

The Central Coast Therapist

California Association of Marriage & Family Therapists
Central Coast Chapter



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Law & Ethics Workshop

Date:
April 30th, 2011

Time:
9:00 a.m.-4:00 p.m.

Location:
Unitarian Universalist Fellowship
2074 Parker Street
San Luis Obispo

See article Page 5

March 25th Presentation:

Understanding Bipolar Disorder

Our March speaker is Dr. Elisa Feingold, D.O.

Dr. Feingold will discuss some of the challenges involved in diagnosing the various forms of bipolar disorder, including the common comorbid conditions that can greatly complicate the assessment. Except when a classic manic episode can be identified, a clear diagnosis of bipolar disorder generally requires longitudinal observation and assessment. She will also review the best established medication regimens and discuss the increasingly frequent use of the atypical antipsychotic medications.

The discussion of bipolar disorder will also include the importance of education and therapy early in the course of treatment.

Dr. Feingold completed her undergraduate degree at UC Berkeley in 1981. After a brief career as a starving artist, she earned her medical degree at the University of Medicine and Dentistry of New Jersey-School of Osteopathic Medicine in 1989. She interned at USC Medical Center in the Department of Internal Medicine and trained in psychiatry at UC San Diego. She is Board Certified in psychiatry and held special certification in Forensic Psychiatry. She has been in private practice in San Luis Obispo since 1994.

Elisa S. Feingold, D.O.
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San Luis Obispo, CA 93401
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North County Women's Shelter

Dear Colleagues,

Your CCC CAMFT Board adopted the **North County Women's Shelter (NCWS)** as its non-profit organization for 2011. I was not even able to attend the meeting so my "bias" toward this wonderful organization did not influence the Board's decision. There are two organizations in our county that serve victims of domestic violence: the Women's Shelter Program of SLO and the North

County Women's Shelter. The North county organization provides the MAJORITY (32) of shelter beds for the entire county.

In our work we have all had occasion to refer clients and the public to these agencies. Obviously the budget cuts have severely impacted the NCWS.

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President's Message & Leadership Conference Reports

Hello Everyone,

Three of your board members just returned from the CAMFT Leadership Conference held in Costa Mesa this year. Tammy Summers, Judith Stern, and I were fortunate enough to be able to go and network with 21 of the 29 chapters represented this year.

Mary Riemersma, CAMFT's Executive Director, opened the session with an update on the LPC grandfathering controversy. She informed us that the BBS hired an expert to determine the differences between the MFT and the LPC licenses in order to see if testing would be required. The expert found that there were no significant differences and the BBS voted unanimously that MFTs would be grandfathered in without having to take a test. However, the BBS reversed its decision after it conducted a closed-door meeting with representatives of AAMFT—CA. In a suit brought by CAMFT, a judge has upheld one of the three points made by CAMFT. This, in effect, brings us back to the original decision. However, it's not over yet. CAMFT will continue to fight for us in this arena.

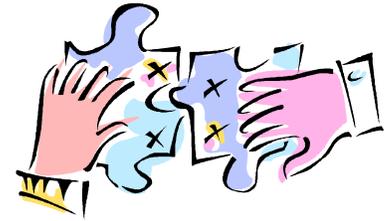
Tammy and I attended the Presidents' forum and the Legal and Ethical breakout session, and Judy went to the Membership and Marketing sessions. Many ideas for marketing, raising awareness of our organization, and legal reminders were brought forward. I was able to speak with Miranda Palmer from the Valley Sierra Chapter about their Speakers Bureau, an idea our board has begun to entertain. She gave me some great ideas.

In keeping with our theme this year of connection, the three of us were

able to meet and connect with new friends and colleagues from around the state. We met many members of the state board of CAMFT and heard their ideas for CAMFT and its future. These are exciting times for our organization and our profession. I hope to see many of you at our future meetings in order to get to know you better and to learn from each of you.

The Leadership Conference took place in Costa Mesa this year. In an effort to take into consideration the size of our state, CAMFT changes the location of the conference each year. Last year it was held in northern California. After Mary Riemersma's opening remarks, each table in the large conference room was allowed to choose a topic for open discussion. Some of the participants came with prepared topics, others created them on the fly. The topics included: How to Pitch to Sponsors, Communication between the State CAMFT Board and the Chapter Boards, Trauma Response, Websites and Social Networking, and how Chapters can interface with their local Universities.

I sat in on the last topic in the hopes of trying to find a way to help our pre-licensed group to grow. A representative from Phillips Graduate Institute was at the table. She said that most schools belong to the MFT consortium of California. Found on PGI's website is this statement: "The Consortium unites the regional consortia of MFT academic programs throughout California with the mission of enhancing the quality of clinical training to MFT students. MFT educators examine the various protocols schools use in preparing students for practicum training and



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Who's on the Board?

Tammy Summers, LMFT

Hello all! I am coming back to the board after being gone for a few years.

Previously, I served as Treasurer and Membership Chair. I am returning to



the board this year as your Vice President. I look forward to working with the board again, and hope to see all of you at our chapter meetings! I would like to take this opportunity to thank you for being a part of our local chapter and encourage you to attend our chapter meetings. This is your opportunity to network and also to get CEUs. Take care, everyone and here's to a great New Year!

Lia Anisgard, LMFT

Lia has been a member of CCC-CAMFT since moving to the Central Coast in December of 2008 from San Jose, CA, where she



had a private practice and worked supervising interns in school-based programs. She has been licensed since 1982 and worked in a variety of settings including and external EAP corporations, inpatient chemical dependency program and special education counselor in the schools. She has specialized in working with couples for about the last 15 years. Initially trained and certified in IMAGO therapy, Lia was introduced to Sue Johnson's Emotionally Fo-

cused Therapy for Couples in 2006. Since then she has ardently pursued her learning (and then teaching) of this model because it was such a good fit for her and so effective with couples. Lia partially retired from private practice when she arrived on the Central Coast and has been enjoying time pursuing other interests including watercolor painting, walking on the beach with her dog, yoga and time with new friends.

Judith Stern, LMFT

Judith Stern moved to the Central Coast three years ago after retiring as an Elementary School Counselor in Southern



California. She maintained a small private practice in Long Beach for over ten years, and is thrilled by the opportunity to do that again here in Grover Beach. Judith Stern realized a life-long dream of retiring to Central Coast with her husband, Robert, and beginning a private practice with a focus in Experiential Therapies (art, music, writing, drama, ritual and dreams) and working on the behalf of children. She began her career as a programmer/analysis in the Aerospace Industry, acquiring her Master's degree in counseling after a mid-life transition, and never looking back. Her interests include Sand Tray, making arts and crafts, Carl Jung, nature and the natural world, and when she's feeling playful, she's in the kitchen cooking or making jams!

*Karen Rogers, MA, MFT
Newsletter Editor*

Our May 27th presentation will be "Imaginal Psychology — Exploration before Explanation"

presented by

Stacy Schutten,
Psy.D., MFT

—Ann Williams, LMFT
Program Chair

Leadership Conference Reports

(Continued from page 2)

collaborate with the community clinical sites that provide the direct clinical experience and supervision to the students. These regional consortia have been “effective in promoting the quality of practicum training for students pursuing a career in marriage and family therapy [and] in advancing the integrity of the profession and the participation of its members in local and state governance” according to an analysis reported in Phillips’ Progress Journal, 2006.”

Utilizing students in the MFT track program in the local university as representatives or liaisons between the local chapter and the school was another idea put forth. An intern at the table said that many schools have job fairs. She said at her school, the local CAMFT chapter set up a booth and handed out membership packets furnished by CAMFT. She said many students are not aware of the opportunities offered by CAMFT and the local chapters. Bringing that awareness to Cal Poly students will be one of our goals this year in our efforts to connect with the future of our profession, the interns.

This type of networking with other chapters was most beneficial for bringing new ideas to our pre-licensed program. With the help of our trainees and interns, and the encouragement of our licensed clinicians, we should be able to connect with more students in the MFT program at Cal Poly.

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

I recently attended the CAMFT Leadership Meeting along with your President, Margaret Bullock, and

your Membership Chair, Judy Stern. This was a very enlightening leadership meeting and gave us lots of good ideas to bring to our local chapter. One of the ideas we would like to see come to fruition in our area is a way for us to all informally get together to network throughout the year and continue to provide support to one another between meetings. If anyone has any ideas, please let us know.

Remember; don’t let yesterday’s sorrows impair your vision of today’s possibilities!

*Tammy Summers, LMFT
Vice-President*

During these strained and downward economic turns it is often necessary for us to give priorities to how we spend our money, but I would like to remind Central Coast CAMFT members that these are the very times we need to continue and support our organizations, especially Central Coast CAMFT. There are many reasons to continue to support the annual membership: the newsletter, the bi-monthly meetings that provide CEUs, the website which serves as a referral source for our colleagues and Therapist Finder, which allows our community to find us!

After attending the 2011 CAMFT Leadership Conference I learned of another reason: we can not practice in isolation, we are a community of people and people are our business.

Central Coast CAMFT is the rock we all need—to feel secure about what we do, why we do it, and how we do it—it is the place we look to for direction regarding law and ethics, defining “best practice” theories, and keeping us up to date on current changes in our California State Senate regarding these issues.

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Law & Ethics Workshop: What Does the Law Expect of Me?

Dave Jensen has been a Staff Attorney with CAMFT since April 2002. He was born in Flint, Michigan, but was raised in Tustin, California. Dave graduated from Brigham Young University with a Bachelor's Degree in History, and he received his law degree from the Thomas Jefferson School of Law in San Diego, California. Dave passed the California bar examination in February 1999, and he did it on his first try! Before joining CAMFT, Dave worked for Foley & Lardner, a large national law firm, where he regularly established and advised non-profit organizations. As an attorney with CAMFT, he consults with its members regarding their legal and ethical dilemmas, and he is a regular contributor to *The Therapist* magazine. Dave gives numerous law and ethics presentations to chapters, schools, and agencies, and his popular *What Does the Law Expect of Me?* series, which includes Parts I, II, III, and IV, have helped therapists to better understand their legal and ethical obligations.



What Does the Law Expect of Me? Part I

As a psychotherapist you have probably heard references to the "standard of care" or the "reasonably competent therapist," but you may not have a clear understanding of how such concepts affect you on a day to day basis. Consequently, you may not have an accurate understanding of what the law expects of you as a psychotherapist. In this six-hour workshop, which is Part I of a multi-course series on the subject of the law's expectations for psychotherapists, you will learn about what

the law has to say regarding a therapist's obligation to be a competent practitioner; the importance of properly assessing and diagnosing your patients; the right to privacy, which includes the subjects of confidentiality and privilege; patients dangerous to themselves; patients dangerous to others; and, dual relationships.

This is a lecture-format course that will draw on actual law cases to teach the underlying principles, and it will satisfy the BBS's on-going requirement of six (6) CEUs in law and ethics.

Outline of the Day

1. Introduction
2. Negligence: Working Principles
3. Assessments & Diagnosis
4. Break
5. Assessments & Diagnosis (cont.)
6. Confidentiality
7. Lunch
8. Patients Dangerous to Themselves
9. Patients Dangerous to Others
10. Break
11. Patients Dangerous to Others (cont.)
12. Dual Relationships

Five Objectives

1. To help develop a practitioner's awareness of what it means to be a competent practitioner
2. To help develop a practitioner's understanding of the laws per-

(Continued on page 7)

*April 30th, 2011
Workshop on
Law & Ethics
Brochure will be
delivered soon:
Register for Early-
Bird Discounts!*

North County Women's Shelter

(Continued from page 1)

They are focused on keeping shelter beds available and provide two safe houses for women and children from all over SLO county.

As our sponsored non-profit agency, I hope that many of you will be able to attend some of the functions supporting this great organization throughout the year. This particular event is the MAJOR fundraiser for the year, generating on average be-

tween \$25,000-\$30,000 for the agency.

I urge you to get together with your friends and reserve a table for this fun event. It is held in the Taft Barn and has a variety of entertainment to suit everyone's taste. MARK YOUR CALENDARS AND SEE YOU ON THE 9th OF APRIL!!

*Alice Jones, LMFT
Past President, CCC CAMFT*

North County Women's Shelter

Mission:

Provide a safe environment with related services to women and their children who are victims of domestic violence.

Provide individuals and families in crisis with information, referrals, and low-cost counseling.

Provide education and assistive services targeted at domestic violence prevention and intervention in the wider community of San Luis Obispo County.

Vision:

The North County Women's Shelter will provide comprehensive programs of education and support, which are effective in raising community awareness and decreasing the incidence of and tolerance for domestic violence.

FRIENDS OF THE NORTH COUNTY WOMEN'S SHELTER PRESENT

BLACK TIE TO JEANS GOES MARDI GRAS



A NORTH COUNTY WOMEN'S SHELTER BENEFIT

\$75 RUM PUNCH COCKTAIL HOUR **5 PM** DOORS OPEN **4/9/11**

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(805) 226-5400 | SAMI@NCWOMENSSHELTER.ORG

Leadership Conference

(Continued from page 4)

I urge all of you who have not renewed to consider how important this organization is to you, whether you are an old pro, newly licensed or one of pre-licensed members, and help support it by continuing to identify yourself as a CCC member. For all of you who have renewed, I am sending out a special “**Thank You!**” This organization is not an other, it is US!

*Judith Stern, LMFT
Membership Chair*

Classified

Lovely, clean office in SLO to share part-time. Free parking. Hours flexible. Contact Linda at 544-9186 or lindalewisgriffith@sbcglobal.net.

Law & Ethics

(Continued from page 5)

- taining to the confidentiality of patient information
- To help develop a practitioner's understanding of the laws pertaining to patients who are dangerous to themselves
 - To help develop a practitioner's understanding of the laws pertaining to patients who are dangerous to others
 - To help develop a practitioner's understanding of the laws pertaining to dual relationships.

*Contributed by Michele Hyson /
CAMFT Conference & Professional
Development Director*

Central Coast CAMFT 2011 Board of Directors

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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 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.

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 (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

*Bringing Together
Central Coast Marriage &
Family Therapists*

Join us March 25th for Dr. Elisa Feingold, D.O. on Understanding Bipolar Disorders!

Date:

Friday, March 25th, 2011

Socializing:

9:00-11:00 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

