dr. Wells also treats cancer patients undergoing radiation and chemotherapy.

*Alice Jones, LMFT
Past President*

2011 Central Coast CAMFT Board of Directors

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Tammy Summers
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- Past President**
Alice Jones
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- Treasurer & Past President**
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- Secretary**
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- Program Committee Chair & Past President**
Ann Williams
(805) 545-8855
annwlms@att.net

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

Articles are published on a space-available basis. The publication of any article or advertise-

ment 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**

| 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 |

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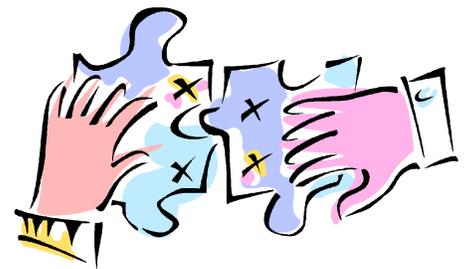


Central Coast Chapter of CAMFT
 P.O. Box 12723
 San Luis Obispo, CA 93406

ADDRESS CORRECTION REQUESTED

Bringing Central Coast MFTs Together

**Join us January 28th for our annual
 Membership Celebration:
 Start Making the Connection!**



Date:
 Friday, January 28th,
 2011

Time:
 8:45-11:00 a.m.

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

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.

