

L A T E F A L L 2 0 1 4
N O V - D E C

THE CENTRAL COAST THERAPIST

ON THE WEB AT: centralcoastcamft.org.



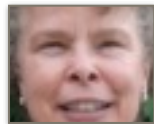
**Come to the
Next Meeting:**

*Friday Morning,
Nov. 21st, at 9AM.*

*Social [half] hour
begins at 8:30.*

*At the SLO Unitarian
Universalist
Fellowship.*

*2201 Lawton
Avenue, SLO
805.234.5998*



**KAREN ROGERS, PRES.
2014**

*procrastination is the
art of keeping
up with yesterday**

We're looking for a few good people...for 2015! We have need of a new CEU chair, as Tara Storke has decided to step down after her many years on the Board. Dana Francis, having secured Programs for the past two years has also decided to step down, but the incoming Programs person will have it easy: Dana has booked our presenters through 2015! Kathie Asdel is retiring from the Board after many years of devoted service. We'd like to increase our Publications Committee, and for the tech-savvy there are opportunities with minimal time expenditure assisting with our

Website. If you have editing experience, you might consider our Newsletter.

If you would like to contribute in some way—whether you have a lot of time, or just a little—please contact me via email at animagyk@yahoo.com or by phone at 805.234.5998. Let's talk!



BIG cheers to all who have served so well in 2014 and in a combined total of nearly 50 years, including Kim Richards (Sec'y), Pam Miller (Treasurer), Dana Francis (Programs), Eddie Palmer (Newsletter), Tara Stork (CEUs), Susan Harney (President-Elect), Jamie Nolan (Pre-licensed Rep), Jill Pesavento (Membership), Kathie Asdel and Judith Stern (members-at-large).

Continued on Page 2

Our November Self-Care Presenter:

Christine Hoffman is a Licensed Marriage and Family Therapist in San Luis Obispo. She has a private practice, is a therapist at the Child Development Resource Center and volunteers as a therapist at Community Counseling Center. She has enjoyed working with adults, couples, children and families for the past Six years. She is a resident of Tierra Nueva Co-Housing in Oceano where she lives with her family. She has had a personal mindfulness practice for many years.



President's Column Cont'd:

Our chapter could not function without the amazing spirit of community and selflessness demonstrated by this group! I am so grateful to have served with them as President these past two years. They made a job that I never wanted well worth doing!

*live so that you
can stick out your tongue
at the insurance
doctor**

I want to remind you all that we welcome articles for our newsletter from local non-profits to help us raise awareness among our members and in the community. Our newsletter deadline is the 10th of the month following our meetings. Send copy to Eddie at eddiepmfti@gmail.com. [Editor's Note: This will be changing in 2015, as the homeostasis of board is being shook up and recast]

I am a bibliophile. My collection includes books owned by my grandfather (of which Krafft-Ebing's is one), my mom and my dad, and my grandmother. Her copy of "archy and mehitabel" (Don Marquis, 1944) is a favorite. The "*" indicates a few "certain maxims of archy" (who, for those who don't know, is a cockroach, and



in his use of a typewriter cannot capitalize or use punctuation in the usual way). He is wise.

*if monkey glands
did restore your youth
what would you do
with it
question mark*

*just what you did before
exclamation point*

*yes I thought so
exclamation point**

And for the final installment of today's entertainment I include a gem from the 12th edition of Krafft-Ebing's Psychopathia Sexualis, written first published in 1939:

"The world of fancy keeps pace with the development of sexual power. Whoever during that period cannot be animated by the ideals of all that is great, noble and beautiful remains a "Philistine" all of his life. Even the dolt must try his hand at poetry when in love."

OK I admit it, this column risks irrelevancy, but it's Sunday, and I recently returned from a retreat and am in the process of integrating, so perhaps you will forgive my tongue in cheek!

Each November we bring you ways to take care of yourself during the holiday season, so keep in mind our November 21st training [the third instead of 4th Friday of the month due to Thanksgiving!] on "Mindfulness, The Ultimate Self-Care Tool" with Christine Hoffman, LMFT.

*Karen Rogers, LMFT
2014 Chapter President*

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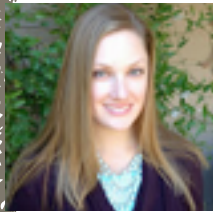
What is Yoga Therapy?

by Brooke West

Yoga Therapy is an emerging field, benefiting specific medical concerns with ancient healing practices that fall under the umbrella term of "Yoga." For treatment, Yoga is meant as an adjunct to traditional medication and talk therapies. For more information on my work and to read my personal blog, please visit:

www.brookewestyoga.com

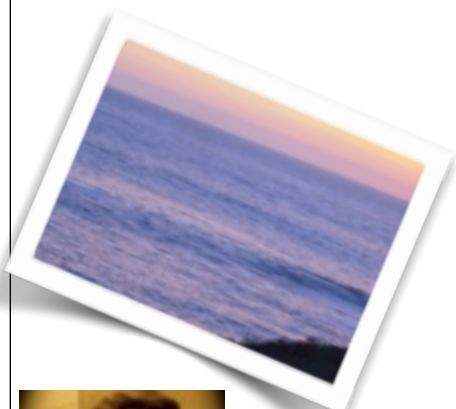
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Jamie Nolan
CC CAMFT
Pre-licensed
Representative

Pre-licensed MFTs can learn about, and discuss the issues that matter to them most. Contact Jamie for information about the our bi-monthly meetings:

jamienolanmfti@gmail.com



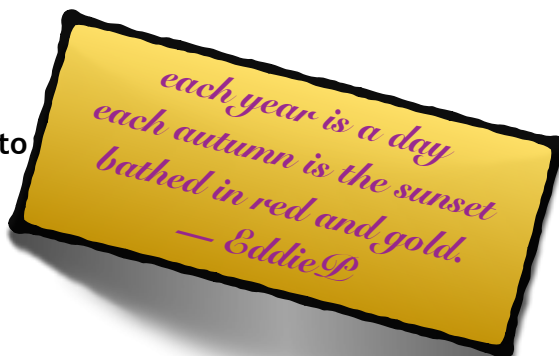
**A Note from
the Editor**

By Eddie Palmer, MFTi

As we move deeper into Autumn and then further into the darkness (this is especially true as my wife have our morning coffee

between 5:30 and 6), there are numerous changes occurring in all areas, even here at Central Coast CAMFT. As noted by Karen, some Board members are stepping down, others are moving around. By stepping down and moving around, the Board members are offering examples of self-care, the theme of the upcoming November meeting. Making thought-filled changes in our lives gives us opportunities to look at the world differently, more appreciatively. With appreciation, comes a renewal of energy. While we head toward Winter's darkness, the best gift we can give ourselves is self-care, so that we are ready for the return of light and the renewal of the new year.

Peace! EddieP



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YOUR NAME HERE IN '15

Do you have something you would like to write about, ponder in print, share with colleagues, have the CC CAMFT members think about?? Write it down and we'll paste it up for the next newsletter. Let the Newsletter do the Networking for you!

Send submissions to

animagyk@yahoo.com or eddiepmfti@gmail.com

*"Mindfulness: The Ultimate Self-Care Tool"
with Christine Hoffman*

OVERVIEW:

We will discuss what mindfulness is and why it is excellent self-care, including what research shows about the effect of mindfulness on the brain. We will also practice several different ways of being mindful.

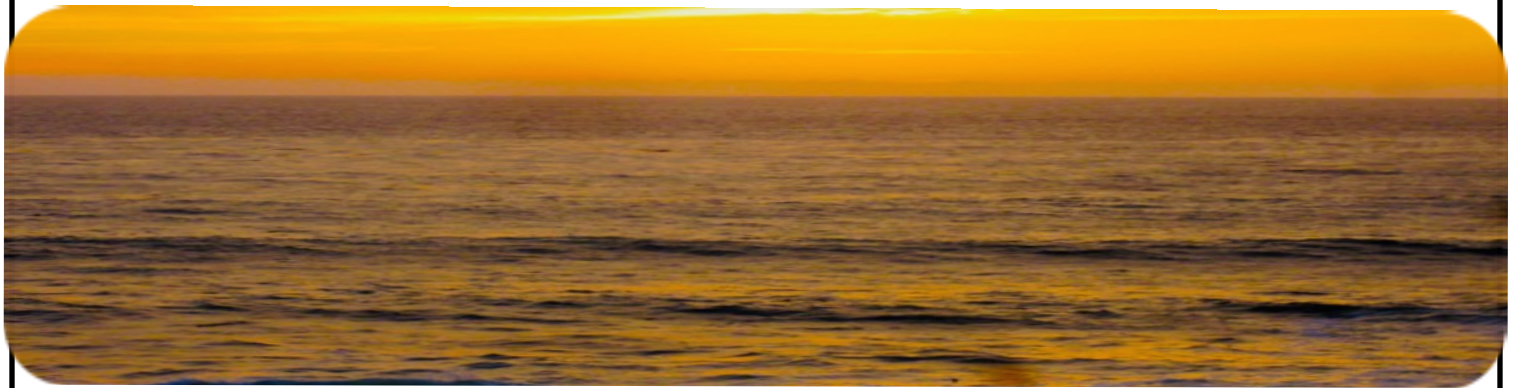
The material offered gives participants and the populations they serve straightforward and reliable tools to experience more joy, love, and peace.

At the conclusion of the presentation participants will be able to:

- 1. Describe what Mindfulness is.*
- 2. Identify 2 ways in which Mindfulness affects the brain.*
- 3. Utilize Mindfulness as a form of self-care as well as an intervention in your clinical practice.*

*Come Join Us Nov. 21st @ 9AM to learn more on taking care of You!!
As always, the Presentation is Free
(2 CEU's Available: \$20 for Chapter Members; \$25 for non-Chapter Members!)
@ The SLO Unitarian Universalist: 2201 Lawton Av.*

*Christine Hoffman
can be reached @ 1495 Palm Street, San Luis Obispo, CA 93401
christinehoffmantherapy@gmail.com
805-441-4079*



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**Review The of September
Meeting's Presenter
by Elise Thompson, MS LMFT**

Members present for the monthly Central Coast Therapist gathering at the Unitarian Church, on Sept 26th were fortunate hear to Jude Bijou, MA LMFT, as she spoke on, "Attitude Reconstruction: Emotions, Thoughts, Feelings and Change." Jude is a licensed psychotherapist, educator, consultant, and workshop leader residing in Santa Barbara, CA, and the daughter of pioneer behavioral child psychologist Sidney W. Bijou. She has been in private practice, serving individuals and couples, for more than 30 years. Ms Bijou conducts in-depth workshops, lectures, and trainings on effective communication as well as Attitude Reconstruction. Her approach blends western innovation and Vedic philosophy from India to transform emotions into practical tools of empowerment. She is the author of the multi award-

winning book, "Attitude Reconstruction: A Blueprint for Building a Better Life."

Ms Bijou is an engaging presenter who reminded us about the power of experiential interventions to facilitate change. Her main points were: 1) Use emotions which are just energy 2) Find truths to contradict old thinking, 3) Persist to experience a divine shift and experience change, 4) and Get support on your journey.

To illustrate these main points, Ms Bijou got us up out of our chairs, connecting with each other and ourselves. With a belief in learning by doing rather than lecture, she came very prepared with visual and relational tools to practice. We all participated. Stomping our feet and shaking our bodies, were just a couple of the ways she helped us transform anger and fear. Using "powering" statements, she coached us how to contradict old fearful, sad, or angry thoughts to move toward a feeling of love, joy and peace. She referenced spiritual wisdom, scientific evidence, and her years of clinical experience to support her theory of change.

The key take-away was a doable blueprint to change

attitudes in the moment for both therapists and our clients. The goal was to be more specific about our thoughts, feeling, and emotions. With this clarity, we can become less reactive and better communicators.

The presentation seemed well received. Afterwards, Ms Bijou invited us to contact her at jude@AttitudeReconstruction.com, and to join her either online or in person for further trainings and support. She took the time to meet with everyone individually to answer questions. There was a line to purchase her book and join her list-serve. I look forward to reading her book.

Parent Connection of
San Luis Obispo County

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