

The Central Coast Therapist

Practical Treatment Strategies for Personality Disorders

Drawing from the fields of Schema Therapy, CBT, Mindfulness, Self-Compassion/Forgiveness, and DBT, this presentation will focus on practical techniques for working with Cluster B personality disorders. A core characteristic of these disorders seems to be deficits in the sense of self: instability, rigidity, or the feeling of being an imposter. Treatment that goes beyond building a toolbox of self-management skills involves cognitive restructuring and building/strengthening a healthy and stable sense of self and helping clients create meaning in their lives. This presentation will look at a multifaceted approach to treatment of personality disorders.

Borderline Personality Disorder (BPD) is a mental illness that typically leads to chaos in the relationships, self-destructive behaviors, and intense emotional pain for the person with BPD. BPD has been called an "emotional intensity disorder" and people with the disorder may experience emotions as if their emotional volume is always turned up full blast.

BPD is characterized by a pervasive pattern of unstable relationships, self-image, emotions and impulse control.

Individuals with BPD may present with a combination of difficulties that often include depression, anxiety, post-traumatic stress disorder symptoms, substance abuse, self-injury, and/or eating disorders. These conditions can manifest themselves through recurring fears of abandonment, angry outbursts, identity disturbances, self-damaging behavior or suicidality, intolerance of being alone and/or chronic feelings of emptiness or boredom.



After working for SLO County Behavioral Health for 11 years Mat Chirman opened Tidelands Counseling in 2010. He has been treating personality disorders in individual and group therapy, using the STEPPS (Systems, Training, Emotional, Predictability, Problem-Solving) model as a framework, for about 12 years. He is a Diplomate of the Academy of Cognitive Therapy.

*Mat Chirman, MS, LMFT
Director, Tidelands Counseling
1411 Marsh Street, Suite 105*

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NEW MEETING LOCATION



**Unitarian Universalist Fellowship
of San Luis Obispo**
2201 Lawton Avenue,
San Luis Obispo 93401
Cross street: South, near Broad
Parking is in back on Meadow St.
Across from Meadow Park

Community Counseling Center Update

The Community Counseling Center (CCC) of San Luis Obispo County; non-profit 501 (c)(3) is an agency on the move toward growth and transformation. Executive Director, James Statler is concentrated on raising the profile and visibility of the agency through capacity building and increased public relations. The need for affordable clinical services for the uninsured is vast—and CCC is trying to be more proactive in expanding service delivery. A large portion of this work has centered on developing satellite sites to span services across the County. CCC now offers counseling at a downtown office in Paso Robles (811 12th street), at the Link in Atascadero, at the Family Resource Centers in Arroyo Grande, Oceano, and Nipomo., and the Family Resource Center operated by San Luis Coastal Unified School District in Los Osos (formerly Sunnyside Elementary). Commensurate with the growth, CCC recently hired a part-time Clinical Program Manager, Julie Stass, LCSW, Phd to offer additional oversight and clinical leadership. CCC firmly embraces a prevention and early intervention treatment approach and has significantly increased the number of youth and young adults served.

Significant strides have been made to recruit Spanish speaking therapists. CCC now has 3 bilingual therapist serving the city of SLO and South County. One of the agency's most critical needs is a Spanish speaking therapist to serve in the North County. A pair of support groups (Depression Recovery and Anxiety Reduction) are also being offered at CCC in SLO.

Statler would like to remind CAMFT members that CCC provides wonderful opportunities for licensed volunteers to pass their wisdom, skills, and experience to our clients and pre-licensed volunteers while building their private practices. CCC receives many walk-ins and calls from clients that are seeking counseling but do, in fact, have insurance. These are ideal opportunities to make viable referrals to our bank of licensed volunteers in private practice. Referrals, as well as the option to trade-out volunteer time for usage of our counseling spaces are just some of the key incentives that come with joining the agency.

Upcoming Events

Paso Open House: All CCC members and affiliates are invited to attend an open house and mixer to unveil CCC's new office in downtown Paso Robles. The event takes place on Thursday, April 26th from 4:30-7:00pm and will include a ribbon cutting with the Chamber of Commerce, wine tasting with Adelaida Cellars and Hope Family Wines, facility tours, local art exhibitions and plenty of opportunities for networking and resource gathering. The downtown office is located at 811 12th Street, Suite #301. Overlooking the park and offering 2300 square feet, the office affords CCC a promising foothold in North County. Come celebrate this occasion and be a part of the agency milestones being set in Paso Robles.

Signature Fundraising Dinner Just Around the Corner: Community Coun-



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**CENTRAL COAST CAMFT
2012 BOARD OF DIRECTORS**

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President's Message



Happy Spring, Everyone!

As I write this, I am happy to announce that we are operating this year with a full board. With the addition of Stacy Schutten Guisse as Vice-President/President Elect and Kim Richards as our new secretary things are humming along. We had a challenging first meeting in our new home on Lawton Ave. As you all know, we rent from the Unitarian Universalist Fellowship. The congregation bought a new church and was in the process of moving in during our meeting in March. However, even with all of the challenges, we had a good turnout to hear Michelle Gauden, LMFT present on Gestalt Play Therapy. Everything should be up and running for our next presentation in May on Borderline Personality Disorder and I hope even more of you can come out for that topic.

Some of you may have gotten a phone call from one of the board members reminding you to renew your membership. The Central Coast Chapter of CAMFT is one of the smallest chapters, however, we have a lot to offer our members. We are one of the few chapters that have free meetings. It is a chance to meet other therapists for referrals whether you would like to build your practice, your practice is too full, or you may be going on vacation and need to find someone to take a few client while you're gone. The

speakers and topics we offer are up-to-date and cutting edge therapies which



can be taken from the presentation directly into session. Access to the E-Tree is another perk for members of CCC-CAMFT. It is an e-mail blast which reaches every member who has an e-mail address. It's a great way to advertise upcoming presentations, groups, and workshops or if you have an office you'd like to share or rent that can be shared, as well. And don't forget the local Therapistfinder online. Which reminds me, have you updated your profile lately?

In May, Jennifer Adams, Executive Director of the North County Women's Shelter, shared her passion for the shelter. As an organization, we've pledged to give them support this year and we will be putting out some information on that issue over the e-tree in the next few months. Many of you work with this population and the shelter provides training in Domestic Violence counseling throughout the year for which you can be certified.

I hope you all have wonderful Spring and I hope to see you in May.

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



Membership Report

Dear Members,

I would like to thank all of you who have renewed these past few weeks. We really APPRECIATE you and value your membership.

We have been wondering how to stay connected with you all and continue to provide value for you in these difficult economic times. It seems that no matter how technologically advanced we get, there is nothing like a phone call and a few words about our common interests and beliefs. Our Board and several other members have been doing out-reach to people and you have responded -- nothing like a voice with a person behind it!

I still would like to encourage all of you who have not renewed to think about the benefits of membership and how this organization keeps us connected with others in our field, something that can really inspire and hold us during difficult times.

We are working to build community and local support. Our e-tree emails keep us updated and connected; our Find a Therapist for local referrals is a wonderful tool; we offer the newsletter online as a “green” alternative; our offerings for education and cross-training keep us informed and alive in our practice; and we offer CEUs at reasonable prices for quality presentations, often featuring local talent!

If you enjoy being a member, tell a friend or a professional contact person. We need a diverse group of people to stay strong: LMFT, LCSW, PhD, or other affiliates; we even love organizations—ask if yours will join as a member and benefit from the opportunities we offer.

Please call me with questions or comments at 805.703.3193 or email me at istern@thearttherapycenter.com.

*Judith Stern, LMFT
Membership Chair*

CCC Special Events

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selling Center's 2nd installment of “Therapy for Your Taste Buds” will take place on Sunday, May 20th compliments of Maegen Loring of the Neon Carrot. A former CCC Board member, renowned chef and formidable non-profit supporter, members and friends won't want to miss the opportunity to experience Maegen's five course feast of delectability that is sure to leave your taste buds soothed and very well cared for. Tickets are limited—please

contact the agency to purchase a ticket or sponsor the event.

Art After Dark: CCC will be putting some extra spin on the Dream Trip Drawing fundraiser this year by drawing winning tickets in conjunction with an agency sponsored Art After Dark community event on Friday, June 1st from 5:30-8:30pm. CCC volunteer Teresa Pardini, LMFT will be the featured artist; live music, wine and hors d'oeuvres will also be provided. The

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An International Critical Incident Stress Foundation (ICISF) course for “Individual Crisis Intervention and Peer Support”



WHERE:

Father's House (Atascadero Foursquare Church)
2100 Ramona Rd, Atascadero, CA, 93422.

COST—\$125

WHEN:

Thursday June 7th -Saturday June 9th 2012

Thursday: 6-9pm

Friday: 6-9pm

Saturday*: 8.30am–5.00pm

ICISF courses at conferences cost \$250-\$350 per person but we are offering this course at a greatly reduced price and seating is limited so REGISTER NOW!

Crisis Intervention is NOT psychotherapy; rather, it is a specialized acute emergency mental health intervention which requires specialized training. Thus, crisis intervention is sometimes called “emotional first aid.” This program is designed to teach participants the fundamentals of individual crisis intervention.

This course offers “life skills” which can be applied by everyone on a daily basis, such as parents dealing with family stress or you helping a friend cope with grief after the loss of a loved one. It is designed for anyone who desires to increase their knowledge of individual (one-on-one) crisis intervention techniques for their own personal use, or for use in the fields of Crisis Intervention, Disaster Response, Education, Emergency Services, Business & Industry, Employee Assistance, Healthcare, Homeland Security, Mental Health, Military, Spiritual Care, and Traumatic Stress. It is an important foundational course for anyone who serves in the field of disaster response, emergency services, law enforcement or basic crisis assistance

ministry (e.g. pastoral ministry, counseling, etc.).

Program Highlights:

- ◇ Psychological crisis and psychological crisis intervention
- ◇ Resistance, resiliency, recovery continuum
- ◇ Critical incident stress management
- ◇ Evidence-based practice
- ◇ Basic crisis communication techniques
- ◇ Common psychological and behavioral crisis reactions
- ◇ SAFER-Revised model
- ◇ Suicide intervention
- ◇ Risks of “harm” caused by incorrect treatment or advice

We are extremely privileged to have Dr Mickey Stonier from San Diego to instruct this course. Mickey has a PhD in Marriage and Family Studies and is a member of the San Diego County Critical Incident Stress Management Team. He is a Certified Trainer for the International Critical Incident Stress Foundation (ICISF) and has facilitated many Critical Incident Stress Management Debriefings throughout Southern Cali-

fornia. Mickey is a Certified Emergency Services Specialist with ICISF, a Certified Trauma Responder and Certified Trauma Services Specialist with the Association of Traumatic Stress Specialists (ATSS). In addition, he serves the State of California Office of Emergency Services in its efforts to develop a statewide standard for crisis chaplaincy certification. He also lectures for the American Red Cross Spiritual Care Training and International Critical Incident Stress Foundation. He serves as a Chaplain for the San Diego Fire-Rescue Department, San Diego Medical Examiner's Office, San Diego Harbor Police Department, Office of Emergency Services as well as Chaplain for the Spiritual Care Response Team as a member of the National Critical Response Team.



Dr Mickey Stonier

* Saturday's session will include a complimentary continental breakfast.

This course offers 1.3 CE units through UMBC, Maryland.

For more information please contact Fran Graham at femadrt@gmail.com or call 805/674-6798.

Critical Incident Stress Management Course Registration

June 7-9, 2012

Please print clearly so that your name is correct on your certificate

NAME _____

ADDRESS _____

CITY _____

ZIP _____

TEL # _____

EMAIL _____

AMOUNT PAID: \$ _____ CHECK # _____

OCCUPATION _____

HOW DID YOU HEAR ABOUT THIS COURSE? _____

SIGNED _____

By returning this form I agree to participate in the complete 13-hour Critical Incident Stress Management course. I understand that only those who attend all classroom sessions will receive the CISM certification.

Please fill out and return registration form with your check made out to **Father's House**. Please write "CISM COURSE" in the memo section of your check.

Course space is limited – first come first serve.

No registrations will be received after May 31st without prior permission.

Unfortunately, due to planning logistics, money is non-refundable.

COST - \$125 on or after April 14th

Mail your check & registration form to:

Fran Graham
CISM COURSE
PO Box 742,
Templeton, CA, 93465.



March Program Review:

Not Just an Empty Chair

According to Violet Oaklander, a long-time practitioner of Gestalt Play Therapy, "As a child becomes more aware of her functioning in the therapy experience—who she is, what she feels, what she wants, what she does, and how she does it—she becomes aware and integrated. She has more choice for emotional expression, getting her needs met and for exploring new behaviors. This awareness happens through the various experiences and experiments that the therapist provides in the process of play therapy." Clay, drawing, sand tray, games and puppets are used frequently in Gestalt therapy with the goal of assisting the child to gain the ability to sustain contact.

According to presenter Michelle Gaulden, the primary way to engage a child in making contact is through the senses: sight, smell, taste and touch. When a child has difficulty making and maintaining contact, it is usually her defense against difficulty, scary and overwhelming feelings and emotions.

"Contact interruptions" take various forms such as: *desensitization*—disconnecting from one's own emotions; *confluence*—demonstrating clingy, helpless, sometimes regressive behaviors; *introjection*—being overly pleasing, accepting other's feelings as her own; *retroreflection*—when she holds back expressing thoughts and feelings; *projection*—placing one's own feelings on another person; *deflection*—ignoring or turning away from thoughts, feelings and emotions. Some of these contact interruptions can be positive in certain situations.

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CCC Special Events

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grand prize will be a pair of premium San Francisco Giants baseball tickets (behind home plate) and \$1,000.00 cash for lodging and dining. Alluring second tier prizes consist of elegant dinner gift certificates to Novo and the Cass House, tickets to the Blue Man Group at the PAC, and gift cards to Pottery Barn and Starbucks.

If you would like more information or would like to contact James, please call (805) 543-7969 or email director@cccslo.com. The agency is also on Facebook and has a website at director@cccslo.com.

*James Statler
Community Counseling Center
Executive Director*

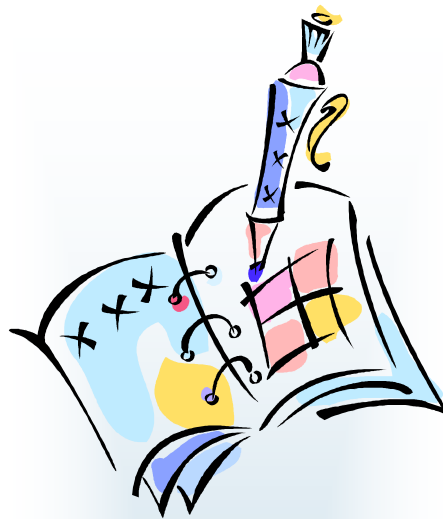
Not Just an Empty Chair

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Watching Violet Oaklander in action working with a client as she uses clay to demonstrate projective techniques was inspiring. After watching the video and discussing our observations, Michelle led us in a Gestalt drawing exercise, asking us to imagine an image, give form to our image, describe it, become it and own it. We then shared our reflections on this Gestalt drawing experience which most participants appeared to find personally meaningful and useful as a technique to use with clients.

Michelle Gaulden can be reached at (805) 305-1639 or at slofamilytherapy@yahoo.com.

*Kathy Asdel, LMFT
Member-at-Large*



Plan Ahead for these Great Programs!

[July 27, 2012](#)

Marilyn Wedge, PhD, MFT

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

[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](#)

Self Care.

Details to be Announced. We welcome ideas and suggestions for topics about de-stressing during the holidays and every day!

*Ann Williams, LMFT
Program Chair*

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.

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 (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

NEW MEETING LOCATION!

**Unitarian Universalist Fellowship
of San Luis Obispo**

2201 Lawton Avenue,
San Luis Obispo 93401

Cross street: South, near Broad

Parking is on Meadow Street,
next to Meadow Park

May Meeting:

Practical Treatment Strategies for Personality Disorders

See page 1 for article



DATE

Friday, May 25, 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**