

The Central Coast Therapist

California Association of Marriage & Family Therapists
Central Coast Chapter



Inside this Issue

November Presentation	1
President's Message	2
September Program Review	2
CA Assembly Bill Addresses Online Fraud in MFT Profession	3
2012 Membership Drive	6
Intern Corner	7
Board List & Newsletter Policies	7

November 18th, 2011 Program:

Self Healing through Movement and Sound

Francesca Bolognini has been a member of the Central Coast healing community for 32 years. Raised primarily in New Orleans, where she was a part of the music recording and dance community, she ventured back to Los Angeles, one of many locations experienced in childhood, to become a sound engineer in 1973. After relocating to Cambria in 1979, her interests increasingly focused on alternative healing and rediscovering human potentials, work that has taken many forms.

Inspired by her first introduction to massage at the age of four, she has consistently pursued the connection between the body, mind and the emotions, leading to a highly effective personal style of deep tissue body reintegration. This holistic approach is also reflected in her life-long interest in movement and dance, primarily expressed through facilitation of the Spirit Dance and Drum Club, an ongoing Trance Dance group which has met weekly in Cambria for 13 years and drum circle which has celebrated Full Moons for 11 years. She also provides instruction in "Spirit Dance," a personally inspired improvisational form of interactive movement based on our energy fields, and performs and instructs in Oriental (belly) Dance, percussion and Sacred Movement.



The promotion of drum circles led her to a connection to REMO, Inc., the world's largest drum manufacturer and its founder, Remo Belli. This alliance allowed her to acquire a substantial variety of percussion instruments for use and sale, which in turn has led to the facilitation of literally hundreds of drum circles in the county over the last several years. This exposure to drumming has inspired many circles to form in our area and helped

(Continued on page 4)

President's Message



I can't believe its fall already. I set a goal for myself to meet as many of you as possible during my tenure given that the theme of our

board this year is connection. It's been a pleasure meeting so many of you, sitting down over coffee or lunch or just chatting at meetings or events. My thinking when I started this year was that **Tammy Summers** would be taking over in January. However, as it often does, life happened and Tammy was given the opportunity to move to the San Diego area a few months ago. So at our last board meeting, I agreed to run for the usual two-year term and many of the current board agreed to stay on, as well. That means I'll be able to continue meeting more of you and hopefully get some of you involved in the organization.

Now we're gearing up for our Central Coast CAMFT board election

which occurs at our November meeting. I want to thank all of the terrific Board members who have persevered through illness and personal crisis to continue to work for us all.

Alice Jones, our Past President, has helped in numerous ways. As well as providing support and guidance, she kept volunteering to fill in as needed. **Lia Anisgard** has done an outstanding job as our Treasurer, streamlined our treasurer report at the board meetings and helped with food and coffee at the meetings.

Heather Anderson, our Secretary, has managed to show up to record the minutes while working, studying and passing her MFT exams. **Tara Storke**, our CEU Coordinator, isn't just an efficient and thorough coordinator for CEUs, she also helped coordinate our last speaker, Gloria Arenson, MFT. **Ann Williams**, our Program Chair, has put together some great programs, in spite of great personal adversity, throughout a good part of the year and has managed to schedule speakers for most

(Continued on page 3)

September Program Review:

Five Simple Steps to Emotional Freedom with EFT (Emotional Freedom Techniques)

Gloria Arenson, MS, MFT, DCEP shared her expertise and enthusiasm for the effectiveness of EFT which she told us is based on the work of Gary Craig, who sought a simple method for treating individuals with emotional problems. EFT involves focusing on an emotion while tapping on specific pressure points on the body.

Gloria described EFT as a self-help technique that can be taught to indi-

viduals or groups with no cost and no harm which can be done anywhere once the focusing and tapping sequence is learned. This technique has been used throughout the world to assist in the recovery from a variety of traumatic experiences such as rape, anxiety, war, sleep problems, and resistant grief, as well as to reduce panic attacks and the cravings of addictions.

(Continued on page 5)

President's Message

(Continued from page 2)

of next year, too. **Karen Rogers**, our Newsletter Editor, another superhuman, has done an amazing job keeping up on this task and designing an advertising bookmark which she will unveil to you all at our January meeting. **Judith Stern** is a great dividend to our Board as Membership Chair. She has gone above and beyond in that roll and has volunteered to take on the Website Chair, as well, believing that they dovetail together nicely. She also does an amazing job of bringing food for the meetings (as do several other members). **Teresa Pardini** is our Trauma Response Coordinator keeping track of the required trainings and keeping us all informed of them. Our most recent board member is **Robin Squires**, our Pre-Licensed Representative. Robin has been working closely with **Susan Hirsch** to reinstate the Pre-Licensed meetings which have been very successful. As I said before, many of your board members have worked in spite of serious illness and adversity and they all deserve a huge round of applause. I know I cannot truly express my thanks enough.

On another note, I'd like to introduce the idea of the Speakers Bureau to you all with the idea that if any of you are interested, you could call and let me know you would like to be added. The Speakers Bureau is a way for our organization to be of service to our community by sharing our expertise. Many groups, such as Rotary, Kiwanis, Teachers groups, school functions, etc. would like to hear from professionals at their monthly meetings on various topics, i.e., stress management, living with adolescents, addictions, etc. If you would like to be able to be on the Speakers Bureau or would like to help form it, please let me know. The board will be forming a committee to work on this soon. Many chapters throughout the state have these bureaus and they work well for the speaking therapists by getting their names out to the public, and for the community by sharing needed information.

I hope to see you all at the November meeting. Have a happy fall and a good holiday season.

Margaret Bullock, MA, LMFT
Chapter President

California Assembly Bill Addresses Online Fraud in the MFT Profession

AB 956 – sponsored by the California Association of Marriage and Family Therapists becomes law.

Many unsuspecting Californians have been duped by a new trend of misleading and deceptive advertisements for mental health services. Clients attempting to save money in search of mental health services will

often look online for a licensed MFT or an intern / trainee. In the process, people rarely think to check background information on the person who is offering his or her services. Additionally, duplicitous individuals often use professional titles similar to those used by legitimate practitioners, such as the acro-

(Continued on page 5)

Self Healing through Movement and Sound

(Continued from page 1)

to bring the therapeutic value of percussion to public attention. Her community instructions in rhythmic education also includes authoring a two year series of articles on drumming for the SLO Women's Press.

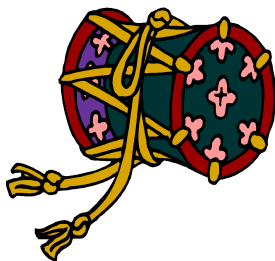
Further exploration into vibrational healing has been the formulation of a protocol for stimulating and strengthening the connections between our predominant brainwave patterns to create meditative states through the use of sound, primarily with Tibetan bowls, drums, bells and voice. This practice, highly prevalent in the ancient world, works through the physics principle of entrainment and is currently enjoying a resurgence within the alternative healing community.



Francesca's other interests include writing poetry, songs, painting, creating healing necklaces from local minerals, reading Tarot, working with essential oils, and Shamanic healing techniques.

Session Plan

We will begin with a brief description of the therapeutic value of expressive movement and reasons to release ourselves from culturally imposed restrictions to this form of expression, followed by answers to any questions. This segment will then proceed to Gabrielle Roth's "The Wave", a half hour guided moving meditation set to mu-



sic, encouraging individual physical experience of the five rhythms (flowing, staccato, chaos, lyrical and stillness). This will be followed by a brief period of rest within a circle to share personal observations (optional), and to answer further questions, if necessary.

The second segment will begin with instruction on the history and therapeutic effects of drumming, answer questions and provide simple instruction regarding playing of drums and drum circle etiquette. Once we have all become familiar with the drums and improvisation of rhythm, movement and interaction of drums and dancers will be encouraged.



The final segment will be a deep meditation session utilizing Tibetan bowls, bells, drums and voice. This will be done in the prone position, so please bring a blanket or mat to lay on and a cover for your eyes and also for your body if weather requires it. Before and afterward there will be opportunities for answering questions/ sharing.

This will seem like a very short two hours. Be prepared to learn valuable techniques for self and client care and have a great time in the process. Should you fall in love with a drum, they will be available for sale.

Francesca can be reached at 805-927-5528. She is on Facebook as francesca.bolognini, and her email is magicalmoon@att.net.

California Assembly Bill Addresses Online Fraud in the MFT Profession

(Continued from page 3)



nym MFTI ('I' standing for intern). By creating the appearance of licensure or of supervised ac-

countability, advertisers lure people into paying for services which would presumably be carried out by a person under the direction of an employer or licensed person.

In response, Senator Sam Blakeslee helped pass legislation to protect consumers by prohibiting individuals from fraudulently posing as legitimate marriage and family therapist interns or trainees.

"The consumers seeking mental health services are at a vulnerable place in their lives," said Senator Sam Blakeslee. "This legislation will

help protect them from being deceived by the very people they're trusting to counsel them."

In sponsoring AB 956, the California Association of Marriage and Family Therapists, hopes to rid any ambiguities from public perception with regard to the qualification and status of registered interns and trainees. The organization's primary concern is protecting the public from receiving inferior care from unqualified and unlicensed individuals without realizing it.

Leaders in Sacramento on both sides of the aisle, recognizing the importance of AB 956, offered their support of this bill in their committees and on both legislative floors.

Ryan James

District Representative

Office of Senator Sam Blakeslee

Phone: (805) 549-3784

Fax: (805) 549-3779

September Program Review

(Continued from page 2)

Gloria pointed out that considerable research has been done, as she stated to, "Separate the 'woo woo' from the scientific of the effectiveness of EFT compared with other approaches to treating emotional distress. She recommends the Five Step EFT Process for the treatment of clients of all ages indicating it has been used to treat children using a stuffed "Tappy" bear. It has been used to help children overcome nightmares, temper tantrums and angry outbursts.

Gloria suggests introducing EFT into one's practice by inviting the client

to join the therapist in a technique that can help them cope with their symptoms by saying, "Let's tap on that." The therapist taps along with the client and helps them to refine their focus on what is troubling them using a ten point scale to rate whether their distress is decreasing with the goal of eventually reducing it to zero.

Gloria Arenson can be contacted at (805) 563-1140 or by email at gloa@cox.net. More information on EFT can be obtained online at www.EnergyPsych.org.

Kathie Asdel MS, MFT
Member at Large

2011 Membership Drive

It's that time again...our membership drive begins in November 2011.

A review of the benefits to being a member of the Central Coast Chapter of CAMFT:

- Free access to the E-Tree
- Listing in the Central Coast Chapter Therapist Finder
- Peer communication
- Professional Development
- Social Activities

I encourage all of you to renew as soon as possible to keep current with all the wonderful benefits that membership offers.

Many of our chapter members receive notifications and the newsletter via email, so make sure that your email information is correct.

The way to update your information is to complete the application insert in this newsletter or go to the website: www.centralcoasttherapists.org and click on the Member's Area, enter your I.D. and password and go to Update My Info. Enter any new or update old information at any time. If you need help, please contact me and I will be happy to assist.

The really good news is that everyone can renew by going online at the Central Coast CAMFT website www.centralcoasttherapists.org and print the Membership Application, which you then mail to me at address on the bottom of the form.

Judith Stern, LMFT

Membership Chair

jstern@thearttherapycenter.com

(805) 703-3193

Upcoming Events in 2012

January 27th, 2012:

Our Annual Networking Brunch.

March 23, 2012:

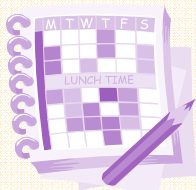
Michelle Gaulden, LMFT, RPT:
Not just an Empty Chair: Gestalt Play Therapy with Projective Techniques—Not Just for Children

May 3 - May 6, 2012

CAMFT's 48th Annual Conference
San Diego Marriott, Mission Valley; San Diego, CA

May 25, 2012: Matt Chirman, LMFT, presenting on Personality Disorders with a focus on Borderlines.

Our meetings are the fourth Friday of the months of January, March, May, July, and September. We meet on the third Friday of the month in November.



*—Ann Williams, LMFT
Program Chair*

Intern Corner

Hello, I'm Robin Squires, IMF, your pre-licensed representative for our local CAMFT chapter. The meetings are held the third Tuesday at the Community Counseling Center. We meet in the little house behind the main building/house. This is a place for Interns and Trainees to come and relax and get to know one another. We strive to provide networking information, we have had some great speakers who have given us valuable information and discussed relevant topics (Personality Disorder; Eating Disorder; Supervision;

Starting your own practice) and a safe place to vent. Please plan to join us on the third Tuesday every month from 6:00-7:00 p.m.

**Pre-licensed Group
Third Tuesday of the month
6:00-7:00 p.m.
Community Counseling Center
1129 Marsh Street
San Luis Obispo**

*Robin Squires, IMF
Intern Representative
rsquires@telecarecorp.com
805-868-7359*

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.

CENTRAL COAST CAMFT 2011 BOARD OF DIRECTORS

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Vacancy

Past President

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Member-at-Large

Kathie Asdel
(805) 462-1922

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*

A SPECIAL HOLIDAY PRESENTATION

We are fortunate to have a wonderful interactive presentation November 18th that will give you the opportunity to de-stress, play with vibration and energy and acquire information about tools to facilitate healing that you and your clients may use!

See article, Page 1



Date:

November 18, 2011

Socializing:

8:30-9:00 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:

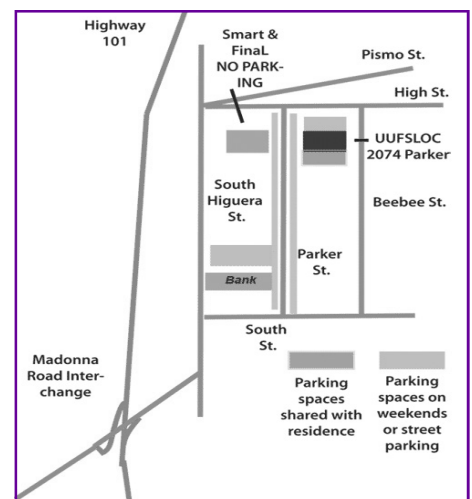
Unitarian Universalist Fellowship of SLO
2074 Parker St. San Luis Obispo

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



Membership Application
2012 Central Coast Chapter CAMFT Membership Directory

Complete and mail in this application with your check to the address listed below.

Once your membership is approved, you will receive a password. At that time, you can utilize your password to access the member's only section of the website.

Please provide the following information for the online directory.

Office Addresses and business telephone numbers will be accessible in the Public Online Directory. This directory is available to licensed professionals, interns & the public. Any additional information you would like included in the Public Directory can be added when updating your information and describing your areas of interest on the website.

All other information included in this application will be included in the Membership Directory. This directory is only accessible to chapter members.

Are you currently a member of State CAMFT?

Yes CAMFT Membership number _____

No (please note that State membership is required in order to join the local Chapter.

Affiliate and Associate Memberships are exempt from this requirement.)

This application is for renewal membership new membership

Last Name _____ First Name _____ Middle Name _____

Mailing Address – Street, City, ZIP (Include suite #s please)

Primary Office Address – Street, City, ZIP (Include suite #s please)

Addresses/Additional Offices – Street, City, ZIP (Include suite #s please)

Telephone # (Business Office Contact Number) _____

Additional Office Telephone #(s) _____

Home Telephone # _____

Email Address _____ Website Address _____

Check the type of membership for which you are applying (note difference in dues amounts):

- Licensed MFT License# _____ Year Licensed _____ \$50
- Registered MFT Intern Intern Reg. # _____ Supervisor _____ \$20
- MFT Trainee/Student \$20
- Affiliate, e.g. hospital, clinic, non-profit \$40
- Associate, e.g., other license \$40
- Newsletter subscription only (issue to be mailed to you)* \$40

*Individuals or organizations who (1) do not belong to CAMFT but (2) wish to receive the Chapter newsletter and attend Chapter meetings can do so by paying an annual fee. They are not entitled to any other benefits of membership and are not considered to be Chapter members.

Would you be interested in serving on our board? yes no

Would you be interested in serving on a committee? yes no

Please mail this application and check payable to:

CCC-CAMFT Membership, c/o Judith Stern, LMFT
150 South 6th Street, Suite A; Grover Beach CA 93433

Questions? Contact Judith Stern at 805/703-3193 or by email to jsstern@thearttherapycenter.com

Central Coast CAMFT Members Feedback Form

If you are joining or rejoining, please complete the opposite side of this form.

Our goal as your Board is to serve you in the best way possible. In that light, we invite your comments, suggestions and feedback as to how we are doing and what you would like to see in your newsletter and online. Additionally, we are interested in program and workshop suggestions. If you would like, please take a few moments to offer us your opinions.

In the past two years, we had presenters on the following topics:

March 2010	Introduction to California Victim Compensation Program Vernanne Cohen, MA; Kelly Wilson, BA
May 2010	Current Sex Counseling Concerns LyLyn Lofgren, LCSW
April 2010	Foundations of Disaster Mental Health Training Monty Clouse, PhD; Killorin Riddell, PhD
July 2010	Expanding your Clinical Practice Dan Conroy, LCSW; Tara Storke, LMFT; Rivé Douglass, LMFT; Carol Maxwell, LMFT
September 2010	Dreams: Our Inner Guides Diane DiMarco, LMFT
November 2010	The Dance of the Mind and Body in Menopause, Andropause, and Cancer Zoe Wells, ND
March 2011	Bipolar Disorder Dr. Elisa Feingold, O.D.
May 2011	Hope in a Time of Trauma Karen Merriam, MSS, LCSW
July 2011	What is Imaginal Psychology? Stacy Schutten, PsyD, MFT
September 2011	Five Simple Steps to Emotional Freedom with EFT (Emotional Freedom Techniques) Gloria Arenson, MFT, DCEP
November 2011	Self Healing through Movement and Sound Francesca Bolognini

We know that many of you have limited time to volunteer. We wanted to offer ways to participate that would not take much time—one hour a month, one day per year, etc. Below are some possibilities...and you may suggest more!

- Annual Workshop volunteer opportunities: registration, distribute brochures, snacks, set-up/break-down
- Distribute bookmarks (in the mix right now; to be published by January 2011)
- Welcome folks at ONE meeting annually: January March May July September November
- Bring snacks to ONE meeting annually: January March May July September November
- I am interested in presenting/I have a topic/presenter in mind. (Please give us some detail below; if you would like, please include your CV and your website—if you have one—when you send this form in to our Membership Chair, Judith Stern.)
- I am a Supervisor of interns
- I will be seeking a Supervisor/supervision group

Comments/Suggestions _____

Please mail this form to: CCC-CAMFT Membership, c/o Judith Stern, LMFT
150 South 6th Street, Suite A; Grover Beach CA 93433

Questions? Contact Judith Stern at 805/703-3193 or by email to jsstern@thearttherapycenter.com