

July 27th Presentation:

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

This presentation will introduce "strategic child-focused family therapy" as an alternative to the current narrative of "medicalizing" the emotional and behavioral problems of childhood. Drawing from the rich tradition of family systems therapy in the work of Bateson, Haley, and Minuchin, this new method frames childhood problems in the child's social context--family, friends, and school. By making targeted changes in the social context, the therapist can resolve even the most difficult of children's problems safely, briefly, and effectively without the use of stigmatizing psychiatric labels or potentially harmful drugs.

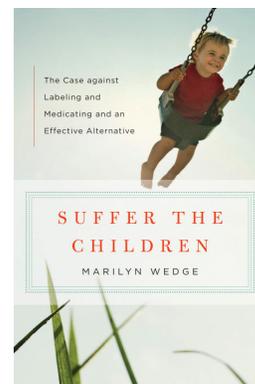


The presentation will include the top ten reasons why children have problems and the ten most effective strategies for resolving them. The strategies include both direct and indirect (or paradoxical) techniques for working with anxiety, behavior problems, focusing or attention issues, and compulsive behaviors in children. Family therapy does not mean that the entire family has to be present in every session. The presentation will address the

questions of who should be present at sessions and how to structure them. The techniques of family systems therapy are also very effective with adolescents and adults. The presentation will include a discussion of how paradoxical strategies and the strategy of the "strategic dialogue" can help people with severe anxiety problems. The presenter will discuss how these strategies helped in a case of debilitating social anxiety and a case of the fear of flying.

Marilyn Wedge, Ph.D. is a family therapist in private practice in Westlake Village, California. She has twenty-three years of experience helping parents find safe, non-drug solutions for troubled children and teens. She is the originator of "Strategic Child-Focused Family Therapy," and the author of the recent popular book: [Suffer the Children: The Case against Labeling and Medicating and an Effective Alternative](#) (W. W. Norton). She has blogs on [The Huffington Post](#) and [Psychology Today](#), and is a regular presenter at the CAMFT annual conference, The Milton Erickson Foundation conferences, and most recently the Ecology of Ideas Conference in Monterey, CA. Marilyn has a Ph.D. from the University of Chicago. She can be found at www.MarilynWedgeph.com

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May Program Review

Practical Treatment Strategies for Personality Disorders

Mat Chirman, MS, LMFT who is the director of Tidelands Counseling has found after years of treating individuals with personality disorders, that one protocol is not effective but that an integrated approach is needed to treat the diversity of symptoms experienced by people diagnosed with a personality disorders. Research indicates that many individuals diagnosed with personality disorders also have a variety of Axis I diagnosis such as depression, anxiety, substance abuse, eating disorders, etc. Mat advocates diagnosing teenagers who have the symptoms of a personality disorder to begin treatment as soon as possible since the treatment is typically long and intensive. Mat states it is important to define personality to understand what is happening and how to treat those with personality disorders.

Personality is an enduring pattern of behaviors across time. This pattern is how one sees one's self and the surrounding world. A disorder of personality deviates from the norm, especially in relationships.

Of particular importance is how the sense of self is perceived in relationship to others. According to Mat there are a whole set of beliefs that characterize individuals with personality disorders:

- ◆ flawed self
- ◆ feeling different than others
- ◆ nobody can ever love me
- ◆ fear of abandonment
- ◆ they don't know who they are

- ◆ they need someone outside themselves
- ◆ pain follows them
- ◆ intensity of emotional shifts
- ◆ polarities (love/hate idealized/demonize).

In addition, there is a persistent unstable self with a lack of control of intense emotions. Self-destructive behaviors are common among those with personality disorders. They see themselves as evil from an early age, leading to attempts to relieve intense negative feelings by cutting, drinking, bulimia, etc.

Mat discussed the various personality disorders such as avoidant, narcissistic, dependent, compulsive-obsessive and hoarding. Mat passed out handouts offering suggestions for treatment approaches. The goal, he stated, is to develop an accurate view of self working on becoming a compassionate observer.

Mat has created a treatment center to treat individuals with personality disorders using an integrated approach called STEPPS (systems, training, emotions, predictability, problem solving). Mat Chirman can be reached at Tidelands Counseling, 1411 March Street Suite 105, San Luis Obispo, CA, 93401, (805) 453-5060, website tidelandscounseling.com.

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

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President's Message

Happy summer everyone! I hope this newsletter finds you getting ready to begin a period of more relaxation and less work. This is a transition period in many of our practices as our clients begin their vacations, which gives us an excuse to slow down a bit. As I write this, I am preparing to go on a three week trip to Turkey and Greece. It is my first trip abroad in four years and the longest I've been away from my practice. But I'm looking forward to the change of pace, the different cultures and spending some time with my husband.

Our May meeting was very informative with Mat Chirman giving us some good tools to work with clients with personality disorders. I appreciated his compassion for this population and the research he has put into the literature. He described the STEPPS program he and his therapists use with the groups at Tidelands Counseling and its efficacy. He also gave us a glimpse into the DSM-V and its new personality disorder descriptors.

Coming up on October 13th is our annual workshop. As I mentioned last month, this year we are having Anne Margulies come for a full day workshop on Emotion Focused Couples Therapy. Anne brings this form of couples work to life and you will be able to take it directly into your practice. It will also you're your appetite for more information on attachment. When I first heard Anne speak, I had sworn off couples because of a couple of very negative experiences. However, Anne was able to restore my desire to help this population and give me the tools to do so. I was also able to take some of her attachment-based theory and

use it with some of my individual clients, as well. I hope I see many of you at this workshop. It is well worth the time and money.

I hope you all have a wonderful summer and hope to see you at the July meeting!

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



More Great Programs Ahead!

[September 28, 2012](#)

Sherri L Kimbell, LPC, PhD,
Windhorse Environmental
Treatment for Psychosis:
Interpersonal Mindfulness as the
Path of Recovery
from Extreme States of Mind.

[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*

Maltz's Hierarchy of Sexual Needs

Back in 1976 Joseph and Lois Bird broke new ground. In an era when "free love" meant "sex right now because it feels good" they dared to explore the importance of genuine emotional connection in their book "Sexual Loving."

Here's a passage from page 239 of that book: "Only one who, tragically, has never experienced love would question whether sex can be fulfilling when love is absent. Physically satisfying, perhaps, but never fulfilling. It can never reach the depths of what we are as human beings, and what we are capable of becoming. To climb the heights, sex education is not enough. We need to learn how to love."

Two decades after the Birds wrote their book, my colleague Wendy Maltz developed a new model to assist in sex education and therapy. Maltz and her husband Larry first published the

Maltz Hierarchy of Sexual Interaction in the 1995 Journal of Sexual Addiction & Compulsivity, describing it as "a progressive model for understanding sexual relating."

I use it frequently to help my clients evaluate their sexual interactions within the rich context of intimacy, or lack of intimacy. Maltz compares sexual energy to water, a "benign, natural force." Like water, sex can be channeled in dangerous or positive ways. Loveless sexual interaction can be impersonal, abusive, or violent. Many of the people I see as a sex therapist are suffering the results of what she calls "mischanneled sexual energy." A person who has been sexually abused, for example, will have a difficult time imagining sex as being safe or enjoyable.

Early sex therapists gave little consideration to past experiences such as incest, instead focusing primarily on performance such as helping the man get and maintain an erection. Their focus was entirely on what was NOT working and heterosexual intercourse was the true goal because it leads to procreation.

In contrast, Maltz's model is egalitarian, offering both genders a progressive framework for evaluating our sexual interactions, regardless of sexual orientation. She offers a continuum for self actualization, describing the conditions for great sexual interactions that fulfill both participants.

In my therapy practice I sometimes work with people who have arousal templates that might differ from what most folks consider "normal." Take,

(Continued on page 5)

Intern's Corner

We will be taking the summer break from our third Wednesday of every month Intern and Trainee meeting. With your support we will return on September 19, 2012 at 1132 Marsh Street San Luis Obispo. Please mark your calendars as we want to increase attendance at these valuable meeting. Any questions please feel free to call Chair Robin Squires at 805 868-8901 or co-chair Susan Hirsch at 805 234-3416. Thank you all for support and attendance the past year and hope to see you in September.

*Robin Squires, LMTI
Intern Representative*



Maltz's Hierarchy of Sexual Needs

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for instance, a person who is turned on or aroused by spanking. Using the Maltz model we don't criticize or judge the specific sexual behavior. We instead focus on the spirit or context: is spanking for these partners light and playful, with both participants aroused? Or is it humiliating and painful?

The Maltz hierarchy shows us sexual energy channeling along one of two routes: "the path to disintegration and disconnection, or the path to integration and connectedness." She encourages individuals to visualize sexual energy as "ground zero, like the lobby level of a hotel." This ground zero sexual energy is entirely neutral, with each of us having a choice to make in how we direct it.

Imagine that when you begin an erotic encounter you are getting into an elevator at lobby level - ground zero of sexual energy. If you descend, the negative qualities increase and intensify as you travel down, from emotional isolation to destruction of body and soul deep in the basement. Many sexually compulsive people that I work with are plummeting this way - sexual addiction moves us away from genuine intimacy to danger, dishonesty, and shame.

Or you can take the elevator up, with positive qualities increasing and intensifying as you ascend. Maltz suggests that caring, safety, and consent can lead upward in a positive direction culminating in life-affirming celebration that connects lovers on a truly spiritual level. "Which way will we

take the elevator from the lobby?" She asks, "On which level will we exit? We can choose how we channel our sexual energy."

Joseph and Lois Bird swam against the tide in emphasizing emotional connection. Wendy Maltz took that idea and developed a model which has stood the test of time. (Maltz has written several books, and her website is www.HealthySex.com.)

They are true sexual pioneers whose work has enhanced our lives more than we know.

Jill Denton has had a practice in Los Osos for two decades. In response to the needs of her clients she has developed particular expertise in working with trauma and anxiety, as well as addiction. She has pursued post-graduate training in treating sex addiction and sexual difficulties of all kinds, studying with Patrick Carnes and at the Institute for Advanced Study of Human Sexuality.

Contact Jill at (805) 534-1101 or jillqdfnd@aol.com. Her website is www.JillSexTherapist.com.

*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

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.

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The following discounts are available for camera ready ads (jpg format) that are pre-paid:

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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.

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



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1/2 page	\$40	\$60
Full page	\$70	\$110

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Bringing Together
Central Coast
Marriage & Family Therapists

July 27th Program:

Using Family Systems
Therapy to Resolve
Children's Problems,
Briefly & Effectively

Speaker: Marilyn Wedge, PhD

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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, July 27th, 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**