



The Central Coast Therapist

CALIFORNIA ASSOCIATION OF MARRIAGE AND FAMILY THERAPISTS
CENTRAL COAST CHAPTER

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September / October 2007

SEPTEMBER EVENT: PROGRAM PENDING

Join us for another excellent networking and training opportunity!

The program is in the works. You can just come and be surprised, or you can check for the topic on our web page:

www.centralcoasttherapists.org. Or you can call Ann Williams at:

805-545-8855

Date: Sept 28, 2007

Time: 8:40-9:00 Networking

9:00-11:00 Program

Speaker: To Be Determined

Place: The Sands Suites and Motel

1930 Monterey Street

San Luis Obispo, CA

Cost: \$10 for those wanting 2 CEUs

GREETINGS FROM YOUR NEW MEMBERSHIP COMMITTEE REPRESENTATIVE

My name is Pam Miller and I am your new membership committee representative. As the newly appointed chairperson of the membership committee, I look forward to making a contribution to our local chapter of CAMFT thereby ensuring that the Central Coast remains active and well represented at the State level.

My experience as Past President of the Child Abuse Prevention Council and as a board member for other non-profit organizations leaves me keenly aware of the importance of membership involvement. With this in mind, I encourage everyone to find a way to support CCC CAMFT. Your support can be as simple as keeping your membership dues current and attending meetings or as involved as assuming a position on the Board.

I hope that my experience working with other organizations, my work life as social worker and marriage and family therapist in the public and private sector will allow me to effectively represent and to contribute to our community.

Best regards, Pam Miller, Membership Chair

Phone: 544-8310 or 473-8311 or e-mail: slotherapy@yahoo.com

Mail: 150 South 6th Street, Grover Beach, CA 93433

PRESIDENT'S MESSAGE

I hope you all had a great summer. As a follow up of my last message, I did go to Russia and Poland for 4 weeks, as planned. It was a wonderful trip with many surprises. It was greener, nicer, more uplifting than I thought it would be. And, it was good to come home. I've had smaller trips, camping, visiting friends and family, or having visitors. All good, but I look forward to some week ends at home, getting caught up with myself.

We continue to have wonderful presentations at our meetings. The last one on Pharmacology was the best I've heard on the subject--clear, simple, and informative. The Legal & Ethical Workshop on 8/17 was well received as well.

We've had a number of changes on our Board. Pam Miller has taken over as Membership Chair and is now up and running. We have a number of opportunities on the board that we're hoping some of you will be interested in filling. Your contributions are needed to keep the chapter going! Jessica Harvey, our Pre-Licensed Rep and Ashley Smith, our Secretary, have both had to resign due to taking on full-time internships, so we need replacements for them. Our wonderful Newsletter Editor, Katty Coffron would like to shift her involvement to volunteering on the Pre-Licensed committee, so we are also in need of a new Newsletter Editor. Katty is technically savvy and will train the next newsletter editor on all aspects of the newsletter, so this is a wonderful opportunity for someone interested in desktop publishing! The husband of our President-Elect, Louisa Troemel, requires a lot of attention due to medical needs. Due to this, Louisa is looking for a Co-President-Elect who would then be Co-President next year. There are also other volunteer opportunities with lesser responsibilities, such as serving on the Program Committee, Intern Committee, or in other ways that fit your particular interests. So which opportunity will you take?

Looking ahead, we will be electing our new Board at the November meeting to start serving in January 2008. Think about it. I've enjoyed being part of a terrific Board and you might, too.

The fall is a time for reflection for me. I hope you enjoy the fall, in whatever way works for you.

Ann Williams, LMFT
CCC Chapter President

Central Coast CAMFT Board of Directors

Elected Positions

President

Ann Williams
(805) 545-8855
annwlms@aol.com

Vice President/President Elect

Louisa Troemel
(805) 489-0545
ltroemel@charter.net

Past President

Kathie Asdel
(805) 462-1922
kaasdel@tcsn.net

Treasurer

Alice Jones
(805) 466-1480
alice@robertmjones.com

Secretary

TBD

Programs

Diane Rhodes
(805) 610-2069
gracieone@netzero.com

Members-at-Large, CEU Coordinator

Tara Storke
(805) 455-8342
tara@oakhavengardens.com and
tarastorke@yahoo.com

Members-at-Large

Pre-Licensed Representative
TBD

Appointed Positions

Newsletter Editor

Katty Coffron
(805) 975-8399
katty_coffron@msn.com

Membership Chair

Pam Miller
slotherapy@yahoo.com
(805) 473-8311

Disaster Mental Health Coordinator

Robin Inouye
(805) 771-0102
rinoy610@aol.com

PSYCHOTHERAPY GROUP FOR THERAPISTS

*Sponsored by Diane De Marco, MFT
For MFT Interns, Trainees and Licensed Therapists*

Wednesday Nights 7:15 – 9:15 pm

“The more I know about myself, the more effective counselor I will be.”

The intended result is for group participants to be able to gain hours through group psychotherapy, and to use new behavior patterns outside the group in order to make better behavioral choices and experience healthier relationships.

- *Identify individual projections.*
- *Learn healthy communication skills.*
- *Become aware of unconscious roles.*
- *Practice giving and receiving feedback*
- *Express feelings in a safe environment.*
- *Understand and experience group process.*

Call if you have further questions or to reserve your place: Diane De Marco, MFT (805) 927-3345

When: *Starting September 12, 2007*

Where: *1129 Marsh St. SLO, CA*

Cost: *\$30.00 per week*

HELP US HELP YOU!

Believe it or not, the board is already thinking about 2008 and how we can best serve the community of therapists in the area. We need your help to do that. We are particularly wondering about folks who have decided not to join and are wondering what might entice them to join the chapter.

Please provide your ideas as well as what you may have heard from your peers who chose not to join. Please talk to any peers and find out what they would like from the CCC CAMFT chapter. If they are not a member, what would have to change to have them join? How can we make the chapter more helpful or informative? Bring your findings to the next board meeting and feel free to share your inputs with any of the board members to let us know what we can do to better serve the MFT Community.

Your CCC CAMFT Board Members

BOARD MEETING NOTES FOR JULY 2007

Following the informative and enlivening discussion of serving those with secondary trauma, the members of your CAMFT Central Coast Chapter Board met for a regular meeting.

We discussed the various open positions on the board and asked the board members to use their network to fill the positions. We are hoping chapter members are willing and able to serve. See the back page of the newsletter for openings and feel free to contact Ann if you are interested or have questions.

We also decided that we would dedicate the September meeting to brainstorming the 2008 program schedule. Tara will be collating the inputs you have given us from previous meetings as well, so we hope to have many ideas to draw from to make 2008 our best year ever. If you have an input that you have not previously provided to the board, please provide your inputs to board members at the next meeting or if you will not be there, contact Tara Storke (455-8342) before that meeting.

Finally, we also intend to review the financials from our past workshops to determine if we are making cost-effective choices for the chapter and to inform our choices for 2008.

Best regards,

Katty Coffron, Newsletter Editor

Standing in for the TBD Secretary at the July meeting

THE JULY CCC-CAMFT PROGRAM SUMMARY:

PSYCHOPHARMACOLOGY, PRESENTED BY PSYCHIATRIST DR. NIR LORANT

Dr. Lorant began his presentation with a brief description of how the brain functions and what is happening when neurotransmitters are over or under producing chemicals needed for normal brain functions. When the production of certain chemicals in the brain are produced in abnormal amounts, an individual can experience conditions such as depression, bipolar disorder, and attention deficit disorder, and psychosis.

According to Dr. Lorant studies indicate medications and participation in therapy provide the best and most lasting results in patients suffering from conditions caused by chemical imbalance in the brain. Dr. Lorant stated when he recommends medication for a patient, he considers medications with the least side effects and carefully assesses the patient's tolerance of the medication by starting with a small dose and building up to an effective dose. He combines the science of brain function and the art of choosing the best medication for each patient. After one to one and a half years, Dr. Lorant usually recommends slowly weaning the patient off medications believing that the "old brain" can learn "new tricks." He insists clients work with a therapist

when he treats them with medications to back up their improved functioning with life style changes helping the patient gain tools like improved communication, limit setting, exercise, perspective changes, , etc.. Dr. Lorant considers individual concerns such as the potential weight gain, addiction, and age.

Education is a key aspect of Dr. Lorant's work with patients. Often patients want instant answer to their distress. The reality is that careful assessment and diagnosis takes time and several medications and dosages may be need to be tried to arrive at the most effective treatment.

Dr. Lorant's openness to work with MFTs and his informative discussion of psychopharmacology was appreciated by all those at the meeting. He can be contacted at 541-2452.

Kathie Asdel, MS, LMFT
Past President CCC-CAMFT

WORDS OF WISDOM

- Your worst enemy cannot harm you as much as your thoughts left unguarded.—The Buddha
- As you go the way of life, you will see a great chasm. Jump. It is not as wide as you think.—Native American quote.

A Holistic Approach to Counseling

Louisa Troemel, Psy.D. , L.M.F.T.

CA Licensed Marriage, Family, and Child Therapist

20+ years of Experience in Assessment and Counseling.

Education: Doctorate of Psychology and Masters in Counseling Psychology

Louisa's areas of interest include:

- Women's Health
- Women's Life Cycle/Changes
- Women's Recovery
- Pain Management
- Relationships
- Stress Management

Contact Louisa at 805-489-0545

Serving the Central Coast



UPCOMING CCC MEETINGS

We generally meet the 4th Friday of every other month for stimulating presentations and conversations. Check our website to stay informed of program changes and updates!

CENTRAL COAST CHAPTER CLASSIFIED ADS

Therapy Groups

Grief Support Groups—Hospice of SLO County provides a wide variety of grief groups. They are located in SLO, Arroyo Grande and Paso Robles. Contact 544-2266 or 434-1164 for more information.

Sexual Assault Recovery and Prevention (SARP) Center in SLO provides a drop-in weekly support group for women survivors of molest and/or rape. Group is held Monday evenings. Contact SARP for more info 545-8888

Mental Illness Family Support Groups—National Alliance on Mental Illness offers support groups and education in Arroyo Grande, SLO, Atascadero and Paso Robles. See namislo.org for more information.

Groups at the Community Counseling Center: Depression Group on Thursday evenings; Adult Children Caring for Aging Parents on Wednesday evenings; Anger Management Group on Monday evenings. Please call CCC for details: 805.543.7969

Office Space

Santa Maria Office—My name is Dr. Evelyn Alicea, I am a psychologist in Private Practice in Santa Maria. I have a spacious office that I would like to sub-lease to another Mental Health Practitioner. The rent is 375.00 per month. I will only be using the space one day per week. This covers rental of space and utilities. Along with the use of a three room Play Therapy Cottage for work with Children. Office will be available by October 1, 2007. Interested? call 805-458-2020 or 805-346-1999 Ext 204.

To submit a classified ad— e-mail your information to the newsletter editor at katty_coffron@msn.com. Classifieds must be re-submitted or confirmed for each newsletter.



Life can be a little overwhelming at times... We can help.

COMMUNITY COUNSELING CENTER
 (805) 543-7969
WWW.CCCSLO.COM

NEWSLETTER POLICY

Newsletter Policy

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. Contact the newsletter editor for more details.

Ad Rates

Classifieds	Member	Non-Member
Up to 10 words	\$5	\$10
Up to 50 words	\$20	\$40
Ea word over 50	\$0.25	\$0.25
Free/non-profit svc	Free	Free
Display Ad—Camera Ready		
1/4 page	\$25	\$45
1/2 page	\$40	\$60
Full page	\$70	\$110

The following discounts are available for camera ready ads that are pre-paid in advance:

- 25% discount (8 issues)
- 15% discount (4 issues)
- 10% discount (2 issues).

Articles will be 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 for additional information and a more detailed policy.

All copy must be received by Katty Coffron by the 10th of the month prior to the mailing. Issues are published in January, March, May, July, September and November. Contact Katty at: katty_coffron@msn.com

Make checks out to CCC—CAMFT and mail to

Alice Jones
 CCC CAMFT Treasurer
 8655 Morro Road, Suite C
 Atascadero, CA 93422

CAMFT Central Coast Chapter
P.O. Box 12723
San Luis Obispo, CA 93406
Bringing Central Coast MFT's Together

We're on the web!
www.centralcoasttherapists.org

- **Update your contact information**
 - **Get the latest information on events**
 - **Find other MFT's near you**
-

Want to make a difference in CCC CAMFT?

Join the CCC CAMFT board! The Board meets after the Regular Chapter Meetings, includes lunch, and ends at 1:00 to 1:30. Regular Meetings are every other month from 9:00 to 11:00a.m. In addition there are other duties, depending of the office.

Needed Now:

Secretary: The secretary takes notes at the Board Meetings and emails them to the Board members. She/he also updates the information about the Board members, such as addresses, and distributes the info to the Board. The secretary also provides a brief write up of the Board Meetings in the Newsletter.

Co-President-Elect: We are working on dividing the President's job. The President presides at the meetings & generally supervises and directs the business of the chapter. The President-elect begins to learn the ropes, & fills in as needed. The current President becomes Past President and will help with the process.

Pre-Licensed Representative: The pre-licensed representative will be responsible for conveying pre-licensed member needs. He/she also can organize a pre-licensed community and promote the organization with local schools.

Needed Soon:

Newsletter Editor: The newsletter editor collects inputs from the board and members for the bi-monthly newsletter, formats them for printing and works with a printer to get them printed and mailed. The current newsletter editor will train the next volunteer.